

ALL HALLOWS CATHOLIC HIGH SCHOOL

FINDING PEACE



WORD OF THE WEEK: JOHN 16: 29-33

Then the disciples said to him, "Now you are speaking plainly, we know now that you know everything; you do not need to have someone ask you questions, this makes us believe that you came from God."

Jesus answered them, "Do you believe now? The time is coming, and is already here, when all of you will be scattered, each of you to your own home, and I will be left alone. But I am not really alone, because the Father is with me. I have told you this so that you will have peace by being united to me. In the world you will suffer. But be brave! I have defeated the world."



A Time for Silence



We don't often have time for silence in our busy lives. But making time to just be still and quiet can be a great way to calm ourselves and find peace.

As your prayer for the week spend 2 minutes in silence each day to calm yourself and ask God for peace as you begin this new day.

What's on?

Thursday 7pm Year 7's
celebrate their
Mass of Welcome.

Friday 8:30am
BREAKFAST with God
in the JDR.

There are times in our lives when things are tough, when we face difficult situations. But Jesus, in our Word of the Week, explains that in life and in the world there will be difficult and challenging times. But, says Jesus, if we make time to look and see the wonderful things in the world, that fill our lives with joy, we see God, and God who is good, fills our lives with peace.

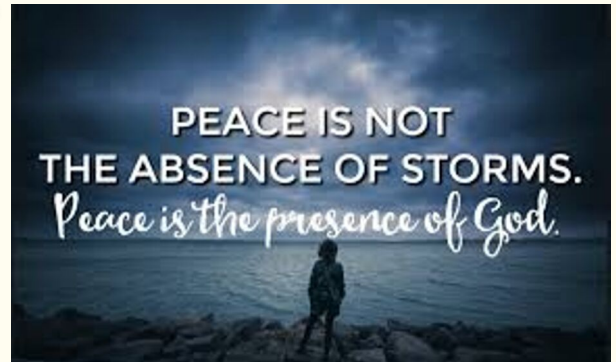
Jesus also encourages us to be brave to go out into the world knowing we have God on our side and the bravery to try and overcome struggles that we may face.



Where do you see the peace of God in your life?

What things, hobbies, activities, or people bring joy, goodness and peace into your life?

What brings you peace when you feel stressed or busy or anxious or under pressure?



FAITH IN ACTION CHALLENGE OF THE WEEK



This week challenge yourself to find and research different ways of finding peace and give something new a go!

Here are a few ideas to get you started.

- * Meditation.
- * Silence.
- * Exercise- a walk or a run to clear your mind
 - * Calming instrumental music.
 - * Listening to your own breathing.
- * Journalling- writing down or doodling about what is on your mind.



SOMETHING TO WATCH...

Take a look at the video on the staff shared area (read staff: collective worship: 2019-2020: weekly resources: finding peace). This clip is taken from the film Kung Fu Panda 2. Po (the Panda) and his companions have been in a long and tough battle. It looks like they are going to lose to the evil villains. Po is worried, stressed and anxious about what is going to happen, but then he realises something, the importance and the power of inner peace. Po takes a deep breath, finds peace with the situation he faces, and goes on bravely to continue the fight.



Have there been times in your life when you have had to make peace with a situation or something that has or is happening to you, and be brave and determined and go out into the world to make the future better and brighter?

