

November Communion Reflection

We pause for a moment and remember the Saints. We also remember those, whom we knew and loved, who are now part of the Communion of Saints. We are grateful for their lives, their love, their faith. We are all part of God's blessing.

"I am standing on the shoulders of the ones who came before me. I am stronger for their courage, I am wiser for their words. I am lifted by their longing for a fair and brighter future. I am grateful for their vision, for their toiling on this Earth.

We are standing on the shoulders of the ones who came before us. They are saints and they are humans, they are angels, they are friends. I am honoured by their passion for our liberty. I will stand a little taller, I will work a little longer. And my shoulders will be there to hold the ones who follow me. "1



December Communion Reflection

We pause for a moment... focusing our attention on the lit candle/s in the sacred space.

Just as the light grows stronger in the Advent wreath as we approach Christmas, may the flame of Christ's love grow brighter in our hearts and homes.

May we radiate this love, through small gestures of kindness and soft words of encouragement, to all whom we encounter in these winter days, as we wait in joyful hope for Jesus' birth. Amen.



January Communion Reflection

We pause for a moment to listen to the stirrings in our hearts...

Teach us to listen, Lord, to those near and dear: family, friends, co-workers, neighbours...

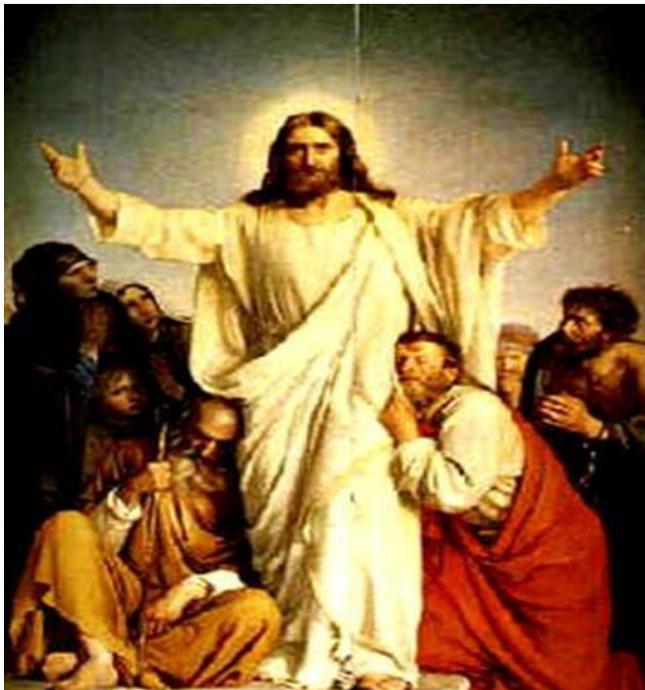
Help parents to be attentive to the moods of children, to hear the unspoken words of their life-partner and to respond with compassion.

Help children to listen and recognise loving care in the "No, you can't" and to respond with gentleness.

Teach us all to listen, Lord, to those far away or unknown in our parish – to the whisper of one who is sick, to the silence of a refugee unable to speak our language, and to the tears of loneliness and heartbreak.

Teach us to listen, Lord, for your word - in busyness and in boredom, in certainty and in doubt, in noise and in silence.

Teach us to listen Lord and to respond with care.²



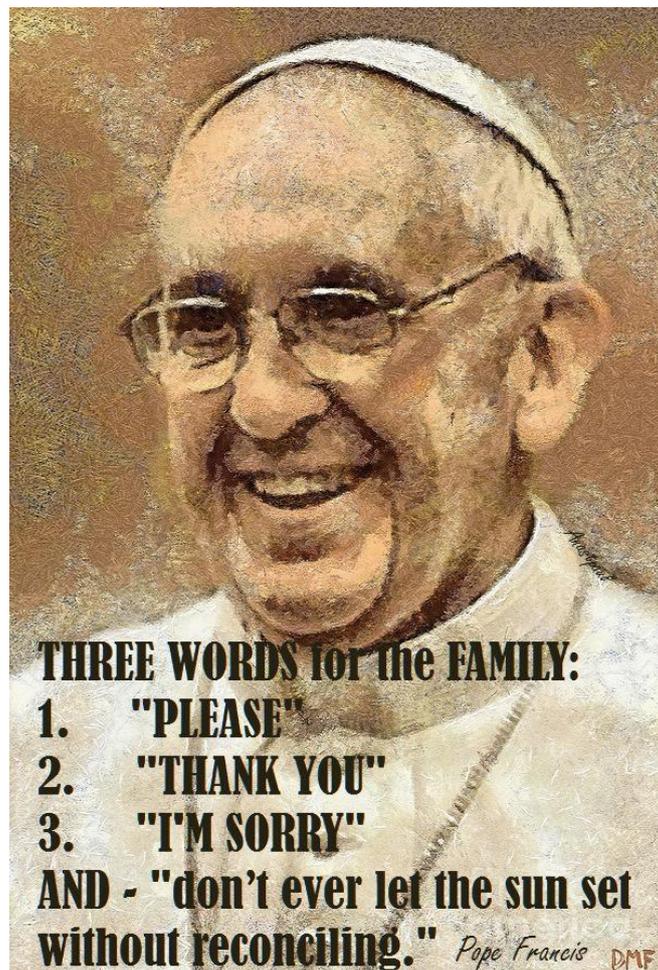
**" LORD;
TEACH US
TO LISTEN
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FOLLOW
YOU.."**

February Communion Reflection

In this moment of communion with Jesus, let us pause and join our faith and our lives before him.

In his writings, Pope Francis reflects: "Forgiveness is a special gift from God that heals our brokenness And draws us closer to one another and to him. Small and simple acts of forgiveness, renewed each day, are the foundation upon which a solid Christian family life is built.

They force us to overcome our pride, our aloofness and embarrassment, and to make peace. How many times do we get angry at one another and then want to make up, but we don't know how! It is embarrassing to make peace, but we still want to do it." ... The secret: "Please. Thank You. I'm sorry."



March Communion Reflection

We pause for a moment, aware of Jesus' presence with us now.

St Teresa of Avila offers encouraging words: "God is always there if you feel wounded. God kneels over this earth like a divine medic, and God's love thaws the holy in us." Take a moment to look back over the last day or so in your mind... What have been the key moments? ... For what are you most grateful? ... Where have you felt most happy? Least happy? ... Talk to God about these experiences... of joy or of hurts ... maybe you want to offer God your own words of thanks or sorrow... and listen to God's response in your heart. From this place of being held in love, we look to the day ahead with encouragement.

There is always a great welcome awaiting you in the Eucharist and through the sacrament of Reconciliation – may there be many happy returns!



April Communion Reflection

Risen Jesus, what joy you offer us. In your life, death and resurrection you trusted fully in God. You give us hope that no matter what, death is not the end. In the messiness of our lives, you show us that new life is possible. New beginnings happen. Your peace calms all fears so we can move out from enclosed rooms. Your joy sets hearts on fire with fresh understanding. You desire that all people would know your message of love. Send us forth from this eucharistic celebration that we may show this love and joy among family, friends and neighbours. May we give witness to your great gift of hope in the week ahead. May we be your Easter people. Amen.



May Communion Reflection

Together we pray our Grow in Love prayer after communion:

Lord Jesus I love and adore you. You're a special friend to me.
Welcome, Lord Jesus, O welcome, thank you for coming to me.

Thank you, Lord Jesus, O thank you for giving yourself to me.
Make me strong to show your love wherever I may be.

I'm ready now Lord Jesus to show how much I care.

I'm ready now to give your love at home and everywhere. Amen.



June Communion Reflection

St. Teresa of Avila's invitation to live our belief is as relevant today as when it was first written over 500 years ago. On this feast of Corpus Christi, let the strength of Christ renew you. Let his compassion flow through you. Become whom you receive.

Christ has no body but yours, no hands, no feet on earth but yours.

Yours are the eyes with which he looks compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands, with which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes, you are his body.

Amen.

