**Tuesday 12th 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?” Like the Corinthians, we sometimes need reminding that our bodies are temples of the Holy Spirit so that we view our beautiful bodies with the dignity that they deserve. Some of you will have cringed inside when you heard that phrase ‘beautiful bodies’ because we don’t always think our bodies are good enough.

**WORSHIP**: Jesus, when I look in the mirror help me to see me as you see me. Lord in your mercy, hear our prayer.

**WITNESS**: In the coming days try one of the following ways to give thanks to God for creating you just the way you are… 1. Don’t delete a photograph of yourself because you don’t like the way you look. 2. Don’t add a filter to a picture to ‘make yourself look better’ before uploading it on social media. 3. Write on a bit of paper “I thank you God that I am wonderfully made” and stick it on a mirror next to where you get ready.

Let us pray for Jake Timmis who died during the holiday. We think of his family and friends today as he is being buried and laid to rest. Eternal rest, grant unto him O Lord and let perpetual light shine on him. May he rest in peace. Amen.

**MEDITATION:**

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>

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