

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

Those who dwelt in a land of deep darkness, on them has light shone.  
*First Reading*

The Lord is the stronghold of my life; whom should I dread? *Psalm*

'I appeal to you ... that you be united in the same mind and the same judgement.' *Second Reading*

'Follow me, and I will make you fishers of people'. *Gospel*

Almighty and ever-living God,  
direct our actions according to your good pleasure,  
that in the name of your beloved Son  
we may abound in good works.

*Old Opening Prayer*

This week's texts if you'd like to reflect further:  
Isaiah 9: 1b–4; Ps. 26 (27); 1 Cor. 1:10–13, 17; Matthew 4: 12–23



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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

Third Sunday in Ordinary Time  
Year C, 25th January 2026

'The people who walked in darkness  
have seen a great light.'  
(First Reading)

The readings for this third week of Ordinary Time deliver a promise of hope, joy and light to those living in darkness.

The prophet Isaiah reflects on how the Lord brought hope and unity to places of profound and enduring conflict. The joy his love brings is abundant and contagious. (**First Reading**)

The themes of light and salvation underpin the **Psalm**. We are reassured that if we remain firmly fixed on the Lord, we have nothing to fear.

Paul (**Second Reading**) echoes this message to the community in Corinth. He urges them to address the divisive hierarchies and cliques that have emerged and reminds them that God invites every person to be united in his love.

In the **Gospel**, Matthew recounts the very beginning of Jesus's ministry and the appointment of his first disciples. We witness the simplicity of his methods: he meets us where we are at; sees and values us for who we really are; and invites us to abandon old habits and ways that weigh us down so that we can truly follow him.

As this new year begins, we ask for God's grace and guidance to celebrate and reconcile our differences so that we may share in his abundant love.



### Opening Prayer

O sing a new song to the Lord;  
sing to the Lord, all the earth.

In his presence are majesty and splendour;  
strength and honour in his holy place.

## Second Reading 1 Corinthians 1: 10–15, 17

I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgement. For it has been reported to me by Chloe's people that there is quarrelling among you, my brothers and sisters. What I mean is that each one of you says, 'I follow Paul', or 'I follow Cephas', or 'I follow Christ'. Is Christ divided? Was Paul crucified for you? Or were you baptised in the name of Paul? For Christ did not send me to baptise but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power.

I find my quiet place, breathe, and become aware of my loving God. I notice how I am feeling.

I imagine receiving this letter from Paul, conscious of the deep divisions in the world.

Perhaps there are divisions in my own community, in my family, among friends or in my workplace.

In my own time, I confide in the Lord about any specific conflicts that are weighing on my mind. Maybe there are strong differences of opinion; unspoken power-struggles; or entrenched attitudes or behaviours that seem impossible to shift or reconcile.

I open up to the Lord about the details of these issues. It may help to write them down, perhaps as a letter of reply to St Paul.

Encouraged by God who loves and knows me fully, I reflect on my own part in fuelling these conflicts, maybe by my own stubbornness, a tendency to take the moral high ground, or by avoiding difficult but necessary conversations.

I ask the Lord for his courage, wisdom and perseverance to help confront these issues, build bridges and restore relationships.

I bring my prayer to a close with a 'Glory be to the Father', strengthened by his unifying and boundless love.

## Gospel Matthew 4: 12–25

When Jesus heard that John had been arrested, he withdrew into Galilee. And leaving Nazareth he went and lived in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: 'The land of Zebulun and the land of Naphtali, the way of the sea, beyond the Jordan. Galilee of the Gentiles – the people dwelling in darkness have seen a great light, and for those dwelling in the region and shadow of death, on them a light has dawned.' From that time Jesus began to preach, saying, 'Repent, for the kingdom of heaven is at hand.'

While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. And he said to them, 'Follow me, and I will make you fishers of men.' Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left the boat and their father and followed him. And he went throughout all of Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.

As I gently enter my prayer, I place myself in the scene of this gospel, observing Jesus in the early stages of his ministry.

I notice his vulnerability, distress and withdrawal as he comes to terms with the arrest of his cousin, John, and prepares for the next chapter of his life.

I ponder times when I might have 'dwelt in darkness', unsure of where to go or what to do. I talk openly to the Lord about any specific areas in which I may need some clarity or direction.

I take time to listen to his response.

Imagining Jesus walking alongside the Sea of Galilee, I notice how he comes upon his new disciples, meeting them in their everyday quiet places, doing everyday things. I observe their conversation. It may help to place myself in this scene.

Where is Jesus meeting me in my life today?

I take time to discern how he is inviting me to follow him.

I end my prayer in thanksgiving, reminded that I am called, just as I am, to love God through service to others.