



Cardinal Pole Catholic School

Induction Welcome Retreat 2020

Come Holy Spirit Come

A guided retreat based on the Catholic Life of the School and the Seven Gifts of the Holy Spirit.



*'The Holy Spirit waits on you and then makes His dwelling in you'.
St. Catherine of Siena*



To complete this retreat we recommend you have the following:



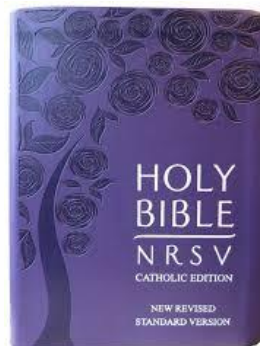
Headphones or Sound
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Paper



Pen



Bible



WELCOME



It is my pleasure to welcome to your first retreat at Cardinal Pole. I'm **Mr Ryan** your **School Chaplain** and I am here to assist the Catholic Life of the School. Every year we arrange retreats for all year groups in the school, giving each student the opportunity to take time out of their normal school routine to enter into **reflection**, prayer and engaging with other students in your year group.

The word retreat is sometimes used in battles where one side needs to regroup and come away and this is similar for us here, at the present time. We now have the opportunity to come away during this retreat to reflect upon life where we are at the moment and how we move forward especially into secondary school.

Take your time with this retreat have a look at the different areas and at reflection points pause take your time to think.



Key and Glossary



Reflection Point: When you see the praying hands emoji you should be taking time to reflect.

Chapel: A small place of worship.

Mass: The central act of worship of the Roman Catholic Church, which culminates in celebration of the sacrament of the Eucharist.

Eucharist: Holy Communion or the Body and Blood of Christ, which is consumed during the Catholic Mass.

Saint: A holy person who is known for his or her “heroic sanctity” and who is thought to be in heaven.

Martyr: Someone who has been killed because of their Faith.

Sign of the Cross: is a blessing whereby a person traces a symbolic cross on their body, in commemoration of the crucifixion of Christ at the opening and closing of prayer.



Let us begin our retreat today in prayer.



Let us start with the **Sign of the Cross:**

(Follow Pope Francis' example to the left)

In the name of the Father and of the Son and of the Holy Spirit, Amen.

Almighty God,

Thank you for bringing me to this moment of reflection.

We offer all our feelings to you about starting Cardinal Pole.

Give us the strength to overcome any worries,

Give us the courage to meet new people and make new friends.

Fill us with your Holy Spirit so that we can take this next step in our lives.

Let us rejoice in the good moments,

Let us ask for help in the times where we struggle.

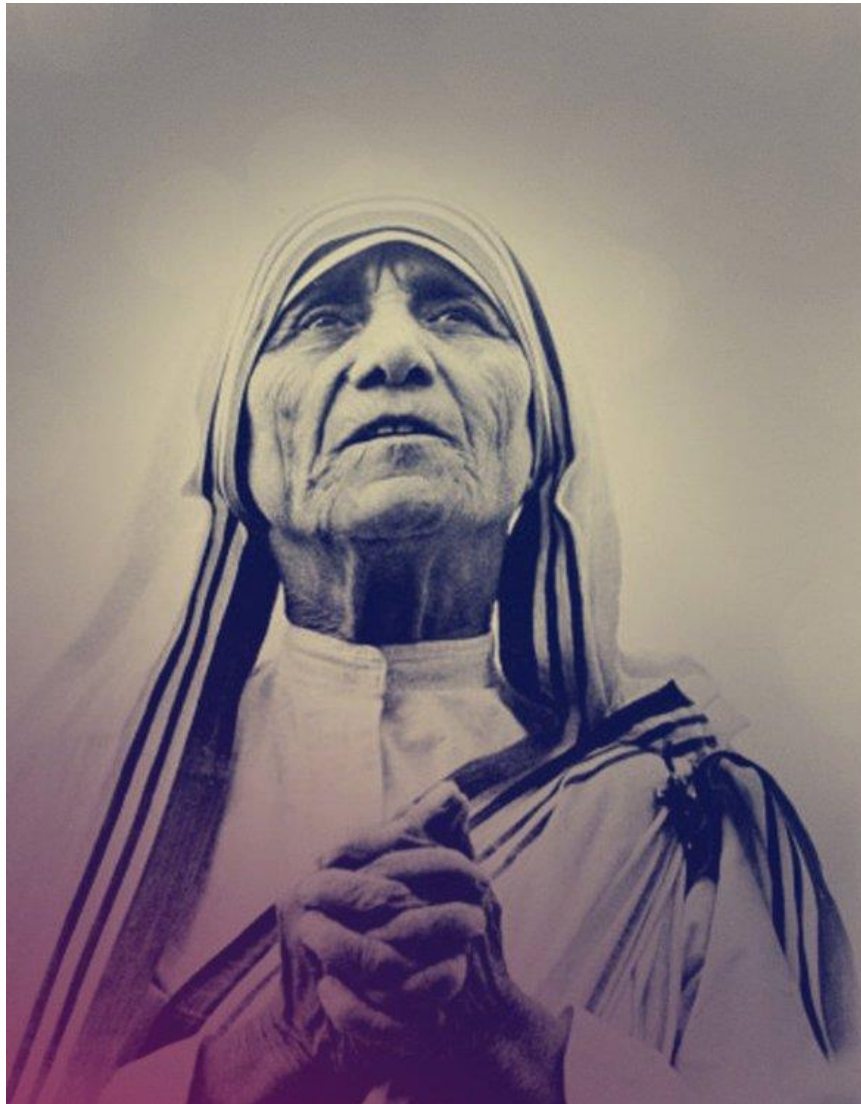
Let us become the very best versions of ourselves.

We ask this through Christ your Son, Our Lord.

Amen.



Cardinal Pole Catholic School



“YESTERDAY IS GONE.
TOMORROW HAS NOT YET COME.
WE HAVE ONLY TODAY.
LET US BEGIN.”

– BLESSED TERESA OF CALCUTTA

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All our Tutor Groups are names after Martyr's

When you arrive at Cardinal Pole, you will be given a Tutor Group, which you will remain with throughout your time at the school and named after one of our Martyr's below.



St. Edmund Arrowsmith
7ARW



St. Edmund Campion
7CAM



St. Margaret Clitherow
7CTW



St. Anne Line
7LIN



St. Thomas More
7MRE



St. Robert Southwell
7SWL



St. Margaret Ward
7WRD



The 7 Martyrs and what they were known for.

Our Saints are part of the 40 English Martyrs – Martyred when the Church in England was breaking away from Rome the Catholic Church. All 40 were put to death because of their Faith.

St. Edmund Arrowsmith: Birth: 1585 Lancashire, was killed for being a Roman Catholic Priest, showing real heroism and bravery for the church.

St. Edmund Campion: Birth: 1540 London, converted from the Anglican Church to Catholicism. He ordained a Priest in Rome with the Jesuits and led missions in Eastern Europe. Upon returning back to England to run a mission, which was against the law, was arrested and was killed in the most gruesome way.

St. Margaret Clitherow: Birth: 1555 Middleton, was a married lady who was known for her positive attitude towards life. She was killed for giving Priests a safe place to stay at a time where they were being killed.

St. Anne Line: Birth: 1563 Dunmow Essex, was born into an Anglican family but married a Catholic, like Margaret Clitherow she was killed because she was known to giving Catholic Priests a safe house at a time they were being hunted down.



St Thomas More: Birth 1478 London, was a Member of Parliament during the reign of King Henry the VIII, More worked tirelessly to defend the Catholic Faith in England. More was killed after arguments with King Henry including the Churches break away from Rome.

St Robert Southwell: Birth 1561 Norfolk, was a Jesuit Priest and a well known Poet. He was arrested for being a Catholic Priest and helping people with the teachings and Sacraments of the Church and then killed for this.

St. Margaret Ward: Birth 1550 Cheshire, was killed as she was known for assisting Catholic Priests escape from prison as they were placed there for their Faith.

Each of the Martyrs lives were taken because of their link to the Church, but showed bravery and a number of qualities.



Think about qualities of the 7 Martyr's and which one inspires you. Maybe you have siblings at the school already and they are in one of the groups, which one would you like to be in?



The Holy Spirit

Now you might think where does the Holy Spirit come into this and what is the Holy Spirit:

The Holy Spirit is seen through a symbol of a dove that came down to the Disciples at Pentecost where tongues of fire rested on their head, we can see this in our bible passage which is on the next slide.



The Disciples could speak in a number of languages.

The Holy Spirit brings seven gifts that were really important to each member of the church at that point just as they are today.



Our 7 Martyrs amongst all their qualities showed also that they had the gifts of the Holy Spirit, lets look at this in more detail.



The Spiritual Gifts – Feel free to look this up in your Bible.

A reading from the first letter of St Paul to the Corinthians.

1Corinthians 12:1-11

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says "Let Jesus be cursed!" and no one can say "Jesus is Lord" except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.



Bravery: is the courage to do what one knows is right.

Understanding: is the ability to comprehend the meaning of God's message.

Holiness: helps us pray to God in true devotion

Judgement: is the ability to see the best way to follow God's plan when we have choices that relate to him.

7 GIFTS OF THE HOLY SPIRIT AT PENTECOST WHICH WILL YOU PRAY FOR?



Wisdom: helps us recognize the importance of others and the importance of keeping God central in our lives.

Knowledge: is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us.

Reverence: is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose



Reflection Point: Look back over the 7 Gifts of the Holy Spirit, think about which gifts inspire you. Think about what gifts our 7 Martyrs lived out.

Retreat 'Come Holy Spirit Come'

Match the Martyred Saint to the Gift of the Holy Spirit an example has been given. |
(If you need to look back at the slide with the Saints information)

Saint Edmund ~~Arrowsmith~~

Knowledge

Saint Edmund Campion

Reverence

Saint Margaret ~~Clitherow~~

Understanding

Saint Anne Line

Holiness

Saint Thomas More

Counsel

Saint Robert Southwell

Wisdom

Saint Margaret Ward

Bravery

Now you have thought about the Qualities our Saints have displayed, write down your thoughts on who you would aspire to be and what gift would you like to assist you.

Task: Download the worksheet if you are able to print it off please do. Go back to the information on both the Saints and the Gifts of the Holy Spirit and complete the task.

If you are unable to print: do not worry, write down each Saint name and Gift of the Holy Spirit and link them up.



Now that you have had time to look at the Saints and their qualities through the Gift of the Holy Spirit its important to say...

**There is no right or wrong answer to this:
The Saints have the gift you linked them to, but they
have all the gifts!**

**You have all these gifts within you, but sometimes
we can use them better in order to become what
God wants us to become...**

THE VERY BEST VERSION OF YOU!



Let us end our retreat today in prayer.

Come, Holy Spirit, fill the hearts of your faithful
and enkindle in them the fire of your love.

Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.

Let us pray.

O God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant us in the same Spirit to be truly wise
and ever to rejoice in His consolation.

Through Christ our Lord.

Amen.



We end with the **Sign of the Cross:**

(Follow Pope Francis' example to the left)

**In the name of the Father and of the Son and of
the Holy Spirit, Amen.**



THANK
YOU!

For taking part in the retreat today, I hope it gave you some quality reflection time.

I wish you a very happy summer.

SEE YOU IN SEPTEMBER