

Monday 11 November 2019.

Today is Armistice Day. The word 'armistice' comes from two Latin words, *arma* (weapons) and *sistere* (to stop). An armistice is a truce, an agreement to stop fighting – to be still.

The eleventh day of November is known as Armistice Day because this was the day, in 1918, when the First World (or Great) War ended. It was agreed that the fighting should stop on the 'eleventh hour of the eleventh day of the eleventh month'. The First World War started in 1914. In a little over four years, over 8.5 million people died worldwide and another 20 million were injured. Such was the loss of life that in almost every village and town there were many men who never returned from the fighting. The day was renamed as Remembrance Day after the second world war, and is now set aside to remember all the men and women who have lost their lives fighting in conflicts.

Listen to the words of ***The World Peace Prayer:***

Lead me from death to life,
from falsehood to truth.
Lead me from despair to hope,
from fear to trust.
Lead me from hate to love,
from war to peace.
Let peace fill our heart,
our world, our universe.

Let us say together

Our Father....

Tuesday 12 November 2019.

Prayer is important and must be a part of our daily routine. How can we expect to have a good relationship with God if we don't talk to him? The following reflection focuses on the significance of prayer

*I got up early one morning and rushed right into the day;
I had so much to accomplish, I didn't have time to pray.
Problems just tumbled about me and grew heavier with each task;
Why doesn't God help me, I wondered; He answered, "You didn't ask."
I wanted to see joy and beauty, but the day toiled on, grey and bleak;
I wondered why God didn't show me - He said, "But you didn't seek."
I tried to come into God's presence; I used all my keys at the lock;
God gently and lovingly chided, "My child, you didn't knock."
I woke up early this morning and paused before entering the day;
I had so much to accomplish that I had to take time to pray.*

Let us now say together

Our Father....

Wednesday 13 November 2019.

In the Old Testament Isaiah says “Let us walk in the light of the Lord.....Whether you turn to the right or the left, your ears will hear a voice behind you, saying “This is the way; walk in it”

We know that a brisk walk 3 times a week keeps your body fit, tones your muscles and strengthens your heart.

But walking with God helps us benefit spiritually so that we can know God better.

But how do we do that?

St John said “His command is that you walk in love....walk while you have the light, before darkness overtakes you.”

To walk in the light we need to keep the commandments. Hold fast to God’s word. And do this with all your heart and all your soul.

Pray that we will all walk in the light.

Our Father.....

Thursday 14 November 2019.

Today we can reflect on some words written by Charles Dickens:

“Some great people make others feel small, but the really great people are those who make others feel great”

Dickens died in 1870, but during his life and after he touched the lives of hundreds of millions of people through his story-telling. Queen Victoria once said of Dickens “He (has) a large and loving mind and the strongest sympathy with the poor.”

So, let us pause in silence to think how we can help someone today to” feel great” about themselves and how we too can have a “large and loving mind”

Lord, may I learn to treat others with generosity and care that we may all bring out the best in one another. Dickens was well aware of our potential to help others and today we pray for those who are called to help others through vocations to priesthood or religious life. We pray that they will be strengthened in their response to God’s call.

Hail Mary....

Friday 15 November 2019.

John B Keane, author and playwright, was moved by the story of the crucified Christ on Calvary turning to the thief on the Cross beside him and telling the thief they would be together in paradise.

A note to his wife, Mary, concluded: imagine a man of the quality of Christ making a promise like that on his death cross. We know he is going to keep it. I'm sure Christ in his infinite forgiveness won't keep anyone out of paradise".

Let us pray.

Act of Contrition

O my God, because thou art so good, I am sorry for having offended thee and I will not sin again.

Amen.