



Friday Prayer & Liturgy 27/2/26

Friday Prayer

Dear Lord,
thank you that in the busyness of life there are times to stop and to think. Help us never to be so busy that we don't have time to be peaceful and silent. Thank you for times such as Lent that remind us to think about you and to consider what we can do to help those less fortunate than we are. Please help us always to 'be prepared' to help other people.
Amen.

Bible quote

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Peter 5: 6-7

Friday Liturgy

Today we celebrated the season of Lent in the lead up to Easter in our assemblies. The students learned how Jesus spent forty days in the desert, fasting and resisting temptation. They shared some of their favourite foods they are going to give up for Lent as well as extra tasks they will carry out in memory of Jesus. Today we also marked Cafod Lent Family Fast Day with our traditional simple soup and bread lunch. Each class made a delicious soup, and we shared them together in the school hall. It was a very social occasion and gave us all the opportunity to reflect on those less fortunate than ourselves and how we can support them. Our week ended with 'Prayer through Song' in the school hall, and we came together to give thanks for our week and think of those who need our help. We sang several of our favourite hymns before the end of the day.