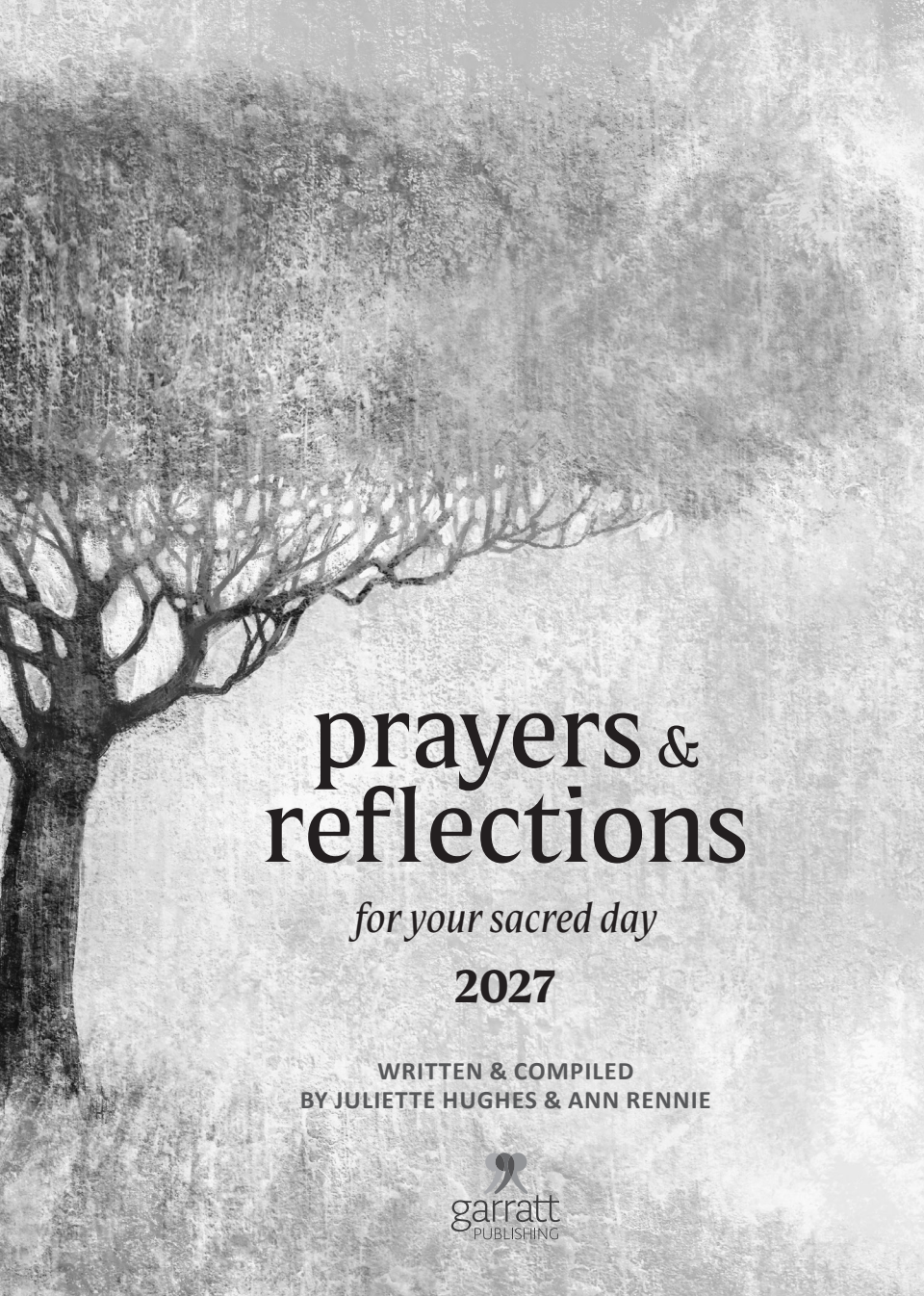




prayers & reflections

for your sacred day

2027

WRITTEN & COMPILED
BY JULIETTE HUGHES & ANN RENNIE


garratt
PUBLISHING



Published in Australia by
Garratt Publishing
32 Glenvale Crescent
Mulgrave, VIC 3170
www.garrattpublishing.com.au

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Prayers & Reflections for Your Sacred Day 2027.

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Inside illustrations © iStock – ToBeeLife ID:1264400118
Cover and book design © Garratt Publishing 2026
Printed by Tingleman Printers

ISBN 9781923095359

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Introduction

Welcome to a new year of *Prayers and Reflections*. As Ann Rennie and I muse, write our thoughts, share inspiring quotes and contemplate the passing days, it becomes a thoughtful way of imagining where and what we'll be doing in these fast-approaching times. Looking into a future year is a hopeful and sometimes sobering exercise: what will be happening in our lives on this day, or that day?

It's necessary then, to think through the little things as well as the big, cosmic ideas in a complex, changing world, even as you rush off to the day's work. For some, when life gets hectic and demanding, a cat or dog's comforting snuggle will give a clue: slow down, take a breath, enjoy the moment of affection. For others, it might be seeing the sun's morning rays gleam through a dewdrop on a leaf. And all this as you dash out to drive to work in peak-hour traffic. Little moments, big needs.

Because, of course, we all have to structure our days to fit our duties and meet different demands. Yet if we only focus on tasks in our increasingly busy day-to-day lives, we'll find ourselves drawing on a bank account of spiritual and emotional health without replenishing it.

Perhaps you can see this as part of the classic advice we're given on a plane: when the oxygen masks have to be put on, you must put yours on first, so that you can then put it on your children – you're no help to them if you're woozy from lack of air! In the same way, since we have to give so much of ourselves to family, to work, to all the other activities that crowd our lives, there must be something there in our spiritual bank account to give. And you can only give what you have.

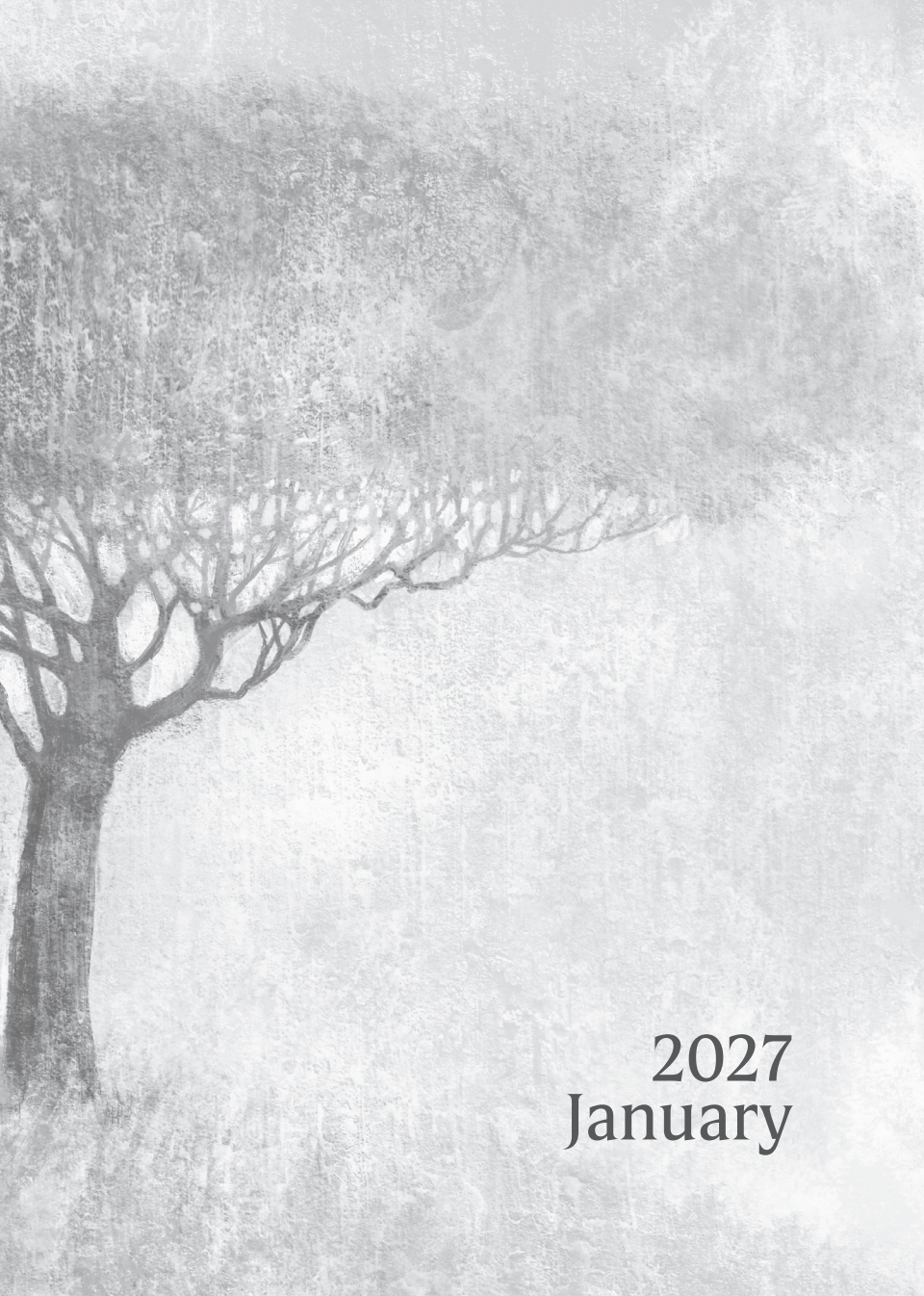
In writing this book I aim, along with my dear co-author Ann, to share with you some of the thoughts and ideas that work for us, to keep our minds and hearts in sync with the rhythm of the universe's mysterious sacredness. It is my hope that you can find an occasional inspiration, a reassurance and maybe a consolation perhaps when you need to take a tiny bit of time for yourself.

These little time-out reflections are meant to be used as a kind of spiritual breathing space; a short mindful pause that helps you move on and be even more effective.

Here's hoping you, dear reader, have a great year in 2027!

Juliette Hughes





2027
January

Friday

1.1.2027

Mary Mother of God

NEW YEAR'S DAY



*Ring out the old,
ring in the new...*

*Ring out the false,
ring in the true.*

Lord Alfred Tennyson

The English poet, Alfred Lord Tennyson, reminds us that at New Year we should ring out the false and ring in the true. Here we have the opportunity to cast off the shadows of regret over things left unattended or not completed well last year. We have the chance to start again with fresh resolve, facing our true north, standing tall and ready to do our best. We shape the year to come with our intention, followed by our action. Let us find what is true in our lives, seeking what is beautiful and good, making a gift of our lives for those around us.

Ann Rennie

Saturday

2.1.2027



As we celebrate the New Year, let us put on a new and better version of ourselves. We make resolutions, promises, changes, some of which stick, others falling by the wayside by the time we get back into the real rhythm of the year and its necessary work/life balance. Let's not be too hard on ourselves. However, we can reframe things, change or tweak a habit, pick up a new and positive attitude, make time to reflect and pray, to look ahead with hope. We have an abundance of days ahead on which to write this year in our lives. We have much for which to be grateful as we immerse ourselves fully into what 2027 will offer us.

Ann Rennie

What does your new version of you look like this year?
What changes, tweaks or adaptations are you making?

Sunday

3.1.2027

The Epiphany of the Lord



The Feast of the Epiphany celebrates the end of the twelve days of Christmas. Traditionally, it honours the Magi, the three wise men, who travelled to marvel and praise Jesus, the God-child born in Bethlehem. This was the first revelation to the Gentiles of God incarnate in the human story. They followed the guiding star to his humble manger and glorified the baby Jesus with gifts of gold, frankincense and myrrh. They knew that this child was destined for great things, a kingdom of no end.

Ann Rennie

Are you following a guiding star as you start the year?