

KIT @ KIPPAX

Staying Connected while Physically Distant

Friday 26 June 2020

The Heart

We give thanks for the blessings of Winter:
Season to cherish the heart.
To make warmth and quiet for the heart.
To make soups and broths for the heart.
To cook for the heart and read for the heart.
To curl up softly and nestle with the heart.
To sleep deeply and gently
at one with the heart.
To dream with the heart.
To spend time with the heart.
A long, long time of peace for the heart.
We give thanks for the blessing of winter:
Season to cherish the heart.
Amen
From: The Prayer Tree, by Michael Leunig

I had an Epiphany moment recently when I realised that every human being on the planet is affected by the Covid-19 virus. This somehow brought me re-assurance.

Submitted by Joy McInerney

A good exercise for the heart is to bend down and help another up.

Submitted by Pauline Greig

In these times when we are anxious, we can remember on this journey, the highway of life has valleys and mountaintops.

Sometimes we have to SOAR.....

S Stretch

O Out

A And

R Risk

Submitted by Barbara Gardiner

Today's Gospel Matt. 8: 1-4



The Golden Chain of Contentment

If you can

keep your heart free from hate
and your mind free from worry

If you can

Live simply, expect little and
give much without being sorry.

If you can

sing often, pray always, and forget self.

If you can

think of others and their feelings too.

If you can

fill your heart with love and scatter
sunshine to those around you.

Then you will lead a peaceful happy life.

For these are the links in the

golden chain of contentment

Author unknown

Submitted by, Manel Samarashinge

Mary,
by love's sacrifice your heart is
pierced.

Mary,
by love's generosity you are
emptied.

Mary,
in temptation may we imitate your
obedience.

Mary,
in the hour of trial may we know
the love you gazed upon at Calvary

Frank Topping - *An Impossible God*