

Lent 2017



Ash Wednesday

As we start on this journey through Lent we receive the sign of the cross with ashes on our foreheads. Pray today for thankfulness, for forgiveness and for kindness.

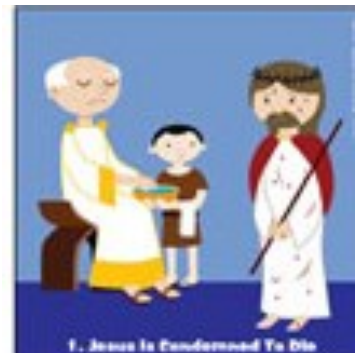


Thursday 2nd March

Shine your light on us Lord. We pray for our families and friends that you will guide them and protect them with your love.

Friday 3rd March

Pray the stations of the cross. As you start on this journey through Lent remember Jesus before Pilate and the start of his journey to Golgotha.



Saturday 4th March

Sadly many children do not know a happy home. Pray for all those children who are neglected or abused.

Sunday 5th March

On this first Sunday in Lent the response we give to the psalm is:

“Have mercy on us, O Lord, for we have sinned.”

To show mercy to others we first have to receive God’s mercy ourselves. Pass that mercy on –show mercy to your neighbour.



Monday 6th March

What are you good at? What gifts has God given you? Use your God given gifts to help someone today. A small act can make a big difference to somebody.

Tuesday 7th March

Pray the prayer that Jesus himself taught us, the Our Father and think carefully about each line.

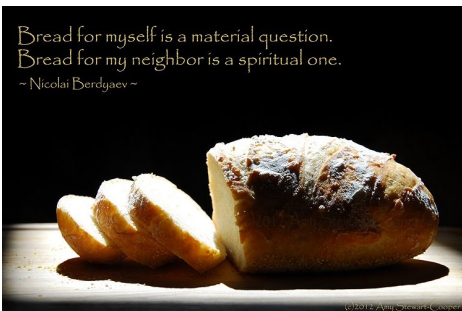


Wednesday 8th March

We have many challenges in our life. We have crosses to carry. Jesus carried his cross to Golgotha and took our sins with him. Jesus fell and got up and carried on. Pray for the strength to carry on when you have problems.

Thursday 9th March

It is important that we all talk to God often. Talk to God today for at least 5 minutes. It doesn't matter what language you use; God always understands us.



Friday 10th March

So many people in the World do not have enough to eat and no clean water to drink. CAFOD supports many people throughout the World. Make a donation to CAFOD—even a few pence can make a difference. Or maybe give some money to another charity you know that helps people.

Saturday 11th March

An act of kindness can make a person very happy. Think what you can do for someone to show kindness; to show God's love to the world.

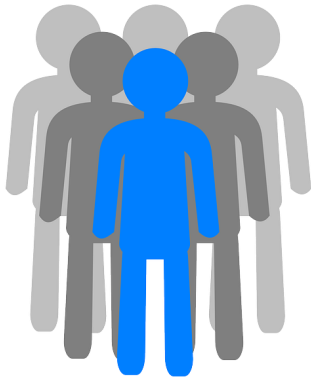


Sunday 12th March

In the Gospel reading today the disciples Peter, John and James see Jesus's transfiguration. God speaks to the disciples. "This is my Son, The Chosen One. Listen to him." Pray today to be able to truly listen to Jesus.

Monday 13th March

There are lots of victims of war. People have no home and are starving. Refugees are looking for new places to start a new life. Pray for all those who are suffering because of war. Pray for Peace.

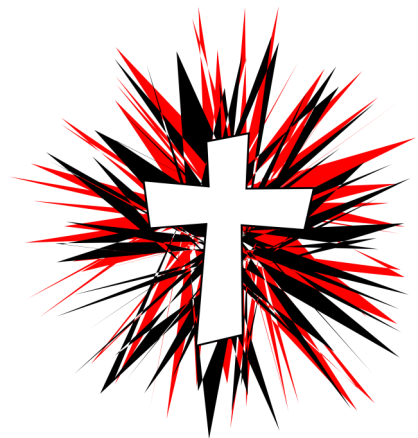


Tuesday 14th March

It is easy to follow everyone else; to copy what they do. Before you do something ask God for help. Pray to make the right choice not to just follow the crowd.

Wednesday 15th March

In the Deaf Community we sign to communicate. It is the language of the Deaf Community. We all sign in church Deaf and hearing alike. We make the sign of the cross. Start each day making the sign of the cross.



Thursday 16th March

The liturgical colour during Lent and Advent is violet. This is the colour symbolising suffering and sadness. Lent, and Advent, is the season of penance and preparation.

In preparation for Easter maybe use today to go to confession.

Friday 17th March

Life can be very busy. Take some time today to help someone else. Sometimes it feels like we do not have enough time to help others but try to find a few minutes to help someone today.



Saturday 18th March

Our World is a beautiful gift from God. Creation is amazing. Look at God's creation; a tree, a flower and animal and thank God for this wonderful world that he has given us.

Sunday 19th March

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.



Monday 20th March

Today is St Joseph's Day.

Joseph cared for Mary and for Jesus. He accepted God's call to be Jesus' earthly father.

Pray for all father's and for men who support their families.

Tuesday 21st March

Some people will be baptised at Easter and join the church. There are some children and adults preparing for their first Holy Communion and Confirmation. Pray for all those preparing to receive these Sacraments.

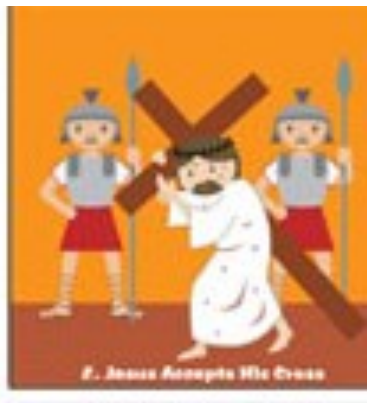


Wednesday 22nd March

It is easy to criticise other people. But do you look at yourself in your true light? Celebrate all that you are good at. Learn to recognise your faults and ask God to help you with these.

Thursday 23rd March

Being a Catholic and following Jesus is not fashionable. Pray for the strength to follow Jesus and to tell other people about your Catholic faith.

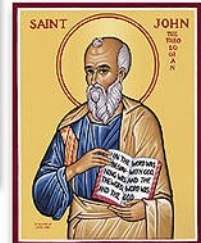
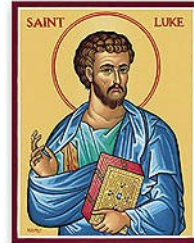
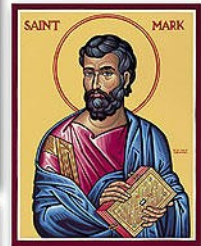
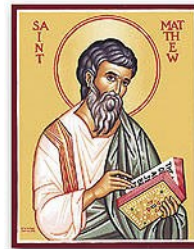


Friday 24th March

The Stations of the Cross take us through the Jesus's road to Golgotha. Visit your local church and look at the stations of the Cross. Chose your favourite one and pray at that Station.

Saturday 25th March

Light a candle or look at an icon picture. Relax in God's love and feel his presence.

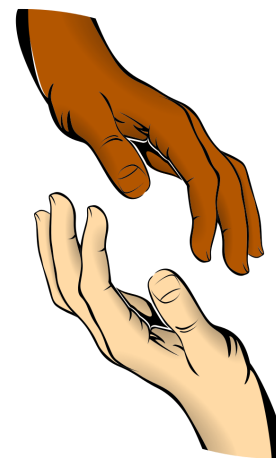


Sunday 26th March

Mothering Sunday; a time to remember our mothers and thank God for them. Mary is Mother to us all so we join in pray with her as we pray "Hail Mary, full of grace"

Monday 27th March

Mary trusted God. She said "yes" to him. She put her whole faith in God and God's plan. Trust that God has a plan for you and your life. Put your life in God's hands.



Tuesday 28th March

Gossip is horrible. It can be cruel. You can't undo what has been said. If someone starts to gossip to you today about another person, walk away, do not listen.

Wednesday 29th March

There are many people who work in our hospital and prisons. Often we don't see these people (unless we are in hospital or prison!) but they do an important job. Pray for those who work in our hospitals and prisons.



Thursday 30th March

There are many people in our community who have different religions and faiths. Pray for those from these different faiths that we may all live together in harmony.

Friday 31st March

Is there a charity that has helped you or a member of your family? Try today to help that charity. Give them some money if you can but if that is not possible maybe donate something to the charity shop for them.



Saturday 1st April

Friends really make our lives rich and full. A good friend can make a huge difference to our lives. Today tell one of your friends how important they are to you and pray for your friend.

Sunday 2nd April

Telling other people about our faith can be difficult. Ask God to teach you to proclaim the Gospel to other people through our action and how we live our lives.



Monday 3rd April

Many people suffer from depression and have mental health problems. These challenges are often hidden. Pray for those people who experience mental health illnesses.

Tuesday 4th April

Being patient can be a challenge. It can be easy to get annoyed with people. Today be extra patient with someone who you find difficult. Pray to God and ask for the gift of patience with a difficult person or situation.

GOD

GRANT ME

PATIENCE



Wednesday 5th April

This year there will be lots of changes in the world with a new president in America and with the political situation with Europe. Change can be difficult to cope with even good changes. Pray for people who struggle with change.

Thursday 6th April

A quick comment can be very upsetting. Ask the Lord for the time to think before you say anything. Try to only say positive things about other people. Encourage people; do not criticise them.

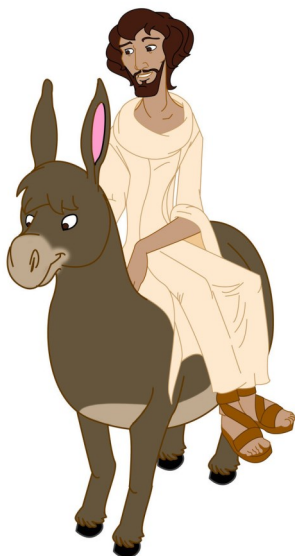


Friday 7th April

Today we remember St John Baptist de la Salle, a priest born in Rheims who devoted himself to the education of children. Use today to thank God for the teachers you had and to pray for those who teach children today.

Saturday 8th April

The Lord will guard us as a shepherd guards his flock. One of Jesus's parables tells us of the shepherd who looked for his lost sheep. Even if you feel lost, the Lord will seek you and protect you.



Sunday 9th April

Palm Sunday—Jesus entered Jerusalem to a cheering crowd travelling humbly on a donkey. Help us Lord to walk humbly and follow you.

Monday 10th April

Think about the number of times you see things that remind you of Christ in our world today, when you see people helping each other and caring for those less fortunate. Pray to be more like Christ in your life.



Tuesday 11th April

Today in the Diocese of Westminster the Chrism Mass is celebrated. Pray for the deacons, priests and bishops in your Diocese and thank God for all they do for us.

Wednesday 12th April

We all need a comforting hand or a consoling word from time to time. Pray for those people who look after us and thank God for their presence in our lives.



Thursday 13th April

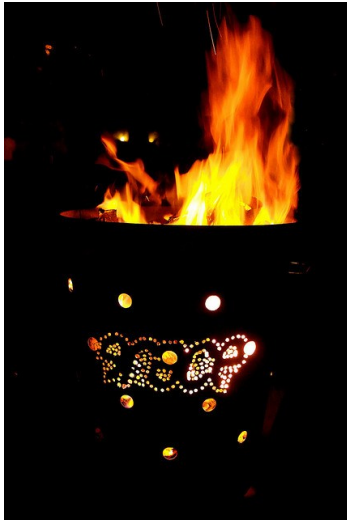
Maundy Thursday. Jesus took a towel and washed his disciples feet. Help us to learn how to serve others.

“Love one another as I have loved you.”

Good Friday

Pray the Stations of the Cross. Walk with Christ on his way to Calvary.

At 3p.m. if you are not able to be in church, stop, pray and remember the Lord's Passion



Holy Saturday

The Easter vigil is our celebration of Christ's resurrection.

Join your local parish for their vigil celebrations. If that is not possible light a candle and remember that Christ is the light of the world.

Easter Sunday

The Lord is risen, he is risen indeed Alleluia!



The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen

Glory be to the Father

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end. Amen.

The Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
Hail our life, our sweetness and our hope!
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears!
Turn, then, O most gracious Advocate, thine eyes of mercy toward us,
And after this, our exile, show unto us
the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary.
Pray for us Holy Mother of God
that we may be made worthy of the promises of Christ. Amen.