

**Consult not your fears, but your hopes and your dreams.
Think not about your frustrations, but about your unfulfilled potential.
Concern not yourself with what you tried and failed in, but what it is still possible to do.
Now is the time to put aside past and present setbacks and failures and look with
confidence to the new day called tomorrow.**

— Pope John XXIII

This week's prayers are prepared by Upton Hall FCJ

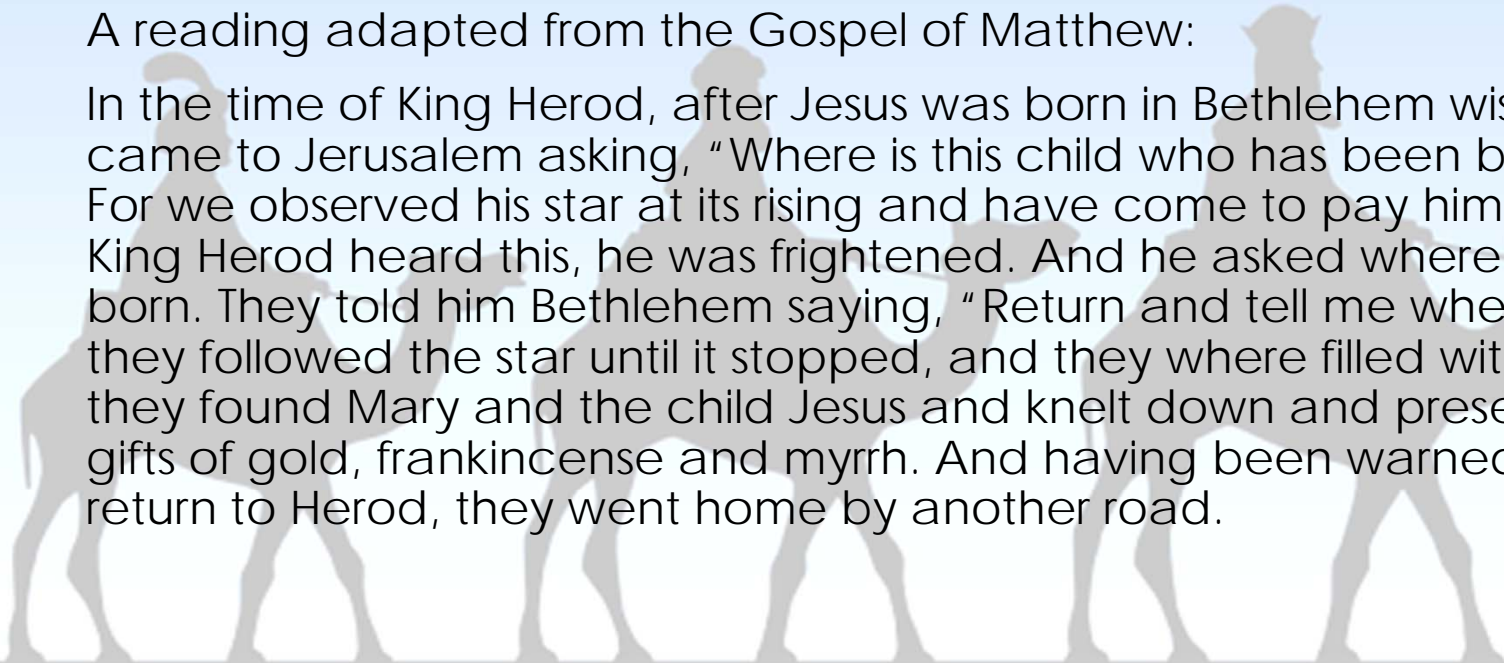


Monday 4th January



A reading adapted from the Gospel of Matthew:

In the time of King Herod, after Jesus was born in Bethlehem wise men from the East came to Jerusalem asking, "Where is this child who has been born king of the Jews? For we observed his star at its rising and have come to pay him homage." When King Herod heard this, he was frightened. And he asked where the Messiah was born. They told him Bethlehem saying, "Return and tell me where this King is" ... And they followed the star until it stopped, and they were filled with joy. On entering, they found Mary and the child Jesus and knelt down and presented him with the gifts of gold, frankincense and myrrh. And having been warned in a dream not to return to Herod, they went home by another road.



Monday 4th January

We three Kings of Orient Are (3:20 mins)

<https://www.youtube.com/watch?v=k8mjRxkMBkE>

Loving God,

In the Epiphany your love was revealed to us in the form of a child.
As we kneel before the holy infant with the wise men, and adore
We offer the gold of our hearts, what is best in us;
We offer the frankincense of our prayers, a sweet aroma;
We offer the oil of myrrh as our commitment to the end.
Bless all those in our school and their families. May all be at home in
the presence of the Christ child.

Amen.



Tuesday 5th January

On the 3rd January the Feast of the Holy Name is celebrated, an important feast for FCJ sisters.

From the Gospel of Luke

So they hurried away and found Mary and Joseph, and the baby lying in the manger. When they saw the child they repeated what they had been told about him, and everyone who heard it was astonished at what the shepherds said to them. As for Mary, she treasured all these things and pondered them in her heart. And the shepherds went back glorifying and praising God for all they had heard and seen, just as they had been told. When the eighth day came and the child was to be circumcised, they gave him the name Jesus, the name the angel had given him before his conception."

Let us pray:

Lord Jesus Christ, You have said, 'Ask and you shall receive; seek and you shall find; knock and it shall be opened to you'; Listen to our needs, and grant us the grace of Your love, that we may love You with all our hearts, and in all our words and actions, and never cease to praise You. Make us, O Lord, love Your holy name. We ask this through Jesus Christ. Amen.



A reflection by sr Cionny FCJ and FCJ virtual choir singing 'Jesus, Name above all names (5:50 mins)
<https://www.youtube.com/watch?v=GZ93kolqxWo>

Tuesday 5th January

Dear God,

Although this has been a very challenging year for all of us, let us nevertheless give thanks for the Lord's faithfulness to us.

As the new year begins, we pray that vaccine development, approval and administration will proceed smoothly to enable our lives to return to normal in the coming months.

At the start of 2021 we ask you to give us the courage to begin again – to overlook the difficulties, to overcome the obstacles and to stay open to the moment as best we can. Help us be patient enough to know it takes time to start over, and wise enough to ask for help from friends and family when we need it.

As we look to the future, may we reflect on the past and remember the lessons it's taught us. And God, may we always look to you for strength and guidance.

Amen.



Wednesday 6th January

Lord, with the dawn of this New Year, we are eternally grateful to you as we look forward to the hope and promise that it brings. Help us to use our time wisely this year, give us strength and courage especially as we seek to improve the lives of those less fortunate than ourselves. The future lies open. Help us to fill the days with good things, leading us to more joy and happiness. Amen.

Pause for a moment.

What are your New Year's resolutions at the start of this term?

Loving God,

Thank you for a fresh beginning.

Be with us always in 2021 and help us to make happen what we set out to do. Amen.



Wednesday 6th January

Lord God, You used the star to guide the wise men to the stable in Bethlehem. Give your guidance to every leader of every nation on earth, that they may serve their people with justice and integrity. In this time of political uncertainty we pray especially for the people of Britain and their leaders. May they place the needs of the people before their personal gain and pride. We make this prayer through Christ Our Lord. Amen.



Thursday 7th January



New Year's Resolutions inspirational quotes (3 mins)

https://www.youtube.com/watch?v=9y1zdAvD8_U

God, thank you for a new year. May everyone in our form be willing to begin anew with a clean slate. We know that you are always ready to forgive us. Help us to be willing to forgive ourselves and to forgive one another.

As we begin a new year, remind us of our truest values and our deepest desires. Help us to live in the goodness that comes from doing what you want us to do. Help us to put aside anxiety about the future and the past, so that we might live in peace with you now, one day at a time.

Amen.

Friday 8th January

Dear God,

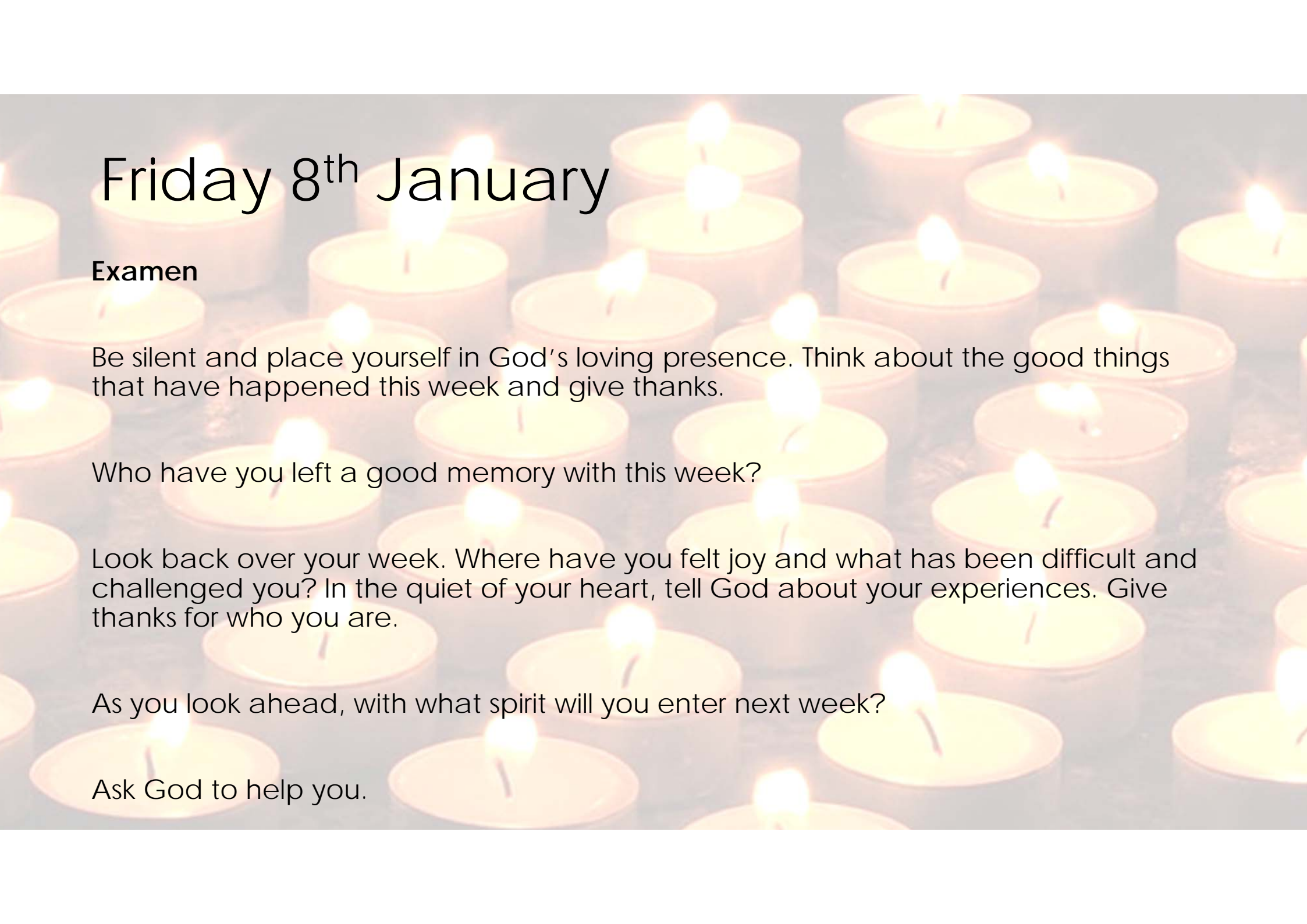
Thank you for helping us to make it through this difficult year. Thank you that you've carried us through the uncertainty, the trials, and through the pain of hard losses. We are constantly aware of how much we need you, your grace, your strength, your power working through even the toughest days.

Help us to keep our focus first on you this season. Please forgive us for giving too much time and attention to other things, for looking to other people before coming to you first.

Help us to reflect again, on what Christmas is really all about. Thank you that you came to give new life, peace, hope, and joy. Thank you that your power is made perfect in our weakness.

Help us to remember that the gift of Christ, Immanuel, is our greatest treasure, not just at Christmas, but for the whole year through. Fill us with your joy and the peace of your Spirit. Direct our hearts and minds towards you. Thank you for your daily Presence in our lives, that we can be assured your heart is towards us, your eyes are over us, and your ears are open to our prayers. Thank you that we are safe in your care.

We choose to keep you first in our hearts and lives. Without you we would surely fail, but with you, there is great hope. Thank you for your healing power, thank you for bringing us into this new semester that will undoubtedly be filled with many challenges and opportunities. We look forward to all that You still have in store. In Jesus' name, Amen.

The background of the entire page is a soft-focus image of numerous lit candles. The candles are small, round, and appear to be made of a light-colored wax. They are arranged in a dense, somewhat irregular pattern across the frame. The flames are bright yellow and orange, creating a warm, glowing effect. The overall atmosphere is peaceful and contemplative, suitable for a religious or spiritual practice.

Friday 8th January

Examen

Be silent and place yourself in God's loving presence. Think about the good things that have happened this week and give thanks.

Who have you left a good memory with this week?

Look back over your week. Where have you felt joy and what has been difficult and challenged you? In the quiet of your heart, tell God about your experiences. Give thanks for who you are.

As you look ahead, with what spirit will you enter next week?

Ask God to help you.