



My Dear LSPS Students,

3rd March, 2022

Student Achievements

Congratulations to our students, teachers and conductors. We are all so proud of our students who continued with their training and competitions under strict social distancing rules in place.

2021 HK Youth Music Interflows (December, 2021)



String Orchestra - **Gold Award**



Chinese Orchestra - **Silver Award**





Lent

Lent, in the Christian tradition, is a period of about six weeks before Easter. It is a time in which Christians are supposed to be quiet and thoughtful, preparing themselves for Easter. They should pray a lot, give money to charities and give up some of the things they might otherwise do for pleasure. The period of Lent ends at Easter, which is a time of great celebration as the Christians think of how Jesus had died on the cross but then rose again from the dead.



Lent is traditionally supposed to be forty days long. That is because the Bible says that Jesus spent forty days in the wilderness, preparing for his death and resurrection.



Lent begins on Ash Wednesday. This year it started on the 2nd March, 2022.

Lent is traditionally a time for fasting (not eating much). This tradition was useful because it was a time when food which had been kept for the winter had to be eaten up before it went bad. Many Roman Catholics do not eat meat other than fish on Fridays during Lent.



The word "lent" came from the Old English lencten meaning "spring" (the season).



PRAY



FAST



GIVE





Mental Health

The increasing number of Covid-19 cases in Hong Kong is causing us a lot of anxiety.



However, did you know that dealing with your own anxiety can be the most powerful way to make yourself feel secure? It is important to deal with our worries in a healthy way so that we can be more resilient when we encounter challenging situations.



How to take care of your mental health:



1. Acknowledge your feelings and talk with family or friends.
2. Remember that it is normal to have many emotions during this time. There will be times when you are frustrated, worried etc. Yet there will be times when you are happy and carefree, too.
3. Notice some of the positive things around you during Covid-19. Remember to have gratitude for what you have and be thankful.
4. Focus on what is in your control. Avoid watching too many negative news. Make good use of your time to learn or do new things. You can find many useful resources on the internet.
5. Have a daily routine that includes time for things that you enjoy. Get adequate sleep.
6. Stay connected with important people in your life. You can do that through the phone or through video calls.





Here are two prayers I would like to share with all of you:

Loving God,

If we are ill, strengthen us.

If we are tired, fortify our spirits.

If we are anxious, help us to consider the lillies of the field and the birds of the air.

Help us not to stockpile treasures from supermarkets into our cupboards.

Don't let fear cause us to overlook the needs of others more vulnerable than ourselves.

Fix our eyes on your story and our hearts on your grace.

Help us always to hold fast to the good,

See the good in others,

And remember there is just one world, one hope,

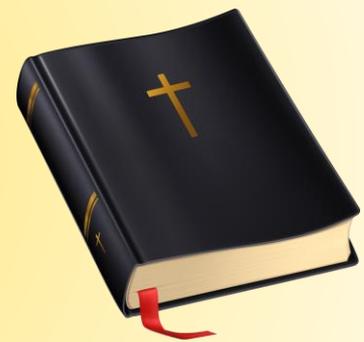
One everlasting love, with baskets of bread for everyone.

In Jesus we make our prayer,

The one who suffered, died and was raised to new life,

In whom we trust these days and all days,

Amen.





A Prayer for Strength

Our Father,
Sometimes the cares of the day seem to multiply, while the blessings fade so quickly.
Our bodies grow tired and our minds even more tired.
Jesus, help us.
Give us the strength You've promised in Your Word.
Give us the power to take the next step.
Give us your grace... for we know that in our weaknesses.
YOUR STRENGTH is revealed.
May we receive it today.
Amen.



St. John Baptist de la Salle,
Pray for us.
Live Jesus in our hearts,
Forever!

Have a Happy Vacation!

Stay Safe!

