



June Daily Prayer & Reflections

18th June 2020 – Solemnity of the Dedication of St Chad's Cathedral

In the diocese, we celebrate the today of dedication to St Chads Cathedral. To mark this, there will be daily mass at 12:15pm in the Cathedral alongside a mass celebrated by His Grace, Archbishop Bernard at 7:00pm for the Sick and their families, NHS Front-line workers and those working in social care.

The Cathedral is at the heart of faith in the Archdiocese. Today let us pray for the Cathedral and for all who work or who visit there, that they may be greatly blessed by their contact with this holy place. We invite you to take time to pause for prayer on this solemnity by attending one of the live stream masses.

Our prayer, with the Pope in both his monthly and his new daily Intentions, is always oriented towards changing our own hearts, preparing ourselves for mission in whatever life-situation we are in. This month, we pray to the sacred heart of Jesus. Take time each day of June to pray the sacred heart prayer. Take time out of your day to attend live streamed mass and pray. 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 for prayer and reflection by attending a livestreamed mass and reading through the gospel readings for the day.

During the month of June, we take time of devotion for the Sacred Heart of Jesus. The devotion to the Sacred Heart is one of the most widely practiced and well-known Catholic devotions, taking Jesus Christ's physical heart as the representation of his divine love for humanity. We are loved and truly known by God so we take this time for devotion.

Sacred Heart Prayer:

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. 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.

Gospel Reading of the Day

How to pray

Jesus said to his disciples: 'In your prayers do not babble as the pagans do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him. So you should pray like this:

'Our Father in heaven,
may your name be held holy,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily bread.

And forgive us our debts, as we have forgiven those who are in debt to us.

And do not put us to the test,

but save us from the evil one.

'Yes, if you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either.'

Reflection:

Take time each day to pray and reflect each day. Jesus teaches us how to pray and reveals to us the powerful prayer of the Our Father

Take time to say the Our Father today

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>

Kenelm Youth Trust @ Home Resources: <http://www.kenelmyouthtrust.org.uk/home-resources.html>

Twitter: @bc_chaplaincy

Pause for Prayer Blog: <https://bishopchalloner.org.uk/blog/category/catholic-life-blog>

One Life Music Weekly Worship: https://youtu.be/bs36zxL_EE8