

# SENIOR SCHOOL

*St Mary's Newsletter for teenagers*



**"It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."**

Deuteronomy 31:8

## WHAT'S GOING ON @ ST MARYS

On Thursday 26th May we celebrate Jesus going up to Heaven as it's the fortieth day of Easter. Masses at St Mary's at 9.30am and 7.30pm; and at Good Shepherd at 12.15pm. One day we'll see Him face to face.

## A SAINT TO KNOW

St Pancras was a teenager about 250 years after the death of Jesus. He protected Christians who were persecuted for their faith by giving them shelter. Centuries later some of his relics came to England and were housed where we now have a railway station named after him. Feast: 14 May.

## DID YOU KNOW?

The death of Jesus marks the start of the Christian Church. The Disciples became the Apostles and after receiving the Holy Spirit and the gift of tongues they built the Christian Church and were responsible for the spread of Christianity across the world.

## BEING LEFT BEHIND.

As we come to the end of celebrating Easter. The one thing that always comes to mind is how the disciples must have felt after Jesus ascended into heaven. They must have felt left behind. Exposed, unsure, scared and most of all doubtful that they knew what to do next.

If you've ever lost someone that plays a really big part in your life, you'll know how painful it feels. Whether it's someone who's passed away, moved away or just not there they way they use to be. There are so many things you might miss about them and feel a little bit the way the disciples did, asking yourself - What does my life look like without this person?

But Jesus didn't leave them alone, he sent the Holy Spirit to be part of their lives to bring them peace, leaving a little bit of himself to be always with them and to guide them.

"Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. "

**John 20 :21-22**

He gave the disciples a mission, to continue spreading his word and his message. Their purpose didn't end with him. He wanted them to be brave and he gave them everything they needed to succeed.

**"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."**

**Matthew 28:19-20**

We are His disciples too, He gave us the Holy Spirit to guide us, when we feel the loneliest we must remember that we are never alone. He is always with us. He gives us everything we need to succeed.



## LONELINESS

by *Father Morris*

In Genesis 2, God looks at Adam and says, "It is not good that man should be alone." This is the impetus for the creation of woman. In Genesis 1, man and woman are created at the same time showing that the Bible is about communicating truth: it is not an ancient equivalent to an Insta post. Passages of the Bible cannot conflict with each other. The truth of the creation narrative in Genesis 2 is that we are social beings, we are meant to live with others and to be in fellowship with others. We're not to be meant to be alone.

At our deepest level, we love being in company but there's two important things for us to remember about those interactions which prevent loneliness. First, sometimes this will be with people with whom we disagree. It is not just being with people we agree with which is comforting. Sometimes a good disagreement can be invigorating and help us to form our own opinions. Do you just seek out people who agree with you? Hopefully the Church can be a place where we disagree well on things. We have one Lord, one faith, one Baptism but we will have different political views, varying family experiences, a variety of hobbies.

Secondly, that fellowship requires physical presence. God made our bodies and they are fundamental to who we are. Even when our earthly body is buried in the ground, we will be given a new body ready for our worship of God in Heaven. We can't create a society where people are surprised that some suffer immensely from loneliness and yet not contribute to the building up of communities, including the Church.

Sometimes our experiences will lead us to feel otherwise. We do feel lonely in a crowd sometimes, but that doesn't mean relationships can flourish without being in close proximity to someone. We all need our own space and time to our selves, but that doesn't mean we won't be our best in a relationship with an other. Sometimes too our inherent desire to be social means we end up doing the wrong thing. We might end up following the crowd for fear of being the only one saying something, even if it is the right thing. We might end up falling in love with the wrong person because we fear loneliness.

Jesus has promised to be with us. We need Him.  
And we need others too and they need us.

## WHAT CAN I DO WHEN I FEEL LONELY?

Sometimes even in the busiest crowds, the loudest rooms surrounded by family and friends we can feel so alone.

God is always with us, willing us on, not from afar but right beside us with a steadfast love.

Within the Bible, Psalms are a great source of comfort in difficult times. With many written by David at a time when everyone was against him and enemies were at every corner. His words and fears my resonate with you and his calling out to God for refuge, inspire you to reach out to too.

Try reading Psalm 23, a truly comforting piece of scripture.

**"Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me."**

**Keep in touch with us at St Marys**  
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