



St Barnabas

Tuesday 3rd January 2023

Church of England Primary Academy

A member of **CDARI**



YOU ARE
**WAY
MAKER**

OFFICIAL LYRIC VIDEO

The Peace

Leader:

The peace of the Lord be always with you.

All: And also with you.





JESUS SAID:

“I came so that
everyone would
have life in its
fullest”





NEW YEAR'S RESOLUTIONS:

1.

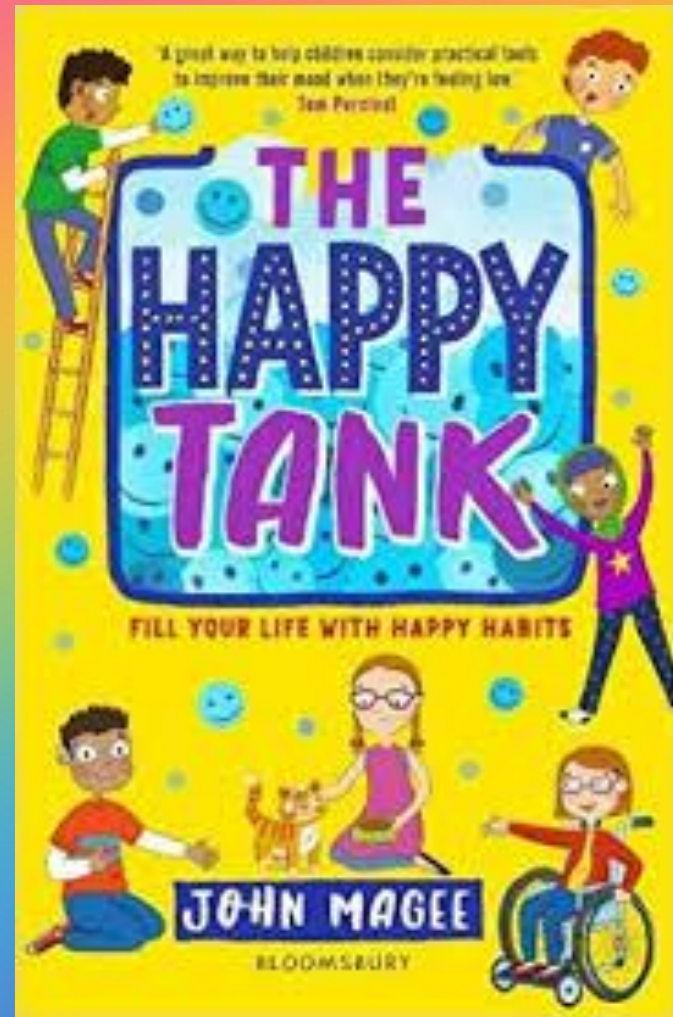
2.

3.

4.

5.





Happier January 2023



ACTION FOR HAPPINESS

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



Happier · Kinder · Together



The Boy, the mole,
the fox and the Horse



"What do you want to be
when you grow up?"



"Kind" said the boy



"Being kind to yourself is one
of the greatest kindnesses," said
the mole.

Be kind and compassionate
to one another, forgiving each other,
just as in Christ God forgave you.

Ephesians 4:32



Reflection

How can you show kindness to yourself and to others this year?

How can you be happy and bring happiness to others this year?

A hand is shown from the wrist up, reaching upwards with fingers slightly spread. The background is a warm, golden-yellow color filled with numerous small, bright, star-like sparkles. The overall image has a soft, ethereal, and hopeful feel, typical of a religious or inspirational graphic.

NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.

Amen.

**KNOW ME
LOVE ME
FILL ME
SEND ME**

The Grace ...

May the grace of our Lord Jesus Christ,
And the love of God,
And the fellowship of the Holy Spirit
Be with us all,
Now and forever more.

Amen

