



FEAR NOT

I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9

Consider for a moment:

- What holds you back from fully trusting in God?
- What obstacles stand between you and a closer relationship with God?
- Are there fears that weigh on you?
- Worries about your own life, your friends, your community, or even the world?

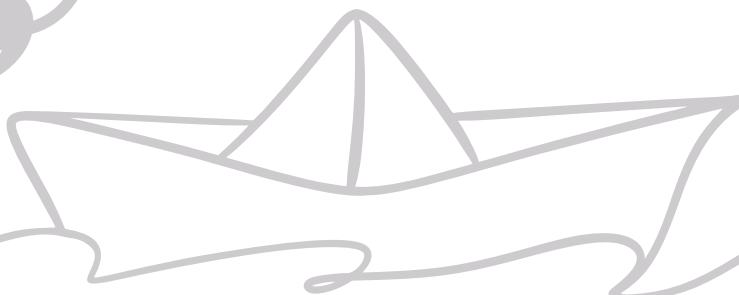
As these thoughts come to mind, imagine each worry as a boat caught in a storm. Colour in a boat to symbolise your fears or worries then place it back in the sea.

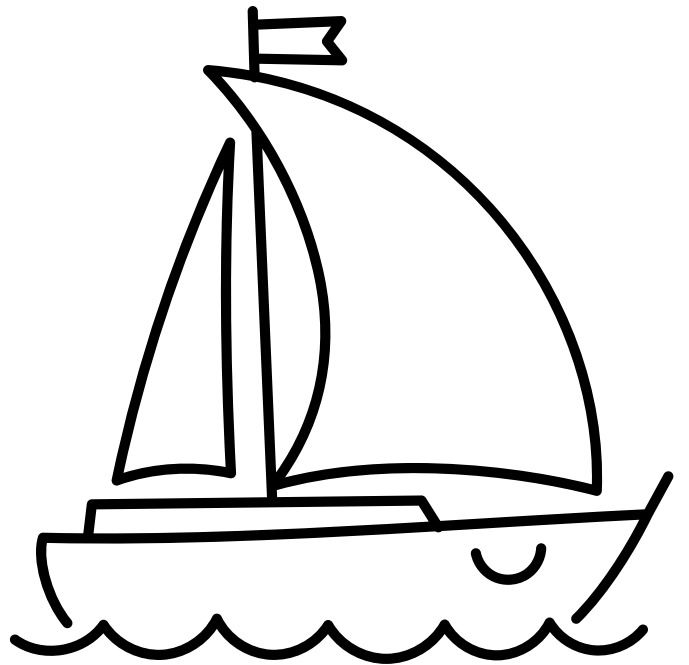
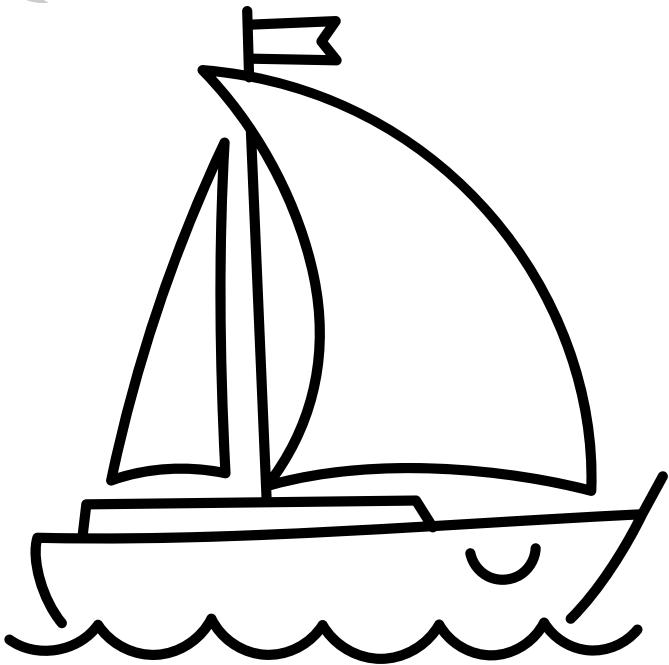
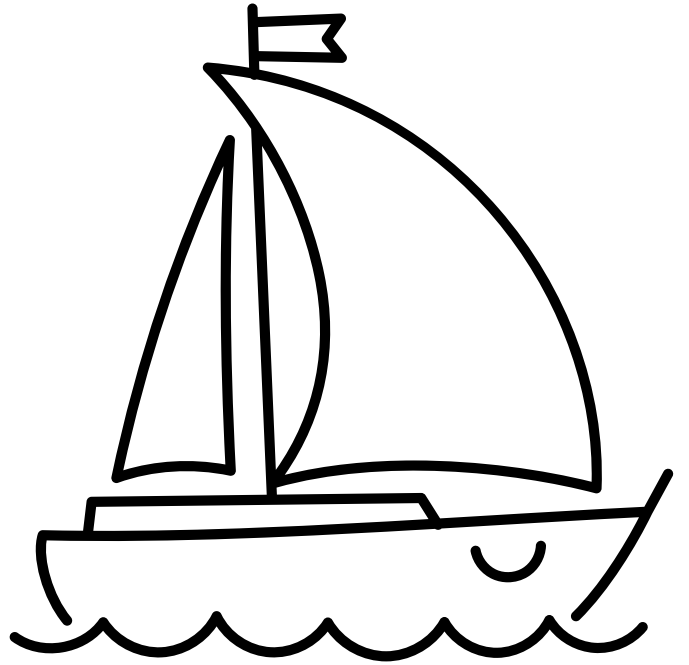
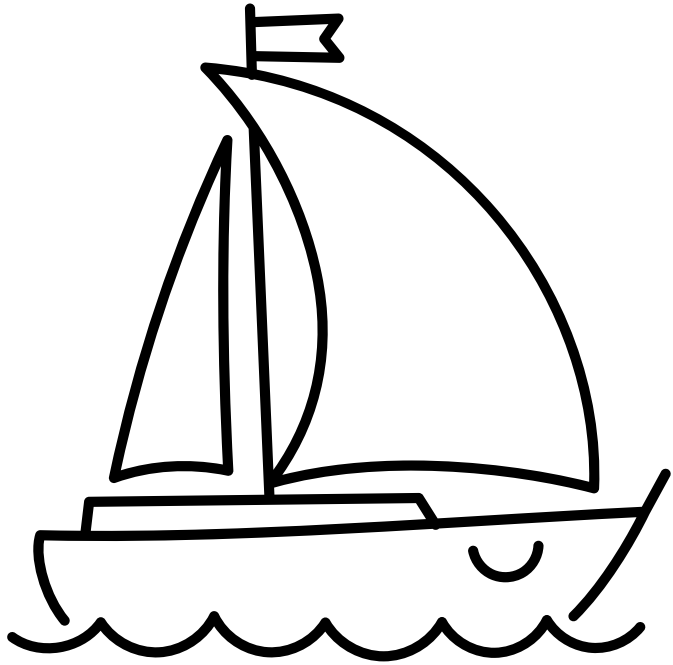
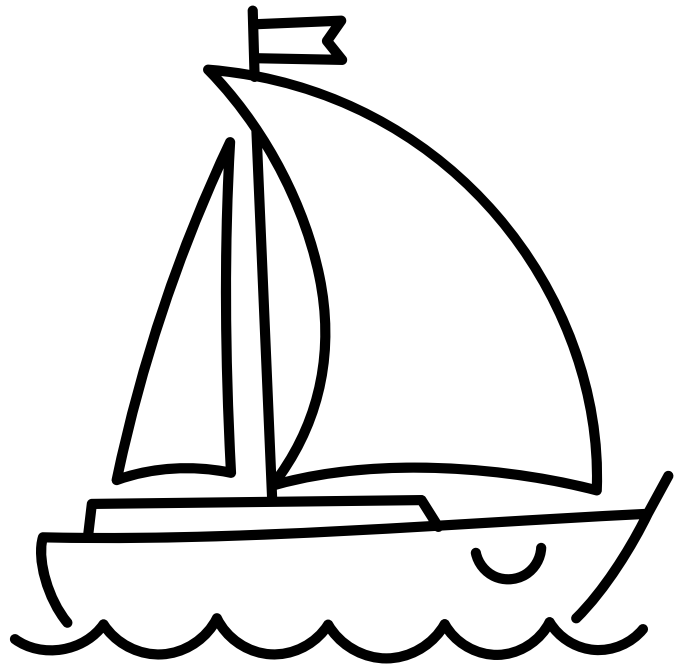
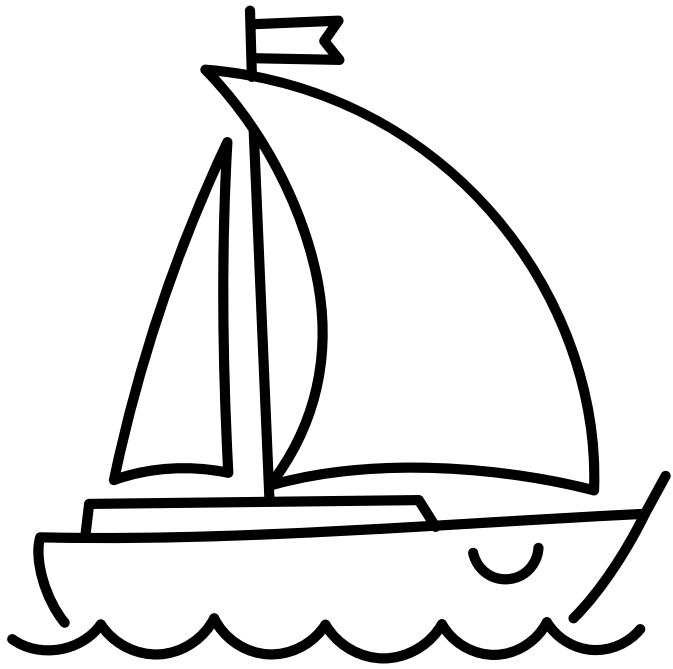
When you step back, you'll see all the unspoken concerns filling the stormy sea –things we often hold inside. Be reminded that God is with us through every wave.

Take a moment to recognise that we all have fears and challenges that can keep us from embracing God's plan. Offer these fears, along with the fears of others, to the Lord. In the words of St. Vincent, may "**calm follow the storm,**" and may God lift away our burdens, bringing peace to our hearts and the hearts of those around us.

Fear not; calm will follow the storm, and perhaps soon.

St Vincent de Paul







Spend some time looking at the images of different doors,

- What do you notice in each of the pictures?
- What does the door tell you about who might be behind it?
- Are there any doors that particularly stand out to you?
- Who might be waiting behind that door?

It can be easy to pray for those we see all the time, but it can be harder to pray for people we've never met or who aren't part of our every day lives, especially if they are hidden behind a barrier.

Blessed Frédéric Ozanam said

**I would like to
embrace the whole
world in a network of
charity**

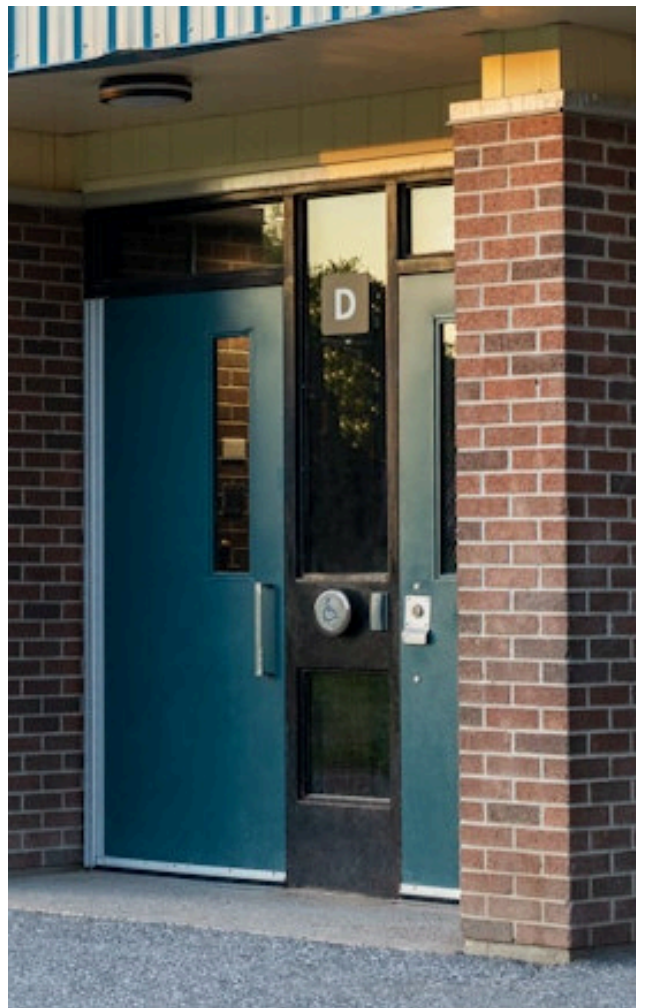
Blessed Frédéric Ozanam

Charity is putting our love for others into action. One of the first steps towards this is recognising and choosing to love others.

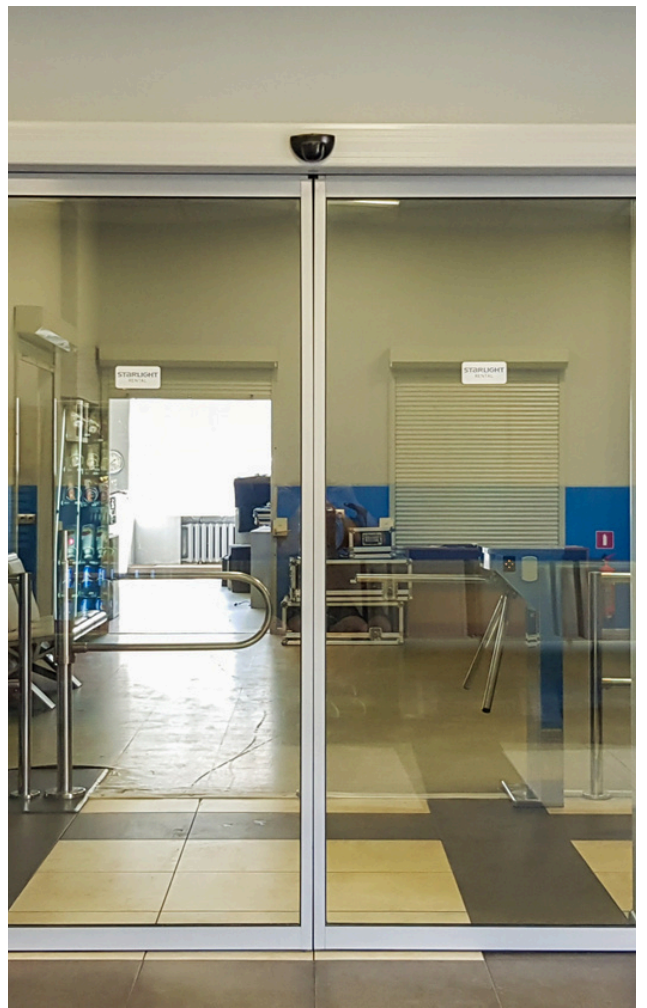
Take a blank piece of paper and write a prayer for the people who might live behind that door. Once you've finished your prayer, place it underneath the image of the door. As you leave, consider small acts of kindness you could do for those who live behind the doors you pass each day.

























Let us go in simplicity where
merciful Providence leads us,
content to see the stone on which
we should step without wanting to
discover all at once and completely
the windings of the road.

Blessed Frédéric Ozanam

Begin by choosing a stone from the pile.

Take time to sit quietly with the stone in your hand.

- How does it feel?
- Does it feel cold?
- Is it smooth or rough?
- Perfectly round or jagged edges?

As you hold it in your hand, let the warmth of your hand slowly warm the stone. As you do so think about your hopes for your future.

Jeremiah 29:11

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.

Take a minute to pray and ask God to help guide you in your decisions. Pray that you would follow the paths and stepping stones he has laid out for you.

Pray for a journey of hope and joy.

When you are ready, add your stone to the path that is part of the display.



I beg you not to think of the distance between us. Rather, think of us as strongly united, incapable of ever being separated, because separation is impossible in the close union created by holy charity
St. Louise de Marillac

We are all pilgrims on a shared journey and are called to support one another in hope and charity.

Take a moment in prayer to think of someone who is a symbol of hope to you in your life. Write the name or initials of that person, or draw a symbol as a representation of them on one side of a strip of paper.

In prayer think about a person or a community who are in need of hope. On the other side of your strip of paper, write a message of encouragement or a prayer for that person or community.

Form a loop with the paper strip and secure it to the chain, symbolising how our individual acts of love and prayer contribute to a larger, united community of hope. As you create the chain, reflect on how each link represents a relationship strengthened by faith and charity.

As you leave this prayer space, remember that our bonds of love and charity not only connect us with each other but also with God's endless grace.





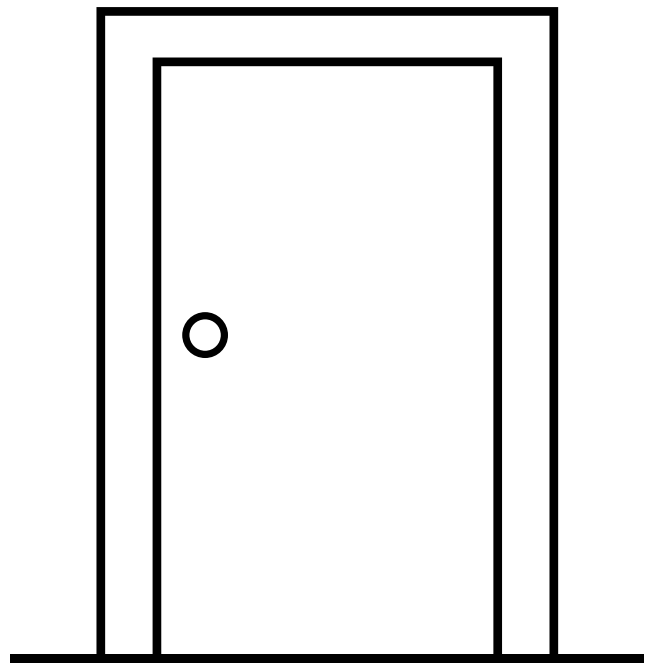
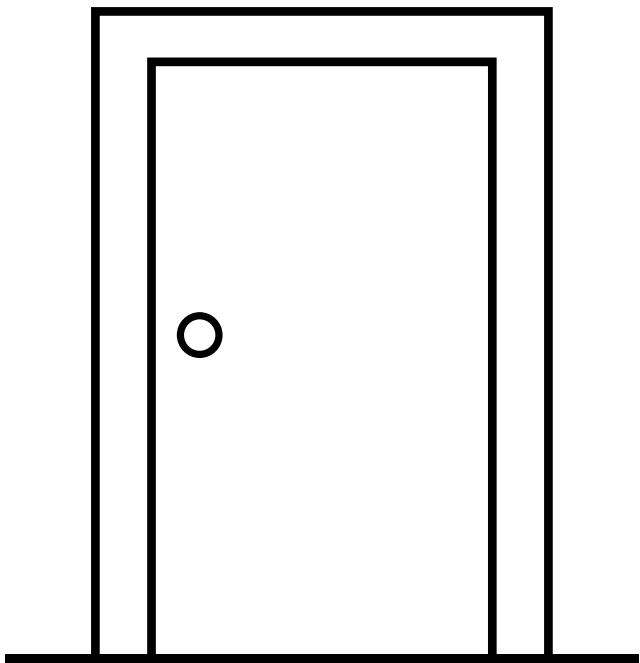
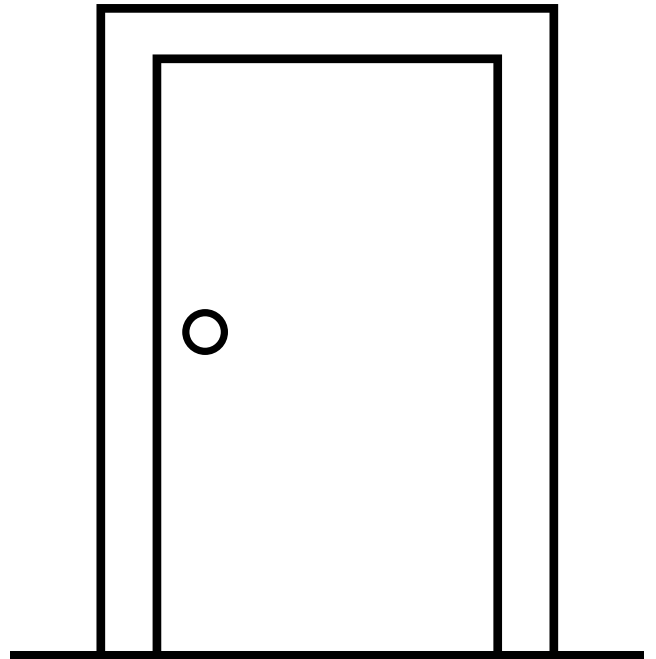
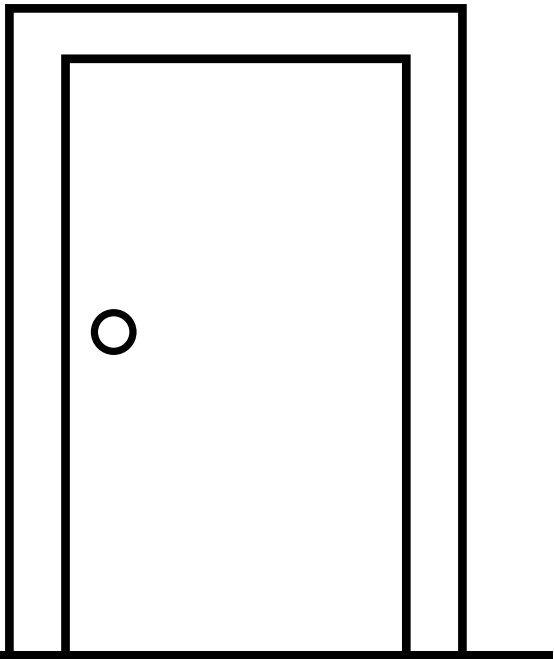
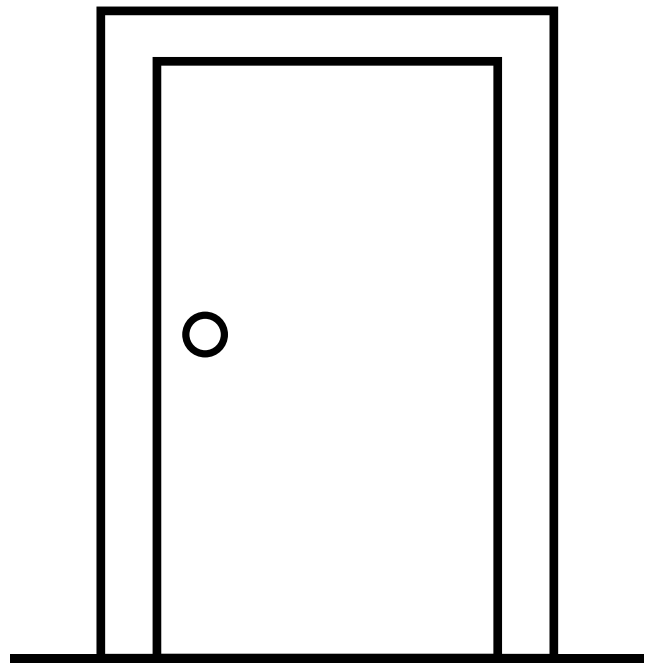
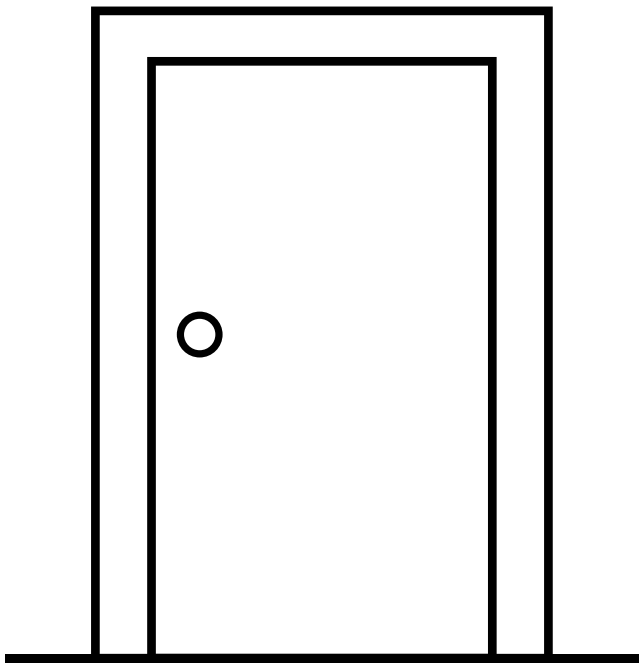
Often we turn to God to ask for help with something or to ask for God to provide for us, but it is also important to take time to thank God for the doors that are opened for us and the blessings in our lives.

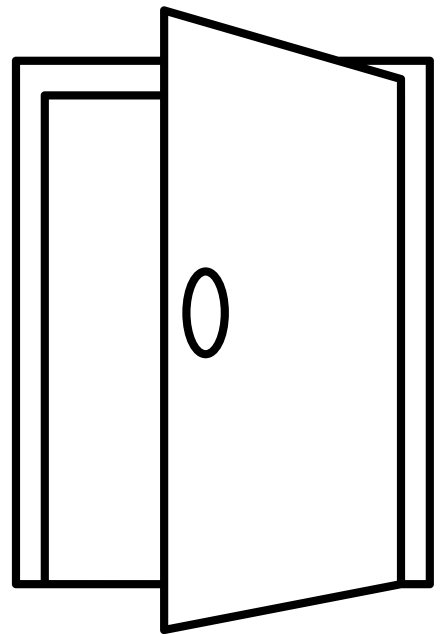
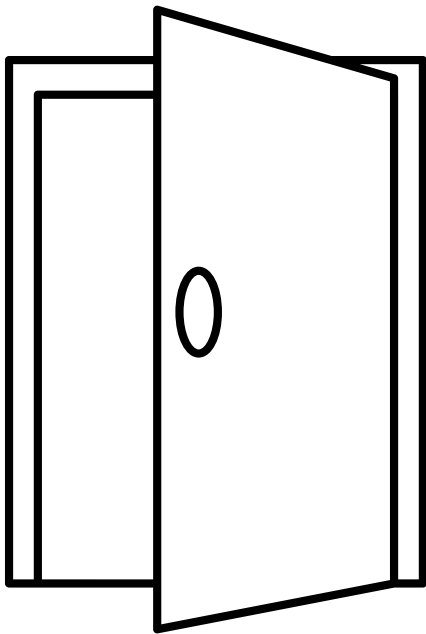
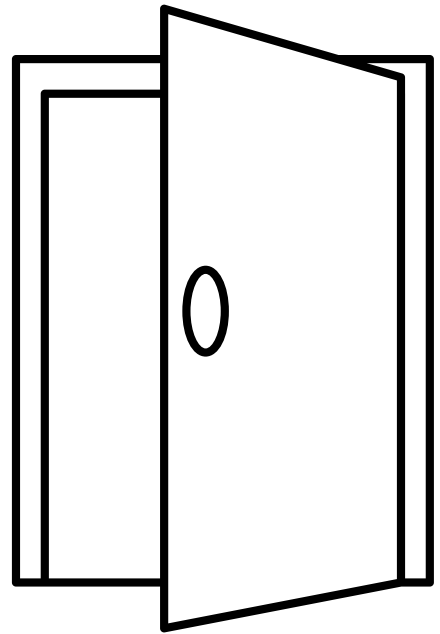
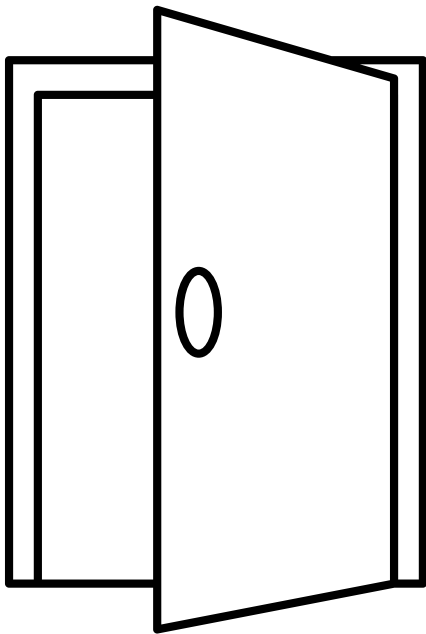
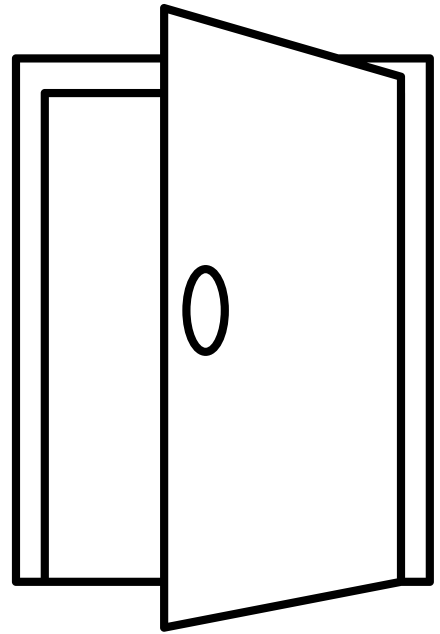
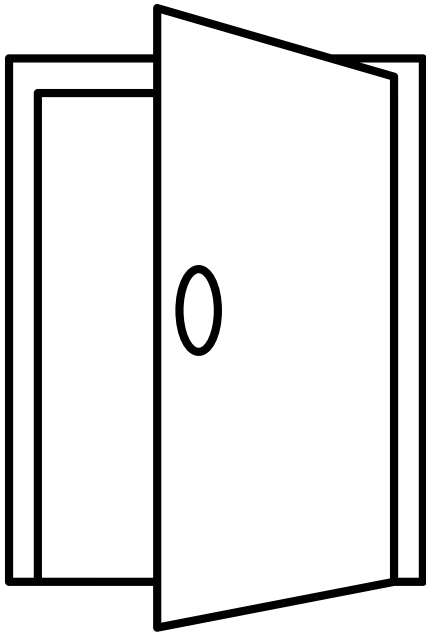
These blessings could be small moments, big opportunities, people, or experiences.

Take a moment to reflect on all of the blessings in your life whilst you do flip over the door to show that it has been opened and colour in the open side (you might want to draw images that reflect your blessings). Place this back into the heart shape to represent all of the many blessings that God has given us.

**Let us never forget the
blessedness of serving
others, for in giving, we
receive**

St. Vincent de Paul







Time is precious but also complex. In Greek, there are two types of time:

- Chronos is the time we manage—minutes, hours, and tasks. It's our everyday routine, but sometimes we get so caught up in it that we miss what truly matters.
- Kairos is God's time, not measured by a clock, but by moments that change us. These moments might be simple acts of kindness or quiet moments when we feel God's presence.

Take a moment to look at the clock (Chronos) and then focus on the light or candle (Kairos).

- How much time do you spend thinking about what you need to do?
- What are the Kairos moments in your life?
- When have you felt God's presence in a way that took you out of your routine?

"Time is a gift. We must use it well, for it is given to us only for a little while."

St. Vincent de Paul reminds us that time is a gift from God. We should balance our daily responsibilities with leaving space for those "Kairos" moments.

Pick up a "Pause" sign, color it in, and think about a Kairos moment—one you've experienced or hope for. Take the "Pause" sign as a reminder to slow down, notice God's time, and look for those special moments that might surprise you.

