

Our theme this week is:



Follow Me

Peace be with you
And with your spirit



We light our candle to remind us of Christ's
presence with us as we gather
+ In the name of the Father ...

Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed.

Reflection

Today we are going to be talking about light.
We are going to think about how we can bring
light to the lives of other people.

Opening Prayer

God of light, shine in our hearts so that we can bring joy and hope to other people, especially those who are frightened, sick, lonely or hungry.

Amen.



Lord Jesus,
We are sorry for the times we haven't believed in you.
Lord, have mercy.
LORD HAVE MERCY

Christ Jesus,
We are sorry for the times we have forgotten how
important and special you are.
Christ, have mercy.
CHRIST HAVE MERCY

Lord Jesus,
We are sorry for the times our actions have upset
others.
LORD HAVE MERCY



Please *stand* while we listen
to the Gospel.

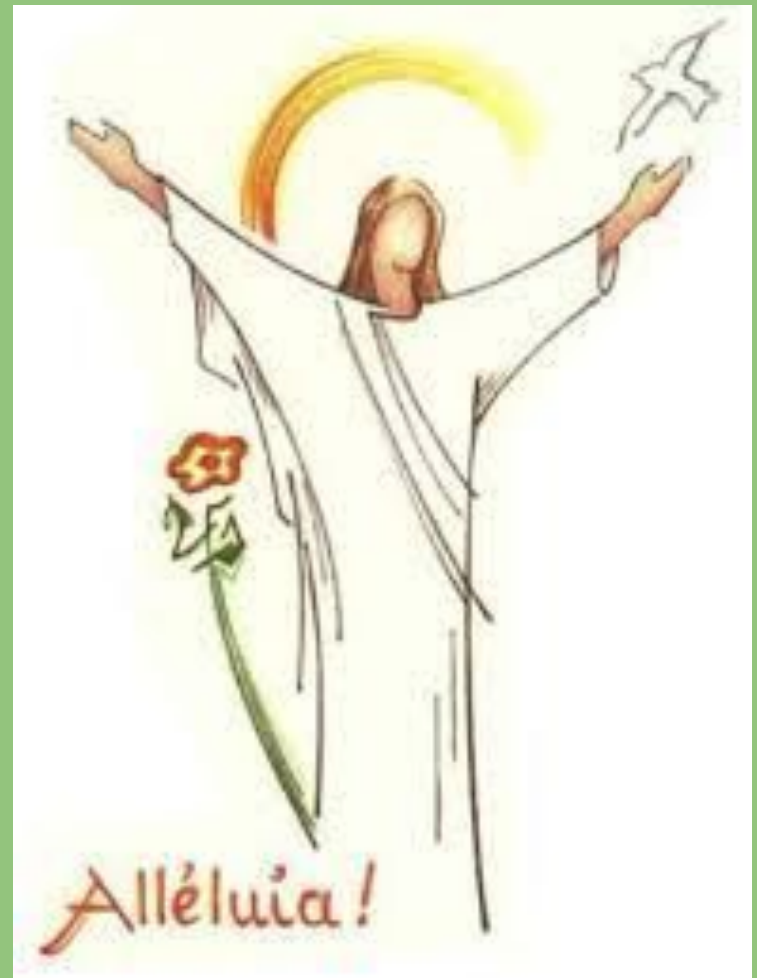
OH ALLE...ALLE



ALLE...ALLE...



LUIA



A reading from the Gospel according to Matthew 4:12-17
Glory to you, O Lord



Time to reflect on God's words for us today.



What do you remember from the reading today?

It talks about people who lived in darkness seeing a great light. Who do you think the people living in darkness were? Where do you think the light came from?

One way of thinking about this is that when we are sad or lonely, everything feels dark and gloomy. This is the dark. But then when someone does something nice for us, like including us in their game or making us laugh, everything seems brighter again. This is the light. This is the light that Jesus brings into the world.

Some people in the world do not have enough food to eat, safe houses to live in, or clean water to drink. And so the world can feel like a very dark place.

We can try to bring light back into everyone's lives, by helping to make the world a fairer place so that every person has what they need to live a healthy and happy life.

We all live in one world, with the same sun shining down on us. We are all God's children and belong to one family. Jesus asks us to look after each other. If we do this we can help the light of Jesus to shine in the world.

What will you do this week to make the light of God's love shine for someone, either here or in another part of the world?

Bidding Prayers

Together we pray that the light of Christ will shine brightly in our lives:

We pray for the Church in the world: that as it spreads the message of Jesus, the light of the world, it may work to bring comfort and help to those who are in need. Lord, in your mercy. **Hear our prayer.**

We pray for all people who are living in the darkness of poverty, fear or illness: that through our actions they may see light and have hope for a better future. Lord, in your mercy. **Hear our prayer.**

We pray for our parish, families and friends: that we may know the light of Christ and bring that light to those we meet. Lord, in your mercy. **Hear our prayer.**



In the quiet of our hearts let's say our own prayer to God. We ask you Mother Mary to pray with us as we say:

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

Closing Prayer

God of hope, share your light with all
your children, as we try to help others
who are in need.

Amen

Our faith in action



This week, let us show the Gospel Value of **Integrity** and the Virtue of **Fortitude**.

We can show **Integrity** by:

- Expressing gratitude and being thankful when somebody helps us
- Valuing honesty and openness

We can show **Fortitude** by:

- Facing challenges head on - giving it your best even when something is challenging
- Make good choices and do what is right even when it is hard.



The Gospel calls individual Christians to live lives of honesty, integrity and concern for the common good.. to create circles of integrity.., networks of solidarity which can expand to embrace and transform society by their prophetic witness.

— *Pope Francis* —

AZ QUOTES

May God bless us with his mercy, strengthen us with his love, and enable us to walk in charity and peace.

THANKS BE TO GOD



