



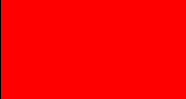


Word of the Week

ADVENT 1

	Welcome
28.08.2022	Creation
05.09.2022	Encounter (Meeting for FSU?)
12.09.2022	Belonging
19.09.2022	Learning
26.09.2022	Include
03.10.2022	Rosary
10.10.2022	Diversity (Differences for FSU)

ADVENT 2

31.10.2022	Relationships
07.11.2022	Holy
14.11.2022	Giving
21.11.2022	Youth
28.11.2022	Kingdom
05.12.2022	Hope (Advent candle)
12.12.2022	Peace (Advent candle)
19.12.2022	Joy (Advent candle)

	Hope, Life, Growth: Green - used through ordinary time
	Joy, Purity: Gold/White - Easter, Christmas
	Sacrifice: Red - Passion Sunday, Good Friday, Pentecost, Feast days
	Anticipation: Rose - 3 rd Sunday of Advent and 2 weekends before Easter
	Penance and Preparation: Violet - used during Lent and for Reconciliation

LENT 1

02.01.2023	Gift (Epiphany)
09.01.2023	Discipleship (Follow for FSU)
16.01.2023	Inspire
23.01.2023	Challenge
30.01.2023	Care (Presentation of Our Lord)
06.02.2023	Healing

LENT 2

20.02.2023	Mercy
27.02.2023	Forgive
06.03.2023	Prayer
13.03.2023	Fasting
20.03.2023	Almsgiving (Giving)
27.03.2023	Sacrifice

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PENTECOST 1

17.04.2023	Mission
24.04.2023	Faith
01.05.2023	Vocation (Message)
08.05.2023	Witness
15.05.2023	Example
22.05.2023	Communication

PENTECOST 2

05.06.2023	Pentecost
12.06.2023	Respect
19.06.2023	Knowledge
26.06.2023	Understand
03.07.2023	Wisdom
10.07.2023	Teach
17.07.2023	Awesome
24.07.2023	Happy

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Suggested Readings from the Sunday Mass

FIRST READING ECCLESIASTES 1:2,2:21-23 'Vanity of vanities; all is vanity' PSALM 94 'O that today you would listen to his voice! Harden not your hearts.' SECOND READING COLOSSIANS 3:1-5,9-11 'You must look for the things that are in heaven, where Christ is' GOSPEL LUKE 12:13-21 'Fool! This very night your soul will be demanded of you

<i>Word</i>	<i>Intro</i>	<i>Suggested Scripture</i>
<p style="text-align: center;"><i>Pentecost</i></p> <p style="text-align: center;"><i>Day of Special prayer</i></p>	<p>The Feast of Pentecost is one of the biggest events in the history of the Church. The Church were part of today can be traced back to that single event when the disciples, filled with the Holy Spirit, went out into the streets and started spreading the Good News in many different languages. They found a new courage and a new mission to spread Jesus' message and today over 1 billion people are part of the Catholic Church! Think about the Good News in your lives - how do you share that with others?</p>	<p>FIRST READING ACTS 2:1-11 'They were all filled with the Holy Spirit and began to speak'</p> <p>PSALM 103 'Send forth your spirit, O Lord, and renew the face of the earth'</p> <p>GOSPEL JOHN 20:19-23 'As the Father sent me, so am I sending you: receive the Holy Spirit'</p>
<p style="text-align: center;"><i>Respect</i></p>	<p>On Sunday we celebrate the feast of the Most Holy Trinity which celebrates God in three persons. One of the 7 gifts of the Holy Spirit - Piety - reminds us to show reverence and respect for God the Father, God the Son and God the Holy Spirit at all times and we can do this in many ways. One way is by following the second of the Ten Commandments and never talking about God disrespectfully but we can also show reverence through prayer and the way that we behave. Make an effort this week to be reverent and to show respect to God and to those around you.</p>	<p>FIRST READING PROVERBS 8:22-31 'Before the earth came into being, Wisdom was born'</p> <p>PSALM 8 'How great is your name, O Lord our God, through all the earth'</p> <p>GOSPEL JOHN 16:12-15 'The Spirit of truth will lead you to the complete truth'</p>
<p style="text-align: center;"><i>Knowledge</i></p>	<p>Knowledge is a Holy Spirit. It might sound very simple but you'll often hear people say "knowledge is power". When you take the time to learn about the world around you, you can start to see just what God has created for us. When you learn something new you grow as a person. Think this week about how much you learn at school and what you can learn this week. Take the time to ask a question or read a book and improve your knowledge this week.</p>	<p>FIRST READING GENESIS 14:18-20 'Melchizedek brought bread and wine'</p> <p>PSALM 109 'You are a priest for ever, a priest like Melchizedek of old.'</p> <p>GOSPEL LUKE 9:11-17 'The feeding of the five thousand</p>
<p style="text-align: center;"><i>Understanding</i></p>	<p>Knowledge is one thing, but unless we understand it we can't use it to</p>	<p>FIRST READING 1 KINGS 19:16,19-21 'Elisha leaves the plough to follow Elijah'</p>

	<p>make the world a better place. Understanding helps us take our knowledge and apply it to our lives. Think this week about how you could be more understanding. How could you empathise and really understand what your friends are thinking or feeling? It often involves making an effort and really listening. How can you better understand the consequences of your decisions and actions this week?</p>	<p>PSALM 15 'O Lord, it is you who are my portion.' GOSPEL LUKE 9:51-62 'Jesus sets out for Jerusalem'</p>
<i>Wisdom</i>	<p>When we put knowledge and understanding together we gain wisdom. Wisdom comes from experience and learning from our mistakes - it takes time! Think about the people in your life who are wise, what can you learn from them? How can you use the experiences you've had in the past to help you make wise decisions in the future?</p>	<p>FIRST READING ISAIAH 66:10-14 'Towards Jerusalem I send flowing peace, like a river' PSALM 65 'Cry out with joy to God, all the earth.' SECOND READING GALATIANS 6:14-18 'The marks on my body are those of Jesus' GOSPEL LUKE 10:1-9 'Your peace will rest on that man'</p>
<i>Teach</i>	<p>Counsel (also known as 'right judgement') is another gift of the Holy Spirit and sometimes we call it our conscience. That little voice inside of us that tells us when we're going wrong or making the wrong decisions. The Holy Spirit can guide us in our lives if we let it and it can help us make the right choice when we are faced with a difficult path. What do you need to make a decision about this week and how can the Holy Spirit help you use right judgement.</p>	<p>FIRST READING DEUTERONOMY 30:10-14 'The law is not beyond your strength or beyond your reach' PSALM 68 'Seek the Lord, you who are poor, and your hearts will revive' GOSPEL LUKE 10:25-37 'The good Samaritan'</p>
<i>Awesome</i>	<p>Fear Of The Lord (also considered 'Awe and Wonder') is an amazing gift of the Holy Spirit. It's the ability to see the incredible things God has created and not take them for granted. It allows us to recognise the true awesomeness of God and to know that we need to put him first. This week try and look again at those areas in your life that show the true awesomeness of God. How can you celebrate what is really awesome in your life? !</p>	<p>FIRST READING GENESIS 18:20-32 'Abraham negotiates with the Lord' PSALM 137 'On the day I called you, you answered me, O Lord' GOSPEL LUKE 11:1-13 'How to pray'</p>
<i>Happy</i>	<p>Jesus shows us the real ways to be happy in the Beatitudes. These statements form the heart of Catholic Social Teaching and they remind us that real happiness is found in the way we treat those around us. Think this week about what and who brings you</p>	<p>FIRST READING ECCLESIASTES 1:2,2:21-23 'Vanity of vanities; all is vanity' PSALM 94 'O that today you would listen to his voice! Harden not your hearts.' GOSPEL LUKE 12:13-21 'Fool! This very night your soul will be demanded of you'</p>

	Happiness. We can all make the world a happier place and help the people around us and your challenge this week is to do just that!	
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