

## Scripture for the Week

### Monday 23rd March

I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, you have raised my soul. (Psalm 29)

*Start a gratitude journal with five things to be thankful for today and add something whenever you can.*

### Tuesday 24th March

God is for us a refuge and strength, a helper close at hand, in time of distress: so we shall not fear though the earth should rock, though the mountains fall into the depths of the sea. (Psalm 45)

*If you have anything on your mind – write a letter to God about how you feel.*

### Wednesday 25th March The Annunciation of the Lord

The Angel Gabriel said to Mary “Rejoice, so highly favoured! The Lord is with you... Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.”. “I am the handmaid of the Lord,” said Mary, “let what you have said be done to me.” (Luke 1: 26-38)

*Watch the Behold clips and think about the importance of Mary’s ‘yes’. Do you recognise that you have a place in God’s plan too?*

### Thursday 26th March

I will place my law within them, and I will write it upon their hearts; and I will be their God, and they shall be my people, says the Lord. (Jeremiah 31: 33)

*God loves being in a relationship with us. Although we have to be ‘physically distant’ we should do what we can to maintain connections with those we care about.*

### Friday 27th March

The Lord is close to the broken hearted; those whose spirit is crushed he will save. Many are the trials of the just man but from them all the Lord will rescue him.

*We are being asked to change our usual behaviour for the sake of ourselves and each other. Be assured that it is worth it. Make sure that you only get your information from reputable sources and sites.*

*Send any prayer requests you have to Ms O’Neill and they will be prayed for each day.*

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*Holy Trinity ....Pray for us*



# Sacred Space

I arise today  
embraced in the arms  
of God the Father,  
empowered by the strength  
of God the Spirit,  
immersed in the love  
of God the Son.  
I arise today  
in the company  
of the Trinity,  
Father, Spirit and Son.  
I arise today



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"Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone."

- Pope Francis

Follow links for music, video and prayer

#### Behold

<https://www.behold2020.com/video>

#### Let it be

<https://www.youtube.com/watch?v=W54DCkMu8Ak>

#### My Lighthouse

<https://www.youtube.com/watch?v=IFBZJGSgyVQ>

#### Acts of Kindness

<https://www.youtube.com/watch?v=GdYJr03eJJE>

#### Laudato Si

<https://www.youtube.com/watch?v=lcP5E2trsX4>

Remember to check the website for up today information and  
Frequently Asked Questions