

Here's a text if you've only a minute

My plans for you are for peace, not disaster; when you call to me, I will listen to you. [Jer 29: 11-14][Entrance Antiphon]

I pray with a heart that longs for peace. [Opening Prayer]

He will rule the world with justice and the people with fairness.
[Psalm 97]

You will be hated on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives.
[The Gospel]

It is good for me to be with the Lord and to put my hope in him.
[Communion antiphon]

Looking towards next week

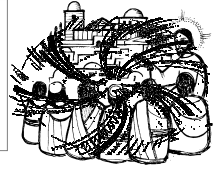
What does next week hold for me, and how do I feel God may be calling me?
And so, what do I want to ask of God for myself & others?



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



33rd Sunday of Ordinary
Time. Year C
14th November 2010



**Not a hair of your head will be lost.
Your endurance will win you your lives.**

Opening Prayer (2nd version)

Let us pray with hearts that long for peace

Father in heaven, ever-living source of all that is good,
from the beginning of time you promised us salvation
through the future coming of your Son, our Lord Jesus Christ.

Help us to drink of his truth
and expand our hearts with the joy of his promises,
so that we may serve you in faith and in love
and know for ever the joy of your presence.

Today as we come to the end of the Church's year and, in Britain, remember all those who have died in conflicts all over the world to ensure our peace and freedom, we get in touch with what is really important for us: our deepest desires and longings - the gift of salvation, of eternal life with God, of true peace.

As always I try to settle down, become still and aware that I am in God's presence. I consciously join my prayer with that of millions of Christians throughout the world this Sunday. I slowly read the prayer several times.

It might be helpful to reflect on how God is addressed. . . .
I notice his 'cosmic' promise to all people - "salvation"

I now focus on the request at the end of this prayer, and consciously draw on the power of God's Spirit praying within me, to help me make these words my own.

Through this same gentle power of God's Spirit, may they truly take hold of my heart, mind and will during the course of this week and beyond. I slowly end my prayer giving heart-felt thanks to God.

Psalm 97

R/ **The Lord comes to rule the peoples with fairness.**

Sing songs to the Lord with the harp
With the sound of music.
With trumpets and the sound of the horn
Acclaim the King, the Lord. R/
Let the sea and all within it, thunder;
The world, and all its peoples.
Let the rivers clap their hands
And the hills ring out their joy
At the presence of the Lord. R/

For the Lord comes, he comes to rule the earth.
He will rule the world with justice
And the peoples with fairness. R/

I take the verses of this psalm into my prayer. The words invite me to take part in the joy of greeting "the Lord who comes". Do I accept this invitation? As the season of Advent approaches I can choose to stay in 'Ordinary' time, perhaps in the doldrums, or I can join with all of Creation in singing the praises of God, the King, the Lord.

I think of the different ways in which I may have sung God's praises, whether alone or with others. To the background of musical instruments or against the magnificent backdrop of nature.

I reflect; do I give myself enough time to enjoy the prayer of praise?

I look again at the words of the psalm this time to see the promise that is there, the promise of a just and fair God.

I speak to Jesus of what this promise means to me and if I am moved to do so, I end my prayer giving thanks.

The Gospel - Luke 21:15-19

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, 'All these things you are staring at now - the time will come when not a single stone will be left on another: everything will be destroyed.' And they put to him this question: 'Master,' they said, 'when will this happen, then, and what sign will there be that this is about to take place?' 'Take care not to be deceived,' he said, 'because many will come using my name and saying, "I am he" and, "The time is near at hand." Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not soon.' Then he said to them, 'Nation will fight against nation, and kingdom against kingdom. There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven.

'But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name-and that will be your opportunity to bear witness. Keep this carefully in mind; you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, **but not a hair of your head will be lost. Your endurance will win you your lives.**

I settle down to pray. Maybe I light a candle to give me a visible reminder of God's presence within me and around me. He will never leave me. I focus on my breathing for a few moments, and when I am ready I slowly read this week's gospel.

What strikes me most as I read it? Perhaps it changes every time I go back to the text: the beautiful Temple soon to be destroyed, the fighting between nations and within families, the opportunity to give witness, Jesus' promise, or....

Whatever it is that draws me, I stay with it, ponder it and in my own time tell the Lord what meaning it has for me. I tell him how I feel, ask for what I need, and in the silence, I listen to him.

Before closing my prayer with a sign of the cross, I take time to thank him for the insights he has given me today.