**Monday 11th January**

**WELCOME**: In the name of the Father and of the Son and of the Holy Spirit. Amen.

This week our theme is The Beauty of Human Life.

**WORD**: St Paul wrote a letter to the Christian community in Corinth and asked them, “Do you not know that your body is a temple of the Holy Spirit?” He said this because the people in that community were not looking after their bodies in a healthy way. They used their mouths for gossiping, their minds for being envious, their hands for pointing and condemning others. Their stomachs were greedy and their passions were out of control!

**WORSHIP**: God, we are created to be like you. Help us to use our bodies for good. Lord in your mercy, hear our prayer.

**WITNESS**: Today, if you say something negative about someone, find two things that you can say positively about them..

**MEDITATION (click on the link and turn on the sound)**

<https://www.loyolapress.com/retreats/the-unity-of-believers-start-retreat/>

We conclude our prayer in the name of the Father and of the Son and of the Holy Spirit. Amen