



St. Anthony's Religious Education Newsletter
Including Mark Ten Mission and Wellbeing Challenge
Friday 9th October 2026

CATHOLIC LIFE

October is the month in which we give special attention to the Holy Rosary.

The Rosary helps us to reflect on important moments in the life of Jesus and to ask Mary, his mother, to pray for us.

This week includes the Memorial of Our Lady of the Rosary on Wednesday 7th October. During October, children may notice rosary beads in classrooms, prayer spaces and the chapel. Families may wish to pray a decade of the Rosary together at home—a simple way of spending a few quiet minutes with God.

The Rosary teaches us to slow down, listen, reflect and place our worries, joys and hopes in God's hands. It is a reminder that Mary always leads us closer to Jesus.

Shannon's Charity Run

Shannon Kelly, our Year 3 Padua teacher, is raising money for the Alzheimer's Society by running in the Royal Parks Half Marathon on Sunday 11th October. This is a fantastic charity which provides vital funding for dementia research. We wish Shannon all the very best and look forward to hearing about her experience.

RELIGIOUS EDUCATION

Across the school, children continue their learning in Branch 1: Creation and Covenant. They are exploring the belief that the world is God's creation and that every person has a responsibility to care for it.

Children are thinking carefully about the beauty of creation: the people, animals, plants, places and resources we share. They are also reflecting on practical ways in which we can show gratitude to God and care for our common home.



This learning connects closely with Catholic Social Teaching, especially the principle of Care of Creation. We are called to make thoughtful choices: not wasting resources, looking after our school environment, showing respect for living things, and encouraging others to do the same.

A question for families to consider together:

What is one small thing we can do this week to care for God's world?

PRAYER LIFE

FEAST DAYS THIS WEEK

Monday 5 October – St Faustina Kowalska.

We remember St Faustina, a Polish nun who had great trust in Jesus' mercy. She reminds us that God is loving, forgiving and always ready to welcome us back when we make mistakes.

Tuesday 6 October – St Bruno, Priest

St Bruno founded the Carthusian Order. He is remembered for his love of prayer, silence and simplicity. We pray for moments of peace and stillness in our busy lives.

Wednesday 7 October – Our Lady of the Rosary

Mary, the mother of Jesus, under the title Our Lady of the Rosary. We ask Mary to pray for our school, families and parish community.

Thursday 8 October – Weekday in Ordinary Time

A day to pray for everyone in our community who may need encouragement, friendship or support.

Friday 9 October – St John Henry Newman, Priest and Doctor of the Church

St John Henry Newman was a great teacher, writer and priest. He is remembered for his search for truth and his deep faith. His well-known prayer asks God to "lead kindly" through life's uncertainties. In England and Wales, this is celebrated as a feast.



Saturday 10 October – Weekday in Ordinary Time

We pray for people experiencing worries or difficulties with their mental health, and for all those who offer care and support to others. World Mental Health Day falls on 10 October.

SAINT OF THE WEEK

St John Henry Newman



St John Henry Newman was born in London in 1801. He was a priest, teacher, writer and later a Cardinal. He loved learning and spent his life searching for truth and helping others to grow closer to God.

Newman understood that faith is a journey. Sometimes we may not know exactly what lies ahead, but we can trust that God will guide us one step at a time.

What can we learn from him?

We can use our minds, questions and talents to seek truth.

We can trust God when life feels uncertain.

We can encourage others through kind words, wisdom and prayer.

We can take one small step at a time when something feels difficult.

Family challenge:

Think of one thing that feels new, difficult or uncertain. Take one positive step towards it this week and ask God to guide you.

CHAPEL

Our school chapel, located in the Year 3 corridor, remains available as a place of peace, prayer and reflection.

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



Write a short prayer for someone who needs God's help.

Spend a few quiet moments in silence.

Look at the Rosary display and learn about its prayers.

Give thanks for something beautiful in God's creation.

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 guidance

Heavenly Father,

Thank you for the beauty of your world
and for the people who care for us each day.

When we feel uncertain or worried,
help us to remember that you are always near.

Guide us to make wise and loving choices.

Teach us to care for creation,
to be kind to one another
and to use our gifts to serve others.

Through the prayers of Mary, Our Lady of the Rosary,
and St John Henry Newman,
lead us ever closer to you.

Amen.



PARISH LINKS TO HOLY ROOD CHURCH WEEKLY NEWSLETTER

<https://parish.rcdow.org.uk/watford/wp-content/uploads/sites/103/2026/10/Newsletter-04.10.26.pdf>

PARISH LINKS TO ST. BEDE'S CHURCH WEEKLY NEWSLETTER

<https://parish.rcdow.org.uk/croxleygreen/newsletters/>

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.



Here is this week's challenge:

Take Notice

Look, listen and enjoy the world around you

As we continue to learn about God's creation, take five minutes each day to notice something beautiful in the world around you.

It could be a colourful leaf, a cloud in the sky, a bird, a flower, the changing weather, a kind act, or a sound you had not noticed before.

You could draw it, write about it, say thank you to God for it or share it with someone at home.

Taking time to notice can help us feel calmer, more grateful and more connected to the world around us.



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 2 main themes: Respect and more on the life of John Henry Newman.



MISSION FILE

GOSPEL

Matthew 22:1-10

At that time: Jesus again spoke to the chief priests and the elders of the people, in parables, saying, 'The kingdom of heaven may be compared to a king who gave a wedding feast for his son, and sent his servants to call those who were invited to the wedding feast, but they would not come. Again he sent other servants, saying, "Tell those who are invited, "See, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready. Come to the wedding feast." But they paid no attention and went off, one to his farm, another to his business, while the rest seized his servants, treated them shamefully, and killed them. The king was angry, and he sent his troops and destroyed those murderers and burned their city. Then he said to his servants, "The wedding feast is ready, but those invited were not worthy. Go therefore to the main roads and invite to the wedding feast as many as you find." And those servants went out into the roads and gathered all whom they found, both bad and good. So the wedding hall was filled with guests.'

WORD OF THE WEEK

RESPECT

PRAYER

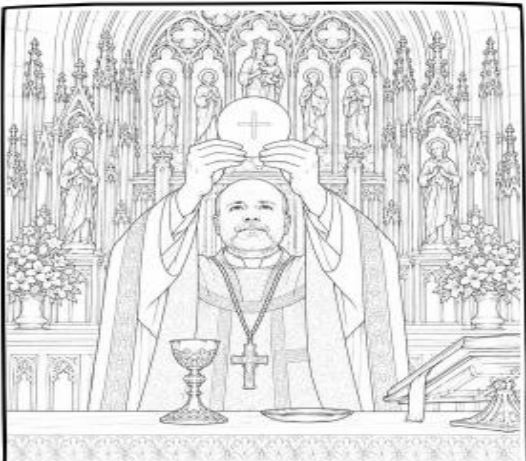
Picture yourself at Holy Mass. You are looking at Jesus in the Eucharist. Write what you would like to say to him.

FIND + MEMORISE

Blessed are those who are invited to the
_____ *supper of the Lamb.*
Revelation 19:9



Watch this week's episodes



WONDER QUESTIONS

Which people might be most grateful to receive an invitation to Jesus' wedding feast?

How can you help more people discover that Jesus is inviting them to be with him at Mass?



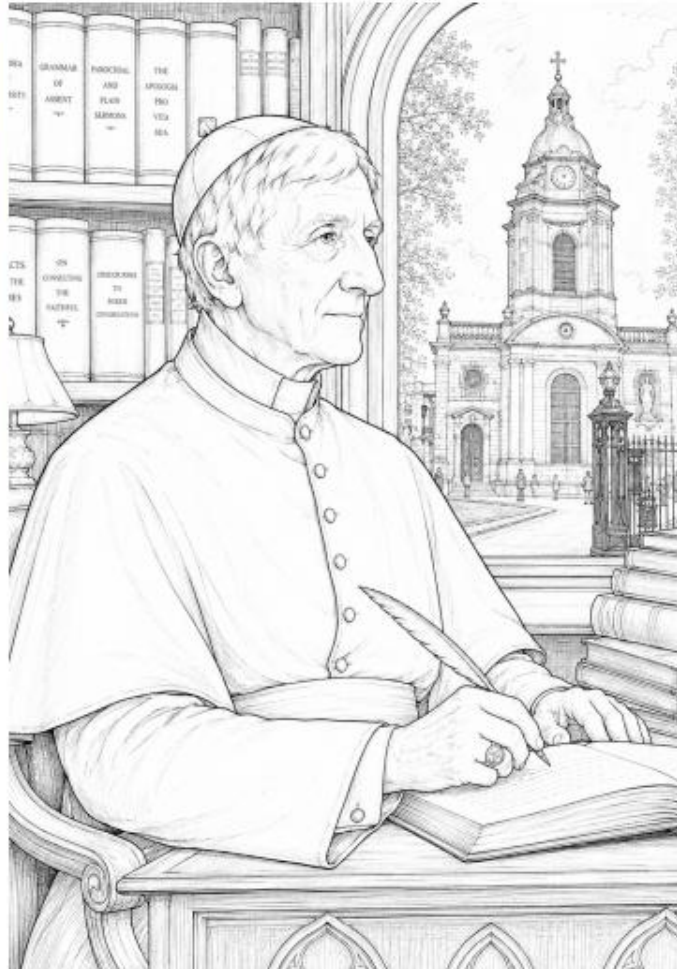
SAINT OF THE WEEK



DOCTOR OF THE CHURCH

SAINT JOHN HENRY NEWMAN

FEAST
OCTOBER 9TH



WHO IS HE?

St John Henry was born in London, in 1801 and lived until 1890, becoming one of the great teachers and defenders of the Catholic faith. As a young man, he searched for the truth and eventually came to believe that Jesus was calling him into the Catholic Church, which he entered in 1845. He became a Catholic priest, founded the Birmingham Oratory, and had a deep love for Jesus truly present in the Eucharist, writing hymns such as *Soul of My Saviour*. He was made a cardinal and, in 2019, was declared a Doctor of the Church, a title given to saints whose teaching has made an outstanding contribution to the life and faith of the Church.

ST JOHN HENRY PRAYER

Dear Jesus,
Help me to spread Your fragrance everywhere I go. Flood my soul with Your spirit and life. Penetrate and possess my whole being so utterly, that my life may only be a radiance of Yours. Shine through me, and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me but only Jesus! Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others; The light, O Jesus will be all from You; none of it will be mine; it will be you shining on others through me.
Amen.

SAINT MISSION

St John Henry wrote:
"God has created me to do Him some definite service."

Your mission is to find a quiet place, sit with Jesus and ask:

"Jesus, what are you calling me to do?"

You may sense Jesus inviting you to do something specific that day. Perhaps though, Jesus will have something more significant to tell you about what He wants you to do with your life.