

Life to the Full:

Living faith within our families

Monthly newsletter for parents: **January 2017**



A Moment of Thanks for a Lifetime of Blessings

This month, we take time out to reflect on the Gospel reading for the Feast of Mary, the Mother of God.

Luke 2:16-20

The shepherds hurried away to Bethlehem and found Mary and Joseph, and the baby

lying in the manger. When they saw the child they repeated what they had been told about him, and everyone who heard it was astonished at what the shepherds had to say. As for Mary, she treasured all these things and pondered them in her heart. And the shepherds

went back glorifying and praising God for all they had heard and seen, it was exactly as they had been told.

Watch the film:

www.tentenresources.co.uk/mary

A Reflection

The Gospel reading tells us that Mary treasured the events that happened in her heart. She was blessed, and she reflected on these blessings.



Are there any blessings in your life that you want to reflect on?

Father, throughout history you have given us many blessings – our world, God joining us and being born as one of us, salvation and Grace for example, but also personal, individual blessings in my life. Help me to ponder your blessings, to hold them in my heart and give thanks to you with joy.

It is often easy to think “I’ll give thanks when I am happier” but in truth that’s the wrong way round. Thanksgiving helps us to be

happy. Take a moment to reflect on anything that you feel thankful for.

Perhaps think of someone you would like to thank. It could be for something they do every day or did once. It could be for something specific or just for being in your life. Consider finding a way to thank that person, either face to face, on the phone, in a letter or across social media.

God, you bless us even when we don’t recognise or acknowledge you for your blessings. Thank you for your love, your blessings and for the graces you give us. Amen.