

Work & Rest

MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

For the ancient Greeks, manual work was considered something that slaves did: It was beneath their dignity to work with their hands. The wise and those who were free, devoted their time to 'higher' things.

By contrast, in the Jewish and Christian tradition, to earn your living by the work of your hands was a noble thing.

On one occasion, Jesus healed somebody on the Sabbath day of rest, and when he was accused of 'breaking the Sabbath', he replied: *'My Father is working still, and I am working'*.

We believe that since God is Creator, and since we are creatures made in His own image, then we are being *Godlike* when we go to work.

In other words, when we work, we share in God's activity.

Pope Francis said : *'We do not get dignity from power or money or culture. We get dignity from work.'*

PRAYERS

Let us pray for those who are unemployed, or being exploited in their work, that they discover the dignity which God intends for them.

Lord, hear us....

St Philip: Pray for us,

House Saint: Pray for us.

In the name....

Work & Rest

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

In God's plan, work is seen as both a *right* and also as a *duty*. For most of His life, the Son of God worked as a carpenter, and so he dignified the 'world of work' by identifying himself as a 'working man'.

For these reasons, as Christians, we believe that people should never be treated by their employers as if they were 'living machines' in the process of production or commerce, but instead as free agents, earning their dignity in collaboration with others in the workplace.

It can seem strange to think of these things in school, when you are busy *learning* rather than working for a living, but you learn in order to work!

And its an especially important lesson is to learn the dignity of work.

PRAYERS

Let us pray for our parents and those who provide us with the means to live;

May they find fulfilment and joy in their work, while remembering that they work to bring fulfilment and joy to their families.

Our Father....

Work & Rest

Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

REFLECTION

As the school year ends, and holidays begin, it is worth remembering that besides offering you the chance to relax, holidays are also the time to engage in family activities. Shutting yourself away in your bedroom to go on the internet isn't relaxing, nor is it socially enriching.

Instead, doing something with members of your family, or going somewhere together, helps you to learn how to live as a family, and to learn how to make room for other people in your life.

So why not challenge your family to do something *active* together, putting aside selfish thoughts, and you will help them and yourself have a decent break from the routine of study and learning and daily work.

PRAYERS

Let us pray that we grow closer to our families over these holidays,
and learn to enjoy doing things with them and for them.
Lord, hear us....

St Philip: Pray for us,
House Saint: Pray for us.
In the name....

Work & Rest

Thursday

Rosary intention for our families

THE SECOND MYSTERY OF LIGHT: THE WEDDING FEAST AT CANA

*Jesus performed the first of his signs in Cana of Galilee,
and revealed his glory, changing water into wine;
and his disciples began to believe in him.*

*1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. **Give us this day....***

*10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. **Holy Mary...***

*1x Glory be to the Father, and to the Son, and to the Holy Spirit. **As it was...In the name ...***

Friday

FRIDAY PRAYER

PRAYER FOR THE FAMILY

Lord, bless our family,
bless all of us now together,
bless those far away,
and bless all who have returned to you.

May we know joy.

May we bear our sorrows in patience.

Let love guide our understanding of each other.

Let us be grateful to each other.

We have all made each other what we are.

Holy Family of Jesus, watch over our family.

Amen.