



“Let us protect the earth our common home”

Pope Francis

Autumn Prayer Book 2021

Daily Act of Worship

Four days a week when there is no assembly in the morning. The Daily Act of Worship takes place immediately after registration.

It is the **QUALITY** of this time that is most important. We are supporting pupils to become more **REFLECTIVE** and therefore it is essential that the prayer time is **NOT RUSHED** and there is a time of silence.

Daily Act of Worship

1. Place "At prayer please wait" on the classroom door.
2. Prayer begins with the Sign of the Cross. "In the name of the Father and of the Son and of the Holy Spirit. Amen."
3. Each day a daily prayer can be found in the form prayer book and this can be followed by a short time for pupils to share prayer in the silence of their own hearts or out loud. This can then be followed by a Common Prayer found at the front of the prayer book.
4. End the prayer by saying "St Matthew pray for us" and the sign of the cross "In the name of the Father and of the Son and of the Holy Spirit. Amen."
5. The prayer time can be led by pupils however it is essential that the Form Leader ensures that the time is reflective and has a clear beginning and end.

COMMON PRAYERS

Use one of these prayers each morning

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

Hail Mary full of grace

The Lord is with thee

Blessed are 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

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

Morning Offering

Lord I offer you this new day. I offer you everything that will happen. I offer you the routines and the challenges of the day ahead. Help me to keep listening to you, to do what you inspire in me and to shoulder the crosses that wait for me on this day's journey into learning, friendship and love with you. AMEN

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| WEEK 2A Starting: 6th September | OUR MISSION “Integrity, Courage and Service” St Matthew Academy has a new mission for 2021-22. |
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As new students and staff join our school we extend a warm welcome and offer them hospitality. When individuals are accepted they can flourish and work to their full potential. This week we will reflect upon our new mission. This statement reflects our priorities as a Catholic Community. This week provides us with an opportunity to welcome others and remind each other of the ideals that guide and inspire us.

Day One

Thank you for our school,
 For the opportunities and love we will receive.
 Thank you for our new friendships and new teachers.
 Help us every day to contribute positively to our ocean of love.
 Amen

Day Two

Dear Lord, use my eyes to see new friends.
 Open my ears to hear my teacher.
 Open my mind to learn new things.
 Let my heart remember YOU are near when I am afraid.
 Help me to love others like you do.
 I want to shine your light so brightly in my school.
 Amen.

Day Three

Lord of the autumn, help us to be ready to let go of the holidays and begin a pattern of work that will carry us through to Christmas. Walk with us through every week and be the one who teaches us wisdom through all we experience this term. Amen.

SAINTS DAYS & DATES

Wednesday 8th – The Nativity of the Blessed Virgin Mary

Thursday 9th – St Peter Clavier

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| WEEK 3B Starting: 13th September | CREATION <i>"God saw all that he had made and indeed it was very good."</i> Genesis 1 v31 |
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Pope Francis' encyclical, Laudato Si, is a profound invitation to everyone on the planet to care for our common home and the message is increasingly important to us all. 1st September 2021 was the first World Day of Prayer for the Care of Creation. "We must protect creation for it is a gift which the Lord has given us, it is God's present to us; we are the guardians of creation. When we exploit creation, we destroy that sign of God's love". Pope Francis will be attending the COP26 UN Climate summit in November, let us come together to pray for and care for our common home.

Day One

We recognise our world is in need of healing. Let us ask God for forgiveness for the times we have neglected to care for the gift of creation. We pray for world leaders: that the Holy Spirit may move them to hear the cry of the earth and the cry of the poor and take urgent action.

Day Two

Creator God, open our eyes to see your love throughout creation. Inspire us to treat creation and each other as you would, with respect and compassion. We pray for people affected by the terrible wild fires across the world this summer and the people of Haiti who are suffering as a result of an earthquake. We ask this through Jesus Christ, your Son, our Lord, Amen.

Day Three

Creator God, we thank you for all that you have given us. Inspire us with your love to respect this wondrous gift and to play our part in caring for all that you have made. We pray for our local community, that we may remain faithful to Christ through our daily actions, and do all we can to care for our common home.

SAINTS DAYS & DATES

Tuesday 14th Exaltation - of the Holy Cross

Sunday 12th September - Education Day

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| WEEK 4A Starting: 20th September | Courage <i>"Perfect love casts out fear."</i> 1 John v4-18 |
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When we really live in God's presence we can enjoy a certain kind of courage, a courage that leads us to speak without fear for truth and for justice. St. Oscar Romero of is a role model for this courage, speaking with the absence of fear. He was unafraid to speak the truth and spoke out in defence of the poor in El Salvador despite the threats that he faced. Christ gives us a boldness to stand as witnesses to the truth because God always sees us with eyes of love. This is a safe place to be as scripture says "Perfect love casts out fear". It is our Christian calling to create a culture where fear is cast out and love and respect builds each one of us up.

Day One

We pray for leaders among ourselves- staff and pupils who speak truth with love that we would be craftsmen of peace. That our words and actions would be skilful, considered, reflective, compassionate, so that we can ensure everyone is included and valued.

Day Two

Lord, May we remain true to ourselves rather than go along with the crowd. When we earn respect from peers for things that are not true to our personality, we wonder whether their admiration is worth anything. Help us to be ourselves, stay individual and know that our accomplishments are our own.

Day Three

Courage is not changing your personality to match your "friends". Being courageous is being happy with who we are and how God has made us. Having courage means that we don't always have to add a filter when we take a selfie because believe it or not, God created us without a filter. Lord, help us to be brave.

SAINTS DAYS & DATES

Tuesday 21st – St Matthew, Apostle & Evangelist

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| WEEK 5B Starting: 27rd September | Lewisham Food Bank and Family Fast Day (Collections for the local food bank) <i>"I was hungry and you gave me food"</i> Matthew 25 v35 |
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Lewisham Foodbank is based at the Hope Centre in Forest Hill. They are open Monday-Friday from 3pm and in the last year have provided 4327 three-day emergency food supplies to people in Crisis. They opened in 2012 and they continue to need our support this year, to provide help to local Lewisham families. On Friday of this week CAFOD invites us to celebrate Family Fast Day. This day invites us to do something practical to support people around the world who are dedicating their lives to protecting God's creation and to help communities affected by the worst impacts of the climate crisis. Information on the Family Fast Day 2021 can be found on CAFOD'S website.

Day One

We pray for all who visit Lewisham Food bank. May they receive the support they need to feel part of a Christian community and realise they are cherished and valued by others. Amen

Day Two

Lord we pray for the work of the Lewisham Food Bank in feeding the homeless and bringing peace and justice. May our collection this week help support their work, teach us to live more simply and unite us to those who are short of food. Help us to remember that we who are more fortunate need to care for the poor of the world. Amen.

Day Three

Mother Teresa was visiting a family who were hungry in the poorest part of India. She went into a house and gave the mother money to feed her children. The mother went next door and gave half of the money to her neighbour. Mother Teresa asked "Why did you give half the money away?" The woman replied "Her family are hungry also!"

SAINTS DAYS & DATES
Monday 27th - St. Vincent De Paul

WEEK 6A**Starting:
4th October****JUSTICE AND PEACE***'Act justly, Love tenderly, walk humbly with your God'*
Micah 6:8

Fratelli Tutti published in October 2020 invites us to “*dream [...] as a single human family, as fellow travellers sharing the same flesh, as children of the same earth which is our common home, each of us bringing the richness of his or her beliefs and convictions, each of us with his or her own voice, brothers and sisters all.*” (FT, 8). What is your role in creating a world of “universal fraternity and global peace”?

Day One

Lord, all good things come from you. You are so loving and generous; you fill our world with wonders. Inspire us to open our hearts and share your gifts, so that those who are hungry may flourish. Through your grace, we pray all may celebrate fullness of life. Help us to be more compassionate, to be aware of your love in each person, and to live as children of one family. We ask this through Christ our Lord, Amen. Mary, Mother of God, pray for us

Day Two

Come, Holy Spirit, show us your beauty, reflected in all the peoples of the earth, so that we may discover anew that all are important and all are necessary, different faces of the one humanity that God so loves. Amen.

Day Three

Father, you created each one of us in your own image. Yet yours is a world made glorious by its rich diversity. This we sometimes misunderstand, sometimes fear. Give us the patience to build on what unites us, to celebrate our differences and to learn from them. Grant us the wisdom to recognise your Church, beyond the walls of a building, reaching out across all communities, countries and cultures. Give us the courage to offer refuge to those in need, to challenge prejudice and seek justice for all. Help us see that you created us in your image. Neighbour or stranger, always our brother or sister. Amen.

SAINTS DAYS & DATES**Monday 4th – St Francis of Assisi & Harvest Fast Day****Thursday 7th – Our Lady of the Rosary****Saturday 9th – St John Henry Newman**

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| WEEK 7B Starting: 11th October | Community <i>"Always treat others as you would like them to treat you"</i> Matthew 7 v12 |
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In our community let's focus on building bridges. When a war hits areas of our world, one of the first things invading armies will do is to destroy the bridges – they realise that the first way for evil to get the upper hand is to destroy connection, remove the help of neighbour towards neighbour. When evil regimes take over they often build walls and ghettos to keep people from relationship with each other. They realise if you divide, you can conquer. In our community it cannot be like this because we are centred on Jesus. Bridges and not walls are what we are called to build in our community.

Day One

Lord, when we have an argument and we are feeling angry or hurt we pray for the courage to make the first move and try to clear things up. With the offer of deep apology and a willingness to start afresh, we start to build a bridge and our communities grow stronger.

Day Two

We pray that all our pupils know that they beloved children of God. May they journey through school, supporting one another through life's joys and hardships. May they always be filled with courage and hope to face the new, exciting and challenging experiences ahead of them.

Day Three

Lord, help us to remember that we need the help of others. It is okay to ask for help and encouragement when we find little reason to start building; we simply need to listen to those who encourage us to build and not the voices that say 'build a wall'.

SAINTS DAYS & DATES

Wednesday 13th – Canonisation of St. John Henry Newman

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| WEEK 8A Starting: 18th October | SAINT JOHN HENRY NEWMAN <i>"Heart speaks unto heart"</i> <i>John Henry Newman</i> |
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On Sunday 13th October 2019 John Henry Newman was canonised as a Saint in Rome. He devoted his life to caring for souls and encouraging individuals to find God in their heart. Saint Newman gave witness to the mission Jesus set, to share God's love with all, even when this demands us to be strong and act differently to others. He also experienced discrimination during his life time for his decision to become a Catholic but these experiences developed in him the value of forgiveness. Saint Newman lived his life with integrity, compassion and service. What might your mission be?

Day One

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments.

(John Henry Newman)

Day Two

We pray that we live with integrity, show compassion to all others, forgive and can be of service to those who need our help.

Day Three

I will trust God, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

(John Henry Newman)

SAINTS DAYS & DATES

Monday 18th – St Luke the Evangelist

Friday 22nd – St John Paul II, Pope

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| WEEK 9B Starting: 1st November | THE SAINTS & OUR LOVED ONES WHO HAVE DIED <i>"Those whom we love and lose are no longer where they were before. They are now wherever we are".</i> St John Chrysostom |
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November is the month when we remember our loved ones who have died. Our belief in the Communion of Saints reminds us that our family and friends who have died share eternity with God and all the Saints. St. Augustine once said "God is nearer to us than we are to ourselves", our loved ones are with God and therefore they are also with us. This awareness can be a source of comfort and strength to each of us.

Day One

Dear Lord, throughout our lives we love our family deeply but as life continues our loved ones are called to be with God. We never truly say goodbye for we know our loved ones are with us in our hearts. We pray for all our dearly departed that they may rest in peace and that we may have the courage and strength we need. Amen.

Day Two

We are touched by angels and walk where angels tread. They will guide us, walk beside us through the days ahead. In the hours of darkness, when our dreams have flown, they bring hope and gentle healing, we are not alone. In our times of doubting, still they understand, and forever touched by angels, we walk hand in hand.

Day Three

We pray you love and protect the ones we love. Be with the families who have lost loved ones through war, illness or crime. Help them to get through these hard times. Let us pause for a minute to remember our loved ones who have died. Amen.

SAINTS DAYS & DATES

Sunday 31st October – Feast of All Saints

Tuesday 2nd November – Feast of All Souls

WEEK 10A
Starting:
8th November

WORLD DAY OF THE POOR
"The poor you will always have with you" Mark 14:7

The Church has presented the fifth annual World Day of the Poor scheduled to take place Sunday 14th November. Pope Francis is urging all Christians to combat indifference to the suffering of the most needy. The pandemic, war, persecution, natural disaster lead millions to live in poverty and force millions of people from their homes. Inspired by Pope Francis, we respond with compassion and call on governments to protect the human dignity of all people.

Day One

God our refuge, you share the journey with migrants and refugees, lightening their footsteps with hope. Pour out your spirit upon world leaders. May they see the tragedies of our human family, and be moved to respond with wisdom, compassion and courage. Amen.

Day Two

The scorched earth, and all those who hunger cry out to the Lord.
Hand in hand, we plant seeds, water crops, protect shoots as they grow. Together, we pray, the dry land rejoices, the people sing for joy as life blooms and the harvest is gathered. Journey with us, O God, and pour out your mercy upon us like the morning dew, so that together we may build a brighter future, a future of plenty for all. Amen.

Day Three

Jesus, friend and brother, you know what it is like to be hungry and thirsty. We pray that we will always reach out to those who are in need. You know what it feels like to be a stranger who is made unwelcome. May we always welcome others and offer them kindness. You know the suffering of all who have lost everything. May we share our goods with those who have little. We pray that by welcoming refugees we may show love for our neighbour and be closer to you.

SAINTS DAYS & DATES
Wednesday 10th – St Leo the Great
Tuesday 11th – St Martin of Tours
Friday 12th – St Josaphat

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| WEEK 11B Starting: 15th November | ANTI-BULLYING WEEK <i>"So in everything, do to others what you would have them do to you"</i> Matthew 7 v12 |
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As Christians we commit ourselves to do everything we can to speak out against bullying and to work to create a community where each person can feel safe and secure. For this to become a reality we need to commit ourselves to work together for the dignity of all those who form our school community. This will mean supporting each other to stop name calling, verbal abuse and gossiping. These behaviours contribute to bullying and intimidating others.

Day One

Lord, if we are being bullied help us realise that we can turn to a member of staff and report the bullying. Help us to trust that it will be dealt with properly and we will not have to suffer because we have reported it. Help us to realise that remaining silent about bullying will prolong our suffering and distress. May we all find our voice and speak up for ourselves. Amen.

Day Two

Lord, we pray for those who have been bullied. For those who are scared of the anger of others. Remind them Lord of their gifts and build their confidence through new and better friendships. May the experience of being bullied bring deeper courage and determination into their lives. Amen.

Day Three

Father in Heaven, be with us as we grow up and protect us from the jealousy that leads to bullying. May your loving kindness and the support of friends be a force field of goodness to stop the words of bullies getting through to us. We ask this through Jesus, our brother and friend. Amen.

SAINTS DAYS & DATES

Monday 15th – St Albert the Great

Tuesday 16th – St Gertrude

Sunday 17th – The Third Annual World Day of the Poor

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| WEEK 12A Starting: 22nd November | YOUNG PEOPLE AND COP26 “Climate change is a problem which can no longer be left to a future generation” Pope Francis |
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Christus Vivit was the letter written to young people and all of God’s people in 2019 after the you synod was held in 2018. In it he explains that he wants the church to help young people grow in faith. He is speaking to all people about the importance of young people. The Church, the Pope tells young people, needs “your momentum, your intuitions, your faith”. As we approach COP26 we should remember how important young people are in our efforts to look after our environment and our planet. How are we making a difference?

Click here to see the whole letter [“Christus Vivit”](#)

Day One

We pray, that young people will always be treated as brothers and sisters who are encouraged to dream great things, to seek vast horizons, to aim higher, to take on the world, to accept challenges and to offer the best of themselves for the building of something better.

Day Two

We pray, that young people, as they prepare to take up their mission of life, may grow in their relationship with the Father as Jesus did, aware that they are part of a family and a people. May they be open to the Holy Spirit who helps them to carry out the mission God gives them, their personal vocation.

Day Three

We pray, for young people: that they will not wait until tomorrow to contribute their energy, audacity and creativity to changing our world, because they are the now of God.

SAINTS DAYS & DATES

Monday 22nd – St Cecilia Patron Saint of Music

Sunday 21st – Feast of Christ the King

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| WEEK 13B Starting: 29th November | ADVENT <i>"Come Lord Jesus"</i> James 5 v8 |
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This week we celebrate the first week of Advent in preparation for Christmas. Advent is a season of waiting, waiting for God to fulfil his ancient promise to come and save us and to complete the salvation already given us through Christ our Lord. This week we light the first candle on the advent wreath and the symbolism of the wreath expresses the unconditional love of God that we celebrate at this time of year.

Day One

Lord, we are a few weeks away from Christmas Eve. Help us to be ready for this holiday by waiting patiently for your plans to work in our lives. Joseph and Mary had a hard and confusing time before the birth of Jesus, help us to see your plan working in us too even when times are hard. Amen.

Day Two

Lord of little things; help us to recognise your presence in the little things that happen today. May I sense your presence in the smile of a friend and in the strictness of a teacher. May I begin to see you in all that happens and be ready to welcome your presence in a small child this Christmas. Amen.

Day Three

Lord, make this Advent a time when I simplify my life again and watch for your presence in new beginnings and small changes. Help me wait for your goodness to appear in friends after we fall out or in family relationships that are hard. Give us patience to put up with what is not working out in our lives and trust you some more. Amen.

SAINTS DAYS & DATES

Tuesday 30th – St Andrew, Apostle, patron of Scotland

Friday 3rd – St Francis Xavier

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| WEEK 14A Starting: 6th December | WAITING <i>"We are waiting for a new heaven and a new earth"</i> St Peter 2 v13 |
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As we wait for Christmas Day it is important that we use this time to draw closer to God. It is so easy to fill these days with shopping and celebrations. The real message of Christmas is an invitation to ensure that Christ is at the centre of our celebration and then do all that we can to strengthen our relationship with him.

Day One

As we wait for your coming Lord, we think of Mary and her part in your birth. May we accept you into our lives and welcome you this Christmas. With Mary, may we always be open to hear your call in our lives. Amen

Day Two

Lord, as this year draws to a close give me the courage to look back at the mistakes and missed opportunities of the year. Help me to recognise my weakness because it is the place where I will find your presence, your kindness and your wisdom waiting for me. Help me to recognise your life even in my failures and weakness. Amen

Day Three

Lord, be with those people who have hurt me this year, those who have upset me or treated me unkindly over the last twelve months. Help me to let go of my anger and be ready to give them a second chance when they come back in the New Year. Amen

SAINTS DAYS & DATES

Monday 6th – St Nicholas

Wednesday 8th – The Immaculate Conception of the Blessed Virgin Mary

Thursday 9th – St Juan Diego

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| WEEK 15B Starting: 13th December | CHRISTMAS <i>"Today in the town of David a Saviour has been born to you; he is Christ the Lord."</i> Luke 2 v11 |
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As we prepare for the great Feast of Christmas we are aware that God gives us his Son as an expression of his extraordinary love for each one of us. The Angels sang of "Peace to those who enjoy God's favour". Christmas is a time to ensure that we are united in peace with God and each other.

Day One

Lord, make us all gifts to each other this Christmas. May we unwrap each other's goodness with praise, kindness and encouragement. May our families be peaceful over the holiday and grow in love. May all arguments be short and sorted quickly and may we share your friendship with others.

Day Two

Lord Jesus, as we prepare to celebrate the gift of yourself to our world, we think too of our loved ones, remembering that you said that there is "more joy in giving than in receiving". We ask you to bless us and those we love. Amen.

Day Three

Lord, may we end this term with gratitude for all the hidden gifts it contains. Thank you for the energy, health and friendship that have been with us. Thank you for the surprises and the struggles that have made it hard work at times. Thank you that we have survived until this day and shared your friendship for another year. Amen

SAINTS DAYS & DATES

Monday 13th – St Lucy

Tuesday 14th – St John of the Cross

Meditation for the Autumn Term

Meditation 1

I want you to close your eyes and allow any stress to leave you, so there's nowhere to go and nothing to do.

Listen to the noises outside the room and then inside the room.

Listen to any noises within you. Be aware of any part of your body where you hold stress and tension and let go of the tension.

I want you to imagine you are walking through a field of autumn trees and their leaves are falling. It is a beautiful autumn day and you can feel the sun coming through the cool air. As you walk through this field you notice a beautiful tree situated next to a wonderful lake and you sit next to the tree.

As you sit there you are aware of autumn flowers and the singing of the birds. You can feel the warmth of the sun on the back of your neck and you are enjoying this peaceful space. Jesus joins you, sits down beside you and is clearly glad to be with you.

As you sit with Jesus share with him your one hope and dream right now. Let him know what it is that you would love more than anything else.

As you share that hope or dream notice what you can do for your part to make that dream come true.

As you lean against this tree, looking out towards this beautiful lake notice how it is to be with Jesus, he loves and cares for you.

Jesus turns to you and tells you that he loves you deeply and he will always be with you. He knows it isn't always easy for you and he is aware how hard you try. Notice how you feel, as he assures you of his love and friendship.

He asks you about other parts of your life. How are you getting on with members of your family, your friends, your teachers? What is the one thing that you are really grateful for, something you appreciate that you would really like to thank God for right now.

Just be aware now of the autumn sunshine, the fresh smell of the lake and these trees shedding their leaves all around.

Let Jesus know how it is to spend time with him today and share with him anything else that you need to say.

Your time in this beautiful place is coming to an end Jesus assures you that he never leaves you, he is always there for you. Take a moment now to return to the room and when you are ready open your eyes.

What are you going to do for other people?

Meditation 2

It is an autumn day and you climb a beautiful mountain, you reach the top and you look over the horizon. From the top of the mountain you can see the beautiful blue sea below and the place where the mountain meets the sea. It is a beautiful view and you stand in wonder at the beauty of creation.

Jesus joins you and he assures you that he is always with you and he wants to do all that he can to support you to make a difference to the world today.

He asks you has there ever been a time when you felt desperate and alone? Where did your help come from?

He is aware of the way his loved ones suffer through poverty, war, hunger and violence.

How do you feel when you think of those who are suffering in poverty?

Jesus invites you to bring his kindness, generosity and goodness into our world.

He asks you what you can do for his people who are suffering today.

How are you sharing his love with others?

As you look out at this amazing view he asks you:

What are you going to do for his people in difficult situations across the world?

How can you share the goods that you have with others today?

Are you going to pray regularly for others, pocket money and collect for the CAFOD and the other charities we will fundraise for this year?

Think of one thing you will do and share this with Jesus now. As you sit on this mountain with Jesus you now ask him to be with all those who are suffering in the world.

The people of Afghanistan, Haiti, those who are tortured, those who have lost families in war, ask Jesus now to help these people.

You also ask him to be with the people you know among your family, your friends, your school.

He assures you he will be with all

these people. He also wants to support you to be with them, and do all you can for them.

He wants you to be his hands, his feet, and his eyes in our world today. He wants you to share his love with all his people.

Jesus reminds you that we are all part of each other. No person is an island; we are all connected to each other through his love and his friendship.

As you look at the view in front of you, you are aware how beautiful this world is and how you really want to make a difference. Ask Jesus to help you to reach out to other people today.

Christmas Meditation

Meditation 3

I want you to let go of all the Christmas excitements and worries that you may have and become aware of yourself. Forget about those around you and become conscious of this moment. I would like you to focus on your breathing. Concentrate on your heart-beat. Try to steady it.

I would like you to think about what you can give others this Christmas? (pause)

Try to think beyond the money and expensive items but instead concentrate on becoming the gift. It is not about how much we spend. But knowing that we, ourselves can be the greatest present that someone else will receive this Christmas. (pause)

At this time we remember that God gave us his only son. Jesus gave himself to save us. So I would like you to think now, how you can be the gift this Christmas? (pause)

It does not have to be a big extravagant gesture; it can just be the small things that make life a little bit easier for someone else.

It could be making your parents a cup of tea in the morning, or tidying your room. It might mean not arguing with your brothers and sisters. Or you could visit an elderly relative. (pause)

How can you think about others needs this Christmas? (Pause) It could involve sorting out misunderstandings and forgiving others if they have hurt you. Sometimes even spending time with your family and friends could be a gift in itself. (Pause)

So as you use this time to reflect take a moment to choose one thing that you can do, to be a gift to others this Christmas. **(long Pause)**

As you decide on that one thing, ask God to support you. (pause)

Now take what you are going to do with you and over Christmas think;

How can you, be the gift?

A prayer from Saint John Henry Newman

God has created me to do him some definite service.
He has committed some work to me which he has not committed to another.
I have my mission-I may never know in this life, but I shall be told it in the next. I
am a link in a chain, a bond of connection between persons.
He has not created me for naught.
I shall do good, I shall do his work.
I shall be an angel of peace, a preacher of truth in my own place while not
intending it-if I do but keep his commandments.
Therefore I will trust him.
Whatever, wherever I am.
Amen.

Saint John Henry Newman 1801-1890

Don't Forget
to encourage
Pupils
to come to
Prayer/Meditation
Each Friday in the Prayer Room
at 8am

