

# Live in Hope and Gratitude



God of hosts, bring us back;  
let your face shine on us and we  
shall be saved.

A time of  
Reflection

# Reflect – Be attentive to Christ's Call

1 min

WAIT and .....

PREPARE your hearts to .....

Receive CHRIST



What do you need at this moment in time... Peace? Hope? Happiness? Rest?

# Is this really the new normal?

30 sec

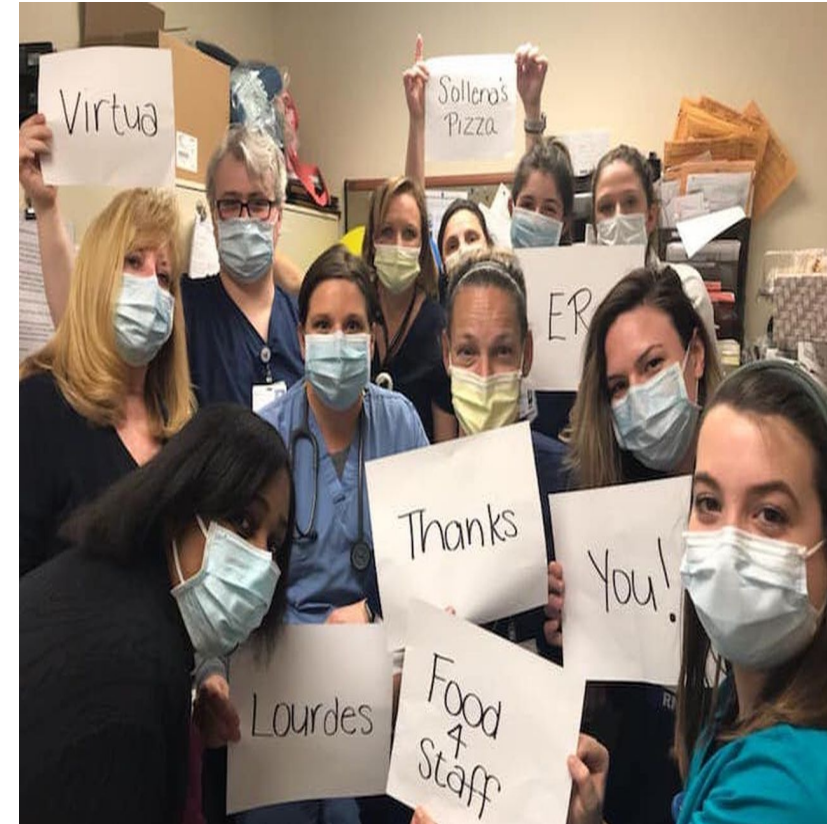


Have these images changed our lives?  
Have we experienced fear, uncertainty, worry, loneliness and lacking in love



"We never stop thanking God for all the graces we have received through Jesus Christ. I thank him that we have been enriched in so many ways....." (1 Corinthians 1:4)

1 min



What graces have you have been given? Support, Words of encouragement, a helping hand, someone who has listened to you.... thank God for the person who helped you

# Let us pray together....

1 min

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace.

Amen

Remain in silence and allow the Holy Spirit to flow through you.