

**12 January**

**Aelred of Hexham,  
Abbot 1167**

Almighty God, who endowed Aelred the Abbot with the gift of Christian friendship and the wisdom to lead others in the way of holiness: grant to your people that same spirit of mutual affection, so that, in loving one another, we may know the love of Christ and rejoice in the eternal possession of your supreme goodness; through Jesus Christ our Lord.

Amen.

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**12 January**

**Aelred of Hexham  
Abbot of Rievaulx**

Aelred was born at Hexham in 1109 and he entered the Cistercian Order at Rievaulx in about 1133, after spending some years in the court of King David of Scotland. He became Abbot of Revesby in 1143 and returned to Rievaulx four years later to become Abbot and to spend the remainder of his life. He was profoundly influential through his spiritual writings, which he began at the request of Bernard of Clairvaux, the two having a similar approach to the spiritual life. Because of this, Aelred was often called 'the Bernard of the North'. He died on this day at Rievaulx in 1167.

*Sourced from 'Exciting Holiness'*

**13 January**

**Hilary  
Bishop of Poitiers,  
Teacher of the Faith 367**

Everlasting God, whose servant Hilary steadfastly confessed your Son Jesus Christ to be both human and divine: grant us his gentle courtesy to bring to all the message of redemption in the incarnate Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen.

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**13 January**

**Hilary  
Bishop of Poitiers,  
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Hilary was born at Poitiers in about the year 315; his family, though pagan, gave him an excellent education and he was proficient in Latin and Greek. After extensive personal study he was baptised, he tells us, at the age of thirty. He was elected Bishop of the city in the year 350 and immediately became caught up in the Arian controversy, himself asserting that mortals of this world were created to practise moral virtues thus reflecting the one in whose image they are made, the eternal and creative first cause, God, and that Jesus Christ, the incarnate Son of God, is of one substance with the Father. His learning and oratory led to his title of 'Athanasius of the West'. He was known as a gentle, kind friend to all, even though his writings seemed severe at times. He died in the year 367.

*Sourced from 'Exciting Holiness'*