

*January 2019*



# ADOREMUS

Sharing work and worship from Westminster schools on

OUR EUCHARISTIC JOURNEY





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Images above from:  
St Joseph's Primary, Chelsea  
Blessed Sacrament School  
St Margaret Clitherow, Brent



# WELCOME

## Diocese of Westminster Education Service



Welcome to our Adoremus magazine, the story of our diocesan initiative, 'Our Eucharistic Journey'. Since its launch in June this year, schools all over the Diocese have been developing an appreciation of the 'treasure' of this great Sacrament in the hearts of pupils, staff and parents alike. With the help of the clergy, our schools have begun to create a legacy of the Adoremus Congress.

Not only is this apparent in the colourful wall displays, special prayer areas and vibrant websites meaning that our pupils have a greater knowledge and understanding of this great mystery; the Acts of Worship including Eucharistic Adoration are also beginning to have a fundamental impact on our young people who are responding to Christ's call to prayer.

The need of our Blessed Lord in our schools and parishes today is indeed a great one; Jesus' calm and peaceful presence is the perfect antidote to the frantic pace of the modern-day curriculum. This is indeed an exciting time in the history of our Diocese, one in which we, as educators, can pass on the torch of faith and devotion to the Blessed Sacrament to our young so that the love of Christ will burn in their hearts and they in turn will pass this on to future generations.

This magazine is a simple attempt to share some of the wonderful practice that is taking place around the Diocese so that this initiative can continue to grow and bear fruit. We hope that you will be inspired by what you see here – there is much more on our website as well as on the websites of the schools mentioned. Please do continue to share your Eucharistic journey with us so that, together, we can enjoy this wonderful 'treasure' in our midst.

- The image on the cover was created by a Y6 pupil in St Joseph's Primary, Chelsea
- The image on the top right is by a parent from St Francis of Assisi, Primary, Kensington
- The image below is from Our Lady and St Joseph's Primary, Hackney







# CORPUS CHRISTI PROCESSION

## Westminster Cathedral Primary School, Westminster

The Bishops of England and Wales held a National Eucharistic Congress in Liverpool on 7-9 September 2018.

A Eucharistic Congress is a gathering of Catholics to witness to the Real Presence of Jesus in the Eucharist and to adore together His supreme act of love. On the last day of the Congress, there was a Eucharistic procession, the first since 1908, and this time the Blessed Sacrament was allowed.

To celebrate this special moment in history, we, too, had a Eucharistic procession to mark the feast of Corpus Christi. In preparation for this, all the classes in the school designed a poster.





# WALK WITH JESUS

## Westminster Cathedral Primary School, Westminster

As Father Pat took the Blessed Sacrament from the tabernacle  
- all the children and adults knelt in adoration saying:

*Lord, You are so precious to me.  
Lord, You are so precious to me.  
And I love You, yes, I love You  
Because You first loved me.*

Once all the children were settled, Canon Pat entered the Church looking very grand in his gold robe.

We all knelt as Canon Pat went to the tabernacle and placed the Blessed Sacrament in a monstrance.

'Jesus said to the crowds:  
"I am the bread of life;  
whoever comes to me will never hunger,  
and whoever believes in me will never thirst."' '

After each prayer was read we had a time of silence and reflection in front of the Blessed Sacrament, time for us to be at peace in the presence of Our Lord Jesus Christ. We sang:

*Jesus, we adore You,  
Lay our lives before, You  
How we love You*





# MEANING OF THE EUCHARIST

## Our Lady of Grace, Junior School, Brent

The children in Y3 were introduced to some key vocabulary and had a chance for discussion on words such as Blessed Sacrament, Altar, Tabernacle and Transubstantiation. The children explored how the Eucharist can be represented through art and firstly looked at 'The Sacrament of the Eucharist' by Salvador Dali. They worked in pairs to talk about what they noticed in this picture and how they thought it showed the Eucharist. From this discussion, they then looked at other examples of work that different children had created before firstly creating their own interpretation of what the Eucharist means to them and then choosing one piece to focus on as a class to recreate.

In Y4 we began by discussing the children's personal experiences of the Eucharist. The lesson explained what the Eucharist is and that it is a re-enactment of the Last Supper in Mass. The children created a collage of the bread and wine contemplating the moment in Mass when the bread and wine turns into the body and blood of Christ. Finally, the children wrote a reflective piece on what the Eucharist means to them and how it strengthens their faith.







# THE HEART OF THE MATTER

## Our Lady of Grace, Junior School, Brent

The children in Y5 discussed what the Eucharist means to them and came up with the following ideas:

- Sharing love
- Commitment to God and each other
- Friendship with God
- Forgiveness
- Peace - restoring peace with each other and God
- Harmony
- Hope - of the eternal life we will share with the Father
- Community - being with God and loving each other in our community/world

The children then designed an art piece to show their understanding of these concepts. In Year 6 the children wrote Adoremus acrostic poems after looking at the importance of adoring the Eucharist and the mystery of the Eucharist. They wrote their poems in the template of the chalice and host with the rays of light emanating from this image. Water colours were used to create a stained window effect and these have been displayed on the class windows.





# RETREAT DAY

9:00	Opening prayer
9:05	Welcome - Introduction
9:15	Holy Eucharist in the Catholic Church
9:40	Guided meditation - Receiving the Gift
10:00	Creative Activities
11:00	Closing Prayer
11:05	Lunch

## St Monica's Primary School, Hackney

Adoremus has really taken off at St Monica's school in Hackney where they invited parents and staff to their retreat day in the Autumn term. As you can see, this was an enriching and memorable experience for all involved. Here is what the parents had to say...

The ADOREMUS was a lovely expression of worship this morning (23rd November 2018). I am delighted by the various teaching staff I have met and their various teaching approaches.

Teaching truly is a skill. I am overwhelmingly impressed by it all.

The children are very respectful and they are taught the fundamental of our faith, which is who Christ Jesus is.

Kudos to St Monica's!!!

**Egbarin-Alalade**  
William's mother (Year 3)



I really enjoyed spending this morning at school, for the ADOREMUS Open Morning. I think this school is wonderful with good family interaction because they work together. I loved this time.

**R Varnier**  
Mother of Helena (Yr 1) and Heloiza (Nursery)







# WORKSHOPS

## St Monica's Primary School, Hackney

On the retreat day there were various workshops planned so that all participants could join in with the experience in a special way. Even the staff enjoyed the journey!

"What a day! Children across the school from EYFS to KS2 had a brilliant day on 23rd November 2018. Children had the opportunity to participate and actively engage in workshops organised by the teachers. Parents also came and took part in this amazing Adoremus retreat day! I feel that this day really helped the children to have a deeper meaning of Adoremus. The day was buzzing with spirituality and children enjoyed working and learning together."

(Kim Smith, HLTA, Y3)

"Over the last couple of months here at St Monica's we have been doing Adoremus which has given the children an understanding of how to show their adoration and love for God and Jesus in multiple ways. We have had a lot of discussion and hands-on activities in Year 1. There are also different themes that we explore such as CHARITY and SPIRITUAL FOOD. These themes also allow us to explore how our experience can be linked to Jesus."

(Ana Ribeiro Y1 teacher)



YEAR 2		
	Kristian Art class	
Year 3	Design their prayer pebbles	
Year 5	Design prayer Bookmarks	
Year 1	Design their prayer Lolli stick	
Break 12:30- 13:30		
Year 2	Design their own rosary with beads	
Year 4	Design cross craft using foil	



# WORLD MISSION DAY

## Our Lady and St Joseph's Primary School, Tower Hamlets

As part of the OLSJ community, we marked Adoremus in many different ways throughout the school year. To begin with, we designed our book covers using Eucharistic Art as inspiration. each month. We also learned about some iconic figures including St Matthias, St Francis of Assisi and St Frances Cabrini.

Christine Frost and various members of the teaching staff at OLSJ have made many journeys backwards and forwards to the camp in the Calais "Jungle". The last weekend of October, a group of adults spent a day there volunteering with homeless. Sr Chris (governor), Mr Hicklin (teacher) and Emdad (Attendance Officer) made the journey together with other volunteers from Neighbours in Poplar. Firstly, they took over resources collected by the Chaplaincy Team in our school and distributed them to the various shelters and warehouses. Following that, they helped feed over 1,000 people by cooking and cleaning in the community Kitchen. Mr Hicklin returned and celebrated a whole school assembly, showing the children the difference their collection made to those less fortunate.

For World Mission Day, the school collected a range of items to give to the local homeless shelter and to send to refugees in Calais. Our Chaplaincy Team worked effortlessly to ensure there were plenty of resources collected to help those in need.

We invited the children to write letters, cards, prayers and draw pictures for the refugees in to bring a smile to their faces.







# WORLD DAY OF THE POOR

## Our Lady and St Joseph's Primary School, Tower Hamlets

For World Day of the Poor, we wanted to link what we had learned about the Eucharist to our own Mission. The Chaplaincy Team and School Council went to St Matthias to help with the homeless shelter. Every Tuesday, homeless people come in to eat. They can also sleep in the beds that are provided for them.

It was really exciting for us to help with the cooking; we made vegetarian pasta bake and spaghetti bolognese. It was important that we made a vegetarian dish because some people in their religion don't eat meat. We helped to make the beds and put out warm socks and toiletries in order for the homeless people to feel as welcome and comfortable as possible.

We also asked questions like, 'What would happen if there weren't enough beds?' It was very upsetting to know that those who did not have a bed were forced to sleep outside in the streets. Whilst serving the food that we made, we spoke to an Ethiopian man about his situation. Even though he has nowhere to live, he has a very positive attitude to life and prays that one day his situation will improve.

We were delighted to help people be safe by having a nice warm bed and food in their tummies. We were also excited to feed back to all the children in the school and tell them how they can help those in need.







A number of our schools have been using the Eucharistic art resources, with a different theme and focus each half term.

# ETERNAL LIFE

## Our Lady of Victories Primary School, Kensington

In Our Lady of Victories we looked at different art forms depicting 'Eternal Life' before creating our own art work.

We looked at symbols of eternal life and drew some. Then we designed our own images of what we think eternal life looks like using black card and pastels.

Y5 created their own art using different styles to represent Jesus' love and life for us and how this gives us eternal life. We used different scripture to support our artwork.

*"What has come into being was life, life that was the light of many." (Jn 1:4)*



In Year 2 we have been reflecting on the theme of Eternal Life. We talked about Heaven and the colours that we imagined Heaven to be. We all agreed that Heaven would be a beautiful place, so we had a go at painting Heaven's beauty.



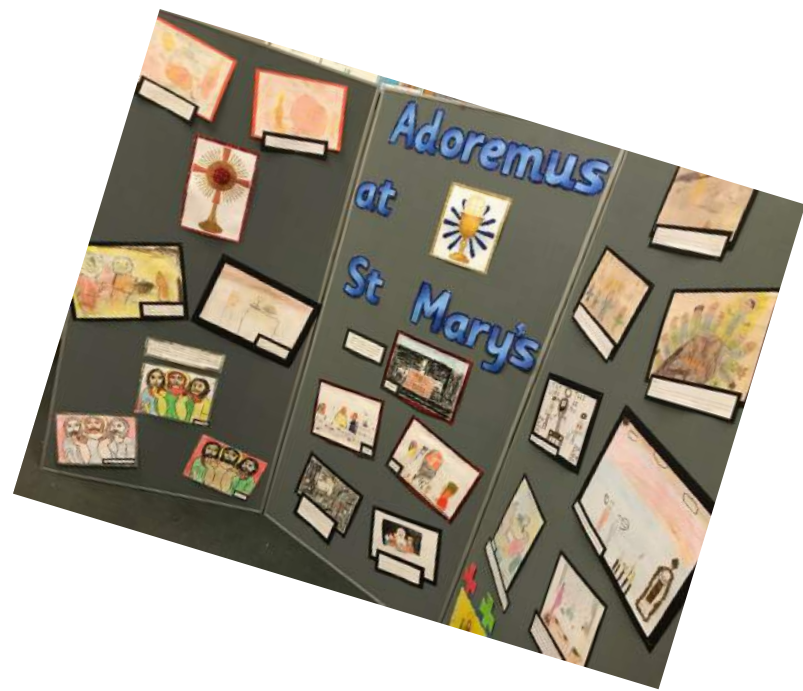


# CAST OUT YOUR NETS



**St Mary's Primary School, Masbro Rd, Hammersmith**

Our children explored religious art, using a range of art media, inspired by famous pieces that depicted the casting of the net and Jesus calling his disciples to join him. This art was showcased as part of our Art Exhibition - 'All the Heavens' St Mary's, Brook Green.



# GOD'S CALL IN OUR LIVES



## St Joseph's Primary School, Chelsea

The children from Year 6 at St Joseph's Chelsea were very honoured to be able to attend Allen Hall Seminary as part of their RE topic on Vocations.

They were given a tour of the seminary by Canon Stuart and Deacon Laurence and gained an insight into the training of the seminarians. They then heard first hand accounts from three of the seminarians about their 'calling' into the priesthood.

The session ended with a moving Adoration of the Blessed Sacrament in the chapel.

The children reflected on their experience of the Adoration:

'Then we had a calming and peaceful silence. We asked God to call us for what we should do in our lives. I loved the time in the chapel as it gave me a time to reflect. I thought the day was very spiritual. I knew that God was with me more than ever. It is amazing how much I learnt about my religion and how deep it goes.'

'This was a very peaceful and tranquil time as we kept Jesus in our hearts. I was overwhelmed - I asked God to bless my grandparents (who had died) and keep them safe. Overall the experience was extraordinary - I loved every bit of it.'

Every classroom door in St Joseph's is decorated with pupils' Adoremus work, a number of which is included on the Diocese of Westminster website.







# SPECIAL PLACES

## Pope Paul Primary School, Enfield

We celebrated Mass at school alongside parishioners and family members. Before the school was led in procession to the Parish Church, Fr Shaun placed the monstrance with the Blessed Sacrament prominently on the 'altar'. This set a tone of reverence; students sensed the awe of the moment. Once seated on the floor, they waited in silence. This was followed by a silent procession to our parish church, Our Lady and St Vincent, where the school community took part in Adoration of the Blessed Sacrament.

The RE Subject Leader, Deputy Head and three members of our parish attended the first day of the Adoremus Conference in Liverpool. Inspired by their visit, they worked with the children to create a special focus in our entrance area.

The creation of a special area inspired some of our children to make Lego representations of the Tabernacle. Eraldo from Year 1 said, "I wanted to make a Lego model of a tabernacle to show where God is."

Taking inspiration from 'My Blessed Sacramental Booklet' from the Diocese of Westminster, we created artwork entitled, "The Bread of Life." Below are some of the exhibits from across our primary school.

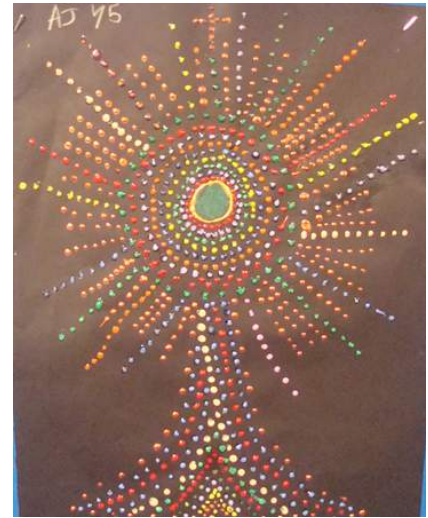
On 28 November our school community including parents and parishioners joined together for Eucharistic Adoration at school.

Fiona in year 4 commented "I enjoyed the prayerful silence. It helped me to think about my day and to talk to God."





# JESUS, MY FRIEND



## St Adrian's Primary School, St Alban's

The primary aim of Adoremus in St Adrian's is to promote a personal encounter and relationship with Our Lord Jesus Christ, who is truly present in the Eucharist. In September, we launched a whole school focus on the Adoration of the Blessed Sacrament through an inspiring whole school assembly.

Our focus throughout the year is for everyone in St Adrian's to: develop a knowledge and understanding of the Eucharist; learn how people show respect and reverence in church; explore signs and symbols used by the Church; experience how Jesus shows His love through the Eucharist.

The children's understanding and spiritual reflection has been deepened through exploration of Eucharistic art. Here are some comments from Year Two children, made when they looked at this beautiful painting by Elizabeth Wang.

I think Jesus is sitting with  
Elizabeth, Mary's cousin.  
By Imogen

It makes me feel Jesus is sitting  
with me on the bench watching  
the sunset. By Arafa

It makes me think of the  
Bread of Life. By Gabriel

I think that God is showing  
Jesus that when he dies,  
he'll be in heaven.  
By Orlaith

It makes me think of Jesus,  
light of the world. By Oscar



Maybe Jesus and one of  
his disciples are having a  
peaceful time. By Lotta

I think the two people are  
Mary and Joseph looking at  
Jesus going to heaven.  
By Patrick

When I look at this photo, it  
makes me feel peaceful with God  
By Eva



# HOME LEARNING



## St Adrian's, Primary School, St Alban's

As part of their RE home learning at St Adrian's, the children developed their own artwork based on the theme of The Bread of Life.

A display in the front entrance celebrates the children's personal responses to the Blessed Sacrament.

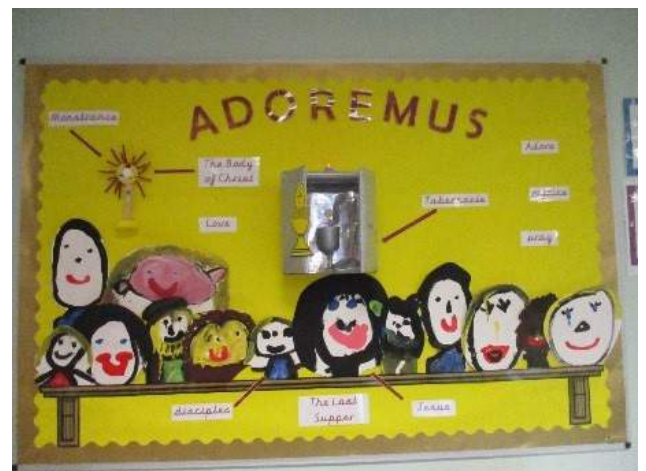






## St John Fisher, Pinner

Every class has created a tabernacle for their prayer table and produced various pieces of artwork to celebrate the Eucharist, for example, Year 1 made monstrances out of swimming woggles while Year 4 made them out of gold doilies.





# WE ARE ONE



**St Vincent de Paul Primary, Westminster and St Michael and St Martin, Hounslow**

*ADOREMUS-My Thoughts on the Eucharistic Congress and the Blessed Sacrament.  
By Tulsi-Leela, Year 6*

At the start of the term in September, we had a very special and memorable Eucharistic Congress held in Liverpool. In my opinion it was a beautiful way to start the term. I adored how lovely our school chapel looked and the time and effort put into it. It really warmed my heart to know that as Catholics we care so much about our religion.

As I walked into the peaceful chapel, everyone was calm and it helped me to focus. As I read the prayer book, I felt that God's love was upon me. I felt as if all of my worries had drifted away and I could be one with Jesus. This was something new to me because I had not done this in my old school before. I really thought this was a wonderful thing to do.

When I first saw the monstrance, I knew that Jesus was with me. It looked so grand in the twinkling candles. The monstrance was brought from the Cathedral so it was amazing. I believe that we should carry on with this beautiful Catholic practice and it should play a greater part in our lives. I hope I will be able to go to further Expositions in the future.

Images by St Michael and St Martin School, Hounslow

Image on bottom left shows the Eucharist and Social Action

Image on bottom right shows the Eucharist and Family





# POETRY



## St Christina's School, Westminster

In Year 6, the girls decided to complete artwork to show how we celebrate the Eucharist and what it means to them. In Year 5, poetry was used to show the importance of the Eucharist. We created a display in the main hall to show our love of the Eucharist.

### Eucharist

We all come together in Your name,  
Through bread and wine, the new covenant we proclaim,  
We celebrate your memory and the flame,  
To be millions and one in Your name!



### Jesus in the Eucharist

Thank you Jesus for what you have done,  
You were God's only Son.  
On the cross you found your death  
And the whole world held its breath.  
The day before this horror struck,  
You left your friends a great construct.  
At the last supper you took the bread,  
'This is my body,' you solemnly said.  
Afterwards you took the wine,  
And you said, 'This blood is mine'.  
Nowadays in every church,  
We all go in and for love we search  
Eucharist helps me remind  
How you were so very kind.

### Eucharist Haiku

At Mass on Sunday  
We celebrate the Eucharist  
Christ's body and blood.

We have bread and wine  
To celebrate Jesus Christ  
And our loving God.

Saying all the prayers  
Loudly singing all our hymns  
Father, Son and Spirit.





# PUPIL LEADERSHIP

## **Annunciation Junior School, Barnet**

Fr Colin visited our school in June 2018 to kick-start our Adoremus project and create a long-lasting legacy. Inspired by this, Y5s created beautiful artwork based on the Blessed Sacrament. Y7s from St James' School returned to us to deliver an assembly on Adoremus followed by workshops with classes. Our Y6s meditated, reflecting on what the Blessed Sacrament meant for them.





# AWE AND WONDER

## Annunciation Junior School, Barnet

Fr Colin visited again later in the Autumn term to talk to the children about the Eucharistic journey they are on. Y5s reflected on the meaning of the Eucharist for them and responded to tweets from the Pope about the Eucharist giving us strength to live true Christian lives.

A prayer focus has been created in the Tapestry Hall dedicated to the Blessed Sacrament. It has been wonderful to witness how much self-initiated prayer has taken place since it has been created!



**The Annunciation Catholic Junior School** @AJuniorSchool · Nov 28  
We welcome Father Colin in today for the Exposition of the Blessed Sacrament  
[@CathEdService](#) [@RCWestminster](#)



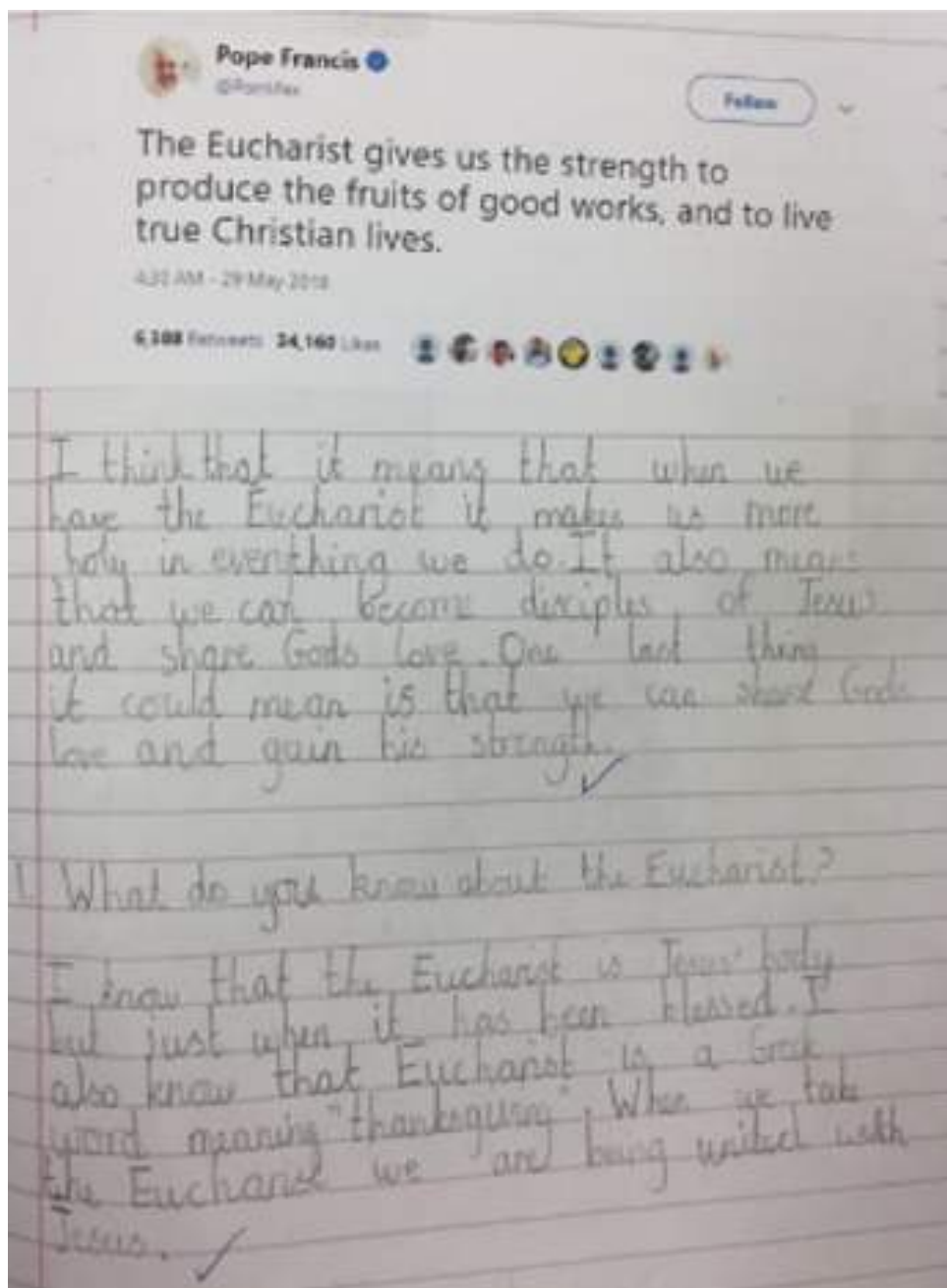


# POPE'S TWEETS



## Annunciation Junior School, Barnet

Responding to Pope Francis' tweets is becoming increasingly more popular in our schools and this is helping our young people to make connections and be inspired by Our Holy Father's love of Christ and the Eucharist. Below is an example of one pupil's response to his post.







# HIS BANNER OVER ME IS LOVE

## St Mary of the Angels, Westminster

After Adoration, pupils from St Mary of the Angels in Westminster commented:

Sadie (10) - "When we were in the room I felt like Jesus was there with us. I also felt like I could trust Jesus when Father Keith said "Think of Jesus as your best friend, you can tell him anything."

Hannah (10) - "I felt that Jesus and Mary were in the room with me and I could see Jesus in my mind. I like that it made me feel that I wasn't alone and that someone is always there for me."

Tony (10) - "I felt calm and back in God's arms again."

Jonathan (11) - "I felt like my secrets weren't secrets anymore."

Each year group was assigned a piece of scripture and a focus linked to Adoremus. Year 6 were assigned "Legacy", Years 3 and 4 were assigned "Walk in Charity", Year 5/6 were assigned "Spiritual food", Year 5 were assigned Salvation. Year 1/2 were assigned "Solidarity" and finally Reception/Nursery were assigned "Friendship". Scripture was used to support each of these themes. Please find pictures of the displays below.





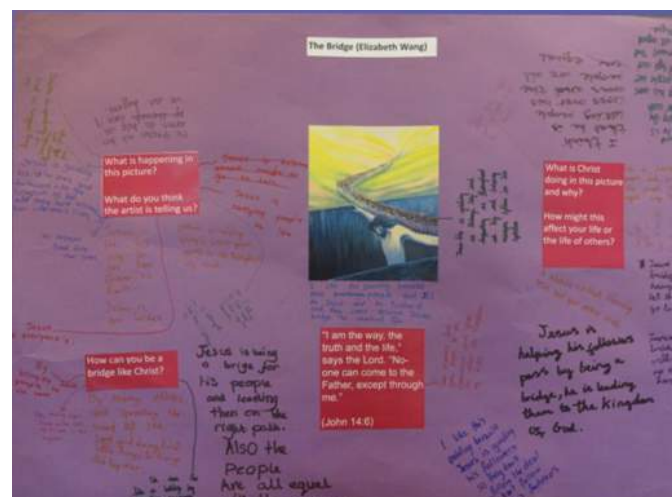
# DEEPENING THE FAITH



## St George's, Primary School, Sudbury Hill, Harrow

At St George's they are always endeavouring to deepen the faith of the children on their Eucharistic journey with the support of their RE coordinator, School Chaplaincy Team and priests, Mgr Jeremy and Fr Tony. They have done this by implementing new ways for pupils to deepen their faith. This includes monthly 8:30am Masses for the pupils and their families to pray for their own intentions and the intentions of others.

Lots of work has been done to develop pupils' understanding of the Eucharist which includes reflective and collaborative work using the diocesan resources 'Eucharistic Art' and 'My Blessed Sacrament Booklet'. Pupils have recorded their understanding in a number of ways. See below for some examples.

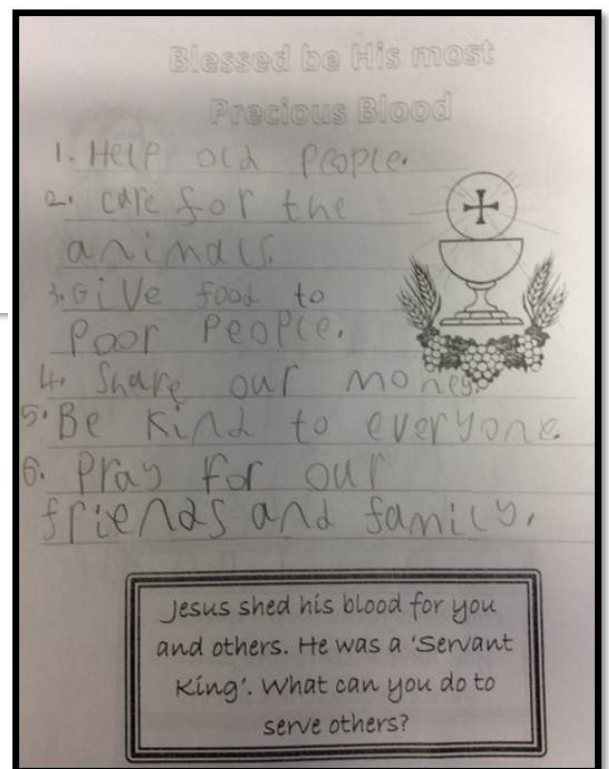
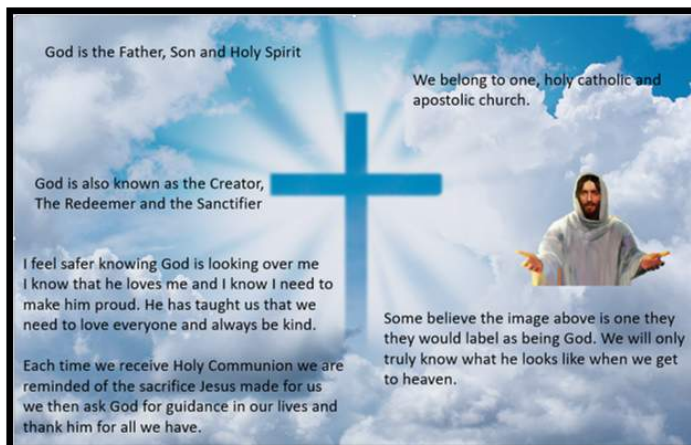




# HOME/SCHOOL LINKS

## St Bernadette's Primary School, London Colney

The children produced some beautiful homework projects for Our Eucharistic Journey which are displayed around the entrance area. They used their skills in ICT, Art and Literacy as well as 'My Blessed Sacrament Booklet' to enhance their RE. They shared this with their parents who were extremely supportive of the process. Here are just some examples of the work they have created and shared.







# CHRIST AT THE CENTRE

## St Bernadette's Primary School, London Colney

'The children at St Bernadette's have been working really hard in school and at home to learn more about the Eucharist. The work that was produced was of a very high standard and reflected that a lot of hard work went into these projects. I have displayed work at the front of the school on the walls and have produced a folder with lots of great examples which will be on the prayer table in the school reception area. The work produced is a great reflection of how the children feel about their own faith. So far the children have been learning about the Eucharist in a number of ways. They have written their own prayers about the Eucharist and completed some beautiful practical activities!' (Headteacher)





# CLASS PRAYERS

## Sacred Heart Primary School, Ware

Many schools throughout the Diocese are now familiar with the Westminster prayer with some pupils even knowing it by heart. In Sacred Heart Primary in Ware, every class has been writing their own prayers to Our Blessed Lord, either as a class or as a group.

### Y3 Class Prayer

Lord God,

Thank you for saving us by sending Jesus to die on the cross. Thank you that we are part of our school community where we can be joyful as we pray and worship.

Please help those of us that are preparing to receive the Eucharist this year. Help us to understand why we receive your body and blood.

Bless us God as you always do when you are with us.

In the name of Jesus Christ your son,

Amen

### Y5 Class Prayer

Loving Jesus,

Thank you for being with us during the Holy Sacrament of the Eucharist.

Help us, Lord, to walk in the light and follow in Your footsteps.

Please help us into a deeper relationship with You to fulfil our journey to adore the Eucharist.

Please help us on our mission as we help people try to find God again.

In Your name we pray,

Amen

### Y1 Class Prayer

Dear Jesus,

Thank you for always being with us and guiding us in our lives.

At Mass we feel your presence and we sit quietly to remember you and what you did for us.

Thank you for sacrificing yourself to save us.

Thank you for giving us your body and blood.

Please help us always to remember to adore the Eucharist.

Amen



# THANK YOU, JESUS

## Sacred Heart Primary School, Ware

At Sacred Heart Primary, there is a very special book of prayers which is kept in a central area. Each week a different child's prayer is selected to be added to this book; it is a great honour to have your prayer included here.

### Y4 prayer

*Dear Jesus,*

*Thank you for sharing the Body and Blood of Christ with us.*

*Thank you for the Blessed Sacrament of the Eucharist so we can remember that you died for our sins and love us forever.*

*We adore your presence that we feel beside us when we receive Holy Communion during Mass.*

*Please help us to focus and listen to you when we are receiving your Precious Blood.*

*Amen*

*(By Lucia, Jake and Victor)*

### Y6 Class Prayer

**Jesus our Saviour,**

**Thank You for forgiving all our sins  
by dying on the cross.**

**We look to You in the Sanctuary  
to see Your power and glory.**

**Help us to feel Your presence  
every time we receive the Eucharist.**

**Every time we have Your Precious Blood,  
we renew our love for You.**

**Help us to shine for You  
in all of our day.**

**Amen**

### Y2 Class Prayer

**Dear Jesus**

**Thank you for always being with us  
and helping us to know right from wrong.**

**When I sit quietly during the Eucharist  
or in front of the monstrance I feel close to you  
and know you are listening.**

**It helps me to remember that you died on the cross  
to save us from our sins.**

**I promise to try every day to thank you  
for your sacrifice by being kind to others.**

**Amen**





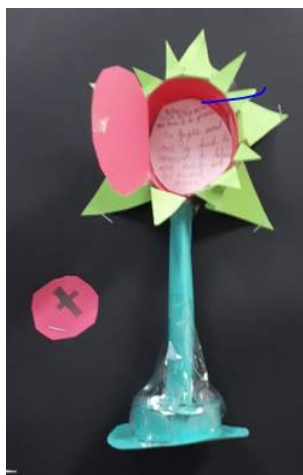
# LET US ADORE



## St Joan of Arc, Rickmansworth and Westminster Cathedral Choir School, Westminster

At Joan of Arc pupils have been supported on their Eucharistic journey through the special resources they have been given including 'An Adoration of the Blessed Sacrament Journal' which has guidance for personal prayer when spending time with Our Lord in front of the Blessed Sacrament. This includes prayers and various pieces of scriptures recommended for different times in their young lives. Below is part of the guidance on using this journal and scripture to get closer to Jesus in the Eucharist.

Images on this page of monstrances designed by pupils have been created by Westminster Cathedral Choir School.



Before reading, pray asking God to speak to you through the passage you are about to read.

Read the text slowly, making sure you understand what is written and pay attention to the small details especially in a story that you think you know well.

Close your eyes and imagine the scene. What images are strongest in your mind? What words or phrases stand out to you?

Pray asking God why these images, or words stand out. What is God saying to YOU through this passage?

Write your thoughts down in your journal.



You may also wish to take the time to read a whole book of the Bible through the night. If you wish to do this I recommend Luke or one of the other Gospels. If you don't want to read a Gospel perhaps go for the Acts of the Apostles in the New Testament or Ruth, Esther or Jonah in the Old Testament.



# TIME WITH JESUS IN SCHOOL

## **St Joseph's Primary, Bishop's Stortford**

At St Joseph's Catholic Primary School in Bishop's Stortford, we have continued our Eucharistic Journey by holding Adoration of the Blessed Sacrament at school. The children thoroughly enjoyed the service. One child in Year 3 said, "It made me feel really special to spend time with Jesus in our school." One of our Year 6 pupils commented, "I enjoyed taking part in the Adoration; I felt very calm and was able to talk to Jesus and think about what he wants me to do in my life." Our Chaplaincy Team are also really looking forward to the Lea Valley deanery retreat day, which will be taking place in January. (Headteacher)





# TESTIMONIES: PRIEST



## **Our Lady of Dolours, Westminster**

"The role of a priest is to help people come closer to the knowledge and love of God, but always remembering that we are his instruments and that it is God who brings about the growth of love in people. It has been the experience of many that Adoration of the Blessed Sacrament outside of Mass is powerful. The word 'Adoration' comes from the Latin root 'Ad Ora' which means 'to the mouth' and as a doctor (before becoming a priest) this brings to my mind the image of 'Mouth to mouth resuscitation' so breathing the breath of life into us.

My experience of bringing the Blessed Sacrament into the School was profound. I had never imagined that a whole primary school could be in total silence for 20 minutes. And looking at the children's faces - most with eyes tightly shut - they were no doubt experiencing true communication with their loving Heavenly Father.

I am now convinced, more than ever before, that this needs to be incorporated as a regular form of worship in the school. Previously, I thought that young children could not concentrate or sit still for any significant length of time, but the workshop at the Adoremus Congress on 'Teaching children to pray before the Eucharist' showed me that with preparation this was a realistic possibility. The teachers prepared the children and the results showed me that what was said at the Congress was truly achievable."

(Father Michael Jarmulowicz)







# TESTIMONIES: STAFF/PUPILS



## Our Lady of Dolours, Westminster

### STAFF

"It was wonderful for the children to feel the presence of Christ in the physical form of the Blessed Sacrament and a wonderful opportunity to gather together as a school community. There was a real sense of awe and wonder which swept over the school. It was a wonderful feeling! Christ brought calm to our busy lives."

### PUPILS

"Our Blessed Sacrament celebration took place in our school hall. It felt like we were even closer to God! We closed our eyes and visited Jesus in our minds. We got a chance to say several prayers as we reflected on Adoremus. It made me feel pleased to be learning more about Adoremus because it reminds us now that God loves us and that we adore Him! I think it brought joy and pride to our Catholic school." (Y5 pupil)

Father Michael came to share the Blessed Sacrament with all the pupils in EYFS. It was so special to have Jesus with us in this way. He showed each child the Blessed sacrament telling each of them by name 'This is Jesus, he says hello, he loves you.' Here is what the youngest children had to say:

"He had a big golden thing and he had the bread." (Poppy)

"We closed our eyes and we hold hands and Jesus was in the middle." (Lynn)

"Father Michael he brought us some white bread Jesus." (Asia)

"He hold the bread." (Milka)

"He bring the bread in and bring the Jesus in and Jesus knows our name." (Antonia)





# FUTURE PLANS



## Diocese of Westminster

It is very clear that schools are advancing forward on their Eucharistic journey so that pupils are becoming more familiar with the meaning of the Eucharist as well as Adoration. The next part of the journey is about deepening relationships with Our Lord, Jesus Christ. As teachers and leaders, we will be guiding them to grow to appreciate what a truly great gift the Eucharist is and its relevance to all of our Christian lives, regardless of age, ability or experience.

To support with this, the Education Service will continue to share new and innovative materials that can be used to develop prayer/worship in homes, schools and parishes. We would encourage schools to use these and to celebrate their experiences with us so that others throughout the Diocese and beyond can be inspired and encouraged on their journey.

Deaneries throughout the Diocese are sharing some of their good practice in the deanery folders which will be presented at our Adoremus Mass on 18th June 2019 in the Cathedral. Some deaneries have even planned special times to worship together during the Spring term so we very much look forward to hearing more about this and sharing this with you.

Every effort has been made to celebrate the great variety of activities taking place throughout the Diocese, not only in this magazine but in the other resources that have been created by the Education Service. In this way, we can indeed see the great works of our Eucharistic Lord and grow even closer to Him on our journey to meet Him face to face.

O Sacrament most holy, O Sacrament divine  
All praise and all thanksgiving be every moment thine

Images by  
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