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|  | **Down and Connor**  **Catholic Schools’ Support Service** |  |
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**“I have called you by your name,**

**you are mine.”**

**Is 43:1**



Almighty God,

give us wisdom to perceive you,

intellect to understand you,

diligence to seek you,

patience to wait for you,

eyes to behold you,

a heart to meditate upon you

and life to proclaim you,

through the power of the Spirit of our Lord Jesus Christ.

***Saint Benedict***

**Welcome**

***Allow staff a few minutes to “settle down”.***

***Put everything down on the floor.***

***Sit comfortably.***

**Leader**

**Sign of the Cross**

In the name of the Father

and of the Son

and of the Holy Spirit

Amen

**Leader**

***Choose different people to read the two passages from the bible.***

***Read the passages slowly, allowing time for participants to listen to and hear the words.***

**A reading from the prophet Jeremiah 1:1-8**

The word of Yahweh came to me, saying: ‘Before I formed you in the womb I knew you; before you came to birth I consecrated you; I appointed you as prophet to the nations.’

I then said, ‘Ah, ah, ah, Lord Yahweh; you see, I do not know how to speak: I am only a child!’

But Yahweh replied, ‘Do not say, “I am only a child,” for you must go to all to whom I send you and say whatever I command you. Do not be afraid of confronting them, for I am with you to rescue you, Yahweh declares.’

**A reading from the Gospel of St Matthew 4:18-22**

As he was walking by the lake of Galilee he saw two brothers, Simon, who was called Peter, and his brother, Andrew; they were making a cast into the lake with their net, for they were fishermen. And he said to them, ‘Come after me and I will make you fishers of people.’ And at once they left their nets and followed him.

Going on from there he saw another pair of brothers, James, son of Zebedee and his brother John; they were in their boat with their father Zebedee, mending their nets, and he called to them. And at once, leaving the boat and their father, they followed him.

**Self-Reflection**

***Some ideas to help direct self-reflection. The idea is that staff have an opportunity for quiet, personal reflection and prayer. You may wish to play instrumental music for the self-reflection period.***

**Some thoughts to aid quiet reflection**

* What do these Gospel passages say to me?
* What has drawn my attention or struck me in some way? Why?
* What is God saying to me through these words today?
* Think about the name you have been called. Imagine God calling you, now, by your name. Listen for his voice. Listen to his call. What is he calling you to do?
* Jesus said, ‘Come follow me.’ How are you following him?
* Have you ever heard God calling you but have been afraid? What did you do? Why?

Did you think God was close? What barriers were in your way to listening?

* Just like the disciples, God doesn’t call us by ourselves or call us to be independent of others. Who has helped you to understand God’s call for you?

What do you say to them in this moment, today?

**Concluding Prayer**

All that is eternal within me

welcomes the wonder of this day,

the field of brightness it creates

offering time for each thing

to arise and illuminate.

May my mind come alive today

to the invisible geography

that invites me to new frontiers,

to break the dead shell of yesterdays

to risk being disturbed and changed.

May I have the courage today

to live the life that I would love,

to postpone my dream no longer,

but do at last what I came here for

and waste my heart on fear no more.

*Extract from Benedictus: A Book of Blessings, John O’Donohue*

**Suggested Music**

You Have Called Us, Bernadette Farrell

Here I am Lord, Dan Schutte

Do Not be Afraid, Bernard Sexton