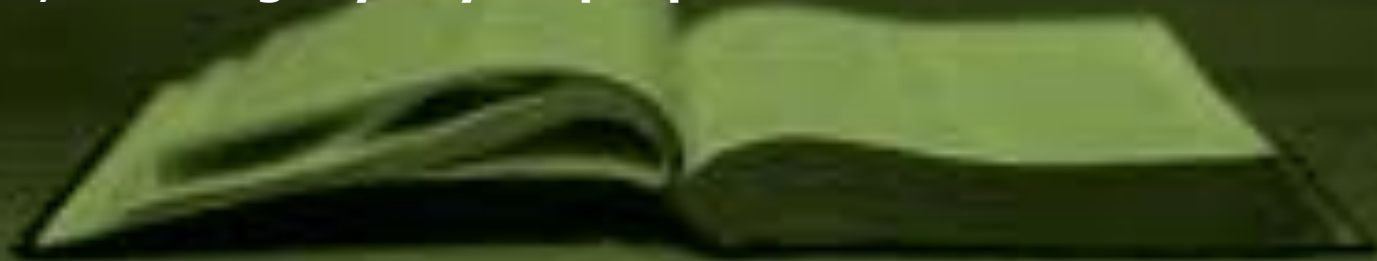




Luke 2: 22-40

And when the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every male that opens the womb shall be called holy to the Lord") and to offer a sacrifice according to what is said in the law of the Lord, "a pair of turtledoves, or two young pigeons." Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord's Christ. And inspired by the Spirit he came into the temple; and when the parents brought in the child Jesus, to do for him according to the custom of the law, he took him up in his arms and blessed God and said, "Lord, now let your thy servant go in peace, according to your promise; for my eyes have seen the salvation which you have prepared in the presence of all peoples, a light to enlighten the Gentiles, and for glory to your people Israel." ...



Luke 2: 22-40

...And his father and his mother marvelled at what was said about him; and Simeon blessed them and said to Mary his mother, "Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed." And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher; she was of a great age, having lived with her husband seven years from her virginity, and as a widow till she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. And coming up at that very hour she gave thanks to God, and spoke of him to all who were looking for the redemption of Jerusalem.

And when they had performed everything according to the law of the Lord, they returned into Galilee, to their own city, Nazareth. And the child grew and became strong, filled with wisdom; and the favour of God was upon him.



This is the Gospel of the Lord

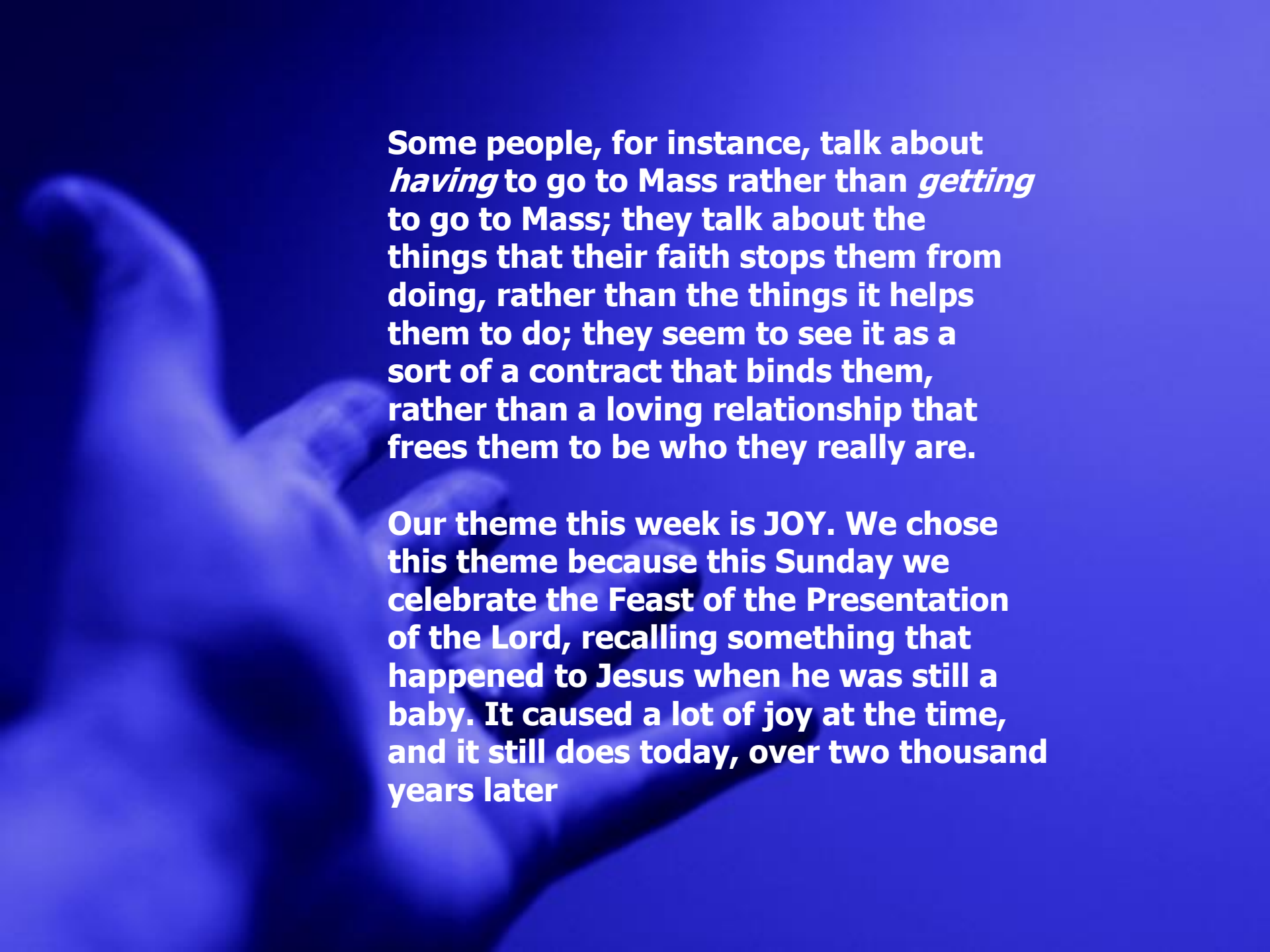
Prayer One

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

Reflection:

*Have you ever noticed how some
Christians seem to see their faith as a
chore rather than as something joyful?*



Some people, for instance, talk about *having* to go to Mass rather than *getting* to go to Mass; they talk about the things that their faith stops them from doing, rather than the things it helps them to do; they seem to see it as a sort of a contract that binds them, rather than a loving relationship that frees them to be who they really are.

Our theme this week is JOY. We chose this theme because this Sunday we celebrate the Feast of the Presentation of the Lord, recalling something that happened to Jesus when he was still a baby. It caused a lot of joy at the time, and it still does today, over two thousand years later

Final Prayer

LOVING FATHER...

You love us, you created us, and you fill us with light and life. Help us to always be joyful, and help our faith to be something that lights us up rather than weighs us down.

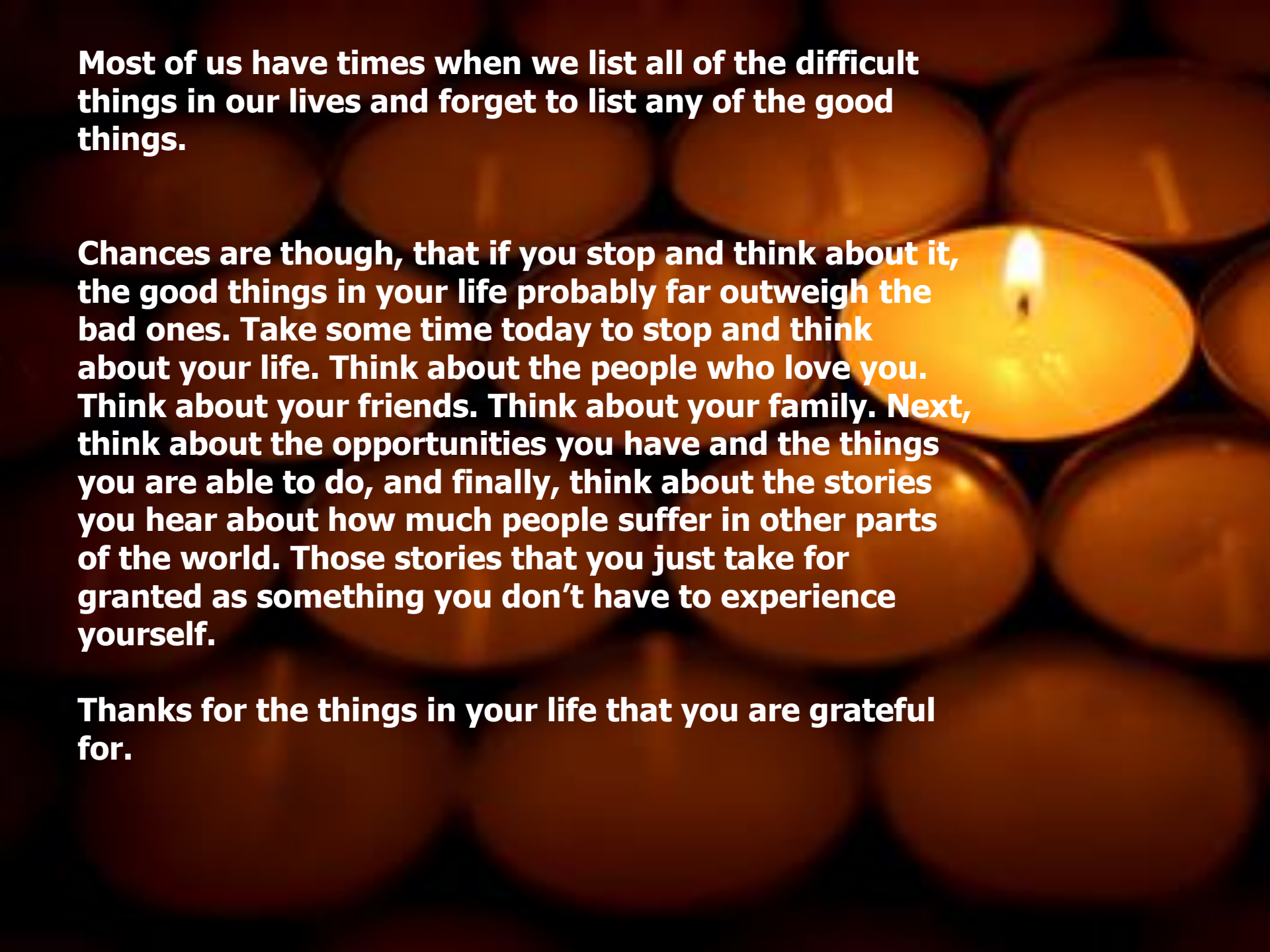
**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT.
AMEN.**

Prayer Two

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

*Reflection:
What have you got to be happy about?*



Most of us have times when we list all of the difficult things in our lives and forget to list any of the good things.

Chances are though, that if you stop and think about it, the good things in your life probably far outweigh the bad ones. Take some time today to stop and think about your life. Think about the people who love you. Think about your friends. Think about your family. Next, think about the opportunities you have and the things you are able to do, and finally, think about the stories you hear about how much people suffer in other parts of the world. Those stories that you just take for granted as something you don't have to experience yourself.

Thanks for the things in your life that you are grateful for.



Final Prayer:

LOVING FATHER...

Help us to look at our lives with gratitude for the things you have given us and with honesty to change the things that aren't quite so good. By doing this, may we come closer to you and closer to one another.

**IN THE NAME OF THE FATHER, AND OF THE SON,
AND OF THE HOLY SPIRIT. AMEM**

Prayer Three

The Sign of the Cross

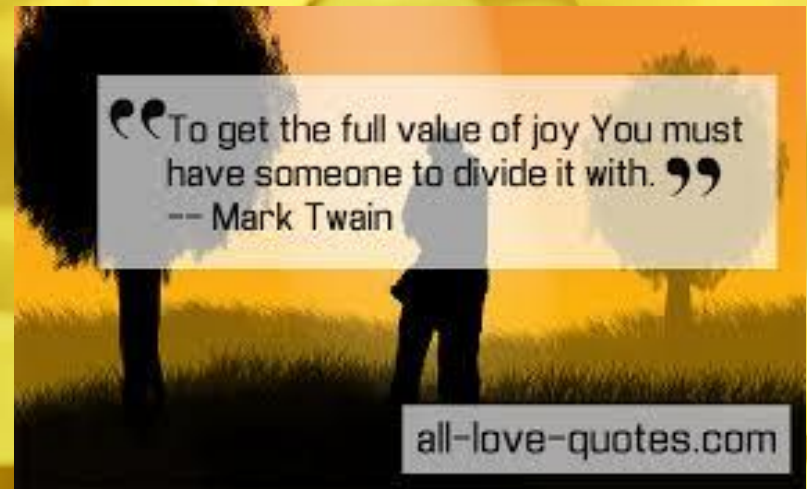
**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

***Reflection: How do we Bring
joy to others?***

Have you ever heard the word contagious? We might talk about a disease being contagious, or about excitement being contagious, or even about fear or worry.

If something is contagious it means that it's easy to pick up from another person. It means too, that it's easy to pass on to other people as well.

Our theme this week is joy. Joy is definitely something that's contagious. As Christians, we're supposed to feel happy about our faith. And we're supposed to use that joy and happiness for something good. In all kinds of different ways, we're meant to pass it on to others.



Final Prayer

LOVING FATHER...

Help us to feel happy because of our relationship with you.

Help us too, to pass that joy onto others by our words, our actions and our hope.

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN

Final Thought...



Next weeks theme: Light