



## May 2026

The season of Eastertide continues in May, a joyful time when the Church celebrates Jesus' Resurrection and the new life He brings. During these weeks, our resources will focus on the Risen Jesus – who is the Way, the Truth and the Life.

Throughout May, the Gospel passages explore Jesus' close relationship with God the Father and the promise of the Holy Spirit, as we approach the feast of Pentecost. Children will reflect on how prayer helps us to stay close to God and how we can live each day in a way that gives glory to Him.

This newsletter shares some of the content children will experience in school throughout May, and suggests ways for you to engage with them about it. We hope it is a useful resource for your family prayer time.

## THROUGH HIM, WITH HIM, IN HIM

In the week beginning 11 May, children hear Jesus' words to His disciples (John 14:15–21) revealing His deep and close connection with God the Father. Children learn that through Jesus, we too can have a close friendship with God.

Through a simple rhythm activity, children reflect on what it means to stay connected. They are invited to think about how Jesus connects us to God's love and how the Holy Spirit is with us, guiding and leading us each day. Time is given for quiet reflection, helping children to consider how they can follow Jesus' commands and live in God's way.

Older children also reflect on how, in receiving Holy Communion at Mass, we are invited to share in Jesus' life and stay connected to Him.

*With your child/ren, you may also like to...*

- *Talk about what it means to stay "connected" as a family.*
- *Read the Gospel passage together and notice what Jesus promises.*
- *Pray the Doxology together, the prayer the priest says at the end of Eucharistic Prayer at Mass:*

***Through Him, and with Him, and in Him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.  
Amen***

## LIFT UP YOUR EYES

In the week beginning 18 May, children hear how, before His arrest, Jesus lifted His eyes to Heaven and prayed for His disciples (John 17:1–11a). They learn that at this important and difficult moment, Jesus chose to focus on prayer.

Through a simple activity about distractions, children explore how easy it can be to lose focus. They will reflect on how prayer helps us to turn our attention back to God. Inspired by Jesus who prayed for His friends and still prays for us, His disciples, today, children are invited to lift their own eyes to God and pray for others.

*With your child/ren, you may also like to...*

- *Talk about times when it is hard to stay focused.*
- *Set aside some regular time to pray for others – those you know, those in your community and in the wider world.*

## THE MONTH OF MARY

In the Catholic Church, May is traditionally dedicated to Mary. During this month, children are encouraged to honour Mary and reflect on her role in the life of Jesus.

You may like to explore our Rosary resource through our Online Parent Portal together, using it to pray a decade of the Rosary at home as a family.

## BREATHE IN ME

During the week beginning 11 May, children pray with the words of St Augustine, asking the Holy Spirit to guide their thoughts, actions and choices each day. They are invited to pause, reflect and welcome the Holy Spirit's help in every part of their lives.

You might like to pray St Augustine's prayer together at home:

**Breathe in me, O Holy Spirit,  
That my thoughts may all be holy.**

**Act in me, O Holy Spirit,  
That my work, too, may be holy.**

**Draw my heart, O Holy Spirit,  
That I love but what is holy.**

**Strengthen me, O Holy Spirit,  
To defend all that is holy.**

**Guard me, then, O Holy Spirit,  
That I always may be holy.**