

Word of the Week 2025-2026

YEAR	WEEK	FIRST READING	GOSPEL	HEBREW BIBLE SUGGESTED	NEW TESTAMENT SUGGESTED	CATEGORY	WORD OF THE WEEK	THEME	MISSION
Year C	Week 22 in Ordinary Time	Sirach 3:17-29 (sel.)	Luke 14:1, 7-14	Isaiah 66: 18-21	Luke 13: 22-30	Word of the Week	Welcome	We are all called to welcome others into our communities, to open our doors and bring people in - particularly those on the margins and those who feel left out. Being welcoming helps those new to our community to feel loved, supported and included. We are all one body in Christ, everyone is welcome, and everyone has a part to play.	Find someone new in your community and make them feel welcome.
Year C	Week 22 in Ordinary Time	Sirach 3:17-29 (sel.)	Luke 14:1, 7-14	Isaiah 66: 18-21	Luke 13: 22-30	Word of the Week	Welcome	We are all called to welcome others into our communities, to open our doors and bring people in - particularly those on the margins and those who feel left out. Being welcoming helps those new to our community to feel loved, supported and	Find someone new in your community and make them feel welcome.

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Year C	Week 23 in Ordinary Time	Wisdom 9:13-18	Luke 14:25-33	1 Samuel 3: 1-10	Luke 19: 1-10	Word of the Week	Encounter	Our faith is full of encounters with God – in prayer, in the sacraments, and in the people we meet. These encounters can change us, challenge us, and bring us closer to God. When we open ourselves to encountering Christ in our daily lives, we allow his love to transform us and make us more like him. We can encounter Christ in the Scriptures, in the Mass, and in the faces of those in need.	Make time this week to look at where you might encounter Jesus in those around you.
Year C	Week 24 in Ordinary Time	Exodus 32:7-11, 13-14	Luke 15:1-32	Lamentations 3:25-26	James 5:7-11	Cardinal Virtue	Patience	Patience is about waiting and trusting in God at work in our lives. Patience is often difficult to practice, especially when we are used to having everything on demand. Learning to be	When you have to wait for something this week, use the time to pray for the virtue of patience.

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								patient can help us to more content and to be at peace when situations are outside of our control.	
Year C	Week 25 in Ordinary Time	Amos 8:4-7	Luke 16:1-13	Proverbs 16:3	Matthew 20:1-16	Catholic Social Teaching	Work	Work teaches us responsibility and discipline and can be a source of satisfaction and fulfillment. We should respect the dignity of labour and the value of all those who work around the world in service of others. Work is a gift from God, a way to participate in his creative activity. It's not just about earning a living, but about using our talents and skills to contribute to the world.	Make an effort to do your work this week to the best of your ability and to help others with their work too.
Year C	Week 26 in Ordinary Time	Amos 6:1, 4-7	Luke 16:19-31	Proverbs 22:3	John 8:1-11	Cardinal Virtue	Prudence	Prudence is the virtue of sound judgment, making wise decisions based on reason and faith. It's about taking the time to think before we act, considering the	When faced with a difficult decision this week, think about what Jesus would do.

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								consequences of our choices, and seeking guidance from God and wise counsel. Prudence helps us navigate life's complexities, discern God's will, and make choices that align with our values and beliefs. It's a key virtue for living a life of integrity and purpose.	
Year C	Week 27 in Ordinary Time	Hab 1:2-3; 2:2-4	Luke 17:5-10	Psalm 23: 1-6	Luke 17: 5-10	Word of the Week	Rosary	The Rosary is a prayer that we can all use to meditate on the life of Jesus Christ. It is a powerful tool for prayer and spiritual growth through the intercession of Mary our mother. The Rosary can help us to grow in our faith, to deepen our relationship with God, and to find peace and comfort in difficult times.	Find time to pray the Hail Mary or the Rosary this week.

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Year C	Week 28 in Ordinary Time	2 Kings 5:14-17	Luke 17:11-19	Isaiah 56:6-7	Luke 15: 1-7	Word of the Week	Inclusion	Inclusion is about welcoming everyone as a child of God, regardless of their differences. It is about creating a community where everyone feels valued and respected. We can promote inclusion by being open to others and by standing up against discrimination. We can also make sure that everyone has a voice and that everyone is included in decision making.	Look for someone in your community who may be on the margins, take time to make them feel included this week.
Year C	Week 29 in Ordinary Time	Exodus 17:8-13	Luke 18:1-8	Micah 6:6-8	Matthew 6:5-6	Gift of the Holy Spirit	Piety	Piety is about living a life of devotion to God. It's about nurturing our relationship with him through prayer, worship, and study of scripture. It's about recognising his presence in our lives and responding with gratitude and love. Piety isn't just about outward actions; it's about an inner disposition, a heart turned towards God.	Try and visit a Church or sacred space this week and spend some time with God.

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								When we live with piety, we allow God's love to transform us and make us more like him	
Year C	Week 30 in Ordinary Time	Sirach 35:12-14, 16-18	Luke 18:9-14	Ruth 1: 16-17	Luke 10: 30-37	Word of the Week	Neighbour	In the parable of the Good Samaritan, Jesus teaches us that our neighbour is anyone who needs our help, regardless of their background or beliefs. We are called to love our neighbours as ourselves, to show compassion, generosity, and forgiveness. This means reaching out to those in need, speaking up for the voiceless, and treating everyone with dignity and respect. When we see Christ in our neighbour, we discover the true meaning of love.	Think of something you can do to benefit those around you this week.
Year C	Week 31 in Ordinary Time	Wisdom 11:22—12:1	Luke 19:1-10	Proverbs 20:18	Acts 9:1-19	Gift of the Holy Spirit	Counsel	Counsel, sometimes called 'right judgement' is the way in which the Holy Spirit enables us to make the right decisions in our	Pray before making an important choice this week.

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								lives. It's a gift of the Holy Spirit, a supernatural wisdom that guides us towards what is good and true. It's the inner voice that helps us discern God's will in our lives, especially when faced with difficult decisions.	
Year C	Week 32 in Ordinary Time	2 Maccabees 7:1-2, 9-14	Luke 20:27-38	Lamentations 3: 19:27	Luke 22: 14-23	Word of the Week	Remembrance	In our faith, remembrance is more than just remembering the past; it's about keeping our connection to God and to our loved ones alive. We remember the saints and martyrs who came before us, their examples guiding us on our own journey. We remember the sacrifices of Jesus and we remember those who have passed away, their love and influence continuing to shape us. Remembrance is a way to honour our past, cherish	Spend time in prayer to remember those people who are important to us and who are no longer with us.

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								our present, and hope for our future.	
Year C	Week 33 in Ordinary Time	Malachi 3:19-20	Luke 21:5-19	Ecclesiastes 11: 9	Matthew 19: 13-15	Word of the Week	Youth	Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. The Church needs young people's voices, involvement, and leadership for it to grow and we are all called to be young in our outlook and our attitude so we can live life to the full.	Make the effort to have a positive and youthful attitude this week. Help others to see hope in difficult situations.
Year C	Week 34 in Ordinary Time	2 Samuel 5:1-3	Luke 23:35-43	Daniel 2: 44-45	Luke 23: 35-43	Word of the Week	Kingdom	The Kingdom of God is not just a distant promise, but something we can experience here and now. It's a place where love, justice, and peace reign. We build this kingdom through our actions, our relationships, and our commitment to living out Christ's teachings. The Kingdom is a place of belonging, where everyone is valued	Think of one thing you can do to make your community more like the Kingdom of Heaven.

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Year A	1st Week of Advent	Isaiah 2:1-5	Matthew 24:37-44	Jeremiah 29:11-14	1 Peter 1: 3-9	Theological Virtue	Hope	We believe that even in the darkest of times, God's love and light shine through. This hope isn't just wishful thinking, but a confident expectation of God's promises. Hope is a powerful virtue that can give us strength to persevere, even when things get tough, and to trust that God is always with us, guiding us towards a brighter future. In the season of Advent, we hope for the coming of Jesus and that he will bring peace, joy and love to the world.	Think of a reason that you have to be hopeful. Share that hope with someone this week.
Year A	2nd Week of Advent	Isaiah 11:1-10	Matthew 3:1-12	Isaiah 26: 2-5	John 16: 25-33	Word of the Week	Peace	In a world that's often filled with conflict and turmoil, we're called to be peacemakers. This	Find a way to bring peace to a difficult situation

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								<p>doesn't mean simply avoiding arguments, but actively working towards reconciliation and understanding. In the season of Advent, we pray for peace in the world. Jesus is the Prince of Peace, and he calls us to follow his example and to be peacemakers too.</p>	<p>or relationship this week.</p>
Year A	3rd Week of Advent	Isaiah 35:1-6a, 10	Matthew 11:2-11	Zephaniah 3:14-20	John 16: 16-24	Word of the Week	Joy	<p>This Sunday is Gaudete Sunday and it means 'Rejoice'. Joy is more than just happiness; it's a deep and lasting feeling that comes from knowing God and living in his love. It helps us to see the good in everything, even when things are tough. Joy is found in prayer, in serving others, and in our journey through Advent. It's a choice to trust in God's plan for our lives and to find hope in his promises.</p>	<p>Think of something you can do for someone else to bring them joy and find time to make it happen this week.</p>

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Year A	4th Week of Advent	Isaiah 7:10-14	Matthew 1:18-24	Deuteronomy 7: 6-9	1 Corrinthians 13:4-7	Theological Virtue	Love	In the season of Advent, we are reminded of the great love that God has for us and the love we should have for each other. We know that Jesus Christ is the true example of love, and we celebrate this gift of love at Christmas time.	Think of someone who you love this week and make an effort to show and tell them that you love them.
Year A	Octave of Christmas	Ecclesiastes 3:2-6. 12-14	Matthew 2:13-15, 19-23	Exodus 12: 20	1 John 4: 7-21	Word of the Week	Family	Family looks different for everybody and they are a gift from God that provide us with love, support, and belonging. We can find strength and comfort in our families. The Holy Family, Jesus, Mary and Joseph, give us a powerful example of what family should be, and inspire us to love one another as they did.	Who are the people you call family? Make time for them this week and find an opportunity to be together.
Year A	2nd Sunday of Christmastide	Isaiah 60:1-6	Matthew 2:1-12	Psalms 67: 1-7	Matthew 25: 14-30	Word of the Week	Epiphany	Epiphany celebrates the revelation of Jesus Christ to the world. It is a time to reflect on the mystery of Christ's birth and to renew our commitment	What is a gift that you can give to others? Think of a way to share your gift with

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								to following Him. For us, Epiphany is a time to recognise that Christ came for everyone and we see this reflected in the visit of the Magi and the gifts that they brought.	your community this week.
Year A	Week 1 in Ordinary Time	Isaiah 42:1-4, 6-7	Matthew 3:13-17	Exodus 19:10	Mark 1:8	Word of the Week	Baptism	Baptism is a sign of God's love and forgiveness, it marks a fresh start and a new beginning. When we are baptised we are welcomed into the Church community of believers who love us, support us and help us grow. During baptism we are anointed as priest, prophet and king and called to live like Jesus did.	Think of one way you can be more like Jesus this week.
Year A	Week 2 in Ordinary Time	Isaiah 49:3, 5-6	John 1:29-34	Deuteronomy 6:4-9	Matthew 28:18-20	Word of the Week	Discipleship	Discipleship is all about learning from Jesus and following his example. It's about putting our faith into action and living out the Gospel in our daily lives. We can learn so	Think of someone in need in your community who you can help and

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								much from Jesus' teachings, his compassion, and his love for others. As his disciples, we're called to be like Christ, to be a light in the world and share his message of hope.	support this week.
Year A	Week 3 in Ordinary Time	Isaiah 8:23—9:3	Matthew 4:12-23	Proverbs 4: 20-23	Matthew 7: 24-27	Word of the Week	Scripture	Scripture is the Word of God. It is a collection of sacred writings that tell the story of God's love for humanity. As we read scripture, we learn about God's plan for our lives, and we are inspired to live a life of faith. Scripture can also be a source of comfort and guidance in difficult times and it speaks to us throughout our lives.	Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.
Year A	Week 4 in Ordinary Time	Zephaniah 2:3; 3:12-13	Matthew 5:1-12	2 Samuel 7: 22	1 Corinthians 12: 12-27	Word of the Week	Inspiration	Inspiration is the feeling of being motivated or encouraged to do something. It literally means 'filled with the spirit'. Inspiration is like a gentle nudge from the	Make an effort this week to inspire those around you by loving and serving others.

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								Holy Spirit, guiding us and encouraging us on our journey. It can come in many forms – through prayer, through Scripture, through the words and actions of others. It's a reminder that God is always with us, inspiring us to be our best selves.	
Year A	Week 5 in Ordinary Time	Isaiah 58:7-10	Matthew 5:13-16	Psalms 139:13-14	Colossians 1:16-17	Word of the Week	Diversity	Diversity calls us to celebrate our differences and to respect the dignity and value of everyone. We are all made in the image and likeness of God and we can recognise God in all people, however different they may seem. Diversity reminds us that we are all called to love one another and to create a world where everyone feels loved, accepted and included.	Think about those people in your community who may feel left out. This week, try to find a way to help them feel loved and included.

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Year A	Week 6 in Ordinary Time	Sirach 15:15-20	Matthew 5:17-37	James 1: 12-18	Matthew 4: 1-11	Cardinal Virtue	Perseverance	Perseverance is the ability to keep going even when things are tough. We will face many challenges in our lives but the virtue of perseverance will help us to overcome these challenges and to achieve our goals. Having perseverance is not easy but it helps us to grow in discipline and strength so that we do not give up when it matters most.	Spend some time in prayer asking God to help you persevere with a difficult challenge that you may face this week.
Year A	Week 7 in Ordinary Time	Leviticus 19:1-2, 17-18	Matthew 5:38-48	Psalm 143:8	John 13: 33-35	Word of the Week	Relationships	Our faith calls us to build meaningful relationships, not just with God, but with everyone around us. We're meant to be a community of love, supporting and uplifting each other. Think of the early Church, how they shared everything and cared for one another deeply. That's the model we strive for. Our relationships are a reflection of God's love, and we're called to	Get to know someone new this week and try and make a new friend.

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								nurture them as precious gifts.	
Year A	Week 8 in Ordinary Time	Isaiah 49:14-15	Matthew 6:24-34	Jeremiah 29:10-14	Romans 11:33-35	Gift of the Holy Spirit	Knowledge	We're encouraged to seek knowledge and understanding, not just of our faith but of the world around us. Whether it's studying the Bible, exploring science, or delving into history, knowledge opens our minds and hearts to new perspectives. It's about growing intellectually and spiritually, so we can better serve God and our communities.	Take time this week to listen to the news and make yourself aware of what is happening. Think about how you can help or make a difference.
Year A	Week 9 in Ordinary Time	Deuteronomy 11:18, 26-28	Matthew 7:21-27	1 Samuel 17:12-50	1 Corinthians 12:12-31	Catholic Social Teaching	Participation	Participation is about recognising that we all have a part to play and the the right be be involved in the communities and situations in which we belong. Participation helps us to connect with others, to learn new things, and to make a difference in the world. It	Find something new in your community that you could get involved with and give something different a try.

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								is also a way to find fulfillment and joy in what we are doing.	
Year A	Week 10 in Ordinary Time	Hosea 6:3-6	Matthew 9:9-13	Isaiah 66: 12-14	Romans 12:15	Word of the Week	Empathy	Empathy is the ability to understand and share the feelings of others. It is an important quality for us to share, as it can help us to build relationships, resolve conflict, and make good decisions. Empathy is rooted in the understanding that all people are created in the image and likeness of God and as such, we are all called to love and care for others.	Spend time this week listening to others and trying to understand how they are feeling.
Year A	Week 11 in Ordinary Time	Exodus 19:2-6	Matthew 9:36—10:8	Jeremiah 31: 33-34	Luke 15:11-32	Word of the Week	Forgiveness	Forgiveness is a profound expression of love. It is a powerful tool for healing and reconciliation even though it is often hard to forgive those people who have upset and hurt us. Forgiveness is grounded in the fact that God has forgiven us, so we are	Is there someone you who you need to forgive? Take time to make things right with people this week.

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								called to forgive others in the same way.	
Year A	Week 12 in Ordinary Time	Jeremiah 20:10-13	Matthew 10:26-33	Proverbs 3: 33-35	Romans 15: 1-7	Word of the Week	Acceptance	Acceptance is the ability to see and appreciate people for who they are, without judgment. It helps us to build relationships and live in peace with each other. Acceptance comes from the knowledge that all people are loved and valued by God without exception, and because of this, we should be willing to accept others with love and mercy.	Think about someone in your community who might find it hard to join in. Make an effort to include others in what you do this week.
Year A	Week 13 in Ordinary Time	2 Kings 4:8-11, 14-16	Matthew 10:37-42	Jeremiah 27: 9-11	Luke 5:1-11	Word of the Week	Follow	Jesus calls himself the way, the truth, and the life. When we follow Jesus, just as the first disciples did, we are making a powerful choice to live our lives according to his teachings. To follow Jesus is not easy, and it often requires great	Try this week to be someone who others will follow by being like Jesus and setting a good example in what you say and do.

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								courage, strength and sacrifice.	
Year A	Week 14 in Ordinary Time	Zechariah 9:9-10	Matthew 11:25-30	Isaiah 60: 19-20	Matthew 16:18-20?	Word of the Week	Commission	Christ calls us to be part of his mission in the world. All people are called to be disciples of Jesus Christ and to share in his work. We are called to make a positive difference in the world and bring Christ to others through our words and actions.	Try and work as part of a team this week. Where you face a problem ask others to help you with it.
Year A	Week 15 in Ordinary Time	Isaiah 55:10-11	Matthew 13:1-23	Psalms 118: 19-24	1 Thessalonians 5: 12-22	Word of the Week	Gratitude	Gratitude is being thankful for what we have. It is about being grateful for the good things in our lives. We have a lot to be grateful for and it is important to take time to appreciate the good things we all have in our lives. Having gratitude helps us to be truly happy and to live a fulfilling life.	Make a special effort to say thank you this week to those people in your community who love and support you.

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Year A	Week 16 in Ordinary Time	Wisdom 12:13, 16-19	Matthew 13:24-43	Psalm 150: 1-6	John 2: 1-12	Word of the Week	Celebration	A celebration is when we come together to rejoice in the things that are good. It is a time to give thanks to God for all his blessings and to recognise what he's given to us in love. We should always look for things we can celebrate, and through our celebrations, we can share happiness and joy with others.	Take time to celebrate this week and find an opportunity to praise someone else for something they have achieved.
Year A	Week 17 in Ordinary Time	1 Kings 3:5, 7-12	Matthew 13:44-52	Psalm 100: 1-5	Matthew 6: 25-34	Word of the Week	Thanksgiving	Thanksgiving is an opportunity to express our gratitude to God for all his gifts. To be truly thankful is to reflect on the good things in our lives and also to give thanks for the people who love and support us. Taking time to say thank you helps to us all to be grateful for what we have.	Take time to pray this week and to give thanks for the good things that God has given you.

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Year A	Week 18 in Ordinary Time	Isaiah 55:1-3	Matthew 14:13-21	Genesis 7: 1-5	Mark 12: 41-44	Word of the Week	Selflessness	<p>In our faith, selflessness isn't about denying ourselves joy, but about putting others' needs first, just as Jesus did. We see it in the saints, who dedicated their lives to helping the poor, the sick, and the forgotten. Selflessness can be small acts, like helping a friend, or big ones, like volunteering in our community. It's about living a life that reflects Christ's love, not just in words, but in our actions.</p>	<p>Think of a way to serve others around you. Try giving some of your time to help someone else.</p>
Year A	Week 19 in Ordinary Time	1 Kings 19:9, 11-13	Matthew 14:22-33	Exodus3: 1-5	Matthew 3:1-7	Word of the Week	Readiness	<p>In the Gospels we are called to be ready to serve God and others. This means being prepared to answer God's call, whatever and whenever it may be. It also means being willing to step up and serve others, even when it is not easy. When we are ready to serve, we are open to the many</p>	<p>Think about something important that you need to be ready for. Find time this week to prepare for what's ahead.</p>

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								blessings that God has in store for us.	
Year A	Week 20 in Ordinary Time	Isaiah 56:1, 6-7	Matthew 15:21-28	Jeremiah 31:31-34	Phillipians 4:4-9	Word of the Week	Challenge	Our faith isn't always easy, and there will be challenges. But these challenges are opportunities for growth, just as exercise strengthens our bodies, facing challenges strengthens our faith. When we struggle with doubt or uncertainty, we can turn to the Church, our community, and prayer. We can also look to the saints, who faced their own challenges with courage and trust in God.	Ask God to help you with a challenge that your facing this week.
Year A	Week 21 in Ordinary Time	Isaiah 22:15, 19-23	Matthew 16:13-20	Genesis 1:1-31	John 1:1-18	Word of the Week	Beginnings	Our faith reminds us that every day is a new beginning. With each sunrise, we have the chance to start fresh, to turn to God, and to make choices that reflect our love for him. Even if we've made mistakes in the past, God's mercy is	Where in your life do you need a fresh start? Make a promise this week to do something differently from now on.

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								always available. In the sacraments, like Baptism and Reconciliation, we experience the power of new beginnings and God's constant love.	
Year A	Week 22 in Ordinary Time	Jeremiah 20:7-9	Matthew 16:21-27	Isaiah 66: 18-21	Luke 13: 22-30	Word of the Week	Welcome	We are all called to welcome others into our communities, to open our doors and bring people in - particularly those on the margins and those who feel left out. Being welcoming helps those new to our community to feel loved, supported and included. We are all one body in Christ, everyone is welcome, and everyone has a part to play.	Find someone new in your community and make them feel welcome.
Year A	Week 23 in Ordinary Time	Ezekiel 33:7-9	Matthew 18:15-20	1 Samuel 3: 1-10	Luke 19: 1-10	Word of the Week	Encounter	Our faith is full of encounters with God – in prayer, in the sacraments, and in the people we meet. These encounters can change us, challenge us, and bring us closer to God. When we open ourselves to encountering	Make time this week to look at where you might encounter Jesus in those around you.

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								Christ in our daily lives, we allow his love to transform us and make us more like him. We can encounter Christ in the Scriptures, in the Mass, and in the faces of those in need.	
Year A	Week 24 in Ordinary Time	Sirach 27:30—28:7	Matthew 18:21-35	Jeremiah 1: 1-19	Mark 1: 16-20	Word of the Week	Outreach	Our faith doesn't just stay within the walls of the church; it's meant to be shared. Outreach is about taking our faith into the world, sharing God's love with those who need it most. This could be through volunteering at a shelter, visiting the elderly, or simply being a listening ear to a friend. When we reach out to others, we not only serve them, but we also strengthen our own faith and connection to God.	Find someone in your community who may not always be included. Make an effort to tell them they are loved and important.
Year A	Week 25 in Ordinary Time	Isaiah 55:6-9	Matthew 20:1-16	Deuteronomy 6: 4-9	Colossians 4: 2-6	Word of the Week	Dialogue	Our faith encourages us to engage in dialogue, to listen to different perspectives, and to seek	Have lots of conversations this week, with lots of different

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								<p>understanding. This doesn't mean we have to agree with everything we hear, but it does mean we respect others' views and try to find common ground. Dialogue can be a powerful tool for building bridges, fostering unity, and deepening our own understanding of our faith. It's also an opportunity to share our own beliefs with others, always with love and respect.</p>	<p>people. Make an effort to really listen to what people are saying.</p>
Year A	Week 26 in Ordinary Time	Ezekiel 18:25-28	Matthew 21:28-32	Proverbs 22:17-29	John 9: 1-41	Word of the Week	Listen	<p>Listening is an important part of dialogue. It means paying attention to what others are saying and trying to understand their point of view. Listening is not just about hearing words; it is about hearing the heart. We are called to be good listeners and we should make sure to listen to those who are different from us. Above all we should listen to</p>	<p>Spend some time in prayer and listen to what God might be calling you to do for those around you.</p>

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								what God is calling us to do in our lives.	
Year A	Week 27 in Ordinary Time	Isaiah 5:1-7	Matthew 21:33-43	Psalms 23: 1-6	Luke 17: 5-10	Word of the Week	Rosary	The Rosary is a prayer that we can all use to meditate on the life of Jesus Christ. It is a powerful tool for prayer and spiritual growth through the intercession of Mary our mother. The Rosary can help us to grow in our faith, to deepen our relationship with God, and to find peace and comfort in difficult times.	Find time to pray the Hail Mary or the Rosary this week.
Year A	Week 28 in Ordinary Time	Isaiah 25:6-10	Matthew 22:1-14	Leviticus 19: 32-37	Matthew 7: 12-14	Word of the Week	Respect	Respect is essential for all people. When we respect others, we are acknowledging their worth and dignity. We are also showing them that we value their opinions and feelings. Respect is a key ingredient in building strong relationships, and it is essential for creating a just and peaceful world.	Make an effort to be respectful of the people and places that you encounter this week.

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Year A	Week 29 in Ordinary Time	Isaiah 45:1, 4-6	Matthew 22:15-21	Amos 5: 18-24	John 8: 7-11	Cardinal Virtue	Justice	Justice is a key virtue in the Catholic faith. It's about treating everyone fairly and ensuring that everyone has what they need to live a dignified life. We're called to speak up for those who are marginalised or oppressed, to challenge systems that perpetuate injustice, and to work towards a world where everyone is treated with respect and compassion.	Think of a situation in the world that is unfair. Work together with others in your community to raise awareness and to work for justice.
Year A	Week 30 in Ordinary Time	Exodus 22:20-26	Matthew 22:34-40	Wisdom 11:22-12:2	Luke 19:1-10	Word of the Week	Holiness	Holiness isn't just for saints or priests; it's a call for every one of us. It's about living a life that reflects God's goodness and love. It means striving to be more like Jesus in our thoughts, words, and actions. Holiness doesn't mean being perfect, but it does mean constantly trying to grow in our faith and become the best versions of ourselves. It's a lifelong	Think of one quality that Jesus had and try to practice it this week with the people that you meet.

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								journey, and we can find support and encouragement in the sacraments, prayer, and our community.	
Year A	Week 31 in Ordinary Time	Malachi 1:14—2:2, 8-10	Matthew 23:1-12	Wisdom 12: 13, 16-19	Matthew 13: 24-43	Word of the Week	Change	Change is a natural part of life, and our faith teaches us how to embrace it with hope and courage. We can use our power to change the world for the better, by standing up for what we believe in, and working to make a difference. We can bring about change every day by doing ordinary things with extraordinary love.	Think of something that needs to change in your community. Take action this week to make things better.
Year A	Week 32 in Ordinary Time	Wisdom 6:12-16	Matthew 25:1-13	Lamentations 3: 19:27	Luke 22: 14-23	Word of the Week	Remembrance	In our faith, remembrance is more than just remembering the past; it's about keeping our connection to God and to our loved ones alive. We remember the saints and martyrs who came before us, their examples guiding us	Spend time in prayer to remember those people who are important to us and who are no longer with us.

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								on our own journey. We remember the sacrifices of Jesus and we remember those who have passed away, their love and influence continuing to shape us. Remembrance is a way to honour our past, cherish our present, and hope for our future.	
Year A	Week 33 in Ordinary Time	Proverbs 31:10-31 (sel.)	Matthew 25:14-30	Ecclesiastes 11: 9	Matthew 19: 13-15	Word of the Week	Youth	Young people have a vital role to play in the life of the Church and in the world. They offer hope, inspiration and courage. The Church needs young people's voices, involvement, and leadership for it to grow and we are all called to be young in our outlook and our attitude so we can live life to the full.	Make the effort to have a positive and youthful attitude this week. Help others to see hope in difficult situations
Year A	Week 34 in Ordinary Time	Ezekiel 34:11-12, 15-17	Matthew 25:31-46	Daniel 2: 44-45	Luke 23: 35-43	Word of the Week	Kingdom	The Kingdom of God is not just a distant promise, but something we can experience here and now. It's a place	Think of one thing you can do to make your community more

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								where love, justice, and peace reign. We build this kingdom through our actions, our relationships, and our commitment to living out Christ's teachings. The Kingdom is a place of belonging, where everyone is valued and loved. When we work together, we can create a glimpse of heaven on earth, a place where God's love shines through in all we do.	like the Kingdom of Heaven.
Year A	1st Week of Lent	Genesis 2:7-9; 3:1-7	Matthew 4:1-11	Jeremiah 29: 10-14	Matthew 6: 5-15	Word of the Week	Prayer	Prayer is a conversation with God. It is a way of opening our hearts to him and sharing our thoughts and feelings with him. Prayer can be done in many different ways, such as through words, music, or silence. During Lent, we can use prayer to reflect on our relationship with God, and to ask for his guidance and strength.	Take a moment this week to pray. Think about what you want to say to God and what he might be saying to you.

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Year A	2nd Week of Lent	Genesis 12:1-4	Matthew 17:1-9	Exodus 34: 25-28	Matthew 6:16-18	Word of the Week	Fasting	<p>Fasting is a way of showing self-discipline and of focusing on our relationship with God. Fasting can also be a way of expressing solidarity with those who are less fortunate. Fasting is an important part of Lent, as it allows us to follow the example of Jesus in the desert, and to grow in our compassion for others.</p>	<p>What can you go without this Lent? Think of something that you can give up to leave more time and space for what's important.</p>
Year A	3rd Week of Lent	Exodus 17:3-7	John 4:5-42	Isaiah 58: 7-12	Matthew 25: 36-40	Word of the Week	Almsgiving	<p>Almsgiving is the practice of giving to those in need. It is a way of showing love and compassion for others. Almsgiving can also be a way of expressing our gratitude for God's blessings. Almsgiving is an important part of Lent, as it allows us to share with those in need and to be an example of mercy in the world.</p>	<p>Find a way to give something to charity or to someone in need this week.</p>

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Year A	4th Week of Lent	1 Samuel 16:1, 6-7, 10-13	John 9:1-41	Genesis 22: 1-19	Hebrews 13: 1-3	Word of the Week	Sacrifice	During Lent, we reflect on the sacrifice of Jesus and what it means for our lives. The sacrifice of Jesus is a reminder that we are all loved by God, and that we too are called to live our lives for others as humble servants. Sacrifice is a way to show our love for God and our commitment to living a life that reflects his values.	Think about someone who makes sacrifices for you and take a moment to thank them for what they do this week.
Year A	5th Week of Lent	Ezekiel 37:12-14	John 11:1-45	Proverbs 3: 5-8	Matthew 6: 25-34	Word of the Week	Journey	Lent is a time of journeying with Jesus Christ. It is a time of reflecting on our lives, repenting our sins, and growing in our faith. The journey of Lent is a challenging one, but it is also a rewarding one. It is a journey that can help us to grow closer to God so that we are ready to truly celebrate Jesus Christ's resurrection at Easter.	Spend some time in prayer thinking about your Lenten journey so far and what you want to do with the journey ahead.

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Year A	6th Week of Lent	Isaiah 50:4-7	Matthew 26:14–27:66	Isaiah 53: 1-12	Mark 15: 37-39	Word of the Week	Passion	The passion of Jesus Christ is the story of his suffering and death - a story of love, sacrifice, and redemption. Jesus' courage and perseverance give us hope, strength and inspiration to carry on during difficult times. It reminds us that he truly understands us when we struggle and encounter hard times.	Think of a difficult situation you are facing at the moment and ask Jesus to be with you and to give you courage.
Year A	Easter	Acts 2:14, 22-33	John 20:1-9	Psalms 25: 1-3	Revelation 19: 1-21	Word of the Week	Alleluia	Alleluia is a joyful word that means 'Praise the Lord'. At the Easter Vigil, we use this word for the first time since the beginning of Lent to show that we can now celebrate the resurrection of Jesus Christ and his victory over death.	Spend time rejoicing this week and make a real effort to celebrate the Easter season with family and friends.
Year A	2nd Week of Eastertide	Acts 2:42-47	John 20:19-31	Lamentations 3: 22-24	1 John 4: 7-21	Word of the Week	Mercy	Mercy is God's love and forgiveness in action. We see this gift in a powerful way during Eastertide as	Try and be merciful with everyone you meet this week,

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								we remember what Jesus did for us out of love. This Sunday is Divine Mercy Sunday and it is a reminder that we must be merciful to others, just as God is merciful with us.	just as God is merciful with us.
Year A	3rd Week of Eastertide	Acts 2:14, 22-33	Luke 24:13-35	Jonah 2: 1-9	James 1: 2-18	Theological Virtue	Faith	Having faith can be hard. It requires us to believe in those things we can't prove and see. St. Thomas is famous for not believing that Jesus had risen, but this reminds us all that even for Jesus' disciples, faith wasn't always easy. Faith is a gift from God and if we can accept it, and hold on to it, faith will give us strength, comfort, and hope.	Think of something you need to have faith in this week. Spend some time in prayer to ask God for the faith you need.
Year A	4th Week of Eastertide	Acts 2:14a, 36-41	John 10:1-10	Genesis 12: 1-3	Romans 12: 4-8	Word of the Week	Vocation	A vocation is God's call to each of us. It is the unique way that God calls us to serve him and others. Finding our vocation can take time	Spend some time talking to people about what you feel called to do

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								and discernment but our vocation is a reminder that we all have a special purpose in this world, and we are all called to do something significant with our lives.	with your life this week.
Year A	5th Week of Eastertide	Acts 6:1-7	John 14:1-12	Isaiah 55: 10-13	Luke 2: 25-35	Word of the Week	Witness	Witness is the sharing of our faith with others. It is a way of testifying to the truth of Jesus Christ and the Gospel message. Our witness can be a way of celebrating the hope and joy that we have in Jesus and a way of powerfully sharing the good news with those around us.	Find one way to share what your faith means to you with someone else this week.
Year A	6th Week of Eastertide	Acts 8:5-8, 14-17	John 14:15-21	Genesis 3: 1-24	Luke 15: 3-10	Word of the Week	Example	An example is a model of behaviour. It is something that we can look to in order to learn how to live our lives. The lives of the saints, and other holy men and women, remind us that we are all called to follow the example of Jesus Christ. We too, should also be an	This week, think of a something positive and loving you can do for those around you to set a good example to others.

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								example to others by trying to live a life of love, service, and forgiveness.	
Year A	7th Week of Eastertide	Acts 1:12-14	John 17:1-11	Proverbs 15: 1-4	Matthew 15: 10-20	Word of the Week	Communication	Communication can take many forms in the world today. It is a way of building relationships and sharing the good news of our faith with others. This week we are called to think about the different ways we can communicate God's message to the world and how we can bring people together and inspire others through the message that we share.	Send a message to someone this week to tell them that they are loved.
Year A	Pentecost	Acts 2:1-11	John 14:14-16, 23b-26	Exodus 23: 16-19	1 Corinthians 12:3b-7,12-13	Word of the Week	Pentecost	Pentecost is where we celebrate the coming of the Holy Spirit. At Pentecost the Holy Spirit came down upon the apostles in the form of tongues of fire, and they were filled with the Spirit and began to speak in other languages. This day is often referred to as the	Find out how to say something nice in a new language this week and take opportunities to share good news with others.

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								Church's birthday as it marks the moment when the disciples were inspired to go out into the world to share the good news, and to bring people to Christ.	
Year A	1st Week after Pentecost	Exodus 34:4-6, 8-9	John 3:16-18	Isaiah 48: 14-16	Matthew 28: 16-20	Word of the Week	Trinity	The Trinity is a mystery that we can never fully understand, but it is a central part of our Catholic faith. The Trinity is the belief that there is one God who exists in three persons: the Father, the Son, and the Holy Spirit. These three persons are distinct from each other, but they are also one God. This special feast helps us reflect on how we understand God and inspires us to get to know him more closely in our lives.	Say a prayer this week to God the Father, God the Son and God the Holy Spirit and think about who God is to you.
Year A	2nd Week after Pentecost	Deuteronomy 8:2-3, 14b-16a	John 6:51-58	Exodus 16: 1-10	Luke 22: 14-23	Word of the Week	Eucharist	The Eucharist is the source and summit of our faith. The Eucharist is a powerful way in which	Share a meal with the people

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								we receive Jesus Christ into our hearts and are united with him as one body. The Eucharist is a source of strength and nourishment, and as we receive it, just as the disciples did at the Last Supper, we are reminded of God's love for us and of our call to love others.	you love this week.
Year A	3rd Week after Pentecost			Psalm 105:1-6	Mark 16: 14 - 16	Word of the Week	Missionary Discipleship	<p>Missionary Discipleship is the call to share our faith with others. Missionary Discipleship reminds us that we must go out and share the love of Christ with others, to make the world a better place.</p> <p>Missionary Discipleship is a way of life that is full of joy and hope and in living our life in this way we can bring others to encounter Christ through us.</p>	Find a way to put your faith into action this week to help others to encounter Jesus.