

E X T R A

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1st Week of Advent

Year A

Theological Virtue

Hope



Sunday

First Reading:

Isaiah 2:1-5

Gospel Reading:

Matthew 24:37-44



Suggestions

Hebrew Bible:

Jeremiah 29:11-14

New Testament:

1 Peter 1: 3-9

Theme

We believe that even in the darkest of times, God's love and light shine through. This hope isn't just wishful thinking, but a confident expectation of God's promises. Hope is a powerful virtue that can give us strength to persevere, even when things get tough, and to trust that God is always with us, guiding us towards a brighter future. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.

Mission

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



2nd Week of Advent

Year A

Word of the Week

Peace



Sunday

First Reading:

Isaiah 11:1-10

Gospel Reading:

Matthew 3:1-12



Suggestions

Hebrew Bible:

Isaiah 26: 2-5

New Testament:

John 16: 25-33

Theme

In a world that's often filled with conflict and turmoil, we're called to be peacemakers. This doesn't mean simply avoiding arguments, but actively working towards reconciliation and understanding. In the season of Advent, we pray for peace in the world. Jesus is the Prince of Peace, and he calls us to follow his example and to be peacemakers too.

Mission

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



3rd Week of Advent

Year A

Word of the Week

Joy



Sunday

First Reading:

Isaiah 35:1-6a, 10

Gospel Reading:

Matthew 11:2-11



Suggestions

Hebrew Bible:

Zephaniah 3: 14-20

New Testament:

John 16: 16-24

Theme

This Sunday is Gaudete Sunday and it means 'Rejoice'. Joy is more than just happiness; it's a deep and lasting feeling that comes from knowing God and living in his love. It helps us to see the good in everything, even when things are tough. Joy is found in prayer, in serving others, and in our journey through Advent. It's a choice to trust in God's plan for our lives and to find hope in his promises.

Mission

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



4th Week of Advent

Year A

Theological Virtue

Love



Sunday

First Reading:

📖 Isaiah 7:10-14

Gospel Reading:

📖 Matthew 1:18-24



Suggestions

Hebrew Bible:

📖 Deuteronomy 7: 6-9

New Testament:

📖 1 Corinthians 13:4-7

Theme

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.

Mission

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



Octave of Christmas

Year A

Word of the Week

Family



Sunday

First Reading:

 Ecclesiastes 3:2-6, 12-14

Gospel Reading:

 Matthew 2:13-15, 19-23

Theme

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 to love one another as they did.



Suggestions

Hebrew Bible:

 Exodus 12: 20

New Testament:

 1 John 4: 7-21

Mission

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



2nd Sunday of Christmastide

Year A

Word of the Week

Epiphany



Sunday

First Reading:

Isaiah 60:1-6

Gospel Reading:

Matthew 2:1-12

Theme

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.

Mission

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



Suggestions

Hebrew Bible:

Psalm 67: 1-7

New Testament:

Matthew 25: 14-30



Week 1 in Ordinary Time

Year A

Word of the Week

Baptism



Sunday

First Reading:

Isaiah 42:1-4, 6-7

Gospel Reading:

Matthew 3:13-17



Suggestions

Hebrew Bible:

Exodus 19:10

New Testament:

Mark 1:8

Theme

Baptism is a sign of God's love and forgiveness, it marks a fresh start and a new beginning. When we are baptised we are welcomed into the Church community of believers who love us, support us and help us grow. During baptism we are anointed as priest, prophet and king and called to live like Jesus did.

Mission

Think of one way you can be more like Jesus this week.



Week 2 in Ordinary Time

Year A

Word of the Week

Discipleship



Sunday

First Reading:

Isaiah 49:3, 5-6

Gospel Reading:

John 1:29-34



Suggestions

Hebrew Bible:

Deuteronomy 6:4-9

New Testament:

Matthew 28:18-20

Theme

Discipleship is all about learning from Jesus and following his example. It's about putting our faith into action and living out the Gospel in our daily lives. We can learn so much from Jesus' teachings, his compassion, and his love for others. As his disciples, we're called to be like Christ, to be a light in the world and share his message of hope.

Mission

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



Week 3 in Ordinary Time

Year A

Word of the Week

Scripture



Sunday

First Reading:

Isaiah 8:23—9:3

Gospel Reading:

Matthew 4:12-23



Suggestions

Hebrew Bible:

Proverbs 4: 20-23

New Testament:

Matthew 7: 24-27

Theme

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 it speaks to us throughout our lives.

Mission

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



Week 4 in Ordinary Time

Year A

Word of the Week

Inspiration



Sunday

First Reading:

Zephaniah 2:3; 3:12-13

Gospel Reading:

Matthew 5:1-12



Suggestions

Hebrew Bible:

2 Samuel 7: 22

New Testament:

1 Corinthians 12: 12-27

Theme

Inspiration is the feeling of being motivated or encouraged to do something. It literally means 'filled with the spirit'. Inspiration is like a gentle nudge from the Holy Spirit, guiding us and encouraging us on our journey. It can come in many forms – through prayer, through Scripture, through the words and actions of others. It's a reminder that God is always with us, inspiring us to be our best selves.

Mission

Make an effort this week to inspire those around you by loving and serving others.



Week 5 in Ordinary Time

Year A

Word of the Week

Diversity



Sunday

First Reading:

 Isaiah 58:7-10

Gospel Reading:

 Matthew 5:13-16



Suggestions

Hebrew Bible:

 Psalm 139: 13-14

New Testament:

 Colossians 1: 16-17

Theme

Diversity calls us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image and 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.

Mission

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.



Week 6 in Ordinary Time

Year A

Cardinal Virtue

Perseverance



Sunday

First Reading:

Sirach 15:15-20

Gospel Reading:

Matthew 5:17-37



Suggestions

Hebrew Bible:

James 1: 12-18

New Testament:

Matthew 4: 1-11

Theme

Perseverance is the ability to keep going even when things are tough. We will face many challenges in our lives but the virtue of perseverance will help us to overcome these challenges and to achieve our goals. Having perseverance is not easy but it helps us to grow in discipline and strength so that we do not give up when it matters most.

Mission

Spend some time in prayer asking God to help you persevere with a difficult challenge that you may face this week.



Week 7 in Ordinary Time

Year A

Word of the Week

Relationships



Sunday

First Reading:

Leviticus 19:1-2, 17-18

Gospel Reading:

Matthew 5:38-48



Suggestions

Hebrew Bible:

Psalm 143:8

New Testament:

John 13: 33-35

Theme

Our faith calls us to build meaningful relationships, not just with God, but with everyone around us. We're meant to be a community of love, supporting and uplifting each other. Think of the early Church, how they shared everything and cared for one another deeply. That's the model we strive for. Our relationships are a reflection of God's love, and we're called to nurture them as precious gifts.

Mission

Get to know someone new this week and try and make a new friend.



Week 8 in Ordinary Time

Year A

Gift of the Holy Spirit

Knowledge



Sunday

First Reading:

Isaiah 49:14-15

Gospel Reading:

Matthew 6:24-34

Theme

We're encouraged to seek knowledge and understanding, not just of our faith but of the world around us. Whether it's studying the Bible, exploring science, or delving into history, knowledge opens our minds and hearts to new perspectives. It's about growing intellectually and spiritually, so we can better serve God and our communities.



Suggestions

Hebrew Bible:

Jeremiah 29: 10-14

New Testament:

Romans 11:33-35

Mission

Take time this week to listen to the news and make yourself aware of what is happening. Think about how you can help or make a difference.



Week 9 in Ordinary Time

Year A

Catholic Social Teaching

Participation



Sunday

First Reading:

Deuteronomy 11:18, 26-28

Gospel Reading:

Matthew 7:21-27



Suggestions

Hebrew Bible:

1 Samuel 17: 12-50

New Testament:

1 Corinthians 12:12-31

Theme

Participation is about recognising that we all have a part to play and the the right be be involved in the communities and situations in which we belong. Participation helps us to connect with others, to learn new things, and to make a difference in the world. It is also a way to find fulfillment and joy in what we are doing.

Mission

Find something new in your community that you could get involved with and give something different a try.



Week 10 in Ordinary Time

Year A

Word of the Week

Empathy



Sunday

First Reading:

Hosea 6:3-6

Gospel Reading:

Matthew 9:9-13



Suggestions

Hebrew Bible:

Isaiah 66: 12-14

New Testament:

Romans 12:15

Theme

Empathy is the ability to understand and share the feelings of others. It is an important quality for us to share, as it can help us to build relationships, resolve conflict, and make good decisions. Empathy is rooted in the understanding that all people are created in the image and likeness of God and as such, we are all called to love and care for others.

Mission

Spend time this week listening to others and trying to understand how they are feeling.

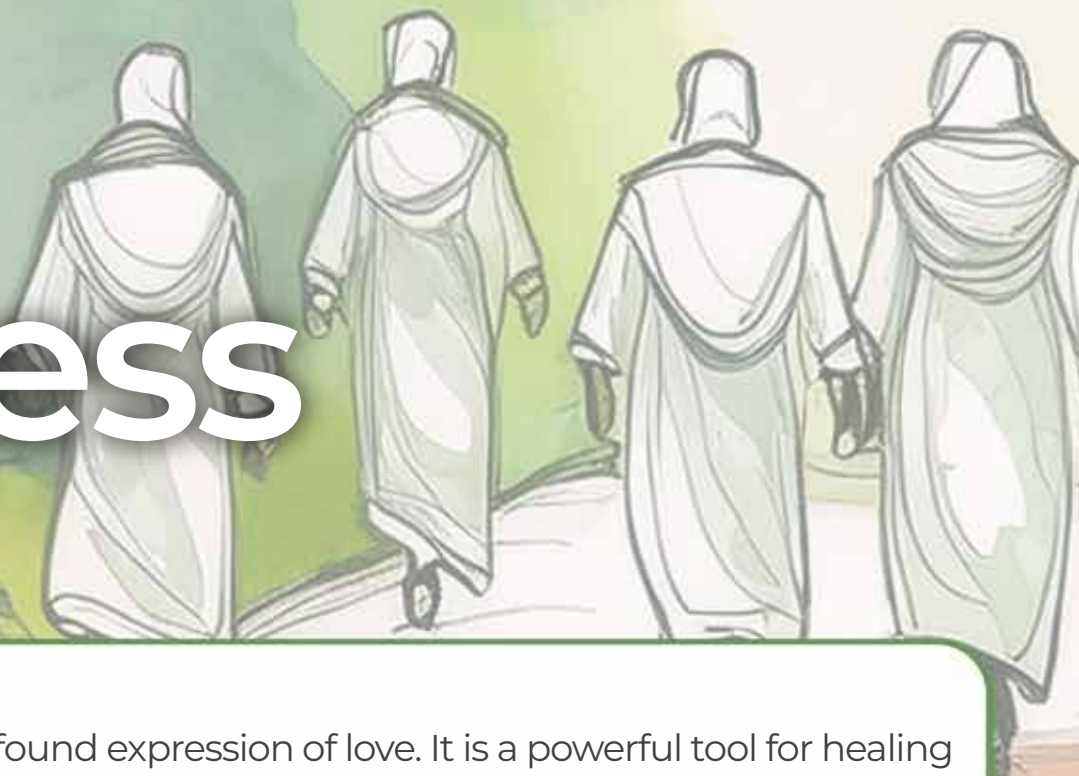


Week 11 in Ordinary Time

Year A

Word of the Week

Forgiveness



Sunday

First Reading:

Exodus 19:2-6

Gospel Reading:

Matthew 9:36—10:8



Suggestions

Hebrew Bible:

Jeremiah 31: 33-34

New Testament:

Luke 15:11-32

Theme

Forgiveness is a profound expression of love. It is a powerful tool for healing and reconciliation even though it is often hard to forgive those people who have upset and hurt us. Forgiveness is grounded in the fact that God has forgiven us, so we are called to forgive others in the same way.

Mission

Is there someone you who you need to forgive? Take time to make things right with people this week.



Week 12 in Ordinary Time

Year A

Word of the Week

Acceptance



Sunday

First Reading:

Jeremiah 20:10-13

Gospel Reading:

Matthew 10:26-33



Suggestions

Hebrew Bible:

Proverbs 3: 33-35

New Testament:

Romans 15: 1-7

Theme

Acceptance is the ability to see and appreciate people for who they are, without judgment. It helps us to build relationships and live in peace with each other. Acceptance comes from the knowledge that all people are loved and valued by God without exception, and because of this, we should be willing to accept others with love and mercy.

Mission

Think about someone in your community who might find it hard to join in. Make an effort to include others in what you do this week.

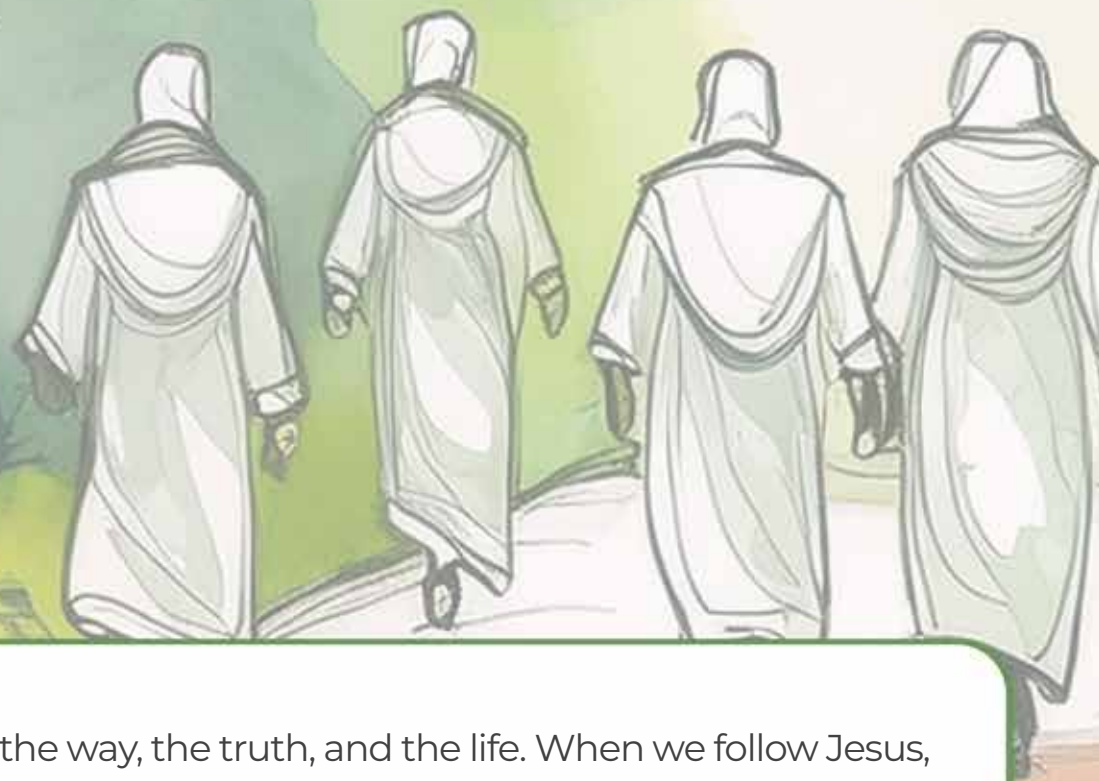


Week 13 in Ordinary Time

Year A

Word of the Week

Follow



Sunday

First Reading:

2 Kings 4:8-11, 14-16

Gospel Reading:

Matthew 10:37-42

Theme

Jesus calls himself the way, the truth, and the life. When we follow Jesus, just as the first disciples did, we are making a powerful choice to live our lives according to his teachings. To follow Jesus is not easy, and it often requires great courage, strength and sacrifice.



Suggestions

Hebrew Bible:

Jeremiah 27: 9-11

New Testament:

Luke 5:1-11

Mission

Try this week to be someone who others will follow by being like Jesus and setting a good example in what you say and do.



Week 14 in Ordinary Time

Year A

Word of the Week

Commission



Sunday

First Reading:

 Zechariah 9:9-10

Gospel Reading:

 Matthew 11:25-30

Theme

Christ calls us to be part of his mission in the world. All people are called to be disciples of Jesus Christ and to share in his work. We are called to make a positive difference in the world and bring Christ to others through our words and actions.

Mission

Try and work as part of a team this week. Where you face a problem ask others to help you with it.



Suggestions

Hebrew Bible:

 Isaiah 60: 19-20

New Testament:

 Matthew 16:18-20?



Week 15 in Ordinary Time

Year A

Word of the Week

Gratitude



Sunday

First Reading:

 Isaiah 55:10-11

Gospel Reading:

 Matthew 13:1-23



Suggestions

Hebrew Bible:

 Psalms 118: 19-24

New Testament:

 1 Thessalonians 5: 12-22

Theme

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 we all have in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.

Mission

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



Week 16 in Ordinary Time

Year A

Word of the Week

Celebration



Sunday

First Reading:

Wisdom 12:13, 16-19

Gospel Reading:

Matthew 13:24-43



Suggestions

Hebrew Bible:

Psalm 150: 1-6

New Testament:

John 2: 1-12

Theme

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.

Mission

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



Week 17 in Ordinary Time

Year A

Word of the Week

Thanksgiving



Sunday

First Reading:

 1 Kings 3:5, 7-12

Gospel Reading:

 Matthew 13:44-52



Suggestions

Hebrew Bible:

 Psalm 100: 1-5

New Testament:

 Matthew 6: 25-34

Theme

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.

Mission

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



Week 18 in Ordinary Time

Year A

Word of the Week

Selflessness



Sunday

First Reading:

Isaiah 55:1-3

Gospel Reading:

Matthew 14:13-21



Suggestions

Hebrew Bible:

Genesis 7:1-5

New Testament:

Mark 12: 41-44

Theme

In our faith, selflessness isn't about denying ourselves joy, but about putting others' needs first, just as Jesus did. We see it in the saints, who dedicated their lives to helping the poor, the sick, and the forgotten. Selflessness can be small acts, like helping a friend, or big ones, like volunteering in our community. It's about living a life that reflects Christ's love, not just in words, but in our actions.

Mission

Think of a way to serve others around you. Try giving some of your time to help someone else.



Week 19 in Ordinary Time

Year A

Word of the Week

Readiness



Sunday

First Reading:

1 Kings 19:9, 11-13

Gospel Reading:

Matthew 14:22-33



Suggestions

Hebrew Bible:

Exodus 3: 1-5

New Testament:

Matthew 3:1-7

Theme

In the Gospels we are called to be ready to serve God and others. This means being prepared to answer God's call, whatever and whenever it may be. It also means being willing to step up and serve others, even when it is not easy. When we are ready to serve, we are open to the many blessings that God has in store for us.

Mission

Think about something important that you need to be ready for. Find time this week to prepare for what's ahead.



Week 20 in Ordinary Time

Year A

Word of the Week

Challenge



Sunday

First Reading:

Isaiah 56:1, 6-7

Gospel Reading:

Matthew 15:21-28



Suggestions

Hebrew Bible:

Jeremiah 31: 31-34

New Testament:

Phillipians 4:4-9

Theme

Our faith isn't always easy, and there will be challenges. But these challenges are opportunities for growth, just as exercise strengthens our bodies, facing challenges strengthens our faith. When we struggle with doubt or uncertainty, we can turn to the Church, our community, and prayer. We can also look to the saints, who faced their own challenges with courage and trust in God.

Mission

Ask God to help you with a challenge that your facing this week.



Week 21 in Ordinary Time

Year A

Word of the Week

Beginnings



Sunday

First Reading:

Isaiah 22:15, 19-23

Gospel Reading:

Matthew 16:13-20



Suggestions

Hebrew Bible:

Genesis 1:1-31

New Testament:

John 1:1-18

Theme

Our faith reminds us that every day is a new beginning. With each sunrise, we have the chance to start fresh, to turn to God, and to make choices that reflect our love for him. Even if we've made mistakes in the past, God's mercy is always available. In the sacraments, like Baptism and Reconciliation, we experience the power of new beginnings and God's constant love.

Mission

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



Week 22 in Ordinary Time

Year A

Word of the Week

Welcome



Sunday

First Reading:

Jeremiah 20:7-9

Gospel Reading:

Matthew 16:21-27



Suggestions

Hebrew Bible:

Isaiah 66: 18-21

New Testament:

Luke 13: 22-30

Theme

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.

Mission

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



Week 23 in Ordinary Time

Year A

Word of the Week

Encounter



Sunday

First Reading:

Ezekiel 33:7-9

Gospel Reading:

Matthew 18:15-20



Suggestions

Hebrew Bible:

1 Samuel 3: 1-10

New Testament:

Luke 19: 1-10

Theme

Our faith is full of encounters with God – in prayer, in the sacraments, and in the people we meet. These encounters can change us, challenge us, and bring us closer to God. When we open ourselves to encountering Christ in our daily lives, we allow his love to transform us and make us more like him. We can encounter Christ in the Scriptures, in the Mass, and in the faces of those in need.

Mission

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

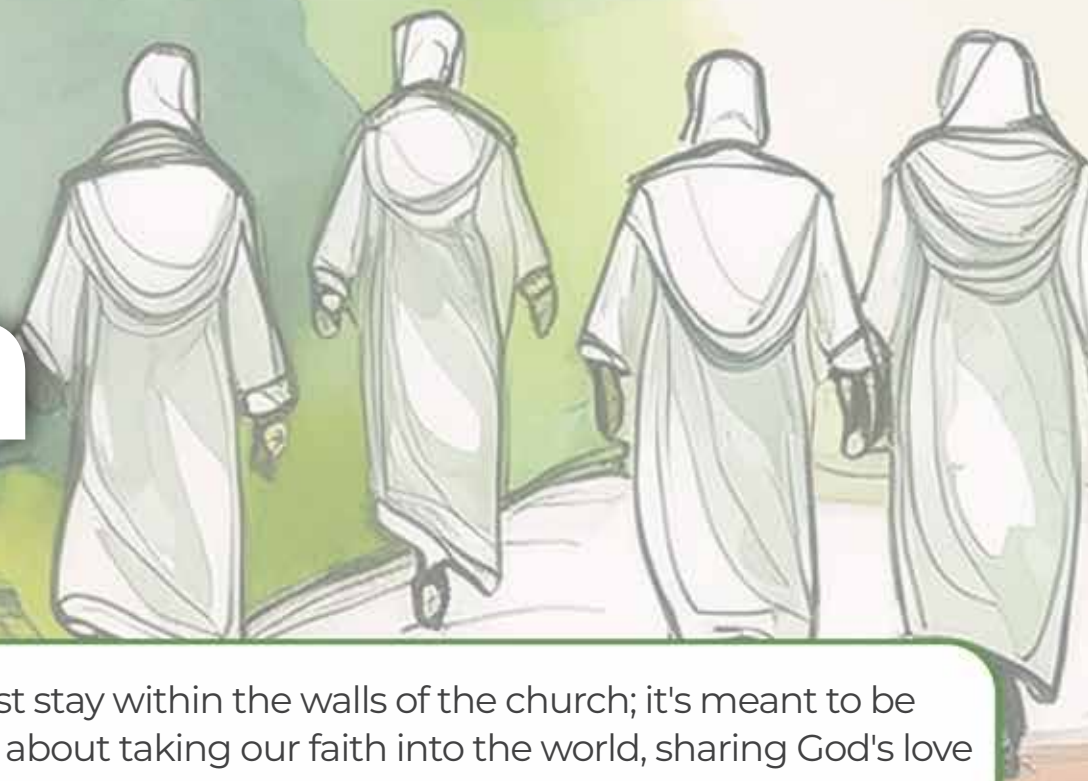


Week 24 in Ordinary Time

Year A

Word of the Week

Outreach



Sunday

First Reading:

📖 Sirach 27:30—28:7

Gospel Reading:

📖 Matthew 18:21-35



Suggestions

Hebrew Bible:

📖 Jeremiah 1: 1-19

New Testament:

📖 Mark 1: 16-20

Theme

Our faith doesn't just stay within the walls of the church; it's meant to be shared. Outreach is about taking our faith into the world, sharing God's love with those who need it most. This could be through volunteering at a shelter, visiting the elderly, or simply being a listening ear to a friend. When we reach out to others, we not only serve them, but we also strengthen our own faith and connection to God.

Mission

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

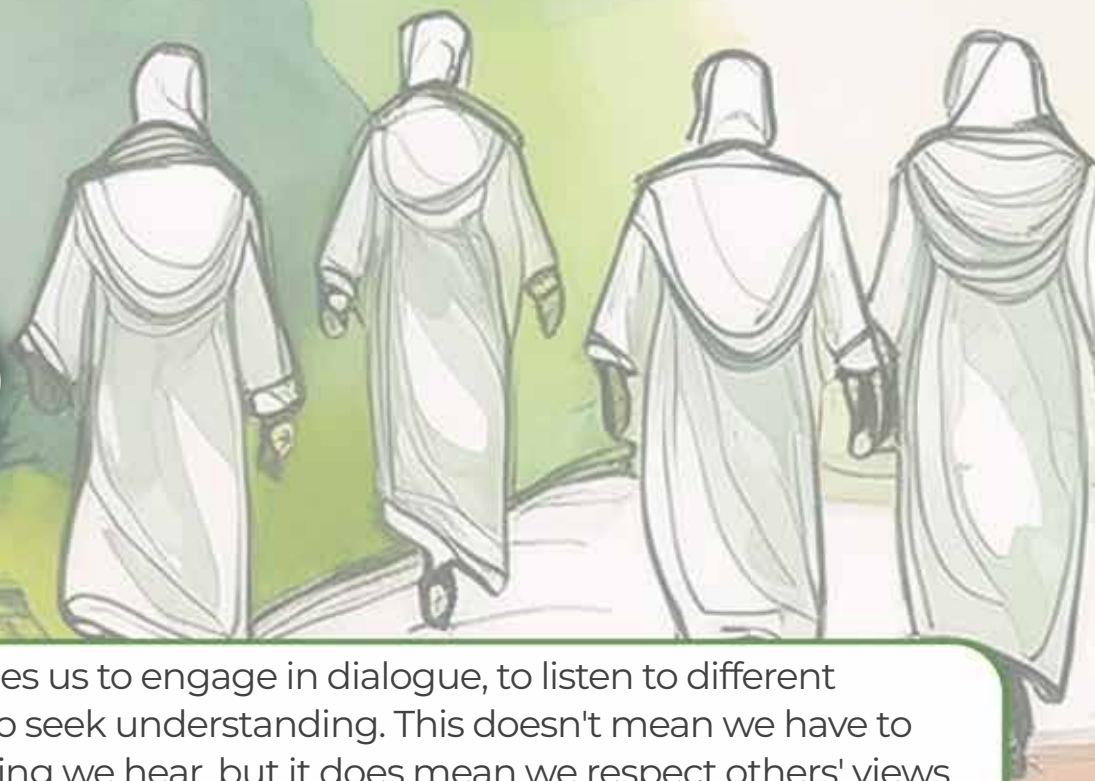


Week 25 in Ordinary Time

Year A

Word of the Week

Dialogue



Sunday

First Reading:

Isaiah 55:6-9

Gospel Reading:

Matthew 20:1-16



Suggestions

Hebrew Bible:

Deuteronomy 6: 4-9

New Testament:

Colossians 4: 2-6

Theme

Our faith encourages us to engage in dialogue, to listen to different perspectives, and to seek understanding. This doesn't mean we have to agree with everything we hear, but it does mean we respect others' views and try to find common ground. Dialogue can be a powerful tool for building bridges, fostering unity, and deepening our own understanding of our faith. It's also an opportunity to share our own beliefs with others, always with love and respect.

Mission

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

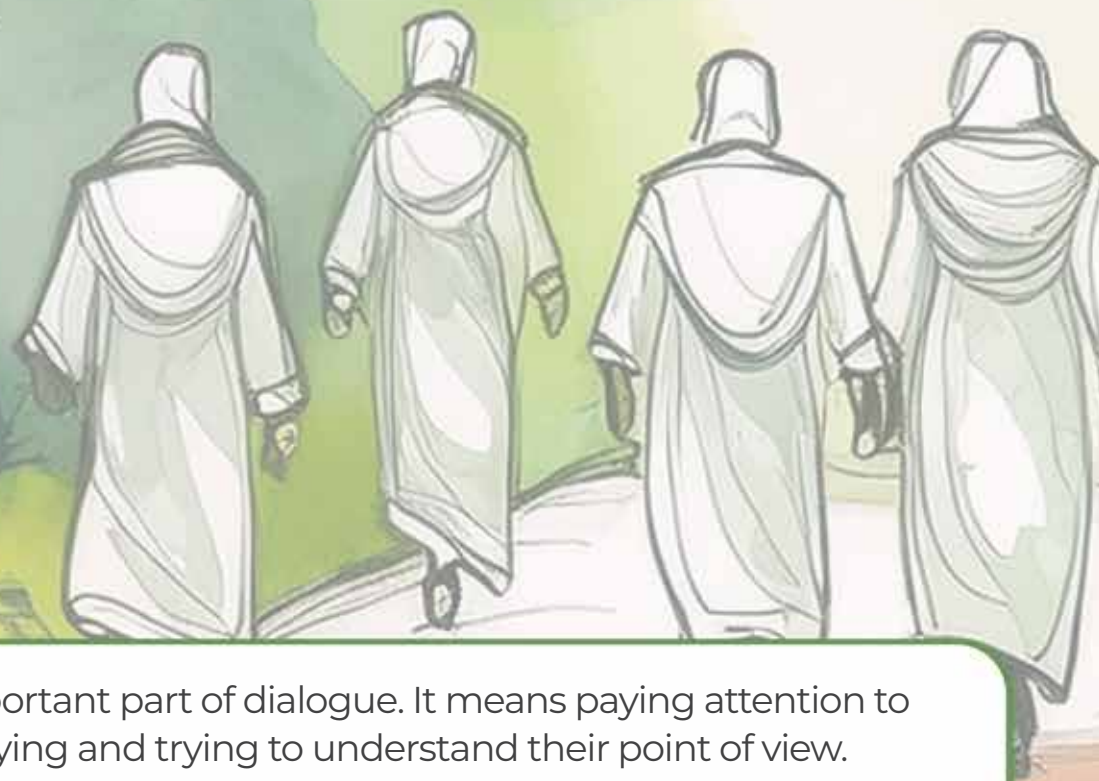


Week 26 in Ordinary Time

Year A

Word of the Week

Listen



Sunday

First Reading:

Ezekiel 18:25-28

Gospel Reading:

Matthew 21:28-32



Suggestions

Hebrew Bible:

Proverbs 22: 17-29

New Testament:

John 9: 1-41

Theme

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.

Mission

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

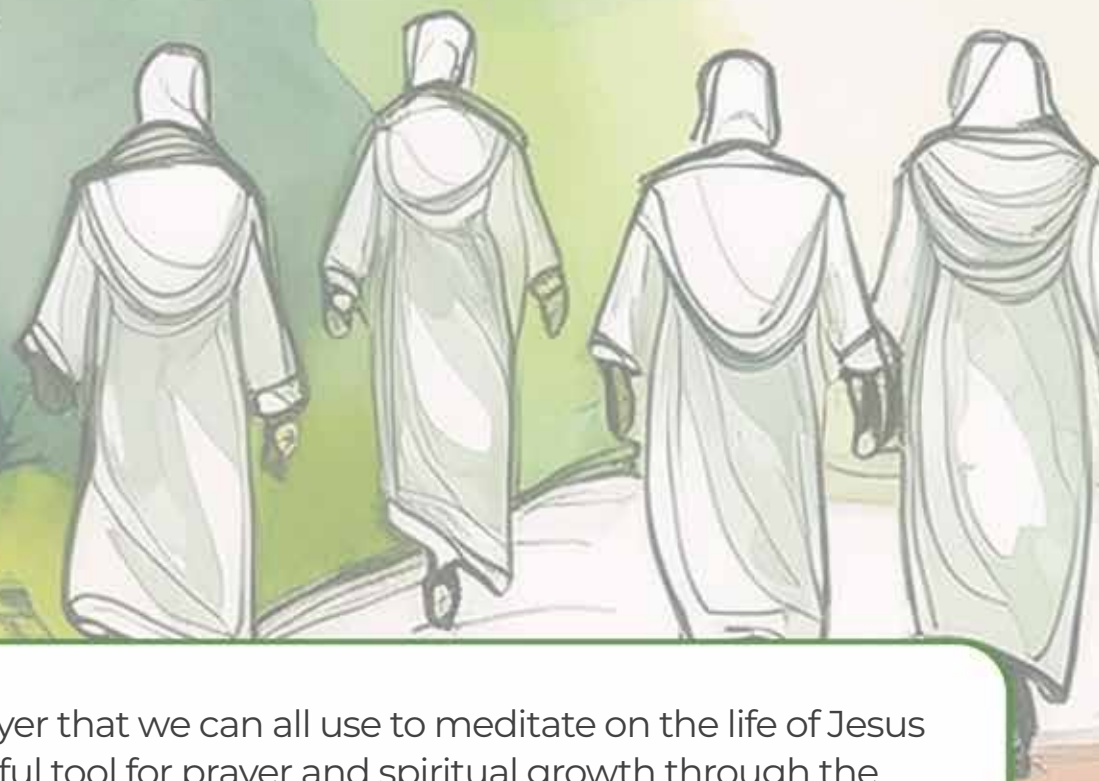


Week 27 in Ordinary Time

Year A

Word of the Week

Rosary



Sunday

First Reading:

Isaiah 5:1-7

Gospel Reading:

Matthew 21:33-43



Suggestions

Hebrew Bible:

Psalm 23: 1-6

New Testament:

Luke 17: 5-10

Theme

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.

Mission

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



Week 28 in Ordinary Time

Year A

Word of the Week

Respect



Sunday

First Reading:

Isaiah 25:6-10

Gospel Reading:

Matthew 22:1-14

Theme

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.



Suggestions

Hebrew Bible:

Leviticus 19: 32-37

New Testament:

Matthew 7: 12-14

Mission

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



Week 29 in Ordinary Time

Year A

Cardinal Virtue

Justice



Sunday

First Reading:

Isaiah 45:1, 4-6

Gospel Reading:

Matthew 22:15-21



Suggestions

Hebrew Bible:

Amos 5: 18-24

New Testament:

John 8: 7-11

Theme

Justice is a key virtue in the Catholic faith. It's about treating everyone fairly and ensuring that everyone has what they need to live a dignified life. We're called to speak up for those who are marginalised or oppressed, to challenge systems that perpetuate injustice, and to work towards a world where everyone is treated with respect and compassion.

Mission

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.

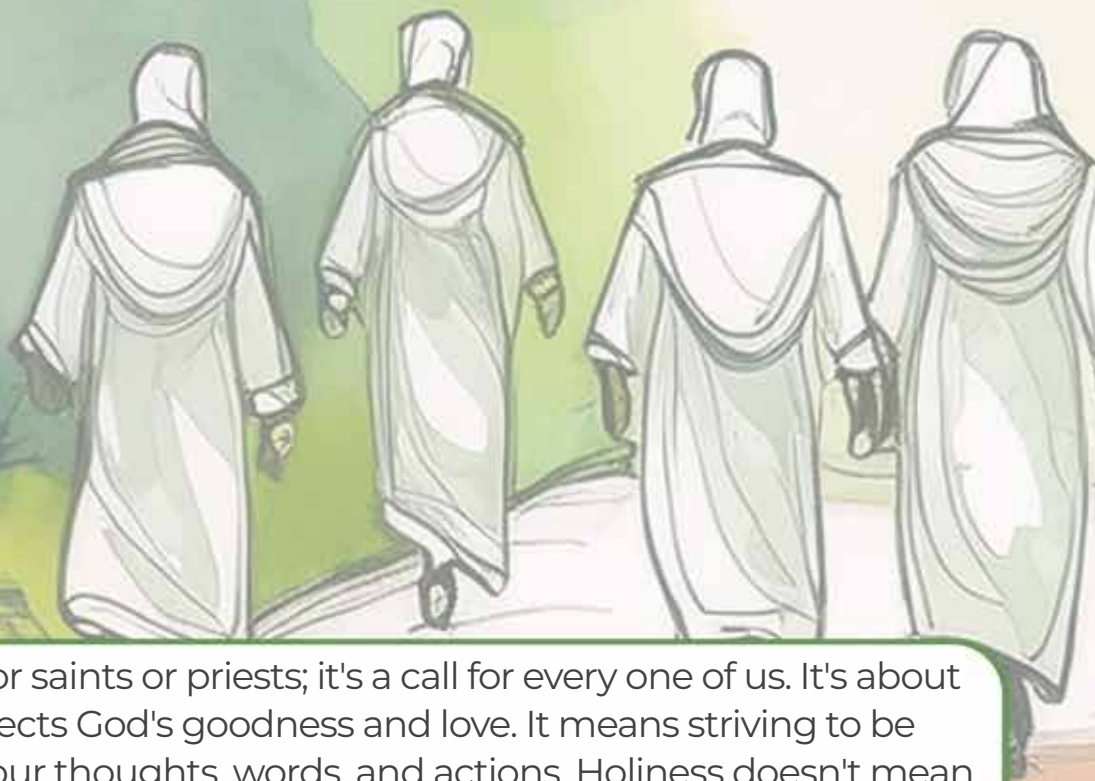


Week 30 in Ordinary Time

Year A

Word of the Week

Holiness



Sunday

First Reading:

Exodus 22:20-26

Gospel Reading:

Matthew 22:34-40



Suggestions

Hebrew Bible:

Wisdom 11:22-12:2

New Testament:

Luke 19:1-10

Theme

Holiness isn't just for saints or priests; it's a call for every one of us. It's about living a life that reflects God's goodness and love. It means striving to be more like Jesus in our thoughts, words, and actions. Holiness doesn't mean being perfect, but it does mean constantly trying to grow in our faith and become the best versions of ourselves. It's a lifelong journey, and we can find support and encouragement in the sacraments, prayer, and our community.

Mission

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

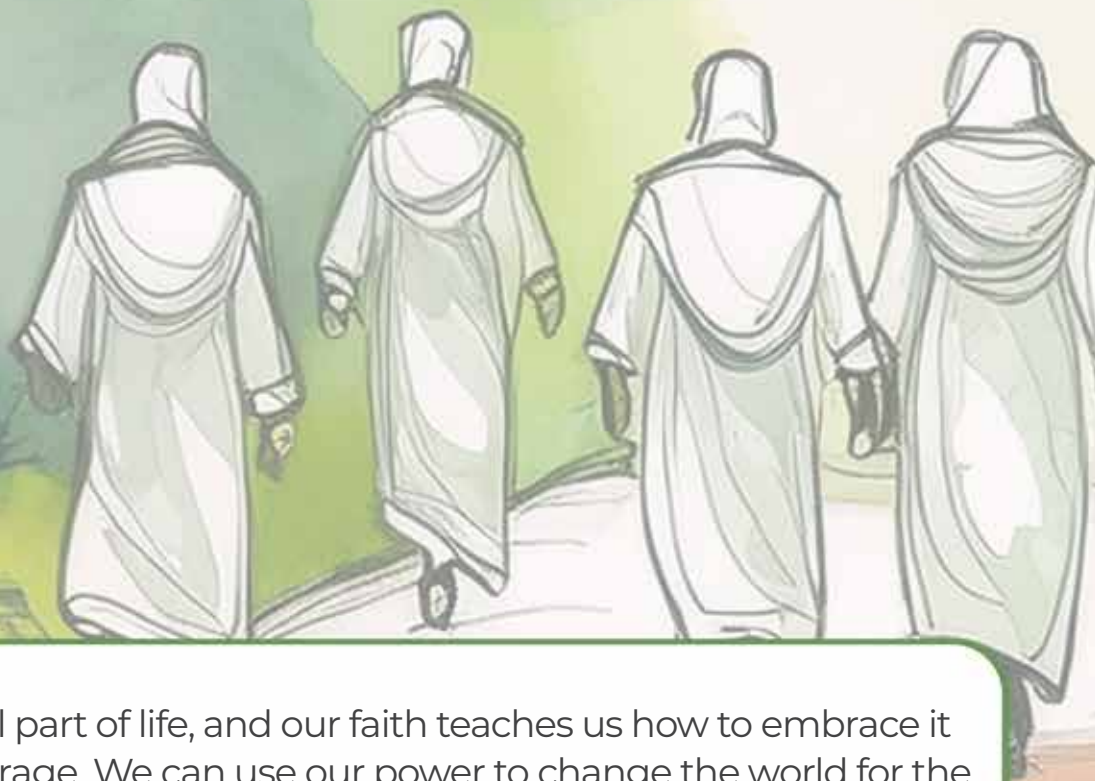


Week 31 in Ordinary Time

Year A

Word of the Week

Change



Sunday

First Reading:

Malachi 1:14—2:2, 8-10

Gospel Reading:

Matthew 23:1-12



Suggestions

Hebrew Bible:

Wisdom 12: 13, 16-19

New Testament:

Matthew 13: 24-43

Theme

Change is a natural part of life, and our faith teaches us how to embrace it with hope and courage. 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 bring about change every day by doing ordinary things with extraordinary love.

Mission

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



Week 32 in Ordinary Time

Year A

Word of the Week

Remembrance



Sunday

First Reading:

Wisdom 6:12-16

Gospel Reading:

Matthew 25:1-13



Suggestions

Hebrew Bible:

Lamentations 3: 19:27

New Testament:

Luke 22: 14-23

Theme

In our faith, remembrance is more than just remembering the past; it's about keeping our connection to God and to our loved ones alive. We remember the saints and martyrs who came before us, their examples guiding us on our own journey. We remember the sacrifices of Jesus and we remember those who have passed away, their love and influence continuing to shape us. Remembrance is a way to honour our past, cherish our present, and hope for our future.

Mission

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

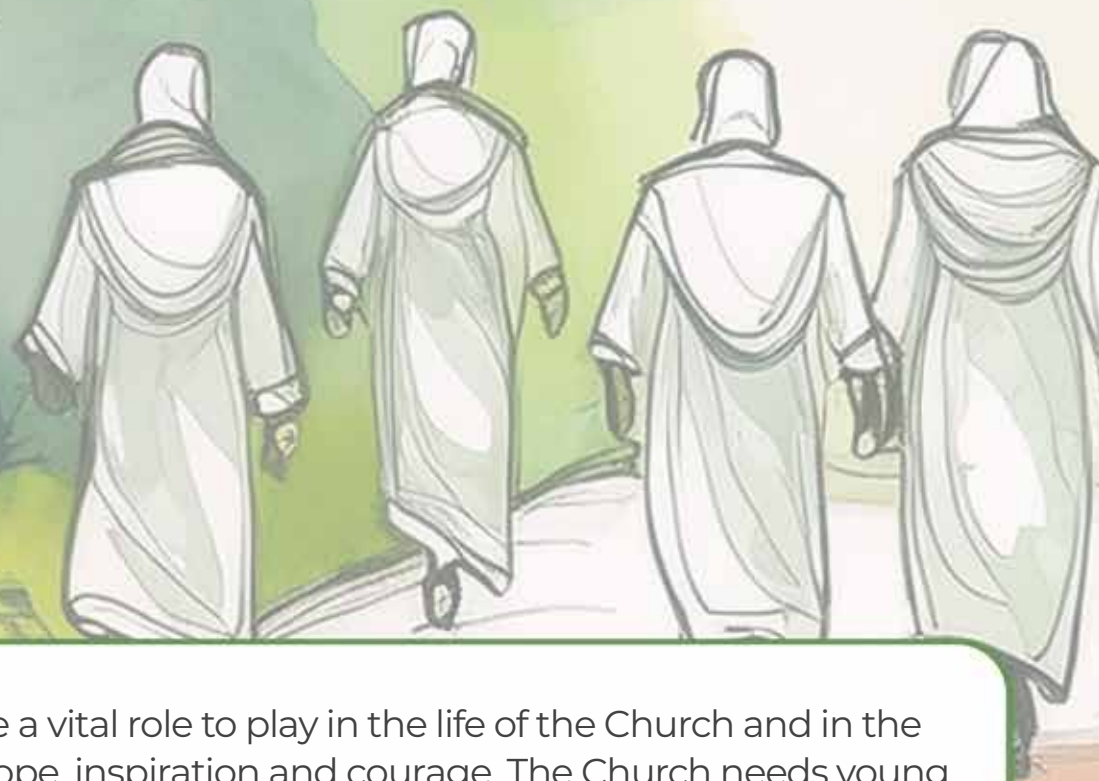


Week 33 in Ordinary Time

Year A

Word of the Week

Youth



Sunday

First Reading:

Proverbs 31:10-31 (sel.)

Gospel Reading:

Matthew 25:14-30



Suggestions

Hebrew Bible:

Ecclesiastes 11: 9

New Testament:

Matthew 19: 13-15

Theme

Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. The Church needs young people's voices, involvement, and leadership for it to grow and we are all called to be young in our outlook and our attitude so we can live life to the full.

Mission

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

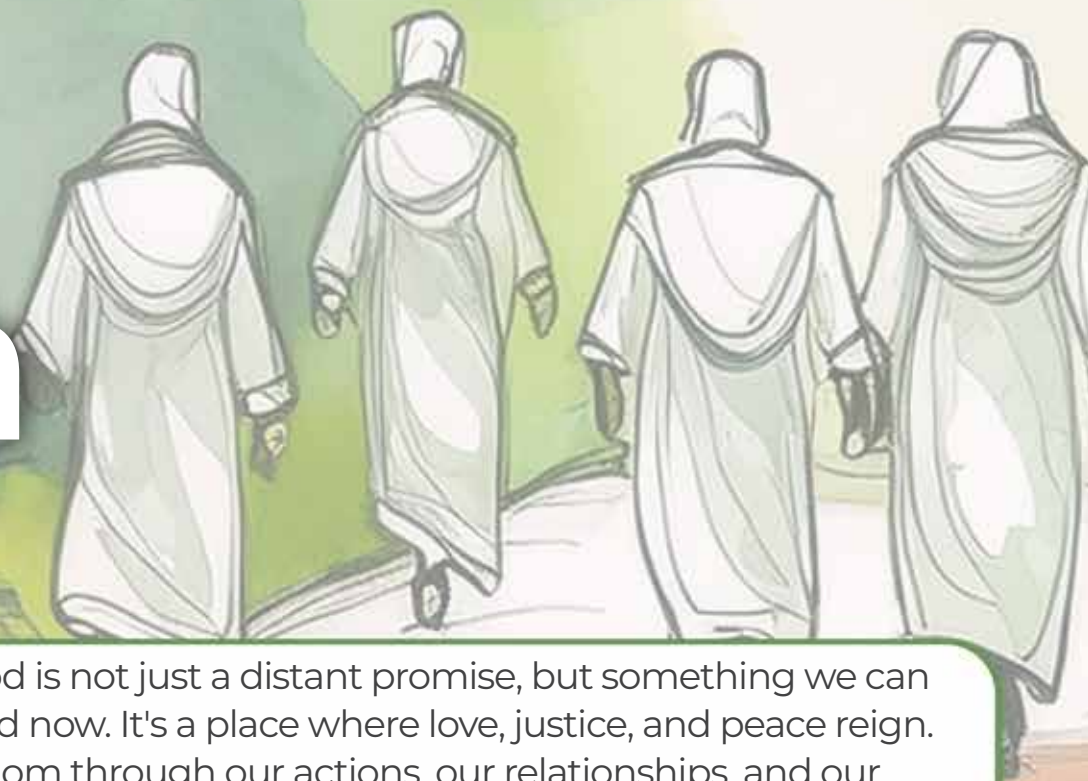


Week 34 in Ordinary Time

Year A

Word of the Week

Kingdom



Sunday

First Reading:

Ezekiel 34:11-12, 15-17

Gospel Reading:

Matthew 25:31-46



Suggestions

Hebrew Bible:

Daniel 2: 44-45

New Testament:

Luke 23: 35-43

Theme

The Kingdom of God is not just a distant promise, but something we can experience here and now. It's a place where love, justice, and peace reign. We build this kingdom through our actions, our relationships, and our commitment to living out Christ's teachings. The Kingdom is a place of belonging, where everyone is valued and loved. When we work together, we can create a glimpse of heaven on earth, a place where God's love shines through in all we do.

Mission

Think of one thing you can do to make your community more like the Kingdom of Heaven.



1st Week of Lent

Year A

Word of the Week

Prayer



Sunday

First Reading:

Genesis 2:7-9; 3:1-7

Gospel Reading:

Matthew 4:1-11



Suggestions

Hebrew Bible:

Jeremiah 29: 10-14

New Testament:

Matthew 6: 5-15

Theme

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.

Mission

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



2nd Week of Lent

Year A

Word of the Week

Fasting



Sunday

First Reading:

Genesis 12:1-4

Gospel Reading:

Matthew 17:1-9



Suggestions

Hebrew Bible:

Exodus 34: 25-28

New Testament:

Matthew 6:16-18

Theme

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.

Mission

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.



3rd Week of Lent

Year A

Word of the Week

Almsgiving



Sunday

First Reading:

Exodus 17:3-7

Gospel Reading:

John 4:5-42



Suggestions

Hebrew Bible:

Isaiah 58: 7-12

New Testament:

Matthew 25: 36-40

Theme

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.

Mission

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



4th Week of Lent

Year A

Word of the Week

Sacrifice



Sunday

First Reading:

1 Samuel 16:1, 6-7, 10-13

Gospel Reading:

John 9:1-41



Suggestions

Hebrew Bible:

Genesis 22: 1-19

New Testament:

Hebrews 13: 1-3

Theme

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. Sacrifice is a way to show our love for God and our commitment to living a life that reflects his values.

Mission

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



5th Week of Lent

Year A

Word of the Week

Journey



Sunday

First Reading:

Ezekiel 37:12-14

Gospel Reading:

John 11:1-45



Suggestions

Hebrew Bible:

Proverbs 3: 5-8

New Testament:

Matthew 6: 25-34

Theme

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.

Mission

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



6th Week of Lent

Year A

Word of the Week

Passion



Sunday

First Reading:

Isaiah 50:4-7

Gospel Reading:

Matthew 26:14-27:66



Suggestions

Hebrew Bible:

Isaiah 53: 1-12

New Testament:

Mark 15: 37-39

Theme

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.

Mission

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



Easter

Year A

Word of the Week

Alleluia



Sunday

First Reading:

Acts 2:14, 22-33

Gospel Reading:

John 20:1-9



Suggestions

Hebrew Bible:

Psalm 25: 1-3

New Testament:

Revelation 19: 1-21

Theme

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 his victory over death.

Mission

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



2nd Week of Eastertide

Year A

Word of the Week

Mercy



Sunday

First Reading:

Acts 2:42-47

Gospel Reading:

John 20:19-31



Suggestions

Hebrew Bible:

Lamentations 3: 22-24

New Testament:

1 John 4: 7-21

Theme

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.

Mission

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



3rd Week of Eastertide

Year A

Theological Virtue

Faith



Sunday

First Reading:

Acts 2:14, 22-33

Gospel Reading:

Luke 24:13-35



Suggestions

Hebrew Bible:

Jonah 2: 1-9

New Testament:

James 1: 2-18

Theme

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 accept it, and hold on to it, faith will give us strength, comfort, and hope.

Mission

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



4th Week of Eastertide

Year A

Word of the Week

Vocation



Sunday

First Reading:

Acts 2:14a, 36-41

Gospel Reading:

John 10:1-10



Suggestions

Hebrew Bible:

Genesis 12: 1-3

New Testament:

Romans 12: 4-8

Theme

A vocation is God's call to each of us. It is the unique way that God calls 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.

Mission

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



5th Week of Eastertide

Year A

Word of the Week

Witness



Sunday

First Reading:

Acts 6:1-7

Gospel Reading:

John 14:1-12



Suggestions

Hebrew Bible:

Isaiah 55:10-13

New Testament:

Luke 2:25-35

Theme

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.

Mission

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



6th Week of Eastertide

Year A

Word of the Week

Example



Sunday

First Reading:

 Acts 8:5-8, 14-17

Gospel Reading:

 John 14:15-21



Suggestions

Hebrew Bible:

 Genesis 3: 1-24

New Testament:

 Luke 15: 3-10

Theme

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.

Mission

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



7th Week of Eastertide

Year A

Word of the Week

Communication



Sunday

First Reading:

Acts 1:12-14

Gospel Reading:

John 17:1-11



Suggestions

Hebrew Bible:

Proverbs 15: 1-4

New Testament:

Matthew 15: 10-20

Theme

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.

Mission

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



Pentecost

Year A

Word of the Week

Pentecost



Sunday

First Reading:

Acts 2:1-11

Gospel Reading:

John 14:14-16, 23b-26

Theme

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 Christ.

Mission

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



Suggestions

Hebrew Bible:

Exodus 23: 16-19

New Testament:

1 Corinthians 12:3b-7, 12-13

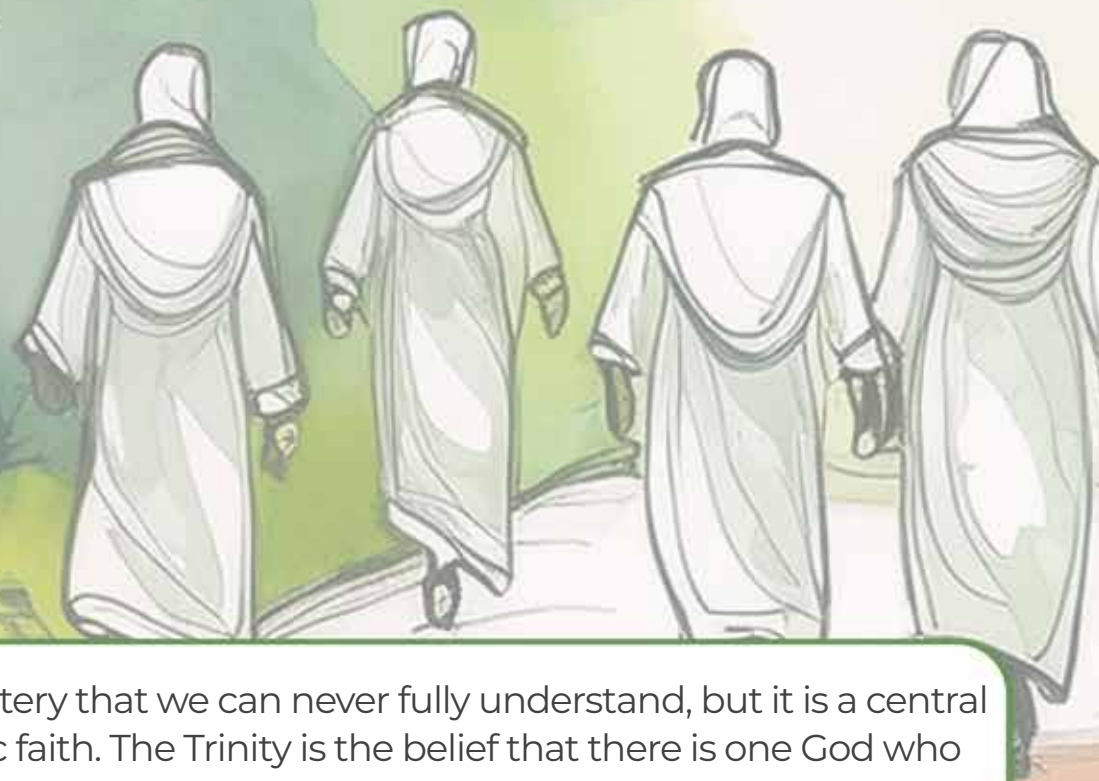


1st Week after Pentecost

Year A

Word of the Week

Trinity



Sunday

First Reading:

Exodus 34:4-6, 8-9

Gospel Reading:

John 3:16-18



Suggestions

Hebrew Bible:

Isaiah 48:14-16

New Testament:

Matthew 28:16-20

Theme

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.

Mission

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.



2nd Week after Pentecost

Year A

Word of the Week

Eucharist



Sunday

First Reading:

 Deuteronomy 8:2-3, 14b-16a

Gospel Reading:

 John 6:51-58



Suggestions

Hebrew Bible:

 Exodus 16: 1-10

New Testament:

 Luke 22: 14-23

Theme

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.

Mission

Share a meal with the people you love this week.



3rd Week after Pentecost

Year A

Word of the Week

Missionary Discipleship



Sunday

First Reading:

Deuteronomy 8:2-3, 14b-16a

Gospel Reading:

John 6:51-58



Suggestions

Hebrew Bible:

Psalm 105:1-6

New Testament:

Mark 16: 14 - 16

Theme

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.

Mission

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



1st Week of Advent

Year B

Theological Virtue

Hope



Sunday

First Reading:

Isaiah 63:16-17; 64:3-8

Gospel Reading:

Mark 13:33-37



Suggestions

Hebrew Bible:

Jeremiah 29:11-14

New Testament:

1 Peter 1: 3-9

Theme

We believe that even in the darkest of times, God's love and light shine through. This hope isn't just wishful thinking, but a confident expectation of God's promises. Hope is a powerful virtue that can give us strength to persevere, even when things get tough, and to trust that God is always with us, guiding us towards a brighter future. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.

Mission

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



2nd Week of Advent

Year B

Word of the Week

Peace



Sunday

First Reading:

Isaiah 40:1-5, 9-11

Gospel Reading:

Mark 1:1-8



Suggestions

Hebrew Bible:

Isaiah 26: 2-5

New Testament:

John 16: 25-33

Theme

In a world that's often filled with conflict and turmoil, we're called to be peacemakers. This doesn't mean simply avoiding arguments, but actively working towards reconciliation and understanding. In the season of Advent, we pray for peace in the world. Jesus is the Prince of Peace, and he calls us to follow his example and to be peacemakers too.

Mission

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



3rd Week of Advent

Year B

Word of the Week

Joy



Sunday

First Reading:

Isaiah 61:1-2a, 10-11

Gospel Reading:

John 1:6-8, 19-28



Suggestions

Hebrew Bible:

Zephaniah 3: 14-20

New Testament:

John 16: 16-24

Theme

This Sunday is Gaudete Sunday and it means 'Rejoice'. Joy is more than just happiness; it's a deep and lasting feeling that comes from knowing God and living in his love. It helps us to see the good in everything, even when things are tough. Joy is found in prayer, in serving others, and in our journey through Advent. It's a choice to trust in God's plan for our lives and to find hope in his promises.

Mission

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



4th Week of Advent

Year B

Theological Virtue

Love



Sunday

First Reading:

2 Sam 7:1-5, 8b-12, 14a, 16

Gospel Reading:

Luke 1:26-38



Suggestions

Hebrew Bible:

Deuteronomy 7: 6-9

New Testament:

1 Corinthians 13:4-7

Theme

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.

Mission

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



Octave of Christmas

Year B

Word of the Week

Family



Sunday

First Reading:

Genesis 15:1-6; 21:1-3

Gospel Reading:

Luke 2:22-40

Theme

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 to love one another as they did.



Suggestions

Hebrew Bible:

Exodus 12: 20

New Testament:

1 John 4: 7-21

Mission

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



2nd Sunday of Christmastide

Year B

Word of the Week

Epiphany



Sunday

First Reading:

Isaiah 60:1-6

Gospel Reading:

Matthew 2:1-12



Suggestions

Hebrew Bible:

Psalms 67: 1-7

New Testament:

Matthew 25: 14-30

Theme

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.

Mission

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



Week 1 in Ordinary Time

Year B

Word of the Week

Baptism



Sunday

First Reading:

Isaiah 42:1-4, 6-7

Gospel Reading:

Mark 1:7-11



Suggestions

Hebrew Bible:

Exodus 19:10

New Testament:

Mark 1:8

Theme

Baptism is a sign of God's love and forgiveness, it marks a fresh start and a new beginning. When we are baptised are welcomed into the Church community of believers who love us, support us and help us grow. During baptism we are anointed as priest, prophet and king and called to live like Jesus did.

Mission

Think of one way you can be more like Jesus this week.



Week 2 in Ordinary Time

Year B

Word of the Week

Discipleship



Sunday

First Reading:

1 Samuel 3:3-10, 19

Gospel Reading:

John 1:35-42



Suggestions

Hebrew Bible:

Deuteronomy 6:4-9

New Testament:

Matthew 28:18-20

Theme

Discipleship is all about learning from Jesus and following his example. It's about putting our faith into action, living out the Gospel in our daily lives. We can learn so much from Jesus' teachings, his compassion, and his love for others. As his disciples, we're called to do the same, to be a light in the world and share his message of hope.

Mission

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



Week 3 in Ordinary Time

Year B

Word of the Week

Scripture



Sunday

First Reading:

Jonah 3:1-5, 10

Gospel Reading:

Mark 1:14-20



Suggestions

Hebrew Bible:

Proverbs 4: 20-23

New Testament:

Matthew 7: 24-27

Theme

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 it speaks to us throughout our lives.

Mission

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



Week 4 in Ordinary Time

Year B

Word of the Week

Leadership



Sunday

First Reading:

Deuteronomy 18:15-20

Gospel Reading:

Mark 1:21-28



Suggestions

Hebrew Bible:

Isaiah 55:1-5

New Testament:

John 13: 13-17

Theme

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.

Mission

Try and take an opportunity to lead others this week.



Week 5 in Ordinary Time

Year B

Word of the Week

Diversity



Sunday

First Reading:

 Job 7:1-4, 6-7

Gospel Reading:

 Mark 1:29-39



Suggestions

Hebrew Bible:

 Psalm 139: 13-14

New Testament:

 Colossians 1: 16-17

Theme

Diversity calls us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image and 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.

Mission

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.



Week 6 in Ordinary Time

Year B

Word of the Week

Healing



Sunday

First Reading:

Leviticus 13:1-2, 44-46

Gospel Reading:

Mark 1:40-45

Theme

In our faith, healing is more than just physical recovery. It's a restoration of our whole selves – body, mind, and spirit. We see this in the ministry of Jesus, who healed the sick and forgave sins. We experience God's healing touch through the Sacraments, especially Reconciliation and the Anointing of the Sick. We are called to be active members of the Church who bring healing and the joy of knowing Jesus Christ to those that we meet.



Suggestions

Hebrew Bible:

Jeremiah 17:14-18

New Testament:

Luke 17:11-19

Mission

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



Week 7 in Ordinary Time

Year B

Word of the Week

Authority



Sunday

First Reading:

Isaiah 43:18-25 (sel.)

Gospel Reading:

Mark 2:1-12



Suggestions

Hebrew Bible:

Genesis 1: 26-28

New Testament:

Matthew 18:16-20

Theme

Authority is the recognition that some people hold a special significance or power in our lives. Where some people use their authority to control us, Jesus gets his authority from God the Father and he uses it to encourage us and to build the Kingdom of Heaven on earth. When we are distracted by the different influences in our lives we should try our best to focus once again on God, who holds the greatest authority in our lives.

Mission

Spend some time in silence, free from distractions, and listen to what Jesus is calling you to do.



Week 8 in Ordinary Time

Year B

Word of the Week

Belief



Sunday

First Reading:

Hosea 2:16-17, 21-22

Gospel Reading:

Mark 2:18-22

Theme

Belief is the foundation of our faith, the trust that God exists and that He loves us unconditionally. It's the acceptance of the teachings of the Church, passed down through the centuries. Belief isn't always easy; there will be times of doubt and questioning. But when we seek answers in prayer, study, and dialogue, our faith can be strengthened and deepened. Belief is a gift, and we are called to share it with others through our words and actions.

Mission

Have a conversation with someone this week about what they believe and why they believe it.



Suggestions

Hebrew Bible:

Proverbs 3:5-6

New Testament:

John 20:24-29



Week 9 in Ordinary Time

Year B

Catholic Social Teaching

Care



Sunday

First Reading:

Deuteronomy 5:12-15

Gospel Reading:

Mark 2:23—3:6



Suggestions

Hebrew Bible:

Genesis 2: 15

New Testament:

Luke 15: 1-7

Theme

Care for our common home is at the heart of our relationship with God and others. We are called to care for creation, the environment, and all living beings, recognising their inherent value as God's creation. We care for our neighbours, especially the most vulnerable, through acts of compassion, service, and advocacy. Care is a reflection of God's love, a way to participate in his work of bringing healing and wholeness to the world.

Mission

Do one thing to take care of our common home this week.



Week 10 in Ordinary Time

Year B

Word of the Week

Community



Sunday

First Reading:

 Genesis 3:9-15

Gospel Reading:

 Mark 3:20-35



Suggestions

Hebrew Bible:

 Ecclesiastes 4: 9-12

New Testament:

 Matthew 22: 37-40

Theme

We are not meant to journey alone in our faith. The Church is a community of believers, a family united by our shared love for Christ. We find strength, support, and encouragement in our community, through shared prayer, worship, and service. We learn from each other, challenge each other, and grow together in faith. We are called to build strong, welcoming communities where everyone feels loved and valued, where we can share our joys and sorrows, and where we can journey together towards holiness.

Mission

Think about the different members of your community this week and try to spend time with as many different people as possible



Week 11 in Ordinary Time

Year B

Word of the Week

Evangelise



Sunday

First Reading:

 Ezekiel 17:22-24

Gospel Reading:

 Mark 4:26-34



Suggestions

Hebrew Bible:

 Psalms 105: 1-3

New Testament:

 2 Timothy 3:10-17

Theme

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.

Mission

Tell someone about Jesus this week.



Week 12 in Ordinary Time

Year B

Gift of the Holy Spirit

Awe and Wonder



Sunday

First Reading:

Job 38:1, 8-11

Gospel Reading:

Mark 4:35-41



Suggestions

Hebrew Bible:

Job 12: 7-10

New Testament:

Matthew 9: 6-8

Theme

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. Awe and wonder are not just emotions; they are a response to the divine, a recognition of something greater than ourselves.

Mission

Take a walk outside and find something beautiful.



Week 13 in Ordinary Time

Year B

Cardinal Virtue

Fortitude



Sunday

First Reading:

Wisdom 1:13-15; 2:23-24

Gospel Reading:

Mark 5:21-43



Suggestions

Hebrew Bible:

Isaiah 53: 7

New Testament:

John 15: 18-27

Theme

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.

Mission

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



Week 14 in Ordinary Time

Year B

Word of the Week

Teaching



Sunday

First Reading:

Ezekiel 2:2-5

Gospel Reading:

Mark 6:1-6



Suggestions

Hebrew Bible:

Psalm 32: 8-9

New Testament:

2 Timothy 3: 10-17

Theme

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.

Mission

Take the time to learn a new skill this week, or to teach something new to someone else.



Week 15 in Ordinary Time

Year B

Word of the Week

Gratitude



Sunday

First Reading:

Amos 7:12-15

Gospel Reading:

Mark 6:7-13



Suggestions

Hebrew Bible:

Psalms 118: 19-24

New Testament:

1 Thessalonians 5: 12-22

Theme

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 we all have in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.

Mission

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



Week 16 in Ordinary Time

Year B

Word of the Week

Celebration



Sunday

First Reading:

Jeremiah 23:1-6

Gospel Reading:

Mark 6:30-34



Suggestions

Hebrew Bible:

Psalm 150: 1-6

New Testament:

John 2: 1-12

Theme

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.

Mission

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



Week 17 in Ordinary Time

Year B

Word of the Week

Thanksgiving



Sunday

First Reading:

 2 Kings 4:42-44

Gospel Reading:

 John 6:1-15



Suggestions

Hebrew Bible:

 Psalm 100: 1-5

New Testament:

 Matthew 6: 25-34

Theme

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.

Mission

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



Week 18 in Ordinary Time

Year B

Word of the Week

Generosity



Sunday

First Reading:

 Exodus 16:2-4, 12-15

Gospel Reading:

 John 6:24-35



Suggestions

Hebrew Bible:

 Psalm: 118: 26-29

New Testament:

 Luke 21: 1-4

Theme

We can show generosity in many ways. We can donate to charities, volunteer our time, or simply be kind and helpful to those around us. When we are generous, we not only make a difference in the lives of others, but we also grow in our own faith and understanding of God's love.

Mission

Think of something that you have and give it to someone who may need it more this week.



Week 19 in Ordinary Time

Year B

Word of the Week

Positivity



Sunday

First Reading:

1 Kings 19:4-8

Gospel Reading:

John 6:41-51



Suggestions

Hebrew Bible:

Proverbs 3: 13-18

New Testament:

Philippians 4: 4-7

Theme

Being positive has a huge impact on those around us. When we are positive we choose to focus on the good in others, even when they make mistakes. We can celebrate the support we receive in difficult situations. We can choose to be grateful for the blessings in our lives. When we are positive, we not only make the world a brighter place, but we also grow in our own faith and understanding of God's love.

Mission

Try to make one person smile every day this week.



Week 20 in Ordinary Time

Year B

Word of the Week

Heaven



Sunday

First Reading:

Proverbs 9:1-6

Gospel Reading:

John 6:51-58

Theme

Heaven is a place that God has prepared for those who love him. It is a place of perfect happiness and joy where there is no pain, no suffering, and no sorrow. We pray that we can be made holy and be worthy of an eternity spent with Jesus.



Suggestions

Hebrew Bible:

Amos 9:6

New Testament:

Revelation 21:1-7

Mission

Spend some time in prayer this week thinking about how we can reflect heaven here on earth.

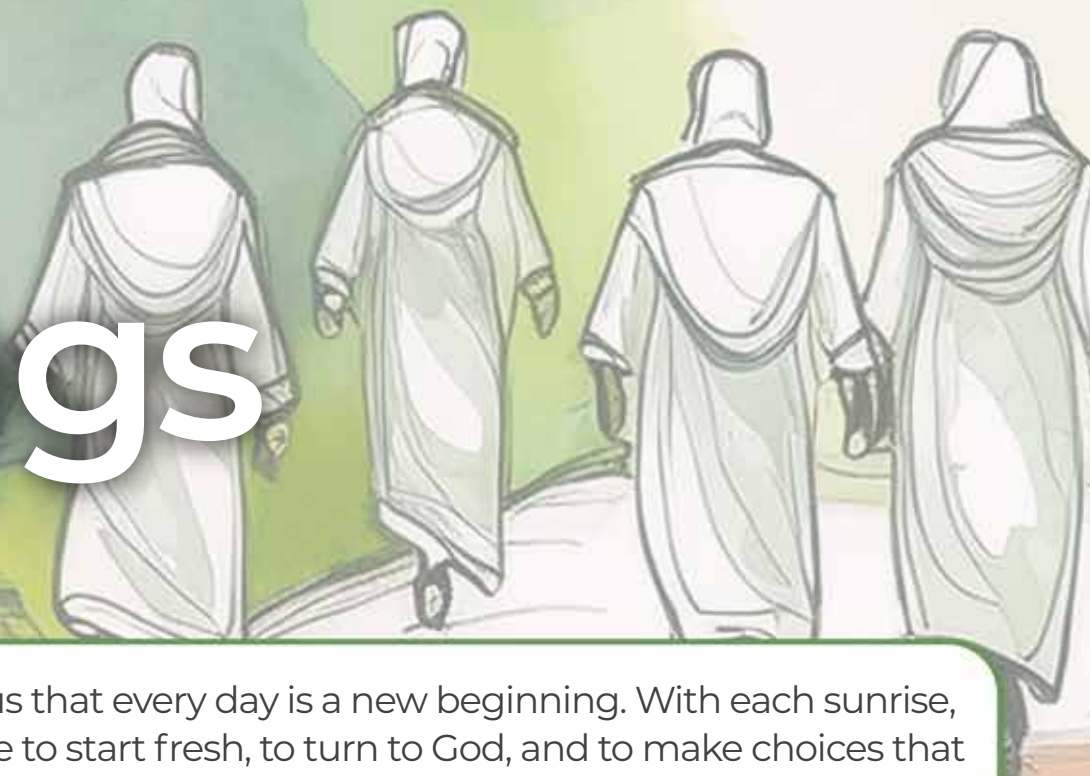


Week 21 in Ordinary Time

Year B

Word of the Week

Beginnings



Sunday

First Reading:

Joshua 24:1-2, 15-17, 18

Gospel Reading:

John 6:60-69

Theme

Our faith reminds us that every day is a new beginning. With each sunrise, we have the chance to start fresh, to turn to God, and to make choices that reflect our love for him. Even if we've made mistakes in the past, God's mercy is always available. In the sacraments, like Baptism and Reconciliation, we experience the power of new beginnings and God's constant love.



Suggestions

Hebrew Bible:

Genesis 1:1-31

New Testament:

John 1:1-18

Mission

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



Week 22 in Ordinary Time

Year B

Word of the Week

Welcome



Sunday

First Reading:

Deuteronomy 4:1-2, 6-8

Gospel Reading:

Mark 7:1-8, 14-15, 21-23



Suggestions

Hebrew Bible:

Isaiah 66: 18-21

New Testament:

Luke 13: 22-30

Theme

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.

Mission

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



Week 23 in Ordinary Time

Year B

Word of the Week

Encounter



Sunday

First Reading:

Isaiah 35:4-7

Gospel Reading:

Mark 7:31-37



Suggestions

Hebrew Bible:

1 Samuel 3: 1-10

New Testament:

Luke 19: 1-10

Theme

Our faith is full of encounters with God – in prayer, in the sacraments, and in the people we meet. These encounters can change us, challenge us, and bring us closer to God. When we open ourselves to encountering Christ in our daily lives, we allow his love to transform us and make us more like him. We can encounter Christ in the Scriptures, in the Mass, and in the faces of those in need.

Mission

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



Week 24 in Ordinary Time

Year B

Word of the Week

Identity



Sunday

First Reading:

Isaiah 50:4-9

Gospel Reading:

Mark 8:27-35



Suggestions

Hebrew Bible:

Jeremiah 1:5

New Testament:

Matthew 5: 14-16

Theme

Identity is the sense of who we are as individuals. It is shaped by our experiences, our beliefs, and our relationships. In the Catholic faith, our identity is rooted in our relationship with God. We are created in the image and likeness of God, and we are called to be his children and to respect the dignity of all people.

Mission

Take a selfie doing something that you love and that says something about who you are.



Week 25 in Ordinary Time

Year B

Gift of the Holy Spirit

Understanding



Sunday

First Reading:

 Wisdom 2:12, 17-20

Gospel Reading:

 Mark 9:30-37



Suggestions

Hebrew Bible:

 Proverbs 3: 5-6

New Testament:

 1 John 5: 18-20

Theme

Understanding is the ability to comprehend and interpret information. It is essential for building relationships, for empathising with others and for making good decisions. In the Catholic faith, we are called to be understanding of others and to be compassionate towards them, even when we disagree with them.

Mission

Find time to talk to someone you don't know very well this week so that you can understand them better.



Week 26 in Ordinary Time

Year B

Catholic Social Teaching

Solidarity



Sunday

First Reading:

Numbers 11:25-29

Gospel Reading:

Mark 9:38-43, 45, 47-48



Suggestions

Hebrew Bible:

Psalm 133: 1-3

New Testament:

Galatians 3: 23-28

Theme

Solidarity is the feeling of unity and support for others. It is essential for building a just and compassionate society. In the Catholic faith, we are called to be in solidarity with the poor and the marginalised and with those who are suffering, both physically and emotionally. Even if we have not met them, our faith creates an obligation in us to support our brothers and sisters in Christ.

Mission

Research the work of CAFOD this week and find a campaign action that will help you stand in solidarity with others.

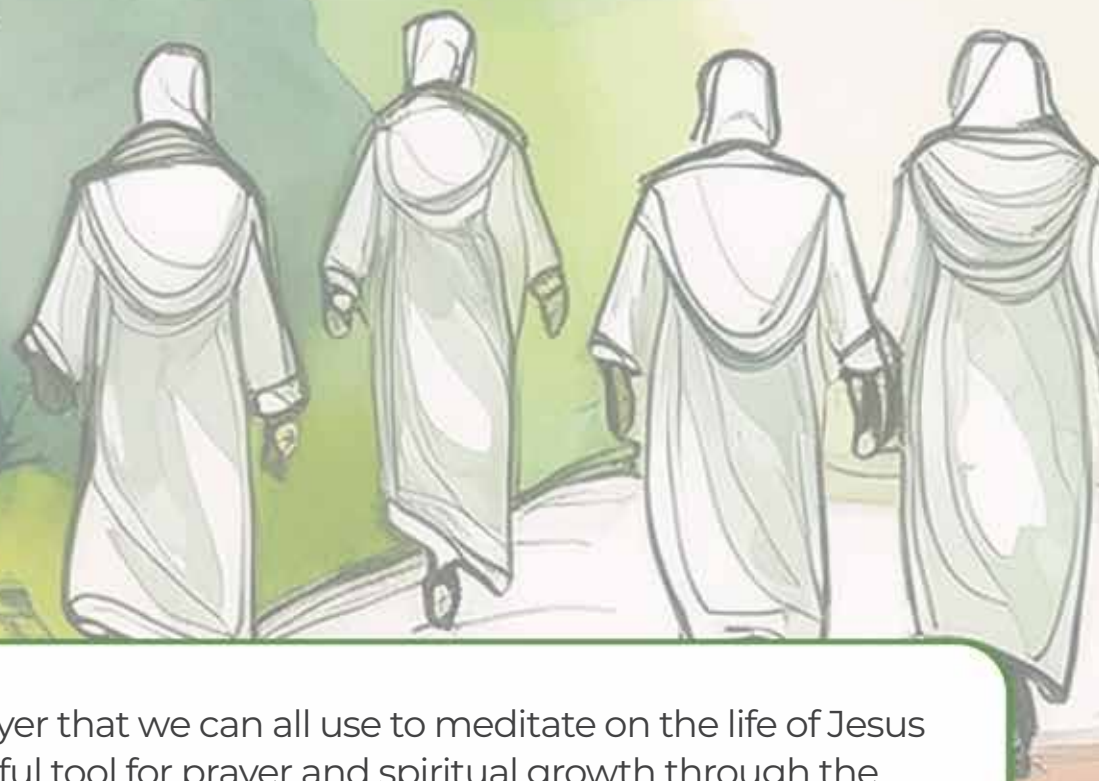


Week 27 in Ordinary Time

Year B

Word of the Week

Rosary



Sunday

First Reading:

Genesis 2:18-24

Gospel Reading:

Mark 10:2-16



Suggestions

Hebrew Bible:

Psalm 23: 1-6

New Testament:

Luke 17: 5-10

Theme

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.

Mission

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



Week 28 in Ordinary Time

Year B

Catholic Social Teaching

Poverty



Sunday

First Reading:

Wisdom 7:7-11

Gospel Reading:

Mark 10:17-30



Suggestions

Hebrew Bible:

Leviticus 25: 35-38

New Testament:

2 Corinthians 8: 1-15

Theme

In the Catholic faith, we are called to care for the poor and to work to alleviate poverty. We are also called to be aware of the causes of poverty and to work to change them. Scripture reminds us that we can be financially poor but we can also be poor in spirit and that as followers of Jesus we should show mercy to all people, especially those most in need.

Mission

Make a donation of money, items or time to a charity this week.

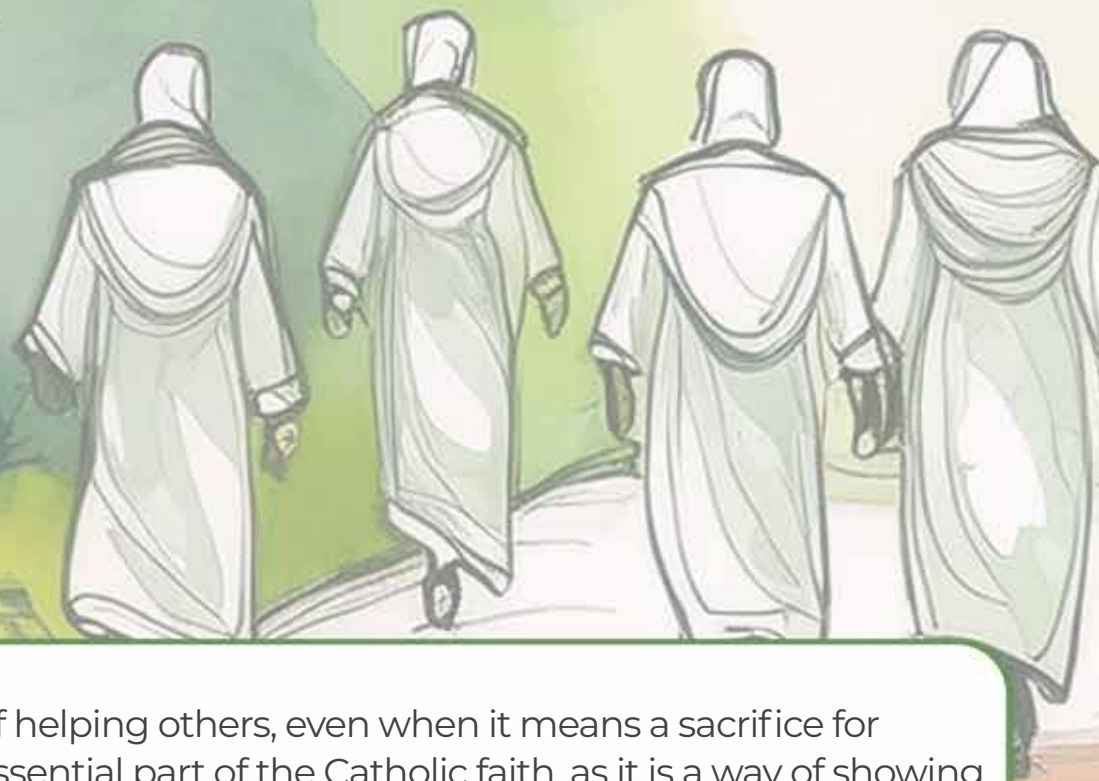


Week 29 in Ordinary Time

Year B

Word of the Week

Service



Sunday

First Reading:

Isaiah 53:10-11

Gospel Reading:

Mark 10:35-45



Suggestions

Hebrew Bible:

Isaiah 58: 10

New Testament:

Luke 10: 30-37

Theme

Service is the act of helping others, even when it means a sacrifice for ourselves. It is an essential part of the Catholic faith, as it is a way of showing love and compassion for others by putting our faith into action. Our faith calls us to serve others in need, both in our own community and in the world at large as humble servants, just as Christ did.

Mission

Seek out those people in your community who serve others and thank them for what they do.



Week 30 in Ordinary Time

Year B

Word of the Week

Compassion



Sunday

First Reading:

Jeremiah 31:7-9

Gospel Reading:

Mark 10:46-52



Suggestions

Hebrew Bible:

Zechariah 7:9-10

New Testament:

Matthew 9:35-38

Theme

Compassion is the feeling of wanting to help others who are suffering. It is an essential part of the Catholic faith, as it is a way of showing love and mercy for others. In the Catholic faith, we are called to be compassionate to those who are suffering, both physically and emotionally.

Mission

Say a prayer for someone you know who is struggling. Find time to be with them this week.



Week 31 in Ordinary Time

Year B

Word of the Week

Accompaniment



Sunday

First Reading:

Deuteronomy 6:2-6

Gospel Reading:

Mark 12:28-34



Suggestions

Hebrew Bible:

Exodus 3: 15-20

New Testament:

Luke 24:13-35

Theme

Accompaniment is the act of walking with someone on their journey. It is how we, as followers of Christ, show support and love for others. We are called to accompany others on their journey of faith, both in good times and in bad, just as the Holy Spirit watches over each of us in our own lives.

Mission

Think about the people who walk with you in life. Take time this week to tell them how much they mean to you.



Week 32 in Ordinary Time

Year B

Word of the Week

Remembrance



Sunday

First Reading:

1 Kings 17:10-16

Gospel Reading:

Mark 12:38-44



Suggestions

Hebrew Bible:

Lamentations 3: 19:27

New Testament:

Luke 22: 14-23

Theme

In our faith, remembrance is more than just remembering the past; it's about keeping our connection to God and to our loved ones alive. We remember the saints and martyrs who came before us, their examples guiding us on our own journey. We remember the sacrifices of Jesus and we remember those who have passed away, their love and influence continuing to shape us. Remembrance is a way to honour our past, cherish our present, and hope for our future.

Mission

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

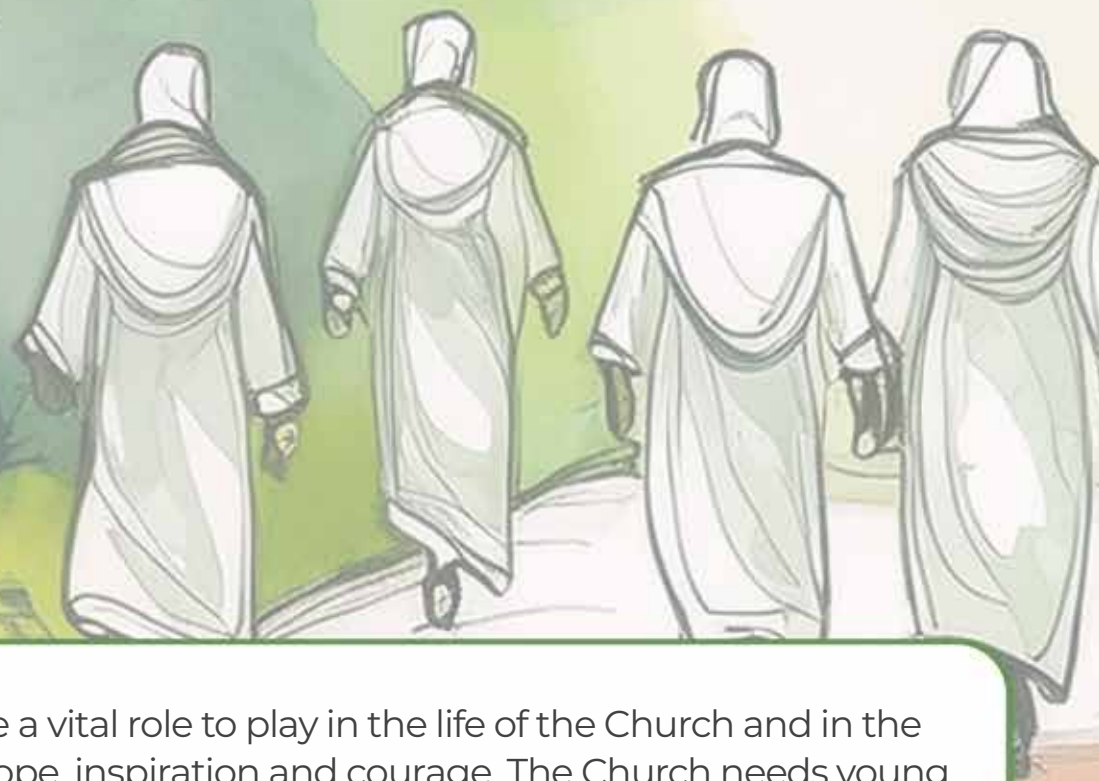


Week 33 in Ordinary Time

Year B

Word of the Week

Youth



Sunday

First Reading:

Daniel 12:1-3

Gospel Reading:

Mark 13:24-32



Suggestions

Hebrew Bible:

Ecclesiastes 11: 9

New Testament:

Matthew 19: 13-15

Theme

Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. The Church needs young people's voices, involvement, and leadership for it to grow and we are all called to be young in our outlook and our attitude so we can live life to the full.

Mission

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

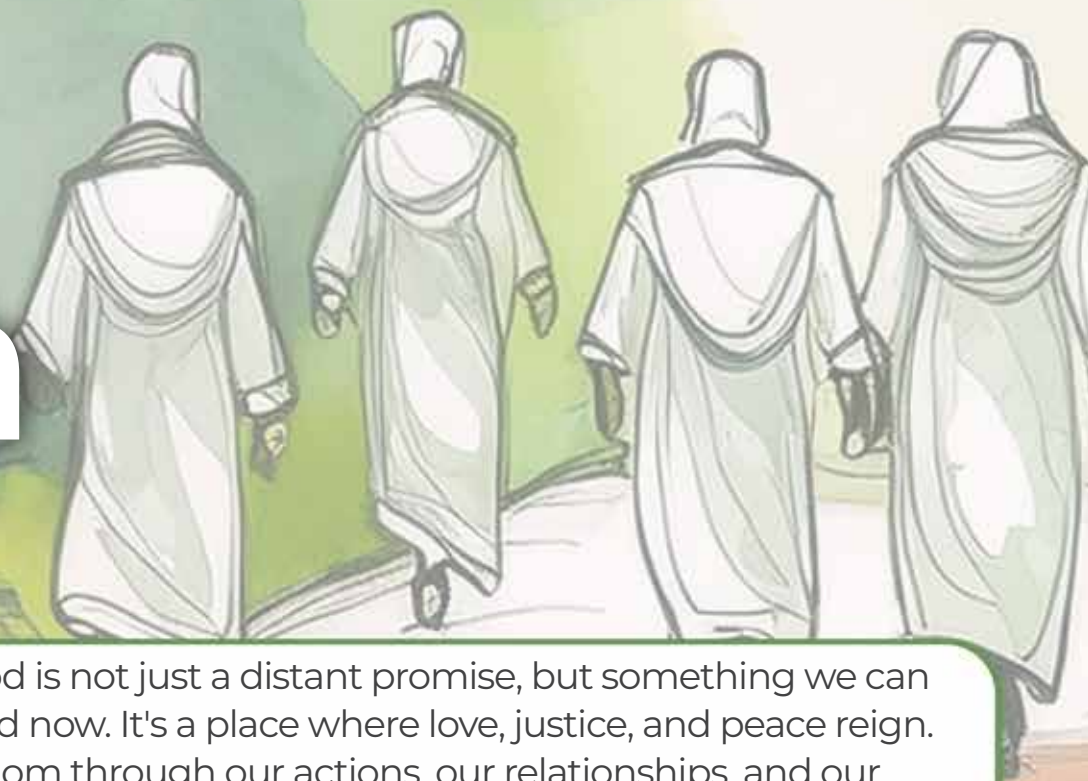


Week 34 in Ordinary Time

Year B

Word of the Week

Kingdom



Sunday

First Reading:

Daniel 7:13-14

Gospel Reading:

John 18:33-37

Theme

The Kingdom of God is not just a distant promise, but something we can experience here and now. It's a place where love, justice, and peace reign. We build this kingdom through our actions, our relationships, and our commitment to living out Christ's teachings. The Kingdom is a place of belonging, where everyone is valued and loved. When we work together, we can create a glimpse of heaven on earth, a place where God's love shines through in all we do.

Mission

Think of one thing you can do to make your community more like the Kingdom of Heaven.



Suggestions

Hebrew Bible:

Daniel 2: 44-45

New Testament:

Luke 23: 35-43



1st Week of Lent

Year B

Word of the Week

Prayer



Sunday

First Reading:

Genesis 9:8-15

Gospel Reading:

Mark 1:12-15



Suggestions

Hebrew Bible:

Jeremiah 29: 10-14

New Testament:

Matthew 6: 5-15

Theme

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.

Mission

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



2nd Week of Lent

Year B

Word of the Week

Fasting



Sunday

First Reading:

Genesis 22:1-2, 9-13, 15-18

Gospel Reading:

Mark 9:2-10



Suggestions

Hebrew Bible:

Exodus 34: 25-28

New Testament:

Matthew 6:16-18

Theme

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.

Mission

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.



3rd Week of Lent

Year B

Word of the Week

Almsgiving



Sunday

First Reading:

Exodus 20:1-17

Gospel Reading:

John 2:13-25



Suggestions

Hebrew Bible:

Isaiah 58: 7-12

New Testament:

Matthew 25: 36-40

Theme

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.

Mission

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



4th Week of Lent

Year B

Word of the Week

Sacrifice



Sunday

First Reading:

2 Chronicles 36:14-16, 19-23

Gospel Reading:

John 3:14-21



Suggestions

Hebrew Bible:

Genesis 22: 1-19

New Testament:

Hebrews 13: 1-3

Theme

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. Sacrifice is a way to show our love for God and our commitment to living a life that reflects his values.

Mission

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



5th Week of Lent

Year B

Word of the Week

Journey



Sunday

First Reading:

Jeremiah 31:31-34

Gospel Reading:

John 12:20-33



Suggestions

Hebrew Bible:

Proverbs 3: 5-8

New Testament:

Matthew 6: 25-34

Theme

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.

Mission

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



6th Week of Lent

Year B

Word of the Week

Passion



Sunday

First Reading:

Isaiah 50:4-7

Gospel Reading:

Mark 14:1-15:47



Suggestions

Hebrew Bible:

Isaiah 53: 1-12

New Testament:

Mark 15: 37-39

Theme

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.

Mission

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



Easter

Year B

Word of the Week

Alleluia



Sunday

First Reading:

Acts 10: 34, 37-43

Gospel Reading:

John 20: 1-9



Suggestions

Hebrew Bible:

Psalms 25: 1-3

New Testament:

Revelation 19: 1-21

Theme

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 his victory over death.

Mission

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



2nd Week of Eastertide

Year B

Word of the Week

Mercy



Sunday

First Reading:

Acts 4:32-35

Gospel Reading:

John 20:19-31



Suggestions

Hebrew Bible:

Lamentations 3: 22-24

New Testament:

1 John 4: 7-21

Theme

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.

Mission

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



3rd Week of Eastertide

Year B

Theological Virtue

Faith



Sunday

First Reading:

Acts 3:13-15, 17-19

Gospel Reading:

Luke 24:35-48



Suggestions

Hebrew Bible:

Jonah 2: 1-9

New Testament:

James 1: 2-18

Theme

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 accept it, and hold on to it, faith will give us strength, comfort, and hope.

Mission

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



4th Week of Eastertide

Year B

Word of the Week

Vocation



Sunday

First Reading:

Acts 4:8-12

Gospel Reading:

John 10:11-18



Suggestions

Hebrew Bible:

Genesis 12: 1-3

New Testament:

Romans 12: 4-8

Theme

A vocation is God's call to each of us. It is the unique way that God calls 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.

Mission

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



5th Week of Eastertide

Year B

Word of the Week

Witness



Sunday

First Reading:

Acts 9:26-31

Gospel Reading:

John 15:1-8



Suggestions

Hebrew Bible:

Isaiah 55: 10-13

New Testament:

Luke 2: 25-35

Theme

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.

Mission

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



6th Week of Eastertide

Year B

Word of the Week

Example



Sunday

First Reading:

Acts 10:25-26, 34-35, 44-48

Gospel Reading:

John 15:9-17



Suggestions

Hebrew Bible:

Genesis 22: 1-19

New Testament:

Luke 15: 3-10

Theme

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.

Mission

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



7th Week of Eastertide

Year B

Word of the Week

Communication



Sunday

First Reading:

Acts 1:15-17, 20-26

Gospel Reading:

John 17:11-19



Suggestions

Hebrew Bible:

Proverbs 15: 1-4

New Testament:

Matthew 15: 10-20

Theme

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.

Mission

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



Pentecost

Year B

Word of the Week

Pentecost



Sunday

First Reading:

Acts 2:1-11

Gospel Reading:

John 14:14-16, 23b-26

Theme

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 Christ.

Mission

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



Suggestions

Hebrew Bible:

Exodus 23: 16-19

New Testament:

1 Corinthians 12:3b-7, 12-13

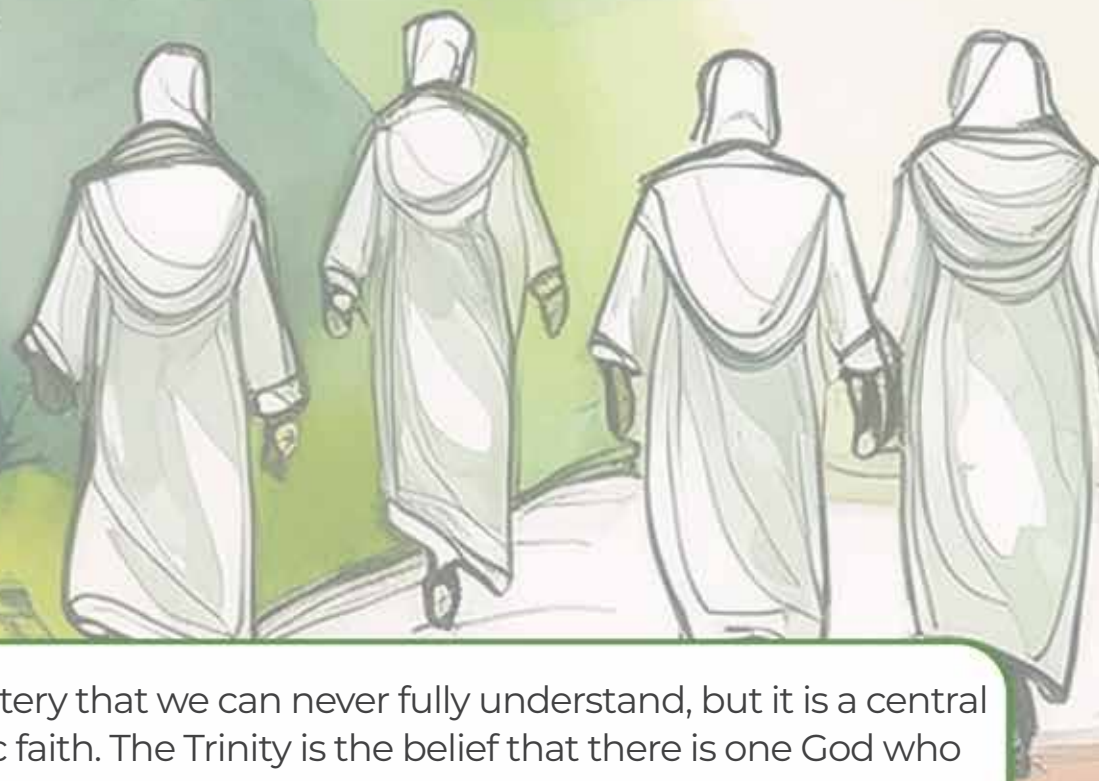


1st Sunday after Pentecost

Year B

Word of the Week

Trinity



Sunday

First Reading:

Deuteronomy 4:32-34, 39-40

Gospel Reading:

Matthew 28:16-20



Suggestions

Hebrew Bible:

Isaiah 48:14-16

New Testament:

Matthew 28:16-20

Theme

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.

Mission

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.



2nd Sunday after Pentecost

Year B

Word of the Week

Eucharist



Sunday

First Reading:

Exodus 24:3-8

Gospel Reading:

Mark 14:12-16, 22-26



Suggestions

Hebrew Bible:

Exodus 16: 1-10

New Testament:

Luke 22: 14-23

Theme

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.

Mission

Share a meal with the people you love this week.



3rd Sunday after Pentecost

Year B

Word of the Week

Missionary Discipleship



Sunday

First Reading:

Exodus 24:3-8

Gospel Reading:

Mark 14:12-16, 22-26



Suggestions

Hebrew Bible:

Psalm 105:1-6

New Testament:

Mark 16: 14 - 16

Theme

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.

Mission

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



1st Week of Advent

Year C

Theological Virtue

Hope



Sunday

First Reading:

Jeremiah 33:14-16

Gospel Reading:

Luke 21:25-28, 34-36



Suggestions

Hebrew Bible:

Jeremiah 29:11-14

New Testament:

1 Peter 1: 3-9

Theme

We believe that even in the darkest of times, God's love and light shine through. This hope isn't just wishful thinking, but a confident expectation of God's promises. Hope is a powerful virtue that can give us strength to persevere, even when things get tough, and to trust that God is always with us, guiding us towards a brighter future. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.

Mission

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



2nd Week of Advent

Year C

Word of the Week

Peace



Sunday

First Reading:

Baruch 5:1-9

Gospel Reading:

Luke 3:1-6



Suggestions

Hebrew Bible:

Isaiah 26: 2-5

New Testament:

John 16: 25-33

Theme

In a world that's often filled with conflict and turmoil, we're called to be peacemakers. This doesn't mean simply avoiding arguments, but actively working towards reconciliation and understanding. In the season of Advent, we pray for peace in the world. Jesus is the Prince of Peace, and he calls us to follow his example and to be peacemakers too.

Mission

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



3rd Week of Advent

Year C

Word of the Week

Joy



Sunday

First Reading:

Zephaniah 3:14-18a

Gospel Reading:

Luke 3:10-18



Suggestions

Hebrew Bible:

Zephaniah 3: 14-20

New Testament:

John 16: 16-24

Theme

This Sunday is Gaudete Sunday and it means 'Rejoice'. Joy is more than just happiness; it's a deep and lasting feeling that comes from knowing God and living in his love. It helps us to see the good in everything, even when things are tough. Joy is found in prayer, in serving others, and in our journey through Advent. It's a choice to trust in God's plan for our lives and to find hope in his promises.

Mission

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



4th Week of Advent

Year C

Theological Virtue

Love



Sunday

First Reading:

Micah 5:1-4a

Gospel Reading:

Luke 1:39-45



Suggestions

Hebrew Bible:

Deuteronomy 7: 6-9

New Testament:

1 Corinthians 13:4-7

Theme

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.

Mission

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



Octave of Christmas

Year C

Word of the Week

Family



Sunday

First Reading:

1 Samuel 1:20-22, 24-28

Gospel Reading:

John 1:1-18

Theme

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 to love one another as they did.

Mission

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



Suggestions

Hebrew Bible:

Exodus 12: 20

New Testament:

1 John 4: 7-21



2nd Sunday of Christmastide

Year C

Word of the Week

Epiphany



Sunday

First Reading:

Isaiah 60:1-6

Gospel Reading:

Matthew 2:1-12



Suggestions

Hebrew Bible:

Psalms 67:1-7

New Testament:

Matthew 25:14-30

Theme

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.

Mission

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



Week 1 in Ordinary Time

Year C

Word of the Week

Baptism



Sunday

First Reading:

Isaiah 42:1-4, 6-7

Gospel Reading:

Luke 3:15-16, 21-22



Suggestions

Hebrew Bible:

Exodus 19:10

New Testament:

Mark 1:8

Theme

Baptism is a sign of God's love and forgiveness, it marks a fresh start and a new beginning. When we are baptised are welcomed into the Church community of believers who love us, support us and help us grow. During baptism we are anointed as priest, prophet and king and called to live like Jesus did.

Mission

Think of one way you can be more like Jesus this week.



Week 2 in Ordinary Time

Year C

Word of the Week

Discipleship



Sunday

First Reading:

Isaiah 62:1-5

Gospel Reading:

John 2:1-12



Suggestions

Hebrew Bible:

Deuteronomy 6:4-9

New Testament:

Matthew 28:18-20

Theme

Discipleship is all about learning from Jesus and following his example. It's about putting our faith into action, living out the Gospel in our daily lives. We can learn so much from Jesus' teachings, his compassion, and his love for others. As his disciples, we're called to do the same, to be a light in the world and share his message of hope.

Mission

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



Week 3 in Ordinary Time

Year C

Word of the Week

Scripture



Sunday

First Reading:

Nehemiah 8:2-6, 8-10

Gospel Reading:

Luke 1:1-4; 4:14-21



Suggestions

Hebrew Bible:

Proverbs 4: 20-23

New Testament:

Matthew 7: 24-27

Theme

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 it speaks to us throughout our lives.

Mission

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



Week 4 in Ordinary Time

Year C

Word of the Week

Humility



Sunday

First Reading:

Jeremiah 1:4-5, 17-19

Gospel Reading:

Luke 4:21-30

Theme

Humility is putting others before ourselves. When we show humility, we are open to learning from others, and are willing to serve others. As we grow in humility, we become more like Jesus Christ who humbled himself to share in our humanity.



Suggestions

Hebrew Bible:

Proverbs 22: 1-4

New Testament:

1 Peter 5:6-7

Mission

Find opportunities to put others before yourself this week.



Week 5 in Ordinary Time

Year C

Word of the Week

Diversity



Sunday

First Reading:

 Isaiah 6:1-2, 3-8

Gospel Reading:

 Luke 5:1-11



Suggestions

Hebrew Bible:

 Psalm 139: 13-14

New Testament:

 Colossians 1: 16-17

Theme

Diversity calls us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image and 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.

Mission

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.



Week 6 in Ordinary Time

Year C

Catholic Social Teaching

Responsibility



Sunday

First Reading:

Jeremiah 17:5-8

Gospel Reading:

Luke 6:17, 20-26



Suggestions

Hebrew Bible:

Exodus 18:13-27.

New Testament:

Galatians 6:2

Theme

We all have rights and responsibilities. Jesus tells us that we have a responsibility to serve those around us and work for a world where everybody has what they need and deserve. We are called to work for a fair and just society and we all have a part to play in making it a reality.

Mission

Take responsibility for something this week and do something positive to benefit those in your community.



Week 7 in Ordinary Time

Year C

Word of the Week

Belonging



Sunday

First Reading:

 1 Samuel 26:2-23 (sel.)

Gospel Reading:

 Luke 6:27-38

Theme

Belonging is a feeling of being accepted and valued. When we belong to a community, we know that we are not alone. Belonging is about being part of something bigger than ourselves, making a positive contribution and loving and supporting others.



Suggestions

Hebrew Bible:

 Isaiah 43:1

New Testament:

 1 Corinthians 12:12-31

Mission

Think about someone who's new to your community. Spend some time this week to get to know them better



Week 8 in Ordinary Time

Year C

Cardinal Virtue

Temperance



Sunday

First Reading:

Sirach 27:4-7

Gospel Reading:

Luke 6:39-45



Suggestions

Hebrew Bible:

Matthew 4:1-11

New Testament:

Matthew 4:1-11

Theme

Temperance is about finding balance in our lives, enjoying God's gifts in moderation and avoiding excess. It's about self-control, discipline, and making choices that honour our bodies and souls. Temperance isn't about deprivation; it's about freedom from the things that hold us back from living a full and joyful life in Christ. When we practice temperance, we cultivate a deeper relationship with God and discover true happiness.

Mission

When you face a difficult situation this week, stop, take some time, and pray about what the right decision might be.



Week 9 in Ordinary Time

Year C

Word of the Week

Learning



Sunday

First Reading:

1 Kings 8:41-43

Gospel Reading:

Luke 7:1-10



Suggestions

Hebrew Bible:

Psalm 32: 8

New Testament:

Luke 11: 1-13

Theme

Our faith is a lifelong journey of learning. We learn through the Scriptures, the teachings of the Church, and the wisdom of the saints. We learn through our own experiences, our successes and our failures. We learn through dialogue with others, listening to their perspectives and insights. We also learn through prayer and by opening our hearts and minds to God's wisdom. Learning is a gift, an opportunity to grow in our faith and understanding of God's love.

Mission

Learn a new fact or a new skill this week.



Week 10 in Ordinary Time

Year C

Word of the Week

Friendship



Sunday

First Reading:

1 Kings 17:17-24

Gospel Reading:

Luke 7:11-17



Suggestions

Hebrew Bible:

Ecclesiastes 4:9-12

New Testament:

John 15: 12-14

Theme

Friendship is something we all need in our lives. We have to work at building and maintaining our friendships and Jesus' example of love and service shows us how we can be good friends to others. Friendships are a precious gift, a source of joy, support, and encouragement. In our faith, we are called to be friends to all, to show kindness, compassion, and empathy.

Mission

Make a new friend this week.

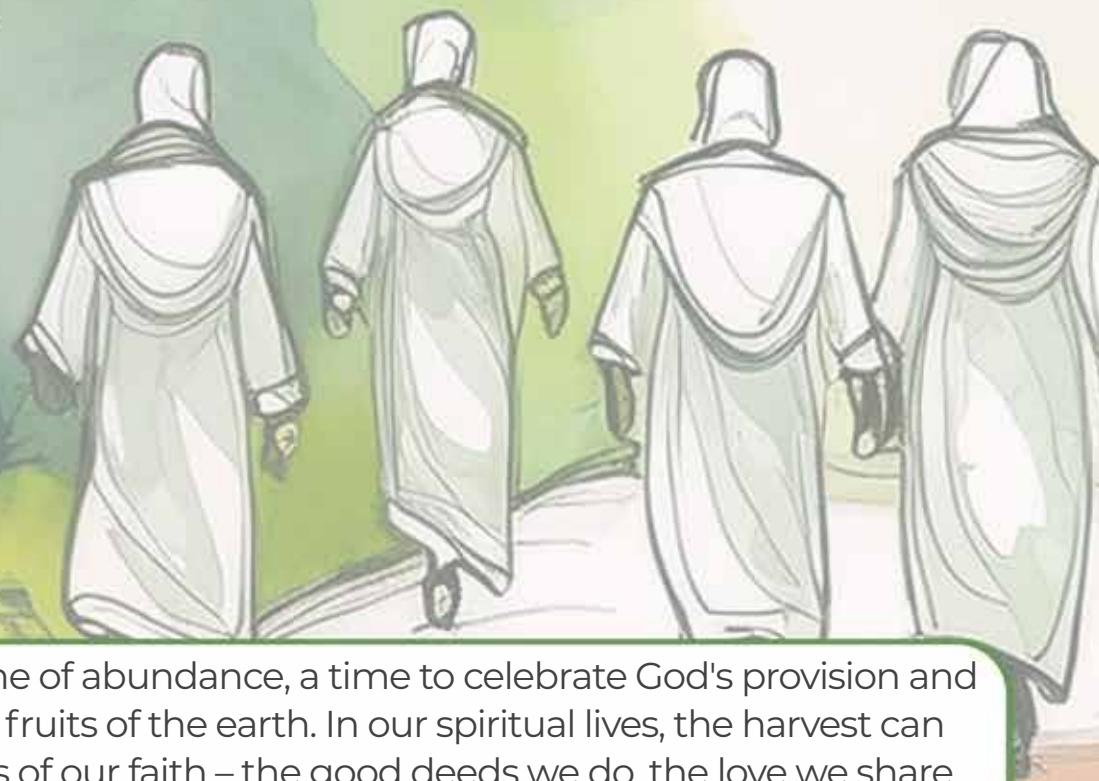


Week 11 in Ordinary Time

Year C

Word of the Week

Harvest



Sunday

First Reading:

2 Samuel 12:7-10, 13

Gospel Reading:

Luke 7:36—8:3



Suggestions

Hebrew Bible:

Isaiah 9:3

New Testament:

Matthew 9: 35-38

Theme

The harvest is a time of abundance, a time to celebrate God's provision and give thanks for the fruits of the earth. In our spiritual lives, the harvest can represent the fruits of our faith – the good deeds we do, the love we share, and the growth we experience in our relationship with God. It's a time to reflect on how we have used our gifts and talents to serve others and to make a difference in the world. The harvest is a reminder that God is the source of all good things, and we are called to be grateful for his blessings.

Mission

Make a gift for someone this week and share that gift with them.



Week 12 in Ordinary Time

Year C

Catholic Social Teaching

Dignity



Sunday

First Reading:

Zechariah 12:10-11

Gospel Reading:

Luke 9:18-24



Suggestions

Hebrew Bible:

Proverbs 31: 24-26

New Testament:

Galatians 3:26-28

Theme

Dignity recognises that we are made in the image and likeness of God. It is important to remember that everyone is of value and deserves respect. We should see the face of Christ in all who we encounter and seek to give them the dignity they deserve.

Mission

Pray this week for those people in our world who are not treated with dignity.



Week 13 in Ordinary Time

Year C

Gift of the Holy Spirit

Wisdom



Sunday

First Reading:

1 Kings 19:16, 19-21

Gospel Reading:

Luke 9:51-62



Suggestions

Hebrew Bible:

Proverbs 2: 6-8

New Testament:

Matthew 5:3-12

Theme

Wisdom is the ability to make good decisions based on experience and knowledge. It is about understanding the world around us and about knowing how to live a good life. True wisdom comes from God, and when we seek it, we open ourselves to his guidance and direction.

Mission

Think about someone you know who is wise, and ask them for advice this week.



Week 14 in Ordinary Time

Year C

Word of the Week

Support



Sunday

First Reading:

Isaiah 66:10-14

Gospel Reading:

Luke 10:1-12, 17-20



Suggestions

Hebrew Bible:

Nahum 1:7

New Testament:

Matthew 7: 7-12

Theme

In our faith journey, we are not meant to walk alone. We find support in the sacraments, in prayer, and in the community of believers. We can turn to our priests, deacons, religious, and fellow parishioners for guidance, encouragement, and fellowship. We can find comfort in knowing that we are not alone, that others have walked this path before us, and that God is always with us. We are called to offer support to each other, building each other up in faith and love.

Mission

Write a message of support for someone who is facing a challenge this week. Give the message to them to help them know you are there.



Week 15 in Ordinary Time

Year C

Word of the Week

Gratitude



Sunday

First Reading:

 Deuteronomy 30:10-14

Gospel Reading:

 Luke 10:25-37



Suggestions

Hebrew Bible:

 Psalms 118: 19-24

New Testament:

 1 Thessalonians 5: 12-22

Theme

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 we all have in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.

Mission

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



Week 16 in Ordinary Time

Year C

Word of the Week

Celebration



Sunday

First Reading:

Genesis 18:1-10

Gospel Reading:

Luke 10:38-42



Suggestions

Hebrew Bible:

Psalm 150: 1-6

New Testament:

John 2: 1-12

Theme

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.

Mission

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



Week 17 in Ordinary Time

Year C

Word of the Week

Thanksgiving



Sunday

First Reading:

 Genesis 18:20-32

Gospel Reading:

 Luke 11:1-13



Suggestions

Hebrew Bible:

 Psalm 100: 1-5

New Testament:

 Matthew 6: 25-34

Theme

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.

Mission

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



Week 18 in Ordinary Time

Year C

Word of the Week

Sharing



Sunday

First Reading:

 Ecclesiastes 1:2, 2:21-23

Gospel Reading:

 Luke 12:13-21



Suggestions

Hebrew Bible:

 Proverbs 22:9

New Testament:

 Acts 4:32-35

Theme

Sharing is a way to show love and compassion for others. It is a way to give back to the community and to make a difference in the world. We have the opportunity to share our time, our talents, and our resources with others. We can also share our faith with others by being a good role model and by speaking about our beliefs.

Mission

Try and share something you have every day this week.



Week 19 in Ordinary Time

Year C

Gift of the Holy Spirit

Courage



Sunday

First Reading:

Wisdom 18:6-9

Gospel Reading:

Luke 12:32-48



Suggestions

Hebrew Bible:

Joshua 1:7-9

New Testament:

Matthew 5: 14-16

Theme

Courage is the strength to face our fears and to do what is right, even when it is difficult. It is the ability to stand up for what we believe in, even when we are outnumbered or alone. We may face challenges in our life, but the Holy Spirit will empower us and give us the courage we need.

Mission

Try and approach a challenge this week with courage and pray to God to help you be brave.



Week 20 in Ordinary Time

Year C

Word of the Week

Help



Sunday

First Reading:

 Jeremiah 38:4-6, 8-10

Gospel Reading:

 Luke 12:49-53

Theme

Help is a way to show love and compassion for others. It is a way to offer support and assistance to those in need. We will have the opportunity to help others in many ways and we can look to the example of Christ who always helped those around him.



Suggestions

Hebrew Bible:

 Psalm 46:1-3

New Testament:

 Philippians 4:4-7

Mission

Find one task that you can help someone at home with this week.

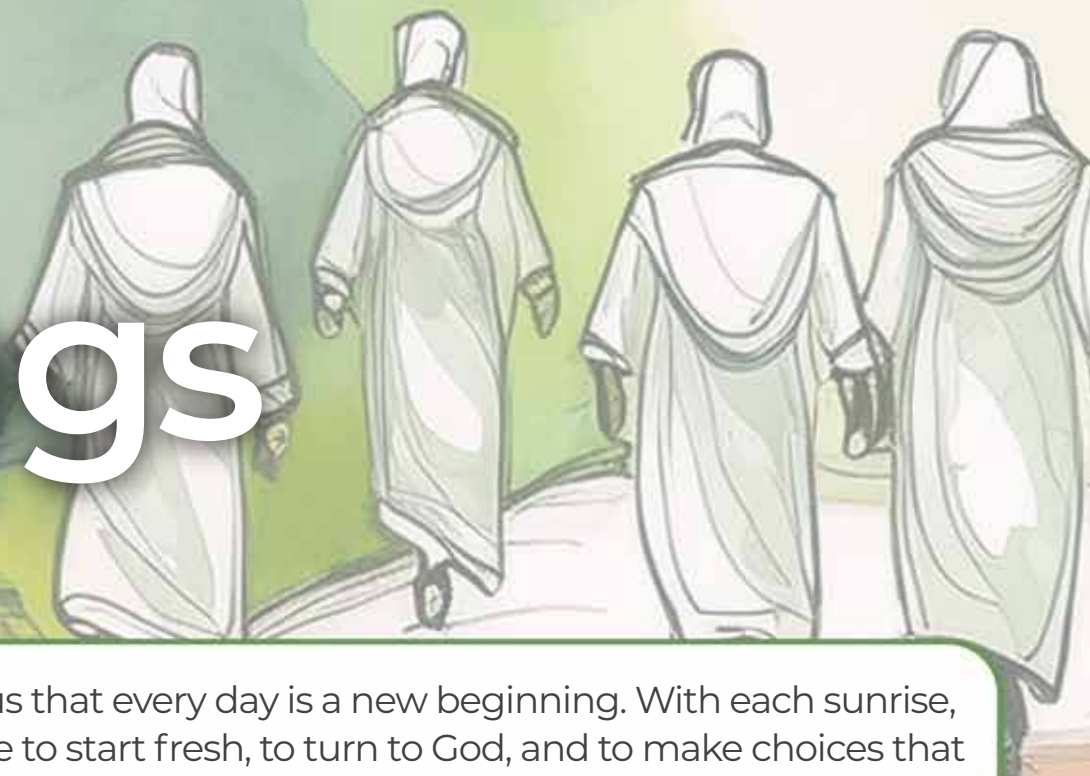


Week 21 in Ordinary Time

Year C

Word of the Week

Beginnings



Sunday

First Reading:

Isaiah 66:18-21

Gospel Reading:

Luke 13:22-30



Suggestions

Hebrew Bible:

Genesis 1:1-31

New Testament:

John 1:1-18

Theme

Our faith reminds us that every day is a new beginning. With each sunrise, we have the chance to start fresh, to turn to God, and to make choices that reflect our love for him. Even if we've made mistakes in the past, God's mercy is always available. In the sacraments, like Baptism and Reconciliation, we experience the power of new beginnings and God's constant love.

Mission

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



Week 22 in Ordinary Time

Year C

Word of the Week

Welcome



Sunday

First Reading:

📖 Sirach 3:17-29 (sel.)

Gospel Reading:

📖 Luke 14:1, 7-14



Suggestions

Hebrew Bible:

📖 Isaiah 66: 18-21

New Testament:

📖 Luke 13: 22-30

Theme

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.

Mission

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



Week 23 in Ordinary Time

Year C

Word of the Week

Encounter



Sunday

First Reading:

Wisdom 9:13-18

Gospel Reading:

Luke 14:25-33



Suggestions

Hebrew Bible:

1 Samuel 3: 1-10

New Testament:

Luke 19: 1-10

Theme

Our faith is full of encounters with God – in prayer, in the sacraments, and in the people we meet. These encounters can change us, challenge us, and bring us closer to God. When we open ourselves to encountering Christ in our daily lives, we allow his love to transform us and make us more like him. We can encounter Christ in the Scriptures, in the Mass, and in the faces of those in need.

Mission

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



Week 24 in Ordinary Time

Year C

Cardinal Virtue

Patience



Sunday

First Reading:

Exodus 32:7-11, 13-14

Gospel Reading:

Luke 15:1-32



Suggestions

Hebrew Bible:

Lamentations 3:25-26

New Testament:

James 5:7-11

Theme

Patience is about waiting and trusting in God at work in our lives. Patience is often difficult to practice, especially when we are used to having everything on demand. Learning to be patient can help us to more content and to be at peace when situations are outside of our control.

Mission

When you have to wait for something this week, use the time to pray for the virtue of patience.

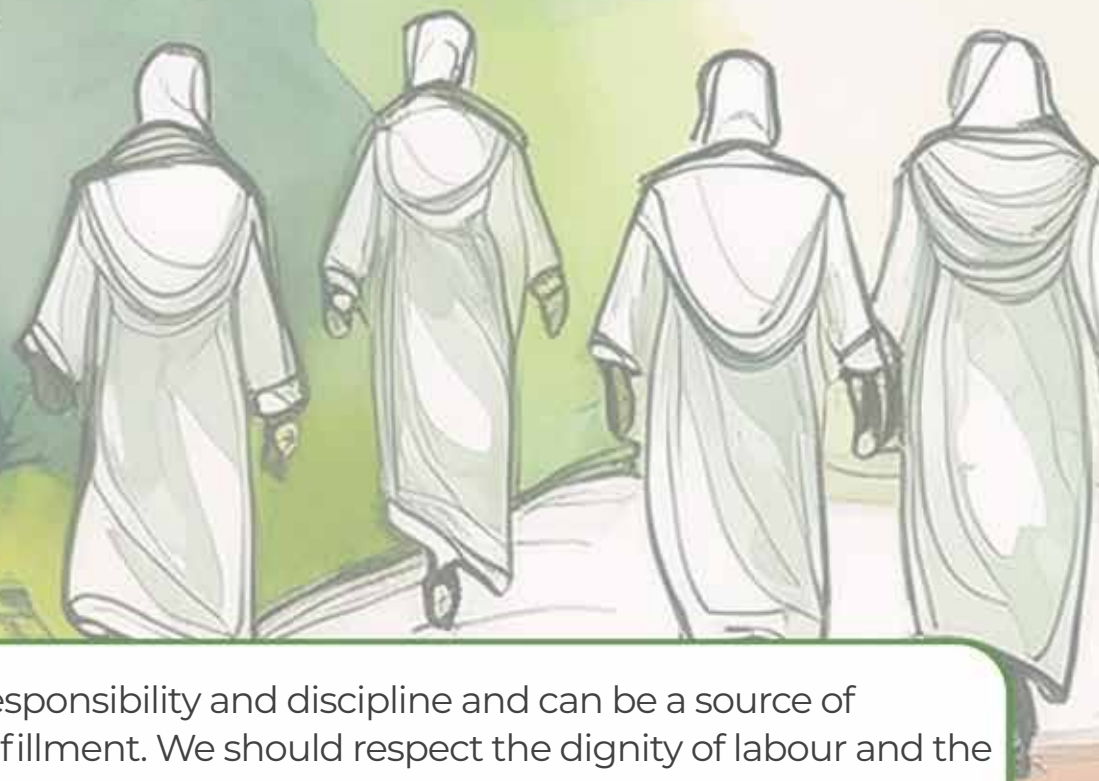


Week 25 in Ordinary Time

Year C

Catholic Social Teaching

Work



Sunday

First Reading:

Amos 8:4-7

Gospel Reading:

Luke 16:1-13



Suggestions

Hebrew Bible:

Proverbs 16:3

New Testament:

Matthew 20: 1-16

Theme

Work teaches us responsibility and discipline and can be a source of satisfaction and fulfillment. We should respect the dignity of labour and the value of all those who work around the world in service of others. Work is a gift from God, a way to participate in his creative activity. It's not just about earning a living, but about using our talents and skills to contribute to the world.

Mission

Make an effort to do your work this week to the best of your ability and to help others with their work too.

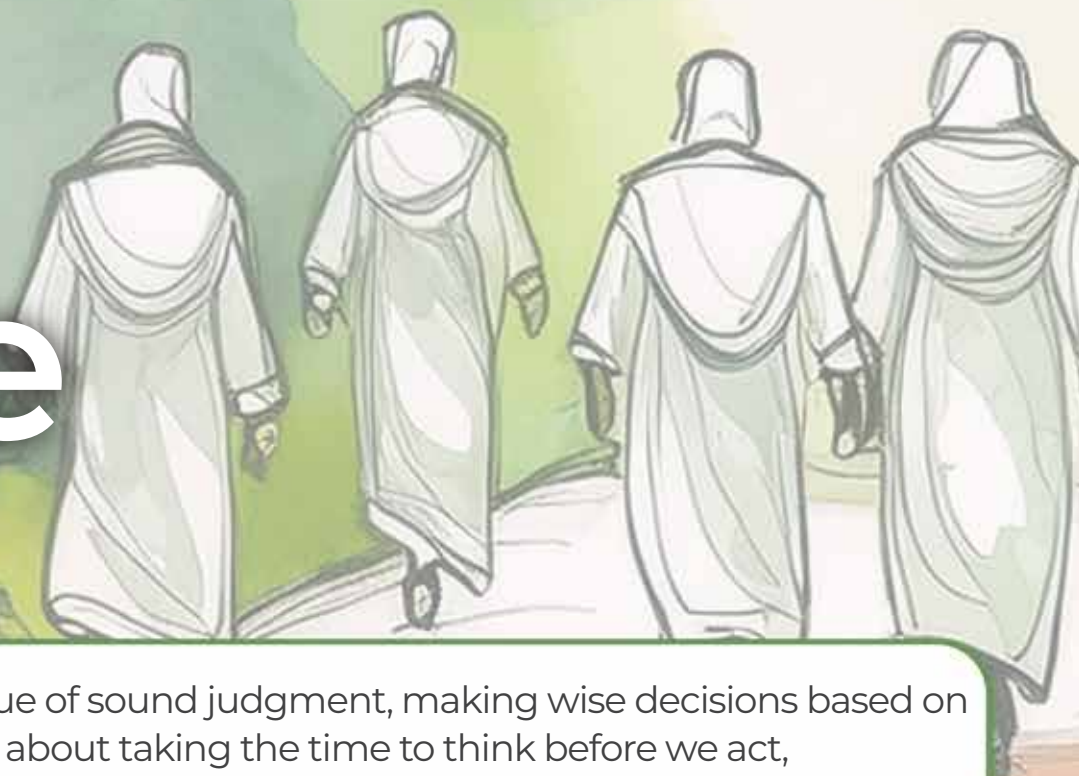


Week 26 in Ordinary Time

Year C

Cardinal Virtue

Prudence



Sunday

First Reading:

Amos 6:1, 4-7

Gospel Reading:

Luke 16:19-31

Theme

Prudence is the virtue of sound judgment, making wise decisions based on reason and faith. It's about taking the time to think before we act, considering the consequences of our choices, and seeking guidance from God and wise counsel. Prudence helps us navigate life's complexities, discern God's will, and make choices that align with our values and beliefs. It's a key virtue for living a life of integrity and purpose.

Mission

When faced with a difficult decision this week, think about what Jesus would do.



Suggestions

Hebrew Bible:

Proverbs 22:3

New Testament:

John 8:1-11

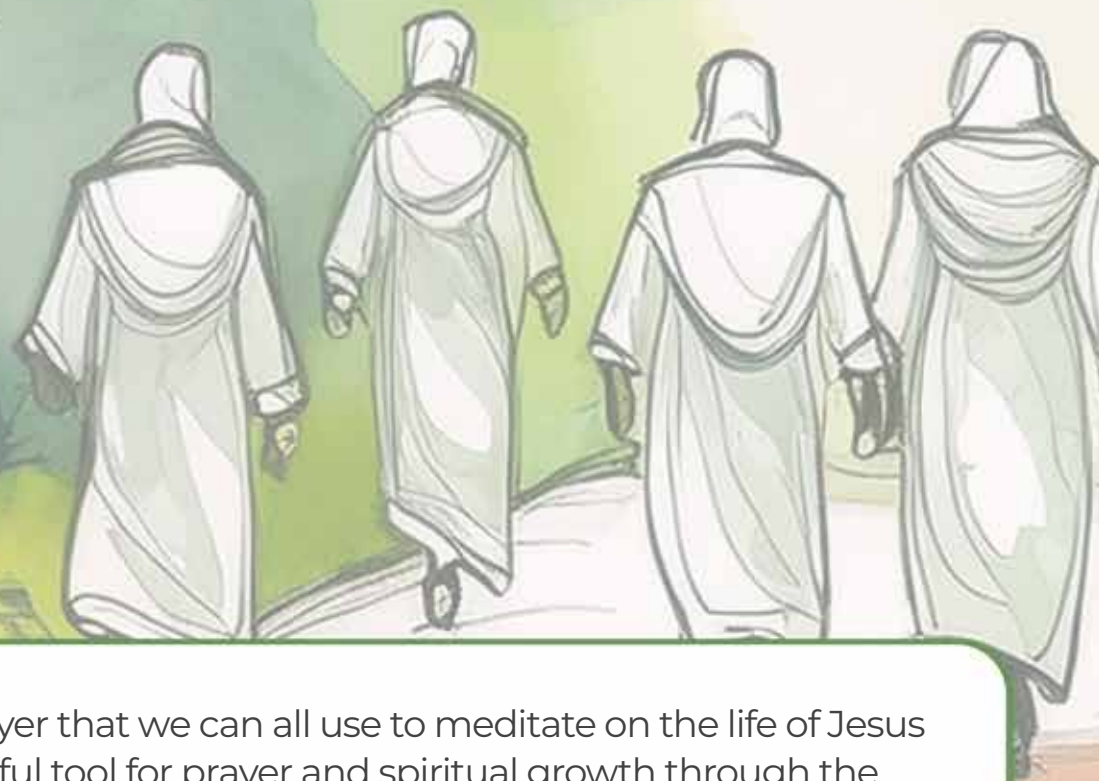


Week 27 in Ordinary Time

Year C

Word of the Week

Rosary



Sunday

First Reading:

Hab 1:2-3; 2:2-4

Gospel Reading:

Luke 17:5-10

Theme

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.



Suggestions

Hebrew Bible:

Psalm 23: 1-6

New Testament:

Luke 17: 5-10

Mission

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



Week 28 in Ordinary Time

Year C

Word of the Week

Inclusion



Sunday

First Reading:

2 Kings 5:14-17

Gospel Reading:

Luke 17:11-19



Suggestions

Hebrew Bible:

Isaiah 56:6-7

New Testament:

Luke 15: 1-7

Theme

Inclusion is about welcoming everyone as a child of God, regardless of their differences. It is about creating a community where everyone feels valued and respected. We can promote inclusion by being open to others and by standing up against discrimination. We can also make sure that everyone has a voice and that everyone is included in decision making.

Mission

Look for someone in your community who may be on the margins, take time to make them feel included this week.



Week 29 in Ordinary Time

Year C

Gift of the Holy Spirit

Piety



Sunday

First Reading:

Exodus 17:8-13

Gospel Reading:

Luke 18:1-8



Suggestions

Hebrew Bible:

Micah 6:6-8

New Testament:

Matthew 6:5-6

Theme

Piety is about living a life of devotion to God. It's about nurturing our relationship with him through prayer, worship, and study of scripture. It's about recognising his presence in our lives and responding with gratitude and love. Piety isn't just about outward actions; it's about an inner disposition, a heart turned towards God. When we live with piety, we allow God's love to transform us and make us more like him

Mission

Try and visit a Church or sacred space this week and spend some time with God.

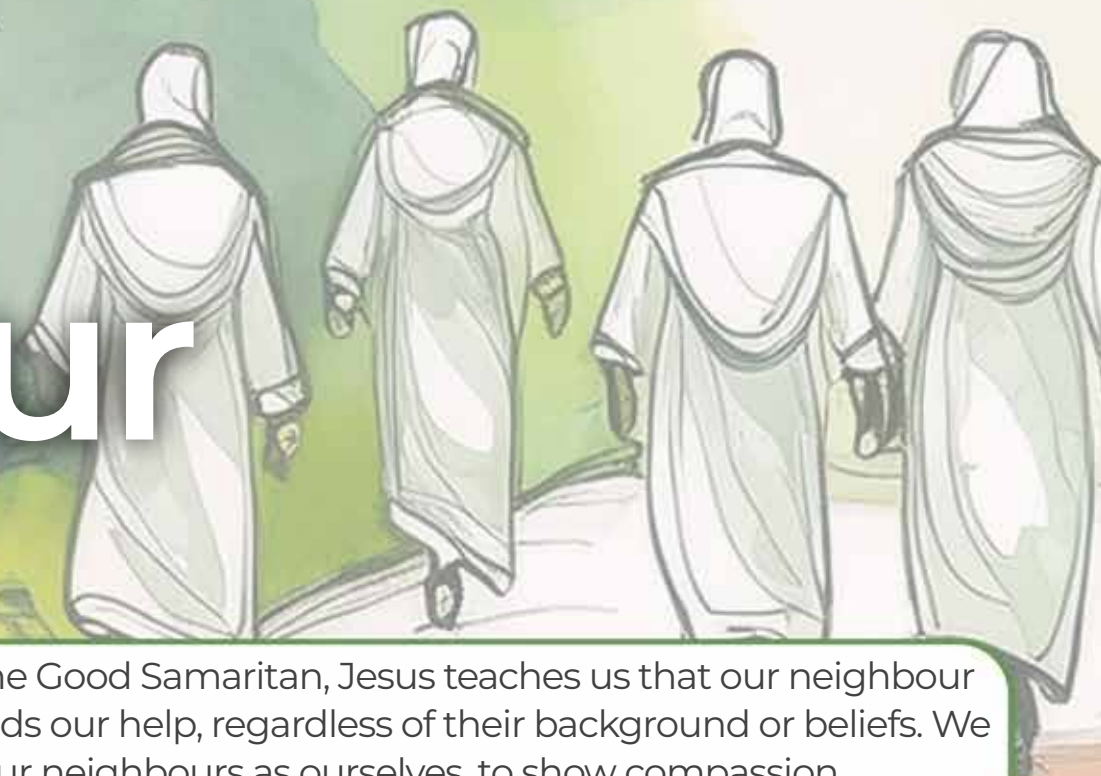


Week 30 in Ordinary Time

Year C

Word of the Week

Neighbour



Sunday

First Reading:

 Sirach 35:12-14, 16-18

Gospel Reading:

 Luke 18:9-14



Suggestions

Hebrew Bible:

 Ruth 1: 16-17

New Testament:

 Luke 10: 30-37

Theme

In the parable of the Good Samaritan, Jesus teaches us that our neighbour is anyone who needs our help, regardless of their background or beliefs. We are called to love our neighbours as ourselves, to show compassion, generosity, and forgiveness. This means reaching out to those in need, speaking up for the voiceless, and treating everyone with dignity and respect. When we see Christ in our neighbour, we discover the true meaning of love.

Mission

Think of something you can do to benefit those around you this week.



Week 31 in Ordinary Time

Year C

Gift of the Holy Spirit

Counsel



Sunday

First Reading:

 Wisdom 11:22—12:1

Gospel Reading:

 Luke 19:1-10



Suggestions

Hebrew Bible:

 Proverbs 20:18

New Testament:

 Acts 9:1-19

Theme

Counsel, sometimes called 'right judgement' is the way in which the Holy Spirit enables us to make the right decisions in our lives. It's a gift of the Holy Spirit, a supernatural wisdom that guides us towards what is good and true. It's the inner voice that helps us discern God's will in our lives, especially when faced with difficult decisions.

Mission

Pray before making an important choice this week.



Week 32 in Ordinary Time

Year C

Word of the Week

Remembrance



Sunday

First Reading:

2 Maccabees 7:1-2, 9-14

Gospel Reading:

Luke 20:27-38



Suggestions

Hebrew Bible:

Lamentations 3: 19:27

New Testament:

Luke 22: 14-23

Theme

In our faith, remembrance is more than just remembering the past; it's about keeping our connection to God and to our loved ones alive. We remember the saints and martyrs who came before us, their examples guiding us on our own journey. We remember the sacrifices of Jesus and we remember those who have passed away, their love and influence continuing to shape us. Remembrance is a way to honour our past, cherish our present, and hope for our future.

Mission

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

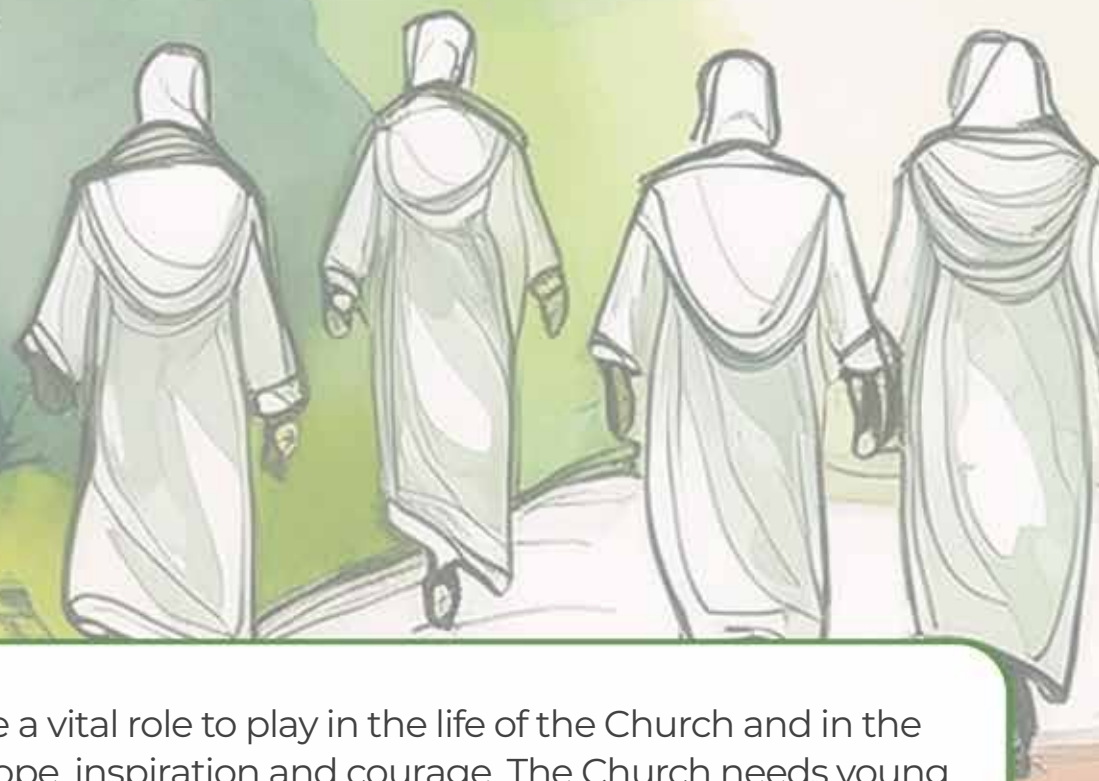


Week 33 in Ordinary Time

Year C

Word of the Week

Youth



Sunday

First Reading:

Malachi 3:19-20

Gospel Reading:

Luke 21:5-19



Suggestions

Hebrew Bible:

Ecclesiastes 11: 9

New Testament:

Matthew 19: 13-15

Theme

Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. The Church needs young people's voices, involvement, and leadership for it to grow and we are all called to be young in our outlook and our attitude so we can live life to the full.

Mission

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

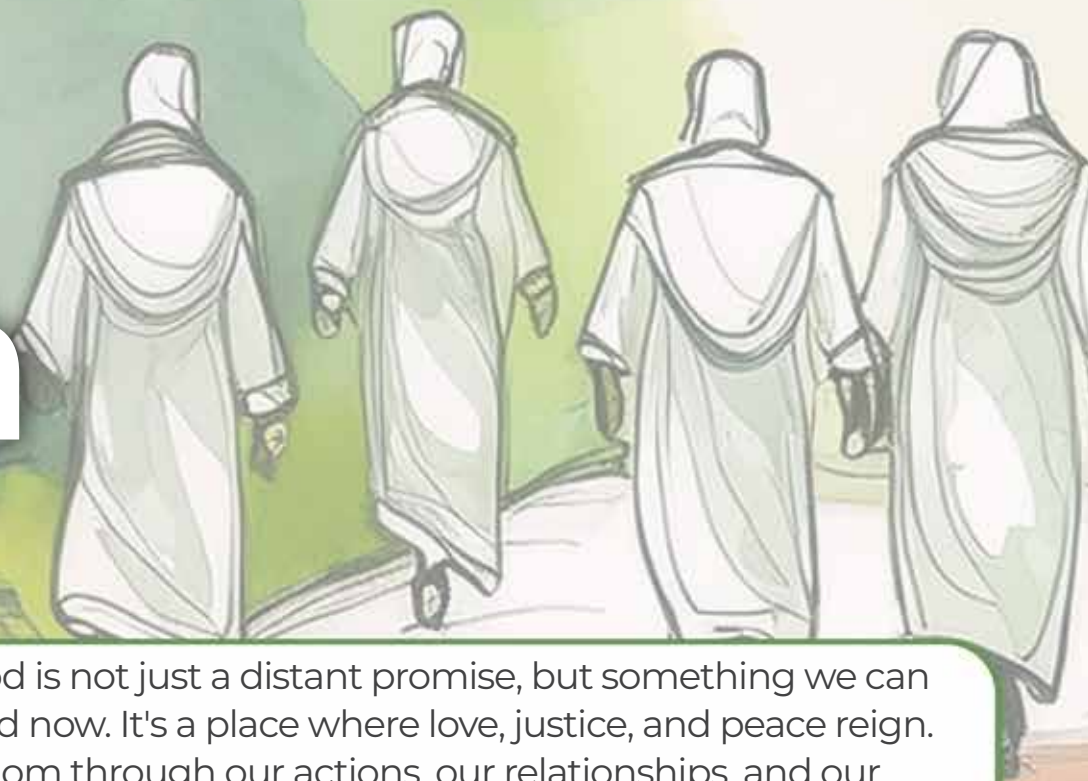


Week 34 in Ordinary Time

Year C

Word of the Week

Kingdom



Sunday

First Reading:

2 Samuel 5:1-3

Gospel Reading:

Luke 23:35-43

Theme

The Kingdom of God is not just a distant promise, but something we can experience here and now. It's a place where love, justice, and peace reign. We build this kingdom through our actions, our relationships, and our commitment to living out Christ's teachings. The Kingdom is a place of belonging, where everyone is valued and loved. When we work together, we can create a glimpse of heaven on earth, a place where God's love shines through in all we do.

Mission

Think of one thing you can do to make your community more like the Kingdom of Heaven.



Suggestions

Hebrew Bible:

Daniel 2: 44-45

New Testament:

Luke 23: 35-43



1st Week of Lent

Year C

Word of the Week

Prayer



Sunday

First Reading:

Deuteronomy 26:4-10

Gospel Reading:

Luke 4:1-13



Suggestions

Hebrew Bible:

Jeremiah 29: 10-14

New Testament:

Matthew 6: 5-15

Theme

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.

Mission

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



2nd Week of Lent

Year C

Word of the Week

Fasting



Sunday

First Reading:

Genesis 15:5-12, 17-18

Gospel Reading:

Luke 9:28-36



Suggestions

Hebrew Bible:

Exodus 34: 25-28

New Testament:

Matthew 6:16-18

Theme

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.

Mission

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.



3rd Week of Lent

Year C

Word of the Week

Almsgiving



Sunday

First Reading:

Exodus 3:1-8, 13-15

Gospel Reading:

Luke 13:1-9



Suggestions

Hebrew Bible:

Isaiah 58: 7-12

New Testament:

Matthew 25: 36-40

Theme

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.

Mission

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



4th Week of Lent

Year C

Word of the Week

Sacrifice



Sunday

First Reading:

Joshua 5:9-12

Gospel Reading:

Luke 15:1-3, 11-32



Suggestions

Hebrew Bible:

Genesis 22: 1-19

New Testament:

Hebrews 13: 1-3

Theme

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. Sacrifice is a way to show our love for God and our commitment to living a life that reflects his values.

Mission

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



5th Week of Lent

Year C

Word of the Week

Journey



Sunday

First Reading:

Isaiah 43:16-21

Gospel Reading:

John 8:1-11



Suggestions

Hebrew Bible:

Proverbs 3: 5-8

New Testament:

Matthew 6: 25-34

Theme

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.

Mission

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



6th Week of Lent

Year C

Word of the Week

Passion



Sunday

First Reading:

Isaiah 50:4-7

Gospel Reading:

Luke 22:14-23:56



Suggestions

Hebrew Bible:

Isaiah 53: 1-12

New Testament:

Mark 15: 37-39

Theme

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.

Mission

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



Easter

Year C

Word of the Week

Alleluia



Sunday

First Reading:

Acts 10: 34. 37-43

Gospel Reading:

John 20: 1-9



Suggestions

Hebrew Bible:

Psalm 25: 1-3

New Testament:

Revelation 19: 1-21

Theme

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 his victory over death.

Mission

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



2nd Week of Eastertide

Year C

Word of the Week

Mercy



Sunday

First Reading:

Acts 5:12-16

Gospel Reading:

John 20:19-31



Suggestions

Hebrew Bible:

Lamentations 3: 22-24

New Testament:

1 John 4: 7-21

Theme

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.

Mission

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



3rd Week of Eastertide

Year C

Theological Virtue

Faith



Sunday

First Reading:

Acts 5:27-32, 40b-41

Gospel Reading:

John 21:1-19



Suggestions

Hebrew Bible:

Jonah 2: 1-9

New Testament:

James 1: 2-18

Theme

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 accept it, and hold on to it, faith will give us strength, comfort, and hope.

Mission

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



4th Week of Eastertide

Year C

Word of the Week

Vocation



Sunday

First Reading:

Acts 13:14, 43-52

Gospel Reading:

John 10:27-30



Suggestions

Hebrew Bible:

Genesis 12: 1-3

New Testament:

Romans 12: 4-8

Theme

A vocation is God's call to each of us. It is the unique way that God calls 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.

Mission

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



5th Week of Eastertide

Year C

Word of the Week

Witness



Sunday

First Reading:

Acts 14:21-27

Gospel Reading:

John 13:31-35



Suggestions

Hebrew Bible:

Isaiah 55: 10-13

New Testament:

Luke 2: 25-35

Theme

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.

Mission

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



6th Week of Eastertide

Year C

Word of the Week

Example



Sunday

First Reading:

Acts 15:1-2, 22-29

Gospel Reading:

John 14:23-29



Suggestions

Hebrew Bible:

Genesis 3: 1-24

New Testament:

Luke 15: 3-10

Theme

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.

Mission

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



7th Week of Eastertide

Year C

Word of the Week

Communication



Sunday

First Reading:

Acts 7:55-60

Gospel Reading:

John 17:20-26



Suggestions

Hebrew Bible:

Proverbs 15: 1-4

New Testament:

Matthew 15: 10-20

Theme

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.

Mission

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



Pentecost

Year C

Word of the Week

Pentecost



Sunday

First Reading:

Acts 2:1-11

Gospel Reading:

John 14:14-16, 23b-26

Theme

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 Christ.

Mission

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



Suggestions

Hebrew Bible:

Exodus 23: 16-19

New Testament:

1 Corinthians 12:3b-7, 12-13

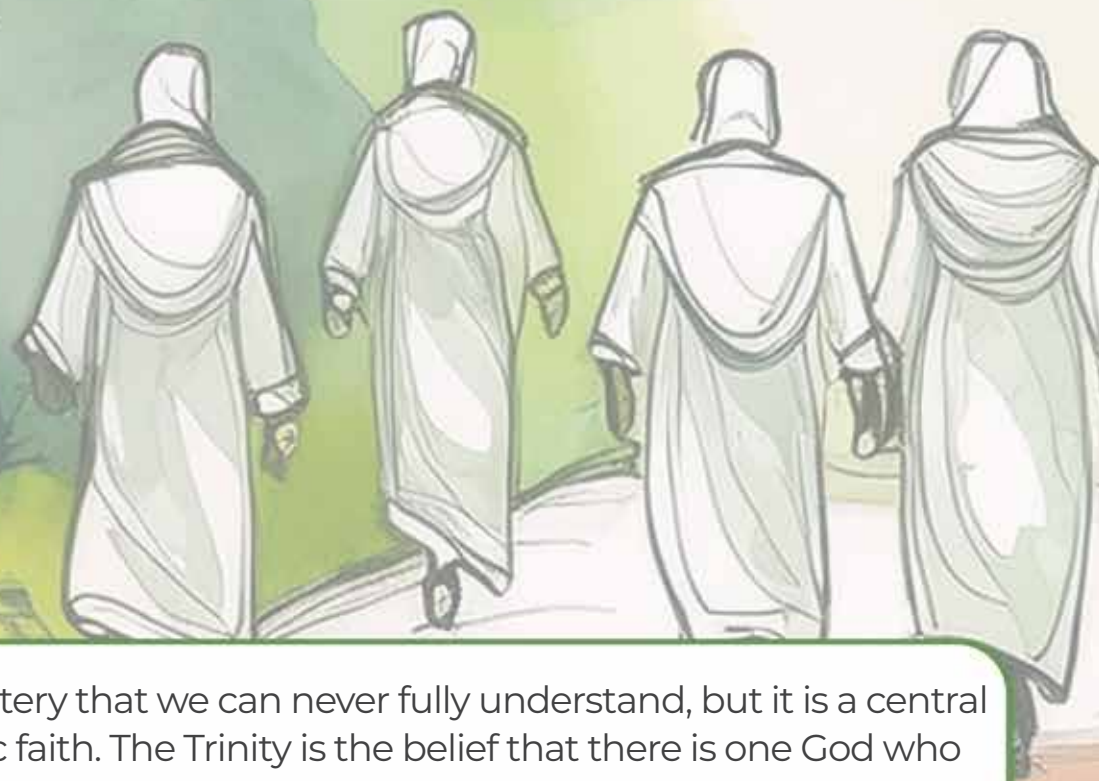


1st Sunday after Pentecost

Year C

Word of the Week

Trinity



Sunday

First Reading:

Proverbs 8:22-31

Gospel Reading:

John 16:12-15



Suggestions

Hebrew Bible:

Isaiah 48:14-16

New Testament:

Matthew 28:16-20

Theme

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.

Mission

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.



2nd Sunday after Pentecost

Year C

Word of the Week

Eucharist



Sunday

First Reading:

Genesis 14:18-20

Gospel Reading:

Luke 9:11-17



Suggestions

Hebrew Bible:

Exodus 16: 1-10

New Testament:

Luke 22: 14-23

Theme

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.

Mission

Share a meal with the people you love this week.



3rd Sunday after Pentecost

Year C

Word of the Week

Missionary Discipleship



Sunday

First Reading:

Genesis 14:18-20

Gospel Reading:

Luke 9:11-17



Suggestions

Hebrew Bible:

Psalm 105:1-6

New Testament:

Mark 16: 14 - 16

Theme

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.

Mission

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