

5

3 Pause and reflect

Reflective music

Triune God – Father, Son and Holy Spirit:
we first encounter your love in our Baptism;
we grow in it through the Mass, Holy
Communion, through good lives and
through prayer.

Strengthen us on our Christian journey as
we 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 listen to a short
extract from:

Psalm 139:13-18

You created every part of me;
you put me together in my mother's womb.
When my bones were being formed,
carefully put together in my mother's
womb, when I was growing there in secret,
you knew that I was there.
You saw me before I was born.

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

4 Prayer

Loving Father and Creator of all, we thank
you for the beauty, dignity and gift of
human life. Help us to respect and treasure
its sacredness from the moment of
conception until its natural end. Amen

5 Sing

'Take my hands.'

[Celebration Hymnal for Everyone]

*"I alone cannot change
the world, but I can cast a stone
across the water to create
many ripples."*

St Teresa of Kolkata

*"One smile can start a
friendship. One word can end
a fight. One look can save a
relationship. One person can
change your whole life."*

Unknown

God
Designed me.
Created me.
Blesses me.
Heals me.
Defends me.
Forgives me.
Loves me.

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GOD LOVES ME