



Beginnings

Virtue Link: **Diligence**
CST Link: **Common Good**
Mission: **Where in your life do you need a fresh start? Make a promise this week to do something differently from now on.**

Starting something new can be hard. New house, new job, new school, even new shoes feel uncomfortable the first time we wear them. Stories with beginnings which are tough and challenging for the characters, often have the most satisfying endings. You've got a story to write, go make it a good one!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24TH	25TH	26TH	27TH	28TH	29TH	30TH
21ST ORDINARY TIME	Monday of Week 21	Tuesday of Week 21	St Monica	St Augustine <i>Bishop & Doctor</i>	Passion of St John the Baptist	Dedication of St Barnabas Cathedral
	St Louis	Bl. Dominic Barberi <i>Priest</i>				
	St Joseph of Calasanz <i>Priest</i>					



Welcome

Virtue Link: **Gratitude**
CST Link: **Solidarity**
Mission: **Find someone new in your community and make them feel welcome.**

Jesus teaches us that we should look after and welcome people, not just people we know and like but particularly people we don't know so well, those who might be feeling left out and even those we might not get on with.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUN 31ST	1ST	2ND	3RD	4TH	5TH	6TH
22ND ORDINARY TIME	Monday of Week 22	Tuesday of Week 22	St Gregory the Great <i>Pope, Doctor</i> 	St Cuthbert <i>Bishop</i> 	Friday of Week 22	Saturday of Week 22 <i>Memorial Blessed Virgin Mary</i>



Encounter

Virtue Link: **Patience**
CST Link: **Dignity**
Mission: **Make time this week to look at where you might encounter Jesus in those around you.**

An encounter, by its very essence, is a surprise. It is those moments and meetings that we don't expect, that is where we find God. A God of surprise, a God of the unexpected moment.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7TH	8TH	9TH	10TH	11TH	12TH	13TH
23 ORDINARY TIME	BIRTHDAY OF THE BLESSED VIRGIN MARY	Tuesday of Week 23 St Peter Claver <i>Priest</i>	Wednesday of Week 23	Thursday of Week 23	Thursday of Week 23 MOST HOLY NAME OF MARY	St John Chrysostom <i>Priest, Doctor</i>



Patience

Virtue Link: **Charity**
CST Link: **Common Good**
Mission: **When you have to wait for something this week, use the time to pray for the virtue of patience.**

Patience is about waiting and trusting in God at work in our lives. Patience is often difficult to practice, especially when we are used to having everything on demand. Learning to be patient can help us to more content and to be at peace when situations are outside of our control.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14TH	15TH	16TH	17TH	18TH	19TH	20TH
EXALTATION OF THE HOLY CROSS	OUR LADY OF SORROWS	Ss Cornelius & Cyprian, Martyrs	Tuesday of Week 24 Feast St Robert Bellarmine, Bishop, Doctor Feast St Hildegard of Bingen, Virgin, Doctor	Feast St Juan Macias Religious	Thursday of Week 24 St Januarius, Bishop, Martyr St Theodore of Tarsus, Archbishop of Canterbury	Ss Andrew Kim Taegon & Paul Chong Hasang & Companions, Martyrs



Work

Virtue Link: **Temperance**
CST Link: **Dignity of the Worker**
Mission: **Make an effort to do your work this week to the best of your ability and to help others with their work too.**

Work teaches us responsibility and discipline and can be a source of satisfaction and fulfillment. We should respect the dignity of labour and the value of all those who work around the world in service of others. Work is a gift from God, a way to participate in his creative activity. It's not just about earning a living, but about using our talents and skills to contribute to the world.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21ST	22ND	23RD	24TH	25TH	26TH	27TH
25 ORDINARY TIME	Monday of Week 25	St Pio of Pietrelcina (Padre Pio), Priest 	OUR LADY OF WALSINGHAM 	Thursday of Week 25	Friday of Week 25 Ss Cosmos & Damian, Martyrs	ST VINCENT DE PAUL Priest 



Prudence

Virtue Link: **Fortitude**
CST Link: **Peace**
Mission: **When faced with a difficult decision this week, think about what Jesus would do.**

Prudence is the virtue of sound judgment, making wise decisions based on reason and faith. It's about taking the time to think before we act, considering the consequences of our choices, and seeking guidance from God and wise counsel. Prudence helps us navigate life's complexities, discern God's will, and make choices that align with our values and beliefs. It's a key virtue for living a life of integrity and purpose

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28TH	29TH	30TH	1ST	2ND	3RD	4TH
26 ORDINARY TIME	Sts Michael, Gabriel & Raphael <i>Archangels</i>	St Jerome, <i>Priest, Doctor of the Church</i>	St Therese of Lisieux, <i>Virgin, Doctor of the Church</i>	Holy Gaudian Angels	Friday of Week 26	St Francis of Assisi <i>Patron of Ecology, Founder of The Franciscans</i>



Rosary

Virtue Link: **Prudence**
CST Link: **Option for the Poor**
Mission: **Find time to pray the Hail Mary or the Rosary this week.**

This week we have entered into October – a month dedicated to the Holy Rosary. it is a reminder that we can look to Mary not only as an example, but also as a friend who prays with us when we need her the most.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5TH	6TH	7TH	8TH	9TH	10TH	11TH
27 ORDINARY TIME 	Tuesday of Week 27 St Bruno Priest	OUR LADY OF THE ROSARY  	Tuesday of Week 27	St John Henry Newman Priest 	St Paulinus, Bishop, & Anglo-Saxon Saints of our Diocese	Friday of Week 27 St Denis & Companions St John Leonardi, Priest St John XXIII, Pope



Inclusion

Virtue Link: **Gratitude**
CST Link: **Solidarity**
Mission: **Look for someone in your community who may be on the margins, take time to make them feel included this week.**

Inclusion is about welcoming everyone as a child of God, regardless of their differences. It is about creating a community where everyone feels valued and respected. We can promote inclusion by being open to others and by standing up against discrimination. We can also make sure that everyone has a voice and that everyone is included in decision making.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12TH	13TH	14TH	15TH	16TH	17TH	18TH
28 ORDINARY TIME	Monday of Week 28	Tuesday of Week 28	St Teresa of Avila, Virgin, Doctor	Thursday of Week 27 St Hedwig, Religious St Margaret Mary Alacoque, Virgin	St Ignatius of Antioch, Bishop, Martyr	St Luke the Evangelist, Gospel Writer, Martyr



Piety

Virtue Link: **Diligence**
CST Link: **Common Good**
Mission: **Try and visit a Church or sacred space this week and spend some time with God.**

Piety is about living a life of devotion to God. It's about nurturing our relationship with him through prayer, worship, and study of scripture. It's about recognising his presence in our lives and responding with gratitude and love. Piety isn't just about outward actions; it's about an inner disposition, a heart turned towards God. When we live with piety, we allow God's love to transform us and make us more like him

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19TH	20TH	21ST	22ND	23RD	24TH	25TH
29 ORDINARY TIME	Monday of Week 29	Tuesday of Week 29	Wednesday of Week 29 St John Paul II, Pope	Thursday of Week 29 St John of Capistrano, Priest	Friday of Week 29 St Anthony Mary Claret, Bishop	Saturday of Week 29 Memorial Blessed Virgin Mary



Neighbour

Virtue Link: **Patience**
CST Link: **Solidarity**
Mission: **Think of something you can do to benefit those around you this week**

In the parable of the Good Samaritan, Jesus teaches us that our neighbour is anyone who needs our help, regardless of their background or beliefs. We are called to love our neighbours as ourselves, to show compassion, generosity, and forgiveness. This means reaching out to those in need, speaking up for the voiceless, and treating everyone with dignity and respect. When we see Christ in our neighbour, we discover the true meaning of love

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26TH	27TH	28TH	29TH	30TH	31ST	1ST
30 ORDINARY TIME	Monday of Week 30	Ss Simon & Jude <i>Apostles, Martyrs</i> 	Wednesday of Week 30	Thursday of Week 30	Friday of Week 30	Saturday of Week 30 <i>Memorial Blessed Virgin Mary</i>



Counsel

Virtue Link: **Justice**

CST Link: **Peace**

Mission: **Pray** before making an important choice this week

Counsel, sometimes called 'right judgement' is the way in which the Holy Spirit enables us to make the right decisions in our lives. It's a gift of the Holy Spirit, a supernatural wisdom that guides us towards what is good and true. It's the inner voice that helps us discern God's will in our lives, especially when faced with difficult decisions.

SUNDAY

2ND

**ALL
SAINTS**
*Solemnity,
Holy Day of Obligation*



MONDAY

3RD

**ALL
SOULS**



TUESDAY

4TH

**St Charles
Borromeo**
Bishop



WEDNESDAY

5TH

**Tuesday of
Week 31**



THURSDAY

6TH

**Wednesday of
Week 31**

**Bl. Alphonsus
of Navarete**

FRIDAY

7TH

**Thursday of
Week 31**

**All Saints of
the
Dominicans**

SATURDAY

8TH

**Saturday of
Week 31**

**Memorial
Blessed Virgin
Mary**



Remembrance

Virtue Link: **Charity**
CST Link: **Dignity**
Mission: **Spend time in prayer to remember those people who are important to us and who are no longer with us.**

At this time of the year we remember with gratitude the sacrifice of people who were prepared to lay down their lives in various wars so that future generations could live in peace with one another. We often hear the words ‘We will remember them’ at this time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9TH	10TH	11TH	12TH	13TH	14TH	15TH
DEDICATION OF THE LATERAN BASILICA <i>Feast</i>	St Leo the Great, <i>Pope, Doctor</i>	St Martin of Tours, <i>Bishop, Patron of chaplaincy</i>	St Josaphat, <i>Bishop, Martyr</i>	Thursday of Week 32	Friday of Week 32	St Albert the Great <i>Bishop, Doctor</i>



Youth

Virtue Link: **Justice**
CST Link: **Dignity of the Worker**
Mission: **Make the effort to have a positive and youthful attitude this week. Help others to see hope in difficult situations.**

Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration, and courage. We are all called to be young in our outlook and our attitude and we can see in young people an example of how to live life to the full.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16TH	17TH	18TH	19TH	20TH	21ST	22ND
33 ORDINARY TIME	ST HUGH OF LINCOLN Bishop, Patron of the Diocese	Tuesday of Week 33, Dedication of the Basilica of Ss Peter & Paul	St Elizabeth of Hungary, Religious Red Wednesday Aid to the Church in Need	Thursday of Week 33	PRESENTATION OF THE BLESSED VIRGIN MARY	St Cecelia Virgin, Martyr



Kingdom

Virtue Link: **Fortitude**
CST Link: **Creation and Environment**
Mission: **Think of one thing you can do to make your community more like the Kingdom of Heaven.**

The Kingdom of God is the place where we all want to be. But it is not a far off distant place, but is here and now. Jesus is calling us to help bring his kingdom here on Earth. We are the Kingdom Builders, so what can we do to help?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23RD	24TH	25TH	26TH	27TH	28TH	29TH
CHRIST THE KING Solemnity, World Youth Sunday	St Andrew Dũng-Lạc & Companions Virgin, Martyr	Tuesday of Week 34 St Catherine of Alexandria Virgin, Martyr	Wednesday of Week 34	Thursday of Week 34	Friday of Week 34	Saturday of Week 31 Memorial Blessed Virgin Mary



Hope

Virtue Link: **Temperance**
CST Link: **Creation and Environment**
Mission: **Think of a reason that you have to be hopeful. Share that hope with someone this week.**

To have hope means to trust in God. By having hope, we believe that God is at work in our lives and our world. He created us and wants the best for us. Hope inspires and provides us with the strength to help God in His mission of spreading goodness and love; in ourselves, in the lives around us and in our world.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30TH	1ST	2ND	3RD	4TH	5TH	6TH
1ST SUNDAY OF ADVENT	Monday of Advent Week 1 St Ralph Sherwin & the Martyrs of Derbyshire Priest, Martyr St Ralph Sherwin Catholic Multi Academy Trust	Tuesday of Advent Week 1	St Francis Xavier Priest	Thursday of Advent Week 1 St John Damascene Priest, Doctor	Friday of Advent Week 1	Saturday of Advent Week 1 St Nicholas Bishop



Peace

Virtue Link: **Prudence**
CST Link: **Peace**
Mission: **Find a way to bring peace to a difficult situation or relationship this week.**

Peace means communal friendship and harmony in the absence of violence. In a social sense, peace is commonly used to mean a lack of conflict. This is true for the world, but as Christians we recognize peace is not the absence of trouble, but the presence of Christ.”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7TH	8TH	9TH	10TH	11TH	12TH	13TH
2ND SUNDAY OF ADVENT	IMMACULATE CONCEPTION OF OUR LADY Solemnity, Principle Patron of the Diocese	Tuesday of Advent Week 2 St Juan Diego Visionary	Wednesday of Advent Week 2 Ss Augustine Webster, Eustace White & the Martyrs of Lincolnshire OUR LADY OF LORETO	Thursday of Advent Week 2 St Damascus I Pope	Thursday of Advent Week 2 OUR LADY OF GUADALUPE	St Lucy Virgin, Martyr



Joy

Virtue Link: **Diligence**
CST Link: **Common Good**
Mission: **Think of something you can do for someone else to bring them joy and find time to make it happen this week.**

Joy is the best feeling you can have. It is more than just happiness, it is loud, proud and energetic happiness. So strong and big that you can't hide it, everyone see's it on your face, hear it in your voice and feels it when you are with them. True Joy comes from God, and is contagious! It's supposed to spread to everyone we meet, with the world.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14TH	15TH	16TH	17TH	18TH	19TH	20TH
3RD SUNDAY OF ADVENT GAUDETE	Monday of Advent Week 3	Tuesday of Advent Week 3	Wednesday of Advent Week 3	Thursday of Advent Week 3	Friday of Advent Week 3	20th December



Love

Virtue Link: **Patience**
CST Link: **Dignity**
Mission: **Think of someone who you love this week and make an effort to show and tell them that you love them.**

Without love we do not live, we simply exist. The love that others show onto us, and the love that God showers us with, brings us to life and help us to shine. Think this week how you can show love to others?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21ST	22ND	23RD	24TH	25TH	26TH	27TH
4TH SUNDAY OF ADVENT 	23rd December Optional Commemoration of St Peter Canisius. Priest, Doctor	24th December	CHRISTMAS DAY Solemnity 	St Stephen The First Martyr 	St John the Evangelist Apostle, Evangelist 	The Holy Innocents Martyrs



Family

No family looks the same. Isn't it interesting that the "Holy Family", looks a lot like what the world calls a broken family. A young mum, and step father, a refugee child. Family are the ones who will love and protect us no matter what. Mine may look different to yours, but they're mine, and I am theirs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28TH	29TH	30TH	31ST	1ST	2ND	3RD
THE HOLY FAMILY	6th day in the octave of Christmas	7th day in the octave of Christmas Commemoration of St Silvester I Pope,	MARY THE MOTHER OF GOD Solemnity	Ss Basil the Great & Gregory Nazianzen Bishops, Doctors	3rd January The Most Holy Name of Jesus	4th January Saint Zdzislawa of Lemberk



Epiphany

Virtue Link: **Gratitude**
CST Link: **Peace**
Mission: **What is a gift that you can give to others? Think of a way to share your gift with your community this week.**

Epiphany is when the Wise Men, following the star, arrived at the stable in Bethlehem to see the baby Jesus and to give him their gifts. It must have taken a huge amount of faith and trust to follow that star for days to go and visit a baby, maybe we can learn something from the Wise Men about trusting in God, even when things are unclear.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4TH	5TH	6TH	7TH	8TH	9TH	10TH
EPIPHANY OF THE LORD	Monday after Epiphany	St Raymond of Penyafort <i>Priest</i>	Wednesday after Epiphany	Thursday after Epiphany	Friday after Epiphany	Saturday after Epiphany



Baptism

Virtue Link: **Charity**
CST Link: **Solidarity**
Mission: **Think of one way you can be more like Jesus this week.**

Baptism is a sign of God's love and forgiveness; it marks a fresh start and a new beginning. When we are baptised we are welcomed into the universal Church. During baptism we are anointed as priest, prophet and king, freed from original sin and called to live like Jesus did.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11TH	12TH	13TH	14TH	15TH	16TH	17TH
BAPTISM OF THE LORD	Monday of Week 1 St Aelred of Rievaulx, Abbot	Tuesday of Week 1 St Hilary, Bishop, Doctor	Wednesday of Week 1	Thursday of Week 1	Friday of Week 1	St Anthony Abbot



Discipleship

Virtue Link: **Fortitude**
CST Link: **Common Good**
Mission: **Think of someone in need in your community who you can help and support this week.**

A disciple is “someone who follows”. We are called, like so many before us to follow Jesus. To try and think like he did, act like he did, share like he did, speak words like he did and most of all; to love as he did.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18TH	19TH	20TH	21ST	22ND	23RD	24TH
2 ORDINARY TIME	Monday of Week 2 St Fabian <i>Pope, Martyr</i> St Sebastian <i>Martyr</i> Bl Cyprian Tansi <i>Priest</i>	St Agnes <i>Virgin, Martyr</i>	Wednesday of Week 2 St Vincent <i>Deacon, Martyr</i>	Thursday of Week 2	St Francis De Sales <i>Bishop, Doctor</i>	Conversion of St Paul



Scripture

Virtue Link: **Temperance**
CST Link: **Peace**
Mission: **Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.**

We believe that Scripture is a way for God to communicate his word and message to us. In liturgical settings we conclude a reading of scripture with the words; 'The Word of the Lord' to remind ourselves that God is speaking to us in this way.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25TH	26TH	27TH	28TH	29TH	30TH	31ST
3 ORDINARY TIME Word of God Sunday	Monday of Week 3 St Angela Merici Virgin	ST THOMAS AQUINAS OP Priest, Doctor	Wednesday of Week 3	Thursday of Week 3	St John Bosco Priest Founder of the Salesians of Don Bosco	Saturday of Week 3 Memorial Blessed Virgin Mary



Inspiration

Virtue Link: **Justice**
CST Link: **Creation and Environment**
Mission: **Make an effort this week to inspire those around you by loving and serving others.**

Inspiration is the feeling of being motivated or encouraged to do something. It literally means 'filled with the spirit'. Inspiration is like a gentle nudge from the Holy Spirit, guiding us and encouraging us on our journey. It can come in many forms – through prayer, through Scripture, through the words and actions of others. It's a reminder that God is always with us, inspiring us to be our best selves

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1ST	2ND	3RD	4TH	5TH	6TH	7TH
4 ORDINARY TIME	Monday of Week 4 St Ansgar (Oscar) Bishop St Blaise Bishop, Martyr	St Gilbert of Sempringham Abbot	St Agatha 	St Paul Miki & Companions Martyrs	PRESENTATION OF THE LORD 	Saturday of Week 4 St Jerome Emilian St Josephine Bakhita Virgin Memorial Blessed Virgin Mary



Diversity

Virtue Link: **Prudence**
CST Link: **Solidarity**
Mission: **Think about those people in your community who may feel left out. This week, try to find a way to help them feel loved and included.**

We are all unique in so many different ways. However, diversity isn't limited to our physical appearance. We are all very different on the inside too. Diversity allows us to learn from each other. By being open-minded and celebrating our differences we can grow in ways which would be impossible on our own.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8TH	9TH	10TH	11TH	12TH	13TH	14TH
5 ORDINARY TIME	Monday of Week 5	St Scholastica <i>Virgin</i>	Tuesday of Week 5 OUR LADY OF LOURDES	Wednesday of Week 5	Thursday of Week 5 Bl Jordan of Saxony OP	St Cyril <i>Monk</i> & St Methodius <i>Bishop</i> <i>Patrons of Europe</i>



Perseverance

Virtue Link: **Diligence**
CST Link: **Dignity of the Worker**
Mission: **Spend some time in prayer asking God to help you persevere with a difficult challenge that you may face this week.**

Perseverance is the ability to keep going even when things are tough. We will face many challenges in our lives but the virtue of perseverance will help us to overcome these challenges and to achieve our goals. Having perseverance is not easy but it helps us to grow in discipline and strength so that we do not give up when it matters most

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15TH	16TH	17TH	18TH	19TH	20TH	21ST
6 ORDINARY TIME	Monday of Week 6	Tuesday of Week 6 7 Holy Founders of the Servite Order 	ASH WEDNESDAY 	Thursday after Ash Wednesday	Friday after Ash Wednesday	Saturday after Ash Wednesday Commemoration of St Peter Damian



Prayer

Virtue Link: **Patience**
CST Link: **Common Good**
Mission: **Take a moment this week to pray. Think about what you want to say to God and what he might be saying to you.**

Prayer is a conversation with God. St John Damascene said that prayer “is to raise our hearts and minds to God.” Praying is thinking about God; feeling God’s presence or speaking to God in a way that we talk to a friend are all forms of prayer. To put simply, to spend time with God is to pray.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22ND	23RD	24TH	25TH	26TH	27TH	28TH
1ST SUNDAY IN LENT	Monday of Lent Week 1 Commemoration of St Polycarp, Bishop, Martyr	Tuesday of Lent Week 1	Wednesday of Lent Week 1	Thursday of Lent Week 1	Friday of Lent Week 1 Commemoration of St Margaret Clitherow, Anne Line, & Margaret Ward, Martyrs or Commemoration of Saint Gregory Narek, Abbot, Doctor	Saturday of Lent Week 1



Fasting

Virtue Link: **Temperance**
CST Link: **Dignity of the Worker**
Mission: **What can you go without this Lent? Think of something that you can give up to leave more time and space for what's important.**

When we fast, we give something up. This could be our favourite food or a type of drink which we really enjoy. Fasting is good for us; it helps us to grow as human beings. By doing without something which we love, it helps us to appreciate all of the good things which we have in our lives as well as empathising with those who aren't as fortunate as ourselves.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1ST	2ND	3RD	4TH	5TH	6TH	7TH
2ND SUNDAY IN LENT	Monday of Lent Week 2 Commemoration of St Cyril of Jerusalem	Tuesday of Lent Week 2	Monday of Lent Week 2 Commemoration of St Casimir	Thursday of Lent Week 2	Friday of Lent Week 2	Saturday of Lent Week 2 Commemoration of Sss Perpetua & Felicity, Martyrs



Almsgiving

Virtue Link: **Gratitude**
CST Link: **Option for the Poor**
Mission: **Find a way to give something to charity or to someone in need this week.**

Almsgiving is the practice of giving to those in need. It is a way of showing love and compassion for others. Almsgiving is an important part of Lent, as it allows us to share with those in need of mercy and compassion.

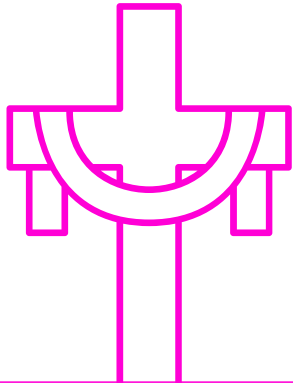
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8TH	9TH	10TH	11TH	12TH	13TH	14TH
3RD SUNDAY IN LENT	Monday of Lent Week 3 Commemoration of St Frances of Rome, Religious	Tuesday of Lent Week 3	Wednesday of Lent Week 3	Thursday of Lent Week 3	Friday of Lent Week 3	Saturday of Lent Week 3



Sacrifice

Virtue Link: **Fortitude**
CST Link: **Common Good**
Mission: **Think about someone who makes sacrifices for you and take a moment to thank them for what they do this week..**

Sacrifice is when you give or surrender something of value. In the Old Testament of the Bible we hear of how the people of Israel sacrificed precious animals as an offering to God. Jesus ‘sacrifices’ his life for us on the cross to restore our relationship with God. St Paul asks us to make little sacrifices as an offering of thanks for our salvation.

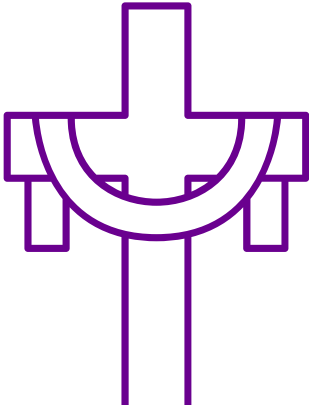
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15TH	16TH	17TH	18TH	19TH	20TH	21ST
4TH SUNDAY IN LENT LAETARE SUNDAY 	Monday of Lent Week 4	St Patrick Bishop, Missionary, Patron of Ireland 	Wednesday of Lent Week 4 Commemoration of St Cyril of Jerusalem, Bishop & Doctor	ST JOSEPH HUSBAND OF THE BLESSED VIRGIN MARY Solemnity 	Friday of Lent Week 5 Commemoration of St Alcmund, King & Martyr	Saturday of Lent Week 4



Journey

Virtue Link: **Charity**
CST Link: **Solidarity**
Mission: **Spend some time in prayer thinking about your Lenten journey so far and what you want to do with the journey ahead.**

Life is a journey, where we meet people, build relationships, learn new things and have both good and bad experiences. Our faith, and relationship with Jesus, is also a journey. No matter what, Jesus is always with us on our journey.

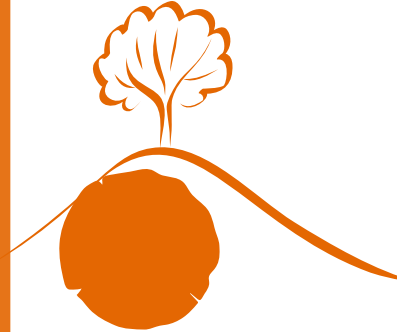
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22ND	23RD	24TH	25TH	26TH	27TH	28TH
5TH SUNDAY IN LENT 	Monday of Lent Week 5 <i>Commemoration of St Turibious of Mongrovejo, Bishop</i>	Tuesday of Lent Week 5	THE ANNUNCIATION Solemnity 	Thursday of Lent Week 5	Friday of Lent Week 5	Friday of Lent Week 5



Passion

Virtue Link: **Gratitude**
CST Link: **Creation and Environment**
Mission: **Think of a difficult situation you are facing at the moment and ask Jesus to be with you and to give you courage.**

Passion comes from the Latin word meaning to suffer or endure. For a Christian it reminds us of Jesus’ great sacrifice on the Cross- where he suffered and endured the pain, dying to forgive us our sins. In Passiontide just before the celebration of Easter we recall the events of his death and resurrection.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29TH	30TH	31ST	1ST	2ND	3RD	4TH
PALM SUNDAY 	Monday of Holy Week	Tuesday of Holy Week	Wednesday of Holy Week SPY WEDNESDAY 	MAUNDY THURSDAY 	GOOD FRIDAY 	HOLY SATURDAY 



Mercy

Virtue Link: **Charity**
CST Link: **Creation and Environment**
Mission: **Try and be merciful with everyone you meet this week, just as God is merciful with us.**

Napoleon was preparing to punish men who deserted his army. The punishment was execution. When a mother pleaded for her son, and asked that Napoleon showed mercy. He responded “he does not deserve mercy”, the mother said to Napoleon: “If he was deserving, it would not be mercy”. Mercy is what we get when we are least deserving, and what God offers us unconditionally.

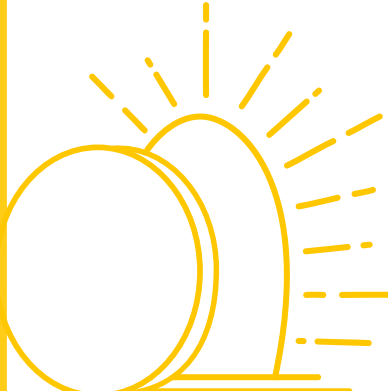
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12TH	13TH	14TH	15TH	16TH	17TH	18TH
DIVINE MERCY SUNDAY 	Monday of Easter Week 2 Martin I <i>Pope, Martyr</i>	Tuesday of Easter Week 2	Wednesday of Easter Week 2	Thursday of Easter Week 2	Friday of Easter Week 2	Saturday of Easter Week 2



Faith

Virtue Link: **Temperance**
CST Link: **Peace**
Mission: **Think of something you need to have faith in this week. Spend some time in prayer to ask God for the faith you need.**

Faith can be a difficult thing. In some ways, it is about believing in something you cannot see or prove. It can be particularly difficult to have faith in God when times are tough. But It can bring us together, it can carry us through difficult times, it can be what we use when we need to ask God for guidance.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19TH	20TH	21ST	22ND	23RD	24TH	25TH
3RD SUNDAY IN EASTERTIDE 	Monday of Easter Week 3	Tuesday of Easter Week 3 St Anselm of Canterbury Bishop, Doctor	Wednesday of Easter Week 3	St George Solemnity, Martyr, Patron of England 	Friday of Easter Week 3 St Fidelis Priest, Martyr St Adalbert of Prague Bishop, Martyr	St Mark Evangelist 



Vocation

Virtue Link: **Fortitude**
CST Link: **Dignity of the Workers**
Mission: **Spend some time talking to people about what you feel called to do with your life this week.**

Vocation comes from the Latin word meaning ‘to call’. By listening to God’s call to each one of us, we can discover our vocation that God wishes for our lives. By following this vocation we are able to discern what God offers to make our lives happy and fulfilled.

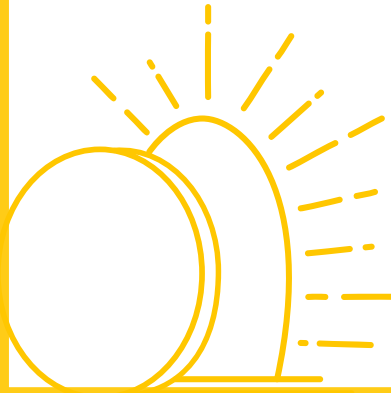
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26TH	27TH	28TH	29TH	30TH	1ST	2ND
4TH SUNDAY IN EASTERTIDE Good Shepherd Sunday	Monday of Easter Week 4	Tuesday of Easter Week 4 St Peter Chanel, Priest, Martyr St Louis De Montford Priest, Martyr	St Catherine of Sienna Virgin, Doctor, Patroness of Europe	St Pius V Pope	Friday of Easter Week 4 St Joseph the Worker	Saturday of Easter Week 4



Witness

Virtue Link: **Justice**
CST Link: **Common Good**
Mission: **Find one way to share what your faith means to you with someone else this week.**

To be a witness is not just about seeing something. When a crime is committed, the judge will call witness' to testify to what they have seen. Being a witness is seeing something and speaking out about it. Seeing the good and sharing it with people, and seeing the bad, and standing up to challenge it.

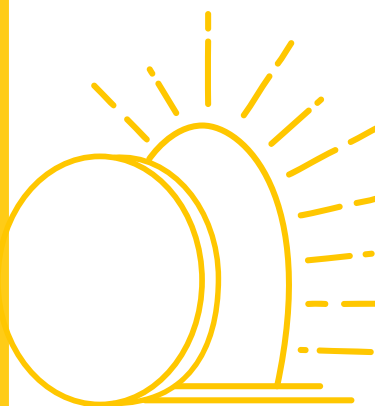
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3RD	4TH	5TH	6TH	7TH	8TH	9TH
5TH SUNDAY IN EASTERTIDE 	English Martyrs 	St Vincent Ferrer Priest	Wednesday of Easter Week 5	Thursday of Easter Week 5	Friday of Easter Week 5	Saturday of Easter Week 5



Example

Virtue Link: **Prudence**
CST Link: **Solidarity**
Mission: **This week, think of a something positive and loving you can do for those around you to set a good example to others.**

Jesus is an example to us in lots of things; in how to treat other people with love, in how we should forgive people when they do wrong and how we should pray. He asks us to be an example too. To show our best to others so they might know how much God loves them.

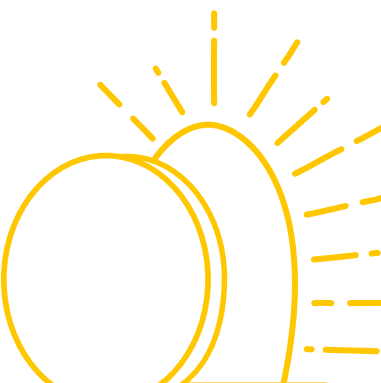
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10TH	11TH	12TH	13TH	14TH	15TH	16TH
6TH SUNDAY IN EASTERTIDE 	Monday of Easter Week 6 Sts John Houghton & Robert Lawrence Martyrs 	Tuesday of Easter Week 6 Sts Nereus & Achilleus Martyrs St Pancras Martyr	Wednesday of Easter Week 6 OUR LADY OF FATIMA 	ASCENSION OF THE LORD Solemnity Holy Day of Obligation 	Friday of Easter Week 6	Saturday of Easter Week 6



Communication

Virtue Link: **Diligence**
CST Link: **Dignity**
Mission: **Send a message to someone this week to tell them that they are loved.**

Words have so much power. They can inspire and demoralise, they can invoke love and peace, or cause war and hatred. In the age of communication through socail media and technology, our words have the power to travel anywhere on Earth. So the question is... what message do we want to send, and what words does the world need right now.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17TH	18TH	19TH	20TH	21ST	22ND	23RD
7TH SUNDAY IN EASTERTIDE Communication Sunday 	Monday of Easter Week 7 St John I Pope, Martyr	Tuesday of Easter Week 7 St Dunstan Archbishop of Canterbury	Wednesday of Easter Week 7 St Bernadine of Siena, Priest 	Thursday of Easter Week 7 St Christopher Magallanes Martyr	Friday of Easter Week 7 St Rita of Cascia 	Saturday of Easter Week 7



Pentecost

Virtue Link: **Patience**
CST Link: **Option for the Poor**
Mission: **Find out how to say something nice in a new language this week and take opportunities to share good news with others.**

Pentecost is where we celebrate the coming of the Holy Spirit. This day is often referred to as the Church's birthday as it marks the moment when the disciples were inspired to go out into the world to share the good news.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24TH	25TH	26TH	27TH	28TH	29TH	30TH
PENTECOST	MARY MOTHER OF THE CHURCH	St Philip Neri Priest	St Augustine of Canterbury Bishop	OUR LORD JESUS CHRIST THE ETERNAL HIGH PRIEST	Saint Paul VI Pope,	Saturday of Week 8 Memorial Blessed Virgin Mary



Trinity

Virtue Link: **Charity**

CST Link: **Peace**

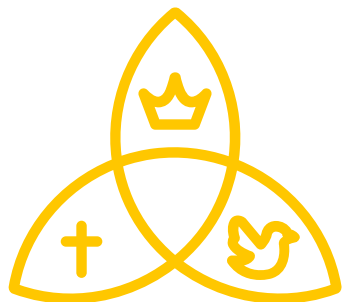
Mission: **Say a prayer this week to God the Father, God the Son and God the Holy Spirit and think about who God is to you.**

The Trinity is the Christian belief that the God we Worship is 3 persons in 1 God. That Father, Son & Spirit are all equally God, and yet all individually different as well. It is one of the greatest mysteries of our faith, and is the catalyst of all our prayers, hopes and dreams, as we profess everytime we make the sign of the cross.

SUNDAY

31ST

THE MOST
HOLY
TRINITY



MONDAY

1ST

St Justin
Martyr

TUESDAY

2ND

Monday of
Week 9

**Ss Marcellinus
& Peter**
Martyrs

WEDNESDAY

3RD

**St Charles
Lwanga &
Companions**
Martyrs



THURSDAY

4TH

**Saint Peter
of Verona**
Priest, Martyr

FRIDAY

5TH

St Boniface
Bishop, Martyr

SATURDAY

6TH

Saturday of
Week 9

St Norbert
Bishop

Memorial
**Blessed Virgin
Mary**



Eucharist

Virtue Link: **Gratitude**
CST Link: **Solidarity**
Mission: **Share a meal with the people you love this week.**

The Word Eucharist means “thanksgiving”. It is the primary motivation every time we worship as Catholics & Christians. To give thanks for his mercy, his grace, his sacrifice, his gifts, his word, his love, and how each of those things gives us a life in colour.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7TH	8TH	9TH	10TH	11TH	12TH	13TH
MOST HOLY BODY & BLOOD OF CHRIST	Monday of Week 10 Bl. Diana Andalo & Cecelia Religious	Tuesday of Week 10 St Ephraem, Deacon, Doctor St Columba Abbot	Wednesday of Week 10	St Barnabas Apostle	THE MOST SACRED HEART OF JESUS Solemnity	St Anthony of Padua Priest, Doctor IMMACULATE HEART OF MARY



Missionary Discipleship

Virtue Link: **Fortitude**
CST Link: **Common Good**
Mission: **Find a way to put your faith into action this week to help others to encounter Jesus.**

Jesus’ apostles were the first missionary disciples; they were given a task by God to go and spread the Good News. Some set up places of worship, some travelled around the world, others wrote about Jesus’ life. These are big missions to accomplish! But we don’t need to do anything quite so dramatic: we can start this at home with our families.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUN 14TH	MON 30TH	TUES 1ST	WED 2ND	THURS 3RD	FRI 4TH	SAT 5TH
11 ORDINARY TIME	Monday of Week 11	Tuesday of Week 11	Wednesday of Week 11	Thursday of Week 11	Friday of Week 13	Saturday of Week 11
		St Richard of Chichester Bishop			St Romuald Abbot	St Alban First Martyr of England
						Memorial Blessed Virgin Mary



Acceptance

Virtue Link: **Temperance**

CST Link: **Dignity**

Mission: **Think about someone in your community who might find it hard to join in. Make an effort to include others in what you do this week.**

Acceptance is the ability to see and appreciate people for who they are, without judgment. It helps us to build relationships and live in peace with each other. Acceptance comes from the knowledge that all people are loved and valued by God without exception, and because of this, we should be willing to accept others with love and mercy.

SUNDAY

21ST

12
ORDINARY
TIME

MONDAY

22ND

**Ss John Fisher
& Thomas
More**
Martyrs



TUESDAY

23RD

**Tuesday of
Week 14**

**Saint
Etheldreda
(Audrey)**
Abbess

WEDNESDAY

24TH

**Nativity of
St John
the
Baptist**



THURSDAY

25TH

**Thursday of
Week 12**

FRIDAY

26TH

**Friday of Week
12**

SATURDAY

27TH

**Saturday of
Week 14**

Memorial
**Blessed Virgin
Mary**



Follow

Virtue Link: **Justice**
CST Link: **Dignity of the Worker**
Mission: **Try this week to be someone who others will follow by being like Jesus and setting a good example in what you say and do.**

Jesus calls himself the way, the truth, and the life. When we follow Jesus, just as the first disciples did, we are making a powerful choice to live our lives according to his teachings. To follow Jesus is not easy, and it often requires great courage, strength and sacrifice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28TH	29TH	30TH	1ST	2ND	3RD	4TH
SAINTS PETER & PAUL 	Monday of Week 13	Tuesday of Week 13	Wednesday of Week 13	Thursday of Week 13	St Thomas <i>Apostle</i>  	Saturday of Week 13 St Pier Giorgio Frassatti Memorial Blessed Virgin Mary



Commission

Virtue Link: **Diligence**
CST Link: **Solidarity**
Mission: **Try and work as part of a team this week. Where you face a problem ask others to help you with it.**

Christ calls us to be part of his mission in the world. All people are called to be disciples of Jesus Christ and to share in his work. We are called to make a positive difference in the world and bring Christ to others through our words and actions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5TH	6TH	7TH	8TH	9TH	10TH	11TH
14 ORDINARY TIME	Monday of Week 14 St Maria Goretti <i>Virgin, Martyr</i>	Tuesday of Week 14	Tuesday of Week 14	Thursday of Week 14 St Augustine Zhao Rong St John Cologne St Francis Fernandez	Friday of Week 14	St Benedict <i>Abbot, Founder of the Benedictine Order</i>



Gratitude

Virtue Link: **Prudence**
CST Link: **Option for the Poor**
Mission: **Make a special effort to say thank you this week to those people in your community who love and support you.**

Gratitude is being thankful for what we have. It is about being grateful for the good things in our lives. We have a lot to be grateful for and it is important to take time to appreciate the good things we all have in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12TH	13TH	14TH	15TH	16TH	17TH	18TH
15 ORDINARY TIME	Monday of Week 15	Tuesday of Week 15	St Bonaventure Bishop, Doctor	Thursday of Week 15	Friday of Week 15	St Joachim & St Anne Parents of the Blessed Virgin Mary
	St Henry	St Camillus of Lellis Priest		OUR LADY OF MOUNT CARMEL Patroness of the Carmelite Order		



Celebration

A celebration is when we come together to rejoice in the things that are good. We should always look for things we can celebrate, and through our celebrations, we can share happiness and joy with others.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19TH	20TH	21ST	22ND	23RD	24TH	25TH
16 ORDINARY TIME	Monday of Week 16 St Apollinaris <i>Bishop, Martyr</i>	Monday of Week 16 St Laurence of Brindisi <i>Priest, Doctor</i>	St Mary Magdalene 	St Bridget of Sweden <i>Patroness of Europe</i>	Thursday of Week 16 St Charbel Makhlouf	St James <i>Apostle</i>