

Prayer for the day



Offer The tricky bit was looking inside yourself to see what bits were missing. My first real peek inside myself scared me. Holy cow! I look like a cheese full of holes. After getting over the shock I steadied myself to take a longer look and before long I recognised one of the holes as a motor-bike, in fact the motor-bike in the shop window in town. And there was a microscope! And one of those new-fangled TVs as well.

Mr God this is Anna: Fynn

Reflect We are all “polo mints.” We all have holes that we wish were not there. That becomes a problem when you allow the desire to fill the hole to rule your life. “I need a motor-bike because it will make me look like Someone.” Lent gives us time to recognise the holes and gaps in our lives

Do Did you make a New Year Resolution? Can you remember what it was? Start afresh now with a Lent resolution. One of the tricks about changing is to embed the habit and a month is about the right length of time to get used to a new idea.

Prayer 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.

Call

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

Close

It is finished. Let us go about our work in peace and harmony.

We have been asked to pray for:

The Pope’s prayer intention for this month: Women who suffer violence - We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

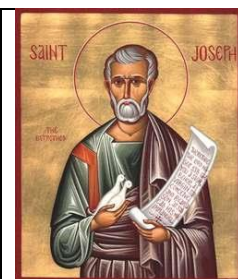
Those who are ill: Suzanne Watson, Lucy Booth, Mr Gott, Qasim Sher, Nagina Begum, Robert Cooper, Pam Burley – mother of Ms Mather.

Those who have died recently: Ghulam Rabani

Thought for the week

“Don’t go around saying the world owes you a living. The world owes you nothing. It was here first.” – Mark Twain

This is the Year of St Joseph



Joseph, Protector of Holy Church

It was Pope Pius IX, in December 1870, who first declared Joseph to be patron of the Universal Church. It is to mark the 150th anniversary of that declaration that we are celebrating the Year of Joseph this year. There is a profound logic to extending Joseph’s care of Jesus to The Church of today for the Church is the continuation of the Body of Christ in history

Look after yourself

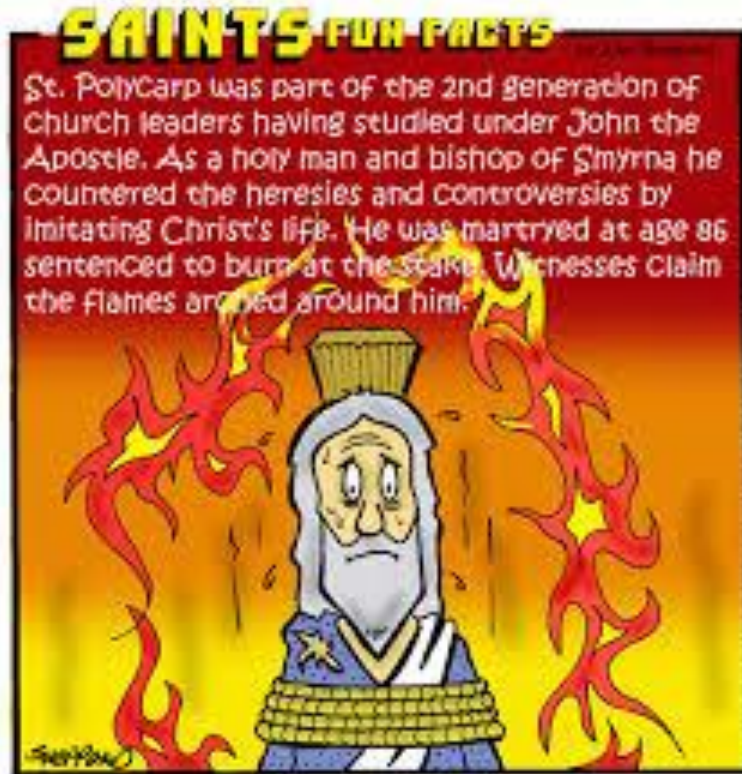


Keep a journal

Saint of the day

St Polycarp

Feast day of St Polycarp. One of the "Second generation Christians," a disciple of the apostles. Saint Polycarp - pray for us



Fratelli Tutti



— ENCYCLICAL LETTER —
FRATELLI TUTTI
 — Of the Holy Father Francis —
 On fraternity and social friendship

- Aim for a better kind of politics
- One that truly promotes the common good.
- One that does not seek merely to gain votes.
- One that serves as a channel for personal growth.
- One that promotes an economy that favors productive diversity and business creativity.
- One that is far-sighted and capable of a new, integral, and interdisciplinary dialogue.

Festivals and special days



This is Fairtrade Fortnight

Look out for the Fairtrade logo when shopping. It means that producers in developing countries have been paid a fair price for the goods.

More details: <https://www.fairtrade.org.uk/>

Next week is National Careers Week



Flourish as a human being – Develop Virtues



Be forgiving: "Life appears to me to be too short to be spent in nursing animosity or in registering wrongs." (Charlotte Brontë)

Keep yourself in good order with tech



Watch your breathing: Shallow breathing helps fuel feelings of anxiety and the excitement of gaming on-line can affect your natural breathing rhythm. Take a deep breath in, hold for five seconds and then release, breathing out as much as you can. Count five seconds before breathing in again. Once you have done this for three cycles it will start to have a calming effect

It happened today

In 1821 - Death of poet, John Keats