

Collective Worship Booklet

Spring 1 2023

5th January – 10th February



'Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'

(Isaiah 40:31)

Themes and Verses

Week	House	Year Assembly
2 nd Jan		<p>Will be taken by Renata/Lucy/James)</p> <p>Theme: Fullness (SLT)</p> <p>Verse: 'I have come that they may have life, and have it to the full.' (John 10:10)</p>
9 th January	<p>Theme: Potential</p> <p>Verse: 'Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'</p> <p>Content: This week is about helping students to realise the potential they have within and to encourage them to trust in the Lord to get them through all that this new year will hold. See content that can be used here: https://www.assemblies.org.uk/sec/4031/renewable</p>	<p>Theme: Potential</p> <p>Verse: 'Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'</p> <p>Content: See https://www.assemblies.org.uk/sec/4034/potential</p>
16 th January	<p>Theme: Support</p> <p>Verse: 'Give all your worries and cares to God, for he cares about you.' (1 Peter 5:7)</p> <p>Content: House assemblies this week will based on a campaign that the Samaritans are doing called Brew Monday (instead of Blue Monday). See content that can be used here: https://www.assemblies.org.uk/sec/4028/brew-monday</p>	<p>Theme: Support</p> <p>Verse: 'Give all your worries and cares to God, for he cares about you.' (1 Peter 5:7)</p> <p>Content: House assemblies this week will based on a campaign that the Samaritans are doing called Brew Monday (instead of Blue Monday) Year assemblies can dovetail with this by reminding students of all the support systems that's available to them here at school...including the support that God offers when we bring our worries to him in Prayer.</p>

<p>23rd January</p>	<p>Theme: Attitudes</p> <p>Verse: 'For the Son of Man came to seek and to save those who are lost.' (Luke 19:10)</p> <p>Content: This week's theme is about considering our attitudes to people who are different from us. Throughout Jesus' life, he demonstrated a willingness to accept those who others rejected, as shown in what he says in the theme verse. See content that can be used here: https://www.assemblies.org.uk/sec/3635/attitudes-to-others</p>	<p>Theme: Attitudes</p> <p>Verse: 'For the Son of Man came to seek and to save the lost.' (Luke 19:10)</p> <p>Content: This week is Holocaust memorial day. Year leaders can either create their own content to mark this or use this https://www.assemblies.org.uk/sec/3677/light-in-the-darkness</p>
<p>30th January</p>	<p>Theme: Making space</p> <p>Verse: 'For everything there is a season, a time for every activity under heaven.' (Eccl 3:1)</p> <p>Content: House assemblies will be looking at making space for awe and wonder. See content that can be used here: https://www.assemblies.org.uk/sec/4026/wow</p>	<p>Theme: Making space</p> <p>Verse: 'For everything there is a season, a time for every activity under heaven.' (Ecclesiastes 3:1)</p> <p>Content: This week's theme is all about making space...For year assembly we are looking at making space by making time to stop, reflect, declutter. See content that can be used here https://www.assemblies.org.uk/sec/4029/stop-reflect-declutter</p>
<p>6th February</p>	<p>Theme: Relationships</p> <p>Verse: 'Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.' (Proverbs 3:3)</p> <p>Content: Feb is the month when thoughts turn towards love and relationships. House assemblies will look at friendships, particularly the benefit of having diverse friends. See content that can be used here:</p>	<p>Theme: Relationships</p> <p>Verse: 'Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.' (Proverbs 3:3)</p> <p>Content: In the lead up to Valentine's day, I thought it could be interesting to get students thinking about what constitutes a healthy relationship. I have made this a Year assembly (rather than House) so that YLs can think about that is</p>

	https://www.assemblies.org.uk/sec/4022/deep-in-the-hundred-acre-wood	appropriate and relevant for their year group.
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Prayers: Starting and ending Collective worship

I continue to encourage YLs and HLs to indicate the transition from any announcements that are given into collective worship by saying:

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

Can I also remind all that we finish every day with students- whether in assemblies or mentor groups by saying the Grace prayer:

*'May the Grace of our Lord Jesus Christ,
the love of God and the fellowship of
the Holy Spirit, be with us all,
evermore.
Amen.'*

Further Help?

Don't forget there are lots of resources on the Z drive.

For Mentors, there is good guidance given in the Mentors Handbook which Anessa Lee created and sent out at the start of the year.

For everyone, please do not hesitate to ask me for help or feedback as you start to work on the content for your assemblies.

Christian Meditation

Christian meditation is different to other forms, such as Mindfulness, because the focus is Jesus Christ. Learning to meditate helps us face and resolve conditioned patterns of mind that need to change. It won't make any of us perfect but it helps to calm mental agitation and negative thinking.

'Meditation is a healing process. What is healed is the wound of our divided self that separates us from others, from God and so from our full potential.' (John Main OSB)

How to Meditate in Mentor Groups

Ask all mentees to sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, concentrate on a word that you can say repeatedly in your head (for example 'Maranatha' which means 'Come Lord Jesus') or an object such as a candle that you can imagine or actually focus on. Try not to think of anything other than your word or object.

After a minute of silence, direct your mentees to run through their day so far in their heads. Pause between each instruction. *(Please use your judgement about how many of these to include but always include the final two instructions- in bold.)*

Ask them to think and reflect about:

- How they felt when they woke up this morning
- Who they interacted with at home
- Their journey to school
- How they felt when they walked in through the school gates
- Each lesson they had
- When they had worked hard
- What made them feel sad or angry during the day
- Things that had happened that made them feel happy
- **Where they feel that God had been most present in their day**
- **Then ask them to thank God for bringing them to the end of the school day and to place the rest of the day in His hands**

After a time of silent reflection, ask mentees to open their eyes and remain seated quietly. The Grace prayer can be used to finish off this time and/or The Lord's prayer.

The Lord's Prayer Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are Yours now and forever. Amen

