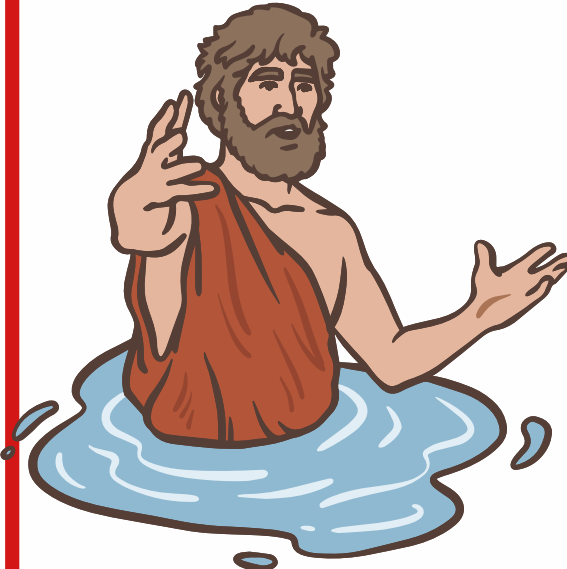




Beginnings

Virtue Link: Diligence
CST Link: Common Good
Mission: Where in your life do you need a fresh start? Make a promise this week to do something differently from now on.

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 always available. In the sacraments, like Baptism and Reconciliation, we experience the power of new beginnings and God's constant love.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23RD	24TH	25TH	26TH	27TH	28TH	29TH
21ST ORDINARY TIME	Monday of Week 21 St Bartholomew The Apostle 	Tuesday of Week 21	Bl. Dominic Barberi Priest	St Monica 	St Augustine Bishop & Doctor 	Passion of St John the Baptist 

Virtue Link: Gratitude
CST Link: Solidarity
Mission: Find someone new in your community and make them feel welcome.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30TH	31ST	1ST	2ND	3RD	4TH	5TH
22ND ORDINARY TIME	Monday of Week 22	Tuesday of Week 22	Wednesday of Week 22	St Gregory the Great Pope, Doctor 	St Cuthbert Bishop	Saturday of Week 22 St Teresa of Calcutta 

Virtue Link: Patience
CST Link: Dignity
Mission: Make time this week to look at where you might encounter Jesus in those around you.



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6TH	7TH	8TH	9TH	10TH	11TH	12TH
23RD ORDINARY TIME	Monday of Week 23	BIRTHDAY OF THE BLESSED VIRGIN MARY 	Wednesday of Week 23	Thursday of Week 23	Friday of Week 23	Saturday of Week 23



Outreach

Virtue Link: Charity
CST Link: Common Good
Mission: Find someone in your community who may not always be included. Make an effort to tell them they are loved and important.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13TH	14TH	15TH	16TH	17TH	18TH	19TH
24TH ORDINARY TIME	Monday of Week 24	OUR LADY OF SORROWS 	Wednesday of Week 24	Thursday of Week 24	Friday of Week 24	Saturday of Week



Dialogue

Virtue Link: Temperance
CST Link: Dignity of the Worker
Mission: Have lots of conversations this week, with lots of different people. Make an effort to really listen to what people are saying.

Our faith encourages us to engage in dialogue, to listen to different perspectives, and to seek 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20TH	21ST	22ND	23RD	24TH	25TH	26TH
25TH ORDINARY TIME	St Matthew the Evangelist Apostle and Gospel writer 	Tuesday of Week 25	St Padre Pio 	Our Lady of Walsingham 	Friday of Week 25	Saturday of Week 25 St Vincent de Paul 



Listen

Virtue Link: Fortitude
CST Link: Peace
Mission: Spend some time in prayer and listen to what God might be calling you to do for those around you.

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 what God is calling us to do in our lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27TH	28TH	29TH	30TH	1ST	2ND	3RD
26TH ORDINARY TIME	Monday of Week 26	Archangel Gabriel, Michael and Raphael 	St Jerome 	St Therese of Lisieux Doctor 	Holy Guardian Angels  CAFOD Family Fast Day CAFOD Just one world	Saturday of Week 26

Virtue Link: Prudence
CST Link: Option for the Poor
Mission: Find time to pray the Hail Mary or the Rosary this 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4TH	5TH	6TH	7TH	8TH	9TH	10TH
27TH ORDINARY TIME St Francis of Assisi	St Faustina	Tuesday of Week 27	Our Lady of the Rosary	Thursday of Week 27	St John Henry Newman Doctor	Saturday of Week 27



Respect

Virtue Link: Gratitude
CST Link: Solidarity
Mission: Make an effort to be respectful of the people and places that you encounter this week

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11TH	12TH	13TH	14TH	15TH	16TH	17TH
28TH ORDINARY TIME	St Carlo Acutis 	St Edward the Confessor	Wednesday of Week 28	St Teresa of Avila 	Friday of Week 28	Saturday of Week 28



Justice

Virtue Link: Diligence
CST Link: Common Good
Mission: 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.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18TH	19TH	20TH	21ST	22ND	23RD	24TH
29TH ORDINARY TIME	Monday of Week 29	Tuesday of Week 29	Wednesday of Week 29	St Pope John Paul II Pope 	Friday of Week 29	Saturday of Week 29



Holiness

Virtue Link: Patience
CST Link: Solidarity
Mission: Think of one quality that Jesus had and try to practice it this week with the people that you meet.

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 journey, and we can find support and encouragement in the sacraments, prayer, and our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25TH	26TH	27TH	28TH	29TH	30TH	31ST
30TH ORDINARY TIME	Monday of Week 30	Tuesday of Week 30	St Simon and St Jude Apostles 	Thursday of Week 30	Friday of Week 30	Saturday of Week 30



Change

Virtue Link: Justice
CST Link: Peace
Mission: Think of something that needs to change in your community. Take action this week to make things better.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1ST	2ND	3RD	4TH	5TH	6TH	7TH
ALL SAINTS Solemnity, Holy Day of Obligation	ALL SOULS	St Martin De Pores	St Charles Borromeo Bishop	Thursday of Week 31	Friday of Week 31	Saturday of Week 31



Virtue Link: Charity
CST Link: Dignity
Mission: Spend time in prayer to remember those people who are important to us and who are no longer with us.

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 our present, and hope for our future.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8TH	9TH	10	11TH	12TH	13TH	14TH
32ND ORDINARY TIME	DEDICATION OF THE LATERAN BASILICA Feast 	St Leo the Great Pope, Doctor	St Martin of Tours Bishop, Patron of Chaplaincy 	St Josaphat Bishop, Martyr 	Friday of Week 32	Saturday of Week 32
			Remembrance Day 			

Virtue Link: Justice
CST Link: Dignity of the Worker
Mission: Make the effort to have a positive and youthful attitude this week. Help others to see hope in difficult situations



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15TH	16TH	17TH	18TH	19TH	20TH	21ST
33RD ORDINARY TIME	Monday of Week 33	St Hugh of Lincoln Bishop, Patron of the Diocese 	Wednesday of Week 23 Red Wednesday Aid to the Church in Need 	St Elizabeth of Hungary Religious 	Friday of Week 33	Saturday of Week 23 Presentation of the Blessed Virgin Mary



Kingdom

Virtue Link: Fortitude
CST Link: Creation and Environment
Mission: Think of one thing you can do to make your community more like the Kingdom of Heaven.

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 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22ND	23RD	24TH	25TH	26TH	27TH	28TH
CHRIST THE KING Solemnity, World Youth Sunday	Monday of Week 34	Tuesday of Week 34	Wednesday of Week 34	Thursday of Week 34	Friday of Week 34	Saturday of Week 34

Virtue Link: Temperance
CST Link: Creation and Environment
Mission: Think of a reason that you have to be hopeful. Share that hope with someone this week.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29TH	30TH	1ST	2ND	3RD	4TH	5TH
1ST SUNDAY OF ADVENT	St Andrew Apostle, Martyr, Patron of Scotland	Tuesday of Advent Week 1 St Ralph Sherwin Priest, Martyr	Wednesday of Advent Week 1	St Francis Xavier Priest	Friday of Advent Week 1	Saturday of Advent Week 1 MOST HOLY NAME OF MARY

Virtue Link: Temperance
CST Link: Creation and Environment
Mission: Think of a reason that you have to be hopeful. Share that hope with someone this week.



Peace

In a world that’s often filled with conflict and turmoil, we’re called to be peacemakers. This 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6TH	7TH	8TH	9TH	10TH	11TH	12TH
2ND SUNDAY OF ADVENT	Monday of Advent Week 2	IMMACULATE CONCEPTION OF OUR LADY Solemnity, Principle Patron of the Diocese	Wednesday of Advent Week 2 St Juan Diego Visionary	St Gregory the Great Pope, Doctor Ss Augustine Webster, Eustace White & the Martyrs of Lincolnshire	Friday of Advent Week 2	Saturday of Advent Week 2 Our Lady of Guadalupe



Joy

Virtue Link: Diligence
CST Link: Common Good
Mission: Think of something you can do for someone else to bring them joy and find time to make it happen this week

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13TH	14TH	15TH	16TH	17TH	18TH	19TH
3RD SUNDAY OF ADVENT	Monday of Advent Week 3	Tuesday of Advent Week 3	Wednesday of Advent Week 3	Thursday of Advent Week 3	Friday of Advent Week 3	Saturday of Advent Week 3

Virtue Link: Gratitude
CST Link: Peace
Mission: What is a gift that you can give to
to others? Think of a way to share your
gift with your community this 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 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3RD	4TH	5TH	6TH	7TH	8TH	9TH
2ND SUNDAY OF CHRISTMASTIDE	Monday before the Epiphany	Tuesday before the Epiphany	EPIPHANY OF THE LORD 	Thursday after the Epiphany	Friday after the Epiphany	Saturday after the Epiphany

Virtue Link: Charity
CST Link: Solidarity
Mission: Think of one way you can be more like Jesus this 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 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10TH	11TH	12TH	13TH	14TH	15TH	16TH
BAPTISM OF THE LORD	Monday of Week 1	Tuesday of Week 1	Wednesday of Week 1	Thursday of Week 1	Friday of Week 1	Saturday of Week 1

Virtue Link: Fortitude
CST Link: Common Good
Mission: Think of someone in need in your community who you can help and support this week.



Discipleship

Discipleship is all about learning from Jesus and following his example. It's about putting our faith into action, living out the Gospel in our daily lives. We can learn so much from Jesus' teachings, his compassion, and his love for others. As his disciples, we're called to do the same, to be a light in the world and share his message of hope.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17TH	18TH	19TH	20TH	21ST	22ND	23RD
2ND ORDINARY TIME	Monday of Week 2	Tuesday of Week 2 St Fabian Pope, Martyr St Sebastian Martyr	St Agnes Virgin, Martyr	Thursday of Week 2	Friday of Week 2	Saturday of Week 2 St Francis De Sales Bishop, Doctor

Virtue Link: Temperance
CST Link: Peace
Mission: Find a passage from the Gospels that you've not read before - reflect on what it might mean to you.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24TH	25TH	26TH	27TH	28TH	29TH	30TH
SUNDAY OF THE WORD OF GOD	Feast of the Conversion of St Paul	Tuesday of Week 3	Wednesday of Week 3	St Thomas Aquinas Priest, Doctor	Friday of Week 3	Saturday of Week 3 St John Bosco Priest, Founder of the Salesians of Don Bosco

Virtue Link: Justice
CST Link: Creation and Environment
Mission: Try and take an opportunity to lead others this week..



Leadership

Leadership is about serving others and inspiring a difference in the world. It is about being a witness to your faith and presenting yourself as a role model for others so they can grow in their faith too.

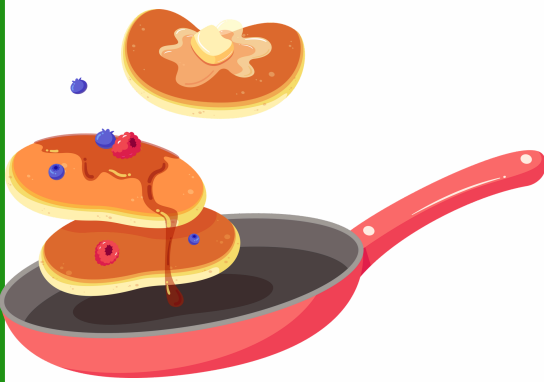
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31ST	1ST	2ND	3RD	4TH	5TH	6TH
4TH ORDINARY TIME	Monday of Week 4	PRESENTATION OF THE LORD CANDLEMASS 	Wednesday of Week 4	St Agatha Martyr 	Friday of Week 4	Saturday of Week 4

Virtue Link: Prudence
CST Link: Solidarity
Mission: .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



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7TH	8TH	9TH	10TH	11TH	12TH	13TH
5TH ORDINARY TIME	Monday of Week 5	SHROVE TUESDAY 	ASH WEDNESDAY 	OUR LADY OF LOURDES  	Friday after Ash Wednesday	Saturday after Ash Wednesday

Virtue Link: Diligence
CST Link: Dignity of the Worker
Mission: Take a moment this week to pray.
Think about what you want to say to God
and what he might be saying to you.



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.

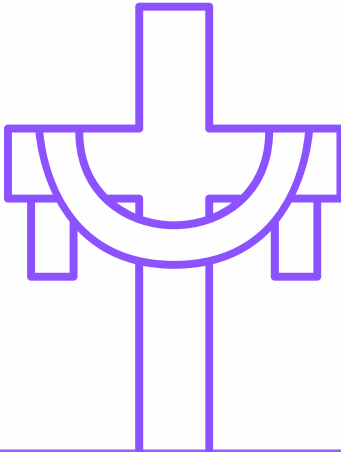
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14TH	15TH	16TH	17TH	18TH	19TH	20TH
1ST WEEK IN LENT	Monday of the 1 st Week in Lent	Tuesday of the 1 st Week in Lent	Wednesday of the 1 st Week in Lent	Thursday of the 1 st Week in Lent	Friday of the 1 st Week in Lent	Saturday of the 1 st Week in Lent
					CAFOD Family Fast Day	



Fasting

Virtue Link Patience
CST Link: Common Good
Mission: 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.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21ST	22ND	23RD	24TH	25TH	26TH	27TH
2ND WEEK IN LENT 	Monday of the 2nd Week in Lent Feast of the Chair of St Peter 	Tuesday of the 2nd Week in Lent	Wednesday of the 2nd Week in Lent	Thursday of the 2nd Week in Lent	Friday of the 2nd Week in Lent	Saturday of the 2nd Week of Lent

Virtue Link Temperance
CST Link: Dignity of the Worker
Mission: 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.



Almsgiving

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.

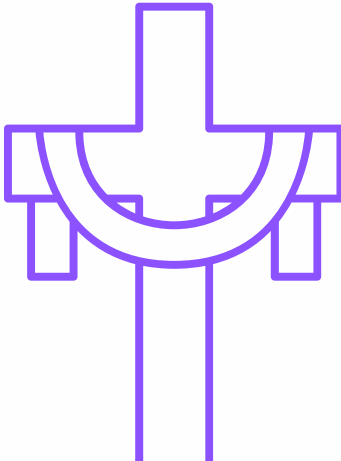
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28TH	1ST	2ND	3RD	4TH	5TH	6TH
3RD WEEK IN LENT	Feast of St David Patron Saint of Wales	Tuesday of the 3rd Week in Lent	Wednesday of the 3rd Week in Lent	Thursday of the 3rd Week in Lent	Friday of the 3rd Week in Lent	Saturday of the 3rd Week in Lent

Virtue Link Gratitude
CST Link: Option for the Poor
Mission: Think about someone who makes sacrifices for you and take a moment to thank them for what they do this 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.

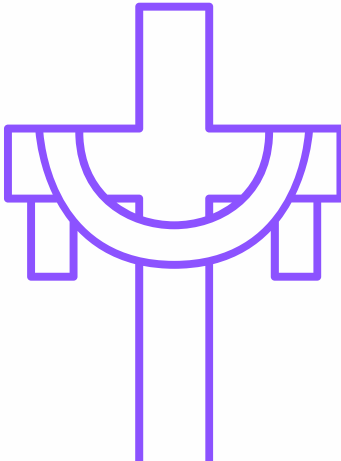
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8TH	9TH	10TH	11TH	12TH	13TH	14TH
4TH WEEK IN LENT 	Monday of the 4th Week in Lent	Tuesday of the 4th Week in Lent	Wednesday of 4th Week in Lent	Thursday of 4th Week in Lent	Friday of 4th Week in Lent	Saturday of 4th Week in Lent



Journey

Virtue Link Fortitude
CST Link: Common Good
Mission: Spend some time in prayer thinking about your Lenten journey so far and what you want to do with the journey ahead.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14TH	15TH	16TH	17TH	18TH	19TH	20TH
5TH WEEK IN LENT 	Monday of the 5th Week in Lent	Tuesday of the 5th Week in Lent	Feast of St Patrick Patron Saint of Ireland 	Thursday of 5th Week in Lent	St Joseph the Husband of Mary 	Saturday of 5th Week of Lent

Virtue Link: Charity
CST Link: Solidarity
Mission: Think of a difficult situation you are facing at the moment and ask Jesus to be with you and to give you courage.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27TH	28TH	29TH	30TH	1ST	2ND	3RD
PALM SUNDAY	Monday of Holy Week	Tuesday of Holy Week	Wednesday of Holy Week SPY WEDNESDAY	MAUNDY THURSDAY	GOOD FRIDAY	HOLY SATURDAY

Virtue Link Temperance
CST Link: Peace
Mission: Try and be merciful with everyone you meet this week, just as God is merciful with us.



Mercy

Mercy is God’s love and forgiveness in action. We see this gift in a powerful way during Eastertide as 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.

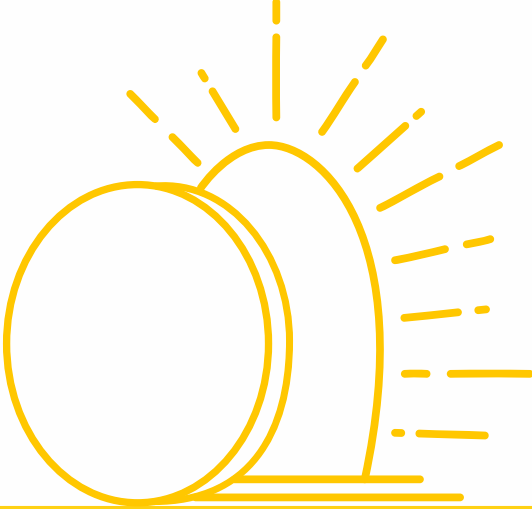
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4TH	5TH	6TH	7TH	8TH	9TH	10TH
2ND WEEK IN EASTERTIDE	The Annunciation	Tuesday of Week 2 of Eastertide	Wednesday of Week 2 of Eastertide	Thursday of Week 2 of Eastertide	Friday of Week 2 of Eastertide	Saturday of Week 2 of Eastertide
DIVINE MERCY SUNDAY						



Faith

Virtue Link Fortitude
CST Link: Dignity of the Workers
Mission: Think of something you need to have faith in this week. Spend some time in prayer to ask God for the faith you need.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11TH	12TH	13TH	14TH	15TH	16TH	17TH
3RD WEEK IN EASTERTIDE 	Monday of Week 3 in Eastertide	Tuesday of Week 3 in Eastertide	Wednesday of Week 3 in Eastertide	Thursday of Week 3 of Eastertide	St Bernadette 	Saturday of Week 3 of Eastertide

Virtue Link Justice
CST Link: Common Good
Mission: Spend some time talking to people about what you feel called to do with your life this 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 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.

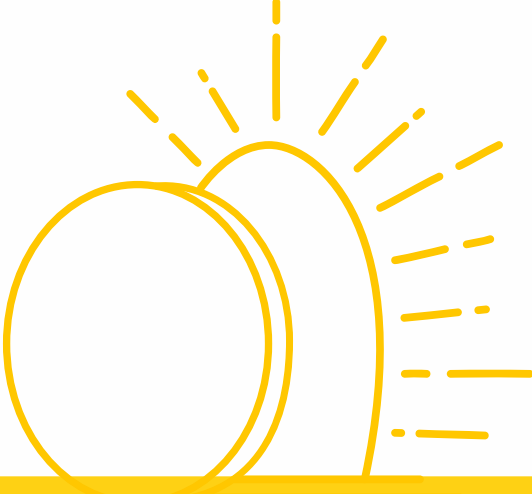
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18TH	19TH	20TH	21ST	22ND	23RD	24TH
4TH WEEK IN EASTERTIDE Good Shepherd Sunday	Monday of Week 4 in Eastertide	Tuesday of Week 4 in Eastertide	Wednesday of Week 4 in Eastertide	Thursday of Week 4 of Eastertide	St George Patron Saint of England	Saturday of Week 4 of Eastertide

Virtue Link Prudence
CST Link: Solidarity
Mission: Find one way to share what your faith means to you with someone else this 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25TH	26TH	27TH	28TH	29TH	30TH	1ST
5TH WEEK IN EASTERTIDE 	Monday of Week 5 in Eastertide	Tuesday of Week 5 in Eastertide	Wednesday of Week 5 in Eastertide	St Catherine of Siena Virgin, Doctor, Patroness of Europe 	Friday of Week 5 of Eastertide	Saturday of Week 5 of Eastertide St Joesph The Worker 



Example

Virtue Link Diligence
CST Link: Dignity
Mission: This week, think of a something positive and loving you can do for those around you to set a good example to others.

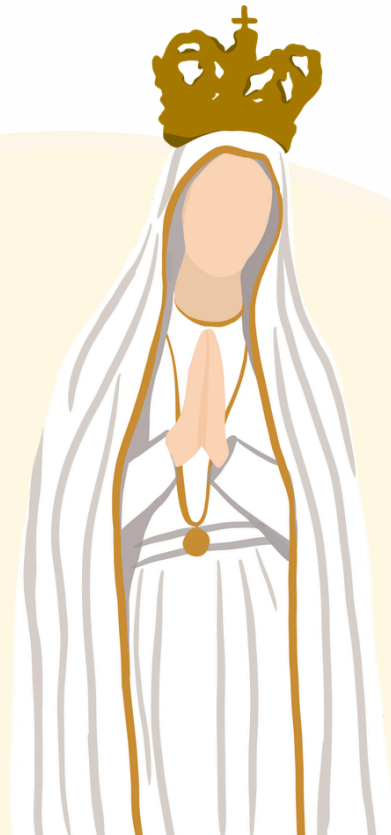
An example is a model of behaviour. It is something that we can look to in order to learn how to live our lives. The lives of the saints, and other holy men and women, remind us that we are all called to follow the example of Jesus Christ. We too, should also be an example to others by trying to live a life of love, service, and forgiveness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2ND	3RD	4TH	5TH	6TH	7TH	8TH
6TH WEEK IN EASTERTIDE	St Philip and St James Apostles, Martyrs	The Feast of the English Martyrs	Wednesday of Week 6 of Eastertide	The Ascension of the Lord Solemnity, Holy Day of Obligation	Friday of Week 6 of Eastertide	Saturday of Week 6 of Eastertide



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9TH	10TH	11TH	12TH	13TH	14TH	15TH
7TH WEEK IN EASTERTIDE	Monday of Week 7 of Eastertide	St John Houghton and St Robert Lawrence and the Martyrs of Nottinghamshire	Wednesday of Week 7 of Eastertide	Our Lady of Fatima 	Friday of Week 7 of Eastertide	Saturday of Week 7 of Eastertide

Virtue Link Charity
CST Link: Peace
Mission: Find out how to say something nice in a new language this week and take opportunities to share good news with others.



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 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16TH	17TH	18TH	19TH	20TH	21ST	22ND
PENTECOST	MARY MOTHER OF THE CHURCH	Tuesday of Pentecost Week	Wednesday of Pentecost Week	OUR LORD JESUS CHRIST THE ETERNAL HIGH PRIEST	Friday or Pentecost Week	Saturday of Pentecost Week

Virtue Link Gratitude
CST Link: Solidarity
Mission: 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.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23RD	24TH	25TH	26TH	27TH	28TH	29TH
THE MOST HOLY TRINITY	Monday of Week 8	St Bede the Venerable Priest, Doctor	St Philip Neri Priest	St Augustine of Canterbury Bishop St. Augustine of Canterbury	Friday in Week 8	Saturday of Week 8



Eucharist

The Eucharist is the source and summit of our faith. The Eucharist is a powerful way in which 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30TH	31ST	1ST	2ND	3RD	4TH	5TH
MOST HOLY BODY & BLOOD OF CHRIST	The Visitation of the Blessed Virgin Mary Feast	Tuesday of Week 9	Wednesday of Week 9	St Charles Lwanga and Ugandan Martyrs	THE MOST SACRED HEART OF JESUS Solemnity	Saturday of Week 23 IMMACULATE HEART OF MARY



Missionary Discipleship

Virtue Link: Temperance
CST Link: Dignity
Mission: Find a way to put your faith into action this week to help others to encounter Jesus.

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. 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6TH	7TH	8TH	9TH	10TH	11TH	12TH
10TH ORDINARY TIME	Monday of Week 10	Tuesday of Week 10	Wednesday of Week 10	Thursday of Week 10	St Barnabas Apostle 	Saturday of Week 10



Community

Virtue Link Justice
CST Link: Dignity of the Worker
Mission: Find a way to put your faith into action this week to help others to encounter Jesus.

We are not meant to journey alone in our faith. The Church is a community of believers, a family united by our shared love for Christ. We find strength, support, and encouragement in our community, through shared prayer, worship, and service. We learn from each other, challenge each other, and grow together in faith. We are called to build strong, welcoming communities where everyone feels loved and valued, where we can share our joys and sorrows, and where we can journey together towards holiness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13TH	14TH	15TH	16TH	17TH	18TH	19TH
11TH ORDINARY TIME	Monday of Week 11	Tuesday of Week 11	Wednesday of Week 11	Thursday of Week 11	Friday of Week 11	Saturday of Week 11



Evangelise

To evangelise is to share the Gospel with others. In the Church, we are called to evangelise by being faithful disciples of Jesus and putting that faith into action. When we evangelise as Missionary Disciples we are helping others to know Jesus and building the Kingdom of God on earth.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20TH	21ST	22ND	23RD	24TH	25TH	26TH
11TH ORDINARY TIME	Monday of Week 11	St Thomas More and St John Fisher Martyrs 	Wednesday of Week 11	The Nativity of St John the Baptist Solemnity	Friday of Week 11	Saturday of Week 11

Virtue Link: Gratitude
CST Link: Creation and Environment
Mission: Take a walk outside and find something beautiful.



Awe & Wonder

When we experience awe and wonder, we are reminded of the greatness of God and the beauty of God's creation in the world around us. Awe and wonder are not just emotions; they are a response to the divine, a recognition of something greater than ourselves.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27TH	28TH	29TH	30TH	1ST	2ND	3RD
12TH ORDINARY TIME	Monday of Week 12	St Peter and St Paul Apostles, Solemnity 	Wednesday of Week 12	Thursday of Week 12	Friday of Week 13	Saturday of Week 23 St Thomas Apostle 

Virtue Link Prudence
CST Link: Option for the Poor
Mission: Do something that you find difficult this week and try to find the strength to face the challenge.



Fortitude

Fortitude is the strength to face challenges and hardships. In the Church, we are called to be people of fortitude. This means that we should not give up when things are tough. We should continue to trust in God and to follow his will, even if it means a personal sacrifice for us.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4TH	5TH	6TH	7TH	8TH	9TH	10TH
13TH ORDINARY TIME	Monday of Week 13	St Maria Goretti Virgin, Martyr 	Wednesday of Week 13	Thursday of Week 13	Friday of Week 13	Saturday of Week 13

Virtue Link Paitence
CST Link: Dignity of the Worker
Mission: Take the time to learn a new skill this week, or to teach something new to someone else.



Teaching

Jesus was a teacher who helped his followers to understand what God has called them to do and how we should live our lives. Each of us is called to be like Jesus and to teach others so we can help to build the Kingdom of God here on earth. When we teach and support others we are doing Christ's work.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11TH	12TH	13TH	14TH	15TH	16TH	17TH
14TH ORDINARY TIME	Monday of Week 14	Tuesday of Week 14	Wednesday of Week 14	Saint Bonaventure Bishop, Doctor 	Our Lady of Mount Carmel 	Saturday of Week 14

Virtue Link Gratitude
CST Link: Solidarity
Mission: Make a special effort to say thank you this week to those people in your community who love and support you.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18TH	19TH	20TH	21ST	22ND	23RD	24TH
15TH ORDINARY TIME	Monday of Week 15	Tuesday of Week 15	Wednesday of Week 15	St Mary Magdalene Feast 	St Bridget of Sweden Patroness of Europe 	Saturday of Week 15

Virtue Link Justice
CST Link: Common Good
Mission: Take time to celebrate this week and find an opportunity to praise someone else for something they have achieved.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25TH	26TH	27TH	28TH	29TH	30TH	31ST
16TH ORDINARY TIME	St Anne and St Joachim Parents of Our Lady 	Tuesday of Week 16	Wednesday of Week 16	St Martha, Mary and Lazarus 	Friday of Week 16	Saturday of Week 16