Teenager’s Tip
S.O.A.P
Ronan Hays from Year 11

First things first, if you are bored during the Coronavirus lockdown, here are some helpful tips to get you through the current situation:

1. Watch a movie with your family - it is good to spend a lot more time with your family.
2. Take some exercise - my family have been doing the daily exercise session with Joe Wicks - ‘The Body Coach’. I feel better and fitter after the session, so why don’t you have a try one day?
3. Make sure you do something active when you are not doing your work. Some examples of activities are: cooking - I’ve been making pizzas and brownies; going outside to get fresh air, for walks or bike rides.
4. Chill out (once you have done your work!) The thing I like the most is listening to my favourite music. Making music is good too and for me, that is on my electric guitar.

Secondly, look after yourself, keep healthy and pray! As you need the wash your hands often with soap, you might find praying using SOAP every day is helpful too!

S = Scripture: Note down the passage you are going to read.
O = Observation: What sticks out for you, as you read it?
A = Application: How does this apply to your life?
P = Prayer: Thank God and pray for others and yourself.

If you keep a prayer diary, you could look back at what you have been doing and see how you develop your relationship with God.

Sunday 7pm School Song
Great Is Thy Faithfulness

Why not sing this as we light our candles together!
Prayer for the Week
By Mr Frank Whitehead, Chair of Governors:

I have had the privilege of being the Chair of Governors at St. Christopher’s for many years, on behalf of all governors and myself I would like to thank all involved in sustaining students, parents, the chaplaincy team, staff and governors through what have been extraordinary and challenging times. I offer this prayer in recognition of all the support and love given by so many within the school family.

Holy Father we thank-you for the strength you give us day by day through reading your holy word, we pray you continue to look over us and support us in all that we do for each other in these strange and challenging times.

We give thanks for the continuance of our wonderful school community, we are indeed truly blessed. Lord watch over us in the weeks and months ahead, protect and strengthen us to continue in faith and hope that through it all we do your will, pour your blessings on all our school family, we pray that we continue to stay focused and come through this challenging period with renewed faith and hope for the future.

Amen

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!

- **Rev'd Ian Enticott**: Accrington St. James and St. Paul, find their YouTube Channel [here](#).
- **Rev'd 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](#).
- **Rev'd 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](#).
- **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.