

We Begin Our Prayer With The Sign Of The Cross



Leader: Let us remember that we are in the presence of God
ALL: Let us adore him.



Nature

“When I have a terrible need of - shall I say the word - religion. Then I go out and paint the stars.”
Vincent Van Gogh

**Reflection: Do you
think we encounter
God in nature?**



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Nature

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be.”

Anne Frank

Did you know? Research has found that people living in urban settings have a 39% higher risk of mood disorders than those in rural regions.

Reflection: Do you think that spending time outdoors is important for our mental health?



Nature

[Starling Murmuration](#) – BBC Video

Reflection: What have you witnessed in nature that's made you think 'wow!' What impact did it have on you?



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Lord God,

We thank You for Your many good gifts - for the beauty of Creation,
For clean water and fresh air, for food and shelter, animals and plants.
Forgive us for the times we have taken the earth for granted.
Softener our hearts and minds, so that we can learn to respect all living things.

We pray for all those who suffer as a result of our waste, greed and indifference,

And we pray that one day everyone will have enough food and clean water.

Help us to respect the rights of all people and all species ,
And help us to willingly share your gifts

Today and always. Amen.



Sister Catherine McAuley's Intercessions

May the God of Mercy bless and protect us all

All: Amen

May the God of Peace comfort us in times of trial

All: Amen

May the God of Love shine forth in our lives

All: Amen

We finish our prayer with the sign of the cross



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