

May this Christmas season be a time of blessing, joy, and peace, as we again celebrate God's gracious and bountiful love in becoming one of us. Jesus became human to show us the way, the way to peace and joy and to our Heavenly Father.

Christians were originally called 'Followers of the Way' and that is still God's invitation to all of us today.

This year we reflect anew on the meaning of Christmas in response to Pope Francis's invitation for radical renewal in our Church, and in response to a world in economic crisis with growing inequalities, suffering, war, and violence.

Today's 'Followers of the Way' are invited by Pope Francis to participate in the renewal of the Church by walking a synodal path - that is, journeying together in a spirit of communion, respectful listening and prayerful discernment on the life and mission of the church.

In our dioceses and parishes many have already set out on this journey to becoming a synodal Church. They have been involved in dialogue and listening exercises, the outcomes of which are recorded in a national synthesis of reports from these meetings, a synthesis which has been sent to Rome.

Pope Francis' invitation extends to each and every one to make this journey in faith, to move forward with open listening hearts, attentive to companionship and communion, travelling with those who share our lives.

Together, and with the help of the Holy Spirit, we can prayerfully discern the way forward; what small steps we can take in our families, our parishes, our local and global communities, to play our part in God's plan for renewal in the Church at this time, and transformation in the world. In the midst of an acute economic crisis, growing inequalities and suffering we gaze at the Crib through a somewhat different lens.

In the Gospel we read that on that Holy Night the angel tells the shepherds how to find the God who has come down to earth: "This will be a sign for you: you will find a child wrapped in swaddling clothes, and lying in a manger" (Luke 2: v. 12).

The miracle of Christmas is the baby, the Christ Child, lying in the poverty of a manger calling us again to see his image in the poor; calling us, in a time of poverty and suffering, to know the Church's mission and ministry needs the heartbeat of God's merciful love.

Pope Francis reminds us littleness is the path that God chose to draw near to us, to touch our hearts, to save us and to bring us back to what really matters. (Homily for the Solemnity of the Nativity of the Lord, 2021)

God's grandeur appears in littleness

As we celebrate the wonder of Christmas, we ask our caring God to help us to listen, to the whisper of the hopeless, the plea of the forgotten, the cry of the anguished.

This booklet, produced by the Northern Pastoral Network, provides us with a series of reflections following the feasts of the twelve days of Christmas. You may want to use it in your private prayer or gather your family each day for a short time of prayer and reflection.

We pray this Christmas that, as we rejoice and give thanks with family and friends, each of us will rediscover the meaning of Our Lord's Nativity and the great hope that it proclaims for the world.



DECEMBER 25TH

Nativity of Our Lord Jesus Christ

'FOR UNTO US A CHILD IS BORN, UNTO US A SON IS GIVEN' ISAIAH 9.6

WORD OF GOD

The Gospel Reading for today can be found at:

universalis.com/europe.ireland/mass.htm or scan the QR code on your mobile



REFLECTION **



Space of tenderness, home of hospitality; To an anxious couple in search of shelter To a new-born child fragile and vulnerable To poor shepherds on the margins of town and society

To searching Magi, believing in the promise of the star.

As we rejoice in God-with-us May we become Bethlehem spaces Open to receive and embrace the fragile, the vulnerable, the displaced; in ourselves in one another in our world.

Christmas Stillness of God, whisper of love Breath of God, quiet mystery Light of God, holy wisdom Shadow of God, birth of mercy

May God be with us in tenderness and love this Christmas.

PRAYER



Heavenly Father, as we celebrate Christmas this year help us to take time to break out of our routine in order to stop and listen.

As the shepherds came to the manger to adore the Christ child let us come to the crib in a spirit of adoration and prayer and let us listen to our brothers and sisters

Let us be attentive to their hopes, their fears, their dreams for peace on earth and among us all.

Amen

CHRISTMAS BLESSING



May each person who comes into your life be greeted as another Christ.

May the honour given the Babe Bethlehem be that which you extend to every guest who enters your presence.

May the hope of this sacred season settle in your soul. May it be for you a foundation of courage when times of distress occupy your inner land.

May the wonder and awe that fills the eyes of children be awakened within you. May it lead you to renewed awareness and appreciation of whatever you too easily take for granted.

May the bonds of love for one another be strengthened as you gather with your family and friends around the table of festivity and nourishment.

May you keep your eye on the Star within you and trust this Luminescent Presence to guide and direct you each day.

May you go often to the Bethlehem of your heart and visit the One who offers you peace. May you bring this peace into our world.

(Adapted from Joyce Rupp's Out of the Ordinary)



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REFLECTION

The transition from the joy of Christmas to the cruelty of martyrdom seems too abrupt and it is a vivid reminder that Jesus came on earth to die.

The Greek word from which we derive the English word 'martyr' literally means witness. In celebrating the feast of St. Stephen, the first martyr, on this day, we are reminded that Jesus calls his followers to be witnesses; not all called to shed their blood. In contrast to the violence of the Roman Empire into which Jesus was born, we are called to be witnesses to a different kingdom, God's Kingdom, where values of compassion, justice, mercy and kindness reign.

Love, including love of enemies, is at the heart of God's kingdom. As Stephen faced death, imitating Jesus, he prayed for his enemies.

Stephen was a much loved and respected deacon in the early Church and it was his task to organise meals to feed the poor. In remembrance of Stephen's work, people used to collect money for the poor in small clay boxes during the year. On St. Stephen's Day, 'Boxing Day', the boxes were broken and the money distributed to the poor.

PRAYER 🙏



Lord God, we give you thanks for the example of Stephen who looked up to Heaven and prayed for his persecutors. We remember Christians who are persecuted throughout the world today, and all those afflicted because of their faithful witness.

We face many dangers at the present time and we ask you to bless us with the gifts of courage and calmness which Stephen showed in the face of danger. Help us find the generosity of heart to pray for our enemies as Stephen did.

Watch over those in our world who are poor, so that, guided by your Word,

they may never lose sight of the path of love which passes through the hearts of our brothers and sisters affected by need and suffering.

May your Spirit give strength, courage, and tenacity to those who dedicate themselves to help those in need.



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REFLECTION

Saint John, who was able to outrun Peter on their way to the empty tomb, is called, "the beloved disciple" in the Gospel. He was a Galilean, son of Zebedee and brother to Saint James the Greater, both of whom were fishermen. They were called by Jesus to be disciples as they were mending their nets by the Sea of Galilee. Fast forward and we see he was the only one of the apostles who did not forsake Jesus in the final hours of his Passion, and it was to him Jesus entrusted the care of his Holy Mother as He hung dying on the Cross.

John was a believer, an apostle, and an Evangelist, the writer of the fourth Gospel, three Epistles and the Book of Revelation. He wrote down his experience, what he had heard and what he had seen as he followed Jesus. He wanted to share his Joy in knowing Jesus and enable other people to experience that Joy.

St. Jerome relates that when St John, as a result of age and weakness, was no longer able to preach to the people, he would be carried to the assembly of the faithful by his disciples, with great difficulty; and every time said to his flock only these words: "My dear children, love one another."

PRAYER 🤼

God our Father,

Moved by Jesus' example,

We want to enter fully into the fabric of society,

Sharing the lives of all,

Listening to their concerns,

Helping them materially and spiritually in their needs.

Rejoicing with those who rejoice,

Weeping with those who weep;

Arm in arm with others.

We are committed to building a new world.

We do this as a result of a personal decision

Which brings us joy and gives meaning to our lives.



DECEMBER 28TH

Feast of the Holy Innocents

WORD OF GOD

The Gospel Reading for today can be found at:

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REFLECTION **



The Feast of the Holy Innocents is celebrated soon after Christmas Day. The holy Innocents are innocent victims of King Herod's lust for power, cruelty, and desire to kill the Child Jesus. They are innocent victims of the cruelty of the same Roman Empire which nailed Jesus to a Cross. We think about the children today who are innocent victims including children whose families are forced live in poverty or forced to flee their homes.

As people of Faith we are carriers of Hope and Joy. We believe the promise of 'Emmanuel' God- with -us, in sorrows and in celebrations. The infant Jesus, born on that Holy Night when the Heavenly Choir of angels sang, is the Light of the world and conquers its darkness and sorrow.

We find well-springs of Hope among all those who live lives of unselfishness, generosity, kindness and compassion in their families and communities. They are God's Kingdom builders. Today we have an God for opportunity to thank extravagant love, the reason for our Hope. It is also a time to ask God to help us work to create the kind of world he intended, a compassionate, just, merciful and nonviolent world

Today is a special day for children when parents have an opportunity to explain that the Holy Innocents are the patrons of small children; they help them to please the Infant Jesus by obeying their parents, loving their playmates, sharing their toys etc.

PRAYER 🙏



Lord Jesus Christ, on this Feast of The Holy Innocents, we remember You embraced and placed Your hands upon the little children who came to You, and said: "Suffer the little children to come unto Me, and forbid them not, for theirs is the kingdom of heaven"

Look now with fatherly eyes on the innocence of children and their parents' devotion. Bless them this day. (parents may sign the forehead of each child with the sign of the cross.)

In Your grace and goodness let them grow in faith, longing for You, loving You, fearing You, keeping Your commandments.

We ask you to help all of us make your Kingdom come in this world and make our homes, parishes and communities places of compassion and kindness, where there are no more innocent victims.

We thank you God this day for your extravagant love. In taking on our flesh you know from the inside, our joys and our sorrows.

In this Christmas season help us to praise and glorify you for all you have done for us.

Amen



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REFLECTION

This was a moment of joy for Mary and Joseph presenting their first born Son to God. It was a moment of joy for the elderly Simeon who had been waiting his lifetime for this encounter. Simeon's words to Mary however introduce a different cadence: the joy of salvation is intermingled with suffering for Jesus, for Mary, and for Christian disciples.

Today we draw consolation from the example of Mary and Jesus. Their lives show us that the joy of salvation comes through embracing and transcending suffering.

Speaking about the encounter in the Temple Pope Francis has said "the eyes of Simeon saw salvation because they were expecting it. They were eyes that were waiting, full of hope". He encouraged his listeners to ask God for 'a new way of looking, that knows how to see grace, how to look for one's neighbour, how to hope". "Then", Pope Francis added, "our eyes too will see salvation".

PRAYER 🉏



With Mary we advance confidently towards the fulfilment of God's promise and to her we pray:

Mary, Virgin and Mother, you who, moved by the Holy Spirit, welcomed the word of life in the depths of your humble faith: as you gave yourself completely to the Eternal One, help us to say our own "yes" to the urgent call, as pressing as ever, to proclaim the Good News of Jesus.

Virgin of listening and contemplation, Mother of love, Bride of the eternal wedding feast, pray for the Church, whose pure icon you are, that she may never be closed in on herself or lose her passion for establishing God's kingdom.

Mother of the living Gospel, wellspring of happiness for God's little ones,

pray for us. Amen. Alleluia!

(Prayer at the conclusion of Evangelli Gaudium. Abridged)



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REFLECTION **

Anna was a prophetess who remained at the temple day and night, worshiping, fasting and praying. Most people would have disregarded Anna as an elderly woman who didn't have much to offer the world because she was a bit religious, always in church praying.

It may be that for some of us that our gift to the Church and to the community is to be in the background praying. Our Churches, communities, and the world need to be held in prayer as we try to navigate the crises of today, including the economic and climate crises.

Anna was in the right place at the right time when Mary and Joseph brought Jesus into the Temple.Inspired by the Holy spirit her wisdom enabled her to recognise this tiny baby was the Saviour of the world. Her spirituality spilled into thanksgiving to God and those prophetic words she spoke to Mary and Joseph.

PRAYER 🅀



Anna, the prophetess, was filled with the spirit of wisdom and hope by the Holy Spirit. We now pray to the Holy Spirit to come to our 21st century troubled world.

Come, Holy Spirit, Come, Spirit of God, Come with your peace, your power, your light.

Come with forgiveness, courage and hope. Come now to our suffering world, where war, conflict and environmental disasters threaten everywhere with silent death, but most cruelly among your poorest children.

Comforter, we call you, Counsellor, Consoler, Advocate and Paraclete. Come to the hearts and minds of all who seek to walk with those who suffer.

With your gift, the community of believers who came to be called Church, was born.

Strengthen us to be working signs for all humanity to be one, a community of mutual care.

Amen.

(Leo J. O'Sullivan S.J. Adapted)



DECEMBER 31ST

Feast of Pope St Sylvester

WORD OF GOD

The Gospel Reading for today can be found at:

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As we bid farewell to 2024 there is much comfort in the words of today's Scripture which reassure us that Jesus is 'a light that darkness could not overpower'.

In this year our world has experienced more of the darkness of violence and war. In Rome at the closing ceremony of the Oct. "Cry for Peace" conference, Pope Francis said: "The plea for peace cannot be suppressed: it rises from the hearts of mothers; it is deeply etched on the faces of refugees, displaced families, the wounded and the dying, and this silent plea rises up to heaven. It has no magic formulas for ending conflict, but it does have the sacred right to implore peace in the name of all those who suffer, and it deserves to be heard." "Let us never grow resigned to war," he concluded. "Let us cultivate seeds of reconciliation."

2024 has witnessed a growing economic crisis and disastrous climate events with floods fires and

droughts.

Just as during the pandemic we have also witnessed charity and heroism flourishing in the midst of these crises. Courageous and dedicated people continue to risk their lives to save others under threat from bombs, forest fires, and floods. Ordinary people open their homes and lives to those fleeing war. Generous offer clothing, food, care companionship to the victims of disasters. At home many charities have sprung up to help those worst hit by the economic crisis. In his homily on World Day of the Poor Pope Francis said: "Do not listen to 'prophets of doom' but instead 'light candles of hope...... A disciple of the Lord should not yield to resignation or give in to discouragement, even in the most difficult situations, for our God is the God of resurrection and hope, who always raises up." For this reason, he said, "Christians in the face of trials ask: What is the Lord saying to us? And when evil events occur that give rise to poverty and suffering, the Christian asks: 'What good can I concretely do?' Do not run away, ask yourself the question: 'What is the Lord saying to me and what good can I do?"

We remember another Pope today as this is the feast of St. Sylvester. He was a fourth century Pope whose devout faith so moved his contemporaries, that they publicly honoured him as "confessor" one who, though not suffering martyrdom, lived a life completely given to Christ.

PRAYER 🖑



God of the approaching New Year, we are walking into mystery. Fill us with hope and an abiding trust that dwells in us amid all our joys and sorrows. God of new beginnings and wonderful surprises, thank you for this gift of a new year. May it be a time of grace, a time to grow in faith and love, a time to renew commitments to following Your Son, Jesus. May it be a year of blessing, a time to cherish family and friends, a time to embrace faith more fully, a time to work for peace and justice. Walk with us, please, in every day and every hour of this new year, that the light of Christ might shine through us, in spite of our weaknesses and failings.

Above all, may we remember this year that we are pilgrims journeying together on the sacred path to You.

Amen.



Solemnity of Mary Mother of God

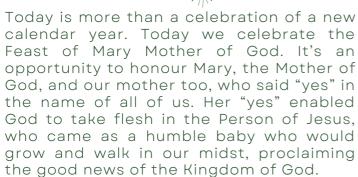
WORD OF GOD

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REFLECTION **



With grace and courageous faith, Mary cooperated fully with what God asked of her; not just at the Annunciation, but each and every day of her life as she lived out God's plan for her. Difficult though it can be sometimes to believe or accept, God does have a plan for each us. Can we follow the example of Mary? Can we put our faith, hope and trust in God? Can we ponder and treasure in our hearts all that happens to us?

Mary is often given the title 'Queen of Peace' and today is also World Day of Peace. We know that sadly there are wars, threats of wars and many people and countries suffering because of violence and random acts of terrorism. Some of these acts of violence take place in our own communities and in our own streets. Today we pray to Mary, Mother of God, and Queen of Peace, to help us play our part in breaking down barriers of hate and fear and bring whispers of hope.

PRAYER \hphantom

We pray that in the year ahead we, like Mary, will cooperate with God in the ongoing mission of Christ, the Prince of Peace.

Father of Jesus, You who sent your angels to herald your Son's coming with cries of peace.

Hear our cry now

That your peace may touch all corners of our world.

You whose Son called all peacemakers blessed,

Help us forge peace in your name.

Peace among nations.

Peace among neighbours.

Peace among families.

When we look back on this time

May we recall it as the time we all heard the angels' cry

And worked together to reveal that peace to all.

A peace worthy of God, born into the world.

Amen

(CRS adapted)



St Basil and St Tregory

WORD OF GOD

The Gospel Reading for today can be found at:

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Macrina Wiederkehr

REFLECTION **



On January 2, the Church honours Saints Basil the Great and Gregory Nazianzen, two friends who were pillars of orthodoxy during a period of chaos and confusion, in the Church. This was in the fourth century the time in which the Church faced the farreaching heresy of Arianism, which denied the divinity of Christ. In 'The Song of the Seed', Wiederkehr OSB, sees divinity Macrina reflected in creation and encourages us to be disciples, like Saints Basil and Gregory who follow Jesus closely, patiently and faithfully.

PRAYER 奏



Christ Be With Me (Prayer of Saint Patrick) Christ be with me, Christ within me, Christ behind me and before me. Christ beside me, Christ to win me, Christ to comfort and restore. Christ beneath me, Christ above me, Christ in hearts of all who know me. Christ in mouth of friend and stranger, Christ in quiet and in roar. Love, blessed Trinity of three, Bound in unity Who guides my journey. I will arise with strength of heaven Trusting in Your light To guide my journey Shine before me Lead me home. Power to guide me, might to hold me, Wisdom teach me, watching o'er me. Ear to hear me, hand to guard me, Love to conquer every fear.

SONG OF THE SEED

Life unfolds a petal at a time slowly.

The beauty of the process is crippled when I try to hurry growth. Life has its inner rhythm which must be respected. It cannot be rushed or hurried. Like daylight stepping out of darkness, like morning creeping out of night, life unfolds slowly a petal at a time like a flower opening to the sun, slowly.

God's call unfolds a Word at a time slowly.

A disciple is not made in a hurry. Slowly I become like the One to whom I am listening. Life unfolds a petal at a time like you and I becoming followers of Jesus, discipled into a new way of living deeply and slowly. Be patient with life's unfolding petals. If you hurry the bud it withers.

If you hurry life it limps. Each unfolding is a teaching a movement of grace filled with silent pauses breathtaking beauty tears and heartaches. Life unfolds a petal at a time deeply and slowly.



The Most Holy Name of Jesus

WORD OF GOD

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REFLECTION **



On this feast the Church invites us to prayerfully, and respectfully, reflect on the Holy Name. The name of Jesus reminds the hearer of who Jesus is and what He has done for us - Jesus means "God saves" or "God is salvation." The Holy Name of Jesus, reverently spoken, or prayed, is a source of peace, protection and blessing for ourselves and our families.

Saint Bernard of Clairvaux promoted devotion to the holy name of Jesus. He wrote: "The Name of Jesus is Light, and Food, and Medicine. It is Light, when it is preached to us; it is Food, when we think upon it; it is the Medicine that soothes our pains when we invoke it."

Pronouncing the Holy Name of Jesus with love and trust is the shortest of prayers. When we find ourselves in difficult situations invoking the Name of Jesus is a source of comfort and support. We can practise praying continually the Jesus Prayer, that beautiful prayer of the heart: "Lord Jesus Christ, Son of God, have mercy on me. a sinner."

This Christmas season we ask Jesus, father of the poor, our Way and our Life, to inspire all of us to follow his example; to pour out our lives in the service of others.

PRAYER



JESUS

Glorious name, gracious name,

Name of love and of power!

Through you sins are forgiven,

Through you enemies are vanquished,

Through you the sick are freed from their illness.

Through you those suffering in trials

Are made strong and cheerful.

You bring honour to those who believe,

You teach those who preach,

You give strength to the worker,

You sustain the weary.

(St Bernardine of Siena, Apostle of the Holy Name)



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Today's reading is taken from the later verses of the first chapter of St. John's Gospel. These verses cover the early days of the ministry of Jesus. We have a last glimpse of John the Baptist, who heralds Jesus for a second time as 'the Lamb of God'. Jesus is the one who is to lay down his life like an innocent lamb 'for the sins of the world'. This is the purpose of his coming into the world, the purpose of the Son of God 'becoming flesh' and 'living among us'.

Attention quickly moves away from John the Baptist to the conversation between Jesus and the two disciples. They follow Jesus, but he challenges them with the question 'what are you looking for?' They counter this question with another, 'where do you live Rabbi?' Jesus invites them: 'Come and see!'

The time they spend with Jesus makes a deep impression on them. Andrew cannot contain his enthusiasm. He is convinced that Jesus is the Christ, the Messiah. He calls his brother Simon Peter. When Jesus meets Simon Peter, he does not hesitate to enlist him among the disciples and immediately gives him the new name, Cephas, which means Rock. These verses are marked by the enthusiastic response of the first disciples to Jesus and their eagerness to spread the news about him. When the good news of salvation comes, when we encounter the word of God we cannot be contained or suppressed. It is imperative to let others know!

'What are you looking for?' What would be your response to Jesus' question? How often do you invite others to 'come and see' something of your life of faith? We pray that, as another year begins, we may meet Jesus with new enthusiasm. Let us have the courage to make Jesus known to others, as the first disciples did.

PRAYER



Today I say yes to you, God.
I say yes to your love for me.
May I receive your love.
May I rest in your love.
I say yes as well to your plans for me.
I say yes to all you would
teach me and change in me.
I say yes to you, my Love, my Life.

Amen





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REFLECTION **



How do I know that God knows me? I know myself to be known by God

- in the beauty, power and diversity of creation and nature;
- in the joys and frustrations of daily work:
- in the joys and sorrows of my life;
- in the gifts of God seen in the lives of people who believe in Him and those who don't;
- in music and the arts;
- in small acts of kindness in daily life.

I know myself to be known by God most of all, in the many people I have known who have loved me.

PRAYER



Father, we thank you for your love.

Thank you for caring for us in our daily lives.

Thank you for guiding us in our decisions, thank you for giving us wisdom when we stumble, and thank you for leading us to support one another.

Oh Lord, the love and care you show us blesses our daily lives,

and we are better for it.

Amen





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Lord Jesus may your light shine our way, as once it guided the steps of the magi: that we too may be led into your presence and worship you, the Child of Mary, the Word of the Father, the King of nations, the Saviour of mankind; to whom be glory for ever.

Amen

Frank Colquhoun



We conclude with the words of St. Teresa Benedicta of the Cross (Edith Stein), that great Carmelite mystic and lover of the cross, who wrote so beautifully about the Christmas mysteries:

"Those kneeling around the crib are figures of light: the tender innocent children, the trustful shepherds, the humble kings, Stephen, the enthusiastic disciple, and John the apostle of love, all those who have followed the call of the Lord. They are opposed by the night of incomprehensible obstinacy and blindness: the scribes, who know indeed when and where the Saviour of the world is to be born, but who will not draw the conclusion: "Let us go to Bethlehem." King Herod, who would kill the Lord of Life. Ways part before the Child in the manger ...

Today as we move away from the manger of our new-born King and Lord, let us recommit ourselves to the cause of life that is the Heart and the Joy of Christmas.

