



St Margaret's Academy

Snippets

29th March 2019

Message from the Headteacher

As we approach the start of the Easter holidays we say farewell to our S6 pupils who will be finishing school this Friday. I had the pleasure of seeing many of them at the Young Enterprise Final on Thursday evening and they were an absolute credit to the school. There was an overwhelming sense of pride amongst the staff, mentors and parents who were present at the event and I look forward to sharing this with you at the graduation day on the 6th June. Mr Bennett has been working closely with our S6 pupils over the past few weeks to put together a final week programme for them including the annual staff v students football match, the group photo and the final day BBQ and celebration. We hope they all have a terrific final week at school.

With exams not too far away we have the final study lates session on Tuesday evening from 4-8pm in the school. The Easter school programme is now finalised along with the study leave immersion programme and both timetables can be found attached to this newsletter. I would like to take this opportunity to thank you all for your continued support of the school and wish you all a restful Easter break. I look forward to seeing you all when we return on Tuesday 23rd April.

Mr G McDowall

Young Enterprise Final 2019

The Lothian final of the Young Enterprise competition was held on Thursday evening with 3 teams representing St Margaret's Academy. The evening was a huge success with Charlotte and Lori from team 'Charitable Hearts' claiming the people's choice award for their presentation. A full article on the event will follow after the holidays. Thanks to everyone involved including Miss O'Hare, Miss McKeown and our business mentors Alison, Peter, Jolene and Candice for making it all possible.



Geography - Forth Rivers Trust session

On Thursday the Higher Geography class worked with the Forth Rivers Trust to look at the impact humans have on rivers which ties in with the work currently ongoing by the Trust in the River Almond. Pupils visited the river and sketched out some of the features as well as using a water table to model the river and were challenged with creating flood prevention strategies.

Miss Stone



Study Leave arrangements for S4-6 pupils

- All S4 pupils have received their personalised study leave timetable. If you would like to make any changes then please speak to Mrs Crookston or Mrs Boyd.
- S4 and S5 pupils will begin study leave on Thursday 25th April (Higher PE and Admin pupils will begin study leave on the 23rd April)
- S6 pupils will begin study leave on the 5th April. If they wish they can attend school on the 23rd and 24th April.
- The study leave immersion programme is attached to this newsletter.
- The full exam diet can be accessed at https://www.sqa.org.uk/files_ccc/ExamTimetable2019.pdf

Easter school



The Easter school programme is now available. There is no sign up process, however, please ensure that you sign in and out at the front entrance to the school. The full programme is attached to this newsletter

SCES parents newsletter

The latest edition of the Scottish Catholic Education Service (SCES) newsletter is attached to this bulletin.



app - St Margaret's RC Academy available for iphone and android



stmargaretsacademy.org.uk



@StMargaretsAcad



@StMargaretsAcademyLivingston

St. Margaret's Academy



Pupil Bulletin

26th March 2019

General

Naples Trip 2019

Could all pupils attending the trip please collect the next letter from Miss Stone in U19. This contains flight/hotel information so it is crucial that this information reaches your parents/carers.

Non Uniform Day 29/3/19

Wear something blue to support SCIAF this Friday. £1 to period 1 teacher - some of this money will go to the Cyclone Appeal the rest to SCIAF Real gifts. Usual rules please - no fancy dress, football tops or onesies.

SCIAF Sponsored Fast

Senior pupils and staff will be taking part in a sponsored 24 hour fast on Thursday 4th April. Please support them if you can.

SCIAF TOTAL

The Lent collection for SCIAF so far is £204.41 - THANK YOU

Lunchtime Film Club

The lunchtime film club will be running on Wednesdays during 5A and 5B starting on Today the 20th March and then every Wednesday. If you're interested in film everyone is welcome in room U55 in the English corridor.

Running Club

On Wednesday 27th March Running club will hold its second time trial of the year. Please feel free to come along and run or run/walk around the course. Any new members please ensure you have filled in an EE2 with PE for after school clubs.

Ski Club

There are still a few spaces for the 3rd block of skiing. This block is specific to beginners. If you are interested please speak to Mr Haynes or Mr Bradley.

Duke of Edinburgh

After school Friday

Bronze - heading outside - bring a coat!

Silver - final session to finish off routes.

Equalities Club

Equalities Club - Wednesdays **5b** in the Oratory. All welcome!

School Canteen

Students are reminded not to take plated food out of the Atrium. Please take a seat while you eat and place all rubbish in the bins provided. Thank you.

Late Pupils

Please sign in with Mrs Whitelaw U7 Library Office, when you arrive late into school. If you are late due to the school bus please indicate this when you sign in. Thank you.

Bus Tickets

Bus tickets should be purchased from the School Office at break and lunch time only. The cost of a 10 journey ticket is £6.73, please try to bring the exact money with you to the School Office.

School Tie Return

If you have borrowed a tie from the School Office could you please ensure that it is returned by the end of the day.

Weekly Mass

Just a reminder that Mass takes place every Thursday morning at 8.15am in the Oratory.

Procedure for Leaving School for Appointments/Sent Home from Sick Room

If you have to leave the school premises for any reason e.g. medical appointment, sent home from sick room please remember to sign yourself out on the black folder at the school office window.

Lidl

Pupils should be reminded to remain on school grounds during break and lunch time. Please advise pupils that they will no longer be served at Lidl during these times.

Lost Property

Please be reminded that the lost property basket is located outside the Janitors Office. If you have lost any items of clothing etc. please check this basket in the first instance.

Extra-Curricular Timetable

Please see attached sheet for details.

S1 – S3

S4 – S6

S6 Lockers

All current S6 pupils should clear their lockers and return keys to Mrs Hynds by no later than **Thursday 4 April**. Any lockers not cleared by this time will be emptied of contents and locks changed.



Monday 8th April			
Time	Subject	Level	Teacher
9am-12pm, 1pm-3pm	Maths	National 5	Miss McNamee
9am-12pm, 1pm-3pm	Maths	National 5	Mr Bringhurst
9am-12pm, 1pm-3pm	Maths	Higher	Mr Ahmed
9am-12pm	Sociology	Higher	Miss Morton
1pm-3pm	Care	National 5, Higher	Miss Morton
9am-12pm	Chemistry	National 5	Dr MacAllister
1pm-3pm	Chemistry	Higher	Dr MacAllister
1pm-3pm	English	National 5	Mr Amamize
9am-12pm, 1pm-3pm	RMPS	Higher	Miss McKeown
9am-12pm, 1pm-3pm	Physics	National 5	Miss Adams
9am-12pm, 1pm-3pm	Physics	Higher, AH	Mr Dudley
Tuesday 9th April			
9am-12pm, 1pm-3pm	Maths	Higher	Miss McNamee
9am-12pm	Maths	Advanced Higher	Mr Fagan
1pm-3pm	Maths	National 5	Mr Fagan
1pm-3pm	English	National 5	Mr Boyle
**10am-12pm	English	Higher	Mr Boyle
9am-12pm, 1pm-3pm	Music Composition	All levels	Mrs Crookston
9am-12pm	Geography	Higher	Miss Stone

1pm – 3pm	Geography	National 5	Miss Stone
9am-12pm	Drama	Higher	Mrs Coulson
9am-12pm	Drama	National 5	Mrs MacDonald
9am-12pm, 1pm-3pm	Early Learning & Childcare	National 5	Mrs Don
9am-12pm, 1pm-3pm	Chemistry	National 5	Miss Christmas
9am-12pm, 1pm-3pm	Dance	National 5	Miss Stryke
Wednesday 10th April			
9am-12pm, 1pm-3pm	Maths	National 5	Miss McNamee
9am-12pm	English	Higher	Miss Cochrane
9am-12pm, 1pm-3pm	English	Higher	Mr Bennett
9am-12pm, 1pm-3pm	Maths	Higher	Mr Murray
9am-12pm, 1pm-3pm	Maths	National 5	Mr Bringhurst
9am-12pm, 1pm-3pm	Maths	Higher	Mr Ahmed
9am-12pm, 1pm-3pm	Music Composition	All levels	Mrs Crookston
9am-12pm	Graphic Communication	All levels	Mr Swan
9am-12pm	Practical Metalwork	National 5	Mr Stewart
Thursday 11th April			
9am-12pm, 1pm-3pm	English	Higher	Mr Bennett
9am-12pm	English	National 5	Miss Hulme
1pm-3pm	English	Higher 'Men Should Weep'	Miss Hulme
9am-12pm, 1pm-3pm	Maths	Higher	Miss McNamee
9am-12pm, 1pm-3pm	Maths	National 5, Higher drop- in	Mr Murray
9am-12pm	Chemistry	Higher	Mrs Abraham
Friday 12th April			
9am-12pm	English	National 5	Mr Amamize
9am-12pm	Chemistry	National 5	Mrs Abraham
9am-12pm	French	National 5	Miss Dunkerley

Monday 15th April			
9am-12pm, 1pm-3pm	Maths	National 5	Mr Bringhurst
9am-12pm, 1pm-3pm	Maths	Higher	Mr Ahmed
9am-12pm	French	Higher	Mrs MacDougall
9am-12pm, 1pm-3pm	PE	Higher	Mr Locke
9am-12pm, 1pm-3pm	PE	Higher	Mr Haynes
9am-12pm, 1pm-3pm	PE	Higher	Mr Bradley
9am-12pm	Spanish	National 5	Mrs Millar
1pm-3pm	Spanish	Higher	Mrs Millar
Tuesday 16th April			
9am-12pm, 1pm-3pm	Psychology	Higher	Miss Nisbet
9am-12pm	Modern Studies	National 5	Miss McLay
1pm-3pm	Modern Studies	Higher	Miss McLay
9am-12pm, 1pm-3pm	Business Management	National 5	Miss O'Hare
9am-12pm, 1pm-3pm	Business Management	Higher	Mrs Campbell
9am-12pm, 1pm-3pm	Biology	National 5	Miss Grant-Forsyth
9am-12pm, 1pm-3pm	HFT	All levels	Mrs Don
9am-12pm	English	National 5	Mr Walsh
1pm-3pm	English	Higher 'Men Should Weep'	Mr Walsh
9am-12pm	Eng. Science	Higher	Mr Hopkins
9am-12pm, 1pm-3pm	Dance	National 5	Miss Stryke
Wednesday 17th April			
9am-12pm	History	National 5	Miss Nisbet
**10am – 12pm, 12.30pm – 2.30pm	Music	Higher am, N5 pm	Mrs Allan
9am-12pm	English	Higher	Miss Cochrane
9am-12pm, 1pm-3pm	Admin & IT	Higher	Miss O'Hare
9am-12pm, 1pm-3pm	Engineering Science	Higher	Mr Hopkins
9am-12pm, 1pm-3pm	Physics	National 5	Mr Hopkins
9am-12pm, 1pm-3pm	Physics	Higher	Mr Hill

**** PLEASE NOTE THE TIME CHANGES**



St Margaret's Academy

Immersion programme May 2019

All sessions run from 9am – 3pm unless otherwise stated

Day	Date	Session
Wednesday	24 th April	Mathematics of Mechanics AH; Admin and IT H; Physical Education H
Thursday	25 th April	Music N5, H
Friday	26 th April	Politics H; Practical Metalworking N5
Monday	29 th April	Biology N5, H, AH; Human Biology H
Tuesday	30 th April	Modern Studies N5, H, AH
Wednesday	1 st May	Maths H, AH; Hospitality N5
Thursday	2 nd May	Maths N5, Woodworking N5
Friday	3 rd May	Statistics AH; Spanish N5, H
Tuesday	7 th May	HOLIDAY; English H, AH
Wednesday	8 th May	English N5; Photography H
Thursday	9 th May	Chemistry N5, H, AH
Friday	10 th May	History N5, H
Monday	13 th May	French N5,H
Tuesday	14 th May	Physics N5, H, AH
Wednesday	15 th May	Business N5, H, AH; Design & Man N5, H
Thursday	16 th May	Engineering N5,H
Friday	17 th May	Dance N5; Graph Comm N5, H, AH
Tuesday	21 st May	Computing Science N5, H; Health & Food Tech N5, H
Wednesday	22 nd May	Drama N5, H
Thursday	23 rd May	Art N5, H; Practical Electronics N5
Friday	24 th May	RMPS H
Monday	27 th May	Geography N5, H
Tuesday	28 th May	Psychology H
Wednesday	29 th May	Sociology H
Thursday	30 th May	Care H

ST ANDREW'S

Admin Office:

126 Victoria Street
Craigshill
Livingston
EH54 5BJ
T: 01506 432141

ST PETER'S

9 Carmondean Centre
Deans
Livingston
EH54 8PT
T: 01506 438787

ST PHILIP'S

The Lanthorn
Kenilworth Rise
Dedridge, Livingston
EH54 6NY
T: c/o 01506 880918

ST THERESA'S

Kilronan Park
41 Main Street
East Calder
EH53 0ES
T: 01506 880918

Pastoral Team:

Fr Kenneth Owens, Fr Simon Hughes, Fr Peter Krakowiak SAC & Fr John Semnanke

Email: catholic126@gmail.com **PPC Email:** livingstoneastcalder_ppc@hotmail.com

Fr Peter Mobile: 07460 676 278 (text only) **Email:** katolicylivingston@gmail.com

Facebook: Livingston and East Calder Catholic Parishes

Website: www.livingstoncatholicparishes.co.uk

SVDP Contact Numbers:

St Andrew's: 07342 793611 **St Peter's:** 07796 662264
St Philip's: 07502 031701 **St Theresa's:** 07548 115446

SUNDAY 31 MARCH 2019

Fourth Sunday of Lent - Year C



Like the Israelites of old, the prodigal son's shame is behind him. His years of wandering are over and he returns home to a warm welcome and a great feast. A new and bright future lies ahead of him.

Jesus told the parable in response to the criticism of the Pharisees that he was too lenient towards sinners. They were meant to see themselves in the older son. For Luke the 'Pharisees' are righteous Christians, for whom God's mercy to sinners is unfair and scandalous.

Lenten Events ...

Inspiration & Insights from John's Gospel: Led by Fr Kenneth in St Andrew's hall from 7.00pm - 8.30pm:

3 April - Week 3 The woman caught in adultery Jn 8:1-11
10 April - Week 4 I am the Way, the Truth and the Life Jn 14:1-31
17 April - Week 5 The priestly prayer of Christ Jn 17:1-26

Stations of the Cross:

St Theresa's Wednesday evening before Mass
St Peter's Wednesday at 7.00pm
St Andrew's Friday at 7.00pm
St Philip's Sunday morning after Mass

Confession:

St Andrew's: Sat 9am & 4.30pm
St Peter's: Sat 10am
St Philip's: Sat 9am
St Theresa's: Sun after 11.30am

Adoration:

St Andrew's: Tue 10am to 11am
Thu 7pm to 8pm
Sat 4.30pm to 5pm
St Peter's: Sat 10am to 10.30am
St Philip's: Sat 9am to 9.15am

Morning Prayer:

St Philip's: Tue, Thu & Sat
9.15am

Parish office opening hours:

Mon, Tue, Wed & Thu
9.30am to 12.30pm

LENTEN RECONCILIATION SERVICE FOR ALL FOUR PARISHES ON
THURSDAY 4 APRIL AT 7.00PM IN ST ANDREW'S



Shared News ...

SCIAF Sunday: Please give what you can to the SCIAF collection today.

Sunday Prayer at St Peter's: The church will be open this afternoon between 3.30pm and 4.30pm for quiet prayer and reflection. This will be the last week.

Youth Club: Sunday evenings from 6.00pm - 8.00pm in the Lanthorn Centre. Tonight will be the last session before we break for the Easter holidays.

House Masses: Will be held on Friday 5 April at 7.00pm at John & Alison Lindsay's home (21 Raw Holdings, East Calder) and on Tuesday 9 April at 7.00pm at Hettie Paterson's home (30 Wood Place, Eliburn).

St John's Hospital Mass: Fr Simon will celebrate Mass on Friday 5 April at 5.00pm in the hospital chapel. Everyone welcome.

CIC: The next class will be on Saturday 6 April at 10.00am in St Andrew's hall.

Afternoon Tea: St Peter's are hosting Afternoon Tea on Saturday 27 April from 1.00pm - 3.00pm to raise funds for the Malawi trip. Tickets cost £10 (tea/coffee, sandwiches, scones, cakes & complimentary glass of fizz) and are available after Masses

Save the date: Please keep Sunday 9 June free for a Pentecost Sunday celebration for all four parishes - 'Songs of Praise' in St Margaret's Academy at 3.00pm.

Next Sunday's Readings (07.04.19): Isaiah 43:16-21; Psalm 125; Philippians 3:8-14; John 8:1-11.

Recently Deceased: Margaret Beattie, Nancy Muir

..... : Holy Thursday (18 April)

: 7.00pm	Mass of Last Supper	St Peter's	Fr Simon
: 7.00pm	Mass of Last Supper	St Philip's	Fr John
: 7.00pm	Mass of Last Supper	St Andrew's	Fr Kenneth & Fr Peter
: 10.00pm	Night Prayer	St Peter's	Fr Simon
: 10.00pm	Night Prayer	St Philip's	Fr John
: 10.00pm	Night Prayer	St Andrew's	Fr Kenneth & Fr Peter



: Good Friday (19 April)

: 9.30am	Morning Prayer	St Peter's	Fr Simon
: 3.00pm	Passion	St Peter's	Fr Simon
: 3.00pm	Passion	St Andrew's	Fr Kenneth
: 3.00pm	Passion	St Theresa's	Fr John
: 7.00pm	Passion (Polish)	St Andrew's	Fr Peter

: Holy Saturday (20 April)

: 9.30am	Morning Prayer	St Peter's	Fr Simon
: 10.00am - 11.30am	Blessing of Polish Food	St Andrew's	Fr Peter
: 12 noon - 1.30pm	Blessing of Polish Food	St Peter's	Fr Simon
: 3.30pm - 4.00pm	Blessing of Polish Food	St Andrew's	Fr Peter
: 8.00pm	Easter Vigil (Polish)	St Peter's	Fr Peter
: 9.00pm	Easter Vigil	St Andrew's	Fr Kenneth
: 9.00pm	Easter Vigil	St Theresa's	Fr John

: Easter Sunday (21 April)

: 9.30am	Mass	St Peter's	Fr Simon
: 9.30am	Mass	St Philip's	Fr John
: 9.30am	Mass (Polish)	St Andrew's	Fr Peter
: 11.30am	Mass	St Andrew's	Fr Kenneth
: 11.30am	Mass	St Theresa's	Fr John
: 12 noon	Mass (Polish)	St Peter's	Fr Peter



: Easter Monday (22 April)

: 8.00am	Mass (Polish)	St Andrew's	Fr Peter
: 9.00am	Mass	St Theresa's	Fr John

.....

ST PETER'S ...

St John Ogilvie PFA: Meet on Monday 1 April at 7.00pm in the school. Parents, carers and grandparents are all welcome.

Knit & Natter: On Wednesday at 12.30pm. Everyone is welcome.

Peacock Nursing Home: Mass in the nursing home on Wednesday 3 April at 2.00pm. Any regular visitors are very welcome to attend.

Stations of the Cross: On Wednesday at 7.00pm led by Holy Family. **Holy Family:** This week will meet on Wednesday after Stations of the Cross.

Last Sunday's Collection: £1,103.40; **Church Stall:** £80.12

ST THERESA'S...

Friday 5th: The school children will join us for Mass on Friday morning.

Last Sunday's Collection: £599.46;
Bonus Ball Winner: No 27 M O'Brien

ST ANDREW'S ...

SVDP Appeal: The SVDP have been asked to provide a chest of drawers. If anyone can help, please phone John Opara (Tel: 496 019 or 07496 518 395). This would be much appreciated.

Stations of the Cross: Weekday mornings at 8.45am when there is Mass. Also, Friday evenings at 7.00pm.

Litter: We recently had to repair our hoovers due to rubbish being stuck in the hose. Please can everyone use the bins provided.

Last Sunday's Collection: £1,120.12; **Building Fund:** £164.76;
Church Stall: £30.30; **Candles:** £186.83; **200 Club:** No 101 & No 190

ST PHILIP'S ...

Fairtrade: Next stall will be on Sunday 7 April.

Lantern Public Holidays: The community centre will be closed on Friday 19 April, Monday 22 April and Monday 6 May.

Last Sunday's Collection: £535.45;
200 Club: No 51 M McCue;
Sanctuary Candle: Victims of cyclone in Africa



Rt Rev. Joseph Toal STB KC*HS
Bishop of Motherwell

To be shared with Parishioners on Sunday 31st March – SCIAF Sunday

My dear brothers and sisters in Christ,

I write on behalf of the bishops of Scotland on this the fourth Sunday of Lent to thank you for your generous and prayerful support for SCIAF – the Scottish Catholic International Aid Fund.

In the gospel today we hear of a son who, having squandered his money, is so hungry that he would have eaten the swill put out for his master's pigs. We are told that when the son finally returned to his father's house there was great celebration and his father was overjoyed to have his son with him once again.

This unconditional love of an earthly father is as nothing compared to the love that our heavenly Father has for us. We should rejoice in that love and it should remind us that God loves all our brothers and sisters equally, and expects that we, in turn, will demonstrate our love for them.

That is why SCIAF was founded, to give the church in Scotland the opportunity to show its love for our poorest and most vulnerable brothers and sisters, and why, during Lent, we ask you to give generously to support the vital work SCIAF does on our behalf.

In Uganda SCIAF has been working to support people like Lydia who was struggling to feed her five children. You will see pictures of Lydia and her children on the WEE BOX. With some practical help she has been able to turn the life of her family around and now has food for today and hope for the future.

In addition to helping Lydia and vulnerable young people like her grow more food, SCIAF and its partners are also helping the community to work with the local authorities to ensure that they receive the agricultural services the Ugandan Government has promised them. In this way SCIAF is improving local state governance, democratic accountability, and the sustainability of the farming in local communities.

In this way SCIAF is, on your behalf, protecting communities for generations to come.

SCIAF helps us all to put our faith into action and to demonstrate our Christian love for all our brothers and sisters. Please support the WEE BOX appeal during this holy season and in today's special collection. As Lent draws to a close and we look forward to the celebration of Christ's resurrection, please remember SCIAF and everyone they work with in your prayers.

May God bless you and your families during the holy season of Lent and throughout the year.

+ Joseph Toal

+ Joseph Toal,
Bishop President of SCIAF
On behalf of the Bishop's Conference of Scotland

WIADOMOŚCI POLSKIEJ WSPÓLNOTY W LIVINSTON



Chrystus umarł, Chrystus zmartwychwstał, Chrystus powróci czyli o miłości, wierze i nadziei
PROWADZĄCY REKOLEKCJE: Ks. prof. dr hab. Mirosław Mejzner SAC, Rektor WSD SAC w Oltarzewie, k. Warszawy, teolog i patrolog

Czwartek 11.04.19 - St. Ninian's & Triduana, Edynburg, EH7 6BW

18.00-19.30 Spowiedź u rekolekcjonisty; adoracja i różaniec
 19.30 – Msza święta na rozpoczęcie rekolekcji i 1 nauka rekolekcyjna
 21.00 Apel Jasnogórski

Piątek 12.04.2019-St Andrews, Craigshill, Livingston EH54 5BJ:

18.00-19:00 Adoracja Najświętszego Sakramentu, różaniec, okazja do spowiedzi świętej
 19:00-19.30 Droga Krzyżowa (polsko-szkocka)
 19.30-21.00 Msza Święta z 2 nauką rekolekcyjną

21.00 Apel Jasnogórski

Sobota 13.04.2019-St Andrews, Craigshill, Livingston EH54 5BJ:

13.30 - 15:00 Pierwsza spowiedź dla dzieci z klas P3 i ich rodziców - nabożeństwo dla dzieci rodziców

Sobota 13.04.2019 -St. Peter's, Carmondean, Livingston, EH54 8PT – WIGILIA NIEDZIELI PALMOWEJ

18.00-18.30 - Adoracja, różaniec, okazja do spowiedzi świętej u rekolekcjonisty i spowiedników
 18.30-20.00 Procesja z Palmami, Msza Święta i rekolekcyjna nauka ogólna; okazja do spowiedzi u kilku księży
 20.00 Okazja do spotkania z rekolekcjonistą; autografy w autorskiej książce i materiały informacyjne WSD
 21.00 Apel Jasnogórski

Niedziela 14.04.2019-St Andrews, Craigshill, Livingston EH54 5BJ - NIEDZIELA PALMOWA

08.30-9.30 Okazja do spowiedzi świętej u rekolekcjonisty i innych księży
 9.30 -10.30 Procesja z Palmami, Msza Święta z nauką na zakończenie rekolekcji wielkopostnych AD 2019
 10.30 Okazja do spotkania z rekolekcjonistą; autografy w autorskiej książce i materiały informacyjne WSD

ZAPRASZAM WAS NA REKOLEKCJE! POŚWIĘCONE PALMY Z POLSKI ZA DOBROWOLNĄ OFIARĘ– KS. PIOTR

DATE	ST ANDREW'S	ST PETER'S	ST PHILIP'S	ST THERESA'S	FEAST DAY
Sun 31 Mar	9.30am Polish PK 11.30am Mass JS <i>McGinley Family</i>	9.30am Mass SH <i>People of the Parish</i> 5.30pm Mass SH <i>May Smart</i>	9.30am Mass KO <i>Catherine Caffrey</i>	11.30am Mass KO <i>People of the Parish</i>	4th Sunday of Lent - Year C
Mon 1 Apr	No Service	No Service	No Service	9.00am Mass JS <i>Donor's Intention</i>	Monday 4th week of Lent
Tue 2 Apr	9.30am Mass KO	6.00pm Mass SH <i>Donor's Intention</i>	9.30am Mass JS	No Service	Tuesday 4th week of Lent
Wed 3 Apr	9.30am Mass KO	9.30am Mass SH	No Service	6.00pm Mass JS <i>Kay McCusker</i>	Wednesday 4th week of Lent
Thu 4 Apr	9.30am Mass KO	9.30am Mass SH	9.30am Mass JS	No Service	Thursday 4th week of Lent
Fri 5 Apr	9.30am Mass KO	9.30am Mass SH <i>Johnnie Mooney</i>	No Service	9.00am Mass JS	Friday 4th week of Lent
Sat 6 Apr	9.30am Mass KO <i>Andrew McLay Snr & Paul McLay</i> 5.30pm Vigil KO	9.30am Mass SH <i>Nancy Muir</i> 6.30pm Polish MM	9.30am Mass JS	No Service	Saturday 4th week of Lent
Sun 7 Apr	9.30am Polish JS 11.30am Mass KO <i>People of the Parish</i>	9.30am Mass SH <i>Brian Clark</i> 5.30pm Mass SH	9.30am Mass KO <i>Sarah Harkins</i>	11.30am Mass JS <i>People of the Parish</i>	5th Sunday of Lent - Year C



SCES Parents' Newsletter April 2019



Message from the Chair

Hello!

Welcome to Holy Week and to the spring issue of **SCES** Parent News.

In our discussions with parents, we found agreement that the great feasts of the Church's year provide a particular opportunity to pass on to our children the practice of the faith. So, in this issue, we have provided a 'ready-to-use' resource for families who would like to observe Holy Week and the Easter Triduum together. In high schools, Easter week also coincides with the beginning of the SQA exam diet and so this time we also hear from a parent who has been supporting her daughter through National Examinations; something which can put strain on many families.

Our 'blog spot' considers fostering good mental health in our children and young people throughout the year and we hear about one school's retreat programme to support the spiritual health of their pupils. We also look forward to the Caritas Award Ceremony on 28th May and hear about the initiative at St Ambrose High School where pupils with additional support needs, attending the special school sharing their campus, can participate in the award as well.

We hope you enjoy reading the latest issue of **SCES** Parent News. If you have any comments please get in touch with us by emailing parents@sces.uk.com and I wish you a very holy week and a very happy Easter!

God bless,
Jo Soares
Chair **SCES** Parents



Holy Week in our homes

Grow in Holiness this Holy Week



Lent has been an opportunity to grow closer to God and the culmination of Lent is Holy Week itself. Whatever you and your family have been 'doing for Lent', this week provides a chance to bring into sharper focus the purpose of those acts of penance and charity. At **SCES** Parents we recognise the need for resources which make the practice of the faith easier to achieve in the midst of modern family life so this year we looked to provide a ready-to-use resource for Holy Week.

For each day this week there is an excerpt from the Gospel to read, together with a brief reflection, prayer and suggestion for action. We hope you will find this a useful resource to make this week Holy for your family. If you have young children you might want to use it for personal reflection but if you have older children or teenagers, why not try to find time each day to read the Gospel excerpt together and reflect on the events of Holy Week which lead us to know Jesus better.

It is also worth remembering that everything we do during Lent, and particularly during Holy Week, points us towards the passion, death and resurrection of Jesus. Easter is often referred to as "The Feast of Feasts", and the Church asks us to prepare for that by attending the special services of the Triduum: evening mass on Holy Thursday, where we retrace the events of the Last Supper, including the washing of the disciples' feet and the first ever Eucharist; Good Friday, where we recall the Passion, death and burial of Jesus, and kiss the cross, and Holy Saturday's Easter Vigil, the first celebration of the resurrection each year, which is followed by the prayers of Easter Sunday Mass. The Church urges us to mark this special time by attending these services in our parishes.

You can check with your parish to see the times of the services. Some of the services may be long for those with younger children, but many parishes will also hold "family-friendly" versions, designed to help children understand the significance of the events. Try looking at your local parish's bulletin, website or social media platforms to see what would suit your family.

Monday

READ: *Six days before the Passover, Jesus went to Bethany, where Lazarus was, whom he had raised from the dead. They gave a dinner for him there; Martha waited on them and Lazarus was among those at table. Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was full of the scent of the ointment.*
John 12: 1-3

REFLECT: What a beautiful act of love, and sacrifice. The ointment would have cost a year's salary and thus immediately Mary is decried for wasting money. Jesus refutes this and tells everyone to "Leave her alone." Jesus knew what Mary needed, what each one of us needs – to worship Him and make Him the centre of our lives. We need to humbly serve Jesus not because he needs this but because we need it for our own happiness. We were made for the worship and adoration of God and we do not find fulfilment until we give to the Lord with our whole self and without counting the cost.

PRAY: Jesus I adore you. Lay my life before you. How I love you.

ACT: Give your children an example of adoration to copy. Perhaps you could all gather together at teatime or before bed to pray a prayer of adoration together? Or perhaps it would be possible to pop into the church on your way home and spend time with the Blessed Sacrament?

Tuesday

READ: *While at supper with his disciples, Jesus was troubled in spirit and declared, "I tell you solemnly, one of you will betray me."*
John 13: 21

REFLECT: Jesus is showing us his humanity. He was "deeply troubled" – hurt – by Judas' betrayal and saddened at the loss of one he loved. Judas chose to betray Jesus and we have the same choice to make – to accept the loving gift of salvation and grace or to refuse it. We should therefore ask ourselves, "Is Jesus' heart 'deeply troubled' by my actions?" And if the answer is yes that is no reason to despair as Judas did but to turn to Jesus who loves us more than we love ourselves. This will bring peace and consolation to our hearts and peace and consolation to the Heart of Jesus.

PRAY: 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.

ACT: Make a point of saying "Sorry" and "I love you" to each other today.

Wednesday

READ: *Now as they were eating, Jesus took some bread, and when he had said the blessing he broke it and gave it to the disciples. "Take it and eat," he said "this is my body." Then he took the cup, and when he had returned thanks he gave it to them. "Drink all of you from this," he said "for this is my blood, the blood of the covenant, which is to be poured out for many for the forgiveness of sins."*

Matthew 26: 26-28

REFLECT: We hear in Jesus' words, "This is my body given for you." The Holy Eucharist is Jesus' lasting gift to us, given for our holiness and salvation. A gift of complete self-giving and sacrificial love. God Himself is present in our world and as we consume we are transformed into His body and share His divine life. The Eucharist is the culmination of God's actions which sanctify the world and the culmination of our worship of God. We taste heavenly liturgy and anticipate eternal life.

PRAY: Lord I am not worthy to receive you but only say the words I shall be healed.

ACT: Respond to the invitation to "take this and eat it." Prepare to receive the Eucharist at the Mass of the Lord's Supper tomorrow by making an examination of conscience.

Examination of conscience for children

http://www.johnpaul2center.org/JohnPaulIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/10Commandments_Child_EC.pdf

Examination of conscience for teenagers

<http://www.johnpaul2center.org/JohnPaulIICenter/LayFormation/AdultFormation/SeasonofMercyFaithFormationRes/ExaminationofConscienceforYout.pdf>

Thursday

READ: *He had always loved those who were his in the world, but now he showed how perfect his love was. He got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.*

John 13: 1, 4-5

REFLECT: Jesus presents to us a perfect example of humility and service and calls us to imitate Him. How can we achieve this? It is by receiving the Eucharist that we are given the grace we need to love as He loved us and commit ourselves to humbly serve of others. And this humble service is a beautiful expression of our intimate union with Jesus. As we celebrate Holy Thursday we are challenged to copy Jesus and commit ourselves to a radical and total gift of ourselves to others.

PRAY: Thanks be to thee, my Lord Jesus Christ, for all the benefits Thou hast given me, for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly and follow thee more nearly, day by day.

ACT: Humbly serve your family today and make a conscious preference for each other's needs. Try to attend Holy Thursday mass this evening, and possibly take part in the Washing of the Feet.

Friday

READ: *Jesus knew that everything had now been completed, and to fulfil the scripture perfectly he said: "I am thirsty." A jar-full of vinegar stood there, so putting a sponge soaked in the vinegar on a hyssop stick they held it up to his mouth. After Jesus had taken the vinegar he said, "It is accomplished;" and bowing his head he gave up the spirit.*
John 19: 28-30

REFLECT: At the point of death Jesus asked for a drink. He was physically thirsty but also he was longing for all the children he loved. Jesus has a deep and burning thirst for our love, for us to return the love He showed in His amazing sacrifice on the cross.

We are used to seeing this sacrifice pictured every time we look at a crucifix but this familiarity can mean we miss what Jesus actually did. Miss the enormity of His suffering and death and fail to comprehend His radical forgiveness for those who injury Him. Recognising Jesus' sacrificial love can enable us to love as He did and love those who hurt us as well as those who love us back.

PRAY: Pray today for all those in need that God the almighty Father may heal the sick, comfort the dying, give safety to travellers, free those unjustly imprisoned and rid the world of falsehood, hunger and disease.

ACT: The Church marks the crucifixion and death of Jesus in a special solemn service usually held at three o'clock. Try to attend this service in your local parish as a family. If that is not possible, turn off distractions (electronic devices, TV, radio, social media...) between noon and 3pm – the hours Jesus hung on the cross – and take time to contemplate His sacrifice for you.

Saturday

READ: *They took the body of Jesus and wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden and in this garden was a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.*
John 19: 40-42

REFLECT: The Church does not celebrate Mass today. There is silence. Jesus has died and rests in the tomb. This was a day of great sorrow and confusion for those who witnessed Jesus die but it was a day of great joy for the holy souls who had gone before Him. As the apostle's creed tells us, Jesus descended into hell to bring the gift of salvation to all. Holy Saturday can remind us that even the worst of tragedies are not always what they seem and if we hope and trust in God's perfect plan, He transforms lives with His grace and mercy.

PRAY: I put my trust in you and say, "You are my God."
Let your face smile on your servant, save me in your love.
Psalm 31

ACT: It is the "day of preparation" for the great feast of Easter. Enjoy some 'preparation' by decorating eggs to roll, baking a cake in celebration or arranging spring flowers for the table. In the evening, try to attend the Easter Vigil as a family, and see how the lighting of the fire and the Paschal candle helps us to understand Christ's victory over death and darkness, and the promise of eternal life. The service also allows us all the opportunity to renew our baptismal promises, and to welcome those who are joining our faith community for the first time.

Sunday

READ: *On the first day of the week, at the first sign of dawn, they went to the tomb with the spices they had prepared. They found that the stone had been rolled away from the tomb, but on entering discovered that the body of the Lord Jesus was not there. As they stood there not knowing what to think, two men in brilliant white clothes suddenly appeared at their side. Terrified, the women lowered their eyes. But the two men said to them, "Why look among the dead for someone that is alive? He is not here; he has risen."*
Luke 24: 1-6

PRAY: He has risen indeed, Alleluia!

Enjoy the celebration! We wish you and your family a very Happy Easter.

A parent's reflection on Holy week

Holy Week – Striking Up A Conversation

What we think about, remember and celebrate on Holy Thursday, Good Friday and Holy Saturday / Easter Sunday is the core of what we believe. So it's right that our focus for these days is on coming together to pray and worship. The liturgies that take place in our local parish churches over those days are packed full of richness. One of the best things about these days is that we do different things during mass: wash feet, kiss the cross, have a liturgy of fire and light, renew our baptismal promises. I look forward to these three days in the year and always try to make sure that I am off work on the Thursday and Friday so that I have the time to make the most of what we are celebrating.

These three days are the focus of Holy Week and Lent is the time that we are get ready for this special time. Lent is our time for going out into the desert with Jesus to try and meet God in a more straight forward way. I like that idea of Lent being a time for us to be out in the desert. Not literally! I don't think that I'd survive long in a real desert. What I like is the idea that I can make some changes to de-clutter, make more room for God to come into my life. In Lent we are encouraged to do that through prayer, penance and giving money to the poor. We are going to be ready for the three main days of Holy Week – the Easter Triduum – only if we take the steps to get ourselves ready.

One of the things that I've become conscious of is that for many people the desert is a daily reality. I'm thinking about the elderly living lives that are limited in different ways and often living alone or about those who are unable to engage with each other in a real way because they are so tied up in social media or about those who lack the confidence to meet and be with others. The desert surrounds us and often we carry it deep inside ourselves. It would be good if we were able to find the courage to help each other out of this desert, extend a hand and perhaps, more importantly, an ear to listen to those who are at the margins. It would be good if this Lent and Holy Week we commit ourselves to have conversations with everyone in our families, to waste a bit of time with them listening to them and making or deepening our connections with each other. Sometimes it is enough to make the effort to have a conversation; I know



that with teenage children it can be difficult to find ways to engage, but they do know when we are making the effort, they do appreciate when we don't give up on them, they do understand that we are trying to reach them. As my parish priest recently put it, "When you are struggling, you're winning"!

Helping each other to deepen the bonds that tie us together, having conversations about things that are important to us, spending time listening and appreciating each other would be good preparation indeed to meet God himself in a deeper way.

Tony

Tony Coultas is a father to grown up children and a supporter of Catholic education in Scotland. He chaired the **SCES** Parent Involvement Working Group from 2011 to 2016.



Parent's Blog 1: Being mum, even during anxious times

"They say life can't prepare you for having children but I have to say I was very lucky through the early years. It was a pleasure. Both girls were easy going and chilled out, mostly nursing, sleeping or smiling. During the middle years they developed unique personalities and personalities quite opposite; one feisty and the other laid back. Although they were challenging times, they were still great girls. They loved their mum, needed me and were proud of me.

Then all of a sudden it happens, they wake up one morning a grumpy teenager. No warning and no instructions come with them.

These teens eat junk, sleep a lot and moan. I find myself constantly asking them to pick up your laundry, eat your tea, do your homework, who used all the towels, shampoo, shower gel and conditioner..? have your shower earlier, get off your phone tidy your room... wake up, pick up your laundry and don't miss the bus, no you can't go... get a job, where who's and what time..? help around the house, don't wear so much make up... the list goes on.....



I try to remain calm but then it seems they are walking all over you and if I shout, they say 'well there's no need to shout about it!' Add to this a child with anxiety. It can sometimes feel like I'm being tested to the limit.

The anxiety has been my biggest challenge. Learning to understand and cope with little rituals. The senior years at school have been a constant source of stress for my daughter. Exams, friendships, part-time jobs, they all take their toll and this stress manifests itself in deteriorating behaviour. I have to accept that no amount of nagging will help. In fact, I need to step back and accept that some things may not go to plan this year but there *is* always next year. Our children may feel a particular problem is the end of their world but if from further away, we might see the alternative path.

This Lent our family has been reflecting on the Stations of the Cross together. This has helped us to focus on our faith, think of others and put our needs in the hand of the Lord. It hasn't removed the stress of impending exams but it has allowed us all to cope better.

I live in hope that they will grow out of this phase soon. Until then I try my hardest to be a loving role model with faith in the knowledge that the Lord will enlighten me and guide me day by day blessing us on this journey to adulthood together.

Julie

(Julie is the mother of two girls aged 15 and 17)

Parent's Blog 2: How School Retreats help our children's mental health



Over the last nine years, I have been fortunate enough to have had an active involvement in our S1 & S2 retreats.

The pupils don't always see all of the preparations that go into making the retreats happen, and don't always see straight away the benefits that praying and meditating together bring, but as a parent looking in, I can see that what a vital part of the life of a Catholic school these retreats are.

Over this time, I have had the opportunity to watch the different first year classes grow as new friendships are formed and dynamics are worked out. I have been privileged enough to hear their tales about getting lost in their first few days of secondary school, their experiences and thoughts about moving to secondary school and the differences from primary school, especially being the youngest again!

The retreat gives them the space to get to know each other in a safe environment, where they can work in groups, get to know people they wouldn't normally work with and build positive, prayerful relationships. On the surface it may seem like an exercise in simply getting the first years settled in to school, but seeing the transformation that the retreats make, I know that there is something 'more' at work.

Spending time with the second years on retreat, listening to their thoughts and anxieties about the future and hearing their dreams and ambitions, has been wonderful. In particular, I always enjoy hearing about and discussing the subjects they are considering choosing and who has helped influence their decisions. The retreats offer the second years an opportunity to escape the pressure of school for a day and really think about and discuss all their options in stress free and peaceful environment.

This year I have thoroughly enjoyed spending time with our first and second year pupils. They have all had great fun escaping a busy high school and spending time together in a different environment. It has been a pleasure to see them encouraging and supporting each other.



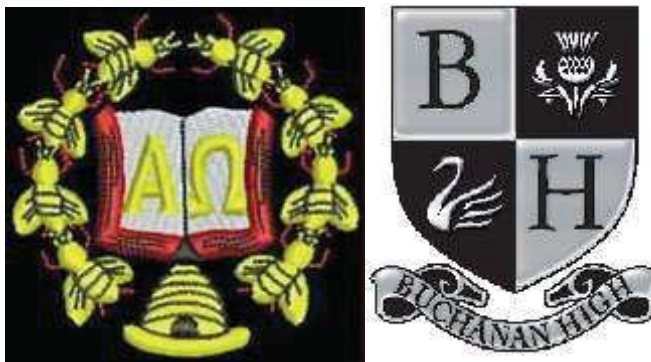
At a time where mindfulness and positive mental health are being promoted in schools and work places, I think it is important to know that our school retreats are building more than just the self awareness that mindfulness brings, but teaching our children how to be aware of themselves, their relationship with God and others, what brings true happiness and how prayer helps us cope at times of stress and anxiety.

I hope I can continue to partake in this vital aspect of our school community.

Hilary

Parent's Blog 3: Partnership schools - Faith life across a shared campus

In our final blog for this newsletter, Kathleen shares how St. Ambrose High School has been working in partnership with their neighbours Buchanan High and Townhead community centre to support the faith life of pupils on campus:



St Ambrose HS and Buchanan HS Coatbridge.

The school campus of St Ambrose is fairly new, having been opened in November 2012. It is located in Coatbridge and sits alongside Buchanan High School and Townhead Community Centre.

Buchanan High is a non-denominational school that caters for children with a range of additional support needs, aged 12-18. The current school roll is 121. St Ambrose and Buchanan High have strong links and are building a real sense of community in the local area. The schools promote activities which foster inclusion and opportunities to share information, resources and good practice. Senior pupils from St Ambrose volunteer in Buchanan eg supporting their Burns Supper event, and both schools come together for joint fundraising events , notably the Christmas Fayre.

Last year the two schools worked together to help pupils who wanted to, complete the Caritas award. Although only 1 pupil from Buchanan High undertook Caritas last year, both schools felt this worked well, regular meetings ensured that the same information was shared among all the candidates, prayers, volunteering opportunities, and the booklet has been adapted for Buchanan pupils. It is hoped that in the coming years more of the pupils from Buchanan will be presented for the award through St Ambrose.

This term there are 30 pupils at Buchanan High who are Roman Catholic and the school communities work hard to ensure that they are able to take part in the faith life of St AMbrose as often as they want to. There are joint masses in St Ambrose each week and on Holy days, pupils from both schools participate, and one of the Buchanan pupils is the Sacristan for the Oratory.

Fr Kane is Chaplain to both schools and now that there is Catholic provision in the ASN sector there is much greater scope for Catholic chaplaincy. The result of this will be more class visits, a visit from the Bishop and an increase in Catholic RE. So exciting times ahead!

Kathleen