



# Prayers & Reflections

*for your sacred day*

2026



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Prayers & Reflections for Your Sacred Day 2026

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## Introduction

First of all, welcome to this year's edition of *Prayers and Reflections for your Sacred Day* and thank you for coming on this journey with Ann Rennie and myself.

As I looked at the calendar for the upcoming year of 2026, I found myself thinking the kind of thoughts that come to us when we contemplate the near future in uncertain times for the world. Would the world be more peaceful? If my prayers are answered in the way I would wish, then in the new year we will be looking at a less fraught and polarised atmosphere, a more generous and courageous world. Our hopes and expectation for the new year are here: You will find your authors asking God's help for this troubled planet and giving praise and thanks for all that is good and true.

My prayers for all who read this book are that you will find some inspiration and encouragement in these pages, something that comes to meet you wherever you are on your own road.

For we are all on a journey in this life, one that will take us to places we often don't expect, and sometimes don't want. If you are in a difficult place, my hope is that this book will contain sustenance for your heart and soul. If you are in a happy place, let us dance along with you.

May you walk with the knowledge of God's unconditional love always at your side.

*Juliette Hughes*



**2026**

**January**

# Thursday

**1.1.2026**

**NEW YEAR'S DAY**



New Year's Day: I look out of my morning window onto a new year in a new world. Today we celebrate new beginnings, a new day for a new year and a new us. Yesterday is gone, tomorrow hasn't happened yet – and all we have is this brand-new today moment. Every day can be a new day reborn, a fresh shiny hope, a promise and a blessing.

**Juliette Hughes**

**Today, let yourself live in this precious new moment  
that has never happened before.**

# Friday

2.1.2026



Our imagination often takes us into the future, sometimes worrying about things that may never come to pass. It can become overwhelming. Instead, try to focus on living in the present moment, otherwise known as 'mindfulness'. Put away that phone when you meet with a friend; give that task your full attention; enjoy that act of creation, whether it be playing music, or painting, or baking a new recipe. Mindfulness can be that a special New Year's gift to yourself that can last the whole year through.

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