

3 Pause and reflect

Reflective music

Our Welcoming and Loving God is close to us always. As we grow and change we trust in the beauty of His creative love and make the Sign of the Cross.

"In the name of the Father,
and of the Son and of the Holy Spirit.
Amen"

We light a candle to welcome the presence of Jesus among us and prepare to listen to a short extract from St Paul:

Ephesians 2:10

You are God's work of art.

Ponder: What does this text mean to me?
What does this text mean to us?

4 Prayer

Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life.

5 Sing

'Take my hands.'

[Celebration Hymnal for Everyone, No. 676]



**The body heals with play, the mind heals with laughter
and the spirit heals with joy.**