

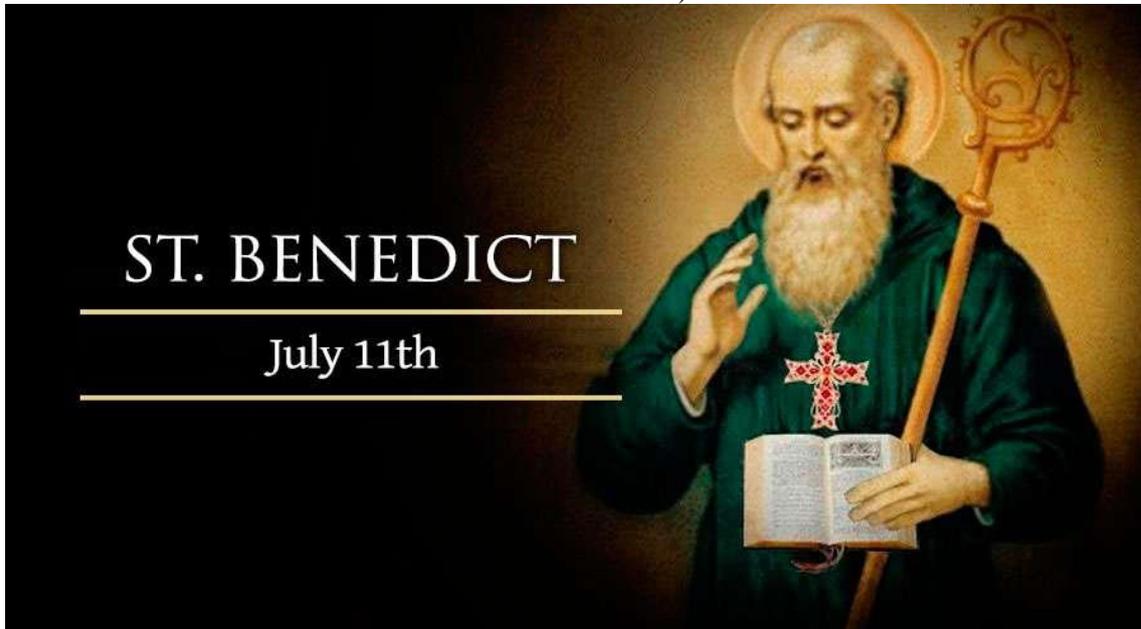
Thursday 9th July 2020

Friday, tomorrow, is the feast of

St Benedict

St Benedict was born in the year 480 in Italy. He was born into a wealthy family but when he grew up he gave all this up and devoted his life to God and prayer. He is really important even today because he created a way of living for people who wanted to live in faith communities, like monasteries and convents. If you have seen pictures of monks or nuns, the chances are that they live their daily life following a lot of the advice that St Benedict gave many years ago. In fact, his advice is still known as the Rule of St Benedict. 'Prayer, work, simplicity and hospitality'

- Follow St Benedict's rule for a day:
 - Make a timetable and include in it – study time; helpful work time (that could be tidying up, shopping, helping with the cooking, washing up etc); prayer – e.g three times during the day; being hospitable (find out what that means!). When you make your timetable make sure it is simple, not complicated, and easy to follow – so that you can actually do it.
 - Google search a modern Monastery in Britain (e.g. Downside, Mount St Bernard, Buckfast)



*Gracious and Holy Father,
give us the wisdom to discover You,
the intelligence to understand You,
the diligence to seek after You,
the patience to wait for You,
eyes to behold You,
a heart to meditate upon You,
and a life to proclaim You,
through the power of the Spirit of Jesus, our Lord. Amen.*

Mass is celebrated again at our Church

SEE PARISH LINK on this website for more info

Below are the resources that you may like to use for Sunday and also for the week ahead
Sunday resources

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/sunday-liturgy-for-families/>

Resources for the week ahead (something for each day)

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/daily-prayers-for-home/>