

LET YOUR LIGHT SHINE



IN THE SAME WAY LET YOUR LIGHT SHINE BEFORE OTHERS SO
THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOU
FATHER IN HEAVEN."

MAT 5:16

INTEGRITY COURAGE SERVICE

Daily Act Of Worship



Four days a week when there is no assembly, the Daily Act of Worship takes place immediately after registration. It is the QUALITY of this time that is most important. We are supporting pupils to become more REFLECTIVE and therefore it is essential that the prayer time is NOT RUSHED and there is a time of prayerful silence.

1. Place “At prayer please wait” notice on form room door.
 2. Prayer begins with the Sign of the Cross. “In the name of the Father and of the Son and of the Holy Spirit. Amen.”
 3. Each day a daily prayer can be found in the prayer book and this can be followed by a short time for pupils to share prayer in the silence of their own hearts or out loud. This can then be followed by a Common Prayer found at the front of the prayer book.
 4. End the prayer by saying “St Matthew The Apostle, Pray for us” and the sign of the cross “In the name of the Father and of the Son and of the Holy Spirit. Amen.”
 5. Pupils should be encouraged to lead this prayer time, however it is essential that the Form Tutor ensure that the time is reflective and has a clear beginning and end.
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TRADITIONAL /COMMON PRAYERS

Pupils are encouraged to use any one of these prayers each morning

Our Father who art in heaven
Hallowed be thy name Thy
kingdom come thy will be done
On earth as it is in heaven Give
us this day, our daily bread And
forgive us our trespasses
As we forgive those who
trespass against us And lead us
not into temptation But deliver
us from evil.
AMEN.

Glory Be to the Father
And to the Son
And to the Holy Spirit
As it was in the beginning
Is now and ever shall be a world
without end.
AMEN



Hail Mary full of grace The Lord is
with thee, Blessed art thou among
women
And blessed is the fruit of thy
womb,
Jesus.
Holy Mary, mother of God Pray for
us sinners now And at the hour of
our death. AMEN

Come, Holy Spirit
Come, Holy Spirit, fill the hearts of
your faithful. And kindle in them
the
fire of your love. Send forth your
Spirit and they shall be created.
And you will renew the face of the
earth.
Let us pray. O God, who by the
light
of the Holy Spirit, did instruct the
hearts of your faithful, grant that by
that same Holy Spirit, we may be
truly wise, and ever rejoice in your
consolation, through Christ our
Lord.
Amen



MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, the reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen

ST MATTHEW ACADEMY PRAYER

You are the light of the world
I have your light within me
I will not hide it away
But let your Light Shine out
before others
So that they may see your good
works
And give glory to You Father in
heaven
AMEN



In The same way let your light shine before others so that they may see your good works and give glory to you father in heaven.”

Mat 5:16

A new school term can bring a mix of emotions. Whether you are feeling excited to see your friends, stressed about the workload, or just wishing for a few more weeks of summer, a new term offers a gift of a completely clean slate.

No matter what happened last term, today you get to decide who you want to be.

In the Gospel of Matthew, Jesus gives us a powerful roadmap for how to approach these fresh starts. He reminds us that it's in the small kindnesses, it's in your integrity and it's in your positive attitude. every time you choose these virtues, you light up a corner of this school community.



St Mother Teresa, Pray For Us

liturgical colours: Green
(New Life, Growth, Hope)

Day One

Dear Lord,

Thank you for the gift of this new school term and for fresh starts, new opportunities, and clean slates.

When I feel overwhelmed, give me peace. When I feel tempted to hide away, give me courage.

Help me to see the light you have placed inside of me, and give me the grace to share it generously with my teachers and classmates.

May my words and actions this term point others back to you.
Amen

Day Two

Heavenly Father, It isn't always easy to stand out or to do the right thing. Sometimes, it feels much safer to hide my light and just blend into the crowd. When I am faced with peer pressure, gossip, or the temptation to compromise who I am, give me the courage of Matthew 5:16. Remind me that the light you placed inside me is not meant to be hidden under a basket. Let your love shine through my actions today so clearly that others see your goodness in me.
Amen

Day Three

Lord God, Creator of all things,

You have given me a mind to think, learn, and grow. As this new term begins to build, I ask for your wisdom and peace. Help me to be diligent in my studies, organized with my time, and patient with myself when concepts are hard to understand. Guard my heart against anxiety and the pressure to be perfect. Remind me that my worth is not found in a test score or a grade, but in being your beloved child. Amen



Day Four

Dear Jesus

You call us to love our neighbours as ourselves. This term, open my eyes to see the people around me the way you see them. Help me to use my words to encourage, my hands to help, and my smile to welcome. Make our school community a place of safety, kindness, and genuine friendship. May we all hold our lights high, scattering the darkness together and bringing glory to you.

Amen.



NEW BEGINNINGS

Lord, help me build my day on solid ground. In the quiet moments when no one is watching, guide my choices toward what is true. Let me not chase what is popular or easy, but what is right in Your eyes. Strengthen my resolve to be honest in my words and authentic in my actions. Step by step, construct a heart of integrity within me. Amen.

Jesus, when the pressure to fit in feels like a crashing wave, keep me anchored. The storms of doubt, stress, and expectations often shake my confidence. Remind me in those tough moments that my worth is found in You, not in the crowd. Give me the courage to stand firm on the rock of Your truth. Do not let me drift away on shifting sands when the winds blow. Amen.

Holy Spirit, give me the bravery to be different when the world demands I blend in. Help me defend those who are left out and speak up for what is good. May my faith be more than just words; let it show in how I treat others every day. Clear away the fear of judgment and fill me with Your quiet strength. Make me a builder of peace and integrity in my school. Amen.

Father, thank You for creating me with purpose and calling me to a life of truth. When I am tempted to take shortcuts, remind me of the wise builder. Help me lay down a foundation of faith, honesty, and love that nothing can destroy. May my life reflect Your goodness and stand as a testament to Your grace. Keep me rooted in You, today and always. Amen.

Integrity means choosing to stand firm. It's easy to build a life on the shifting sands of popularity, peer pressure, and shortcuts. But Jesus reminds us in the Gospel of Matthew that a foundation built on sand cannot hold. When the storms of stress, doubt, and tough choices roll in, that surface-level strength collapses. True integrity is building your life on the rock and making choices rooted in truth, even when no one is watching. It's speaking honestly, defending the left-out, and staying true to who God created you to be. This rock isn't formed by one massive moment; it's carved out of small, daily decisions to do what is right. Every time you choose honesty over an easy escape, you lay down another solid stone. Let your faith be your anchor and your actions be your proof. Stand tall on the rock of integrity, knowing that a life built on God's truth will never be shaken.



WEEK BEGINNING 14TH SEPT 2026

Day One

Dear Lord,

Open my eyes to notice the people around me who are hurting, lonely, or left out. Your Word reminds us that those who consider the poor are blessed and delivered in their times of trouble. Help me to look past my own worries and distractions so I can truly see the needs of others. Give me a heart that stops to care instead of rushing by. Amen.

Psalm 41:1 Blessed is he who considers the poor; the Lord will deliver him in times of trouble"

It is unfortunate that we live in a very selfish world, one which tells us to focus on ourselves. Jesus invites you to look outward. Service isn't just a graduation requirement; it is where we meet God face-to-face. Psalm 41:1 reminds us, "Blessed is the one who considers the poor; the Lord delivers him." This is the heart of the Option for the Poor—putting those who have the least at the center of our lives. When we serve, we aren't "saving" anyone; we are recognizing their sacred dignity as equals. Every time you share what you have or sit with the classmate left out, you live this truth. It is not about doing grand, famous things, but about doing small acts with radical love. God does not want us to just feel pity; He invites us to stand in true solidarity. Let your hands become Christ's hands today, reaching out to lift up those who feel forgotten. In giving yourself away in service, you will find exactly who God created you to be.

Day Two

Dear Jesus, teach me to live out the principles of Catholic Social Teaching and in particular The Option for the Poor in my school, my family, and my community. Help me to put those who have the least at the centre of my life. When I serve, remind me that I am not better than those I help, but that we share the exact same sacred dignity. Let my service build real friendships, standing with others in true solidarity. Amen.

Day Three

Lord, make me an instrument of Your peace today. I don't need to do grand or famous things to make a difference; inspire me to perform small acts of service with radical love. Use my hands to lift up those who feel forgotten, and let my words bring comfort to those who are struggling. Let me be Your presence to someone who needs it most. Amen.

Day Four

Father, sometimes it is hard to figure out who I am and where I fit in. You showed us that we only truly find ourselves when we give ourselves away in love. Give me the courage to step out of my comfort zone and serve. As I share my time and gifts with others, help me to discover the unique person You created me to be. Amen.



liturgical colours: Green
(New Life, Growth, Hope)



St Mother Teresa, Pray For Us

SERVICE

Jesus, it is so hard to stand up for someone when everyone else is laughing or looking away. It feels safer to just blend into the background. When I get that nervous knot in my stomach, remind me of Joshua 1:9. Give me the courage to stand next to the person who is sitting alone, to speak up when someone is being roasted, and to remember that being strong doesn't mean I'm not scared—it just means I trust that you are with me. Amen.

Lord, it's easy to stay in my own little bubble with my own friends, totally blind to what other people are going through. Break me out of that comfort zone. Help me see that solidarity isn't just a big church word; it's choosing to care about the kid dealing with depression, the family struggling to pay rent, and the people on the other side of the world facing war. Give me a big heart and the bravery to walk in someone else's shoes. Amen.

Holy Spirit, I don't want my faith to just be words on a screen or things I say I believe. It's easy to post about justice, but it's harder to actually show up. Move me from just feeling bad for people to actually doing something about it. Whether it's volunteering, helping a classmate who is struggling, or changing how I treat people at school, help me turn my faith into real, living action today. Amen.

God, sometimes looking at the news or scrolling through social media makes the world's problems feel way too massive for me to fix. I feel small and helpless. In those moments, remind me that you aren't asking me to save the world on my own—you already did that. You're just asking me to be courageous right where I am. Help me do my small part today to build a world where we actually take care of each other. Amen.

Joshua 1:9 "Do not be discouraged, for the Lord your God will be with you wherever you go."

Catholic Social Teaching tells us that to stand in solidarity is to recognize we are one human family, bound not by borders, but by a shared and sacred dignity. It demands the courage to step out of comfortable isolation and actively walk alongside those carrying the heaviest crosses. True solidarity is not a feeling of vague compassion for others' pain, but a firm determination to commit ourselves to the common good. When the weight of injustice makes us hesitate to speak or act, the Lord whispers to us: "Be strong and courageous; do not be frightened." For He is with us wherever we go when we stand up for the vulnerable, turning our collective courage into a living sign of God's love on earth.



There is neither Jew nor Greek, there is neither slave^[a] nor free, there is no male and female, for you are all one in Christ Jesus. Galatians 3:28

Every human person is created in the image and likeness of God, holding a sacred worth that no border, status, or law can ever diminish. This is the bedrock of Catholic Social Teaching: human dignity is not earned by achievement, nor is it lost through misfortune. It is an inherent, unshakable gift, woven into our very being by the Creator who calls us each by name. We are challenged to recognize this divine spark in every face we meet, especially those who find themselves on the margins of our world. As we approach the World Day of Migrants and Refugees on Sunday, September 27th, this call to honor human dignity becomes an urgent duty. Those who flee war, poverty, and persecution are not statistics or political problems; they are our sisters and brothers, bearing the face of the pilgrim Christ. Their journeys of displacement demand our active compassion, reminding us that we are all travelers on a shared earthly pilgrimage. When we welcome the stranger, protect the vulnerable, and promote their integration, we are not merely performing acts of charity. We are defending the sacred dignity that God has claimed as His own, actively building a world where every life is cherished. Let us open our hearts to hear their stories, see their struggles, and champion their right to live in peace and security. May our faith move us to break down walls of indifference and build bridges of solidarity, honoring the holy dignity of all God's children

Day One

Lord, it is so easy to judge people by what they wear, how they look, or where they come from. Help me to remember that every single person I cross paths with at school, online, or on the street is made in your image. Open my eyes to see the divine spark in everyone, especially the people who feel invisible or left out. Give me the courage to treat them with the respect and honor they deserve as your children. Amen

Day Two

Jesus, you and your family were once refugees fleeing to Egypt for safety. Today, millions of teens and families are forced to leave their homes because of war, poverty, and danger. On this World Day of Migrants and Refugees, I pray for their protection and peace. Help me to see them not as strangers or news headlines, but as my own brothers and sisters. Teach us as a church and a world to welcome them with open hearts. Amen.

Day Three

God, our world loves to draw lines, build walls, and divide people into "us" and "them." But your love doesn't have borders. Forgive me for the times I've stayed silent or joined in when others were being excluded. Fill me with your Holy Spirit so I can be a bridge-builder instead of a wall-builder. Give me the strength to stand up for the dignity of anyone who is being bullied, dismissed, or pushed to the margins. Amen.

Day Four

Father, sometimes I struggle to feel like I'm enough, and I get caught up trying to prove my worth through my grades, my looks, or my social media. Remind me that my dignity is a gift from you that can never be taken away. I don't have to earn your love. Because I am cherished by you, help me to live with confidence and to spend my energy lifting others up instead of tearing them down. Amen..



liturgical colours: Green
(New Life, Growth, Hope)



HUMAN DIGNITY



St Mother Teresa, Pray For Us

Heavenly Father, you created humanity as one global family, woven together from every nation, culture, and tongue. Inspired by Fratelli Tutti, we ask for the grace to break down the walls of indifference and hostility that divide us. Help us to see your face in every person we meet, recognizing that our differences are not threats, but gifts that enrich the whole body of Christ. Teach us to build bridges of genuine friendship and solidarity, so that we may journey together as true brothers and sisters in your love. Amen.

Lord God, you look upon the heart and not the outward appearance, for you show no favoritism (Romans 2:11). Forgive us for the times we have judged by worldly standards, allowed prejudice to take root, or remained silent in the face of inequality. Cleanse our minds of conscious and unconscious biases, and grant us eyes that see the inherent, equal dignity of every human soul. May our parishes and communities reflect your impartial love, welcoming all with open hearts and equal reverence. Amen.

Holy and Just God, during this month of October, we thank you for the rich heritage, profound resilience, and vibrant faith of Black communities throughout history. We praise you for the hidden and celebrated gifts they have brought to our world and our Church. Lord, heal the wounds of systemic racism and injustice that still cause pain today. Empower us to listen deeply to these vital histories, to honor the contributions of Black leaders, saints, and neighbors, and to work tirelessly for a future rooted in true equity. Amen.

O Holy Spirit, you are the artisan of unity, bringing harmony out of diversity without ever forcing uniformity. We pray for our Church and our world, that we may celebrate the unique identities you have distributed among your people. Remind us that a tapestry is only beautiful because of its distinct threads. Let our celebration of equality be matched by our protection of diversity, so that together, as one body with many parts, we may reflect the full and radiant splendor of your kingdom. Amen.

For God does not show favoritism."
Romans 2:11

In God's eyes, there is no hierarchy of human value, for "God does not show favoritism" (Romans 2:11). Every person is created with inherent dignity, reflecting a unique facet of the Divine image. Pope Francis reminds us in Fratelli Tutti that we are called to a global fraternity that does not erase differences, but embraces them as essential gifts to the human family. Genuine unity requires us to actively listen to and celebrate the distinct histories that form our collective fabric. This October, as we observe Black History Month, we are invited to honor the profound contributions, resilience, and faith of Black communities. By recognizing the sacred value of diversity, we move closer to the kingdom of God, where every culture and identity enriches the one body of Christ.



WEEK BEGINNING 12TH OCT 2026



For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, Matthew 25:35

Jesus calls us to be His hands and feet in a world that is hurting. His mission isn't history—it is alive, and it belongs to you today. When you feed the hungry or stand up for someone who is lonely, you are not just doing a good deed; you are meeting Christ Himself. "Whatever you did for the least of these, you did for me." This is our great commission, the heartbeat of our Catholic faith. We continue His saving work when we live out His truth with courage. By speaking the Gospel with our lives, we push back the darkness. By serving the poor with love, we make His presence visible. Every act of mercy chips away at brokenness and builds up His kingdom. You were made for this mission—to love, to serve, and to witness. Go out and bring the light of Christ to a world waiting for hope.

Day One

Lord Jesus, open my eyes to see You in the people I meet every day. When someone is lonely, left out, or struggling, remind me of Your words: "Whatever you did for the least of these, you did for me." Break my heart for what breaks Yours, and help me to love others not just when it is easy, but especially when they need it most. Amen.

Day Two

Holy Spirit, give me the courage to live my faith out loud. It is not always easy to stand up for the truth or to speak Your name in a world that often forgets You. Fill me with the fire of Your love so that my actions, my words, and my choices point others back to You. Let my life be a living Gospel that brings Your light into the dark corners of my school and community. Amen.

Day Three

Lord, You came not to be served, but to serve. Help me to follow Your example by reaching out to those who are poor, forgotten, or pushed to the margins. Wash away my selfishness and replace it with a heart of active mercy. Teach me to share what I have, to listen to those who are hurting, and to be a visible sign of Your endless compassion. Amen.



Day Four

Father, You created me with a unique purpose and called me to help build Your Kingdom here on earth. Do not let me waste my youth or stay comfortable on the sidelines. Equip me to carry on the saving work of Jesus today. Use my talents, my energy, and my love to bring hope to a world that is waiting for Your peace. Amen

liturgical colours: Green
(New Life, Growth, Hope)



St Mother Teresa, Pray For Us

MISSION

Heavenly Father, You do not call the perfect, but You perfect those whom You call. Remind us daily that we are all created to be saints, and that our ordinary, flawed lives are the very places You wish to reveal Your glory. Forgive our shortcomings and grant us the grace to echo Your Word: "But just as he who called you is holy, so be holy in all you do" (1 Peter 1:15). May we choose, in every small moment, to let Your light shine through our brokenness in remarkable ways. Amen.

Lord Jesus Christ, Captain of our salvation, look kindly upon Your Church Militant striving here on earth. In the midst of our daily spiritual battles and temptations, fortify our faith and deepen our charity. Help us to fight the good fight, knowing we do not journey alone, but are sustained by the sacraments and the prayers of the whole mystical body. Give us the courage to live out our heavenly citizenship while we walk this earth. Amen.

O Merciful Redeemer, we lift up to You the Church Penitent—our brothers and sisters undergoing purification in Purgatory. Look with compassion upon their longing for You, and let our prayers and sacrifices hasten their journey to Your heavenly kingdom. May the infinite merits of Your Passion wash away all remaining stains, that they may soon join the ranks of the blessed and gaze upon Your face forever. Amen.

Holy Trinity, we praise You for the Church Triumphant—the cloud of witnesses who now rest in Your eternal peace. We thank You for the examples of the saints, who were ordinary people transformed by Your extraordinary grace. Holy saints of God, who once walked our paths and know our weaknesses, intercede for us now. Pray that we may persevere through our trials until we are reunited with you in the joy of the heavenly liturgy. Amen.

Just as he who called you is holy,
so be holy in all you do." 1 Peter
1:15

The Feast of All Saints and the solemnity of All Souls draw back the veil between heaven and earth, reminding us of our profound connection to the whole family of God. We, the Church Militant on earth, strive through daily spiritual battles, supported by the prayers of the Church Triumphant in heaven, while we offer our own prayers for the Church Penitent undergoing purification in Purgatory. In this beautiful communion, we are reminded of our universal vocation: we are all called to be saints. Saints were not born perfect; they were ordinary, flawed human beings who simply chose to let God's light shine through their brokenness in remarkable ways. Their lives echo the calling of Scripture: "But just as he who called you is holy, so be holy in all you do" (1 Peter 1:15). By cooperating with His grace, we too can transform our everyday struggles into a path toward eternity. Together, across the divide of death, we journey as one Church, bound by love and destined for the same home.



WEEK BEGINNING 09TH NOV 2026

"Blessed are the peacemakers"

Matthew 5:9

This we will observe Remembrance Day where we will gather to honor those who made the ultimate sacrifice for freedom. In the Catholic tradition, remembrance is tightly woven with our call to action, specifically through the Catholic Social Teaching principle of Promoting Peace. This principle reminds us that peace is not merely the absence of war, but the active presence of justice and the defense of human dignity. Christ himself elevated this mission in his sermon on the mount, declaring, "Blessed are the peacemakers, for they shall be called children of God" (Matthew 5:9). This scriptural mandate challenges us to do more than just look back in sadness; it calls us to actively build a world rooted in mercy, charity, and reconciliation. By honoring the fallen, we pledge ourselves to the daily, deliberate labor of dismantling hostility in our own communities and globally. Let us pray that the sacrifices of the past inspire us to become true instruments of Christ's concord today. May God grant eternal rest to the departed and guide our steps toward lasting, structural peace.

St Mother Teresa, Pray For Us

Day One

Lord Jesus Christ, Your Church teaches us that true peace is the fruit of justice and the defense of human dignity. Forgive us for the times we have allowed division to take root in our hearts. Pour out Your Holy Spirit upon our world leaders and local communities alike, that we may courageously dismantle the structures of hatred. Help us to actively build bridges of understanding, recognizing Your divine image in every person we meet. Establish Your true, lasting peace in our troubled world. Amen.

Day Two

Sovereign God, as the poppy fields stand as silent witnesses to the devastation of war, we pray for the healing of nations. Touch the hearts of those hardened by conflict, and comfort those who still carry the visible and invisible scars of battle. Guide our nation—and all nations—to walk the paths of mercy, solidarity, and mutual respect. Bring an end to violence everywhere, and let Your kingdom of justice and love reign over all the earth. Amen.

Day Three

Heavenly Father, on this eleventh of November, we place into Your merciful hands all those who laid down their lives in the service of others. We remember their courage, their sacrifice, and the families they left behind. Gracious Lord, let their offering not be in vain. Open wide the gates of Your kingdom to these departed souls, and wrap them in the light of Your eternal presence. May the peace they fought to secure on earth find its perfect fulfillment in Your heavenly home. Amen.



Day Four

Lord God, You have called us to the high summit of the Beatitudes and declared, "Blessed are the peacemakers, for they shall be called children of God." We ask for the grace to live out this sacred calling. Give us the courage to speak truth with love, the humility to seek reconciliation over conflict, and the strength to forgive. Make us active instruments of Your grace, so that in sowing peace, we may truly reflect Your light and be recognized as Your children. Amen.

liturgical colours: Green
(New Life, Growth, Hope)



PEACE AND REMEMBRANCE

Lord, you have entrusted each of us with unique gifts, passions, and abilities, calling us to invest them boldly in the world rather than hiding them away in fear. Grant the young people of today the courage to step forward, to reject complacency, and to use their talents for the building of your kingdom. May we never underestimate the value of what you have placed within us, but always seek to multiply your grace through active service. Amen

Heavenly Father, we thank you for the vital and indispensable role that young people play in the Church today. They are not merely the future, but the living heartbeat of our community right now. Infuse our youth with a fresh vision, profound joy, and the strength to carry the Gospel mission forward with authenticity. Help the wider Church to welcome their leadership, listen to their voices, and walk alongside them as they shape our shared journey of faith. Amen.

Lord God, as we reflect on the teachings of Magnifica Humanitas, we ask for the grace to champion the irreplaceable value of our shared humanity in an increasingly digital and mechanical age. Remind us that no technology or system can replace the authentic, creative force of a human soul. Help young people to be beacons of real connection, empathy, and love, preserving the sacred dignity of every person they encounter. Amen.

Jesus, you call us to lead by serving and to love without reservation. We pray that today's youth will rise to meet the contemporary challenges of our world, actively restoring and magnifying human dignity across society. Kindle a fire in their hearts so that they do not stand on the sidelines, but instead step up as active disciples, confident that their actions matter deeply to you and to the life of the world. Amen.

The parable of the talents in Matthew 25:14 challenges young people today to reject the temptation of burying their God-given gifts out of fear or complacency. God does not grant us talents, energy, and passions to be hoarded or kept in reserve; rather, we are called to actively invest them in the world around us. This scripture directly underscores the vital, indispensable role that youth have to play in the life of the Church right now, not just in some distant future. Young people are the living heartbeat of the community, tasked with bringing fresh vision and courage to the Gospel mission. This call to active engagement is beautifully echoed in Pope Leo's new encyclical, Magnifica Humanitas, which champions the irreplaceable value of our shared humanity. The document reminds us that in a highly digitized and mechanical age, the authentic, creative force of young souls is essential. By stepping up to lead, serve, and love, young people fulfill both Christ's ancient command and the contemporary call to restore and magnify human dignity across society.



WEEK BEGINNING 23RD NOV 2026

"Blessed are the peacemakers"
Matthew 5:9

The Feast of Christ the King reminds us that God's kingdom is not a distant promise or a faraway reality waiting for us after death. It is alive and active right now, breaking into the world every time we choose to live out Christ's teachings. Christ does not rule with worldly power or political force, but through the transformative laws of love, justice, and peace. We are called to be active builders of this heavenly kingdom in the present moment, rather than passive observers. Every time we work for justice, extend mercy, and cultivate deep, genuine peace in our relationships, we make His reign visible. Our daily commitments and choices matter deeply; they are the tangible ways we bring the Gospel to life. By centering our interactions on love and dignity, we help establish God's kingdom here on earth.



St Mother Teresa, Pray For Us

Day One

Lord Jesus Christ, our King and Savior, you told us that the Kingdom of God is already among us. Deliver us from the temptation to view your reign as a distant promise, and open our eyes to see your presence in the here and now. Grant us the grace to welcome your rule into our hearts today, so that our lives may reflect the reality of your kingdom to a world that longs for your light. Amen.

Day Two

Lord Jesus, you rule not with earthly power, but with the law of love and justice. Fire our hearts with a holy desire to be active builders of your kingdom. Give us the courage to stand with the oppressed, the generosity to serve the forgotten, and the commitment to live out your teachings in our daily choices. May our actions be the tangible signs of your love at work in the world. Amen.

Day Three

O Christ the King, Prince of Peace, your kingdom is established wherever charity abides. We ask for the grace to cultivate your peace within our families, friendships, and communities. Heal our divisions, soften our hearts, and guide our speech. Let our relationships be sacred spaces where your mercy is felt, your dignity is honored, and your peace truly reigns. Amen.



Day Four

Almighty and Eternal God, you anointed your beloved Son as King of the universe. We renew our allegiance to Him today. Strengthen our daily commitments to follow His path of humility, truth, and sacrifice. By the power of the Holy Spirit, bless our hands to do His work, our minds to hold His truth, and our lives to build His kingdom here on earth, until we see Him face to face. Amen

liturgical colours: Green
(New Life, Growth, Hope)



KINGDOM

A Prayer for Vigilance Lord Jesus, You warn us in the Gospel to stay awake, for we do not know the hour of Your return. As we begin this holy season of Advent, shake us from our spiritual slumber and the distractions of the world. Clear away the clutter of our hearts so that we can hear Your quiet whisper. Give us the grace to stand guard over our souls, keeping our lamps lit and our minds focused on Your presence, so that we are always ready to welcome You. Amen.

Heavenly Father, as the world rushes toward Christmas with busy schedules and material gifts, help us to remember the true meaning of this season. Grant us the wisdom to focus on interior preparation rather than outward decoration. Teach us to prepare a worthy dwelling place for Your Son through the sacraments, quiet prayer, and acts of charity. May our hearts become like the stable in Bethlehem—humble, peaceful, and ready to receive the King of Kings. Amen.

Lord God, the world can often feel dark, uncertain, and cold, yet You call us to be a people of unshakeable hope. We pray that You anchor our souls in Your promises during this first week of Advent. When we are tempted by despair or anxiety, remind us that Your victory is already won. Let the theological virtue of hope burn brightly within us, casting out fear and filling us with the joyful expectation of Your ultimate triumph. Amen.

Come, Lord Jesus, and find us waiting. Like the gatekeeper watching for the master of the house, we stand at the threshold of this season with eyes fixed on the horizon. We light our Advent candles as a sign of our defiance against the darkness and our longing for Your dawn. Do not let us be found sleeping when You arrive, but find us awake, active in love, and eager to enter into Your eternal joy. Maranatha—Come, Lord Jesus. Amen.

liturgical colours: Purple
(Penitence and Preparation)

Hope

Mark 13:33-37

Advent begins not with festive carols, but with a stark, quiet call to vigilance. In the Gospel of Mark, Jesus warns us to "stay awake," reminding us that the Master returns when least expected. This holy season is a dual journey: we look back to a stable in Bethlehem, and forward to Christ's final glory. Our preparation for Christmas is not merely about checking off holiday tasks or buying gifts. It is a profound interior sorting, an intentional clearing of space for the Lord in our cluttered hearts. The darkness of late autumn mirrors the spiritual winter of a world desperately waiting for its Savior. Yet, it is precisely in this deep darkness that Christian hope takes root and begins to shine. Hope is not a vague wish or a naive optimism that everything will just work out fine. It is a theological virtue—a fierce, unshakeable confidence in God's promises and His ultimate victory. Like the gatekeeper in the parable, we stand at the threshold of the liturgy, straining our eyes for the dawn. We light the first purple candle of the Advent wreath, its fragile flame defying the surrounding gloom. Every prayer, every moment of quiet confession, and every act of charity trims our lamps for



The season of Advent calls us to
 "Blessed are the peacemakers"
 pause, quiet our hearts, and prepare
 Matthew 5:9
 a home for the Prince of Peace.

In the second week, John the Baptist echoes from the wilderness, urging us to "make straight the paths of the Lord."

This preparation isn't about perfect holiday decorations, but the structural work of the soul.

John invites us to level the mountains of our pride and smooth out the rough edges of our anxiety.

True peace, Shalom, is not simply the absence of conflict, but the presence of God dwelling deeply within us.

By clearing away the clutter of distractions, we create a direct highway for Christ to enter our lives.

As Christmas approaches, we are reminded that the world cannot give us the tranquility we crave.

Only by making room for Jesus do we find the stillness that stabilizes us amidst the seasonal rush.

Let us use these days to reconcile with loved ones, seek forgiveness, and mend fractured relationships. Every act of mercy and patience straightens the path, allowing His grace to flow unhindered.

May our hearts become a peaceful manger, ready to cradle the newborn King.

Come, Lord Jesus, fill our restless world with Your enduring peace.
 St. Mother Teresa, Pray For Us

Day One

Lord Jesus, Prince of Peace, the rush of the season easily scatters my thoughts and stirs anxiety within me. In this second week of Advent, I ask You to level the mountains of my pride and smooth the rough edges of my fears. Clear away the distractions that keep me from You, and cultivate a deep, immovable quiet in my soul. Make my heart a peaceful manger, ready to receive You at Christmas. Amen.

Day Two

Merciful God, John the Baptist calls us to make straight the paths of the Lord by clearing the obstacles in our lives. I pray for the grace to mend fractured relationships and offer forgiveness where I have held grudges. Straighten the crooked ways in my family and friendships, Lord, so that Your grace can flow unhindered between us. Let Your peace rule in our homes this season. Amen.

Day Three

Lord, give me the courage to heed the voice crying out in the wilderness. As I prepare for Christmas, help me to focus less on the external decorations and more on the structural work of my soul. Show me what needs to be cleared out—whether it is busyness, selfishness, or doubt—so that I may create a direct highway for You to enter my life anew. Amen.

Day Four

Heavenly Father, our world is fractured and deeply craves a tranquility that no earthly power can provide. We lift up all those who are suffering, anxious, or lonely during this holiday season. Let Your Shalom break through the darkness of our global and personal struggles. Come, Lord Jesus, and fill our restless world with Your enduring and transformative peace. Amen.

liturgical colours: Green
 (New Life, Growth, Hope)



PEACE

Lord God, as we light the pink candle on our Advent wreath, we thank You for the gift of Gaudete Sunday. Fill our hearts with the holy joy that this rose color symbolizes, breaking through our spiritual winters and routine anxieties. Remind us that our salvation is near, and let the anticipation of Your coming bring a radiant smile to our souls. Amen.

Jesus, source of all true joy, help us to understand that gladness is not found in perfect circumstances, but in Your constant presence. Grant us an unshakeable disposition of peace that the world cannot give or take away. May our lives reflect the deep, enduring joy of knowing we are loved, redeemed, and never abandoned by You. Amen.

Lord, give us the humility of Saint John the Baptist, who knew he was not the Light, but only a voice testifying to it. Deliver us from the need for self-glory and recognition. Teach us to deflect attention from ourselves so that our words, choices, and actions may solely illuminate Your grace and mercy to those around us. Amen.

Holy Spirit, clear straight paths in our hearts and remove the clutter of doubt and distraction. Open our eyes to recognize Christ standing among us in our daily lives, especially in the poor and the broken. Make us living witnesses of His divine spark, carrying the light of faith into every dark corner of our world. Amen.

liturgical colours: Purple
(Penitence and Preparation)

Joy

John 1:6-8,19-28

The Third Sunday of Advent, known as Gaudete Sunday, marks a joyful shift in our spiritual winter, symbolized by lighting the solitary pink candle on the Advent wreath.

The liturgy breaks through our quiet penance with a command: Rejoice always! In the Gospel, John the Baptist models this third pillar of Advent, declaring that he is not the light, but merely a voice crying out in the desert to testify to it.

True Catholic joy is not a fleeting emotional high or a product of perfect circumstances; it is an unshakeable disposition rooted in the certainty of Christ's presence among us.

Like the pink candle amidst the violet, John's witness reminds us that our joy shines brightest when we deflect attention from ourselves to illuminate the Savior.

We are called to clear straight paths in our hearts, shedding anxiety to make room for the One who already stands among us, though unrecognized by the world. As the rose candle burns, let us carry that divine spark outward, becoming living witnesses to the true Light that shatters every darkness.