



THE ARCHDIOCESE of BIRMINGHAM
OFFICE for MISSION
"Go therefore and make disciples of all nations..."



YEAR OF PRAYER

PREPARING FOR THE JUBILEE YEAR 2025

In preparation for the 2025 Jubilee Year - entitled "Pilgrims of Hope" - 2024 has been designated as a Year of Prayer by Pope Francis. With its focus on the *Our Father*, it presents us with a great opportunity to go back to the basics of prayer.



- MAKING THE MOST OF THE YEAR OF PRAYER -

Our Jubilee Preparatory Commission, which Pope Francis has asked each diocese to establish, wants to encourage every Catholic to reflect on their life of prayer: *what they pray, how they pray & why they pray*. This is for two reasons:

1. *To encourage Catholics to deepen their prayer life and love of God;*
2. *For each Catholic to help at least one other person to pray during the Year of Prayer.*

There are already a growing number of resources on the Diocesan & Office for Mission websites to help you, so that our Archdiocese can have, as its focus, missionary prayer and accompaniment during 2024.

- AN INVITATION -

Archbishop Bernard Longley calls on everyone to take part in this Year:

*"The Year of Prayer starts on the first Sunday of Advent (3rd Dec). Pope Francis desires to see the *Our Father* become the "life programme" of every disciple, and so I invite our Diocesan family to prepare for the Jubilee Year, "Pilgrims of Hope", through a deeper devotion to prayer in this Year of Prayer!*

"At our recent Bishops' Conference meeting, we resolved to work towards a renewal of our adoration of Jesus Christ and our service of neighbour. I pray that our Lord will guide us to become a more synodal, missionary and prayerful Church, as we approach the Holy Year."

I look forward to hearing how you will mark the Year of Prayer!

Paul Northam (Diocesan Jubilee Co-ordinator)

IDEAS FOR THE YEAR OF PRAYER

Here are some ideas to start your thinking about the Year of Prayer - beginning on the first Sunday of Advent 2023. There are lots of resources, suggestions and ideas being added to the web page so please visit regularly for more inspiration.

Think through the year ahead...

- Could priests and deacons preach about prayer in homilies?
- Are there courses or talks that you could offer during Advent, Lent or other times, to help people pray?
- Could you offer a catechesis of prayer at times during the year? – thinking particularly of the *Our Father*. Are there people in your parish or school you could call on to help?
- How could you help young people especially to pray or to learn how to pray in different ways?
- Could you support families and couples to pray?
- Are there existing prayer groups that you could promote in your parish, school or community?
- Does *Lectio Divina* happen in your parish, nearby or online?
- Could people share or write a testimony about their prayer life, which might help others?
- Could you pray the Liturgy of the Hours together?
- Could you pray for mission and for the poor in your area?

Help to review and deepen your prayer life can be found at:

www.vocations.org.uk/year-of-prayer-2024

Paul Northam (*Advisor for Evangelisation, Discipleship and Marriage & Family Life. Diocesan Jubilee Co-ordinator*)