

[Our Work](#)[Donate](#)[Get involved](#)

Based on the gospel for 2 January, Second Sunday after Christmas: John 1:1-18

“In the beginning was the Word”

I find it a bit scary how important the Word is in the Bible. First, God creates the world through his word, and later, the Word enters our world as a baby in a stable in Bethlehem. The reason I find it so daunting is because I’ve been given this same tool. This same power to bring things into existence through my word.

But I just...talk. I treat words like small change. It doesn’t really matter how I invest in each small coin. Or does it?

One can use words to bring Christ into the world or to hide him from other people. Do I actually believe and practice that?

It is time for me to roll up my sleeves and stick with my new year’s resolution. I think one is plenty. I’m going to focus on this one word – “but”. I’ll try and resist the temptation to begin my every response with “but” as if the other person’s point needs to be corrected by my clever idea.

I’ll try and go for “yes, and” instead. I hope this small change will help me to truly honour what the other person are saying, to let them know that they are heard and that they matter.

Lord,

help us to support, inspire and strengthen one another through the power of words. Help us to hear the voices of those who have been silenced by poverty, inequality and injustice.

Amen.



Christmas prayers

Pray with us throughout the Christmas season with this collection of beautiful prayers.

[Pray with us](#)



Keep in touch

Would you like to hear more about CAFOD's work in 2022? Sign up to updates and find out about the difference your support makes.

[Sign up](#)



Prayer resources

Is your new year's resolution to spend more time in prayer and reflection this year? Use our resources for inspiration.

[Find inspiration](#)

This reflection and prayer were written by Elena Verigo, a CAFOD volunteer.



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches you every time, add news@email.cafod.org.uk to your address book or contacts list. We protect your privacy and don't share personal data with third parties. [Read our privacy notice.](#)

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and company no 09387398. © CAFOD 2021 If you don't wish to hear from us any more, we're sorry to see you go, but you can [unsubscribe](#)

Catholic Agency for Overseas Development
Romero House, 55 Westminster Bridge Road,
London,
SE1 7JB,