



Sacred Spaces PRAYER

Week commencing:
5th January



This half term at St Mary's we are are growing to be **curious** about everything; and **active** in our engagement with the world, changing what we can for the better.

Curious and Active
PRACTICE your skills, **REVISE** your **KNOWLEDGE** and **APPLY** your learning to problems and in daily life

Let us remember that we are in the Holy Presence of God...

In the name of the Father



And of the Son



And of the Holy Spirit



Amen



**A reading
from
THE GOSPEL
According to
*MATTHEW***



In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, "Where is the 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 all Jerusalem with him; and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, "In Bethlehem of Judea; for so it has been written by the prophet:

'And you, Bethlehem, in the land of Judah,
are by no means least among the rulers of Judah;
for from you shall come a ruler
who is to shepherd my people Israel.'"

Then Herod secretly called for the wise men and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage." When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road. **Matthew 2:1-12**

Scripture Sound Bite

‘When they saw that the star had stopped, they were overwhelmed with joy.’ Matthew 2:1-12

On the feast of the Epiphany we celebrate, the visit of the wise men or Magi who gave Jesus the valuable gifts of Gold, Frankincense, and Myrrh.

Matthew is the only Gospel writer who mentions the Magi. Matthew includes the to show that Jesus' birth did not just give HOPE to the people of Bethlehem but to it gives JOY to the whole world.



Jesus was a refugee in the first months of His life, along with Mary and Joseph.

Did you know?

According to the United Nation's latest figures there are at least 122.6 million people around the world have been forced to flee their homes. Among them are nearly 43.7 million refugees, around half of whom are under the age of 18 (this is the equivalent of about 47,000 St Mary's Catholic High Schools).



Internally displaced people have fled their homes, but remain somewhere in their own country. Refugees have fled their homes and live in exile in another country, often in camps.

Silent prayer

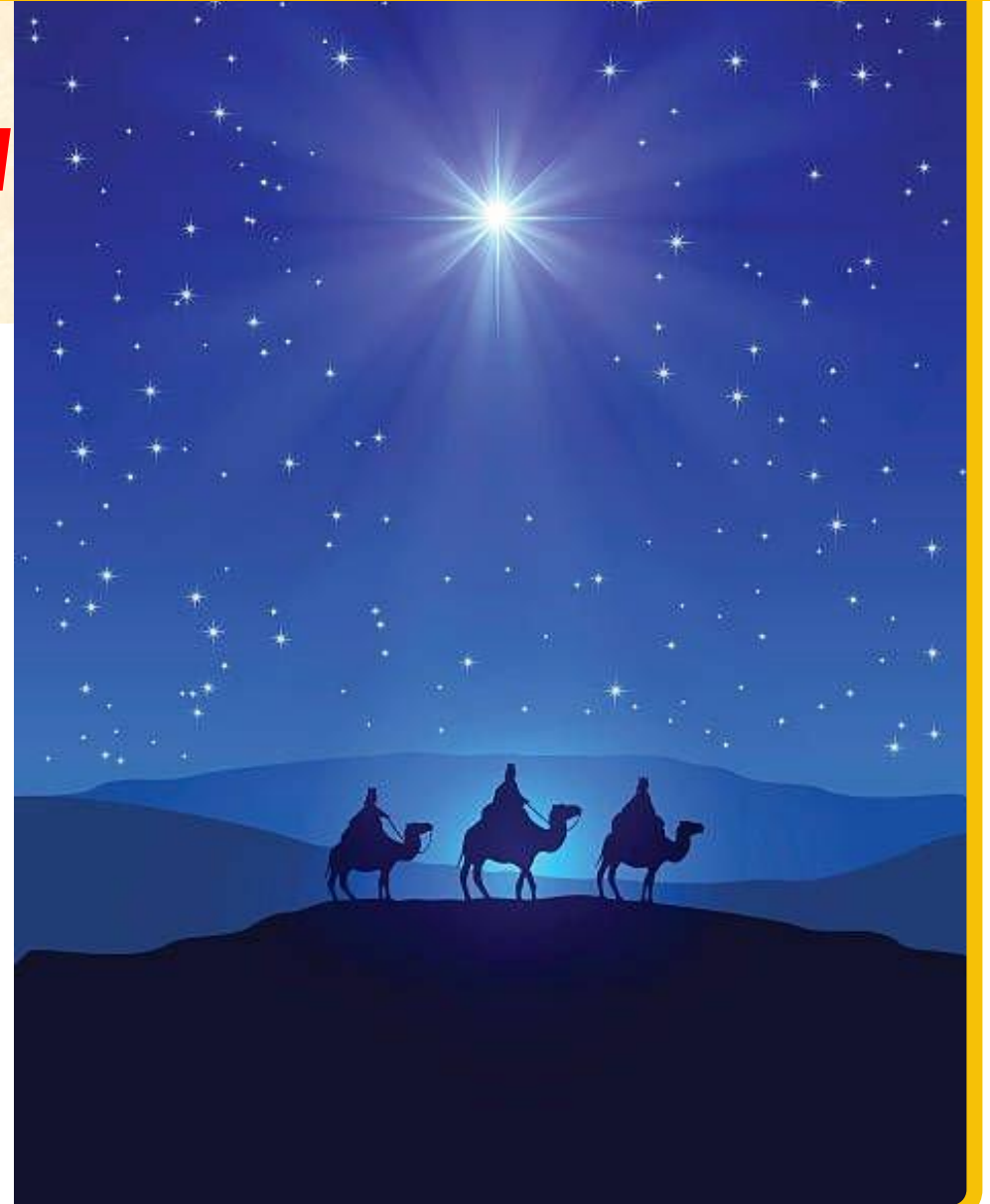
‘When they saw that the star had stopped, they were overwhelmed with joy.’ Matthew 2:1-12

As we the start the journey of a new year, we take a moment to reflect in silence.

What do we HOPE for in the coming year?

How can we bring JOY to the lives of others?

We offer our intentions through Christ our Lord,
Amen



Epiphany Traditions

In France, on the feast of the Epiphany, a special cake is eaten called Galette De Rois. The cake contains a small king or crown. The person who finds it in their slice gets to wear a crown and be treated like royalty for the day!



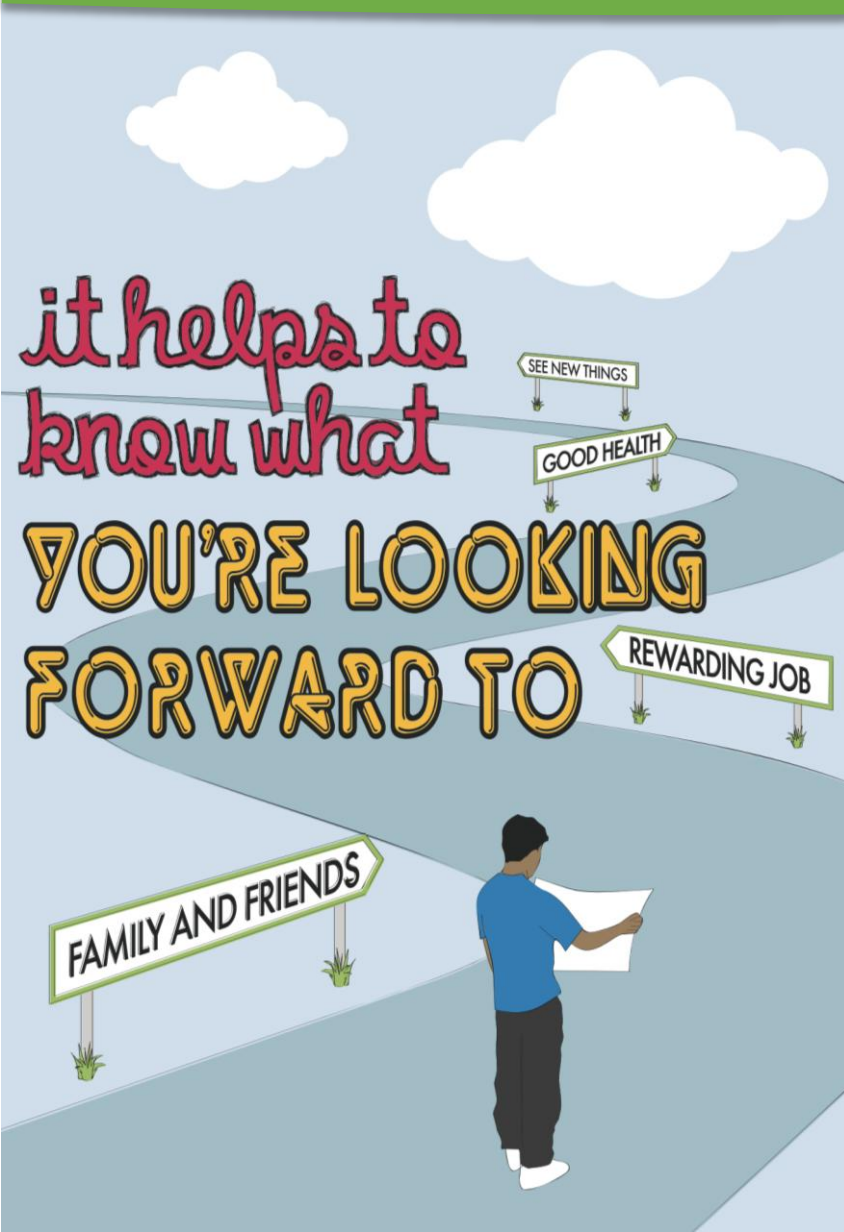
Actions for Happiness: Being Hopeful

Set hopeful
but realistic
goals for the
week ahead

Find three things to
look forward to
this year



Actions for Happiness: Direction



Direction

Have goals to look forward to



Set a goal and take the first step to make it happen

PROGRESS IS PROGRESS NO MATTER HOW SMALL

Let us pray:

Almighty and merciful God,
whose Son became a refugee and had no place to call his own;
look with mercy on those who today are fleeing from danger,
homeless and hungry.

Bless those who work to bring them relief; inspire generosity and
compassion in all our hearts.

We thank you for this new year and all of the potential it holds.
Let your gifts of love, joy, hope and forgiveness grow within us
each day of this year.

We make our prayer through Jesus Christ our Lord.

Amen

**In the
name of
the Father**



**And of
the Son**









**And of the
Holy Spirit**



Amen



CATHOLIC SOCIAL TEACHING

	Our common home Protect our planet and share natural resources		Option for the poor Help the vulnerable and those in need first
	Human Dignity Respect for ourselves and each other		Solidarity One global family standing together and supporting each other
	The Common Good Develop a fair and just global society for all to flourish		Subsidiarity and Participation Listen to each other to make decisions that will benefit all

SEE



JUDGE



ACT

GREAT DREAM: 10 Keys to Happier Living



GIVING

Do things for others



RELATING

Connect with people



EXERCISING

Take care of your body



AWARENESS

Live life mindfully



TRYING OUT

Keep learning new things



DIRECTION

Have goals to look forward to



RESILIENCE

Find ways to bounce back



EMOTION

Look for what's good



ACCCEPTANCE

Be comfortable with who you are



MEANING

Be part of something bigger

BE KIND TO YOUR MIND