St. Anthony's Religious Education Newsletter

Including Mark Ten Mission and Wellbeing Challenge

Friday 16th October 2026

CATHOLIC LIFE

This week, our prayer, learning and mission are shaped by the themes of gratitude, service and sharing God's love with others. As we look ahead to World Mission Sunday on 18 October, we remember that every one of us can help to make Jesus known through our words, choices, kindness and prayer. World Mission Sunday this year also marks its 100th anniversary, with the theme: "One in Christ, united in mission."

This reminds us that, although we live in different countries and speak different languages, we belong to one worldwide family of faith. We can all take part in the Church's mission by praying, showing compassion, caring for others and using our gifts to make a positive difference.

Family reflection

Talk together at home:

- Who helps you to learn about Jesus?
- How can we show God's love to people in our own community?
- What could we pray for in another part of the world?
- How can small acts of kindness help to build a better world?

Donations collected on World Mission Sunday support churches, schools, hospitals and vocations in places where the Church is new, young or poor.

SVP Meeting

This week, we welcome Paul and Julie from the Holy Rood SVP team for our termly meeting to discuss ways the school community can support them with their important work in the parish.

One of our main objectives this year is to establish a twinning link by connecting our school community with the work of an SVP group overseas.

Twinning builds relationships through prayer, shared learning and practical support, helping local volunteers respond to the needs of their communities.

For our children, this will be a meaningful opportunity to put Catholic Social Teaching into action, particularly solidarity and care for people experiencing poverty. It will help them understand that we belong to one worldwide family and that loving our neighbour reaches beyond our own school, town and country. Through learning, prayer and fundraising, we hope to nurture compassion and show how even small acts of generosity can make a difference.

Community Afternoon

On Tuesday afternoon, we enjoyed one of the highlights in the school calendar- our annual Community Afternoon. We welcomed over 50 visitors from the school community to enjoy performances by the children from Reception right up to Year 6.

Each year group will perform for their parents and families in the coming weeks.

The afternoon was a thoroughly enjoyable occasion, full of goodwill and warmth.

Shannon's Charity Run

Congratulations to our Year 3 teacher, Shannon, who completed the Royal Parks Half Marathon on Sunday morning. Shannon was running for the Alzheimer's Society and our school community raised over £400.00 in aid of the charity. On Shannon's behalf, thank you if you were able to contribute.

South West Herts Christmas Appeal

We are delighted to be working with South West Herts Partnership again as part of their Family Support Service Christmas Appeal. We will provide you with details in next week's update.

RELIGIOUS EDUCATION

Across the school, children are continuing their work on Creation and Covenant. They are exploring the belief that God created the world in love and calls all people to care for it responsibly.

This week, children may be thinking about the question:

How can we show that we are thankful for God's creation?

We can show gratitude not only through prayer, but also through our actions. Looking after our classrooms and playgrounds, avoiding waste, treating living things gently, sharing resources fairly and noticing the beauty around us are all ways to respond to God's gift of creation.

This learning connects with Catholic Social Teaching, especially:

Care of Creation — looking after the world God has given us.

Human Dignity — recognising that every person is precious and loved by God.

Community and Participation — playing our part in helping others to thrive.

Solidarity and Peace — standing alongside people who face hardship or injustice.

PRAYER LIFE

FEAST DAYS THIS WEEK

Monday 12 October – Weekday in Ordinary Time

A day to give thanks for the gift of a new week and to ask God to help us use our time wisely, kindly and generously.

Tuesday 13 October – St Edward the Confessor

We remember St Edward, a king known for his faith, generosity and care for people in need. We pray for those with responsibility for leading and serving others.

Wednesday 14 October – St Callistus I, Pope and Martyr

St Callistus served the Church during a difficult time. He reminds us to remain faithful, courageous and compassionate when life is challenging.

Thursday 15 October – St Teresa of Jesus (St Teresa of Ávila), Doctor of the Church

St Teresa was a woman of deep prayer, courage and wisdom. She teaches us that spending time with God can give us strength and peace**.**

Friday 16 October – St Margaret Mary Alacoque

St Margaret Mary had a great devotion to the Sacred Heart of Jesus. She reminds us of Jesus' love, mercy and care for every person.

Saturday 17 October – St Ignatius of Antioch, Bishop and Martyr

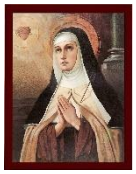
St Ignatius was an early Christian leader who remained faithful to Jesus even in difficult circumstances. We pray for courage to live our faith each day.

Sunday 18 October – 29th Sunday in Ordinary Time / World Mission Sunday

The Church prays particularly for missionaries and for all who share the love of Jesus with others around the world.

Saint of the week

St Teresa of Avila



St Teresa of Jesus, also known as St Teresa of Ávila, was born in Spain more than 500 years ago. She loved God deeply and wanted to help others understand that prayer is simply spending time with a friend who loves us completely.

St Teresa wrote many books about prayer and faith. She also helped to renew the religious communities she belonged to, even when this was difficult. Her courage, honesty and determination made her an important teacher of the Church.

What can we learn from St Teresa?

Prayer can help us to feel peaceful, strong and close to God.

We can speak honestly to God about our worries, hopes and thanks.

We should keep doing what is right, even when something is difficult.

Each of us can make a difference by using our gifts with courage and love.

Community challenge for the week

Find a quiet moment each day this week: perhaps before bedtime, on the journey to school or during the school day and speak to God in your own words. You could thank God, ask for help, pray for someone else or simply sit quietly in God's presence.

CHAPEL

Our school chapel, located in the Year 3 corridor, is available to children for prayer, reflection and quiet time.

This week, children are invited to visit the chapel to:

- Write a prayer for missionaries and communities around the world.
- Place a prayer intention on the mission prayer board.

- Spend a few moments giving thanks for something in God's creation.
- Pray for someone who needs hope, comfort or encouragement.
- Read a Bible story or faith-based book quietly.

The chapel is open most lunchtimes between **12.30 pm and 1.00 pm** for Key Stage 2 children.

Prayer of the Week

A prayer for mission

Loving God,

Thank you for our school,
our families and our friends.

Thank you for people throughout the world
who share the Good News of Jesus
through their words, work and care for others.

Help us to remember that we are one family in Christ.
Give us generous hearts, kind hands
and the courage to help people in need.

May we bring hope where there is sadness,
peace where there is worry
and love wherever we go.

St Teresa of Jesus, pray for us.
Amen.

PARISH LINKS TO HOLY ROOD CHURCH WEEKLY NEWSLETTER

https://parish.rcdow.org.uk/watford/wp-content/uploads/sites/103/2026/10/Newsletter-11.10.26.pdf

PARISH LINKS TO ST. BEDE'S CHURCH WEEKLY NEWSLETTER

https://parish.rcdow.org.uk/croxleygreen/wp-content/uploads/sites/95/2026/10/20261011-NEWSLETTER-2026.pdf

LITURGICAL COLOURS WORN AT MASS

Green for Ordinary Time

LOOK AFTER YOUR WELLBEING THIS WEEK



Every week we offer activities to support the wellbeing of our school community. These activities are there for you to do if you need them and cover 5 main elements:

Connect	Be with friends and family.
Be Active	Move about every day.
Keep Learning	Try new things and ask questions.
Give	Be kind and help others.
Take Notice	Look, listen and enjoy the world around you.

This week's challenge: Give

This week, choose one thoughtful act of kindness each day.

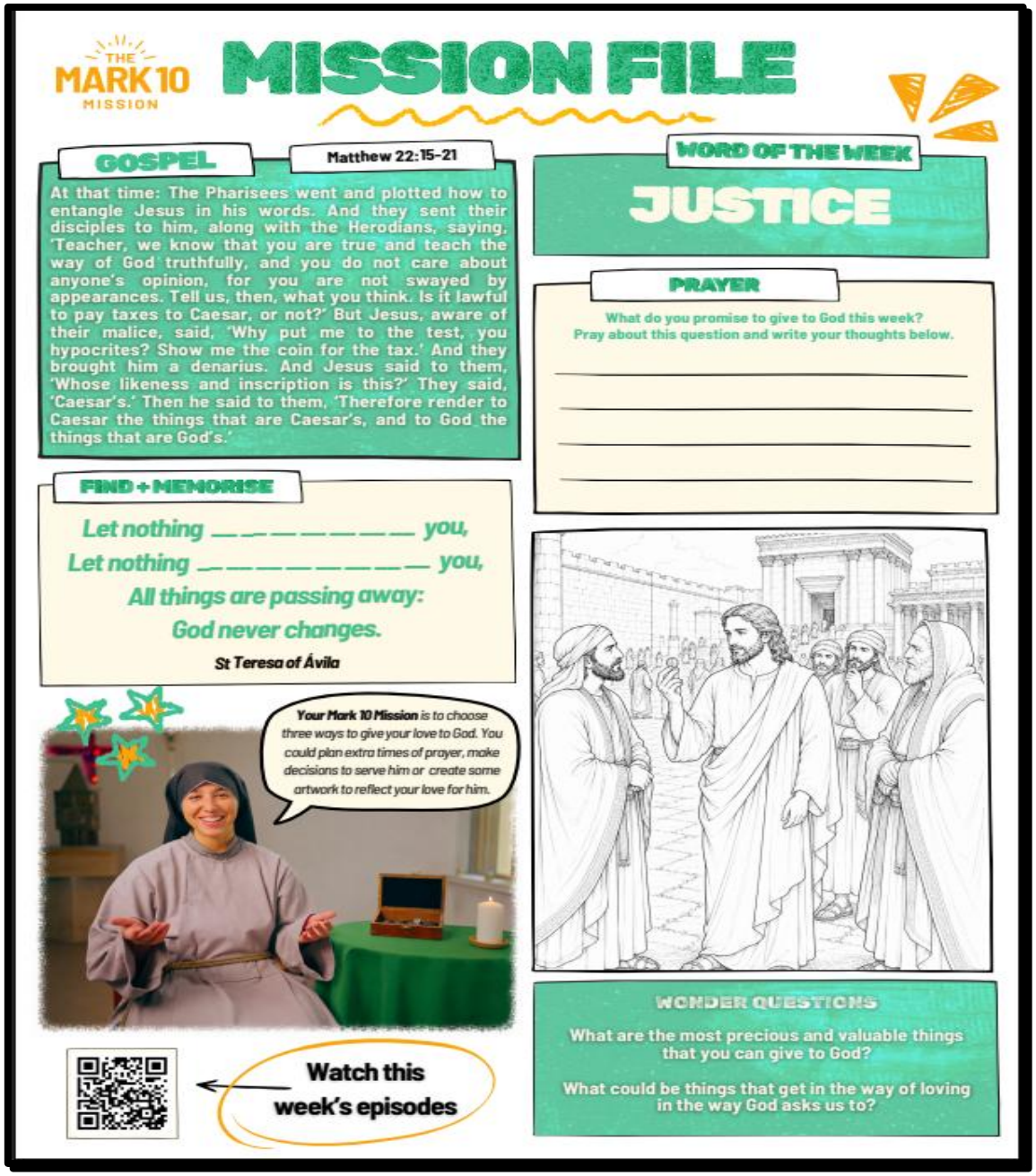
It could be something simple:

- Say thank you to someone who has helped you.
- Offer to help at home without being asked.
- Include someone in a game or conversation.
- Give somebody an encouraging compliment.
- Write or draw a kind message for a friend or family member.
- Spend time listening carefully to someone who wants to talk.

Kindness does not have to be big or costly. Small acts of care can make another person feel noticed, valued and loved.

Mark Ten Mission

The Mark Ten Mission is a chance for us to reflect more deeply on a feast or celebration that is taking place on the liturgical calendar. This week, we focus on justice through the Gospel of Matthew and on the life of St. Teresa of Avila.



SAINT OF THE WEEK

DOCTOR OF THE CHURCH

SAINT TERESA OF ÁVILA

FEAST
OCTOBER 15TH



WHO IS SHE?

Saint Teresa of Ávila was born in Spain in 1515 and became a Carmelite nun when she was a young woman. She spent much of her life in prayer and founded new Carmelite convents across Spain, helping religious sisters to live simply and give themselves completely to God. Teresa had a deep friendship with Jesus and was known for her courage, wisdom and determination, even when her work was difficult. She teaches us to make time for Jesus, to trust him in every situation and to keep going when doing what is right feels hard.

SAINT TERESA PRAYER

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

SAINT MISSION

St Teresa knew that you can't become friends with someone without spending time with them. This week, give Jesus at least ten quiet minutes every day. Talk to him, listen to him and simply enjoy being with him. Can you make time for your best friend?