



May Daily Prayer & Reflections

1st May 2020

During the month of May the month of Mary, we are going to be exploring Mary and the yes she said to the birth of Jesus. The joy she had to say Yes to unapologetically letting Gods work overcome her life.

Throughout these unprecedented times, we need to remember that just because the building of the church is closed, the Church community is well and truly alive and flourishing. Take time out of your day to attend live streamed mass and pray. We need to take time for inspiration from our Mother during this time.

We pray for everyone during this time and take time out of our day to be mindful and reflect on scripture to get guidance.

Prayer for the Day:

Heavenly Father,

We pray for the unapologetic faith and truth like Mary to openly say Yes to the challenges God puts before us. We pray for her humility and grace and allow her wisdom to break in to our lives today.

Amen

On the @BC_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

We also have our sway page where we post chaplaincy resources for prayer and reflection.

The Gospel Reading Today :

My flesh is real food and my blood is real drink

The Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man and drink his blood,

you will not have life in you.

Anyone who does eat my flesh and drink my blood

has eternal life,

and I shall raise him up on the last day.

For my flesh is real food
and my blood is real drink.

He who eats my flesh and drinks my blood
lives in me
and I live in him.

As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from me.

This is the bread come down from heaven;
not like the bread our ancestors ate:
they are dead,
but anyone who eats this bread will live for ever.'

He taught this doctrine at Capernaum, in the synagogue.

Reflection:

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day...."

What a promise! The benefits of receiving the Lord in the Eucharist begin now and continue until that day when the Lord will raise us up to be part of his heavenly family.

"He who eats my flesh and drinks my blood lives in me and I live in him." When we eat ordinary food, provided we are well, we digest food naturally without our noticing. The receiving of the Lord in the Eucharist requires our attentiveness, our welcome, our silence, our prayers of intercession to the Lord we have just received. Thank you, Lord Jesus, I bring before you my day and all the concerns of my heart.

Prayer

Lord,

Allow us to recognise the hand of God at work in our lives today. Help us to realise that what God gives us may not be what we want but what He wants for us and what we need. Thank you for all you bestow on to us

Amen

Diocesan Information

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRlwW8>