

# CHAP's NEWSLETTER

*"Love one another as I have loved you"*

*"Grounded in the virtues of freedom, justice, and sincerity, we shall gain God's gift of true wisdom and all that you need." Mary Ward*



Christian Film Club

J.P.I.C. Club

Meditation Club

Lourdes Red Cap



St. Michael's Catholic Grammar School - Finchley

# JPIC-Peace Garden

## A Peace Flower

*“Peace is the language we must speak, “...a precious gift which must be promoted and protected” (Pope Francis)*

On Wednesday 18<sup>th</sup>, the J.P.I.C. (Justice & Peace, Integration Creation) members have taken up the challenge of the Peace Garden by planting each a donated “Peace Flower” along its pathway. The Peace Garden Project started in 2022. More students have participated in the project this year and some of them decided to join the JPIC Club. The painted tables are still in the middle of the green space. Students planted a variety of flowers.

The planting of the “Peace Flowers” came at a time when war had broken out between Israel and Hamas in the Middle East. We also think of our own daily conflicts of ideas, goals, aims, interests, beliefs, values, etc.

When we look at the beds of different colours and variety of flowers, we marvel at their beauty. Each flower represents each different person, religion, and culture. But we have to learn to live in harmony and peace, giving humanity all its beauty and radiance.



## Synode Assembly Prays for Peace In The Middle East

'Let humanity form one family without violence'

## Cardinal Sako

“I would like to invite you to pray for peace in the world, especially in the Holy Land, but also in Ukraine, the violence in Iraq, Iran, and Lebanon.”

## Pope Francis

“True peace is not a balance of opposing forces, and it is not ‘a lovely façade’ simply covering conflicts and divisions. Rather, peace calls for daily commitment -- it's homemade -- starting from God's gif, from the grace which he has given us in Jesus Christ.”



J.P.I.C. meetings and activities take place on Thursdays, 13.30-13.50 in the chapel, led by Alexa, Maria, Triya, Serah and Kundi and the Team leaders: Chimamanda, Tiara, Sophia, Saoirse, Francesca, Christine, Amy and Tiana.

Daphne will serve JPIC as a Duke of Edinburg volunteer.

## Lourdes – Red Cap’ Mission and Service: A spiritual Journey!

### What is the mission of a Red Cap?

*“12 students of St Michael’s join the young volunteers from all around the Diocese of Westminster to serve as “Red Caps” in Lourdes- to assist, help and care for the sick, elderly and disabled pilgrims. It is the Red Caps role to help their pilgrim in whatever capacity they are required to – mainly taking them to the main services while in Lourdes: taking part in the liturgical processions, and celebrations; on a visit to the grotto or taking them to the shops or even to a café for a coffee. The Red Caps help the sick and elderly pilgrims with their needs throughout the pilgrimage, ensuring all pilgrims get the most out of their time in Lourdes.” (Students’ sharing)*



### What is the impact of such an experience on our students?

*“This journey has really opened all of*

*our eyes to our own journeys with God, and the time we take to ask and thank Him. Thanks to this wonderful opportunity, we have come back with a sense of satisfaction not only because of helping others, but because we have gone into our own consciousness and questioned our relationships, understanding, and faith in God. “(Students’ sharing)*

**Lourdes July 2024: If you are interested in joining Lourdes’ Trip, in July 2024, please contact Mrs Evans Sarah or Fr Jean.**

**A Big Thank You to all our sponsors who enabled our students to have such a wonderful experience that have a relevant impact on their lives.**



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**Meditation Club:**



Mind Full, or Mindful?

*Thursday Lunchtimes from 1:15 to 1:30  
In The Chapel*

*If you need an early lunch pass, please see Fr. Jean in the Chapel.  
Everyone's Welcome!!!*



***"In Meditation Club, we begin by reading an introduction to the meditation, followed by the meditation and accompanied by some prayers. We also include time to share our thoughts with the rest of the people who attend the Meditation Club. Throughout the meditation, we have calming music to amplify the mood of our meditation. We also give the opportunity to put your feet up and relax - take a break from the stress of school life and the homework that you have to finish when you get home." (Niamh, Nuala, Meabh, Patricia)***

Last year, Niamh Malony, Nuala Gregg, Meabh Tierny, and Patricia Heck worked together as a team to lead the Meditation group, and they were brilliant. It's unfortunate they could not continue this work busy with Year 10 curriculum. New students have come up to run the Meditation Club: Mamie Crossan, Ella and Shanane from Year 8S. We thank all of them along with those who attend the Meditation activity for their commitment and search for spiritual well-being. **BRAVO!**



## CHRISTIAN FILM CLUB

It was run by Niamh and Nuala. Students agreed on a movie to watch. After they watched it, they discussed the Christian values the movie inspired them and organised a workshop to express their thoughts on a collective poster. This year, Ella and Natalia, from Year 8, are leading the Christian Film Club. A big thank you to Niamh and Nuala.



### Students' Voices:

“I learn to never be ashamed of your appearance and to never judge a book by it’s cover. I also learnt to go always try to persevere and never give up, to always support one another”

“I learnt to treat people the way you would like to be treated and never exclude people just because of their race or looks”.

“I learnt about equality. It made me realise that we are all the same no matter how different you may look”.

## SETTING UP A CHAPLAINCY TEAM

### - Community Service -

We’re looking for 2 Six Form, 2 Year 9, and 2 Year 10 students to make up a Chaplaincy Team. If you’re interested, please, contact Fr Jean. Thank you.

# ADVENT FOOD COLLECTION

4<sup>th</sup>-19<sup>th</sup> December 2023

## FOR HOMELESS ACTION IN BARNET

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UHT milk, tea and coffee, biscuits, cereal, sugar, boxes of chocolate, jam  
Tinned fruit, tinned vegetables, tinned beans, tinned pudding, tinned meat or fish  
Tin of soup, rice, pasta  
Cooking oil, jar of sauce  
Deodorant, shampoo, shower gel  
Washing up liquid, detergent  
Sanitary products, nappies;  
Christmas crackers as gifts to the homeless.

**MONEY DONATION**  
FOR CHILDREN IN KENYA

**CHRISTMAS**  
Food & household items' Collection

WORLD DAY OF THE POOR  
"Do not turn your face away from anyone who is poor"  
Tobit 4:7

THE BUILDING COMMUNITIES  
CARITAS FOOD  
COLLECTIVE  
IMPROVING LIVES

As part of Advent Giving Calendar food donation, St Michael's Chaplaincy is participating in the Diocesan Caritas Advent Giving Calendar initiative. That involves collecting essential food and household items each day during Advent, in the chapel. We'll collect your donations from 4<sup>th</sup> -19<sup>th</sup> December and donate them all to a local Homeless.

For those of you who would like to contribute, we will leave a collecting tin in the chapel. If you would like to donate some change, we will use the money to support poor children in Kenya.



'Do not bury your talents lent to you by God to be expanded in service.' (Mary Ward)