

Word of the week

Beginnings

Week 21 in Ordinary Time

We are always given opportunities for new beginnings in Christ. His love, forgiveness and example helps us to focus on what is important and to make positive changes in our lives and the lives of others.

Where in your life do you need a fresh start? Make a promise this week to do something differently from now on.

Year A

Sunday Gospel:
Matt 16:13-20



Word of the week

Welcome

Week 22 in Ordinary Time

We are all called to welcome others into our communities, to open our doors and bring people in - particularly those on the margins and those who feel left out. Being welcoming helps those new to our community to feel loved, supported and included. We are all one body in Christ, everyone is welcome, and everyone has a part to play.

Find someone new in your community and make them feel welcome.

Year A

Sunday Gospel:
Matt 16:21-27



Encounter

To encounter Christ is to have a personal experience of God's love and presence. It can happen in any place or time, and it can take many different forms. We often encounter Christ when we feel loved and cared for and we too can help others to encounter when we share his love with others. An encounter with Christ can be a life-changing experience that can give us strength, hope, and peace.

Make time this week to look at where you might encounter Jesus in those around you.

Sunday Gospel:
Matt 18:15-20



Outreach

Outreach is the act of reaching out to others with the message of God's love. It is about sharing the good news of Jesus Christ with those who do not know him. Outreach can take many forms, but it always involves going out to those who are most in need, or who feel left out and sharing God's love with them.

Find someone in your community who may not always be included. Make an effort to tell them they are loved and important.



Word of the week

Dialogue

Week 25 in Ordinary Time

Jesus calls us to engage in dialogue with those who are different from us. We should listen to the perspectives of others, even if we disagree with them and through dialogue come to understand and love them better. We should always be open to learning from others and often the first step is to enter into dialogue.

Have lots of conversations this week, with lots of different people.
Make an effort to really listen to what people are saying.

Year A

Sunday Gospel:
Matt 20:1-16



Listen

Listening is an important part of dialogue. It means paying attention to what others are saying and trying to understand their point of view. Listening is not just about hearing words; it is about hearing the heart. We are called to be good listeners and we should make sure to listen to those who are different from us. Above all we should listen to what God is calling us to do in our lives.

Spend some time in prayer and listen to what God might be calling you to do for those around you.



Word of the week

Rosary

Week 27 in Ordinary Time

The Rosary is a prayer that we can all use to meditate on the life of Jesus Christ. It is a powerful tool for prayer and spiritual growth through the intercession of Mary our mother. The Rosary can help us to grow in our faith, to deepen our relationship with God, and to find peace and comfort in difficult times.

Find time to pray the Hail Mary or the Rosary this week.

Year A

Sunday Gospel:
Matt 21:33-43



Respect

Respect is essential for all people. When we respect others, we are acknowledging their worth and dignity. We are also showing them that we value their opinions and feelings. Respect is a key ingredient in building strong relationships, and it is essential for creating a just and peaceful world.

Make an effort to be respectful of the people and places that you encounter this week.

Sunday Gospel:
Matt 22:1-14 or shorter



Justice

Justice is a key virtue in the Catholic faith. It is the principle that everyone should be treated fairly and that everyone has the right to the same opportunities. Justice in our world means ensuring that everyone has access to education, healthcare, and other basic necessities and it means working to end poverty, discrimination, and suffering wherever we encounter it.

Think of a situation in the world that is unfair. Work together with others in your community to raise awareness and to work for justice.

Sunday Gospel:
Matt 22:15-21



Word of the week

Holiness

Week 30 in Ordinary Time

We are all called to Holiness. Holiness is not something that we can achieve on our own, but it is something that God offers to us through his grace. We can grow in holiness by following Jesus' example, by praying and reading Scripture, and by serving others.

Think of one quality that Jesus had and try to practice it this week with the people that you meet.

Year A

Sunday Gospel:
Matt 22:34-40



Word of the week

Change

Week 31 in Ordinary Time

We can use our power to change the world for the better by standing up for what we believe in and working to make a difference. We can also use our power to change the world by every day by doing ordinary things with extraordinary love.

Think of something that needs to change in your community. Take action this week to make things better.

Year A

Sunday Gospel:
Matt 23:1-12



Word of the week

Remembrance

Week 32 in Ordinary Time

Remembrance is an important part of our faith. We remember the saints, those who have died, and the events of our history. Remembrance helps us to reflect on how those who've gone before us have shaped and inspired our lives today.

Spend time in prayer to remember those people who are important to us and who are no longer with us.

Year A

Sunday Gospel:
Matt 25:1-13



Word of the week

Youth

Week 33 in Ordinary Time

Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. We are all called to be young in our outlook and our attitude and we can see in young people an example of how to live life to the full.

Make the effort to have a positive and youthful attitude this week.
Help others to see hope in difficult situations

Year A

Sunday Gospel:
Matt 25:14-30 or shorter



Kingdom

The Kingdom of God is a place of peace, justice, and love. It is a place where everyone is welcome and everyone is loved. The Kingdom of God is not a place that we will find on a map, but it is a way of life that we can work towards building in our own lives and in the world around us.

Think of one thing you can do to make your community more like the kingdom of heaven.



Hope

Hope is an expectation and desire for the things that are to come in the future. It is a powerful virtue that can help us to persevere through difficult times. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.

Think of a reason that you have to be hopeful. Share that hope with someone this week.

Sunday Gospel Year A:
Matt 24:37-44

Sunday Gospel Year B:
Mark 13:33-37

Sunday Gospel Year C:
Luke 21:25-28, 34-36



Word of the week

Peace

In the season of Advent, we pray for peace in the world. We know that Jesus Christ is the Prince of Peace, and we believe that he will bring peace to all people.

2nd Week of Advent

Find a way to bring peace to a difficult situation or relationship this week.

Sunday Gospel Year A:
Matt 3:1-12

Sunday Gospel Year B:
Mark 1:1-8

Sunday Gospel Year C:
Luke 3:1-6



Joy

Joy is a feeling of great happiness and pleasure. It is a positive emotion that help us to overcome sadness and despair. In the season of Advent, we rejoice in the coming of Jesus Christ. We know that he is the source of all joy, and we celebrate his birth with great joy.

Think of something you can do for someone else to bring them joy and find time to make it happen this week.

Sunday Gospel Year A:
Matt 11:2-11

Sunday Gospel Year B:
John 1:6-8, 19-28

Sunday Gospel Year C:
Luke 3:10-18



Love

In the season of Advent, we are reminded of the great love that God has for us and the love we should have for each other. We know that Jesus Christ is the true example of love, and we celebrate this gift of love at Christmas time.

Think of someone who you love this week and make an effort to show and tell them that you love them.

Sunday Gospel Year A:
Matt 1:18-24

Sunday Gospel Year B:
Luke 1:26-38

Sunday Gospel Year C:
Luke 1:39-45



Family

Family looks different for everybody and they are a gift from God that provide us with love, support, and belonging. We can find strength and comfort in our families. The Holy Family, Jesus, Mary and Joseph, give us a powerful example of what family should be, and inspire us love one another as they did.

Who are the people you call family? Make time for them this week and find an opportunity to be together.

Sunday Gospel Year A:
Matt 2:13-15, 19-23

Sunday Gospel Year B:
Luke 2:22-40

Sunday Gospel Year C:
John 1:1-18



Word of the week

Epiphany

2nd Sunday of Christmas

Epiphany celebrates the revelation of Jesus Christ to the world. It is a time to reflect on the mystery of Christ's birth and to renew our commitment to following Him. For us, Epiphany is a time to recognise that Christ came for everyone and we see this reflected in the visit of the Magi and the gifts that they brought.

What is a gift that you can give to others? Think of a way to share your gift with your community this week.

Sunday Gospel Year A:
Matt 2:1-12

Sunday Gospel Year B:
Matt 2:1-12

Sunday Gospel Year C:
Matt 2:1-12



Bishop's priority

Discipleship

Week 2 in Ordinary Time

Discipleship is about following Jesus and living your life according to his teachings. It is a lifelong journey of learning and growing in faith. As disciples, we are called to grow in our relationship with God, to live out our faith in the world, and to serve others.

Think of someone in need in your community who you can help and support this week.

Year B

Sunday Gospel:
John 1:35-42



Scripture

Scripture is the Word of God. It is a collection of sacred writings that tell the story of God's love for humanity. As we read scripture, we learn about God's plan for our lives, and we are inspired to live a life of faith. Scripture can also be a source of comfort and guidance in difficult times and speaks to us throughout our lives.

Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.

Sunday Gospel:
Mark 1:14-20



Word of the week

Week 4 in Ordinary Time

Year B

Leadership

Leadership is about serving others and inspiring a difference in the world. It is about being a witness to your faith and presenting yourself as a role model for others so they can grow in their faith too.

Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.

Sunday Gospel:
Mark 1:21-28



Diversity

Diversity inspires us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image of likeness of God and we can recognise God in all people, however different they may seem. Diversity reminds us that we are all called to love one another and to create a world where everyone feels loved, accepted and included.

Think about those people in your community who may feel left out. This week, try to find a way to help them feel loved and included.



Healing

We are all made in the image and likeness of God and when we feel broken, physically, mentally or emotionally, we turn to God for his mercy and healing. Every opportunity to forgive or to support others in their health is a chance to encounter Christ and we are all called to be active members of the Church who bring healing and the joy of knowing Jesus Christ to those that we meet.

Say a prayer of thanks this week for the people who look after and care for you when you are in need.



Prayer

Prayer is a conversation with God. It is a way of opening our hearts to him and sharing our thoughts and feelings with him. Prayer can be done in many different ways, such as through words, music, or silence. During Lent, we can use prayer to reflect on our relationship with God, and to ask for his guidance and strength.

Take a moment this week to pray. Think about what you want to say to God and what he might be saying to you.

Sunday Gospel Year A:
Matt 4:1-11

Sunday Gospel Year B:
Mark 1:12-15

Sunday Gospel Year C:
Luke 4:1-13



Fasting

Fasting is a way of showing self-discipline and of focusing on our relationship with God. Fasting can also be a way of expressing solidarity with those who are less fortunate. Fasting is an important part of Lent, as it allows us to follow the example of Jesus in the desert, and to grow in our compassion for others.

What can you go without this Lent? Think of something that you can give up to leave more time and space for what's important.

Sunday Gospel Year A:
Matt 17:1-9

Sunday Gospel Year B:
Mark 9:2-10

Sunday Gospel Year C:
Luke 9:28-36



Word of the week

Almsgiving

3rd Week of Lent

Almsgiving is the practice of giving to those in need. It is a way of showing love and compassion for others. Almsgiving can also be a way of expressing our gratitude for God's blessings. Almsgiving is an important part of Lent, as it allows us to share with those in need and to be an example of mercy in the world.

Find a way to give something to charity or to someone in need this week.

Sunday Gospel Year A:
John 4:5-42

Sunday Gospel Year B:
John 2:13-25

Sunday Gospel Year C:
Luke 13:1-9



Word of the week

Sacrifice

During Lent, we reflect on the sacrifice of Jesus and what it means for our lives. The sacrifice of Jesus is a reminder that we are all loved by God, and that we too, are called to live our lives for others as humble servants.

4th Week of Lent

Think about someone who makes sacrifices for you and take moment to thank them for what they do this week.

Sunday Gospel Year A:
John 9:1-41

Sunday Gospel Year B:
John 3:14-21

Sunday Gospel Year C:
Luke 15:1-3, 11-32



Journey

Lent is a time of journeying with Jesus Christ. It is a time of reflecting on our lives, repenting our sins, and growing in our faith. The journey of Lent is a challenging one, but it is also a rewarding one. It is a journey that can help us to grow closer to God so that we are ready to truly celebrate Jesus Christ's resurrection at Easter.

Spend some time in prayer thinking about your lenten journey so far and what you want to do with the journey ahead.

Sunday Gospel Year A:
John 11:1-45

Sunday Gospel Year B:
John 12:20-33

Sunday Gospel Year C:
John 8:1-11



Word of the week

Passion

6th Week of Lent

The passion of Jesus Christ is the story of his suffering and death - a story of love, sacrifice, and redemption. Jesus' courage and perseverance give us hope, strength and inspiration to carry on during difficult times. It reminds us that he truly understands us when we struggle and encounter hard times.

Think of a difficult situation you are facing at the moment and ask Jesus to be with you and to give you courage.

Sunday Gospel Year A:
Matt 26:14-27:66

Sunday Gospel Year B:
Mark 14:1-15:47

Sunday Gospel Year C:
Luke 22:14-23:56



Word of the week

Alleluia

Alleluia is a joyful word that means 'Praise the Lord'. At the Easter Vigil, we use this word for the first time since the beginning of lent to show that we can now celebrate the resurrection of Jesus Christ and the victory of life over death.

Easter

Spend time rejoicing this week and make a real effort to celebrate the Easter season with family and friends.

Sunday Gospel Year A:
John 20:1-9

Sunday Gospel Year B:
John 20: 1-9

Sunday Gospel Year C:
John 20: 1-9



Word of the week

2nd Week of Eastertide

Mercy

Mercy is God's love and forgiveness in action. We see this gift in a powerful way during Eastertide as we remember what Jesus did for us out of love. This Sunday is Divine Mercy Sunday and it is a reminder that we must be merciful to others, just as God is merciful with us.

Try and be merciful with everyone you meet this week, just as God is merciful with us.

Sunday Gospel Year A:
John 20:19-31

Sunday Gospel Year B:
John 20:19-31

Sunday Gospel Year C:
John 20:19-31



Faith

Having Faith can be hard. It requires us to believe in those things we can't prove and see. St. Thomas is famous for not believing that Jesus had risen, but this reminds us all that even for Jesus' disciples, faith wasn't always easy. Faith is a gift from God and if we can find it, and hold on to it, faith gives us strength, comfort, and hope.

Think of something you need to have faith in this week. Spend some time in prayer to ask God for the faith you need.

Sunday Gospel Year A:
Luke 24:13-35

Sunday Gospel Year B:
Luke 24:35-48

Sunday Gospel Year C:
John 21:1-19



Word of the week

Vocation

4th Week of Eastertide

A vocation is God's call to each of us. It is the unique way that God has designed us to serve him and others. Finding our vocation can take time and discernment but our vocation is a reminder that we all have a special purpose in this world, and we are all called to do something significant with our lives.

Spend some time talking to people about what you feel called to do with your life this week.

Sunday Gospel Year A:
John 10:1-10

Sunday Gospel Year B:
John 10:11-18

Sunday Gospel Year C:
John 10:27-30



Word of the week

Witness

5th Week of Eastertide

Witness is the sharing of our faith with others. It is a way of testifying to the truth of Jesus Christ and the Gospel message. Our witness can be a way of celebrating the hope and joy that we have in Jesus and a way of powerfully sharing the good news with those around us.

Find one way to share what your faith means to you with someone else this week.

Sunday Gospel Year A:
John 14:1-12

Sunday Gospel Year B:
John 15:1-8

Sunday Gospel Year C:
John 13:31-35



Example

An example is a model of behaviour. It is something that we can look to in order to learn how to live our lives. The lives of the saints, and other holy men and women, remind us that we are all called to follow the example of Jesus Christ. We too, should also be an example to others by trying to live a life of love, service, and forgiveness.

This week, Think of a something positive and loving you can do for those around you to set a good example others.

Sunday Gospel Year A:
John 14:15-21

Sunday Gospel Year B:
John 15:9-17

Sunday Gospel Year C:
John 14:23-29



Word of the week

Communication

7th Week of Eastertide

Communication can take many forms in the world today. It is a way of building relationships and sharing the good news of our faith with others. This week we are called to think about the different ways we can communicate God's message to the world and how we can bring people together and inspire others through the message that we share.

Send a message to someone this week to tell them that they are loved.

Sunday Gospel Year A:
John 17:1-11

Sunday Gospel Year B:
John 17:11-19

Sunday Gospel Year C:
John 17:20-26



Pentecost

Pentecost is where we celebrate the coming of the Holy Spirit. At Pentecost the Holy Spirit came down upon the apostles in the form of tongues of fire, and they were filled with the Spirit and began to speak in other languages. This day is often referred to as the Church's birthday as it marks the moment when the disciples were inspired to go out into the world to share the good news, and to bring people to

Find out how to say something nice in a new language this week and take opportunities to share good news with others.

Sunday Gospel Year A:
John 14:14-16, 23b-26

Sunday Gospel Year B:
John 14:14-16, 23b-26

Sunday Gospel Year C:
John 14:14-16, 23b-26



Word of the week

Trinity

1st week after Pentecost

The Trinity is a mystery that we can never fully understand, but it is a central part of our Catholic faith. The Trinity is the belief that there is one God who exists in three persons: the Father, the Son, and the Holy Spirit. These three persons are distinct from each other, but they are also one God. This special feast helps us reflect on how we understand God and inspires us to get to know him more closely in our lives.

Say a prayer this week to God the father, God the Son and God the Holy Spirit and think about who God is to you.

Sunday Gospel Year A:
John 3:16-18

Sunday Gospel Year B:
Matt 28:16-20

Sunday Gospel Year C:
John 16:12-15



Word of the week

Eucharist

2nd week after Pentecost

The Eucharist is the source and summit of our faith. The Eucharist is a powerful way in which we receive Jesus Christ into our hearts and are united with him as one body. The Eucharist is a source of strength and nourishment, and as we receive it, just as the disciples did at the Last Supper, we are reminded of God's love for us and of our call to love others.

Share a meal with the people you love this week.

Sunday Gospel Year A:
John 6:51-58

Sunday Gospel Year B:
Mark 14:12-16, 22-26

Sunday Gospel Year C:
Luke 9:11-17



Bishops priority

3rd week after Pentecost

Missionary Discipleship

Missionary Discipleship is the call to share our faith with others. Missionary Discipleship reminds us that we must go out and share the love of Christ with others, to make the world a better place. Missionary Discipleship is a way of life that is full of joy and hope and in living our life in this way we can bring others to encounter Christ through us.

Find a way to put your faith into action this week to help others to
Encounter Jesus

Sunday Gospel Year A:
John 6:51-58

Sunday Gospel Year B:
Mark 14:12-16, 22-26

Sunday Gospel Year C:
Luke 9:11-17



Word of the week

Evangelise

Week 11 in Ordinary Time

To evangelise is to share the Gospel with others. In the Church, we are called to evangelise by being faithful disciples of Jesus and putting that faith into action. When we evangelise as Missionary Disciples we are helping others to know Jesus and building the Kingdom of God on earth.

Tell someone about Jesus this week.

Year B

Sunday Gospel:
Mark 4:26-34



Awe and Wonder

When we experience awe and wonder, we are reminded of the greatness of God and the beauty of God's creation in the world around us. These emotions can help us to grow in our faith and to be more reverent and respectful of God.

Take a walk outside and find something beautiful.

Sunday Gospel:
Mark 4:35-41



Fortitude

Fortitude is the strength to face challenges and hardships. In the Church, we are called to be people of fortitude. This means that we should not give up when things are tough. We should continue to trust in God and to follow his will, even if it means a personal sacrifice for us.

Do something that you find difficult this week and try to find the strength to face the challenge.



Teaching

Jesus was a teacher who helped his followers to understand what God has called them to do and how we should live our lives. Each of us is called to be like Jesus and to teach others so we can help to build the Kingdom of God here on earth. When we teach and support others we are doing Christ's work.

Do something that you find difficult this week and try to find the strength to face the challenge.



Word of the week

Gratitude

Gratitude is being thankful for what we have. It is about being grateful for the good things in our lives. We have a lot to be grateful for and it is important to take time to appreciate the good things in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.

Make a special effort to say thank you this week to those people in your community who love and support you.

Week 15 in Ordinary Time

Year B

Sunday Gospel:
Mark 6:7-13



Word of the week

Celebration

Week 16 in Ordinary Time

A celebration is when we come together to rejoice in the things that are good. It is a time to give thanks to God for all his blessings and to recognise what he's given to us in love. We should always look for things we can celebrate, and through our celebrations, we can share happiness and joy with others.

Take time to celebrate this week and find an opportunity to praise someone else for something they have achieved.

Year B

Sunday Gospel:
Mark 6:30-34



Word of the week

Thanksgiving

Week 17 in Ordinary Time

Thanksgiving is an opportunity to express our gratitude to God for all his gifts. To be truly thankful is to reflect on the good things in our lives and also to give thanks for the people who love and support us. Taking time to say thank you helps to us all to be grateful for what we have.

Take time to pray this week and to give thanks for the good things that God has given you.

Year B

Sunday Gospel:
John 6:1-15

