

Theme: Glory to God



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- ★ Hymn of the Week: Blest be the Lord
- ★ Reading of the Week: [Matthew 22:15-21](#)
(Click to view the reading)

Monday, 16th October



Each year World Food Day focuses on a particular theme, and this year it is, “Feeding the world, caring for the earth”. Food, so critical to our survival, gives rise to different issues in different parts of the world.

In developed countries, overeating and lack of exercise are causing an epidemic of obesity, whereas in underdeveloped countries, many people are still dying of starvation or are dangerously malnourished. The injustice of this situation is obvious.

Take a moment to think what can we do personally to help?

O God, our world has enough resources to feed everyone in it. Make us ever more aware of how much we have, here in Britain, so that we may live more simply and share what we have with those in need. Amen.

Tuesday, 17th October



Jesus talked of how individuals react to those who are hungry or thirsty, strangers or without clothing, sick or imprisoned. Each day we meet people who are – in many different ways - “hungry” or “thirsty” or are “strangers”. Let’s reflect on the reading:

[Matthew 25:31-46](#)



Jesus said that we are brothers and sisters to one another. Jesus added that what we do to them, we do to himself.

Let’s pause in silence to think how, in such small ways, we can set about to touch the lives of a few people today.

Wednesday, 18th October



Thomas Edison, the great inventor, died on this date in 1931. He had invented the lightbulb, the film projector, and a storage battery. He improved the telephone, the telegraph and the gramophone (record player). Edison had only 3 months of formal schooling. When someone remarked how easy it must be for him to invent, he said:

“Genius is 1% inspiration and 99% perspiration!”

God our Father,

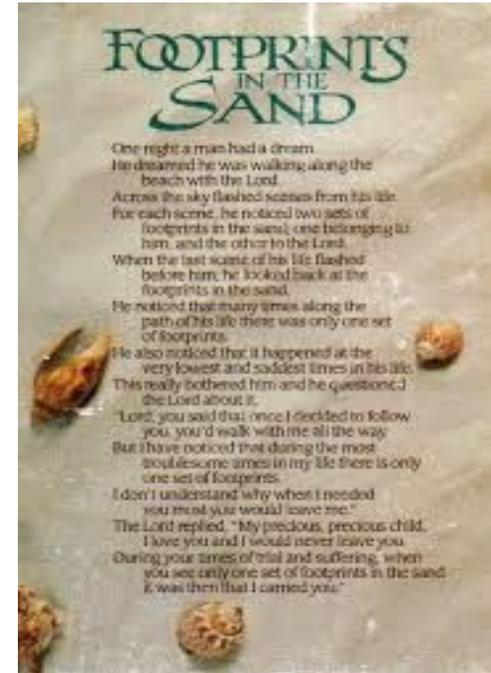
May your Spirit be at work in my life so that I may transform into something positive whatever negative experiences I will face in life. If I have been treated unfairly, lead me to be concerned about fairness and justice to others. If I have felt misunderstood, inspire me to listen to others and show genuine interest. If I have felt that I have experienced little support, show me how best to encourage others. What I pray for today, Father, I also commit myself to work hard at whatever I do. Amen.

Thursday, 19th October



Tonight we celebrated the year 7 induction Mass. In this Mass we welcome officially the year 7's to the community of St. Richard's

This year's mass takes its theme from the wonderful story Footprints. Sometimes when we feel at our lowest it's hard to see God in our lives. But he is present perhaps in the helpful smile at the start of the day. Even in our own community, showing someone where to go, helping someone with a difficult topic in lessons, smiling and saying hello to someone, can make a huge difference.



Lord, help us to know that you walk alongside us even when we can't see your Footprints. Help us to see your support in the kind actions of others. And help us to remember our actions can reflect your love and can help support someone in their lowest moments. Amen

Friday, 20th October



At this time of year, we can see and hear flocks of geese as they fly in V-formation, migrating into Britain from Iceland or Russia.

The air turbulence from the lead goose gives uplift to the two geese on either side. In turn, uplift is passed on to the geese further out in the V-formation. Each goose takes its turn to be leader, and then moves to rest on the outer edge of the V-shape. As the geese co-operate with one another, a flock can fly over 70% further than the same number of geese flying individually.

In this way they work as a team to achieve their goal... what could we learn from the flying geese?

In times of difficulty, Lord, we appreciate the support and encouragement of others. In better times we feel stronger and more secure. Remind us then to co-operate with other people and look out for the needs of others, being ready to offer a smile, a word, and other support and encouragement. Amen.



PRAYER BEFORE LUNCH

Generous God,
we come to thank you for the food we
are about to eat. May we never take your
gifts for granted and never forget those
who are hungry.

Amen.



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PRAYER FOR THE END OF THE DAY



Give me this night, O Father, the peace of mind which is truly rest. Help me to be at peace with myself at peace with my fellow human beings at peace with you.

Amen.

