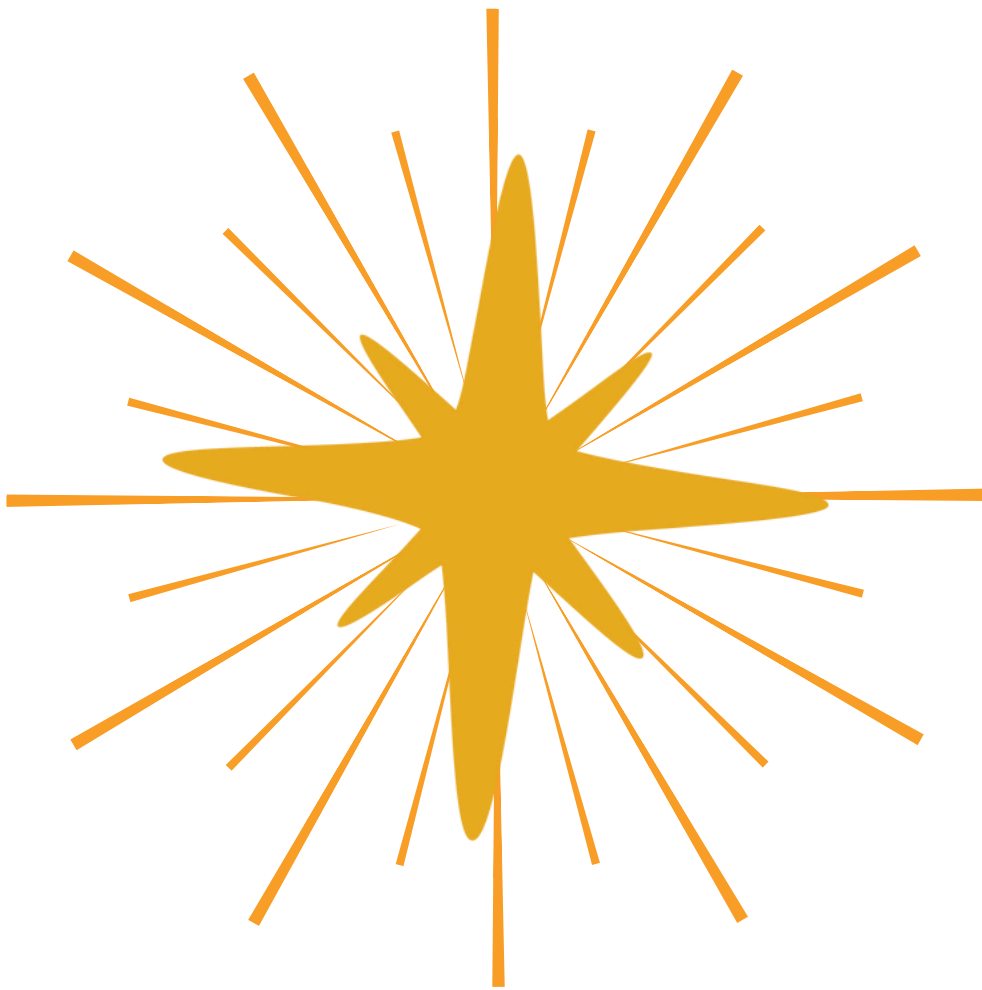


DIOCESE OF  
**YORK**

CALM and BRIGHT



WEEKLY IMAGE REFLECTIONS  
FROM ADVENT TO EPIPHANY

# CALM and BRIGHT

## ACKNOWLEDGEMENTS

Published 2024 by The Diocese of York.

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York

YO30 4XT

Company limited no. 225234. Registered charity no. 244976

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# CALM and BRIGHT

## INTRODUCTION

December can feel like chaos – lots of social events, services, Christmas presents to buy, never-ending to-do lists and the pressure to create the perfect Christmas. But in the midst of this chaos, our faith offers us all an opportunity to find peace, calm and joy during this busy season.

The Church of England's theme for Advent and Christmas 2024, Follow the Star: Calm and Bright, draws on the world-famous carol, Silent Night: “Silent Night! Holy Night! All is calm, all is bright...”

One of the reasons that this carol is so universally loved is the way it invites us into the still centre of the Christmas story, to contemplate Mary holding the new-born Jesus, the Light of the World.

**Following this theme, the Diocese of York offers this series of images to reflect on each week, from the beginning of Advent to the first week of Epiphany (1st December - 11th January). We invite you to dwell with the image each week, reflecting on the accompanying passage of scripture, finding your moments of calm and contemplation amidst the fast-paced society we live within. You might want to reflect on one word or phrase that speaks to you, or simply sit in quiet with the image throughout the week.**

We pray that as we take this Advent journey together, we will all find our moments of calm and bright during the season, where we welcome into our hearts the Prince of Peace.

WEEK ONE:  
SUNDAY 1ST - SATURDAY 7TH  
DECEMBER

The people who walked in darkness  
have seen a great light;  
those who lived in a land of deep darkness—  
on them light has shined.

*Isaiah 9.2*



WEEK TWO:  
SUNDAY 8TH - SATURDAY 14TH  
DECEMBER

Arise, shine; for your light has come,  
and the glory of the Lord has risen upon you.  
For darkness shall cover the earth,  
and thick darkness the peoples;  
but the Lord will arise upon you,  
and his glory will appear over you.  
Nations shall come to your light,  
and kings to the brightness of your dawn.

*Isaiah 60.1-3*



WEEK THREE:  
SUNDAY 15TH - SATURDAY 21ST  
DECEMBER

There was a man sent from God, whose name was John.

He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world.

*John 1.6-9*



WEEK FOUR:  
SUNDAY 22ND - SATURDAY 28TH  
DECEMBER

Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid; for see—I am bringing you good news of great joy for all the people.'

*Luke 2.9-10*



WEEK FIVE:  
SUNDAY 29TH - SATURDAY 4TH  
JANUARY

When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart.

*Luke 2.17-19*





WEEK SIX:  
SUNDAY 5TH - SATURDAY 11TH  
JANUARY

When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure-chests, they offered him gifts of gold, frankincense, and myrrh.

*Matthew 2.10-11*

