



St Ursula's Convent School The Weekly

Week Ending
3rd April 2020
Issue Number ***



This Holy Week will be like no other in living memory. Our churches are closed and we are compelled to stay at home as much as possible for the safety of everyone. We are, however, blessed to be living in an age of modern communications which, despite our isolation, enable us to stay connected with others and, most importantly, with the Lord. To find a live-streamed Mass near you, please click here: [RCSouthwark live-streaming](#)



Cardinal Vincent Nichols has spoken via Vimeo about this year's Easter Duties and the Forgiveness of Sins. You can access it here: [Cardinal's message](#)

A Perfect Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Saviour Jesus Christ suffered and died for us.

In his name, my God, have mercy.

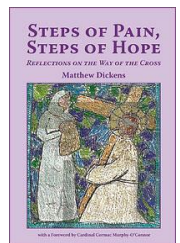
Amen

Resources for a Holy Week in isolation



This includes Scripture and a range of activities, (craft, colouring, music, videos), with links to online resources, for each day. As it's a family resource, not every item is suitable for everyone but hopefully there is something there for all ages.

The Stations of the Cross. Our Vicar General, Monsignor Matthew Dickens, wrote these meditations in 2009 and they were subsequently published by the Carmelite Press in 2012. Monsignor Dickens has kindly offered them as a source of comfort and reassurance in the weeks and months ahead. Click on the image to access.



A prayer for Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.



[Reflection for the Easter Triduum](#)



[Reflection for Easter](#)



Prayers of Hope - every Sunday at 7.00 pm

[Click here for more details](#)

During the Coronavirus crisis thousands of Christians across Britain are praying together at 7.00 pm every Sunday evening.

This began on Sunday 22 March after the [Presidents of Churches Together in England issued a joint call to prayer](#). The [response was phenomenal](#).

To keep the prayer going, Churches Together in England is offering a poster to encourage #PrayersOfHope.



Day of Prayer for Survivors of Abuse

Friday 3rd April 2020 is set aside as a Day of Prayer for Victims and Survivors of Abuse. The Bishops of England and Wales have chosen the Friday of the Fifth Week of Lent to annually be especially marked for this day of prayer.



A Prayer for Healing & Reconciliation

Praise to you Father of our Lord Jesus Christ
the source of all consolation and hope.
Be the refuge and guardian of all
who suffer from abuse and violence.

Comfort them and send healing
for their wounds of the body, soul and spirit.
Help us all and make us one with you
in your love for justice
as we deepen our respect for the dignity of every human life.

Giver of peace, make us one in celebrating
your praise, both now and forever.
We ask this through Christ our Lord.
Amen

Prepared by Northampton Diocese



Last Monday the funeral and burial of Archbishop Peter Smith took place at St George's Cathedral. Many of us would have wished to have been there.

To listen to Archbishop John's homily, [click here](#).

Archbishop Peter Smith RIP

A final thought

This beautiful prayer was written by an Italian priest who is self-isolating at the moment and very sadly lost his own brother a few days ago to Covid-19...

I'm staying at home, Lord!

I'm staying at home, Lord! And today, I realise, you taught me this, remaining obedient to the Father, for thirty years in the house of Nazareth, waiting for the great mission.

I stay at home, Lord, and in Joseph's studio, your keeper and mine, I learn to work, to obey, to round the corners of my life and prepare you a work of art.

I'm staying at home, Lord! And I know that I am not alone because Mary, like any mother, is in the next room, doing chores and preparing lunch for all of us, God's family.

I'm staying at home, Lord! And I do it responsibly for my own good, for the health of my city, for my loved ones, and for the good of my brother, whom you have put beside me, asking me to take care of him in the garden of life.

I'm staying at home, Lord! And in the silence of Nazareth, I pledge to pray, to read, study, meditate, be useful for small jobs, in order to make our home more beautiful and more welcoming.

I'm staying at home, Lord! And in the morning, I thank you for the new day you give me, trying not to spoil it and welcome it with wonder, as a gift and an Easter surprise.

I'm staying at home, Lord! And at noon I will receive the greeting of the angel, I will make myself useful for love, in communion with you who have made you flesh to live among us; and, tired of the journey, thirsty, I will meet you at Jacob's well, and thirsty for love on the Cross.

I'm staying at home, Lord! And if the evening takes me melancholy, I will invoke you like the disciples of Emmaus: stay with us, the evening has arrived and the sun sets.

I'm staying at home, Lord! And in the night, in communion of prayer with the many sick, the lonely and all the caregivers, I will wait for the dawn to sing your mercy again and tell everyone that, in the storms, you have been my refuge.

I'm staying at home, Lord! And I don't feel alone and abandoned, because you told me: I'm with you every day. yes, and especially in these days of confusion, O Lord, in which, if my presence is not necessary, I will reach everyone, only with the wings of prayer.

Amen

