

Catholic Life Newsletter

TERM 1 • SEPTEMBER–OCTOBER 2026

Growing in faith, showing kindness and caring for God's world



Dear Parents and Carers,

Welcome to a new academic year at St Michael's! We warmly welcome our new children and families as we begin another year of learning, friendship and faith together. Every child is precious, loved by God and blessed with gifts to share. This term, our invitation is simple: make God's love visible through the things we say and do.

Our liturgical season

During September and October, the Church is in Ordinary Time. We listen to Jesus' teachings and grow as his followers through everyday life. Green, the colour usually seen at Mass during this season, reminds us of growth and hope. We can grow in faith by welcoming others, forgiving mistakes, helping those in need and taking time to pray.

September dates to discover

DATE	CELEBRATION	OUR FOCUS
1 Sept–4 Oct	Season of Creation	Thank God for our world and care for plants, animals and people.
5 Sept	St Teresa of Calcutta	Recognise everyone's dignity and help those in need.
8 Sept	Birthday of the Blessed Virgin Mary	Celebrate Mary's life and her loving trust in God.
14 Sept	Exaltation of the Holy Cross	Remember Jesus' love and the meaning of the cross.
24 Sept	Our Lady of Walsingham	Discover a special place of pilgrimage in England.
29 Sept	Saints Michael, Gabriel and Raphael	Celebrate our patron and choose what is right.

October dates to discover

DATE	CELEBRATION	OUR FOCUS
1 Oct	St Thérèse of Lisieux	Small acts of love can make a difference.
2 Oct	Holy Guardian Angels	Give thanks for God's care and those who keep us safe.
2 Oct	CAFOD Harvest Family Fast Day	Turn gratitude for our food into care for people facing poverty.
4 Oct	St Francis focus and end of the Season of Creation	Learn from St Francis' love for God's creation.
7 Oct	Our Lady of the Rosary	Pray with Mary and reflect on Jesus' life.
18 Oct	World Mission Sunday	Pray for our worldwide Church and share God's love.

In 2026, 4 October falls on a Sunday, so Mass celebrates the 27th Sunday in Ordinary Time. Families can still use the day to learn about St Francis.

Our patron saint St Michael

St Michael's feast on 29 September is especially meaningful for our school family. It invites us to reflect on courage, faith and standing up for what is good. Ask your child: "How can I be brave enough to do the right thing?" Think about telling the truth, asking an adult for help, including someone who feels lonely or speaking kindly.

Harvest thankful hearts and helping hands

Harvest is an opportunity to thank God for our food and everyone who grows, prepares and delivers it. CAFOD's Harvest Family Fast Day is Friday 2 October. Families could pray before a meal, reduce food waste or give to a food bank or CAFOD if they are able. Children can participate through prayer and kindness while enjoying their usual meals.

Catholic Social Teaching

The Preferential Option for the Poor

This term, we focus on giving particular care and attention to people experiencing poverty or hardship. Every person is precious to God. We are called to consider how our choices affect those who have the least.

For our children, the message is simple: notice who needs help, listen to them and respond with love. As we celebrate Harvest, we can think about sharing God's gifts fairly and helping everyone have the food, care and opportunities they need.

Try this together at home

Talk about the difference between things we need and things we want. Ask: "What does everyone need to live well, and how can we help when someone does not have enough?" Choose one family action: reduce food waste, donate suitable items if you are able, or pray for families facing hardship.

A little time together

You do not need special resources or lots of time. Choose one of these activities each week and enjoy a few quiet moments together.

Make a family prayer space Place a green cloth or piece of paper beside a cross, a Bible and a drawing by your child. Spend two minutes thanking God and praying for someone who needs help.

Take a creation walk Notice autumn leaves, birds, clouds and changing colours. Let everyone choose something to thank God for, then agree on one way to care for the world.

Try a little act of love Inspired by St Thérèse, encourage each person to do one thoughtful thing each day: help tidy up, share, say sorry or offer encouragement.

Pray with Mary Around Our Lady of the Rosary on 7 October, pray a Hail Mary together. Families familiar with the Rosary could pray one decade, thinking about the Annunciation and Mary's "yes" to God.

Create a thankfulness jar Write or draw something you are grateful for and place it in a jar. Read your notes together at the end of the term.

Pray for the world For World Mission Sunday, find a country on a map and pray for its children, families, teachers and communities.

Our family conversation starter

"Where did you notice love today, and how did you share it?"

A prayer for our school year

Loving Father,
Thank you for our school, our families and our friends.
Help us to welcome others, speak kindly and learn with joy.
Teach us to care for your beautiful world and notice people who need our help.
Give us courage to do what is right and loving hearts to follow Jesus each day.
St Michael, pray for us.
Amen.

A prayer for those in need

Loving God,
Help us to notice people who are struggling.
Teach us to share generously, treat everyone with dignity and work for a world where everyone has enough.
Amen.

Thank you for helping your children grow in faith through your love, example and encouragement. May God bless our whole school community throughout this new academic year.