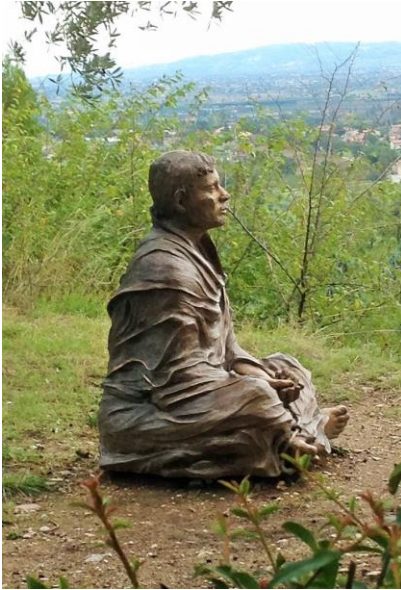




Diocesan Year of Prayer and Vocation 2018

An invitation to take time for *Personal Prayer* joining in spirit with many others.

In January we pray together for Christian Unity and celebrate the great joy of our shared baptism.



Modern statue of St Francis in prayer on the Assisi hillside

The Saint to accompany us in January

St Francis of Assisi

Francis was born to a noble family in Assisi in Italy in about 1181. Through prayer and with God's grace, he renounced all possessions and clerical positions yet reformed the church through his life style. Through his love of nature he came to venerate the God of all creatures and all peoples.

Reflecting on our own baptism and calling we can seek to find God in others, who through their own baptism, worship and serve God in different ways.

Week of prayer for Christian Unity 18th to 25th January

For more information on contemplation and action and daily/weekly meditations by email see the Franciscan inspired website cac.org

From the Song of St Francis

Most High, all powerful, good Lord,
yours are the praises, the glory, the honour
and all blessings.

Be praised, my Lord, through all creatures,
especially through my Brother Sun
who brings the day, and you give light
through him.

Praise be You my Lord, through Sister Moon
and the stars, in heaven you formed them
clear and precious and beautiful.

Praise be You my Lord, through Sister
Mother Earth, who sustains us and governs
us and who produces varied fruits and
coloured flowers and herbs.

Give Him thanks and serve Him with great
humility.

This month we are asked to set aside a regular time for prayer, for listening to God's call in our everyday lives and for reflecting on the generosity of the grace of our baptism.

Find a regular time for personal prayer, in your home, on the commute, walking the dog.

To begin our prayer we need first to ask God for the grace we most need. It's only through God's grace and mercy we become people of prayer and not by our own efforts and strength.

Find regular times for sitting in silence with nature, perhaps holding a natural object like a leaf or a shell and observing their wonder, or just gaze at the clouds out of the window. After a while thank God for this time. Consider any way God may be prompting you to respond by serving with other Christians in helping the needy and poor or protecting the environment.

