

# St Mary Magdalen's Newsletter



Nurturing Hearts and Minds

## Worship Reflection

There are certain qualities, skills and attributes which will help in positions of leadership. If you want to be a good leader, you can develop these skills. It is important to remember not everyone may want to be a leader and not everyone will agree on what makes a good leader.

*King of kings and leader of leaders,*

*We thank you for our government and especially for those seeking to lead with righteousness, courage and compassion.*

*We thank you for men and women of vision and dedication wherever we see them and wherever they are working hard beyond our sight or knowledge.*

*Amen.*

## Birthdays this week

*Happy birthday this week to: Henry Burgess, Tierney Seaborne & George Swarbrick.*

### Wednesday Word

*The Wednesday Word is a lovely resource that has a simplified Gospel, a reflection, a prayer and a little message from Pope Francis.*

*Normally we would send it home in paper form, but we have now received an electronic version that we wish to share with you. Each week we will be Parentmailing the Wednesday Word out, so that you have the opportunity, as a family, to continue to be close to God despite not being able to attend Mass in the usual way.*

*We hope that you will be able to find a little time in your week to reflect on the Gospel message and say a prayer for someone you love or someone who needs your love.*

*God Bless, Mrs Woosey*

As the death toll from Covid in our country surpasses an unthinkable 100,000 people we will have all spent some time reflecting on what has happened over the last 11 months and I think we will be reflecting on it for many years to come. Every single one of those deaths has brought devastation to family and friends and robbed them of happy times they should have known. We remember all of those people who have been affected in our prayers and hope they find strength to cope with their loss.

The world is a very strange place at the moment and it is tough. Many of you know that I care passionately about wellbeing and never has it been more important to ensure that we are taking care of ourselves. Many of you are working on the frontline and many of you are trying to work from home and juggle home learning. You are all amazing and you are all doing your best, you cannot do anymore. So please will you bear in mind that you need to be kind to yourselves? Your child may not have done all the work set, you may not have had time to cook the most nutritious meals, you may not have completed Dry January or done all the exercise you intended. But it is okay. You are coping with trying to help your child learn, (a job that few of you were trained to do), with your children missing school, with missing friends and family yourself, with not having a normal social life, with your own work and with worrying about vulnerable loved ones. You should be proud of what you are doing and please reward yourself with quality fun family time and quiet switch off time for yourself.

2 Simple is the parent company of Purple Mash and they have put together a really good guide on how to look after your mental health and wellbeing whilst managing remote learning and beyond. It is aimed in taking care of parents and children and well worth a read, particularly if you are struggling. We are all very influenced by social media and it gives some great tips on how to protect your children from becoming anxious and or addicted.

Be kind to yourselves, Mrs Gallagher