Praver for the day



Mount Kilimanjaro

from Kenya Praise the Lord. peace be with us. Say that we may have peace

the Samburu tribe May God guard you night and day

Offer -The little men of Kilimanjaro, a story from Africa

The crops had failed, people and animals were dying for want of food. The elder son of the Chief said that he would climb the mountain to see the fabled tribe that lived there to beg for assistance. After several days climbing he saw an old woman at the side of the path, in a weak voice she asked him to spare a mouthful of water from his flask but he ignored her and continued climbing. After many more days he came upon a very tidy village, but there did not seem to be any adults about, only children. He shouted across to the children, "Hey! You" When will your parents be here?" "Later" was the reply. So he sat and waited, but no-one came. The sun went down, the smell of cooking wafted over the village but no-one offered him any food. Eventually he gave up and returned home telling his father that he could not find the special tribe that lived at the top of the mountain.

close - blessingfrom The famine continued though and the younger son decided he would try. He too came across the old woman who begged for a mouthful of water, which he did give her. "I will tell you what I did not tell your brother," said the woman, "After many days you will come to a village, it will seem to be inhabited by children but the are small adults.

> You must be respectful to them and they will help you." Armed with this knowledge the younger son reached the village and greeted the villagers respectfully, they welcomed him and gave him food. The son explained the predicament of his village and the tribe gave him stores and cattle and helped him to carry them to the foot of the mountain from where the villagers could collect them.

Reflect

There is a saying: What goes around comes around. Had the elder brother treated the woman with kindness he would have received kindness from the mountain tribe.

Do

Kindness and treating people properly is part of the "oil" that helps life roll along smoothly. Play your part in that.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God: pray for us, sinners, now and at the hour of our death. Amen

We have been asked to pray for:

The Pope's prayer intention for this month: For families around the world; may they embody and experience unconditional love and advance in holiness in their daily lives.

The bishop asks that we pray for: A Deeper Understanding between Christians and Jews; Those Who Suffer Persecution, Oppression and Denial of Human Rights; Europe; Human Life; Seafarers.

Pray for the world community: We pray for the people of Bangladesh. May more communities in Bangladesh become self-sufficient and economically empowered. May we offer partnership and support wherever possible

Those who are ill: Clara Panikian, Mrs Dawson-Booth, Joyce McCreadie, Jon Howell, Owen Jenkinson

Those who have died recently: John Kendrick, Barrie Oliver

Year's mind: Andreas Kruger

Please send intentions for prayer to: tgarthwaite@holyfamilyschool.uk

Thought for the week

We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself. - Lloyd Alexander

When God made you he looked at you, paused for a moment and said, "Wow, I never thought of that before!"



Look after yourself physically - Exercise - go for a walk or a run or if you can't get out, do some simple exercises in your garden, home, chair or bed.

Saint of the day

Birth of John the Baptist (transferred from 24th)

Birth of John the Baptist (transferred from 24th)



Let the Virtues influence your life and behaviour



Be hopeful:It's always something, to know you've done the most you could. But, don't leave off hoping, or it's of no use doing anything. Hope, hope to the last! (Nicholas Nickleby, Charles Dickens)

Acceptable Use Policy - don't let the tech get out of hand



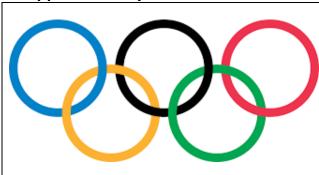
Ask yourself: Does it hurt, embarrass or offend others?

It's important to think about whether what you post online could hurt others. Do you have your friend's permission to share that funny picture of them? Could that jokey comment you posted hurt someone's feelings?

Wow! I didn't know that... Natural World fact

When a volcano erupts inder the sea the lava often cools fairly rapidly to creat a new island or piece of land.

It happened today



1896: Plans for first modern olympics agreed

In a written article in 1890 Pierre de Coubertin, a French historian compared the ancient Olympic Games with a sporting festival he had seen at Much Wenlock in England.

By June 1894, Coubertin was confident enough to organise a congress in Paris with representatives from 11 countries. The outcome was an agreement to hold the first modern Olympic Games in Athens in 1896

Why BD25 is exciting:



WE'VE GOT OUR OWN BEER

Timothy Taylors is a world renowned beer brewed here, and only here, in Keighley.

Out and about

One for the Diary - Proms on the Farm

At Jacksons Field, Silsden, Saturday 16th July 2022 Field open at 2pm, music from 6.30pm until 11pm

Music from: Tewit Silver Band, The Swing City Big Band, 1960 Four band and soloists Sarah Halstead and April Grime. Bring a chair and your own food & drink

Auction, a Raffle and a Bottle Tombola stall.. All proceeds from the

evening will go to Manorlands or Silsden Methodist Church Community Project.

Tickets are available on Eventbrite (www.eventbrite.co.uk/e/silsden-proms-on-the-farm-tickets-322541208437) and Twiggs Newsagents (cash only) in Silsden.

More details: www.promsonthefarm.co.uk





The **Commonwealth** is a voluntary network of 54 countries based on a shared English language and key values of democracy, equality, tolerance, human right and the rule of law

The Queen's Commonwealth Essay Competition is the world's oldest international writing competition. It was established in 1883 to recognize achievement, elevate youth voices and develop creative writing.

Two age groups - Year 7 and Year 8 and Years 9 to Year 13

Certificates of Participation f or all Gold, Silver and Bronze awards for excellent entries Two winners in each category get a trip to London and an award ceremony at a royal palace.

Closing date for entries – 30th June Further details from Mrs Koser or anyone from the English Faculty

News from the Diocese



The relics of St Bernadette of Lourdes will be touring the UK later in the year.

Cardinal Nicholls has written an open letter to everyone: Dear Brothers and Sisters in Jesus Christ, (Later) this year, the relics of St Bernadette will undertake a very special pilgrimage, journeying from Lourdes in France to cathedrals and churches in the UK. For many of us, the opportunity to enrich our faith through the experience of pilgrimage has been difficult or impossible over the last two years... The pilgrimage St Bernadette's relics will undertake this autumn offers us a welcome opportunity to bear active witness to our Faith, joining with one another across our many communities to encounter God's love and find spiritual, emotional, and psychological healing and renewal. As we welcome the relics of St Bernadette we are also reminded of the special significance of Lourdes as a place of pilgrimage and of love, where people of all ages serve and care for the sick and the most vulnerable in our society... We thank God for the faith of St Bernadette and for the many gifts and graces the relic tour will bring.

Yours devotedly,

₩ Vincent, Cardinal Nichols, Archbishop of Westminster

The relics will be at Leeds cathedral from 6.30pm on 3rd October until 5pm on 4th October.

Due to the expected numbers of people who may wish to visit it is likely that visits will have to be booked in advance. More details later.