

Chaplain and Religion Department 2016



Meeting the First Years

It has been wonderful getting to know the first years, weekly in class, on Retreat and for their end of year Prayer services



Tuesday Mindfulness and Meditation

Thank you to everyone who was able to ten minutes out of their lunchtime to relax and meditate in the school prayer room on Tuesdays

Meeting the sixth Years

"Time out" started in the last term of the School year where I meet each 6th year group, in the prayer room. So many students and staff members are learning about mindfulness and meditation as a method of prayer and relaxation on the run up to the exams and for later life. Thank you to all the 6th year Religion teachers, for facilitating these sessions.

Peer Ministry

A special thanks to the senior students who visited the First years to have a chat with them and to share their story of how having their faith helped them in their lives.

The Spectrum Programme 2016- 2017

Is a free ten week programme that is offered to students who have experienced loss through death, separation or divorce. Trained staff include Ms Veronica Callinan and Ms Deirdre Brennan Please contact me here at the school for further details.

We also receive great support from 'The Children's Grief Project in Limerick.

The Limerick SYNOD 2016

It is a great privilege and an exciting time to be a delegate for the Limerick Synod 2016. More details of the proposals and findings on the Synod website www.synod2016.com/



End of year Liturgies

- Some of the great TY students meet with me every Monday as a music liturgy group to prepare a thought for the day and a song for TY assembly with Ms Geraldine Mc Grath every Tuesday . We are now preparing for our Graduation Liturgy on May 27th



- Our visiting Clergy throughout the year included Mons Dan Neenan, Fr. Brendan Duggan, Fr Brendan Kyne and Fr. Robbie Swinbourne



- Ms Maire Hanley offered her Religion class a great opportunity to visit our local Church in Monaleen
- As part of a study in Religion class Ms Eilis Bourke and her Religion class hosted a great 'An Inter Faith' talk during their RE class
- Thanks to Ms Veronica Callinan, 103 Shoeboxes were prepared by students and staff and sent off for the annual Shoebox appeal
- We are currently refurbishing our Prayer room, even knocking down a wall for extra prayer space!
- We are also preparing for our third year and sixth yr prayer service for the exams at which each student will receive a special prayer card for support before during and after the exams.

Graduation Ceremony

It is very exciting for me to work with our fantastic Religion Teachers and their sixth year students for The Schools Graduation Ceremony. There is a great committee in operation this year with the teachers, prefects, student council and Ms Marie O'Driscoll at the helm. Our theme this year is 'We are gifts'



School Exams, prayer cards and beads

As we approach 'exam time' we continue to pray for our students daily. We also offer our exam students, an exam prayer card each and for our 6th years a 'prayer' or 'thought' stone.

The best of luck to all students doing their Summer Exams and to all students doing their Junior Cert and Leaving Cert Exams. We will be saying special prayers for you and thanks to Emer and Mary in the Office, there will be special candle lighting for you all at the office during the Exams.

Thank you Mr Peter O'Reilly for all his work, support and humour as head of our Religion Dept.,

A special wish for our sixth years as you get ready to set out on your new journey, keep in touch with us and let us know how you are doing. Remember, you are needed in this life. It is always great to hear from and see our past pupils.

May you be guided, blessed and have good fun. Keep the Faith and as my Nana used to say 'Count your blessings' and they say that having an 'Attitude of Gratitude' can increase your happiness by 25%!!! Let's see...I'm very grateful for everyone involved in creating this article and to Ms Eithne Vaughan for its publication!

Have a great summer, God bless, Brenda Cribbin and our Religion department

Memory jars

21 Students were invited to design a memory jar, using different colours to by which to remember the person who has died. Mr Donal O' Riordan, Guidance, joined on of the groups to make a memory jar



Anois Students

Well done to all the TY students who took part in the Anois leadership programme. A huge thank you to Mr.Trevor Griffin who co-ordinates this great project.

18 Retreats

This year Retreats were offered to all First years, TY's and 6th years, eighteen groups in total, with great outcomes. Retreats were held in our local retreat centre in Milford Retreat leaders were Fr. John Horan and myself for our first years and Mr Declan Browne for TY's and 6th yrs. Thank you to all the Religion dept., for your support.

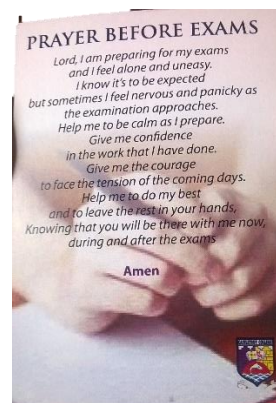
Camino Groups-

Celebrating the Leaving Cert results!!!!



This year 5th and 6th year students were introduced to 'The Camino Way' by way of a guest speaker at assembly time. It would be another way of celebrating their Leaving Cert results!!

For more details, contact eoin@caminogroups.ie



PRAYER BEFORE EXAMS

Lord, I am preparing for my exams
and I feel alone and uneasy.
I know it's to be expected
but sometimes I feel nervous and panicky as
the examination approaches.
Help me to be calm as I prepare.
Give me confidence
in the work that I have done.
Give me the courage
to face the tension of the coming days.
Help me to do my best
and to leave the rest in your hands,
Knowing that you will be there with me now,
during and after the exams

Amen