

2025 Calendar

“Let there be light”

THE LITTLE
PUSH4
GOOD

focus on better mental health



Let there be light!

The selection of photography in this calendar are a reminder of the beauty of our world, particularly Yorkshire. It is also an invitation to see how light plays with the landscape, changing the colour of the hills, the sea, the sky. Light also changes our lives. With the dawn of a new day comes the promise of new beginnings, and with that comes hope.

The Bible often speaks of light – light being a herald of good news; of a better path; of the goodness of creation.

‘The people who walked in darkness have seen a great light’ (Isaiah 9:2) writes the great Old Testament prophet Isaiah. The psalmist described God’s word as ‘a lamp unto my feet and a light unto my path’.

But for people struggling with their mental health, it may be that they feel as if they ‘walk in darkness, and see no light’.

In these times, they need others to hold the lamp and light the way for them. The Little Push 4 Good reminds us all that we are not alone, and that we do not need to struggle alone. The charity’s aim of helping others, lifting them out of the darkness into the light, encourages us that we all have light to offer. Sometimes that may simply be sitting alongside someone else, admiring the rolling hills or watching the light shimmer on the waves.

But every little thing we do is our part of living Christ’s story, that life which we are called to live through our baptism. To paraphrase that well-known hymn ‘holding the Christlight for our brothers and sisters in their fear and speaking the peace they long to hear’.

May the light of God shine in your life throughout this year.

Stephen Cottrell, Archbishop of York



"But the path of the righteous is like a light of dawn, which shines brighter and brighter until full day ". Proverbs 4:18.

January 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---------|-----------|----------|--------|----------|--------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Ephiphany | | | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

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January

"But the path of the righteous is like a light of dawn, which shines brighter and brighter until full day". Proverbs 4:18.



February

"Your word is a lamp for my feet, a light on my path". Psalm 119 : 105



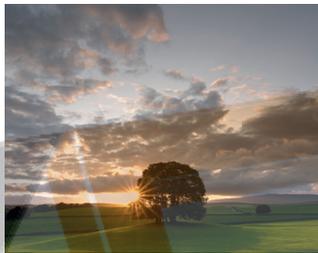
March

"I have come into the world as a light, so that no one who believes in me should stay in darkness". John 12 : 46



April

"Your unfolding of your words gives light ; it gives understanding to the simple". Psalm 119 : 130



May

"While I am in the world, I am the light of the world." John 9:5



June

"For it is you who light my lamp ; the Lord my God lightens my darkness". Psalm 18 : 28.



July

"See to it, then, that the light within you is not darkness". Luke 11:34-35



August

"The lord is my light and my salvation - who shall I fear?". Psalms 27 : 1.



September

Jesus said "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life". John 8 : 12



October

"The light shines in the darkness, and the darkness has not overcome it". John 1 : 5.



November

"God is light ; in him there is no darkness". John 1 : 5



December

"You, Lord, keep my lamp burning ; my God turns my darkness into light". Psalm 18 : 28.

All the profit from the sales of this calendar will go directly to our charity - we thank you for your 'Little Push' towards creating better mental health. We hope you have a prosperous and enjoyable 2025 !

www.thelittlepush4good.org.uk