



# Daily Prayers

**Tuesday 6<sup>th</sup> January**

2<sup>nd</sup> Week after the Nativity

**Prayer Theme this week – EPIPHANY**

**CST Theme:  
PREFERENTIAL OPTION  
FOR THE POOR.**



In the name of the Father, and the Son and the Holy Spirit...



“For the body is not one member, but many.”  
(1 Corinthians 12:14)

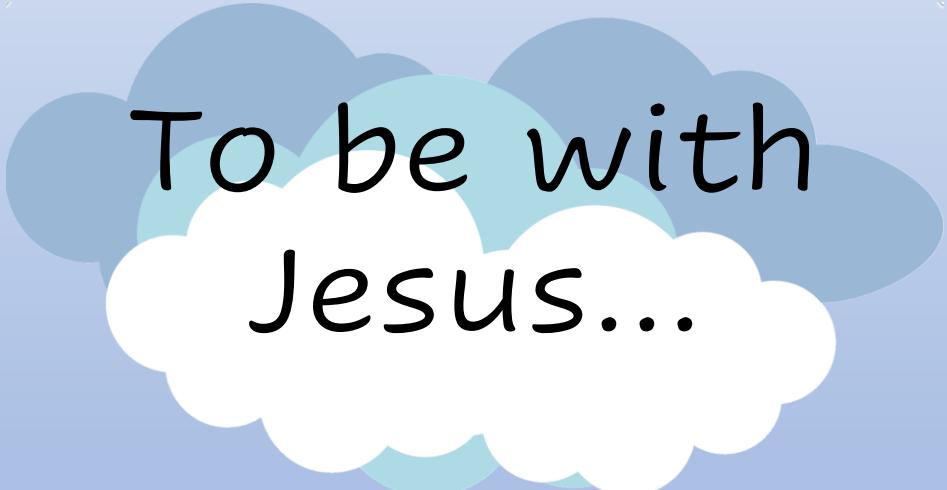




Be Still...



Calm your  
mind...



To be with  
Jesus...



Take time...



# Seasons Tuesday

Tuesday 6<sup>th</sup> January

2nd Week after the Nativity: Theme - EPIPHANY

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Welcome Back  
Happy New  
Year



## The Feast of the Epiphany.

This feast, celebrated on 6<sup>th</sup> January, celebrates the arrival of the three wise men, the first non-Jewish visitors to come and pay homage to Jesus. This shows that God's gift of Jesus is for the whole world, all who are ready to receive his love in their lives.

The wise men showered Jesus with precious gifts of gold, frankincense, and myrrh. We are asked to give Jesus the gift of ourselves through loving service.



Let us pray...



Lord,  
like the Wise Men we  
are called to follow  
the light of the  
Christ Child.  
Help us to treasure  
the gifts of hope,  
love, joy and peace  
that he brings ...

Make us more like  
Jesus, so we too can  
be a gift to others.  
We ask this through  
Christ our Lord,

**Amen**

**St Augustine, pray for us.**  
**St Cuthbert, pray for us.**



We prepare to close  
our time of prayer  
together.



We close our time of  
Jesus. help us to  
prayers with the sign of  
take this peace  
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with us  
In this name of the  
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# Chaplaincy Notices

What's on this week?

Write these in your planner:

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- All welcome.
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## Catholic Feast days this week

- **St John the Evangelist** – 28<sup>th</sup> December  
– sweet treat for all in John House!
- **Epiphany** - 6<sup>th</sup> January - also the end of our Jubilee Year.

For your generosity with the Advent

Rainbow Centre collection

For your amazing  
Christmas Cribs!

There were 13 entries!



## Every Day in Chaplaincy

- you are invited to...
  - Visit the chapel and spend time in the presence of Jesus / Write a prayer request/ Ask for an Epiphany blessing for your home and those you love.



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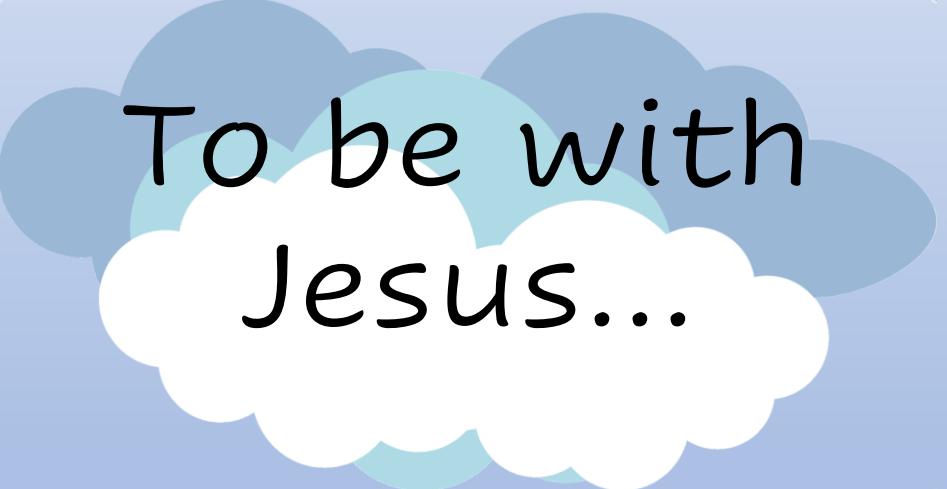




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# CST Wednesday

Wednesday 7<sup>th</sup> January

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This half term we have a new Catholic Social Teaching focus -

## **Preferential Option for the Poor.**

This simply means that we should put the poor first because they do not have the advantages that we do and as a result they are less likely to thrive as we do.

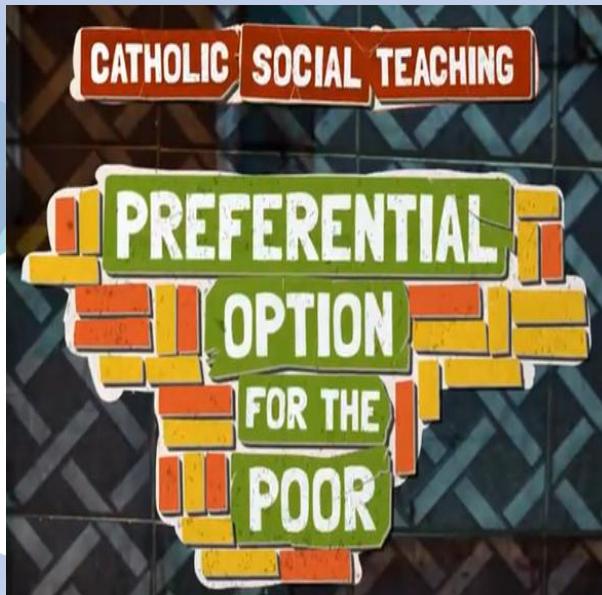
Follow the link below to see what this actually looks like.

<https://www.youtube.com/watch?v=9CFp0lG0u5Q>

**Let us pray...**



**I wonder where the poor are in our community...**



Dear God,  
We ask for your abundant blessings on the poor in our community and across the world.

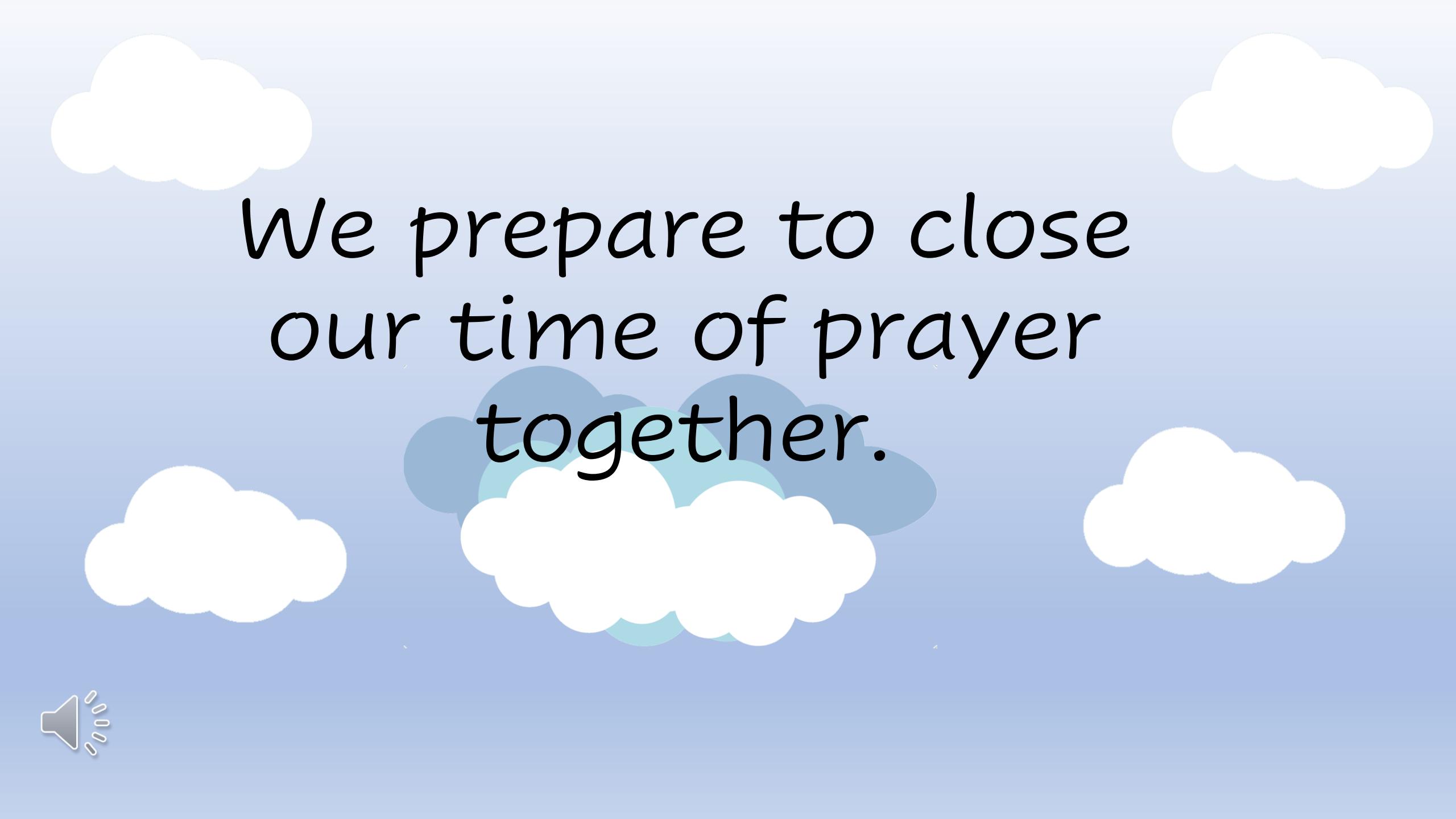
We give thanks for the many privileges and opportunities we enjoy.

Help us to be generous with our time and our talents so our community and world can become fairer for all.

Help us to listen to your voice as we think about what it means for the poor in our communities to be put first instead of last.

We ask this through Jesus our friend and brother.  
**Amen.**

St Augustine, pray for us.  
St Cuthbert, pray for us.



We prepare to close  
our time of prayer  
together.



We close our time of  
prayer with the sign of  
the cross. Help us to  
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# Daily Prayers

Thursday 8<sup>th</sup> January

2<sup>nd</sup> Week after the Nativity

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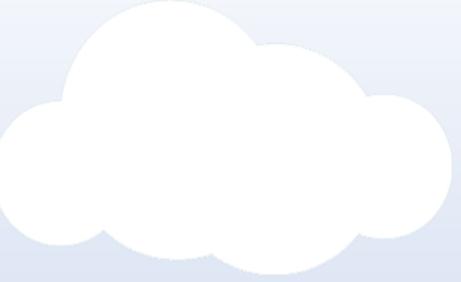


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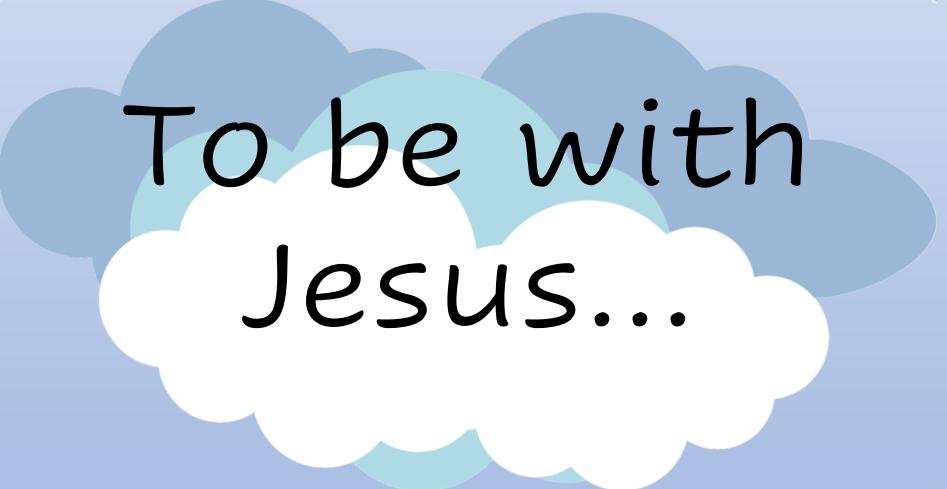




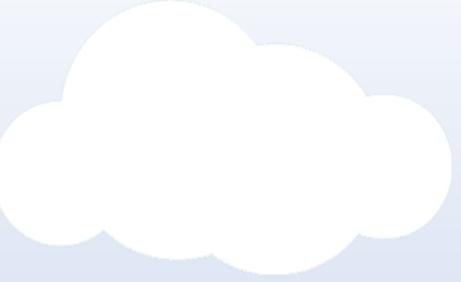
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# Scripture Thursday

Thursday 7<sup>th</sup> January

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## Scripture of the Week:

Read the scripture →

- Take a moment to let these words from this week's gospel enter your heart...

Read the scripture →

- I wonder what God is saying to you through these words?

Read the scripture →

- I wonder which word you will take with you today?

*The true light, that gives light to everyone, was coming into the world...*

**John 1:9**



Let us pray...

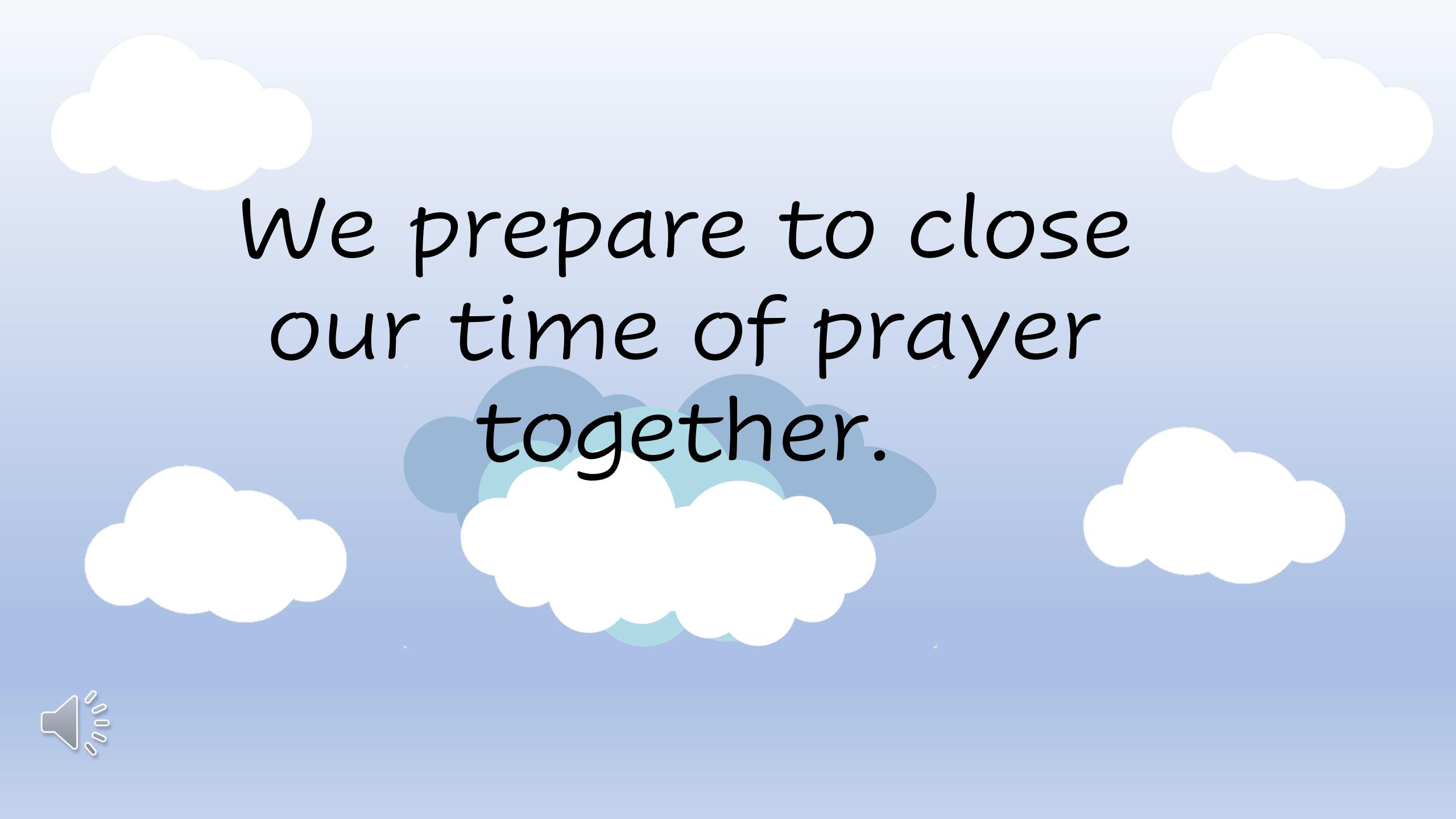


Our Father,  
Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come,  
Thy Will be done,  
On earth as it is in Heaven.  
Give us this day, our daily bread,

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.

St Augustine, **pray for us.**  
St Cuthbert, **pray for us.**



We prepare to close  
our time of prayer  
together.



We close our time of  
prayer with the sign of  
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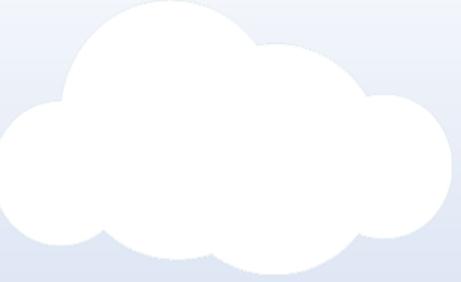


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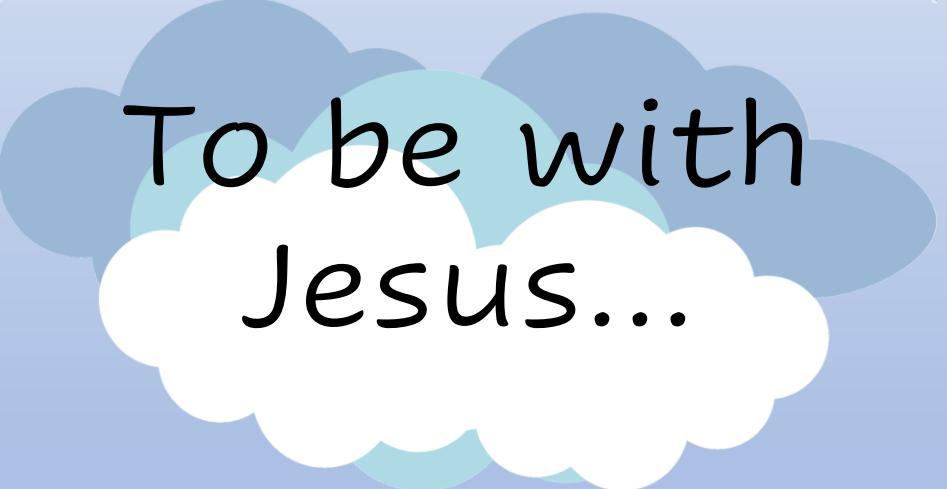




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# Examen Friday

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**1. Give thanks:** Reflect on those things you have been grateful for during the Christmas holiday – time with family and friends, opportunities for gift giving and sharing.

*grateful*



## 2. Ask for light:

Ask God to show you where he has been present in your life – in nature, in friendships, in special social times.



## Prepare

Place your hands together, you can put your head on the desk if you wish! As you listen to the music reflect on the five stages.



## 3. Examine this week:

Consider the things you have done this week. Are you happy with the way things turned out?

What are you most proud of this week?

When did you give of yourself this week?

Where have you made a difference to others?



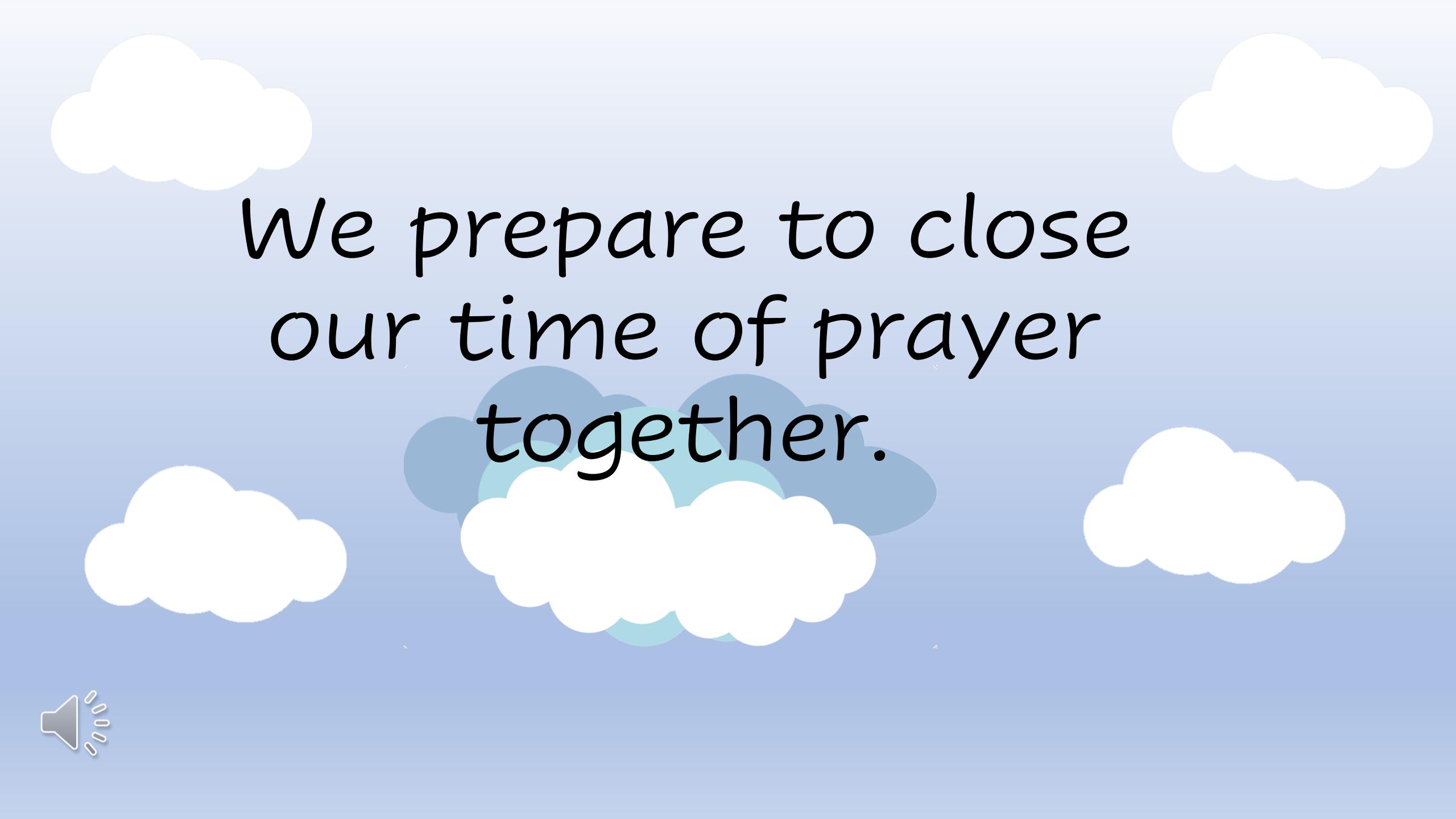
**5. Resolve to change:** What are you going to improve on for yourself during this term.



**REMEMBER YOU ARE LOVED!**

**4. Seek forgiveness:** Ask for forgiveness for the times you have hurt others, or made wrong decisions. Know that God is with you always, through joys and challenges.





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