

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

Based on the gospel for Sunday 25 December, The Nativity of the Lord: John 1:1-18

“a light that shines in the dark, a light that darkness could not overpower.”

At Christmas we celebrate the birth of the one who came as our saviour, to bring good news, who was born not in a great palace of powerful earthly rulers, but in a lowly stable.

We recall events long ago when a new light for the world came to shine in the darkness of the stable. We bear witness to the same light which comes each Christmas, to shine in the darkness of our present-day world, bringing compassionate hope for humankind, teaching us to build a kingdom of justice, love and peace.

During our celebrations this Christmas Day, we might pause to think of many of our brothers and sisters seeking light amidst the darkness of our world: the refugee, the migrant, those living amidst the horrors of war, the poor, the hungry, those threatened by the effects of climate change.

The good news of Christ's birth stirred the hearts of the shepherds of Bethlehem, ordinary people going about their daily lives, the first to hear of Christ's birth. The light of Christmas continues to stir the hearts of many ordinary people today.

This year, during Family Fast Days, our hearts were moved as we joined in solidarity with Lombeh in Sierra Leone and Ali in Kenya, born into a challenging world. We supported local experts throughout the world, like Sister Anthonia of the Handmaid Sisters, who work alongside the poorest communities. They are lights shining in the darkness, sharing hope for a better future, bringing about God's kingdom of justice and love.

Lord Jesus, Light of the World,
 you came to bring good news, teaching us to live our lives caring compassionately for one another and for this earth. Guide us to play our part, so all may share fairly in the wonders of God's creation.
 Amen.



The shepherds of Bethlehem

Let us pray that our hearts may be moved like those of the shepherds of Bethlehem on the first Christmas.

[Pray with us](#)



Advent appeal

It's not too late to open a door to hope and help families like Nyanguet's to make it through the food crisis.

[Give today](#)



The twelve days of Christmas

Celebrate the twelve days of Christmas with your family using our quick activities and prayer ideas to take you all the way to Epiphany.

[Browse ideas](#)

This reflection and prayer were written by Phil Millington, a CAFOD parish representative at Clifton Cathedral, Bristol.



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 2022

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,