



Coloma Catholic Life.

Resurrexit
SICUT DIXIT

Regina caeli * laetare, alle-lu-ia : Qui-a quem me-
ru-isti portare, alle-lu-ia : Resurrexit, sic-ut dixit, alle-
lu-ia : Ora pro no-bis De-us, alle-lu-ia. **ALLELUIA**

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Good Shepherd Sunday



I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is

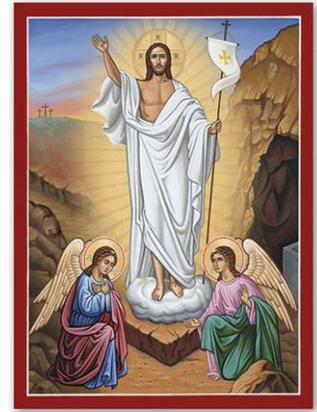
because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep (Jn 10:11-15).

Good Shepherd Sunday, the 4th Sunday of Easter, is so-called because, during the Gospel, Jesus compares himself to the shepherd 'who lays down his life for his sheep' (1 John 10:11) and is traditionally a time when we remember those training to become priests.

This year, to coincide with it, five men, each at a different stage in priestly formation or ministry, have shared their vocation stories which can be found here: <https://rcdow.org.uk/vocations/news/hearing-gods-call-good-shepherd-sunday-2021/>

National Theology, Philosophy and Religion Essay Competition

This competition is open to pupils in Years 7 – 9, divided into two categories:



Pope Francis

Prayer Intention for April:

Fundamental Rights.

'We pray for those who risk their lives while fighting for fundamental rights under dictatorships, authoritarian regimes and even democracies in crisis.'

Video:

<https://www.vaticannews.va/en/pope/news/2021-04/pope-francis-prayer-intention-april-2021-human-rights.html>

Tweet: 'Jesus the Good Shepherd defends, knows, and above all loves his sheep. This is why He gives His life for them. Love for his sheep, for each one of us, would lead him to die on the cross. For this is the Father's will: that no one should be lost.'

Liturgical Year

Week: Fourth Sunday of Easter.

Colour: White

Category 1: Year 7 essays up to 400 words

Category 2: Years 8-9 essays up to 800 words.

Details of the essay titles are below.

Category 1: Year 7

Theology

'The story of Jesus' transfiguration (Mark 9:2-13) was just a dream.'
Do you agree? Show that you have considered both sides of the argument.

Philosophy

'The moral rule "you must always save human life" is a bad rule.'
Do you agree? Show that you have considered both sides of the argument.

Religion

'A religious building must only be used for worship.'
Do you agree? Show that you have considered both sides of the argument.

Category 2: Years 8-9

Theology

'The Calming of the Storm (Mark 4:35-41) is best interpreted as a parable.' Discuss.

Philosophy

'Is that which is right because God commands it? Or does God command that which is right?' Discuss.

Religion

'Meditation is less effective than prayer.' Discuss.

Entries must be submitted to the Religious Studies Department via individual teachers by 28th May 2021; one essay per candidate only.

Year of St Joseph



Pope Francis has announced that this year (8th December 2020 – 8th December 2021) will be a Year of St Joseph. 2021 is the 150th anniversary of the proclamation naming St Joseph as the patron of the Universal Church.

The Diocese of Charlotte (USA) has a website for the year. One of the pages is dedicated to works of art depicting St Joseph. Each piece comes with an explanation.

<https://yearofstjoseph.org/devotions/sacred-artwork/>

Migrants Mass

Saturday 1st May, the Feast of St Joseph the Worker is a Day of Prayer for Human Work.

The London dioceses, Brentwood, Southwark and Westminster, take it in turns to host an annual Mass for Migrant Workers organised in association with the capital's ethnic chaplaincies and London Citizens. It is Southwark's turn to do this in 2021.

To conform with Covid restrictions this will be livestreamed from the Parish of St William of York in Forest Hill, starting at 11.30am, with Bishop Patrick McAleenan as the principal celebrant. You can join the livestreamed Mass at www.facebook.com/swoyse23/live

The God Who Speaks



From the website:

This month we celebrate the season of Easter with an article on the women's reactions at the tomb of Jesus by Fr Michael Winstanley SDB, a modern art reflection on the resurrection by Fleur Dorrell, and a look at what the Book of Proverbs can teach us today with Fr John Deehan.

Silent Women: Why the resurrection went so quiet: <https://www.godwhospeaks.uk/the-god-who-speaks/focus/easter-glory/silent-women-why-the-resurrection-went-so-quiet/>

Listening in Silence: Easter Glory: <https://www.godwhospeaks.uk/the-god-who-speaks/focus/easter-glory/listening-in-silence-easter-glory/>

Proverbs School Challenge: The Proverbs School Challenge celebrates the faith and wisdom of young people by inviting them to be inspired by the Book of Proverbs and to write their own modern-day proverbs.

Teachers can submit the top 10 entries from their school to us and we will choose the best proverbs to share on this website and on the Bishops' Conference social media accounts.

Entries can be made via individual Religious Studies teachers.

Holy Month of Ramadan - 13th April – 12th May 2021

Ramadan is the name of the 9th month of the Islamic Calendar.

The Muslim year is a lunar year which is about 11 days shorter than the solar year on which the Gregorian (British) calendar is based, so in the Gregorian calendar Ramadan occurs ten or eleven days earlier each year.

During the month of Ramadan Muslims fast from dawn to sunset.

Fasting (*sawm*) is the fourth of the five pillars of Islam, requiring self-discipline and giving everyone some experience of deprivation. Those who are not able to fast are expected to give charity to compensate for the 'lost' days. While children may be encouraged to fast, the full fast is not compulsory until puberty is reached, often by the age of 12, but many young people still attempt to keep some, or even all of it.



It is most important that Muslims show intent before they fast. It is a requirement that they recite a short prayer of intent either before they sleep or just before Suhoor, the pre-fast meal. No food or drink may be consumed during the hours of daylight during Ramadan, and those fasting must also abstain from smoking and from sexual relations. According to the Quran, one may eat and drink at any time during the night '*until you can plainly distinguish a white thread from a black thread by the daylight: then keep the fast until night*'. Muslims who are travelling or sick and women who are pregnant or nursing a child are allowed to postpone their fast. These are all required to make up the days of missed fasting during the year ahead. After the custom of the Prophet, the fast is traditionally broken each evening by taking dates and water (*iftar*). For Muslims Ramadan one of the holiest months of the year, and one they dedicate to spiritual renewal, prayer and intensive devotional reading of the *Qur'an*. It is the month in which, according to Islamic belief, the Prophet received the first revelation of verses of the *Qur'an*, though the actual night is unknown. This night is

called *Lailat ul Qadr*. To stand in prayer throughout the night is said to be 'better than a thousand months of worship'. Ramadan is often called 'the month of the *Qur'an*', and many Muslims attempt to recite as much of the *Qur'an* as they can during the month. Most Sunni mosques arrange a recital of one thirtieth of the *Qur'an* each night during the *Taraweeh* prayers, which are longer than the usual evening prayers and are special ones for Ramadan.

Religious Festivals

Hanuman Jayanti, Hinduism – 26th April



Hanuman Jayanti is a Hindu festival which recalls the birth of Lord Rama's supreme devotee, the monkey-headed Hanuman, whose feats figure in the Ramayana epic. Hanuman's birth is celebrated at sunrise on the full-moon day of the lunar month of Chaitra.

Hindus believe in ten avatars of Lord Vishnu among a multitude of other gods and goddesses. One of Vishnu's avatars is Rama, whom he became to destroy Ravana, the evil ruler of Lanka. In order to aid Rama in this undertaking, Brahma commanded some gods and goddesses to take on the avatar of '*Vanaras*' or monkeys. Pavana, the god of the wind, was reborn as Hanuman, the wisest, swiftest and strongest of all apes. Hanuman, the mighty fighter who aided Lord Rama in his expedition against evil forces, has become one of the most popular deities in the Hindu pantheon. Believed to be the eleventh avatar of Lord Shiva, he is worshipped as a symbol of physical strength, perseverance, and devotion. His story in the epic Ramayana – where he is assigned the responsibility of locating Rama's wife Sita, who had been abducted by Ravana, the demon king of Lanka – is known for its ability to equip those who read it with all the ingredients they need to face ordeals and conquer obstructions in this world.

The character of Hanuman teaches us of the unlimited power that lies unused within each of us. Hanuman directed all his energies towards the worship of Lord Rama, and his undying devotion made him such that he became free from physical fatigue. Hanuman's only desire was to go on serving Rama. He perfectly exemplifies '*Dasyabhava* devotion' – one of the nine types of devotion – that bonds the master and the servant. His greatness lies in his complete dedication to his Lord, which also formed the basis of his genial qualities. Hanuman accordingly has become a model of devotion, strength, knowledge, divine power, bravery, intelligence, and the spirit of selfless service. He devoted his life to his Lord, Rama, and to *Mata* Sita and never displayed his bravery and intelligence without a specific purpose. He is worshipped in different ways by his many devotees: some meditate by repeating his name many times; others read the '*Hanuman Chalisa*'. People worship Hanuman as a symbol of devotion, magical powers, strength and energy. Those who read the '*Hanuman Chalisa*' do so since it gives the ability to conquer evil spirits and provide peace to the mind. Devotees visit Hanuman temples after a holy bath in the early morning, apply a red *tilak* (vermillion) to the forehead of the Hanuman image, offer *prasad*, perform *aarti* by chanting mantras and songs, circulate around the temple and perform many other rituals. As Lord Hanuman was born to the Vanara community, he had a reddish/orange coloured body, and in Hanuman temples his image is also reddish/orange in colour. After puja, people apply red *sindur* to their own foreheads as a form of *prasad* and distribute *laddoo prasad* among others to receive a blessing from Hanuman.

Lag B'Omer, Judaism – 26th April



Lag B'Omer

The *Omer* is a period of 49 days, lasting from Pesach to Shavuot. It is a time of sadness, relieved on this, the 33rd day, by a break in the days of mourning. Lag b'Omer recalls the end of a plague in Roman times during the lifetime of Rabbi Akiva, and is often celebrated by out of door, fresh air activities. A large number of weddings take place on this day, since they are not usually permitted during most of the rest of the Omer period.

Saints of the Week

St Peter Chanel, Priest & Martyr – 28th April.



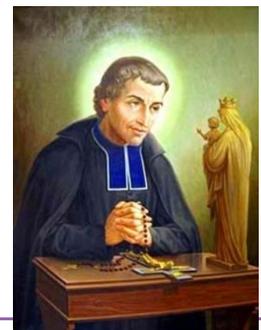
Peter Chanel was born in 1803 at Clet in the diocese of Belley, France. His intelligence and simple piety brought him to the attention of the local priest, Father Trompier, who saw to his elementary education. Entering the diocesan Seminary, Peter won the affection and the esteem of both students and professors. After his ordination he found himself in a rundown country parish and completely revitalized it in the three year span that he remained there. However, his mind was set on missionary work; so, in 1831, he joined the newly formed Society of Mary (Marists) which concentrated on missionary work at home and abroad. To his dismay, he was appointed to teach at the seminary at Belley and remained there for the next five years, diligently performing his duties.

In 1836, the Society was given the New Hebrides in the Pacific as a field for evangelization, and the jubilant St. Peter was appointed Superior of a little band of missionaries sent to proclaim the Faith to its inhabitants. On reaching their destination after an arduous ten month journey, the band split up and St. Peter went to the Island of Futuna accompanied by a laybrother and an English layman, Thomas Boog. They were at first well received by the pagans and their king Niuliki who had only recently forbidden cannibalism. However, the king's jealousy and fear were aroused when the missionaries learned the language and gained the people's confidence; he realized the adoption of the Christian Faith would lead to the abolition of some of the prerogatives he enjoyed as both highpriest and sovereign.

Finally, when his own son expressed a desire to be baptized, the king's hatred erupted and he dispatched a group of his warriors to set upon the saintly head of the missionaries. Thus, on April 28, 1841, three years after his arrival, St. Peter was seized and clubbed to death by those he had come to save. And his death brought his work to completion - within five months the entire island was converted to Christianity.

St Louis Marie Grignion de Montfort, Priest – 28th April.

Louis Mary Grignion was born to a poor family on January 31, 1673 at Montfort, France. He was educated at the Jesuit college in Rennes and was ordained there in 1700. He was assigned as chaplain to a hospital at Poitiers, and his much needed reorganization of the hospital staff caused great resentment, leading to his



resignation. However, during his stay there he organized a group of women into the Congregation of the Daughters of Divine Wisdom.

Eventually Louis went to Rome where Pope Clement XI appointed him missionary apostolic, and he began to preach in Brittany. His emotional style caused much reaction, but he was successful, especially in furthering devotion to the Most Blessed Virgin through the Rosary. He also wrote a very popular book, True Devotion to the Blessed Virgin. In 1715, Louis organized several priests and formed the Missionaries of the Company of Mary. He died in 1716 at Saint-Laurent-sur-Sever, France, and was canonized in 1947 by Pope Pius XII.

St. Louis de Montfort was a very able preacher, yet his emotional style along with his appeal to the poor caused much opposition. Undaunted by his critics, he continued his preaching. In addition, he expended great effort in spreading devotion to the Most Blessed Virgin, both through preaching and by the written word. Eventually he founded the clerical institute known more popularly today as the Montfort Fathers who carry on the work of preaching the Word and spreading devotion to Mary. Louis' perseverance in the face of opposition benefits the Church today in its faith struggle.

St Catherine of Sienna, Virgin & Doctor - 29th April

St. Catherine of Siena was born during the outbreak of the plague in Siena, Italy on March 25, 1347. She was the 25th child born to her mother, although half of her brothers and sisters did not survive childhood. Catherine herself was a twin, but her sister did not survive infancy. Her mother was 40 when she was born. Her father was a cloth dyer.



At the age of 16, Catherine's sister, Bonaventura, died, leaving her husband as a widower. Catherine's parents proposed that he marry Catherine as a replacement, but Catherine opposed this. She began fasting and cut her hair short to mar her appearance. Her parents attempted to resist this move, to avoid marriage, but they were unsuccessful. Her fasting and her devotion to her family, convinced them to relent and allow her to live as she pleased. Catherine once explained that she regarded her father as a representation of Jesus and her mother as Our Lady, and her brothers as the apostles, which helped her to serve them with humility.

Despite Catherine's religious nature, she did not choose to enter a convent and instead she joined the Third Order of St. Dominic, which allowed her to associate with a religious society while living at home. Fellow Dominican sisters taught St. Catherine how to read. Meanwhile, she lived quietly, isolated within her family home.

St. Catherine developed a habit of giving things away and she continually gave away her family's food and clothing to people in need. She never asked permission to give these things away, and she quietly put up with their criticisms. Something changed her when she was 21. She described an experience she referred to as her "mystical marriage to Christ." There are debates over whether or not St. Catherine was given a ring with some claiming she was given a bejeweled ring, and other claiming the ring was made of Jesus's skin. St. Catherine herself started the rumor of the latter in her writings, but she was known to often claim the ring itself was invisible.

Such mystical experiences change people, and St. Catherine was no exception. In her vision, she was told to reenter public life and to help the poor and sick. She immediately rejoined her family and went into public to help people in need. She often visited hospitals and homes where the poor and sick were found. Her activities quickly attracted followers who helped her in her mission to serve the poor and sick.

St. Catherine was drawn further into the world as she worked, and eventually she began to travel, calling for reform of the Church and for people to confess and to love God totally. She became involved in politics, and was key in working to keep city states loyal to the Pope. She was also credited with helping to start a crusade to the Holy Land. On one occasion, she visited a condemned political prisoner and was credited with saving his soul, which she saw being taken up to heaven at the moment of his death. St. Catherine allegedly was given the stigmata, but like her ring, it was visible only to herself. She took Bl. Raymond of Capua as her confessor and spiritual director.

From 1375 onwards, St. Catherine began dictating letters to scribes. She petitioned for peace and was instrumental in persuading the Pope in Avignon to return to Rome. She became involved in the fractured politics of her time, but was instrumental in restoring the Papacy to Rome and in brokering peace deals during a time of factional conflict and war between the Italian city states.

She also established a monastery for women in 1377 outside of Siena. She is credited with composing over 400 letters, her Dialogue, which is her definitive work, and her prayers. These works are so influential that St. Catherine would later be declared a Doctor of the Church. She is one of the most influential and popular saints in the Church. By 1380, the 33-year-old mystic had become ill, possibly because of her habit of extreme fasting. Her confessor, Raymond, ordered her to eat, but she replied that she found it difficult to do so, and that possibly she was ill. In January of 1380, her illness accelerated her inability to eat and drink. Within weeks, she was unable to use her legs. She died on April 29, following a stroke just a week prior.

St. Catherine's feast day is April 29, she is the patroness against fire, illness, the United States, Italy, miscarriages, people ridiculed for their faith, sexual temptation, and nurses.

St Joseph the Worker – 1st May



Everything we know about the husband of Mary and the foster father of Jesus comes from Scripture and that has seemed too little for those who made up legends about him.

We know he was a carpenter, a working man, for the sceptical Nazarenes ask about Jesus, "Is this not the carpenter's son?" (Matthew 13:55). He wasn't rich for when he took Jesus to the Temple to be circumcised and Mary to be purified he offered the sacrifice of two turtledoves or a pair of pigeons, allowed only for those who could not afford a lamb (Luke 2:24). Despite his humble work and means, Joseph came from a royal lineage. Luke and Matthew disagree some about the details of Joseph's genealogy but they both mark his descent from David, the greatest king of Israel

(Matthew 1:1-16 and Luke 3:23-38). Indeed, the angel who first tells Joseph about Jesus greets him as "son of David," a royal title used also for Jesus.

We know Joseph was a compassionate, caring man. When he discovered Mary was pregnant after they had been betrothed, he knew the child was not his but was as yet unaware that she was carrying the Son of God. He knew women accused of adultery could be stoned to death, so he resolved to send her away quietly to not expose her to shame or cruelty. However, when an angel came to Joseph in a dream and told him, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins," he did as the angel told him and took Mary as his wife. (Matthew 1:19-25). When the angel came again to tell him that his family was in danger, he immediately left everything he owned, all his family and friends, and fled to a strange country with his young wife and the baby. He waited in Egypt without question until the angel told him it was safe to go back (Matthew 2:13-23).

We know Joseph loved Jesus. His one concern was for the safety of this child entrusted to him. Not only did he leave his home to protect Jesus, but upon his return settled in the obscure town of Nazareth out of fear for his life. When Jesus stayed in the Temple, we are told Joseph, along with Mary, searched with great anxiety for three days for him (Luke 2:48). We also know that Joseph treated Jesus as his own son for over and over the people of Nazareth say of Jesus, "Is this not the son of Joseph?" (Luke 4:22)

We know Joseph respected God. He followed God's commands in handling the situation with Mary and going to Jerusalem to have Jesus circumcised and Mary purified after Jesus' birth. We are told that he took his family to Jerusalem every year for Passover, something that could not have been easy for a working man.

Since Joseph does not appear in Jesus' public life, at his death, or resurrection, many historians believe Joseph probably had died before Jesus entered public ministry. Joseph is the patron saint of the dying; he is also patron saint of the Universal Church, families, fathers, expectant mothers (pregnant women), travellers, immigrants, house sellers and buyers, craftsmen, engineers, and working people in general.

We celebrate two feast days for Joseph: March 19, for Joseph the Husband of Mary and May 1 for Joseph the Worker. March 19 has been the most commonly celebrated feast day for Joseph, and it wasn't until 1955 that Pope Pius XII established the Feast of "St. Joseph the Worker" to be celebrated on May 1. This is also May Day (International Workers' Day) and believed to reflect Joseph's status as the patron of workers.

“Do not lose hope;
St. Joseph also
experienced
moments of
difficulty, but he
never lost faith and
was able to
overcome them, in
the certainty that
God never abandons
us.”

Pope Francis, May 1, 2013