



Resources needed:

- Pens
- Laptop with access to projector and speakers
- A4 or A3 paper

In the name of the Father and of the Son and of the Holy Spirit...

Lord,
Your goodness abounds throughout the earth,
Your kindness is upon all who put their hope in You!
May the sparks of your goodness set our hearts on fire,
Bringing hope to all who despair,
And joy to those who proclaim Your promise! Amen

- Play Faith and Prayer video reflection

Write one short note of encouragement or a prayer for someone you know who might need a lift — a friend stressed about exams, someone missing home, or a parish member who looks a little down.

1. Take a small card, sticky note, or folded piece of paper.
2. Write a simple, kind message — something like:
 - "Thinking of you today — may you find peace and strength."
 - "You are not alone. God walks with you."
 - "You've got this! Praying for calm and confidence this week."
3. Leave it where they'll find it — on their desk, under their door, or slip it into their notebook or prayer book.
4. Don't sign your name (let it be a quiet act of kindness).

