

Young People



Scripture

Luke 21:5-19

Some of the disciples were talking about the Temple, how beautiful it looked with its fine stones and the gifts offered to God. Jesus said, "All this you see—the time will come when not a single stone here will be left in its place; everyone will be thrown down."

"Teacher," they asked, "when will this be? And what will happen in order to show that the time has come for it to take place?"

Jesus said, "Watch out; don't be fooled. Many men, claiming to speak for me, will come and say, 'I am he!' and, 'The time has come!' But don't follow them. Don't be afraid when you hear of wars and revolutions; such things must happen first, but they do not mean that the end is near."

He went on to say, "Countries will fight each other; kingdoms will attack one another. There will be terrible earthquakes, famines, and plagues everywhere; there will be strange and terrifying things coming from the sky. Before all these things take place, however, you will be arrested and persecuted; you will be handed over to be tried in synagogues and be put in prison; you will be brought before kings and rulers for my sake. This will be your chance to tell the Good News. Make up your minds ahead of time not to worry about how you will defend yourselves, because I will give you such words and wisdom that none of your enemies will be able to refute or contradict what you say. You will be handed over by your parents, your brothers, your relatives, and your friends; and some of you will be put to death. Everyone will hate you because of me. But not a single hair from your heads will be lost. Stand firm, and you will save yourselves

Prayer to St Julie Billiart

Saint Julie, through your great devotion to the Sacred Heart of Jesus, you were miraculously cured and favoured by many graces.

By your powerful intercession, obtain for us above all, a great trust in God in all the difficulties of life, the strength to accomplish in all things the adorable will of God, and the special grace we now ardently ask of you.

"We must have courage in the times we live in. Great souls are needed, souls having the interest of God at heart"

Prayers

It is sometimes easy to think that because I am young I have no voice, I am not important, I cannot make a difference. Lord, I ask You to give me the courage to believe in myself and the abilities you have given to me because when I look around and see injustice and wrong in the world I want to be able to show others that there's another way. Help me Lord. **Amen.**

Lord, teach us a College community to seek ways to serve You and others. Help me to be generous with my time and my talents. Help me to be an example to others, in my attitude, the way I speak, and all that I do. **Amen**

Reflect: Next Sunday is the Feast of Christ the King, Pope Francis met thousands of young people at World Youth Day in Rio. There he called on the young people of the world to be the Church in action. A Church that serves. A Church that makes a noise.

He said to them, '**Go! Do not be afraid! Serve!**'

Sometimes, as young people you can feel as though your voice isn't heard, as if there's no point because you can't make a difference. Our Pope knows this isn't the case, he knows with courage YOU can serve our world and make wonderful things happen.

- How are we called to 'serve'?

Focus on
one each

Pray For:

- People in prison and their families struggling without them.
- Those who are feeling sad or who are struggling with personal issues.
- Those you know who have died and those grieving for loved ones.

Prayer in action this week:

- Have the courage to make a positive difference.
- SERVE others, giving time, love, a helping hand.
 - Support someone who is feeling sad.
 - Be a role model to other young people.
 - Speak out against injustice.



Father God, You made us. You gave us the feelings of love, compassion, joy and hope. But sometimes we feel things like anger, hatred, sadness and despair. These emotions sometimes make us behave badly towards each other, and cause the problems we have in the world today. Help us to cope with our feelings. Teach us to think more before we say or do something that hurts. Make us more honest and sensitive to others' feelings, as well as our own. Help us to keep love and harmony in our lives, so that gradually this peace will spread outwards into all the world.

We ask this in Jesus' name, **Amen**

Lord,
As young people we have so much to offer our world, we have strong opinions and talents to share.
We want to make a difference.
Help us this week to show that we can BE the difference we want to see in the world by our words and actions within our college and family communities.
By making changes to ourselves and our communities we can also affect the world around us.
Amen



Lord, sometimes young people are given a bad name, sometimes for good reason but often due to misunderstandings. Help us to do all we can to ensure that people don't misunderstand our actions or intentions. **Amen**

Father, young people are said to be filled with energy and enthusiasm but, you know what? Sometimes I just don't feel like that!
Help me to share the times when I'm struggling with you as well as the times when all's well.
Help me to use my energy and enthusiasm, when I have it, to make a difference because I know that even the smallest difference counts!

Thank you Father. Amen.

November is a month when we remember those people who have died and gone before us to the Lord.
Throughout the month we will keep all those who have died in our prayers.

Lord, thank you for who we are;
for our uniqueness and that of others.
May we respect that always.
Amen

This is the prayer used by Catholic people when they pray for someone who has died:
Eternal rest grant unto them (her/him) O Lord, and let perpetual light shine upon them (her/him).
May they (s/he) rest in peace.
Amen

Lord, we ask that you comfort those who are grieving at this time.
Be with them as they come to terms with the loss of their loved one.
May they soon be comforted by the knowledge that death is not the end and that you are waiting to welcome your children into your Kingdom to live with you forever.
Give us the patience and understanding to support those who mourn.
Amen

Do not stand at my grave and weep

Do not stand at my grave and weep.
I am not there. I do not sleep.
I am a thousand winds that blow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning's lush,
I am the sweet uplifting rush of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry
I am not there, I did not die.
So heed, hear when you awaken what I say.
I live with you, I guard your way