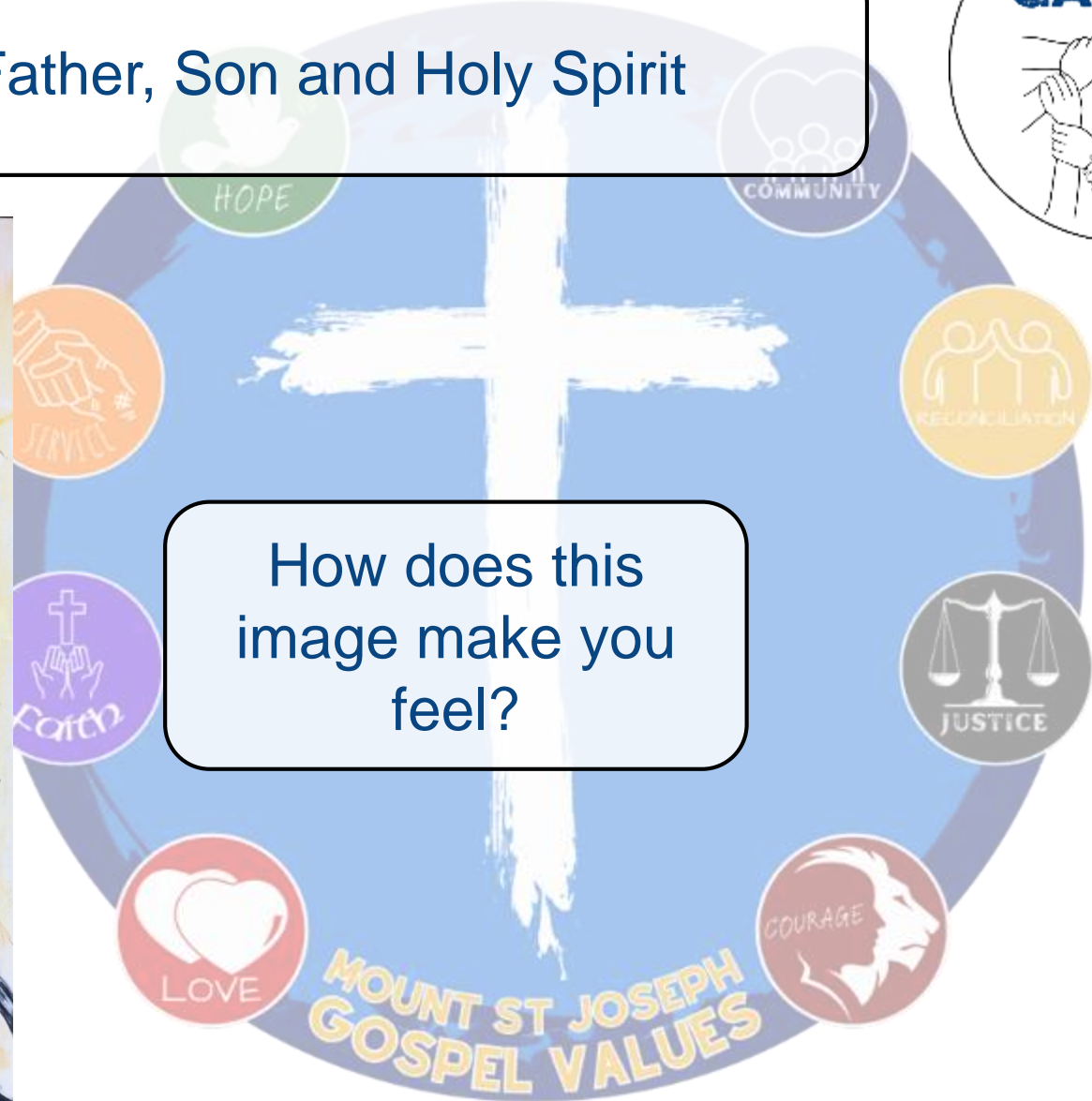


In the name of the Father, Son and Holy Spirit



How does this image make you feel?





Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.  
Deuteronomy 4:9



God, thank you for the gift of life and for the freedom to love and worship You. Through the power of the Holy Spirit inspire us to be your witnesses. Grant us the courage to boldly and joyfully stand in protection of our freedom. In your mercy, guard our religious freedom so we may continue to live out our faith and transform the world in which we live.

St Joseph – Pray for us

St Teresa – Pray for us



How can you help others to feel free this week?

February

4

**WE  
GATHER**

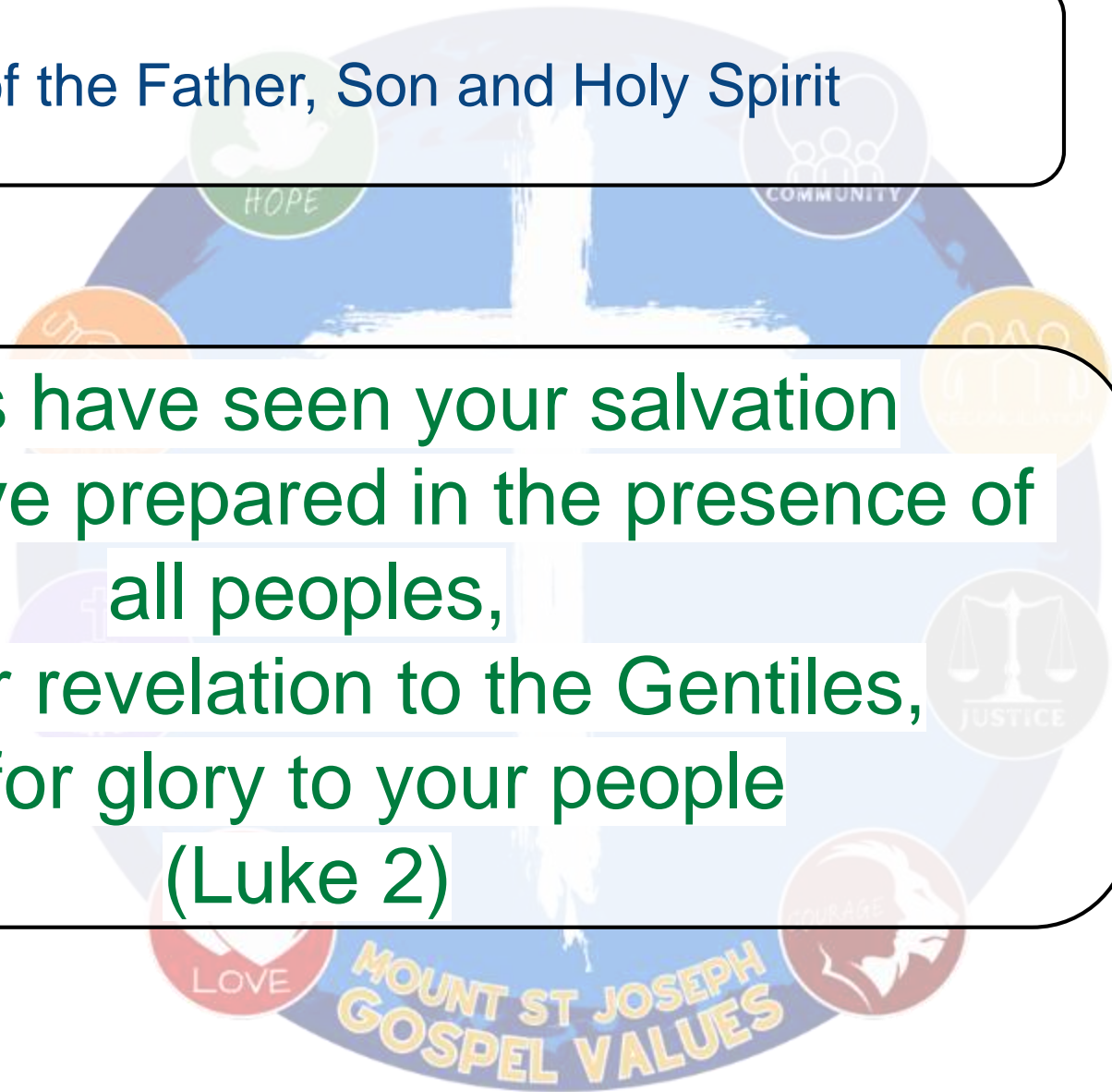


**WE  
LISTEN**



In the name of the Father, Son and Holy Spirit

My eyes have seen your salvation  
that you have prepared in the presence of  
all peoples,  
a light for revelation to the Gentiles,  
and for glory to your people  
(Luke 2)







[\*Stillness Script – Click here\*](#)

# BE STILL

*My eyes have seen your  
salvation  
that you have prepared in the  
presence of all peoples,  
a light for revelation to the  
Gentiles,  
and for glory to your people*

*Spend a couple of minutes in silent reflection, thinking about the  
words of Simeon when he saw Jesus*



*In the name of the Father, Son and Holy Spirit*

GATH  
R



In the name of the Father, Son and Holy Spirit

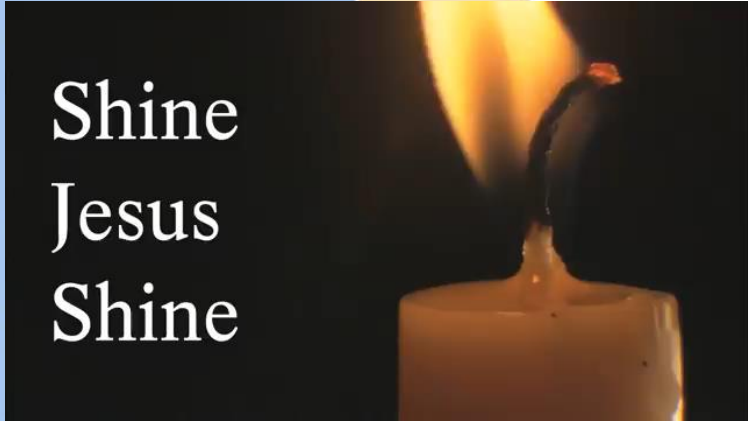


Listen to the hymn, "Shine Jesus Shine",

Click to play music video



Make the words your own prayer.  
Let Jesus' light shine on you today.  
Feel the warm of God's love on you.



As we go through our day remember that Jesus came to free all.

February

6

**WE  
GATHER**



**WE  
LISTEN**



**WE  
RESPOND**

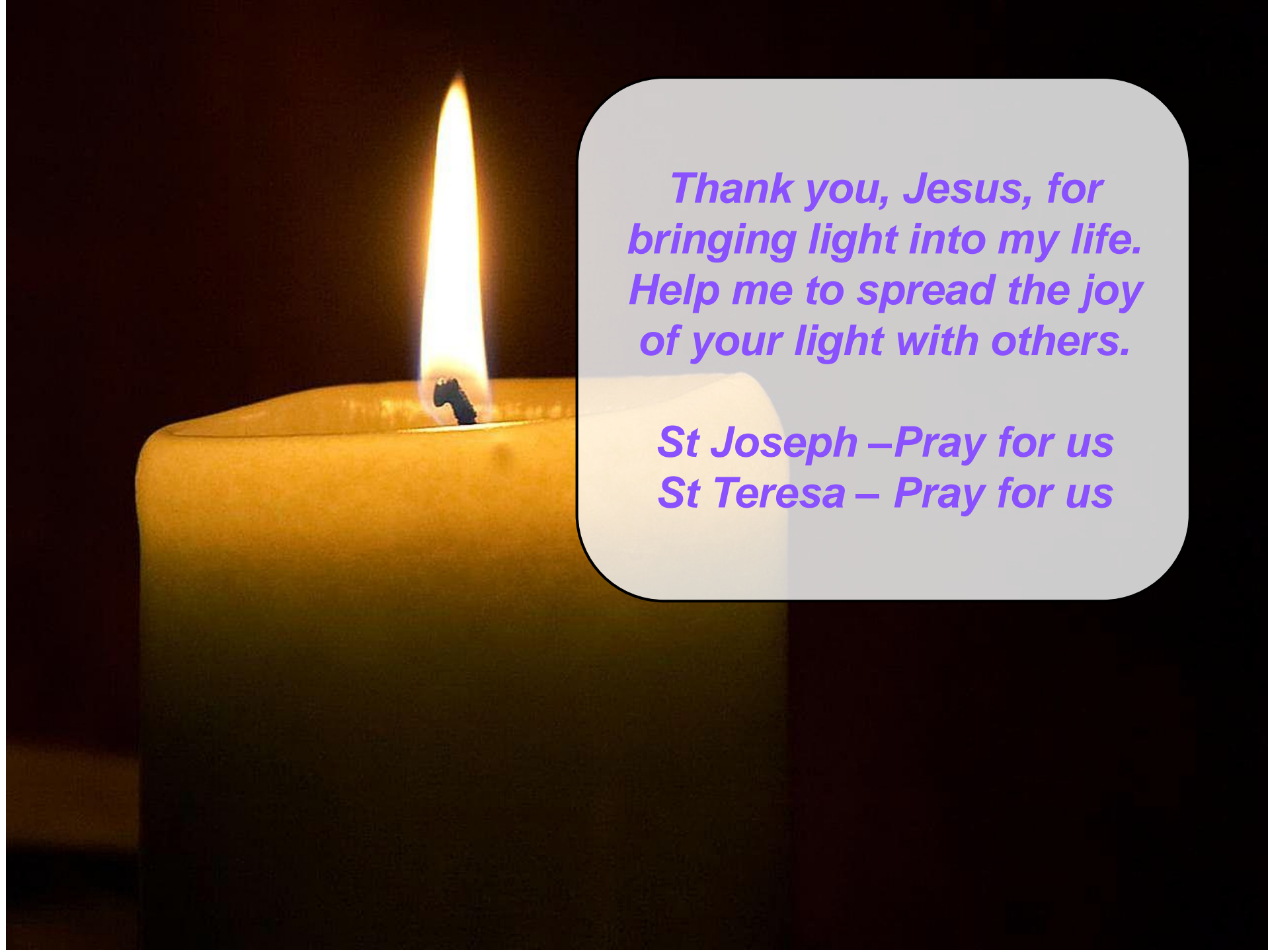


In the name of the Father, Son and Holy Spirit

Jesus is the light of the world who asks each one of us to share the light of his love with others. We are all light for the world!

I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life

Think of at least one practical thing you can do today to make a difference, however small, to the people you will meet. Write your idea on your candle and offer it to God.



*Thank you, Jesus, for  
bringing light into my life.  
Help me to spread the joy  
of your light with others.*

*St Joseph – Pray for us  
St Teresa – Pray for us*