

# Looking Forward



## Looking Forward in Prayer

Did you eat a banana with your breakfast this morning?  
Have you enjoyed a cup of tea or coffee or juice today?

Did you need petrol  
to get a bus or a lift by car to school?  
Countless other activities that we take for granted  
would be impossible

without the community of seafarers  
who deliver these goods and products to our shores.

95 % of the goods and products we consume  
are brought to Britain by sea.

On Sunday, we celebrated Sea Sunday.  
Let us pray for our brothers and sisters who sail the seas  
to bring us what we need.

**Our Lady, Star of the Sea, pray for us all.**

**10<sup>th</sup> July 2022 :**  
**15<sup>th</sup> Sunday Ordinary Time**

In the Gospel of Luke,  
Jesus teaches us :

“Love your  
neighbour as  
yourself.”



✠ ✠ ✠ ✠ “LEAD US NOT INTO TEMPTATION.” ✠ ✠ ✠ ✠

### SAINTS AND SCHOOLS # 31

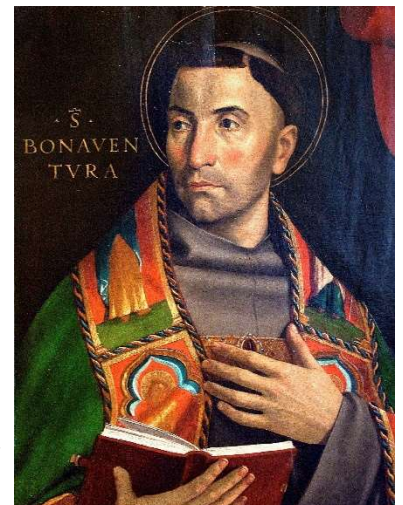
St Benedict (c. 480-548)  
founded 12 monasteries at  
Subiaco before moving on to  
found the great monastery of  
Monte Cassino. His Rule for  
his communities is based on  
a spirit of balance,  
moderation and common  
sense. His feast is 11<sup>th</sup> July.



**St Benedict's Catholic College was founded in  
Colchester in 1963. Its motto is from St Benedict's  
Rule : Work and Pray : ORA ET LABORA.**

### Feast of St Bonaventure : 15<sup>th</sup> July

St. Bonaventure (1221-  
1274) was actually born  
as Giovanni di Fidanza  
and became the seventh  
Minister General of the  
Franciscans, who gave  
him the name  
Bonaventura, meaning  
“good fortune.” He was  
a scholar of the  
University of Paris, and  
is regarded as one of the  
greatest philosophers of  
the Middle Ages.



Canonised in 1484, he was declared to be one of the Doctors  
of the Church in 1587 by the Franciscan pope Sixtus V. St  
Bonaventure's School in Forest Gate was founded in 1877.

“Be passionate  
about truth.”



(Pope Francis, Youth Sunday 2021)



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