



Faith at Home

Growing Faith | Week 9 | 25 May 2020



Thought for the week

He is Watching Over You

By Miss J Diggins, former RE teacher at St. Christopher's

This week would normally be Half Term – but nothing is “normal” at the moment. Maybe you and your family had planned a holiday that has now been cancelled. Perhaps you were looking forward to spending time with your friends. If you are in Years 11 or 13 you might even have had a revision schedule drawn up! And, of course, we have no idea when anything like “normal” might return.

One of my favourite books in the Bible is Psalms and I've been turning to them quite a lot in these last few weeks. One in particular that has been helping me through this time is Psalm 121. It's only seven verses so it won't take you long to read it.

I always think this is a very appropriate psalm for our area as we have plenty of hills, the best known being Pendle Hill. To me there is no lovelier sight than it covered in snow and standing out against a bright blue winter sky. It is also a reminder of home as I have always lived within sight of it. For me, and many others, the first sighting of Pendle Hill after you have been away is a sign that you are home – a place of safety and love.

And that is what this psalm is all about – a reminder that whatever might be going on around us we can depend on God for help. It tells us that we are assured of his love and protection day and night. He may be the all-powerful creator of heaven and earth as well as the hills, but he also watches over us. Nothing will divert him from that – we are safe and we are loved!

This psalm comes from a group known as “Songs of Ascents” or “Pilgrim Psalms” (Psalms 120-134) which were sung by those who journeyed to the temple in Jerusalem for the annual feasts. The pilgrims often journeyed a long way through lonely country. Many of us might be feeling the same at this moment as our journey through this pandemic seems long and lonely. So – lift your eyes to the hills, to Father God who loves you and watches over you and allow him to give you his peace.



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

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 extra ordinary 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

Remember to check this great resource and watch out for our school's contribution on Friday!



Song of the Week



A great song that reminds us just how much God loves us.

"I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Psalm 121:1-2



Pendle Hill

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!

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](#).

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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