



St. Edward's NEWSLETTER

Women's Health

'Women's Health' was the focus for our first coffee morning and afternoon tea of the year, which helped raise awareness and £85 for the charity Endometriosis UK. Our speaker Naheeda Biggs gave an emotional insight of her journey living with the chronic illness endometriosis and other health issues. She shared with staff and parents the many obstacles she faced, her support system, as well as advice on seeking professional medical help. It was lovely to see the parents that attended the event and we would like to thank you for your continued support.



HOCKEY TEAM WINNERS



"FOLLOWING CHRIST WE REACH OUR GOALS"



NEWHAM LIBRARIES HALF-TERM CODING EVENT: MISSION ZERO



**Come to Newham Libraries this half-term to create
a code that may be shown in space**

This February half-term, Newham Libraries is taking part in Mission Zero.

Mission Zero offers young people the chance to have their code run in space! Write a simple program to take a reading from the colour and luminosity sensor on an Astro Pi computer on board the International Space Station, and use it to set the background colour in a personalised image for the astronauts to see as they go about their daily tasks.

Choose one of our sessions to take part in. At each session we'll code and run emulators to submit to the Mission Zero project. Your child's code may run for the astronauts on the International Space Station.

For children aged 8+

Mon 13th Feb	Forest Gate Library Plaistow Library	10.00-11.30am 1.30-3.00pm
Tues 14th Feb	Stratford Library Canning Town Library	11.00-12.30pm 2.30-4.00pm
Thurs 16th Feb	Custom House Library	2.00-3.30pm
Fri 17th Feb	East Ham Library	1.00-3.30pm

100 skips a day in February



We have skipped our way past the £200 mark for our '100 skips a day' challenge! Can we reach £400? This skipping challenge will carry on throughout February. We're not just raising money for Cancer Research UK, we're increasing our daily physical activity.

Please continue to encourage your child to keep skipping during the half term break and fill out their charts to keep track.

We would appreciate any donations possible.

QR code:



[CLICK HERE](#) if anyone wishes to donate to this very worthy cause

"FOLLOWING CHRIST WE REACH OUR GOALS"

Wednesday
15th February

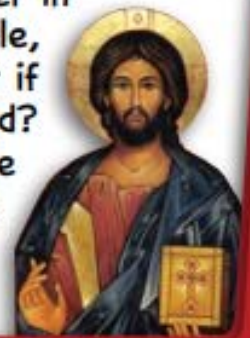


Good News
for Families

1

Enjoy reading this Sunday's Gospel

Jesus said to his disciples: "You have learnt how it was said: you must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who are unkind to you and say bad things about you; in this way you will be sons and daughters of God, your Father in heaven. For God causes his sun to rise on good and bad people, and his rain to fall on honest and dishonest people alike. For if you love only those who love you, why should you be rewarded? Even sinners do that! And if you are friendly only to the people you like, are you doing anything exceptional? Even those who do not know God behave like that. You must therefore be perfect, just as your heavenly Father is perfect."



Taken from the Gospel of Sunday 19th February 2023. Matt. 5:38-48 (the 7th Sunday of Ordinary Time)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Now enjoy exploring this Wednesday's word, which is **LOVE**.



To colour the picture for this Sunday's Gospel, please see the back page.



2

Wednesday's Word

LOVE



"Let us ask the Lord for the grace not to speak badly of others, not to criticise, but rather to love everyone." Pope Francis

What did Jesus say we should do to be sons and daughters of God? Jesus' Sermon on the Mount, which we continue to read in this Sunday's Gospel, is one of the most well-known passages in the Bible and has guided people in the ways of true love throughout the ages. Everyone likes to be loved. Ask your child what the word 'love' means to them. Who makes them feel especially loved: a) at home? b) at school? c) at Church or in the community? When did your child last show love towards someone? How did they show their love?

"The proof of love is in the works. Where love exists, it works great things." Pope St. Gregory the Great

In this Sunday's Gospel, Jesus calls us to do something exceptional: we must love all people, regardless of how they treat us. Life becomes more joyful when we follow Jesus' command to love one another. Each of you decide on something you can do in the coming days to grow in love – to love as Jesus loves. Perhaps you can: show and tell family members how much you love them through unexpected acts of kindness; be peacemakers; pray for anyone whom you may find difficult to like; forgive someone and be friends again. Come and learn more about Jesus' law of love in Church this Sunday. All are warmly invited.



Dear Lord Jesus, thank you for showing us how to love. Please help us to love as perfectly as you love, even when it is difficult. Amen.

WEDNESDAY
WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**

☒ LOVE
☐ EVERYONE

☐ NEIGHBOUR
☐ ENEMIES

☐ BECOME
☐ PERFECT

☐ HEAVENLY
☐ FATHER

SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

H	T	A	F	A	T	H	E	R	L	Y	D
S	E	N	O	Y	R	E	V	E	L	S	E
R	U	O	B	H	G	I	E	N	O	S	J
P	R	E	H	T	A	F	E	E	V	E	S
G	E	V	C	L	O	V	E	I	D	I	H
W	N	E	Y	L	A	R	B	Z	L	M	E
P	E	R	F	E	C	T	M	H	S	E	A
N	M	Y	H	L	L	S	T	Z	M	N	V
L	I	O	D	O	B	E	C	O	M	E	E
G	E	N	V	V	R	G	C	U	W	C	N
W	S	E	L	T	C	E	F	R	E	P	L
N	E	I	G	H	B	O	U	R	R	P	Y

Cross out the letters **i k b** in the 4 jumbled words to find 4 real words.

yibouk Lobviek baiknd tihobske

Jesus said, "_____ your enemies _____ pray for _____ who are unkind to _____."

Write a promise and then draw a big smile on Smiley

Jesus' life is a lesson in how we are to be kind and loving to all people – even those people who don't love us in return. In this way we show our own love for God, by doing what Jesus asks of us.

This week I will try my best to...

.....
.....





GOSPEL - MARK 7:31-37



31 Returning from the territory of Tyre, he went by way of Sidon towards the Lake of Galilee, right through the Decapolis territory.

32 And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him.

33 He took him aside to be by themselves, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle.

34 THEN LOOKING UP TO HEAVEN HE SIGHED; AND HE SAID TO HIM, 'EPHPHATHA,' THAT IS, 'BE OPENED.'

35 AND HIS EARS WERE OPENED, AND AT ONCE THE IMPEDIMENT OF HIS TONGUE WAS LOOSENED AND HE SPOKE CLEARLY.

Prayer for our children

Lord our God, help us find the path that we may walk with confidence because you are our Father. Banish all thoughts that try to depress us. Let your Spirit drive them away. May our hearts become quiet before you, because you, the Almighty, guide everything for the good of people on earth. Everything will lead to thanksgiving, to your praise and glory. Be with us at all times, day and night. May our hearts always exult afresh, rejoicing in you, our God and our Savior. Amen.