

## Prayers from beyond the Diocese:

### An Ignatian Advent Retreat

For the four weeks of Advent The Ignatian Spirituality Centre offers you material for daily prayer. **Scripture** to pray with; you may like to ponder in the world in the 'Lectio Divina' style, or where there is a Gospel story you might like to imagine you are one of the characters in the scene – Imaginative Contemplation, also known as Ignatian Contemplation.

**Music:** we provide a link to a suitable piece of music for the day.

**Picture:** each day we have a new picture to ponder which in some way links to the Scripture.

**Reflection:** there is also a daily reflection which usually links the Advent theme to our world today.

[Advent Retreat – Online Prayer](#)

### Welcome to Lectio for Families

Lectio for Families is a free app for families to do together. It features daily Bible readings, a weekly memory verse, engaging questions to pause and talk about, and prompts for reflection and prayer. The app can be downloaded by parents and carers onto a mobile device. Families can then choose to either listen to the audio content together, wherever and whenever they are together, or they can read it as they pass the device to each other.

[Lectio for Families - 24-7 Prayer International](#)

Pope Francis and prayers to the Holy Spirit:

Pope Francis encourages Christians to call on the Holy Spirit more often when facing difficulties, exhaustion, or discouragement in daily life:

“Let us learn to invoke the Holy Spirit often, we can do this with simple words at various moments during the day.”

The Pope recommended that Catholics to keep a copy on them of the “beautiful prayer that the Church recites on Pentecost.

“Come, Holy Spirit, come! And from your celestial home, shed a ray of light divine! Come, come, Father of the poor! Come, Source of all our store! Come, within our bosoms shine. You, of comforters the best; You the soul’s most welcome Guest; Sweet refreshment ... Come,”

Pope Francis added that if Catholics did not have the prayer on hand, they could simply pray “Come, Holy Spirit” — as “the Madonna and the Apostles prayed during the days when Christ ascended into heaven.”

“The key word is this: come. Come. But you need to say it yourself in your own words. Come, because I find myself in difficulty. Come, because I am in the dark. Come, because I don’t know what to do. Come, because I am about to fall. Come. Come. This is ... how to call upon the Spirit,”