Teenager’s Tip
Do Something Positive
By Emily Hall from Year 11
If you find yourself feeling bored and you can’t find anything to do, there are a few things that I’ve been doing which you might also enjoy:

• If you have a sewing machine at home, google “Sew for the NHS” and take part in a project local to you. Some of these projects are harder than others but there are simple ones too, such as making draw string bags and face mask button bands that anyone can do. This is just a little way you can make a difference.

• If sewing isn’t really your thing, you could try making tea for your family one evening or baking a cake/ some cupcakes to pass the time. I’m sure your parents wouldn’t turn down the offer!

• Finally, to make the most of the nice weather you could try to grow some of your own fruit and veg. All you need is compost, seeds and a plant pot for the basics- lettuce, peppers and peas are quite easy. It just gives you a reason to go outside into your garden/backyard and anyone can do it.
Prayer for the Week

By Nina Bryan - Catering Manager

Everybody eats, food is universal, everywhere in the world, food unites us all, in the dining room at school having a rest in between lessons & chilling with friends, at home at tea time whether we’re laughing or bickering, at events where people, friends & family congregate, food will usually be there.

During lockdown food has been bringing people together in community spirit with volunteers cooking, delivering food, helping to feed people from the house bound to frontline medical staff and assisting at food banks. We’ve had more time at home to cook food and we’re having to be more resourceful at managing food from pre shop planning to making creative meals with what we have in the fridge.

Cooking from scratch is the one of the most important things we can do to improve our health and wellbeing. Don’t be frightened of cooking even if it doesn’t look good at your first attempt, if the ingredients that went in are good, it will still taste good. Give it a go after all what’s the whisk!

Remembrance

O God, when I have food, help me to remember the hungry. When I have work, help me to remember the jobless. When I have a home, help me to remember those who have no home at all. When I am without pain, help me to remember those who suffer. And remembering, help me to destroy my complacency, bestir my compassion, and be concerned enough to help, by word and deed, those who cry out for what we take for granted. Amen - Samuel F. Pugh

Church Support

Here are links to some alternative services and ways to contact some of our School Chaplains or their Churches. You are not alone!

VISION: Vision Live Stream for 11-18s runs every Friday night from 7:30pm. Games, lockdown challenges and chance to think about God + life + faith. Find out more here.

Revd Ian Enticott: Accrington St. James and St. Paul, find their YouTube Channel here.

Revd Hugh Scriven: Huncoat St. John’s and Augustine’s is happy to send news, some written prayers and Bible reflections each week to anyone upon request. Please email him here or on their YouTube channel here.

Revd Mark Pickett: Clitheroe St. James, Virtual Prayer Space and weekly online services can be found here.

Father Chris Holden: Rishton St Peter’s and St Paul’s is happy for you to get in touch with him use this email and the church is now open for private prayer - 9am to 6pm daily

Pastor Matthew Clay: Great Harwood Christian Fellowship, find their channel here.

Rev Toby Webber: Clayton All Saints have short family friendly times of worship at 10:45am each Sunday followed by a fuller service at 11am, and Friday Praise each Friday at 6:30pm. Night prayer daily at 9:30pm and other times as announced. Visit their Facebook Page for more info.

Father Andy Froud: Clitheroe St Mary Magdalene, prayers and worship online can be found here.

A Church Near You: A website to help you find out what is going on in a Church local to you. Follow this link.

Further links will be provided in future weekly bulletins.

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Song of the Week

I am the good shepherd; I know my sheep and my sheep know me - just as the Father knows me and I know the Father - and I lay down my life for the sheep.”

John 10:14-15

“In good times or bad times, it is good to remember that God is more than enough for us.

“Looking at this great game idea called the ‘Game of Compassion’ created by Reece Byrne in Year 7!”

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