

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

The word of God is living and active, discerning the thoughts and intentions of the heart.

Gospel Acclamation

Guard me as the apple of your eye; in the shadow of your wings protect me.

Entrance Antiphon

'I pray because I can't help myself. I pray because the need flows out of me all the time – waking and sleeping. It doesn't change God – it changes me.'

Attributed to C. S. Lewis in the film *Shadowlands* (1993)

Let us pray to the Lord who bends close to hear our prayer.

Lord our God, Father of all,
you guard us under the shadow of your wings
and search into the depths of our hearts.

Remove the blindness that cannot know you
and relieve the fear that would hide us from your sight.

Old Opening Prayer

This week's texts if you want to reflect further:
Exodus 17: 8–13; Psalm 120 (121); 2 Timothy 3:14–4:2; Luke 18: 1–8

'My help is in the name of the Lord,
who made heaven and earth.'

'I lift up my eyes to the mountains;
from where shall come my help?'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

The Iniquitous Judge (detail)
Eugène Burnand, c.1910



PREGO LEAFLET

Twenty-ninth Sunday in Ordinary Time
Year C, 19th October 2025

'Pray always and do not lose heart!'

Today's readings speak about prayer, faith, and trusting in God's help. They urge us to stay in close relationship with God, who always listens to us. Even when life is hard, God does not leave us alone.

The **First Reading** tells how the Amalekites are defeated through Moses's prayer for his people. His raised hands, supported by others in his community, symbolise dependence on God, so that faith and perseverance are rewarded.

This is echoed in Jesus's parable of the widow, who persists in seeking justice from the unrighteous judge (**Gospel**). Aware how easy it can be for us to lose heart, Jesus wants us to be like the widow and persevere in our own prayer, trusting deeply that God hears us; confident that every prayer is heard, even if the response is not immediate. We have a God who is faithful and on whom we can depend.

The **Psalm** of trust, hope and praise reflects the Lord's constant care. He guards us always, protecting and watching over our every journey.

Paul (**Second Reading**) tells us to stay rooted in the wisdom and guidance of the Scriptures, which are inspired by God. He urges us to share them with 'complete patience and teaching'.

As **Pilgrims of Hope** in this Jubilee Year, we continue to pray for peace and justice in the world. We ask that the Holy Spirit will guide our prayer, helping us to persist and not lose heart.



Opening Prayer

Almighty ever-living God,
grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.

Psalm 120 (121)

**R./ Our help is in the name of the Lord,
who made heaven and earth.**

I lift up my eyes to the mountains;
from where shall come my help?
My help shall come from the Lord,
who made heaven and earth.

He will keep your foot from stumbling.
Your guard will never slumber.
No, he sleeps not nor slumbers, Israel's guard.

The Lord your guard, the Lord your shade at your right hand.
By day the sun shall not smite you,
nor the moon in the night.

The Lord will guard you from evil; he will guard your soul.
The Lord will guard your going and coming,
both now and for ever.

I make myself comfortable and settle into my prayer space. I try to empty my mind of any thoughts and emotions that preoccupy me.
As I gently become still, I ask the Holy Spirit to help me become more aware of the Lord's presence both within me and around me. I may like to take a few moments resting quietly here before I turn to the psalm.

This is a text that travellers or pilgrims would often pray. As I read it through slowly several times, I allow the words to sink in. I ponder...

How do I feel? Protected, comforted, safe, guarded, watched over ... or something else?

Though I may not always be aware that the Lord is with me, day and night, I can totally trust in his constant presence.

With the Lord, and with gratitude, I reflect on the journey of my own life. In what ways have I felt or do I feel his protecting presence?

I speak to the Lord from my heart about any concerns or worries I may have, confident that I can always call to him for help.

When ready, I slowly close with a prayer of my choice.

Gospel Luke 18: 1–8

At that time: Jesus told his disciples a parable to the effect that they ought always to pray and not lose heart. He said, 'In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, "Give me justice against my adversary." For a while he refused, but afterwards he said to himself, "Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming." '

And the Lord said, 'Hear what the unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?'

As I come to prayer, I become silent and still. I may wish to have a lit candle beside me, symbolizing that Christ is present with me.
I take a few slow deep breaths, then I slowly read the Gospel passage prayerfully, as many times as I need.

Perhaps the line '*ought always to pray and not lose heart*' draws me. I try to let it sink in. How do I deal with challenging situations or people?
Do I persist in bringing them before God in prayer, or have there been times when I've lost heart and perhaps relied on myself?

I ponder the widow in the parable. Despite being poor, powerless and vulnerable, she persists in seeking justice.
How would I respond in her situation? Am I willing to persevere as she does?
If the judge is moved by her persistence to grant justice, I reflect on how much more our loving, compassionate, generous God will do for those he loves.
Knowing that Jesus loves me and accepts me as I am, I speak to him openly from my heart. I share with him what's going on in my own life now, about any concerns I may have.
I tell him about the injustices I see around me and further away.

Like the widow, do I have a specific need that I wish to place before him?
Is there a grace I seek that will help me respond to God more deeply?
I speak to the Lord as one friend to another.

When I feel ready, I close my prayer in gratitude, with a slow sign of the cross.