



Title: Advent - Hope

Prayers

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"

St Julie Billiart

Jesus our Light, help us to begin our Advent journey of faith and preparation. Prepare our hearts to receive you by ignoring all the distractions going on around us at this time. Make our preparation for Christmas one that centres on You and others, not ourselves or material things.

Amen

Lord of Hope, As we begin our Advent Challenge here in College we pray that everyone will join together to make it a success. Help us all to see that the gifts we raise money to buy will bring real hope and light to those people and communities most in need of it. Amen

Matthew 24: 37-44

The coming of the Son of Man will be like what happened in the time of Noah. In the days before the flood people ate and drank, men and women married, up to the very day Noah went into the boat; yet they did not realize what was happening until the flood came and swept them all away. That is how it will be when the Son of Man comes. At that time two men will be working in a field: one will be taken away, the other will be left behind. Two women will be at a mill grinding meal: one will be taken away, the other will be left behind. Watch out, then, because you do not know what day your Lord will come. If the owner of a house knew the time when the thief would come, you can be sure that he would stay awake and not let the thief break into his house. So then, you also must always be ready, because the Son of Man will come at an hour when you are not expecting him.



Focus on one each day

Reflect: Happy New Year!!! Advent began on Sunday and so did a brand new year in the church calendar. The Advent season is about promise, hope, joy, and new beginnings - everything a new year should begin with! This first week of Advent we focus on hope which the first purple candle on the Advent wreath symbolises. Hope is vital to us all, we all need to feel hopeful for without hope we are filled with despair and sadness. In Christianity Jesus is our hope and he is often represented by light; we call Jesus 'The Light of the World'. Without light there is darkness and despair but when light comes into darkness it brings hope with it. Our liturgies in a few weeks' time will focus on the idea of us being bridges of light to others and one of the major ways YOU can be that this Advent is by providing the gift of hope to others via your participation in our Advent Challenge.

- Why are light and hope connected?
- What items will you provide for the Nugent Care or Refuge Shoe Box Appeal?

Pray for:

people forced to flee their homes for religious or political reasons.

- those who are far from home and family.
- those who work on a voluntary basis to help others
- those suffering from HIV/AIDS and their families.
- those lacking hope at this time.

Prayer in action this week:

- Volunteer to help someone in some way.
- help to kick-start your form's Advent Challenge!
 - Give hope to someone by being there for them.
 - Make a 'new year' resolution.
 - Speak out against injustice

Our Hopes....

What are your hopes for the approaching New Year?
What are your hopes for this academic year?
What are your hopes for the future?
What are your hopes for your family and friends?

We can all have hope in different parts of our life...let us hand those hopes over to Our Lord, at the pause in the prayer use this time to offer your personal hopes to God:

Dear Lord,

We hold many hopes for ourselves and those we love, we spend the next few moments of silence sharing them with you....

(Time of silent thought/prayer, for 30 seconds to a minute depending on the group)

Lord, guard our hopes and dreams and give us the determination to work with you to see them come to fruition.

Amen

CAFOD Advent Prayer

God of hope,
You sent your only son into the world - that he might light our way.
God of light,
as we prepare ourselves this Advent, inspire us to share whatever we have with those who do not have enough.
As we wait, in joyful hope, for the coming of the Christ-child, born in a Bethlehem stable, we pray for all children, and especially for those who face hardship or difficulties.
May they be nurtured with respect and dignity, and given the chances they need to do well.
We ask this through Christ our Lord. **Amen**

Lord, as we begin this new church year help us take the opportunity given to us to begin again.
Help us to let go of behaviours and attitudes that have been holding us back.

Help us to have the courage to admit where we have been going wrong.

Help us to have the strength to be seen to start again, with You, this Advent.

We ask this in your name.
Amen



As a College we are doing our Advent Challenge this week. We are bringing in items for Nugent Care and the Refuge Centre. These gifts will give hope to the lives of so many people in our communities.

We are really thankful, Lord, for the opportunity we have to make that difference to someone, to be a bridge of light in their lives, and we pray that with your grace the Notre Dame 2014 Advent Challenge will be a great success.

Amen