

New year, new beginnings



Monday 'Meaning'

This week's **Sacred Time** theme is 'New year, new beginnings'.

This is an opportunity for us to reflect on our lives and a time to make positive changes.

What do you think this theme is about?

Tuesday 'Talks'



This week's **Sacred Time** theme is 'New year, new beginnings'. A new school year is a new beginning. It is like a **new birth**. As the new school year begins, we may feel that we need to make changes in our life, start on a new path, do new things, and say goodbye to old habits, problems and difficulties. Often, we start making new plans and new resolutions.

With the challenges of the pandemic and the uncertainty it brings, it is important to remember that this new school year is an opportunity to celebrate and build upon what we have already achieved to strive to make every moment count.

Personal pause – reflect on the challenges you have faced, how have you overcome them? Are you still working to overcome them? Reflect on times when you have helped others face challenges. This is an opportunity to discuss with one another.

'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. This week let's think of one thing that we would like to have a fresh start for this year. It could be taking up a new hobby, helping a friend in need, speaking kind words, trying hard at spellings, being more patient, reading more - the list is endless!



Wednesday 'Words of Wisdom'



This week's theme on 'New year, new beginnings' brings us to the beginnings of the world and God's creation. We find this account in Genesis 1 and 2 in the Bible. It can also be found in the Qur'an and the Torah. It states...

"In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light."

This shows us that God is **omniscient** – all knowing, **omnipotent** – all powerful and **omnibenevolent** – all loving. The creation account also teaches us that we are all made in God's image. Therefore we are all equal and should be treated equally.

Read today's specific Bible reading [HERE](#).



Thursday 'Thoughtfulness'

Our thoughtfulness for today is a prayer:

Father, thank You. Thank You for the new beginnings You provide in every moment. My body is filled with praise and thanksgiving for the love, mercy, grace, and forgiveness You give. Even when I fail, You are there waiting to pick me up and guide me back on the path You have ready for me. You have placed wonderful people in my life to help me follow You. Thank You for those special people. I will praise You in the storms and I will praise You in the joys. Thank You, God, for new beginnings. Amen.

Listen to the BBC Radio 4 'Thought for the Day' [HERE](#).



'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



Key questions

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week? Should we help?

Our **cultural capital** link this week is the **Jewish festival of Rosh Hashanah**. This is when Jews celebrate new year and new beginnings. Watch this [clip](#) to find out more and discuss with each other the links with our theme this week.



Form activity



Google 'new year, new beginnings inspirational quotes' and click on images.

You will find loads of inspirational quotes. As a form class, come up with your own inspirational quote. Share this in the SACRED ROOM google classroom.