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Based on the gospel for Sunday 1 January, Mary, Mother of God: Luke 2:16-21

**“As for Mary, she treasured all these things and pondered them in her heart.”**

In the stable, Mary treasured the words of the shepherds, who shared a message of great joy which had been told to them. Lying in a manger wrapped in swaddling clothes, they would find a saviour born to the world. Born not of the proud and the powerful, but to a lowly handmaid who had said “yes” to God.

St Oscar Romero called Mary a prophetic messenger of Christ, who in her Magnificat had looked forward to a world transformed through her son the Messiah. The proud would be scattered, the mighty cast down; the humble lifted up, the hungry filled with good things, the rich sent empty away.

As we celebrate the light who came to transform the world, we are reminded to say yes to God, to be prophetic messengers, proclaiming the good news. We may not have the gift of prophecy, but through our actions we can witness to our faith, proclaiming a world transformed.

This year we have said yes, reaching out with kindness and compassion to answer the call of the people of Ukraine. Tetiana Stawnychy, President of Caritas Ukraine has said: “Thanks to all the people who have been expressing their love, concern, and their practical support. That’s very deeply felt and appreciated by all of us.”

We cannot do everything. But through our prayers, campaigning, signing petitions, walking, eating a simple Fast Day meal or donating financially, we take small steps in solidarity with our sisters and brothers around the world, to ensure they are supported. Together we build a hopeful future, reflecting God’s message of justice and love.

Mary, Mother of Our Saviour,

you brought light into the darkness of the world. Pray for us that through our words and deeds we may proclaim a world transformed for our hungry sisters and brothers, so that all may have a fair share at the table.

Amen.



## Pray for peace

Sunday 1 January is also World Day of Peace, so join us in praying for peace in our troubled world.

[Pray with us](#)

## Keep in touch

Would you like to hear more about CAFOD's work in 2023? Sign up to updates and find out about the difference your support makes.

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## 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.

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



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