

Peace



Forgive us our trespasses, grant us Your peace.



Word of the Week

MATTHEW 6: 9-16

"This, then, is how you should pray:

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.'

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Prayer for the Week

Creator God,

We pray for your gift of peace. We pray for an end to war and that everyone may live in peace and freedom. We are sorry for the times we have hurt others and your creation, and ask for your forgiveness, confident in your mercy.

Help us to learn to forgive others. May we always treat other people with love, respect and kindness. May we be peacemakers, signs of your peace, hope and justice in the world. May we never forget your love for us, and share it with others wherever we go.

Amen

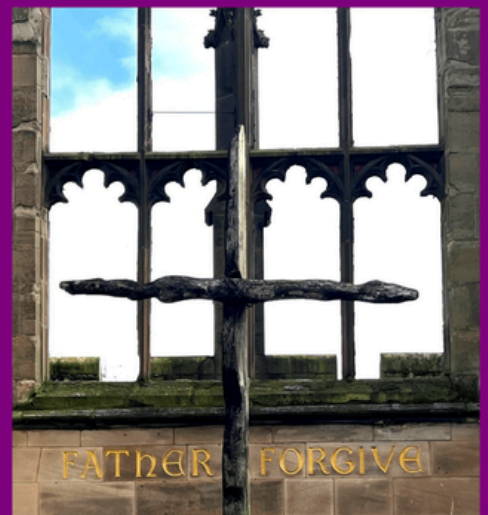
Peace Sunday 2025

Each year, the Pope releases a message on 1st January for the World Day of Peace. Pax Christi England and Wales, a Catholic peace organisation, encourages parishes, schools and communities to promote this message around the third Sunday in January, which this year is 19th January.

Each year the message has a different theme and this year's theme is 'Forgive us our trespasses: grant us your peace'. The message talks about forgiveness, hope, justice and peace.

Pray the Our Father together this week and when you do think about the words you are praying and commit to forgiving those who have hurt you as a way to build peace.

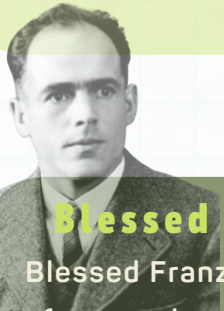
Peace Sunday 2025



'Forgive us our trespasses.
Grant us your peace.'

Forgive us our trespasses; grant us Your peace

In Matthew 6:9-16, Jesus teaches us to pray for forgiveness, saying, "forgive us our trespasses as we forgive those who trespass against us." This reminds us that peace begins with a heart willing to forgive, just as God forgives us. On Peace Sunday, we are called to reflect on how forgiveness brings peace to our lives and relationships. When we let go of grudges and choose to forgive, we open ourselves to God's peace, allowing it to flow through us and into the world around us. Let us seek peace by forgiving others and asking God for His peace to fill our hearts.



Blessed Franz Jägerstätter

Blessed Franz Jägerstätter was an Austrian farmer who courageously refused to fight for Nazi Germany during World War II, even though it meant facing imprisonment and death. He believed that following God's command to love and respect all people meant standing up against evil, no matter the cost. Franz's decision was a powerful act of peace, showing that true peace comes from standing up for what is right, even when it is difficult. This Peace Sunday, we can look to his example of bravery, faith, and commitment to peace in our own lives, by choosing to live with integrity and stand up for justice.

Watch a short trailer about the life of Blessed Franz Jägerstätter [here](#).



Listen to the Pope's important message for 2025 [here](#).

Let there be Love shared amongst us
[Listen Here](#)

Peace does not only come with the end of wars but with the dawn of a new world, a world in which we realize that we are different, closer and more fraternal than we ever thought possible.

(Pope Francis, World Day of Peace message 2025)



What do you think Pope Francis is trying to say in this quote?

Do you agree? Why/why not?

Overcoming Violence

Pick 9 different people to read a section each of this prayer pausing between each one for personal reflection.

Give me a heart of poverty, able to love and open up and give myself to others.

Give me a heart of patience, able to love and live in hope.

Give me a heart of peacefulness able to love and sow peace in the world.

Give me a heart of justice, able to love and measure myself by the standard of justice.

Give me a heart of mercifulness, able to love and understand and forgive others.

Give me a heart of sensitivity, able to love and weep without being discouraged.

Give me a heart of purity, able to love and see God in everyone.

Give me a heart of strength, able to love and be faithful unto death.

Give me a heart touched by the Gospel, able to love.