

The Liturgical Year

2022-23

A document to support Diocesan schools in planning liturgy and prayer that has the Word of God at its heart, incorporates the Church's liturgical year, its seasons and feasts, and provides opportunities for promoting Catholic Social Teaching.

'THE GOD WHO SPEAKS'

2020 was the 10th anniversary of Verbum Domini – Pope Benedict XVI's Apostolic Exhortation on 'The Word of the Lord' and the 1,600 anniversary of St Jerome's death. These dates inspired the Catholic Bishops' Conference of England and Wales to dedicate 2020 to invite us to renew our focus on the Bible and 'The God Who Speaks'. Catholics are called to celebrate, live, and share God's word, to enrich current practice and to develop and explore new ways of responding to 'The God who Speaks'.

For more details see <https://www.godwhospeaks.uk/> where resources to support us in hearing God's Word are continuously updated and added to.

CATHOLIC SOCIAL TEACHING

Catholic Social Teaching (CST) is a central and essential part of our faith. It is rooted in Scripture that tells of God's special love for the poor and marginalised and calls us to be bearers of love and justice. It is teaching founded on the words and actions of Jesus who identified himself with the hungry and thirsty, the sick and the imprisoned, the naked and the stranger – the 'least of my brothers and sisters'. CST is formed by the wisdom of Church leaders and provides us with a moral compass, guiding us on how to live out our faith in the world. Our faith calls us to love God and to love our neighbours in every situation so, with care for our common home and the dignity of every human person at its heart, CST compels us to make present in our unjust and broken world the justice, love and peace of God, especially to our sisters and brothers living in poverty.

SEVEN THEMES OF CATHOLIC SOCIAL TEACHING

- Human Dignity
- Rights & Responsibilities
- Concern for the Poor
- Solidarity & the Common Good
- Family
- Community & Participation
- The Dignity of Work
- Care of Creation

Throughout the liturgical year there are countless opportunities for schools to focus upon aspects of CST and bring reflections on global justice and poverty into their worship activities. Using the language of CST and drawing children and young people into a deeper understanding of its principles will inspire and empower them to respond to inequality and injustice in the modern world, leading them to seek ways to put their faith in action in school, in the local community and in the wider world. This document suggests ideas and opportunities for promoting CST in schools as a supplement to the excellent and varied work that is already taking place in Diocesan schools with regards to CST and social action.

Further information and resources for CST can be found at:

- <http://www.catholicsocialteaching.org.uk/>
- <https://cafod.org.uk/Pray/Catholic-social-teaching>
- <https://missio.org.uk/catholic-social-teaching/>

CARITAS DIOCESE OF SHREWSBURY

Caritas is the social action and social justice agency of the Diocese of Shrewsbury that seeks to work with children, families and communities throughout the Diocese. They support families with a range of concerns for example mental health, addiction, domestic abuse and family breakdown. They offer practical support to those living in poverty, in partnership with SVP and local foodbanks. They also give support to refugees and those seeking asylum. Each Lent schools can support Caritas by fund raising for the Good Shepherd collection and Caritas offers opportunities for Caritas Ambassadors in schools. If you would like to know more see <https://www.caritasshrewsbury.org.uk/about/> or contact Rachel Hughes, Community Services Manager Rachel.Hughes@caritasshrewsbury.org.uk

THE ST VINCENT DE PAUL SOCIETY

The St Vincent de Paul Society in England and Wales, through its Mini Vinnies and Youth SVP programmes, encourages children and young people to develop their faith and spirituality in order to put their faith into action; in service to the disadvantaged, vulnerable and marginalised of society. For more information see <https://www.svp.org.uk/involve-young-people>

MISSIO

Missio is the Pope's official Charity for Overseas Missions. It is the Holy Father's chosen instrument for sharing the Gospel and building the Church throughout the world. Their secondary resources encourage students to reflect on their role in building the Kingdom of God for all people and aim to help young people to: discover the world around them and reflect on their role within it; think critically, inspired by Christ's Gospel; to embrace Catholic Social Teaching and to grow in faith. Secondary schools can download their free resources to follow the Liturgical Year, including Advent and Lent. They also have a series of workshops explaining the principles of Catholic Social Teaching (CST) and <https://missio.org.uk/general-resources/> For primary schools Mission Together is the children's' branch of Missio, encouraging children to pray, fundraise and become missionaries themselves – children helping children. They provide primary school resources throughout the year focused on the Gospel, liturgical seasons and on our various overseas projects including assemblies, liturgies, activities, posters and aids to prayer. All resources are available from <https://missiontogether.org.uk/teachers-resources/>

CAFOD

CAFOD is the official international development and relief agency of the Catholic Church in England and Wales and is active within the global Caritas family. CAFOD provide a wide range of resources for primary and secondary schools and have Diocesan volunteers who can help you to promote CAFOD and CST in your school. See <https://cafod.org.uk/Education/Education-resources> and <https://cafod.org.uk/Volunteer/CAFOD-in-your-area/Shrewsbury>

DIOCESAN YEARBOOK

There are many organisations involved in the work of social justice in the Diocesan community and further afield. Each year the Diocesan Yearbook lists Diocesan and National Associations and Societies who are active in the Diocese. Some of these may be able to provide support for schools in raising awareness of aspects of CST and by providing inspiration and ideas for projects to actively engage pupils in social action. See pages 113-129 (2022 edition).

FAITH IN ACTION AWARD

The CYMFED Faith in Action award scheme is a great opportunity to encourage and inspire young people to get more involved in the community and in local Parishes. Open to pupils from Y6 upwards the Faith in Action award aims:

- To celebrate the faith journey of young people
- To celebrate what already happens
- To encourage tangible living faith in the 'real world'
- To strengthen links between individuals, communities and organisations
- To explore the universal call to holiness
- To work for the Good News and the common good

Schools who wish to participate must contact the Youth Office at youth@dioceseofshrewsbury.org

| WEEK BEGINNING | LITURGICAL THEME | FEAST DAYS/SPECIAL DAYS | THOUGHT FOR WEEK | OPPORTUNITIES FOR PROMOTING CATHOLIC SOCIAL TEACHING |
|--|--|--|--|---|
| Pope Francis' prayer intention for September – For The Abolition Of The Death Penalty. We pray that the death penalty, which attacks the dignity of the human person, may be legally abolished in every country. Watch the 'Pope Videos' each month https://popesprayerusa.net/category/pope-video/ | | | | |
| 29 August | Humility and generosity - The Parable of the Wedding Feast; 'invite the poor, the crippled, the lame, the blind.....' <i>Luke 14:1,7-14</i> | 22nd Week in Ordinary Time | "The world tells us to seek success, power and money; God tells us to seek humility, service and love." <i>Pope Francis</i> | Thursday 1 st World Day of Prayer for the Care of Creation – the start of the Season of Creation which runs until 4 th October, the feast of St Francis of Assisi. Theme for 2022 – <i>Listen to the voice of Creation</i> https://laudatosimovement.org/news/season-of-creation-2022-launch/#:~:text=The%20theme%20for%202022%20is,3%20pm%20(Rome%20time). |
| 5 September | Being Christian – what does it cost? <i>Luke 14:25-33</i> | 23rd Week in Ordinary Time Monday 5 th St Teresa of Calcutta Thursday 8 th The Nativity of the Blessed Virgin Mary | "Love to be real, it must cost- it must hurt- it must empty us of self." <i>St Mother Teresa of Calcutta</i> | Mother Teresa's Second Calling https://www.youtube.com/watch?v=BoB2jFJYGMU CST Human Dignity Workshop https://missio.org.uk/catholic-social-teaching/ |
| 12 September | The Parable of the Forgiving Father <i>Luke 15:1-32</i> | 24th Week in Ordinary Time | "Educating is an act of love; it is like giving life." <i>Pope Francis</i> | Sunday 11 th Education Sunday https://www.catholiceducation.org.uk/schools/education-sunday |
| 19 September | 'You cannot be slave of both God and money.' <i>Luke 16:1-13</i> | 25th Week in Ordinary Time Wednesday 21 st St. Matthew - apostle | "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." <i>Desmond Tutu</i> | Wednesday 21 st International Day of Peace https://internationaldayofpeace.org/ |
| 26 September | Sharing what we have – The Rich Man and Lazarus <i>Luke 16:19-31</i> | 26th Week in Ordinary Time Tuesday 27 th St Vincent de Paul | "The miracle is this – the more we share, the more we have." <i>Leonard Nimoy</i> | Mini Vinnies/Youth SVP https://www.svp.org.uk/youth-svp 25 th Harvest Sunday – celebrating fruits of human work and praying for the reverent use of creation. |
| Pope Francis' prayer intention for October – For A Church Open To Everyone. We pray for the Church; ever faithful to , and courageous in preaching the Gospel. May the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality. | | | | |

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|---|---|--|---|---|
| 3 October | 'Increase our faith' <i>Luke 17:5-10</i> | 27th Week in Ordinary Time Monday 4 th St Francis of Assisi Friday 7 th Our Lady of the Rosary; October is the month of the Rosary | "You block your dream when you allow your fear to grow bigger than your faith." <i>Mary M. Morrissey</i> | Monday 4 th Season of Creation ends Friday 7 th Harvest Fast Day CAFOD https://cafod.org.uk/News/Events/Harvest-Fast-Day |
| 10 October | Giving thanks – Has no-one come back to praise God? Jesus heals ten lepers <i>Luke 17:11-19</i> | 28th Week in Ordinary Time Sunday 9 th St. John Henry Newman | "There is no better way to thank God for your sight than by giving a helping hand to someone in the dark." <i>Helen Keller</i> | Wednesday 16 th World Food Day http://www.fao.org/world-food-day/contest/en/ Thursday 17 th International Day for the Eradication of Poverty https://www.un.org/development/desa/socialperspectiveondevelopment/international-day-for-the-eradication-of-poverty-homepage/2019-2.html |
| 17 October | A parable about the need to pray continually and never lose heart <i>Luke 18:1-8</i> | 29th Week in Ordinary Time Tuesday 18 th St Luke Saturday 22 nd St John Paul II | "You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you've already begun." <i>Saint Josemaría Escrivá</i> | John Paul 2 Foundation 4 Sport – inspired by John Paul II vision for sport, teaching life skills and virtues to live by https://www.johnpaul2foundation4sport.org/ |
| HALF TERM HOLIDAY | | | | |
| 24 October | The Pharisee and the Tax Collector – recognizing our own faults & trusting in God's love <i>Luke 18:9-14</i> | 30th Week in Ordinary Time | | |
| Pope Francis' prayer intention for November – For Children Who Suffer. We pray for children who are suffering, especially those who are homeless, orphans and victims of war. may they be guaranteed access to education and the opportunity to experience family affection. | | | | |
| 31 October | Zacchaeus – making a commitment to change <i>Luke 19:1-10</i> | 31st Week of Ordinary Time November is the month when the Church remembers those who have died Tuesday 1 st Nov All Saints (Holy Day of Obligation) Saturday 2 nd Nov All Souls | "The Saints are not supermen, nor were they born perfect. When they recognized God's love, they followed it and served others." <i>Pope Francis</i> | https://cafod.org.uk/Education/Secondary-and-youth-resources/Saints-prayer-cards |

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|---|---|--|--|---|
| 7 November | "He is God, not of the dead, but of the living; for to him all people are in fact alive." <i>Luke 20:27-38</i> | 32nd Week of Ordinary Time | "The living owe it to those who no longer can speak to tell their story for them." <i>Czeslaw Milosz</i> | |
| 14 November | The destruction of the Temple foretold – we have to be strong and courageous like the first Christians <i>Luke 21:5-19</i> | 33rd Week of Ordinary Time Sunday 13 ^h Remembrance Sunday https://www.britishlegion.org.uk/get-involved/remembrance/about-remembrance/act-of-remembrance | "Dear Young Friends, your names are written in heaven in the merciful heart of the Father. Be brave and go against the tide!" <i>Pope Francis</i> | Sunday 13 th World Day of the Poor https://cafod.org.uk/Pray/World-Day-of-the-Poor Monday 14 th – Friday 18 th Anti-Bullying Week: https://www.anti-bullyingalliance.org.uk/anti-bullying-week |
| 21 November | The Kingdom of God exists in the hearts who accept Jesus as King and live by his rules of love. <i>Luke 23:35-43</i> | Last Week of Ordinary Time - Christ the Universal King (also Day of Special Prayer for Young People) https://homemission.org.uk/home/youth/ | "I ask you to build the future, to work for a better world." <i>Pope Francis, Vigil - WYD Rio de Janeiro</i> | Sunday 20 th Universal Children's Day https://www.unicef.org/world-childrens-day 22 nd Red Wednesday – highlighting Christian Persecution and Suffering https://acnuk.org/resources-landing/ |
| 28 November | Be prepared! Get ready for God's coming <i>Matthew 24:37-44</i> | 1st Week of Advent <i>Advent starts on the fourth Sunday before Christmas This year that falls on 27th November.</i> 30 th St Andrew the Apostle; patron saint of Scotland | "The best preparation for tomorrow is doing your best today." <i>H. Jackson Brown, Jr.</i> | Saturday 3 rd Day Of Prayer For All Migrants And Refugees https://cafod.org.uk/content/download/666/6022/version/8/file/Prayer_refugees_refugee-prayers.pdf https://www.caritasshrewsbury.org.uk/services/refugee-project/ https://cafod.org.uk/Education/Secondary-and-youth-resources/Refugee-resources |
| Pope Francis' prayer intention for December - Volunteer Not-for-Profit Organizations. We pray that volunteer non-profit organizations committed to human development find people dedicated to the common good and ceaselessly seek out new paths to international cooperation. | | | | |
| 5 December | John the Baptist says "Repent" - change your ways! <i>Matthew 3:1-12</i> | 2nd Week of Advent Tuesday 6 th St Nicholas Thursday 8 th Immaculate Conception | "If nothing ever changed, there'd be no butterflies." <i>Author Unknown</i> | |
| 12 December | Rejoice! The Lord is coming <i>Isaiah 35:1-6,10</i> | 3rd Week of Advent | "Treasure the love you receive above all. It will survive long after your gold and good health have vanished." <i>Og Mandingo</i> | |

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| 19 December | "You shall call his name Jesus, for he will save his people from their sins." <i>Matthew 1:18-24</i> | 4th Week of Advent | "He became what we are that we might become what he is." <i>Athanasius of Alexandria</i> | |
| CHRISTMAS HOLIDAYS | | | | |
| Pope Francis' prayer intention for January - For Educators. | | | | |
| We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all. | | | | |
| 2 January | "Then opening their treasures, they offered him gifts of gold, frankincense and myrrh." <i>Matthew 2:1-12</i> | The Epiphany of the Lord | "No one has ever become poor by giving." <i>Anne Frank</i> | Sunday 1 st World Day of Peace – see Pope Francis' new year message of peace. |
| 09 January | "This is my Son, the beloved." <i>Matthew 3:13-17</i> | The Baptism of the Lord – 1st Week in Ordinary Time | "Everybody can be great because anybody can serve." <i>Martin Luther King Jr.</i> | |
| 16 January | "I have seen and I am the witness that he is the chosen one of God." <i>John 1:29-34</i> | 2nd Week in Ordinary Time 24 th St. Francis de Sales | "Every day you are witnessing. What are you witnessing to? Your witness is the total package of your attitudes, character, and actions. It does not lie." <i>Winkie Pratney</i> | Sunday 15 th Day of special prayer for world peace https://www.paxchristi.net/ |
| 23 January | "Follow me and I will make you fishers of men." <i>Matthew 4:12-23</i> | 3rd Week in Ordinary Time 28 th St Thomas Aquinas | "Never underestimate the influence you have on others." <i>Laurie Buchanan</i> | Fri 27 th Holocaust Memorial Day – Ordinary People https://www.hmd.org.uk/what-is-holocaust-memorial-day/this-years-theme/ |
| Pope Francis' prayer intention for February - For Parishes. | | | | |
| We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need. | | | | |
| 6 February | "My eyes have seen the salvation which you have prepared for all the nations to see, a light to enliven the pagans...." <i>Luke 2:22-40</i> | The Presentation of the Lord - 4th Week in Ordinary Time | "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." <i>Martin Luther King, Jr.</i> | Wednesday 8 th St Josephine Bakita – Day of Prayer for Trafficked People https://cafod.org.uk/Education/Secondary-and-youth-resources/Saints-prayer-cards https://www.caritas.org/2016/02/international-day-prayer-awareness-human-trafficking/ |

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|--|---|---|--|---|
| 12 February | "Your light must shine in the sight of men." <i>Matthew 5:13-16</i> | 5th Week in Ordinary Time Tuesday 11 th Our Lady of Lourdes - | "There are two ways of spreading light; to be the candle or the mirror that reflects it." <i>Edith Wharton</i> | Sunday 9 th – Racial Justice Sunday https://www.carj.org.uk/ Tuesday 11 th - World day of prayer for the sick |
| HALF TERM HOLIDAY | | | | |
| 20 February | "Love your enemies." <i>Matthew 5:38-48</i> | 7th Week in Ordinary Time 21 st Shrove Tuesday Wednesday 22 nd Ash Wednesday – LENT begins | "If you want peace, you don't talk to your friends. You talk to your enemies." <i>Desmond Tutu</i> | Check out CAFOD's & Missio Ash Wednesday and Lent resources Fairtrade fortnight begins Monday 23/February to Sunday 5/3/2023 https://www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/ |
| 27 February | Jesus' temptation in the wilderness. <i>Matt 4:1-11</i> | 1st Week of Lent Wednesday 1 st St David, patron of Wales | "So you have failed? You cannot fail. You have not failed; you have gained experience. Forward!" <i>St. Jose Maria Escriva</i> | Friday 3 rd March CAFOD Lent Fast Day - Day of Special Prayers for Needy and Hungry of the World Support Caritas Shrewsbury https://www.caritasshrewsbury.org.uk/get-involved/good-shepherd-collection/ |
| Pope Francis' prayer intention for March - For Victims Of Abuse. | | | | |
| We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering. | | | | |
| 6 March | Glimpsing the glory of God – the Transfiguration <i>Matthew 17:1-9</i> | 2nd Week of Lent 9 th St Dominic Savio | "Life holds so many simple blessings, each day bringing its own individual wonder." <i>John McLeod</i> | Wednesday 8 th International Women's Day https://www.internationalwomensday.com/IWD2020 |
| 13 March | 'Why are you talking to her?' – a lesson about the dignity of women <i>John 4:5-42</i> | 3rd Week of Lent Friday 17 th St. Patrick, patron of Ireland | "We must build a new world, a far better world - one in which the eternal dignity of people is respected." <i>Harry S Truman</i> | |
| 20 March | The healing of a blind man <i>John 9:1-41</i> | 4th Week of Lent Monday 20 th St Joseph, spouse of Maryg Friday 24 th St Oscar Romero (See resources from CAFOD and Missio) Saturday 25 th The Annunciation of the Lord | "What we see depends mainly on what we look for..... we may all look at the same things, it does not all follow that we should see them." <i>John Lubbock</i> | Monday 20 th International Day of Happiness https://www.dayofhappiness.net/#join Wednesday 22 nd World Water Day - https://www.worldwaterday.org/ https://cafod.org.uk/Education/Secondary-and-youth-resources/Water-resources |

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|---|--|--|---|---|
| 27 March | Lazarus is raised from the dead <i>John 11:1-45</i> | 5th Week of Lent | "Once you choose hope, anything's possible." <i>Christopher Reeve</i> | |
| Pope Francis' prayer intention for April - For A Culture Of Peace And Non Violence. We pray for the spread of peace and non violence, by decreasing the use of weapons by States and citizens. | | | | |
| 3 April | "The Master needs it." <i>Luke 19:28-40</i> | Holy Week | "Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in his love than in your weakness." <i>St Teresa of Calcutta</i> | |
| EASTER HOLIDAY 2nd April Palm Sunday; 6th Maundy Thursday; 7th Good Friday; 9th Easter Sunday; 16th Divine Mercy Sunday | | | | |
| 17 April | "You believe because you can see me. Happy are those who have not seen and yet believe." <i>John 20:19-31</i> | Divine Mercy Sunday - 2nd Week of Easter | "Our doubts are traitors and make us lose the good we oft might win by fearing to attempt." <i>William Shakespeare</i> | Wednesday 22 nd Earth Day https://www.earthday.org/earthday/countdown-to-2020/ |
| 24 April | Jesus - a companion on our journey <i>Luke 24:13-35</i> | 3rd week of Easter Monday 24 th St. George, patron of England Tuesday 25 th St Mark Saturday 29 th St Catherine of Sienna | "A good companion shortens the longest road." <i>Turkish proverb</i> | |
| Pope Francis' prayer intention for May - For Church Movements And Groups. We pray that Church movements and groups may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world. | | | | |
| 1 May | Jesus, the shepherd of the flock <i>John 10:1-10</i> | 4th Week of Easter Thursday 4 th The English Martyrs | "Surround yourself only with people who are going to lift you higher." <i>Oprah Winfrey</i> | Monday 1 st – St Joseph the Worker – Day of Prayer for Human Work |
| 8 May | "I am the Way, Truth and Life." <i>John 14:1-12</i> | 5th Week of Easter | "The direction of your focus is the direction your life will move. Let yourself move toward what is good, valuable, strong and true." <i>Ralph Marston</i> | |

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|--|---|--|---|---|
| 15 May | The Spirit of Truth is in you. <i>John 14:15-21</i> | 6th Week of Easter Thursday 18 th The Ascension of the Lord – Holyday of Obligation | “Doubt isn’t the opposite of faith; it is an element of faith.” <i>Paul Tillich</i> | |
| 22 May | “You did not choose me, no, I chose you.” <i>John 17:1-11</i> | 7th Week of Easter Wednesday 24 th Our Lady, Help of Christians (Principal Patron of our Diocese) | “We must mirror God’s love in the midst of a world full of hatred. We are the mirrors of God’s love, so we must show Jesus by our lives.” <i>Corrie Ten Boom</i> | |
| HALF TERM | | | | |
| 29 th May | The coming of the Holy Spirit <i>Acts 2:1-11</i> Also <i>1Corinthians 12:3-7,12-13</i> | Pentecost Sunday | “Let us be guided by the Holy Spirit. Allow him to speak to our hearts and he will tell us this: God is love.” <i>Pope Francis</i> | |
| Pope Francis’ prayer intention for June - For The Abolition Of Torture. We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families. | | | | |
| 5 June | Be united, live in peace and the God of love and peace will be with you. <i>2 Corinth 13:11-13</i> | Sunday of The Most Holy Trinity | “In union there is strength.” <i>Aesop</i> | Wednesday 8 th World Oceans Day https://www.worldoceansday.org/ https://www.arocha.org/wp-content/uploads/2018/01/Prayer-for-the-Oceans.pdf |
| 12 June | “He who eat my flesh and drinks my blood lives in me and I live in him.” <i>John 6:51-58</i> | Corpus Christi Friday 16 th Most Sacred Heart of Jesus | “God is preparing his heroes. And when the opportunity comes, he can fit them into their places in a moment. And the world will wonder where they came from.” <i>A. B. Simpson</i> | |
| 19 June | He summoned his twelve disciples <i>Matthew 9:36-10:8</i> | 11th Week of Ordinary Time | “You aspire to great things? Start with little ones.” <i>St. Augustine</i> | 19 th – 25 th World Refugee Week https://refugeeweek.org.uk/resources/education-resources/ Thursday 22 nd Sts Thomas More and John Fisher – Day of prayer for those who suffer persecution, oppression and denial of human rights. |

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|--|---|--|--|---------------|
| 26 June | <p>“Do not be afraid.” <i>Matthew 10:26-33</i></p> <p>“You are Peter and on this rock I will build my church.” <i>Matt 16:13-19</i></p> | <p>12th Week in Ordinary Time Thursday 29th Sts Peter and Paul – Holy Day of Obligation</p> | | |
| <p>Pope Francis’ prayer intention for July - For A Eucharistic Life. We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.</p> | | | | |
| 3 July | <p>“Anyone who loses his life for my sake will find it.” <i>Matthew 10:37-42</i></p> | <p>13th Week in Ordinary Time Monday 3rd St Thomas - apostle</p> | <p>“God never gives us anything to do that He does not give us the strength to do.” <i>Jack Hyles</i></p> | |
| 10 July | <p>“Come to me all who labour and I will give you rest.” <i>Matt 11:25-30</i></p> | <p>14th Week in Ordinary Time</p> | <p>“We must always change, renew, rejuvenate ourselves, otherwise we harden.” <i>Johann Wolfgang von Goethe</i></p> | |
| 17 July | <p>The Parable of the Sower <i>Matt 13:1-23</i></p> | <p>15th Week of Ordinary Time</p> | <p>“I have learned that I really do have discipline, self-control, and patience. But they were given to me as a seed, and it's up to me to choose to develop them.” <i>Joyce Meyer</i></p> | |

The colour of the shading is indicative of the Liturgical colours used by the Church at different times or seasons of the year.

Green: 'Ordinary Time' refers to the part of the year outside the seasons of Advent-Christmas and Lent-Easter. There are 33/34 weeks of Ordinary Time. During this time the Church helps us to reflect on the life and work of Jesus. The liturgical colour for Ordinary Time is green, a colour seen everywhere in trees and plants and a symbol of life and hope.

Purple is used during Advent and Lent as a sign of penance, sacrifice and preparation. At the midpoint of both of these seasons—Gaudete Sunday (the third Sunday of Advent) and Laetare Sunday (the fourth Sunday of Lent—rose (pink) vestments are traditionally worn as a sign of joy: we rejoice at the midpoint because we are half-way through the preparation and anticipate the coming joy of Christmas or Easter.

Red symbolizes the shedding of blood and is therefore used on Palm Sunday (when Christ entered Jerusalem to prepare for His death), Good Friday, any other commemoration of the Lord's passion, the votive Mass of the Precious Blood, the days marking the martyrdom of the apostles (except St. John), and the feasts of other martyrs who offered their lives for the faith. However, red also signifies the burning fire of God's love. For this reason, red vestments are worn on Pentecost when the Holy Spirit descended on the apostles and tongues of fire rested on their heads and for the celebration of the Sacrament of Confirmation.

White or gold, a colour symbolizing rejoicing and purity of soul, is worn during the liturgical seasons of Christmas and Easter. White vestments are also used for feasts of our Lord (except those pertaining to His passion), the Blessed Virgin Mary, the angels, and the saints who were not martyrs.