



6th April, 2020



My Dear LSPS Students,

Easter is the most important festival in the Christian calendar. It celebrates God raising his son Jesus from the dead as well as the destruction of the power of sin and death forever. It symbolises the opening of Heaven with the gift of eternal life to everyone.

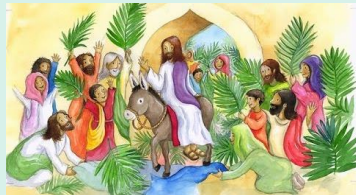
Ash Wednesday and Lent



Marking the beginning of Lent, Ash Wednesday takes place 46 days before Easter Sunday. During Mass, the priest will apply ashes to the heads of willing participants. A cross drawn in ash is applied upon the forehead, and symbolizes the dust that God made us from. It also represents our willingness to repent for sinning, and the grief we feel for having caused a division from God.

Fast and abstinence is to be observed on Ash Wednesday and Good Friday of each year. Abstinence means giving up of eating meat. Fasting permits the eating of one full meal.

The faithful are exhorted to make a special effort in the practice of works of piety, such as daily Mass, daily visits to the Blessed Sacrament or the Stations of the Cross.



Palm Sunday

Palm Sunday is both the final Sunday or the end of Lent, and the beginning of the Holy Week. The Holy Week commemorates Jesus Christ's arrival in Jerusalem, and the last week of his life on earth.

During the Palm Sunday Mass, parishioners may be handed a palm leaf that they carry into the church. These palms have been blessed and can be made into a cross or other personal devotion to be kept for a year. Otherwise the palms are returned to the church and turned into ash for the following year's Ash Wednesday progressions.

Holy Thursday



Holy Thursday commemorates the Last Supper of Jesus Christ, and his institution of the priesthood. Celebrating this meal as a Passover feast, Jesus shared his final meal with his Disciples in Jerusalem.

This was the night that he was betrayed by Judas, and during the meal he rightly predicted this betrayal. His willingness to face his fate, shows that he was willing to sacrifice himself for the benefit of all mankind.

Known as the Mass of the Lord's Supper, Holy Thursday Mass is held in commemoration of Jesus Christ's last supper. The Eucharist is particularly important in this Mass, for it was during this meal that Christ broke bread with his disciples and uttered the words "This is my body, this is my blood" (Mark 14:22-25).

During the feast, Jesus also washed the feet of his 12 apostles, anointing them as his first priests. This humbling gesture is re-enacted during Mass.

Good Friday



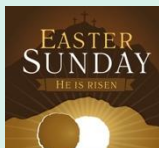
Good Friday commemorates the crucifixion of Jesus Christ. It is a day of solemn reflection that is shared by most Christians around the world.

Holy Saturday Night - Easter Vigil



New Members will receive the three sacraments of initiation into the Catholic Church: Baptism, Confirmation and the First Communion. The Mass is held at night.

Easter Sunday



Easter Sunday is the greatest of all Sundays as it is the celebration of the Lord's resurrection from the dead. Culminating in His Ascension to the Father and sending of the Holy Spirit upon the Church, there are 50 days of Easter from the first Sunday to Pentecost.

Covid-19 is bringing us challenging times with school closures and disruption to our daily lives. However, this is a good time for us to pause, reflect and show gratitude for what we do have: family, health and safety. I want us to think of those who are less fortunate than ourselves. Think of those in poor health including those suffering from Covid-19, the homeless people, the poor and those struggling to make ends meet. Let us pray for those in need.

Let us also thank the many people who are working hard behind the scenes including all the doctors, nurses and various health care workers who are risking their lives to help ours, all the supermarket workers who have to replenish the goods and assure the public about the stock of supplies, delivery people who deliver supplies such as food and essential goods, the transport system operators so that we can get to work or essential places, all the cleaners who are working in the frontline, all the school administrators and teachers who are working hard to ensure that learning doesn't stop during school closures, our parents for taking good care of us and the list goes on.

It is heartening to see that all around the world, citizens have been expressing their sincere appreciation and gratitude to those directly battling coronavirus on the front line.



Aside from doing schoolwork, make time for:

- Reading for pleasure as this will support literacy skills
- Developing interest areas where you have wanted to explore something
- Connecting with family and close friends through phone calls, video calls etc.
- Spending quality time with your family by preparing family meals and doing household chores
- Thinking of how we can serve others by discussing this with family members
- Doing some form of daily exercise
- Getting adequate sleep by turning off screens at least an hour before bedtime and going to bed at an appropriate hour.
- Taking regular breaks for resting the eyes and limiting eye strain after using the computer or watching television



All the administrators and teachers are working very hard to ensure learning continues. We will all be using the Zoom platform after the Easter holidays as part of our online learning. Please read through all the guidelines given in our circular. We must all work together to ensure the platform is used safely and effectively.



All the non-teaching staff are working hard to ensure the campus continues to be operational and is cleaned thoroughly for school resumption.



Although schools are closed and everyone is physically parted, we're not alone. This is a video of encouragement from our friends in La Salle Holy Land. I hope you will watch this video (<https://youtu.be/Qkn-Os3EORM>).



This is a prayer from **Lasallian East Asia District**.

PRAYER OF LASALLIANS IN THE TIME OF COVID-19

Loving Father,
our Lasallian Family draws near to you
in fervent prayer for all those affected by COVID-19.
In **FAITH**, we lift up to you our fears and anxieties
and the sufferings of those who have been infected
always remembering that even in our darkest hours
we are in your most holy presence.
In **SERVICE**, we beg you for strength and wisdom
to do all that needs to be done
knowing that we can be channels of your healing grace
when we do all our actions for the love of you.
In **COMMUNION**, we stand in solidarity
with all the frontliners who risk their lives for others
and pray for all medical teams and support personnel
who earnestly seek its cure
and provide remedy and comfort
to those who are sick and most vulnerable.
Most Loving Father we entrust our lives
and the health and well-being
of our families and communities
to your care and protection
for with you we will be safe and secure
Amen.



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東亞地區喇沙修士會

喇沙會眾為新冠肺炎疫情的禱告

仁慈的天父，
為受疫症影響而不安的人們，我們
熱切的向祢祈求：
讓我們能以信德的精神，堅信在這
黑暗的時刻祢正臨近，除去我們的
恐懼，焦慮和痛苦。
讓我們能以非以役人，乃役於人的
精神，以祢賜予我們的智慧和力
量，身心力行去彰顯祢的愛。
讓我們能以共融的精神，與所有在
前線和疫情抗爭的人團結一起。我
們祈求所有醫護能得到祢的保守，
求祢醫治患病的，拯救病重的及安
慰愁苦無助的。
慈愛的天父，我們謙卑的將社會，
家庭及個人的福祉都全心付託於
祢，因為只有在祢那裏，才有平
安！
亞孟！
聖若瀚喇沙，
為我等祈，
主耶穌，願你常活我們心中，
直到永遠。



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Here is another prayer from our Supervisor, Br. Patrick Tierney:

Hong Kong Lasallian Prayer for Combating Covid-19
'Look on everything with the eyes of faith.' (St. La Salle)



Let us remember we are in the holy presence of God.

Let us also remember our medical health workers,
our home-carers and all those at the forefront of combating the public health
crisis.

We remember, too,

those who are suffering from this virus and those who have lost loved ones.

Merciful Father,

look kindly on us with your love and compassion and guide us to help those in need.

In these troubled times grant us health of mind and body.

St. John Baptist de La Salle,

pray for us.

Live Jesus in our hearts.

Forever!

