

Diocesan Year of Prayer and Vocation 2018

Starting on the First Sunday of Advent, 3 December 2017

An invitation to take time for **Personal Prayer** joining in spirit with many others across our Diocese.

During this year we are invited, as a diocese to renew our commitment to personal prayer. As we set out together let us ask God for the grace each day to hear and follow his call. In December our focus is on praying for all the people of our Diocese.

Prayer of Richard of Chichester

Thanks be to you, our Lord Jesus Christ,
for all the benefits which you have given us.
For all the pains and insults
which you have borne for us.
Most merciful Redeemer, Friend and Brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. Amen



Saints to accompany us in December

Our Lady is the co-patron with Thomas Becket of our Diocese. It was her hidden life of prayer that graced her with the strength to say "yes" when the big question was asked.

Richard of Chichester d.1253 He was a pastoral reforming bishop and a man of prayer.

Mass on the Solemnity of the Immaculate Conception of Our Lady, 8 December at the Cathedral 7pm

We are asked this month to regularly set aside a little time for personal prayer and listening to God's call in our everyday lives. It may lead to discerning a radical new way of life but it starts in small ways, and at any age.

Find a regular time for personal prayer, in your home, on the commute, walking the dog.

To begin our prayer we need first to ask God for the grace we most need. It's only through his grace and mercy we become people of prayer and not by our own efforts and strength.

Read the prayer of Richard of Chichester slowly many times. Highlight in your mind or with a pen the words or phrase that stand out for you. Each time you return they may be different words.

Ponder on these words as Our Lady did on those addressed to her.

After a while give thanks to God for the grace of finding him in this time of prayer, using the words of gratitude of Richard of Chichester or your own.

Ask our loving Saviour to bless all those in our diocese praying this month.

