

Daily Prayers

Monday 9th February

5th WEEK IN ORDINARY TIME

Prayer Theme this week – BE A BEACON

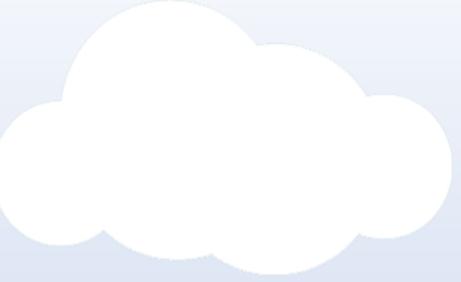
CST Theme:
PREFERENTIAL OPTION
FOR THE POOR.



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



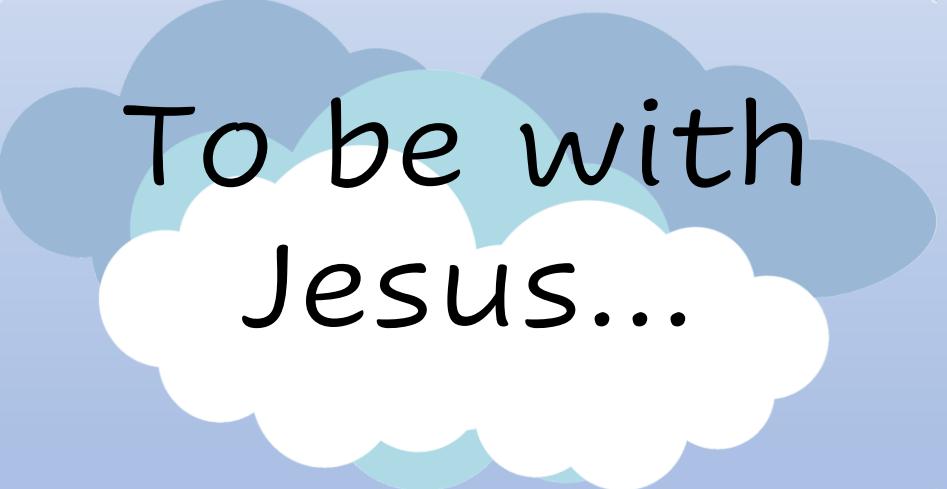
“For the body is not one member, but many.”
(1 Corinthians 12:14)



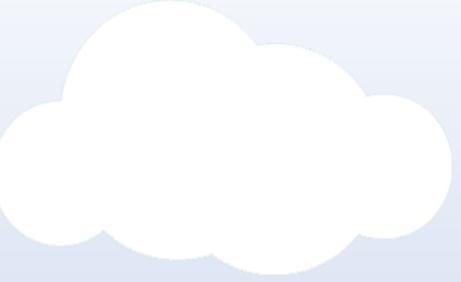
Be Still...



Calm your
mind...



To be with
Jesus...



Take time...

Word for the Week

Monday 9th February

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The Gospel – Matthew 5:13-16

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.

You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house.

Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”



Understanding the Gospel: *Let Your Light Shine!*

This Sunday the Gospel, reminds us that faith is not something we keep hidden. Jesus tells us to be like salt and light. These are simple images, but they help us understand what it means to live as His followers.

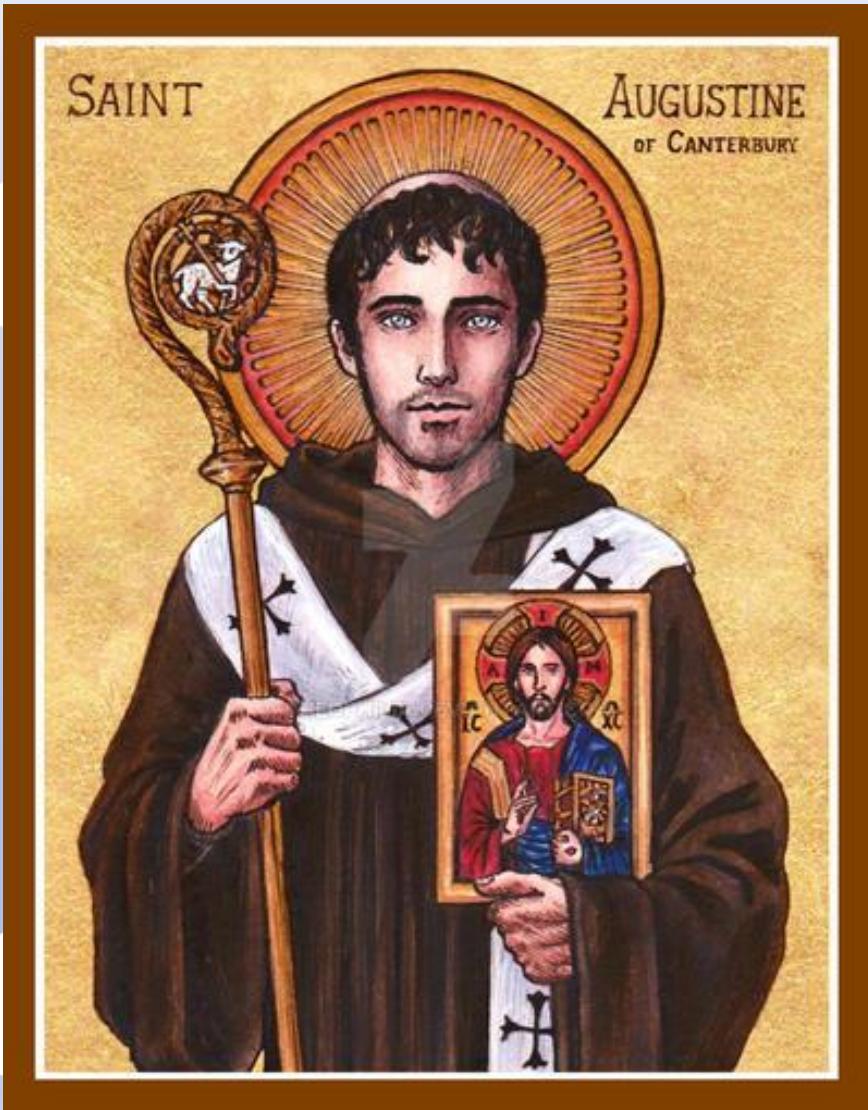
We are given a clear message; faith must show in our actions. When we serve others, we reflect God's love. When we do good, we help others see the way to God.

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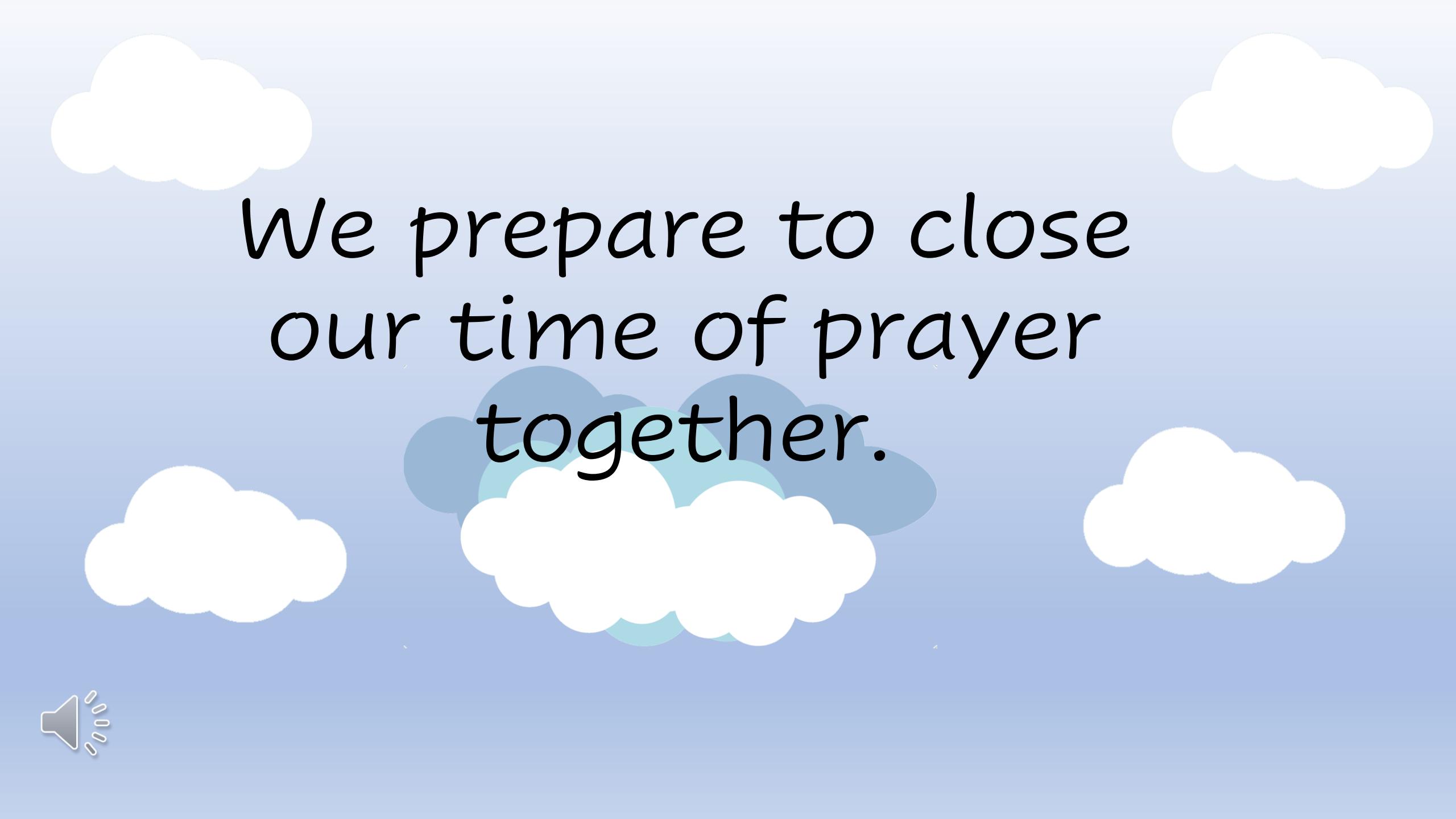


I wonder... how
will your light
shine this week?

Almighty God,
by the preaching of St
Augustine of Canterbury,
you led the people of
England to the gospel.
Grant, we pray, the grace to
love and serve through
Christ.

In imitation of our great
patron, may we do so in a
spirit of love, respect, service,
joy, and responsibility.
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
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take this peace
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In this name of the
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Chaplaincy Notices

This week -

Monday



FIAT
meet and eat
together -
12.40pm - B3

Tuesday



Rosary
12.30pm -
Chapel

Wednesday



Grace Notes
- Mr Edwards
12.40pm - B3

Friday



**Mass/Lectio
Divina**
12.30pm -
Chapel

CST Theme

*Preferential
Option for the Poor*

Feast days this week:

Saints Cyril & Methodius

They were brothers who lived in the 9th Century. They lived and worked in modern day Poland, Belarus and many other countries. During their time as priest's and teachers they helped create the Slavic Alphabet (which is still used today) so the people they were preaching to could understand the Mass and Scripture.

Notices

- You are invited to join
THE BIG LENT WALK
- Sign up on the chapel noticeboard.

CAFOD

SIGN UP
NOW

THE
**BIG
LENT
WALK**

Lourdes Youth Pilgrim Fundraiser.

What? - Cake Sale

Where? – B4

**When? – Wednesday 11th Feb
from 12.30pm to 1.15pm**

**If you have brought cakes to sell, please
take them to B4 in form time on
Wednesday.**

BRING CASH

Daily Prayers

Tuesday 10th February

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(1 Corinthians 12:14)

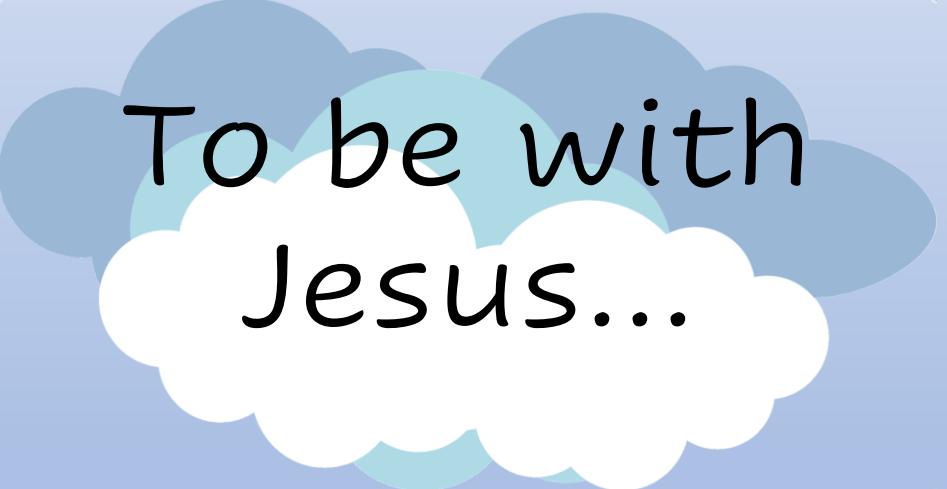




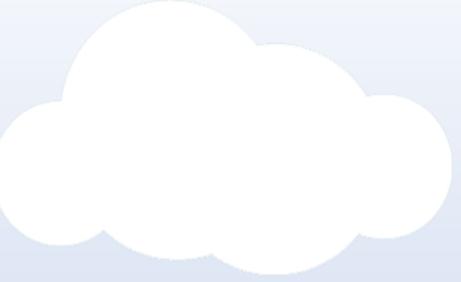
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Seasons Tuesday

Tuesday 10th February

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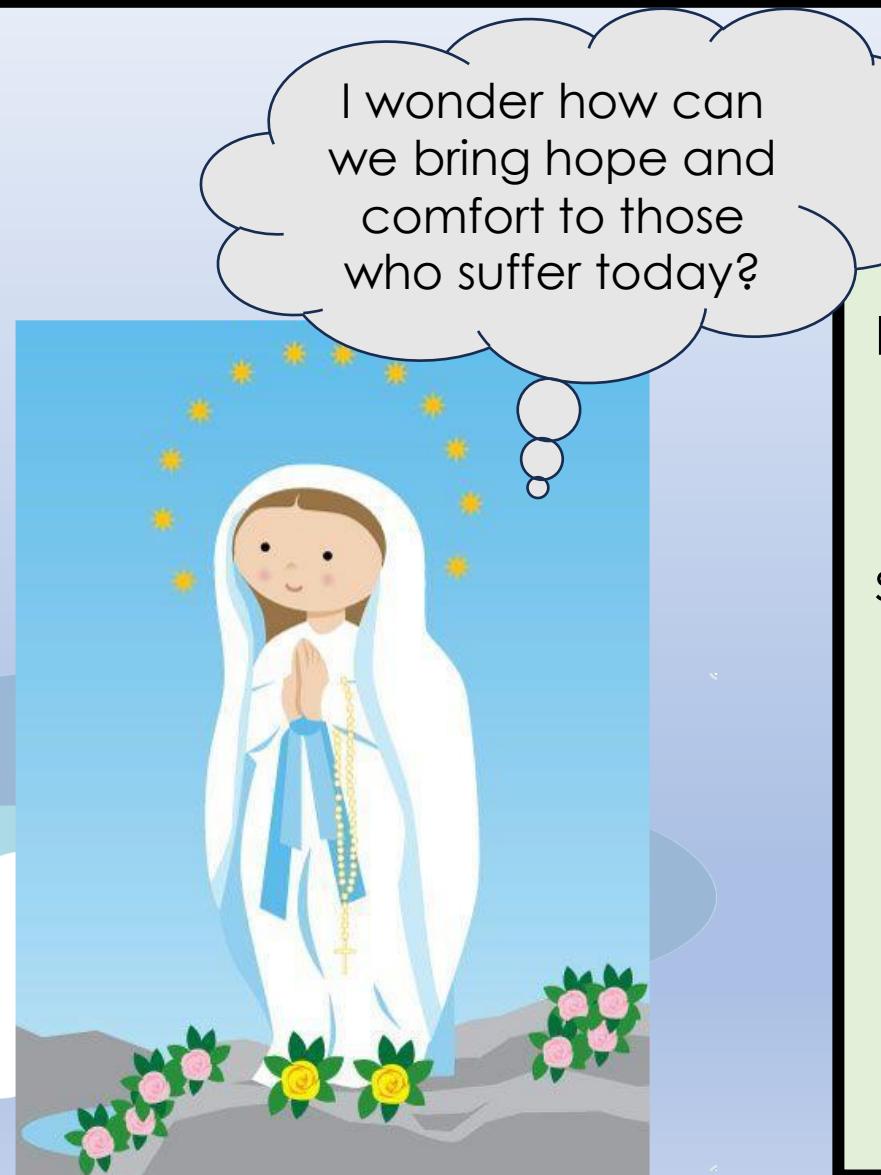
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Feast of Our Lady of Lourdes and World Day of Prayer for the Sick

Tomorrow, the Church celebrates the Feast of Our Lady of Lourdes and World Day of Prayer for the Sick.

St Bernadette was a young, illiterate girl in poor health and Mary chose to reveal herself to her. Mary gave Bernadette a message to take to the world- that healing comes through her Son, Jesus. We pray today that all those who are sick may feel the closeness of Jesus.

On World Day of Prayer for the Sick, we remember especially all those suffering today in mind, body or spirit and those who care for them.



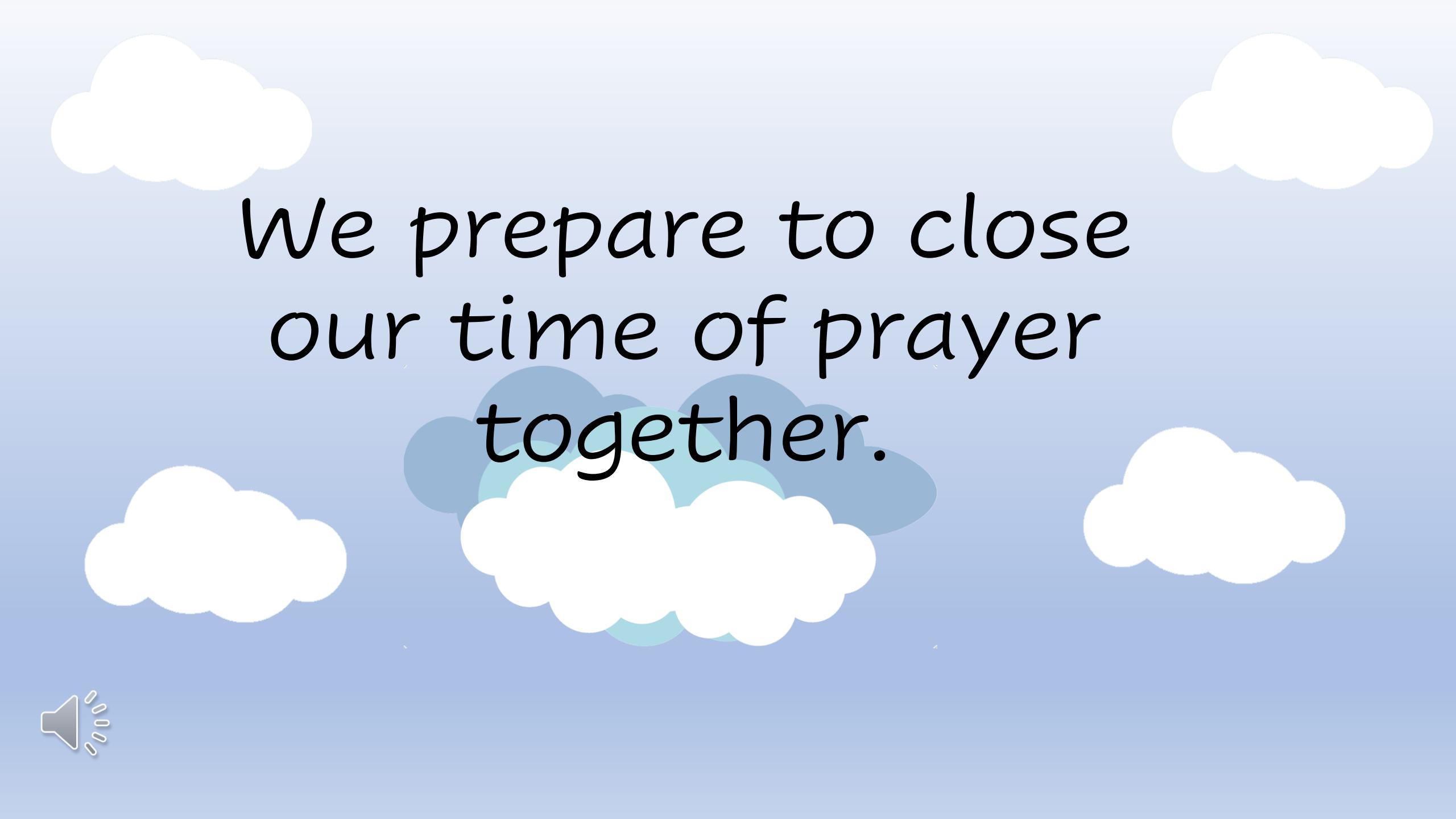
Let us pray...



Dear Lord,
please watch over all who are sick at the moment. Surround them with your healing love, give them strength and comfort, and guide the hands of their caregivers. May they feel your presence and know that they are not alone.

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
take this sign of
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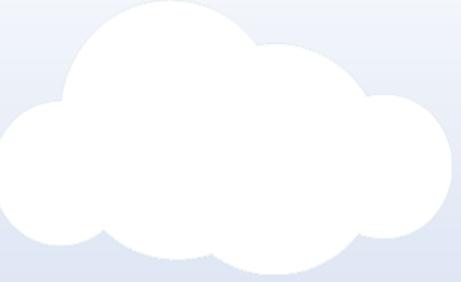
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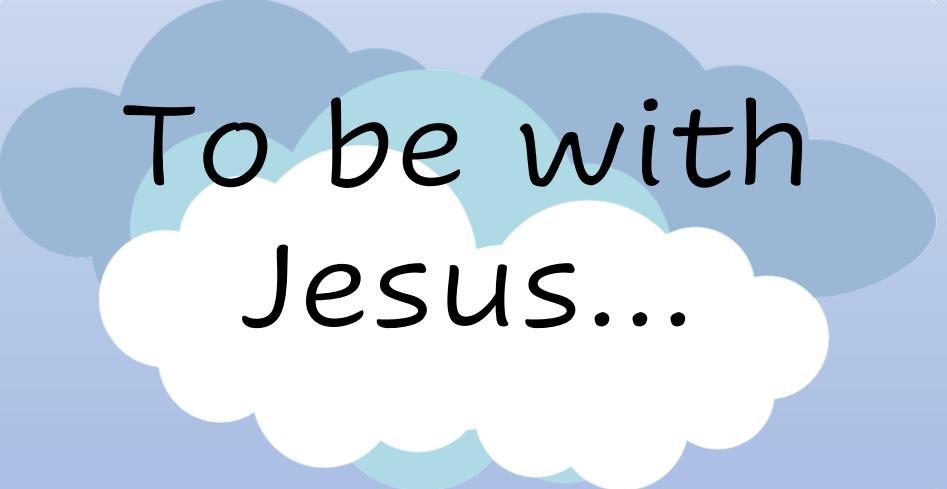
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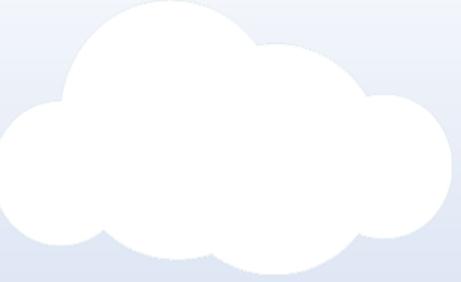
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CST Wednesday

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This half term our Catholic Social Teaching focus is -

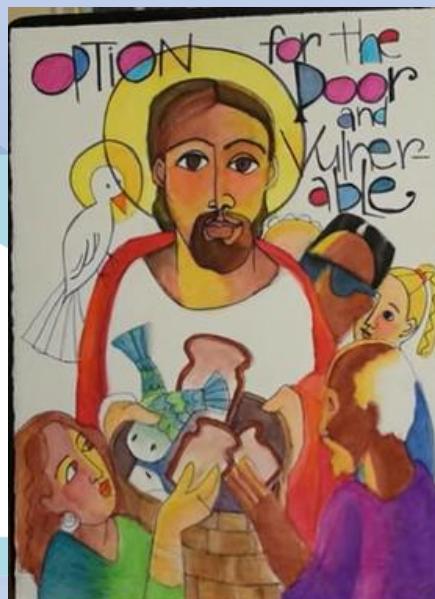
Preferential Option for the Poor.

- People sometimes think it is difficult to care for the poor – it's not. Here is how to do it –
- **Be charitable** to the poor and give to charities and organisations that work with poor communities. This year CAFOD is supporting floating gardens in areas of the world that flood such as Bangladesh. Will you support them by taking part in the Big Lent Walk or sponsor a classmate to fundraise?
- **Loving the poor** as our brothers and sisters. Will you do without something yourself and give to the Rainbow Centre during Lent?
- **Coming close** to the poor, getting to know them and showing kindness through a smile or a greeting. We are all part of God's family.

Let us pray...



I wonder what CAFOD's floating garden Lent appeal is about...



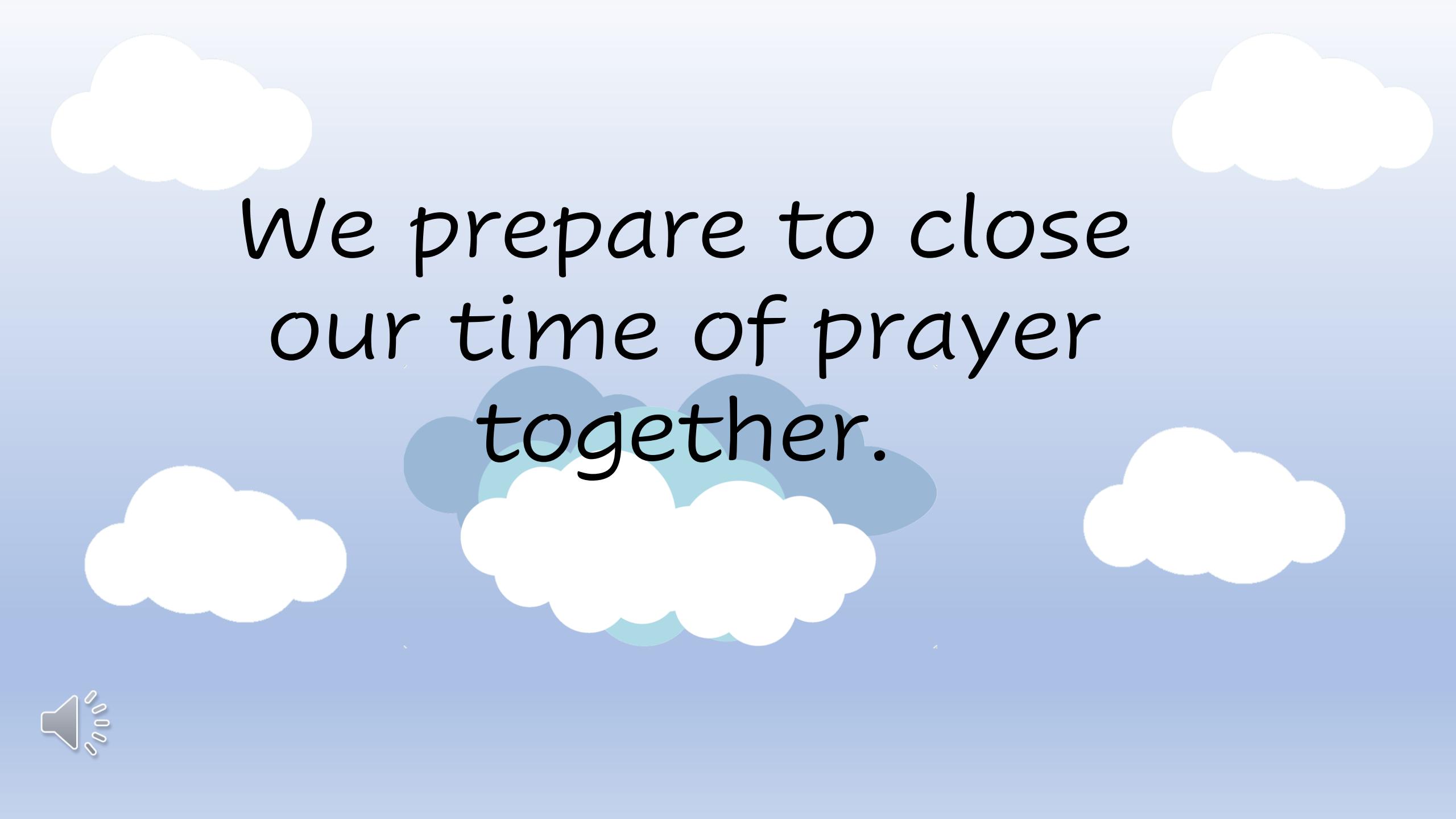
O Jesus,

You said blessed are the poor in spirit, for theirs is the kingdom of heaven.

**Guide us to hunger and thirst for righteousness in our society,
to show mercy to others and to have courage to speak your words and so,
bring your kingdom of love nearer to all,
especially those without food, shelter and love.**

Amen.

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



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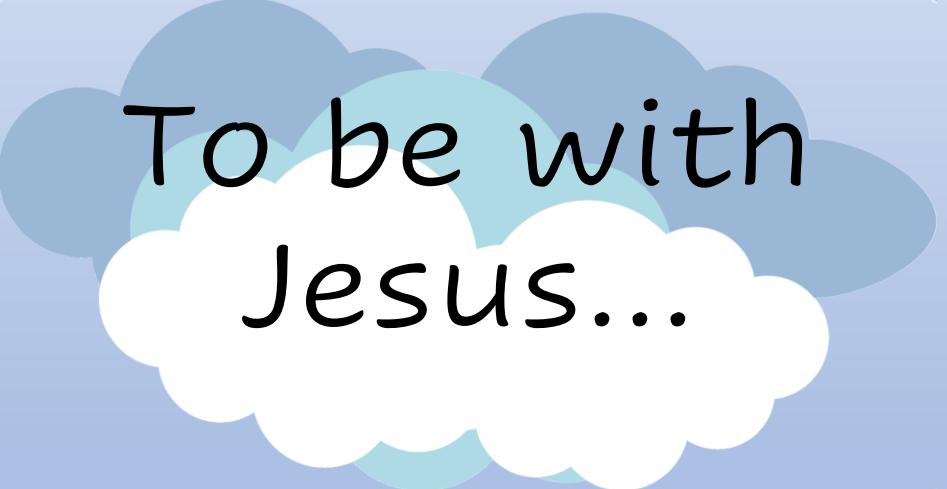




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Scripture Thursday

Thursday 12th February

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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?

Your light must shine before others...

Matthew 5:16

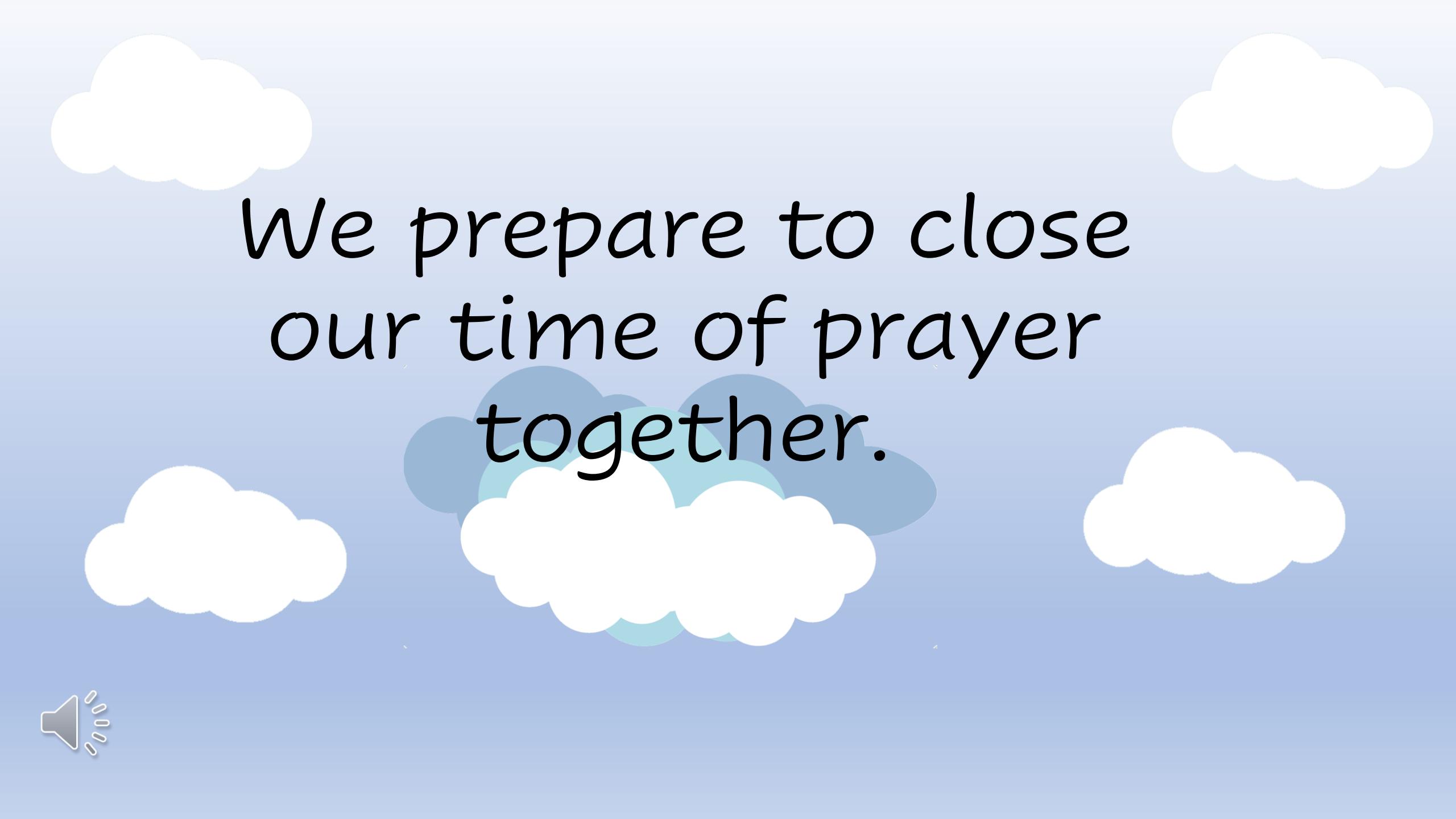


Let us pray...



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.**
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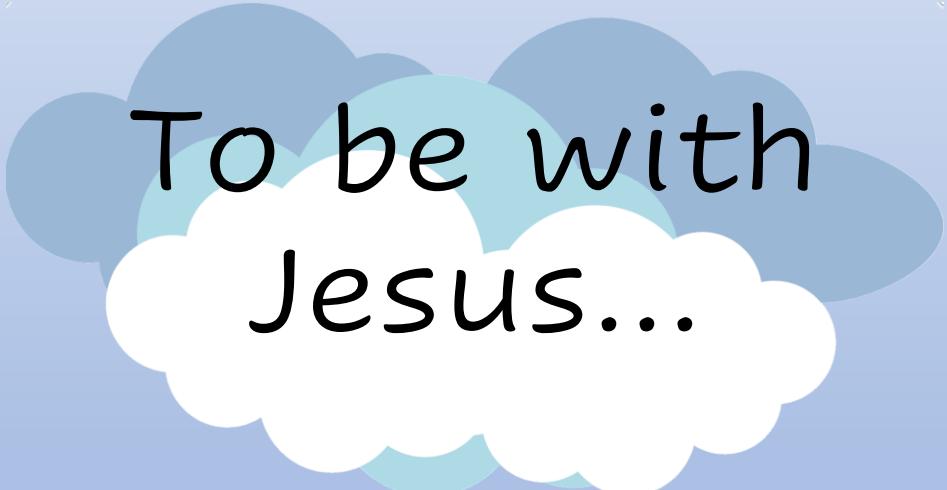




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Examen Friday

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1. God's presence: In this moment of stillness recognise that God is with you. Ask God to open your heart and mind as you reflect on the gift of light.

2. Give Thanks: Look back through the week and recall the moments where light was present even in small or subtle ways. Think of the people, events and experiences of your week and give thanks for the blessings they brought you.



3. Feelings this week:

Reflect on the feelings you experienced this week in relation to the light of hope. Where did you feel a lack of light? When did you feel hope rising within you giving you strength to persevere?

Prepare for prayer.

We take a moment to pray the Examen together. 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 .



4. Ask for healing and strength: If there were times when you felt hopeless bring these moments to God and ask for healing and light. Ask for God to strengthen the virtue of hope in you.

5. Our hopeful tomorrow: As we look to the future we ask for the grace of hope fill our hearts with confidence in your goodness. Help us to be a beacon of hope and light in this world.

**REMEMBER –
YOU ARE LOVED!**





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