

JANUARY

Promotion of World Peace

We pray that Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.

FEBRUARY

Listen to the Migrants' Cries

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may find a hearing and consideration.

MARCH

Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

APRIL

Freedom from Addiction

We pray that those suffering from addiction may find the help they need.

MAY

For Deacons

We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating influence in the Church.

JUNE

The Way of the Heart

We pray that all those who suffer may find their way in life, allowing themselves to be consoled by the love of the Heart of Jesus.

JULY

Our Families

We pray that families may be supported with love, respect and guidance.

AUGUST

The Maritime World

We pray for all those who work and live from the sea, especially sailors, fishermen and their families.

SEPTEMBER

Respect for the Planet's Resources

We pray that the planet's resources will not be plundered, but shared in a just and respectful manner.

OCTOBER

The Laity's Mission in the Church

We pray that by the virtue of baptism, the laity, especially women, may be enabled to participate more in areas of responsibility in the Church.

NOVEMBER

Artificial Intelligence

We pray that the progress of robotics and artificial intelligence may always serve humankind.

DECEMBER

For a life of prayer

We pray that our personal relationship with Jesus Christ be nourished by the Word of God through lives of prayer.



10 MINUTES, 10 PRAYERS

From my Heart to Christ's Heart

- 1st Choose the place, as far as I am able, where I'll pray.
- 2nd I calm myself, by breathing deeply a few times, each time a little more deeply.
- 3rd With the sign of the cross I open my heart to the loving presence of Father, Son and Spirit.
- 4th I look at God who is already looking at me, smiling.
- 5th I open my heart to a new day: how am I this morning?
- 6th I open my heart to God's word: the reading from today, perhaps, or a morning prayer.
- 7th I open my heart to offer whatever I'll be doing today; my hands are open as I make the morning offering.
- 8th I open my heart to the mission – from who I am, from where I am, from how I am.
- 9th I open my heart to Our Lady, whose heart is always open; ask her to accompany me this day. I could say the Hail Mary.
- 10th I conclude by thanking the Lord for this new day, in the name of the Father, Son and Holy Spirit.

Feel free to stay longer with any of these minutes if you feel attracted to do so.

Contact the POPE'S WORLDWIDE PRAYER NETWORK in Britain:

National Office AoP/Prayer Network

Tel: 0044 (0) 20 8442 5232

Mob: 0044 (0) 74 3259 1117

E: prayernetwork@jesuit.org.uk

St Ignatius,

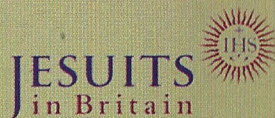
27 High Road,

Stamford Hill,

London N15 6ND

Twitter: @PrayWithThePope

Facebook: @AoPinBritain



www.popesglobalprayer.net

APOSTLESHIP OF PRAYER

The POPE'S WORLDWIDE PRAYER NETWORK – that's the new name the Church has for the Apostleship of Prayer. It's still the same Apostleship of Prayer (AoP) which many friends of the Jesuits have known for a long time, and still has the same aims, but with even more emphasis now on being the personal network of the Holy Father. Pope Francis has taken a keen personal interest in the AoP and is always encouraging us to make his intentions ours, too.

As part of the Pope's Worldwide Prayer Network, we link our personal prayer to the Holy Father's intentions. He calls us each month to pray for one specific intention; some months a 'Universal Intention' for the whole world, reflecting the challenges that face humanity, and other months an 'Evangelisation Intention' for the spread of the Gospel. Praying for these intentions helps us to look outside of ourselves – in other words, to become apostolic, to be missionary disciples.

DAILY PRAYER OF AWARENESS

(the Ignatian Examen)

Five Stages or Moments

Ask for light:

'Lord, help me to see my day as you saw it'

Give it to God as a deeply-felt desire

Review the day from the moment
you woke up until now

Give it to God to bless

Moments of light, of delight;
let them come to you again

Give them to God with joy

Moments of shadow, of sadness;
let them come too

Give them to God to heal

Look to tomorrow;
the future will be full of gifts
Give it to God to fill with hope.

MY DAILY PRAYER PATHWAY

Three Moments of the Day

With Jesus in the morning:

as I begin my day, I take a moment of
silence and become aware of the Trinity's gaze
upon me and the world. I pray the Morning
Offering and for the Holy Father's concerns.

With Jesus during the day:

at least once during the day, anywhere, I take
a moment to remember that I'm still in the
presence of Jesus and he in mine.

With Jesus at night:

towards the end of the day, in a moment of
silence, I ask the Spirit to show me how Jesus
has been with me during the day.
I thank him.

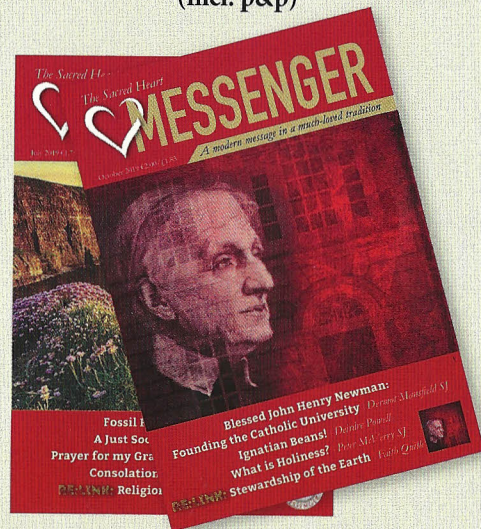


Subscription price of

£35

FOR **ONE** YEAR

(incl. p&p)



www.messenger.ie