

Welcome

The Feast of The Holy Family is a Solemnity, a feast day where we reflect on Jesus, Mary and Joseph, God's Holy Family. On the Feast day and throughout the year, we invite families to sit down and spend 5 minutes in reflection and thanksgiving, giving time to think of how we can build up and strengthen the family, bringing each member closer to Jesus, and closer to holiness.

You may want to begin with some quiet time to prepare yourselves to reflect. Perhaps having some paper available to write down positive things about your family and how these reflect the Holy Family. You may also want to write down what you can do more of in order to grow the family in being closer together in prayer, unity and love. We also recommend placing a candle in the centre.

Let us begin in prayer:

In the name of the Father, and of the Son and of the Holy Spirit.

Amen

Light the candle in the centre and encourage everyone to focus on those family members past and present.



Gospel

Let us reflect on the shortened Gospel reading we hear at Mass today.

Luke 2:22,39-40

When the day came for them to be purified as laid down by the Law of Moses, the parents of Jesus took him up to Jerusalem to present him to the Lord.

When they had done everything the Law of the Lord required, they went back to Galilee, to their own town of Nazareth. Meanwhile the child grew to maturity, and he was filled with wisdom; and God's favour was with him.



Let us now take some time to reflect silently on the words God has spoken to us through this reading.



Reflection

Thanks

At this time each family member has the opportunity to say what they are thankful for, with the response after each person being 'we thank you, O Lord'.

Hope

At this time each family member has the opportunity to say what their hopes are, with the response after each person being 'we place our hope in you'.

The Lord's Prayer

We now end our prayer today with the prayer that Jesus taught us as we say...

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Amen

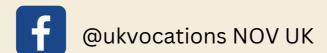
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