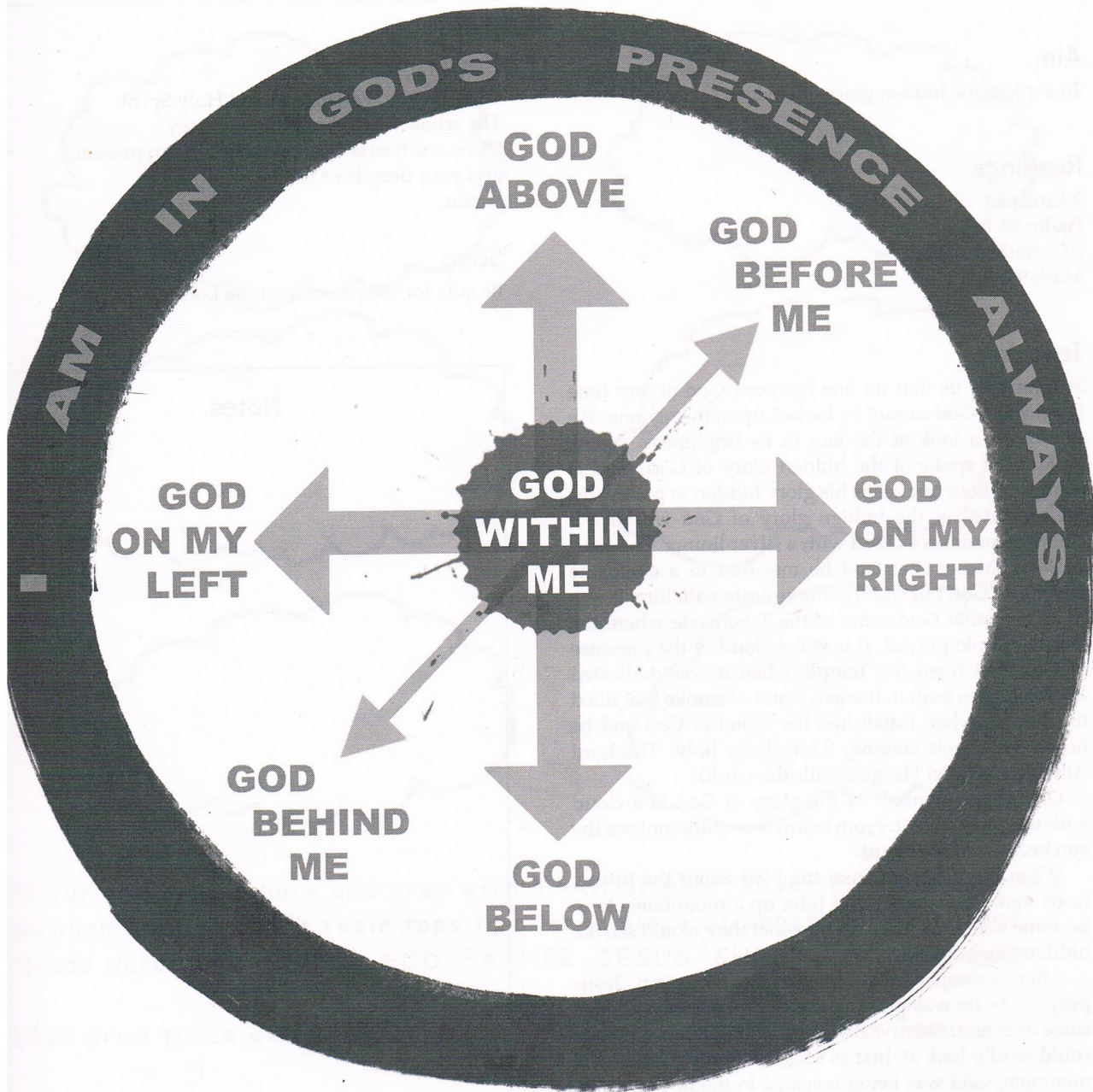




Second Sunday before Lent (B)



Write a short prayer to God affirming the seven directions. They are easy to remember and it makes a good guide for prayer: up - down - right - left - before - behind and within

Text God with a message of love

Even when our batteries are flat or we have run out of money we can text God

Prayer is freephone

