

JANUARY



Morning Offering

O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That young people may learn to use modern means of social communication for their personal growth and to better prepare themselves to serve society.*
- *That every believer in Christ may understand that unity among all Christians is necessary for effective proclamation of the gospel.*

To act justly, to love tenderly and to walk humbly with your God (Micah 6:8).

1 Fri	Octave of Christmas-Mother of God (S)	Lk.2:16-21
2 Sat	St Basil and Gregory	Jn.1:19-28
3 Sun	2 nd Sunday after Christmas	Jn.1:1-18
4 Mon	St Angela of Foligno	Jn.1:35-42
5 Tue	St John Neumann	Jn.1:43-51
6 Wed	Epiphany of the Lord (S)	Mt.2:1-12
7 Thurs	St Raymond of Penyafort	Mk.4:12-17.23-25
8 Fri	St Severinus	Mk.6:34-44
9 Sat	St Adrian	Mk.6:45-52
10 Sun	Baptism of the Lord (F)	Lk. 3:15-16.21-22
11 Mon	St Hygenius	Mk.1:14-20
12 Tue	St Arcadius	Mk.1:21-28
13 Wed	St Hillary	Mk.1:29-39
14 Thurs	St Felix	Mk.1:40-45
15 Fri	St Maurus	Mk.2:1-12
16 Sat	St Marcel	Mk.2:13-17
17 Sun	2 nd Sunday of Ordinary Time (II)	Jn.2:1-12
18 Mon	St Liberata	Mk.2:18-22
19 Tue	St Marius	Mk.2:23-28
20 Wed	Bl. Cyprian Tansi	Mk.3:1-6
21 Thurs	St Agnes	Mk.3:7-12
22 Fri	St Vincent	Mk.3:13-19
23 Sat	St Emerentiana	Mk.3:20-21
24 Sun	3 rd Sunday of Ordinary Time (III)	Lk.1:1-4.4:14-21
25 Mon	Conversion of St Paul, Apostle (F)	Mk.16:15-18
26 Tue	Ss Timothy and Titus L.H.P	Lk.10:1-9
27 Wed	St Angela Merici	Mk.4:1-20
28 Thurs	St Thomas Aquinas	Mk.4:21-25
29 Fri	St Valerian	Mk.4:26-34
30 Sat	St Martina	Mk.4:35-41
31 Sun	4 th Sunday in Ordinary Time (IV)	Lk.4:21-30

The world has become a global village because of the gifts of technology and modern means of communication. God has given us these gifts so that we may use them to improve our lives and to praise him. Let us pray that we may use the radio, television, the internet, and mobile phones to be more connected to our brothers, sisters, friends and relatives wherever they are. Let us also pray that we may resist the temptation to become slaves of these instruments that we may live in freedom since God has created us in his own image and likeness.

Young people are particularly vulnerable and need guidance and protection.

Many means of social communication can be used to enhance youth liturgies and for spreading the Word of God.

African Wisdom:

The ear that wants to die will not hear medicine.

Action: Reflect on my appropriate and inappropriate use of modern means of communication.

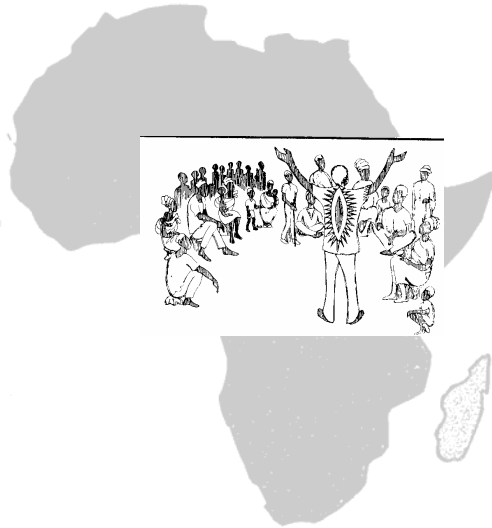
FEBRUARY

Morning Offering

O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *For all scholars and intellectuals, that by means of sincere search for the truth they may arrive at an understanding of the one true God*
- *That the Church, aware of its missionary identity, may strive to follow Christ faithfully and to proclaim his gospel to all peoples.*



1 Mon	St Cecil	Mk.5:1-20
2 Tue	Presentation of the Lord (F)	Lk.2:22-40
3 Wed	Ss Blaise & Ansgar	Mk.6:1-6
4 Thurs	St Gilbert	Mk.6:7-13
5 Fri	St Agatha	Mk.6:14-29
6 Sat	Ss Paul Miki & Companions	Mk.6:30-34
7 Sun	5 th Sunday in Ordinary Time (I)	Lk.5:1-11
8 Mon	St Josephine Bakhita	Mk 6:53-56
9 Tue	St Apollonia	Mk 7:1-13
10 Wed	St Scholastica	Mk 7:14-23
11 Thurs	Our Lady of Lourdes	Mk 7:24-30
12 Fri	St Damian	Mk 7:31-37
13 Sat	St Jordan	Mk 8:1-10
14 Sun	6 th Sunday in Ordinary Time (II)	Lk.6:17.20-26
15 Mon	St Faustine	Mk 8:11-13
16 Tue	Bl. Joseph Allamano	Mk 8:14-21
17 Wed	Ash Wednesday	Mt.6:1-6.16-18
18 Thurs	St Simeon	Lk.9:22-25
19 Fri	St Mansuetus	Mt.9:14-15
20 Sat	St Jacinta Marto	Lk.5:27-32
21 Sun	1 st Sunday of Lent (I)	Lk.4:1-13
22 Mon	The Chair of St Peter, Apostle (F)	Mt.16:13-19
23 Tue	St Polycarp	Mt.6:7-15
24 Wed	St Sergius	Lk.11:29-32
25 Thurs	St Ceasarius of Naziazus	Mt.7:7-12
26 Fri	St Alexander of Alexandria	Mt.5:20-26
27 Sat	St Gabriel	Mt.5:43-48
28 Sun	2 nd Sunday of Lent (II)	Lk.9:28b-36

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (Matthew 7:7)

God has freely given man and woman the gift of reason or intellect. Besides using this gift in our search for daily bread, God wants us to search for him so that we can be with him. The meaning and purpose of our lives lies in our search for God, and God in return yearns for us. If we seek God with sincere heart and mind he will reveal himself to us. In our sincere attempt to know the truth about ourselves and the world around us, we implicitly come to know who God is for us. In other words, if we search for God in faith we come to know ourselves and the meaning of our lives. Let us pray that we use the God given gift of intellect not only to help to advance technology, but also to search for Him.

African Wisdom:

Knowledge is a bird in a forest: no one on his own can ever catch it. (Ewe oral tradition)

Action: How can I use the gift of intellect to know God more?

MARCH

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That the world economy may be managed according to their principles of justice and equity, taking account of the real needs of peoples, especially the poorest.*
- *That the Churches throughout Africa may be signs and instruments of reconciliation and justice.*

1 Mon	St David	Lk.6:36-38
2 Tue	St Simplicianus	Mt.23:1-12
3 Wed	St Marinus	Mt 20:17-28
4 Thurs	St Casmir	Lk.16:19-31
5 Fri	St Kieran	Mt.21:33-43.45-46
6 Sat	St Colette	Lk.15:1-3.11-32
7 Sun	3 rd Sunday of Lent (III)	Lk.13:1-9
8 Mon	St John of God religious	Lk 4:24-30
9 Tue	St Frances of Rome	Mt 18:21-35
10 Wed	St Victor	Mt.5:17-19
11 Thurs	St Constantine	Lk 11:14-23
12 Fri	St Innocent	Mk.12:28b-34
13 Sat	St Sabinus	Lk.18:9-14
14 Sun	4 th Sunday of Lent (IV)	Lk.15:1-3.11-32
15 Mon	St Louise de Marillac	Jn.4:43-54
16 Tue	St Eusebia	Jn.5:1-16
17 Wed	St Patrick	Jn.5:17-30
18 Thurs	St Cyril of Jerusalem	Jn.5:31-47
19 Fri	St. Joseph, Husband of B.V.M. (S)	Mt.1:16.18-21.24a
20 Sat	St Claudia	Jn.7:40-53
21 Sun	5 th Sunday of Lent (I)	Jn.8:1-11
22 Mon	St Lea	Jn 11:1-45
23 Tue	St Turibius of Mogrovejo	Jn.8:21-30
24 Wed	St Catherine	Jn.8:31-42
25 Thurs	Annunciation of the Lord (S)	Lk.1:26-38
26 Fri	Ss Lucy Filippini and Emmanuel	Jn.10:31-42
27 Sat	St John of Egypt	Jn.11:45-56
28 Sun	Passion Sunday (Palm Sunday)	Lk.22:14-23:56
29 Mon	St Berthold Holy Monday	Jn.12:1-11
30 Tue	St John Climeco Holy Tuesday	Jn 13:21-33.36-38
31 Wed	St Benjamin Holy Wednesday	Mt.26:14-25

Justice and mercy and faith; these you ought to have done, without neglecting the others (Matthew 23:23)

The world economy operates on the principles of the market. The market decides what is good for everyone. Those who run the economy of the nation and the world at large are often motivated and guided by the principle of profit. In other words, the world economy has no human face to it. People are trading stocks day and night, and working long hours. Malpractices in stocking trading are sometimes encouraged so that individuals and companies can make huge profits. What is lacking in the world economy are simple and human ethical values such as honesty, transparency and responsibility. Let us pray that those who have been entrusted with the duty to run the economy may practice justice, equity and transparency in their work. Let us pray that they may not engage in risky trading behaviour that have and could undermine again the world economy.

African Wisdom:

You may call yourself a big elephant, but the bush is much bigger than you are. (Mandingo tradition)

Action: Reflect on the importance of being honest and transparent in my dealing with others.

APRIL

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That every tendency to fundamentalism and extremism may be countered by constant respect, by tolerance and by dialogue among all believers.*
- *That persecuted Christians may persevere, sustained by the Holy Spirit, in witnessing to the love of God for all, even for those who persecute them.*

1 Thurs	Holy Thursday	Lk 4:16-21
2 Fri	Good Friday	Jn.18:1-19:42
3 Sat	Holy Saturday Easter Nigh	Lk.24:1-12
4 Sun	Easter Sunday	Jn.20:1-9
5 Mon	Easter Monday	Mt.28:8-15
6 Tue	Easter Tuesday	Jn.20:11-18
7 Wed	Easter Wednesday	Lk.24:13-35
8 Thurs	Easter Thursday	Lk.24:35-48
19 Fri	Easter Friday	Jn.21:1-14
10 Sat	Easter Saturday	Mk.16:9-15
11 Sun	2 nd Sunday of Easter – Divine Mercy	Jn 20:19-31
12 Mon	Ss Zeno & Stanislaus	Jn.3:1-8
13 Tue	St Martin	Jn.3:7-15
14 Wed	St Liduina	Jn.3:16-21
15 Thurs	St Anastasia & Bl. Damian de Veuster	Jn.3:31-36
16 Fri	St Bernadette Soubirous	Jn.6:1-15
17 Sat	St Anicetus	Jn.6:16-21
18 Sun	3 rd Sunday of Easter (III)	Jn.21:1-19
19 Mon	St Emma of Gurk	Jn.6:22-29
20 Tue	St Marcellinus, Bishop	Jn.6:30-35
21 Wed	St Anselm, Bishop	Jn.6:35-40
22 Thurs	St Leonidus	Jn.6:44-51
23 Fri	St George & Bl. Gabriella S.	Jn.6:52-59
24 Sat	St Fidelis	Jn.6:60-69
25 Sun	4 th Sunday of Easter (IV)	Jn.10:27-30
26 Mon	St Cletus	Jn.10:1-10
27 Tue	St Zita	Jn.10:23-30
28 Wed	St Louis-Mary de Montfort	Jn.12:44-50
29 Thurs	St Catherine of Siena	Jn.13:16-20
30 Fri	Our Lady, Mother of Africa (F)	Jn. 2:1-11

Be compassionate as your heavenly father is compassionate. (Matthew 5:48)

It is easy for followers of any religion to do hurtful things to others in the name of their religious beliefs. War, terrorism and other atrocities that disturb our daily peace are caused by people who hold extreme views about their faith. Anyone who disagrees with them or hold views different from their own are branded as enemies. Yet we are all created in the image of God and have the right to express our beliefs freely. Let us pray that God may give us the grace to love others as God love us. That God may give us the grace to listen to each other with an open and loving heart. That we may give other people chance to express their feelings, opinions, and faith without threatening or harming them, even if we don't agree with them. Let us pray that we maybe compassionate as our heavenly father is compassionate.

African Wisdom:

Being equal does not mean being identical. Indeed, difference is fundamental to the notion of equality. (Ngoyi)

Action: How can I respectfully listen to other people's views without judging or condemning them?

MAY

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That the shameful and monstrous commerce in human beings, which sadly involves millions of women and children, may be ended.*
- *That priests, religious women and men, and lay people involved in apostolic work may understand how to bring missionary enthusiasm to the communities they serve.*

And God saw everything that he had made, and behold, it was very good. (Gen 1:31)

Each year between 600,000 and 850,000 human beings are trafficked across international borders. 70% of these are women and girls and over 50% are minors. There is a need for all of us to protect the most valuable and vulnerable members of our society: women, children, and the poor. These cannot defend themselves from abuse by the powerful and the rich. Most importantly, it is morally wrong for any person to use other people, especially the weak and the marginalised for inhuman acts like prostitution and child labour. Those who use and abuse their brothers and sisters end up dehumanising themselves. Let us pray that those in positions of authority may courageously speak on behalf of the voiceless and the vulnerable members of our society. Let us also pray that we may not engage in these dehumanising acts against our own brothers and sisters who have put their trust and hope in us.

African Wisdom:

An African woman is neither a mirror image of man nor a slave. (Ngoyi)

Action: *What can I do to help the most vulnerable members of my village, town etc.*

1 Sat	St Joseph the Worker	Jn.14:7-14
2 Sun	5 th Sunday of Easter (I)	Jn.13:31-35
3 Mon	Ss Philip & James, Apostles	Jn.14:6-14
4 Tue	St Ada	Jn.14:27-31
5 Wed	St Irene	Jn.15:1-8
6 Thurs	St Dominic Savio	Jn.15:9-11
7 Fri	St Flava Domitilla	Jn.15:12-17
8 Sat	St Victor	Jn.15:18-21
9 Sun	6 th Sunday of Easter (II)	Jn.14:23-29
10 Mon	Bl. Beatrix d'Este	Jn.15:26-16:4
11 Tue	St Fabius	Jn.16:5-11
12 Wed	Ss Nereus Archilles and Pancras	Jn.16:12-15
13 Thurs	B.V. of Fatima	Jn.16:16-20
14 Fri	St Matthias, Apostle	Jn.15:9-17
15 Sat	St Isidore, the Farmer	Jn.16:23-28
16 Sun	Ascension Sunday (S)	Lk.24:46-53
17 Mon	St Pascal Baylon	Jn.16:29-33
18 Tue	St John I, Pope	Jn.17:1-11
19 Wed	St Celestine	Jn.17:11-19
20 Thurs	St Bernadine of Siena	Jn.17:20-26
21 Fri	St Christopher Magallanes & Comp.	Jn.21:15-19
22 Sat	St Rita of Cascia	Jn.21:20-25
23 Sun	Pentecost Sunday (S)	Jn:20:19-23
24 Mon	Our Lady Help of Christians	Mk.10:17-27
25 Tue	St Bede & M.Magdalene de Pazzi	Mk.10:28-31
26 Wed	St Phillip Neri	Mk.10:32-45
27 Thurs	St Augustine of Canterbury	Mk.10:46-52
28 Fri	St Ignatius	Mk.11:11-26
29 Sat	Bl. Joseph Gerard	Mk.11:27-33
30 Sun	Most Holy Trinity	Jn 16:12-15
31 Mon	The Visitation of the B.V.M.	Lk.1:39-56

JUNE

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That every national and trans-national institution may strive to guarantee respect for human life from conception to natural death.*
- *That the Churches in Asia, a "little flock" among non-Christian populations, may communicate the gospel well and give joyful witness to their faith.*

1 Tue	St Justin	Mk 12:13-17
2 Wed	Ss Marcellinus and Peter	Mk 12:18-27
3 Thurs	St Charles Lwanga and Companions (F)	Mk 12:28-34
4 Fri	St Clothilda	Mk 12:35-37
5 Sat	St Boniface	Mk 12:38-44
6 Sun	Corpus Christi (S)	Lk 9:11-17
7 Mon	St Robert	Mt 5:1-12
8 Tue	Bl James Berthieu, Martyr	Mt 5:13-16
9 Wed	St Ephrem of Syria	Mt 5:17-19
10 Thurs	St Maurinus	Mt 5:20-26
11 Fri	Sacred Heart of Jesus (S)	Lk 15:3-7
12 Sat	Sacred Heart of Mary	Lk 2:41-51
13 Sun	11 th Sunday in Ordinary Time (III)	Lk 7:36-8:3
14 Mon	St Eliseo & Rufinus	Mt 5:38-42
15 Tue	St Bernard of Menthon	Mt 5:43-48
16 Wed	Bl. M. Teresa Scherer	Mt 6:1-6.16-18
17 Thurs	St Helen	Mt 6:7-15
18 Fri	St Gregory Barbarigo	Mt 6:19-23
19 Sat	St Romuald	Mt 6:24-34
20 Sun	12 th Sunday in Ordinary Time (IV)	Lk 9:18-24
21 Mon	St Aloysius Gonzaga	Mt 7:1-5
22 Tue	Ss John Fisher and Thomas More	Mt 7:6.12-14
23 Wed	St Joseph Cafasso & Lanfranco	Mt 7:15-20
24 Thurs	Birth of John the Baptist	Lk 1:57-66.80
25 Fri	St William	Mt 8:1-4
26 Sat	St Josemaria Escriva	Mt 8:5-17
27 Sun	13 th Sunday in Ordinary Time (I)	Lk 9:51-62
28 Mon	St Irenaeus, Martyr	Mt 8:18-22
29 Tue	Ss Peter and Paul (S)	Mt 16:13-19
30 Wed	First Martyrs of the Church of Rome	Mt 8:28-34

Then the Lord said to Cain, "Where is Abel your brother?" (Genesis: 4:9)

Human life is a gift from God and human beings are created in the image and likeness of God. This means that we ought to respect every person, whether young or old, male or female, weak or strong, rich or poor. It is our right and duties to look after each other because we are each others keepers. It is also important that national and trans-national institution should respect every person who works and contributes to their well-being. All national and trans-national institution must ensure that the working conditions are favourable to their employees. No life should unnecessarily be put in danger because of the greedy for wealth or competition among these institutions. Let us pray that all workers may be given their due salaries, respect and love their need to produce their best at work place. Let us also pray that all human institution may protect life rather than endanger it unnecessarily.

African Wisdom:

'Once life is lost, "poured down", we cannot bring it back. (Banyarwanda)

Action: How can help someone who feels his or her life in endangered at workplace?

JULY



Morning Offering

O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That in every nation of the world the election of the officials may be carried out with justice, transparency and honesty, respecting the free decisions of citizens.*
- *That Christians may strive to promote everywhere, but especially in our cities, education, justice, solidarity, and peace.*

A wise man is mightier than a strong man, and a man of knowledge than he who has strength (Proverbs 24)

Civic education enables citizens to know their rights and duties and therefore to participate actively in the process of electing their leaders. When people are not aware of their civic rights and duties, they can easily be manipulated or even intimidated by those who have strong political muscles. This usually happens especially during electoral campaigns. Politicians find it easy to buy votes from the poor and illiterate or to change constitutions and appoint electoral commissioners who can facilitate the rigging process. The consequence of electoral malpractices can lead to bloodshed and unnecessary violence. Let us pray that God will enlighten and strengthen us to choose leaders who are willing to serve and not those who want power for fame and wealth.

African Wisdom:

The capacity to change things is within us (Swahili proverb)

Action: what can I do to educate my community on their civic rights and duties?

1 Thurs	St Anthony Rosmini	Mt 9:1-8
2 Fri	St Bernardino Realino	Mt 9:9-13
3 Sat	St Thomas Apostle (F)	Jn 20:24-29
4 Sun	14 th Sunday in Ordinary Time (II)	Lk 10:1-12
5 Mon	St Antony Mary Zaccaria	Mt 9:18-26
6 Tue	St Maria Goretti	Mt 9:32-38
7 Wed	St Odone	Mt 10:1-7
8 Thurs	Ss Aquila and Prisca	Mt 10:7-15
9 Fri	St Augustine Zhao Rang, & Companions	Mt 10:16-23
10 Sat	St Rufina & Secunda, Martyrs	Mt 10:24-33
11 Sun	15 th Sunday in Ordinary Time (III)	Lk 10:25-37
12 Mon	St Fortunatus	Mt 10:34-11:1
13 Tue	St Henry	Mt 11:20-24
14 Wed	St Camilus de Lellis	Mt 11:25-27
15 Thurs	St Bonaventure	Mt 11:28-30
16 Fri	Our Lady of Mount Carmel	Mt 12:1-8
17 Sat	St Marcellina	Mt 12:14-21
18 Sun	16 th Sunday in Ordinary Time (IV)	Lk 10:38-42
19 Mon	St Macrina	Mt 12:38-42
20 Tue	St Apollinaris, Bishop	Mt 12:46-50
21 Wed	St Lawrence of Brindisi	Mt 13:1-9
22 Thurs	St Mary Magdalene	Jn 20:1-2.11-18
23 Fri	St Bridget, Religious	Mt 13:18-23
24 Sat	St Sharbel Makhluf, Priest	Mt 13:24-30
25 Sun	17 th Sunday in Ordinary Time (I)	Lk 11:1-13
26 Mon	Ss Joachim & Anne, Parents of B.V.M	Mt 13:31-35
27 Tue	St Natalia	Mt 13: 36-43
28 Wed	St Victor 1, Pope	Mt 13:44-46
29 Thurs	St Martha	Lk 10:38-42
30 Fri	St Justin De Jacobis	Mt 13:54-58
31 Sat	St Ignatius of Loyola	Mt 14:1-12

AUGUST

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That those who are without work or homes or who are otherwise in serious need may find understanding and welcome, as well as concrete help in overcoming their difficulties.*
- *That the Church may be a home for all people in need, opening its doors to any who suffer from racial or religious discrimination, hunger, or wars forcing their emigration.*

'The spirit of the Lord is upon me ... to set free the oppressed.' (Luke 4:18)

Unemployment is one of the socio-economic issues that families and individuals struggle to deal with. In our world today, there are many energetic and enthusiastic people (educated and uneducated) especially the youth who thirst for jobs to meet their basic needs of life. Unemployment is a sad phenomenon that has forced many people into drug trafficking, human trafficking, armed-robbery, illegal migration, which have caused so much ill in human society. Because of unemployment many people have traveled against their will into territories that rendered them homeless and less human or into conflicts which result in destruction of lives, property and homes. We pray for the gift of patient-trust for all those who are unemployed especially the youth. That leaders will do all possible to create employment. May the good Lord change the greedy hearts of people into generous hearts to share with the unemployed, resources that are for everyone.

African Wisdom:

He who gave you a chair is the one who gave me a stool.
[Swahili saying]

Action: What can you do this month to help one person to be self-supporting?

1 Sun	18 th Sunday in Ordinary Time (II)	Lk 12:13-21
2 Mon	Ss Eusebius & Peter Julian Eymard	Mt 14:13-21
3 Tue	St Lydia	Mt 14:22-36
4 Wed	St John Mary Vianney	Mt 15:21-28
5 Thurs	Dedication of the Basilica of St Mary Major	Mt 16:13-23
6 Fri	The Transfiguration of the Lord (F)	Lk 9:28-36
7 Sat	Ss Sixtus II & Companions	Mt 17:14-20
8 Sun	19 th Sunday in Ordinary Time (III)	Lk 12:32-48
9 Mon	St Theresa Benedicta of the Cross	Mt 17:22-27
10 Tue	St Lawrence, Deacon (F)	Jn 12:24-26
11 Wed	St Clare, Virgin	Mt 18: 15-20
12 Thurs	Bl Isidore Bakanja, Martyr	Mt 18:21-19:1
13 Fri	Ss Pontian & Hippolytus, martyrs	Mt 19:3-12
14 Sat	St Maximilian Kolbe	Mt 19:13-15
15 Sun	The Assumption of the B.V.M. (S)	Lk 1:39-56
16 Mon	St Stephen of Hungary	Mt 19:16-22
17 Tue	St Hyacinth	Mt 19:23-30
18 Wed	Bl Victoria Rasoamanarivo	Mt 20:1-16
19 Thurs	St John Eudes	Mt 22:1-14
20 Fri	St Bernard, Abbot	Mt 22:34-40
21 Sat	St Pius X, Pope	Mt 23:1-12
22 Sun	21 st Sunday in Ordinary Time (I)	Lk 13:22-30
23 Mon	St Rose of Lima, virgin	Mt 23:13-22
24 Tue	St Bartholomew, Apostle (F)	Jn 1:45-51
25 Wed	St Joseph Calasanz & Louise XIV	Mt 23:27-32
26 Thurs	St Alexander	Mt 24:42-51
27 Fri	St Monica	Mt 25:1-13
28 Sat	St Augustine. Bishop and Doctor	Mt 25:14-30
29 Sun	22 nd Sunday in Ordinary Time (II)	Lk 14:1.7-14
30 Mon	St Felice	Lk 4:16-30
31 Tue	St Aristide	Lk 4:31-37

Morning Offering

SEPTEMBER



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That in less developed parts of the world the proclamation of the Word of God may renew people's hearts, encouraging them to work actively toward authentic social progress.*
- *That by opening our hearts to love we may put an end to the wars and conflicts which continue to bloody our world.*

'Blessed are the peacemakers for they shall be called children of God'. (Matthew 5:9)

Peace is not merely the absence of war. Nor can it be reduced to maintaining the balance of power between enemies. Peace can not be obtained unless personal values are safe guarded. (Vatican II)

Peace begins in our own hearts. Its only with peace in our hearts that we can be peacemakers.

Lord make me a channel of your peace.
Where there is hatred let me sow your love.
Where there injury, your pardon Lord.
And where there is doubt, true faith in you.

African Wisdom:

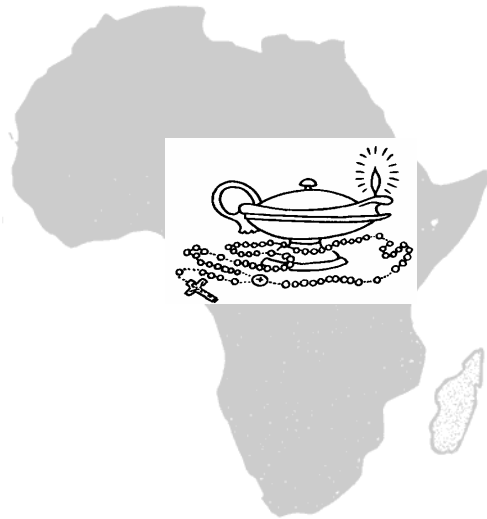
It helps to bring the spirits of other people into your life, it gives you many more eyes to see and helps overcome limitations. (Sobonfu Some)

Action: What opportunities can you find to allow peace in your whole being and to be a peacemaker.

1 Wed	St Giles	Lk 4:38-44
2 Thurs	St Elpidius	Lk 5:1-11
3 Fri	St Gregory the Great, Pope	Lk 5:33-39
4 Sat	St Rosalia	Lk 6:1-5
5 Sun	23 rd Sunday in Ordinary Time (III)	Lk 14:25-33
6 Mon	St Zacharia	Lk 6:6-11
7 Tue	St Regina	Lk 6:12-19
8 Wed	The Nativity of the B.V.M. (F)	Mt 1:1-16.18-23
9 Thurs	St Peter Claver	Lk 6:27-38
10 Fri	St Nicholas of Tolentino	Lk 6: 39-42
11 Sat	St Protus	Lk 6:43-49
12 Sun	24 th Sunday in Ordinary Time (IV)	Lk 15:1-32
13 Mon	St John Chrysostom	Lk 7:1-10
14 Tue	The Triumph of The Cross (F)	Jn 3:13-17
15 Wed	Our Lady of Sorrows	Lk 2:33-35
16 Thurs	Ss Cornelius and Cyprian	Lk 7:36-50
17 Fri	St Robert Bellarmine	Lk 8:1-3
18 Sat	St Joseph Cupertino	Lk. 8:4-15
19 Sun	25 th Sunday in Ordinary Time (I)	Lk 16:1-13
20 Mon	Ss Andrea Kim, Paul Chong & companions	Lk 8:16-18
21 Tue	St Matthew, Apostle and Evangelist (F)	Mt 9:9-13
22 Wed	St Maurice & Companions, Martyrs	Lk 9:1-6
23 Thurs	St Pius of Pietralcina	Lk: 9: 7-9
24 Fri	B.V. Mary of Mercy	Lk 9:18-22
25 Sat	St Sergius	Lk 9:43-45
26 Sun	26 th Sunday in Ordinary Time (II)	Lk 16:19-31
27 Mon	St Vincent de Paul, priest	Lk 9:46-50
28 Tue	Ss Wenceslaus. Lawrence & companions	Lk 9:51-56
29 Wed	Ss Michael, Gabriel, Raphael, Archangels	Jn 1:47-51
30 Thurs	St Jerome	Lk 10:1-12

OCTOBER

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That Catholic Universities may more and more be places where, in the light of the Gospel, it is possible to experience the harmonious unity existing between faith and reason.*
- *That World Mission Day may help Christians realize that the task of proclaiming Christ is a necessary service to which the Church is called for the benefit of humanity.*

1 Fri	St Theresa of the Child Jesus	Lk 10:13-16
2 Sat	The Guardian Angels	Mt 18:1-5.10
3 Sun	27 th Sunday in Ordinary Time (III)	Lk 17:5-10
4 Mon	St Francis of Assisi	Lk 10:25:37
5 Tue	St Placidus	Lk 10:38-42
6 Wed	St Bruno	Lk 11:1-4
7 Thurs	Our Lady of the Rosary	Lk 11:5:13
8 Fri	St Felix	Lk 11:15-26
9 Sat	Ss Denis and Companions, Martyrs	Lk 11:27-28
10 Sun	28 th Sunday in Ordinary Time (IV)	Lk 17:11-19
11 Mon	Bl John XXIII, Pope	Lk 11:29-32
12 Tue	St Wilfred	Lk 11:37-41
13 Wed	St Edward	Lk 11:42-46
14 Thurs	St Callistus	Lk 11:47-54
15 Fri	St Teresa of Avila	Lk 12:1-7
16 Sat	St Margaret Mary Alacoque	Lk 12:8-12
17 Sun	29 th Sunday in Ordinary Time (I)	Lk 18:1-8
18 Mon	St Luke, Evangelist	Lk 10:1-9
19 Tue	St Paul of the Cross, Priest	Lk 12:35-38
20 Wed	Bl. Daudi Okello and Jildo Irwa, Martyrs	Lk 12:39-48
21 Thurs	St Ursula	Lk 12:49-53
22 Fri	Bl. Timothy Giaccardo	Lk 12:54-59
23 Sat	St John Capistrano	Lk 13:1-9
24 Sun	30 th Sunday in Ordinary Time (II)	Lk 18:9-14
25 Mon	St Crispino	Lk 13:10-17
26 Tue	St Evaristus	Lk 13:18-21
27 Wed	St Florence	Lk 13:22-30
28 Thurs	Ss Simon and Jude, Apostles (F)	Lk 6:12-16
29 Fri	St Hermelide	Lk.14:1-6
30 Sat	St Marcianus of Siracusa	Lk 14:1.7-11
31 Sun	31 st Sunday in Ordinary time (III)	Lk 19:1-10

'They have forsaken me the source of living water; they have dug for themselves broken cisterns that hold no water'. (Jeremiah 2:3)

There is no contradictions at all between faith and reason because where there is human experience there we find reason too. Religious faith and beliefs are often taken as myths that lack tangible evidence. Yet reason and faith are part and parcel of our nature. Reason and faith are not enemies to each other but innate gift to humanity by God. Faith needs reason so that it can make clear its beliefs statement. Reason is invited by faith to horizons that it may not reach by itself. Let us pray that our Universities be centres where we learn to gain skills and knowledge, but also centres where we educate our beliefs and desires.

African Wisdom:

A Person cannot dance well on one leg.

Action: How can I better integrate my knowledge, skills and my religious beliefs?

Morning Offering

NOVEMBER



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *Those victims of drugs or of other dependence may, thanks to the support of Christian community, find in the power of our Saving God strength for a radical life-change.*
- *That the Latin American Churches may move forward with the continent-wide mission proposed by their bishops, assuming their share of the universal missionary task of God's people.*

'Do you now that you are the temple of God, and that the Spirit of God dwells in you?' (1Cor. 3:16)

Addiction exists wherever persons are internally compelled to give energy to things that not their true desires. It is a state of compulsion, obsession, or pre-occupation that enslaves the person's will and desire. (G. May in *Addiction and Grace*)

We are all addicted, whether it be to substance abuse, work, being liked, gossip or an endless list of other possibilities.

We are all victims. This month we pray that, through the grace of God, we and those we love may set out on a road to freedom.

African Wisdom:

The one who dips finger in honey doesn't dip it once.

Action: Find a way of reaching to the drug addicts you may know and help them through quitting their addiction. Take a step in recognizing where you are addicted and in praying for the grace of freedom.

1 Mon	All Saints (S)	Mt 5:1-12
2 Tue	All Souls (F)	Lk 7:11-17
3 Wed	St Martin de Porres	Lk 14:25-33
4 Thurs	St Charles Borromeo	Lk 15:1-10
5 Fri	Ss Elizabeth and Zachariah	Lk 16:1-8
6 Sat	All Saints of Africa	Lk 16:9-15
7 Sun	32 nd Sunday in Ordinary Time (IV)	Lk 20:27-38
8 Mon	Saint of Wales	Lk 17:1-6
9 Tue	Dedication of the Lateran Basilica (F)	Jn 2:13-22
10 Wed	St Leo the Great, Pope	Lk 17:11-19
11 Thurs	St Martin of Tours	Lk 17:20-25
12 Fri	St Josaphat	Lk 17:26-37
13 Sat	St Arcadius & companions	Lk 18:1-8
14 Sun	33 rd Sunday in Ordinary Time (I)	Lk 21:5-19
15 Mon	St Albert the Great	Lk 18:35-43
16 Tue	St Joseph Balikuddenbe, Martyr	Lk 19:1-10
17 Wed	St Elizabeth of Hungary	Lk 19:11-28
18 Thurs	Ss Peter and Paul Basilicas	Lk 19:41-44
19 Fri	St Gregory	Lk 19:45-48
20 Sat	St Edmond	Lk 20:27-40
21 Sun	Christ the King (S)	Lk 23:35-43
22 Mon	St Cecilia, martyr	Lk 21: 1-4
23 Tue	St Clement 1, Pope	Lk 21: 5-11
24 Wed	Ss Andrew Dung-Lac, Companions	Lk 21:12-19
25 Thurs	St Catherine of Alexandria	Lk 21: 20-28
26 Fri	Bl. James Alberione	Lk 21:29-33
27 Sat	St Virgil	Lk 21:34-36
28 Sun	1 st Sunday of Advent (I)	Lk 21:25-28.34-36
29 Mon	St Catherine of Egypt	Mt 8:5-11
30 Tue	St Andrew, Apostle	Mt 4:18-22

DECEMBER

Morning Offering



O Jesus, through the most pure heart of Mary I offer to you all the prayers, works, joys and sufferings of this day for all the intentions of your most Sacred Heart and in union with the Holy Sacrifice of the Mass throughout the world.

I pray with Mary and the whole Church for the Pope's intentions this month:

- *That our personal experience of suffering may be an occasion for better understanding the situation of unease and pain which is the lot of many people who are alone, sick or aged, and stir us all to give them generous help.*
- *That the peoples of the earth may open their doors to Christ and to his gospel of peace, brotherhood, and justice.*

'I was sick and you came to me'. (Matthew 25:36)

Suffering is an inevitable part of our lives. All people, at some point in life, find themselves going through a painful experience. Such experience include: being lonely, old age, hunger, road accidents, sickness, drought and famine etc. there are many people who experience these suffering on a daily basis with no one to care for them. We are all very fragile human beings and any painful experience can easily leave us with a permanent scar in our lives. Let us pray that through our small suffering moments in life we may come to be aware of other people's painful experiences. Let us also pray that we may lend a helping hand to those whom we can help, for example, the aged and the sick members of our community.

African Wisdom:

Life is like a flower that blossoms during the day and wilt by night.

Action: What can I do today to help members in our community who are suffering?

1 Wed	Bl Clementine Anuarite	Lk 10:21-24
2 Thurs	St Bibiana	Mt 7:21.24-27
3 Fri	St Francis Xavier	Mt 9:27-31
4 Sat	St John Damascene	Mt 9:35-10:1.6-8
5 Sun	2 nd Sunday of Advent (II)	Lk 3:1-6
6 Mon	St Nicholas	Lk 5:17-26
7 Tue	St Ambrose	Mt 18:12-14
8 Wed	Immaculate Conception of the B.V.M (S)	Lk 1:26-38
9 Thurs	St Juan Diego Cuahhtlatotzin	Mt 11:11-15
10 Fri	B.V. Mary of Loreto	Mt 11:16-19
11 Sat	St Damasus, Pope	Mt 17:10-13
12 Sun	3 rd Sunday of Advent (III)	Lk 3:10-18
13 Mon	St Lucy, Martyr	Mt 21:23-27
14 Tue	St John of the Cross	Mt 21:28-32
15 Wed	St Valerianus	Lk 7:19-23
16 Thurs	St Adelaide	Mt 1:1-17
17 Fri	St Lazarus	Mt 18-24
18 Sat	St Irmina	Lk 1:5-25
19 Sun	4 th Sunday of Advent (IV)	Lk 1:39-45
20 Mon	St Dominic; Bl Scubilion	Lk 1:26-38
21 Tue	St Peter Canisius	Lk 1:39-45
22 Wed	St Francis Cabrini	Lk 1:46-56
23 Thurs	St John of Kanty	Lk 1:57-66
24 Fri	St Adela	Lk 1:67-69
25 Sat	Nativity of Our Lord (S)	Jn 1:1-18
26 Sun	Holy Family (S)	Mt 2:13-15.19-23
27 Mon	St John, Apostle & Evangelist	Jn 20:2-8
28 Tue	The Holy Innocents, Martyrs	Mt 2:13-18
29 Wed	St Thomas Becket	Lk 2:22-35
30 Thurs	St Eugene	Lk 2:36-40
31 Fri	St Sylvester	Jn 1:1-18