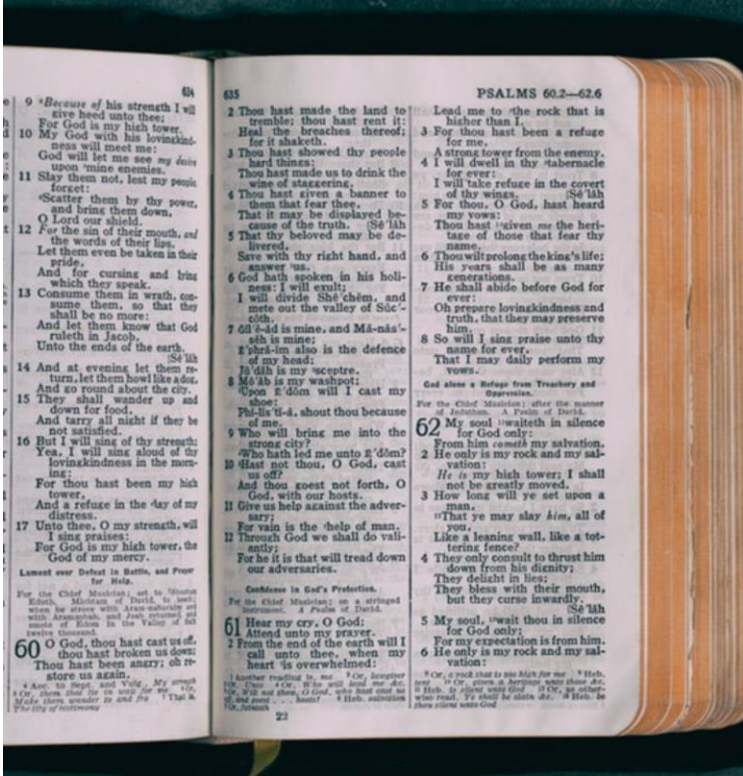




# PRAYER PACK



Prayer to Our Lady, Health of the sick

*O Mary, you shine continuously on our journey as a sign of  
salvation and hope.*

*We entrust ourselves to you, Health of the Sick.  
At the foot of the Cross you participated in Jesus' pain,  
with steadfast faith.*

*You, Salvation of the Roman People, know what we need.*

*We are certain that you will provide, so that,  
as you did at Cana of Galilee,  
joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love,  
to conform ourselves to the Father's will  
and to do what Jesus tells us:  
He who took our sufferings upon Himself, and bore our  
sorrows to bring us,  
through the Cross, to the joy of the Resurrection.  
Amen.*

*We seek refuge under your protection, O Holy Mother of  
God.*

*Do not despise our pleas – we who are put to the test – and  
deliver us from every danger, O glorious and blessed Virgin.*

Amen

## Almsgiving

Almsgiving means simply giving to those in need. It's about recognising how lucky we are to have so much and focussing on how we can help those around us to have the same. It's not just about giving money to charity however. You can give of yourself in so many ways – you can give your time, your compassion or your love to those in need and by doing so truly understand what Lent is all about.

God has given compassion to each one of us. But it's up to us to decide if we open our heart to it or close it up. We can open our hearts by seriously considering the needs of this world and people living in it. We need to focus our thoughts and open our hearts to those who suffer and need our help.

Deuteronomy 16:17

17 Every man shall give as he is able, according to the blessing of the Lord your God that he has given you.

Almsgiving involves giving, either materially or providing your skills.

Although it may be difficult at the moment to do these things, when you return to school, how could give to others?

I will donate/raise money for \_\_\_\_\_,  
because \_\_\_\_\_

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I will collect goods and donate it to \_\_\_\_\_

because \_\_\_\_\_

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I will teach someone to \_\_\_\_\_

because \_\_\_\_\_

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# St Paul

St. Paul the Apostle, original name Saul of Tarsus, was one of the leaders of the first generation of Christians, often considered to be the most important person after Jesus in the history of Christianity. In his own day, although he was a major figure within the very small Christian movement, he also had



many enemies. His surviving letters, however, have had enormous influence on Christianity and secure his place as one of the greatest religious leaders of all time.

Of the 27 books in the New Testament, 13 are attributed to Paul. Paul was a Greek-speaking Jew from

Asia Minor. His birthplace, Tarsus, was a major city in eastern Cilicia, a region that had been made part of the Roman province of Syria by the time of Paul's adulthood. Although the exact date of his birth is unknown, he was active as a missionary in the 40s and 50s of the 1st century CE. From this it may be inferred that he was born about the same time as Jesus. Paul spent much of the first half of his life persecuting the Christian movement, an activity to which he refers several times. The young Paul certainly would have rejected the view that Jesus had been raised after his death. Paul was on his way to Damascus when he had a vision that changed his life: according to Galatians 1:16, God revealed his Son to him. More specifically, Paul states that he saw the Lord (1 Corinthians 9:1), though Acts claims that near Damascus he saw a blinding bright light. Following this revelation, which convinced Paul that God had indeed chosen Jesus to be the promised messiah.

During the first two centuries of the Roman Empire, travel was safer than it would be again until the 19th century. Paul and his companions sometimes travelled by ship, but much of the time they walked, probably beside a donkey carrying tools, clothes, and perhaps some scrolls. Occasionally they had plenty, but often they were hungry and cold (Philippians 4:11–12; 2 Corinthians 11:27), and at times they had to rely on the charity of others. Paul's letters reveal a remarkable human being: dedicated, compassionate, emotional, sometimes harsh and angry, clever and quick-witted, and above all possessing a passionate commitment to God, Jesus Christ, and his own mission. Fortunately, after his death one of his followers collected some of the letters,



edited them very slightly, and published them. Amongst other things, Paul's letters described how people should behave.

If you could write a letter to the people of your town/city/village, during this time when we should all pull together, what would you write to them? What Christian teachings should they follow? How should they behave to those less fortunate than themselves?

[illegible]

### What is the Rosary?

The Rosary is a collection of prayers that help us think about times in Jesus' life. During each memory we say an Our Father, 10 Hail Marys and a Glory Be. This group of prayers is called a decade and there are five of them. Each one we think of a different memory (called a mystery) and these are in sets from different times in Jesus' life—see Mysteries of the Rosary.



## The Rosary Info Sheet

### Mysteries of the Rosary

When we pray the rosary we think of a set of five memories from the lives of Jesus and Mary. There are four sets of memories and we call them mysteries:

- Joyful Mysteries—Jesus' childhood;
- Luminous Mysteries (Mysteries of Light)—Jesus' adult life
- Sorrowful Mysteries—The events of Good Friday
- Glorious Mysteries—What happened after Jesus' Resurrection

### Where did it come from?

St Dominic saw Mary in a vision, and she explained the rosary to him telling him it would help bring people to Jesus.



### Why pray the Rosary?

It helps us get closer to Jesus and Mary. It helps us remember Jesus' experiences the same feelings we do!



**St Ralph  
Sherwin**  
Catholic Multi Academy Trust



## The Joyful Mysteries

These mysteries remind us that Jesus shared a normal family life, he was born he had parents, cousins. He was dedicated in the temple like every Jewish boy and he grew in wisdom as he got older. Most importantly though, these mysteries show us that wherever he was he brought joy.  
Jesus can bring you joy too.

1. Annunciation (Angel Gabriel appears to Mary) *Luke 1:26-38*
2. The Visitation (Mary visits Elizabeth) *Luke 1:39-56*
3. The Nativity (Jesus' Birth) *Luke 2:1-20 or Matthew 1:1-12*
4. The Presentation (the baby Jesus is brought to the Temple) *Luke 2:22-40*
5. The finding of the child Jesus in the Temple *Luke 2:41-52*





## The Luminous Mysteries (Mysteries of Light)

These mysteries are called luminous because in the events of these mysteries the light of God is revealed in Jesus. They show us that Jesus was not just some ordinary man, he's even more extraordinary than a prophet but he is actually God.

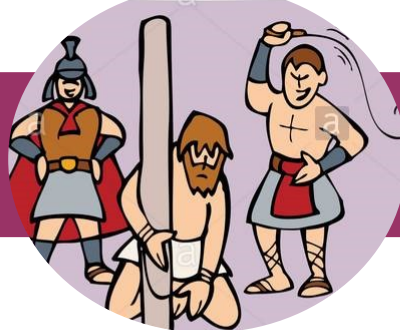
Jesus is Emmanuel—God with us.

1. The Baptism of Jesus *Matthew 3:1-17*
2. The Wedding at Cana (Jesus turns water into wine) *John 2:1-11*
3. The Proclamation of the Kingdom of Heaven (Jesus' teaching and promise of Heaven) *Matthew 4:17-5:16*
4. The Transfiguration (When Moses and Elijah appeared with Jesus) *Luke 9:28-36*
5. The Institution of the Eucharist (The Last Supper) *Matthew 26:26-30*



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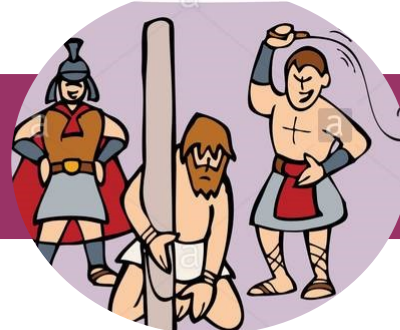


## The Sorrowful Mysteries

These mysteries follow the shortest amount of time, one day — Good Friday. These Mysteries remind us that Jesus has felt great pain and loss, Mary suffered too watching her son go through this, they suffer so we know that we are not alone.

Jesus is with us in the bad times as well as good.

1. The Agony in the Garden (Jesus sorrowful prayer and his arrest) *Matthew 26:36-50*
2. The Scourging at the Pillar (Jesus being whipped and beaten) *John 18:38-19:1*
3. The Crowning with Thorns *Matthew 27:27-30*
4. The Carrying of the Cross *Luke 23:26-31*
5. The Crucifixion (Jesus' death on the Cross) *Luke 23:33-49*





### The Glorious Mysteries

These mysteries are all about hope. The sorrow of Good Friday is gone and we see what is promised to us: eternal life, the power of the Holy Spirit in our lives, and the joy of being in heaven for eternity. Mary shows us that when we follow Jesus and trust him the rewards are beyond our imagination.

1. The Resurrection (Jesus rose from the dead) *Matthew 28:1-10*
2. The Ascension (Jesus going back to Heaven) *Acts 1:3-10*
3. The Coming of the Holy Spirit at Pentecost *Acts 2:1-8*
4. The Assumption of Mary (At the end of Mary's life her body & soul was taken up into Heaven) *John 14:1-3*
5. The Coronation of Mary Queen of Heaven *Rev 11:19-12:2*



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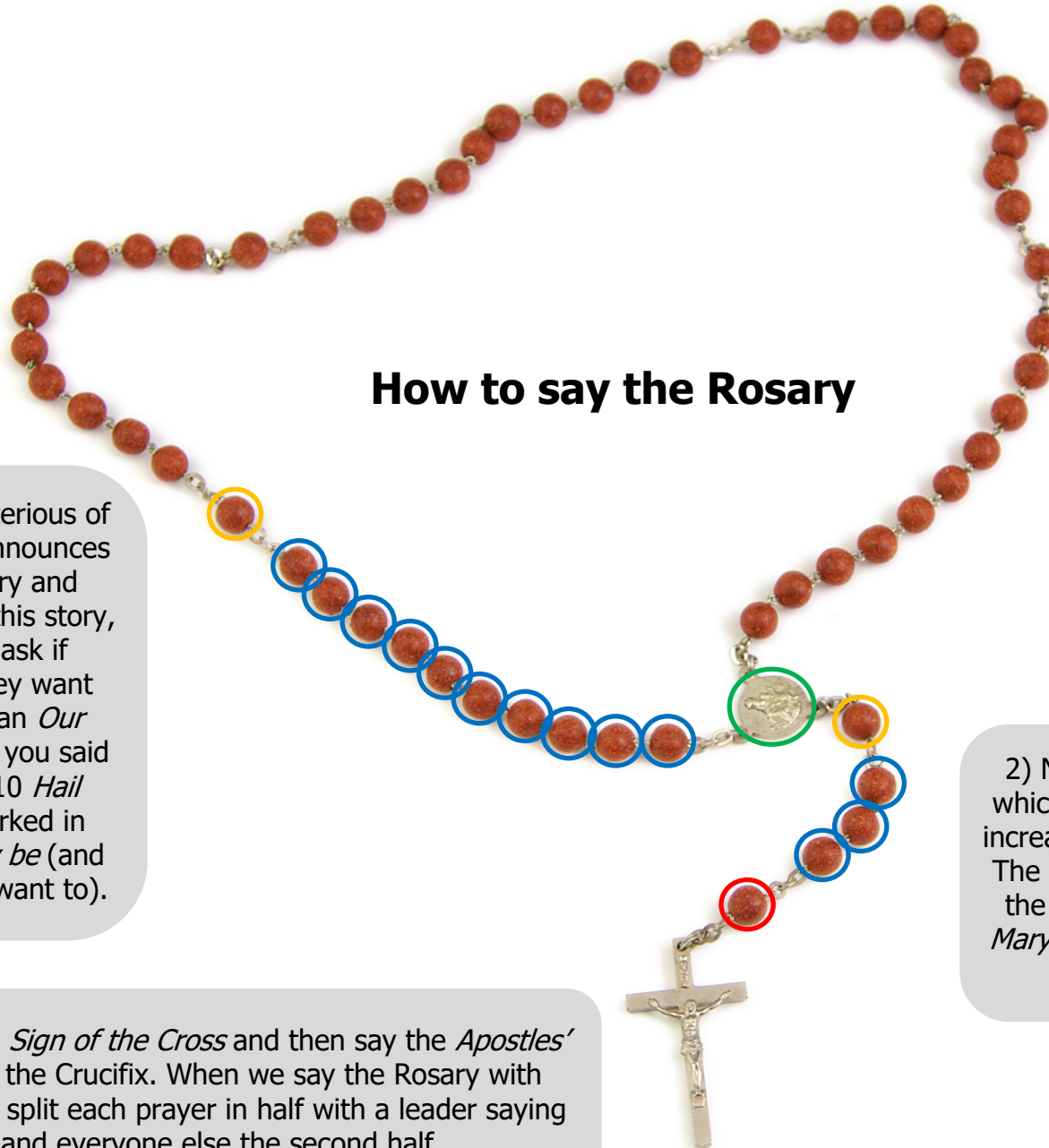


4) You then say an *Our Father* on the same bead you said the last *Glory Be* on and do the same of step three at each decade.

3) Now we start the mysterious of the Rosary. The leader announces the name of the mystery and allows people to think of this story, you may also want to ask if anyone has anything they want pray for. You then say an *Our Father* on the same bead you said the *Glory Be* on; then 10 *Hail Marys* on the beads marked in blue, followed by a *Glory be* (and the *Fatima Prayer* if you want to).

1) Start by making the *Sign of the Cross* and then say the *Apostles' Creed*, while holding the Crucifix. When we say the Rosary with others it is normally to split each prayer in half with a leader saying the first half and everyone else the second half.

## How to say the Rosary



5) When you finish all five decades, hold the medal of Mary circled in green (some rosaries will just have a join), and say the *Hail Holy Queen*. Make the *Sign of the Cross* and know that Mary was praying with you and Jesus has heard all your prayers!

2) Next are the introductory prayers which we say for the Pope, and for an increase in us of faith hope and charity. The red circled bead is an *Our Father*; the three blue circled beads are *Hail Marys*, and the yellow circled bead is a *Glory Be*.



# The Prayers of the Rosary

## Apostles' Creed

*I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only  
Son, our Lord,  
who was conceived by the  
Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was  
buried;  
He descended into hell;  
on the third day He rose again  
from the dead;  
He ascended into heaven,  
and is seated at the right  
hand of God the Father  
Almighty;  
from there He will come to  
judge the living and the dead.*  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

## Our Father

*Our Father who art in  
Heaven,  
Hallowed be thy name;  
Thy kingdom come  
Thy will be done  
On earth as it is in heaven.*  
Give us this day our daily  
bread;  
And forgive us our trespasses  
As we forgive those who  
trespass against us;  
And lead us not into  
temptation,  
But deliver us from evil.  
Amen

## Hail Mary

*Hail Mary, full of grace.  
The Lord is with thee. Blessed  
art thou amongst women, and  
blessed is the fruit of thy  
womb, Jesus.*  
Holy Mary, Mother of  
God, pray for us sinners, now  
and at the hour of our death.  
Amen

## Hail Holy Queen

*Hail, holy Queen,  
Mother of mercy, hail, our life, our  
sweetness and our hope. To thee do we  
cry, poor banished children of Eve:  
to thee do we send up our sighs,  
mourning and weeping in this vale of  
tears.*

Turn then, most gracious Advocate,  
thine eyes of mercy toward us, and after  
this our exile, show unto us the blessed  
fruit of thy womb, Jesus,  
O clement, O loving, O sweet Virgin  
Mary!

***Pray for us, O holy Mother of God.***  
That we be made worthy of the promises  
of Christ.

### ***Let us pray:***

O God, whose only-begotten Son, by His  
life, death and resurrection, has  
purchased for us the rewards of eternal  
life, grant, we beseech Thee, that  
meditating on these mysteries of the  
most holy Rosary of the Blessed Virgin  
Mary, we may imitate what they contain,  
and obtain what they promise, through  
the same Christ our Lord. Amen.

## Sign of the Cross

In the name of the  
Father,  
And of the Son,  
And of the Holy Spirit.  
Amen.

## Glory Be

*Glory be to the Father,  
and to the Son, and to  
the Holy Spirit,  
as it was in the  
beginning, is now, and  
ever shall be, world  
without end.  
Amen*

## Fatima Prayer

*O My Jesus, forgive us  
our sins, save us from  
the fires of Hell and  
lead all souls to Heaven,  
especially those who  
are in most need of Thy  
mercy.  
Amen.*

**Note:** The text in *italic* print is said by the leader and the normal text is the what is said as the response



**St Ralph  
Sherwin**  
Catholic Multi Academy Trust



# How to Make a Sacrifice/Good Deed Bead Bracelet



*“Without **love**, deeds - even the most brilliant, count as nothing” - St. Therèse of Lisieux*

## Supplies Needed

- 29” piece of cord (#9 twine)
- 11 beads (pony or wooden)
- 1 Miraculous Medal
- 1 Split Ring

### Step 1.

A. Put the split ring on your string

B. Put the miraculous medal on the string and pull it to the middle.

C. Leave about 1 bead length and tie a double knot – or do a corded rosary knot (A corded rosary knot is the best knot to do. See instructions for a rosary knot on the next page)



**Step 2.** Take the bead that you would like to use as The Our Father Bead and string both pieces of cord through the same side of the bead. Then tie a double knot or a corded rosary knot.



**Step 3.** Take a bead and pull one piece of cord through it. Then pull the second string through the same bead, but insert it in the opposite side so that the string makes an X inside the bead.





*Step 4.* Pick-up your next bead and again form an X with the string through the bead.

Pull both cords in opposite directions until the beads are tight against each other.

Repeat this step until you have 10 beads in total.



*Step 5.* Leave about 3 bead lengths and tie a double knot.



*Step 6.* Secure your Sacrifice/Good Deed Bead Bracelet to your wrist by tying the string to the split ring.

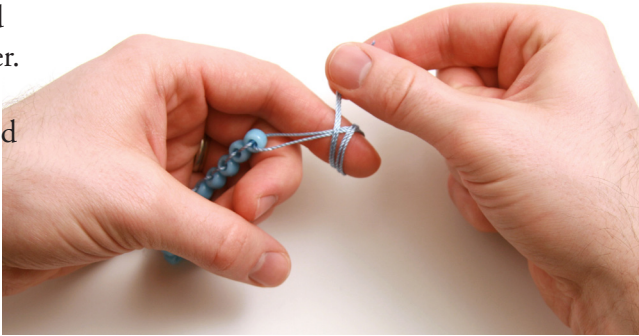


*Start pulling beads and doing acts of love!*

## How to Make a Corded Rosary Knot

**Step A.** Fold the cord over your index finger.

Wrap the cord around your index finger so that the cord forms an X.



**Step B.** Wrap the cord twice more around the finger for a total of 2 times (3 loops), moving toward the palm of your hand.



**Step C.** Gently slide the resulting coils off your finger while maintaining their form.

**Step D.** Pull the end of the cord through these coils from the rear to the front.

Very carefully, tighten the knot, pulling on the right side and maintaining the position of the knot with the left hand, (slowly) taking care to keep the coils in order, not letting the coils tangle or slip over one another. Once you are certain that the knot is correctly placed, pull to tighten.



## *Instructions for Making Sacrifice Beads / Good Deed Bead Bracelets*



St. Therèse, the Little Flower, as a child, used a small string of beads in her pocket to help her count the gifts she did to offer to God. In this way she was able to advance in perfection daily. You too, can grow in holiness by following the example of the Little Flower.

Sacrifice Beads or Good Deed Beads are a string of ten beads, which can be pulled and remain in place. They are used to count the acts of love or sacrifices a person makes in a day for God. The string of beads helps a person to grow in virtue by challenging them to be faithful in making acts of love each day. Sacrifice Beads also have a fixed Our Father bead on the end of them and can double up as a rosary.

For more information or to order sacrifice beads or kits, visit:  
[www.thelittleways.com](http://www.thelittleways.com)



## Praying the Psalms and other Scripture

Sometimes we find that we can get in a rut with prayer and end up praying the same old things about the same old things!

- When we pray the Psalms (or other passages of Scripture) we allow the words of Scripture to become the words of our prayers.

So choose a Psalm.

- Begin by reading the first verse and talking to God about whatever comes to mind. For example using Psalm 23:1 *“The Lord is my shepherd, I lack nothing,”* we could pray something like:

*Lord thank you for being my shepherd and that you give me all that I need each day. I praise You for Your faithfulness and Your goodness. Would You shepherd my family today. Guide them, protect them and provide for them. Bring members of my family (you might name them) who don’t yet know You into the safety of Your sheepfold.*

- When nothing else comes to mind, move onto the next verse and talk to God again. For example using Psalm 23:2 *“He makes me lie down in green pastures, he leads me beside quiet waters,”* we could pray something like:

*I praise You that You give me times to rest and to feed upon Your Word. Help me learn how to be still so that I might hear Your voice speaking to me. Enable me to follow You closely and in the power of the Holy Spirit. For those in my family and church who are struggling with busyness, Lord please open up oases of time for them to come and sit at Your feet.*

- Keep going, praying one verse at a time until you finish the Psalm.
- Skip any verses you don’t understand and simply go on to the next verse.
- Using this way of praying we can pray for four minutes to four hours, and we can pray for every situation that we want to.

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## Prayer “knots”

Praying with prayer ropes is one of the oldest ways of praying, mostly used by monks! It can help people focus by having something to hold in their hands.

Take a piece of rope or cord and tie half a dozen knots in it. Then hold the prayer rope and slowly slide it between your fingers, stopping at each knot to pray a prayer.

### 1) **Pray the Jesus prayer at each knot:**

***"Lord Jesus Christ, Son of God, have mercy on me, a sinner!"***

Or the shorter form: ***"Lord Jesus Christ, have mercy on me!"***

Or as you reach a knot you pray one part of the phrase ie:

At knot 1:     ***"Lord Jesus Christ,***  
At knot 2:     ***Son of God,***  
At knot 3:     ***have mercy on me,***  
At knot 4:     ***a sinner!"***

Repeat a number of times, praying slower and slower as you become more aware of the presence of God with you.

### 2) **Pray a prayer of thanks** for something God has given you at each knot

- **Pray a prayer of praise**; praising God for a different aspect of His character at each knot
- **Pray for people to come to know Jesus**; praying for a different person as you reach each knot.
- **Pray for a different situation in the world** at each knot
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## Examen Prayer

### Step 1: Take some time

Set aside some quiet time at the end of the day

### Step 2: Become aware of God's presence

Ask God to help you become aware of His presence with you.  
You might find lighting a candle or holding a cross helps you.

### Step 3: Thank God for the day's blessings

As you think through your day, what are you thankful for? Where was God at work? Thank God for the day's blessings.

### Step 4: Review the day with Jesus

Review the day with Jesus and be aware of your emotions.  
Have you felt anger? Jealousy? Compassion? Joy? Boredom?  
Talk to Jesus about those emotions and reactions.  
Is there anything you need to ask His forgiveness for?

### Step 5: Choose one thing to pray for

Choose one feature from the day and pray for it. It may be a conversation that stands out, or something that happened or an emotion you felt.

### Step 6: Look forward to tomorrow

Look forward to tomorrow. How do you want to live differently? How can you become more aware of God's presence? How can you become more aware of the gifts of the day?

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## A way to pray Ephesians chapter 6

### The Armour of God

Father God,

- ✦ I put on the **belt of truth** around my waist.  
Help me listen to and act upon Your truth alone, and not be deceived by the devil's lies.
- ✦ I put on the **breastplate of righteousness**.  
Thank you that because of the cross I can be righteous in Your sight.  
Help me live my life in a way that honours You. Guard my heart Lord.
- ✦ I put on the **shoes of the gospel of peace**.  
Thank you that I can have peace with You through Jesus. Help me be ready and alert to share the Gospel of peace with others.
- ✦ I stand behind the **shield of faith**,  
trusting that You are reigning, You are good, You are faithful and that You are all powerful.
- ✦ I place the **helmet of salvation** on my head.  
Thank you for the promise of salvation made possible through Jesus.  
Keep my eyes fixed on this wonderful hope and mount a guard over my thoughts.
- ✦ I take up the **sword of the Spirit**.  
Help me to listen to the voice of the Holy Spirit bringing a Scripture or instruction at my moment of need.
- ✦ I ask for your encircling hedge of protection to be around me and my family. In Jesus' Name, Amen.

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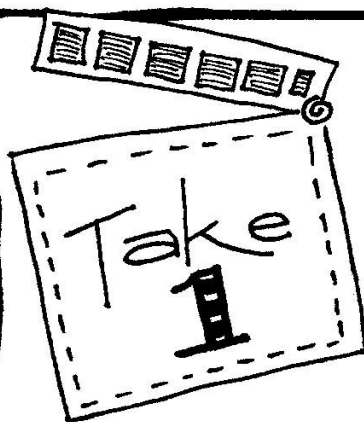
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# How2pray



THE WHO...

Dear Father in heaven



Mandy Groce '11

ministry-to-children.com

# How 2 pray

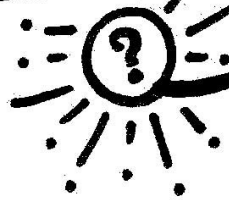


THE WHAT...

Give us this day our daily bread.



# How2pray



THE HOW...



Mandy Groce '11

[ministry-to-children.com](http://ministry-to-children.com)

# How2pray



THE WHEN...

Lead us not into



temptation

Mandy Groce '11

ministry-to-children.com

# How2pray



THE WOW!
















































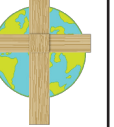







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# Mission Together Lenten Calendar 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>24 FEBRUARY</b> Decide as a class on your mission this Lent. 	<b>25 Shrove Tuesday Pancake day</b> Why do we make Pancakes today? 	<b>26 Ash Wednesday</b> Find out why ashes are placed on our foreheads today. 	<b>27</b> Think how you can pray, fast, and be more generous this Lent. 	<b>28</b> With your class, pray and reflect on the first two Stations of the Cross* 	<b>29</b> Tell a family member something you know about Lent. 	<b>1 MARCH Feast of St David</b> What does 'Diwrnod hapus St Davids' mean? 
<b>2 Sunday's Gospel</b> was from Mt 4:1-11* Read it as a class. What does it say about faith? 	<b>3</b> Find out about Mission Together and how you can share God's love with children everywhere. 	<b>4</b> Say the Mission Together prayer as a class. 	<b>5</b> Find out why purple is the colour of Lent. 	<b>6</b> With your class, pray and reflect on the 3rd and 4th Stations of the Cross* 	<b>7</b> As a family pray: 'May all children in the world, share love, share friendship, and live in the peace of God's love, now and forever. Amen.' 	<b>8</b> At church today share any worries you have with Jesus, our God and friend. 
<b>9 Sunday's Gospel</b> was Mt 17:1-9* Read it as a class. What does it say about listening? 	<b>10</b> Sing a Lent hymn as a class. Listen carefully to the words. 	<b>11</b> Find out what the word 'sacrifice' means. What you could sacrifice for someone today? 	<b>12</b> What can you share with someone today? Ask God to help you share. 	<b>13</b> With your class, pray and reflect on the 5th and 6th Stations of the Cross* 	<b>14</b> As a family, pray for those in need this Lent and think of ways you can help them. 	<b>15</b> At church today pray for those who are sick, sad or lonely. 
<b>16 Sunday's Gospel</b> was Jn 4:5-42* Read it as a class. What does it say about respect? 	<b>17 Feast of St Patrick</b> Where was Patrick sent as a missionary of God's love? 	<b>18</b> Say sorry to anyone you may have upset and forgive anyone who has upset you. 	<b>19 Feast of St Joseph</b> Who was Joseph? What virtues and values did he show? 	<b>20</b> With your class, pray and reflect on the 7th and 8th Stations of the Cross.* 	<b>21</b> Lent is a special time to say sorry and forgive. As a family, pray for the courage to do both. 	<b>22 Mothering Sunday</b> At church today ask God to bless all mums and grandmas. 
<b>23 Sunday's Gospel</b> was Jn 9:1-41* Read it as a class. What does it say about courage? 	<b>24 Feast of St Oscar Romero</b> Find out why Fr Romero was made a saint. 	<b>25</b> Keep an eye out for someone who needs some help this week. 	<b>26</b> Eggs are a symbol of new life. How does this link to Easter? 	<b>27</b> With your class, pray and reflect on the 9th and 10th Stations of the Cross* 	<b>28</b> Tell a family member about the Stations of the Cross and why we pray them in Lent. 	<b>29</b> At church today thank God for all the beautiful things he has created. Pray that you may care for them all. 
<b>30 Sunday's Gospel</b> was Jn 11:1-45* Read it as a class. What does it say about love? 	<b>31</b> What bad habit could you give up this week? Who could help you? 	<b>1 APRIL</b> Make someone smile today and share God's Joy with those around you. 	<b>2</b> Find out why hot cross buns are symbols of Easter. 	<b>3</b> With your class pray and reflect on the 11th and 12th Stations of the Cross* 	<b>4</b> Invite a family member to sit quietly with you and Jesus in prayer. 	<b>5 Palm Sunday</b> At church today thank God for being in our world. 
<b>6 Sunday's Gospel</b> was Mt 21:1-11* Read it as a class. What does it say about hope? 	<b>7</b> Today we remember how Judas made a bad decision. Ask God to help you make good choices this week. 	<b>8</b> Today Jesus planned his last supper. Thank God for your food and pray for children who are hungry. 	<b>9 Maundy Thursday</b> Why does the Pope wash the feet of others today? 	<b>10 Good Friday</b> Sit quietly, be still, and thank Jesus for showing us how to love. 	<b>11 Holy Saturday</b> Today we wait as Jesus lies in the tomb. Tomorrow we celebrate as Jesus rises to new life. 