

MONDAY, MARCH 23

Let us put aside all thoughts of tasks we need to accomplish, meals we need to prepare, news broadcast and online teaching and give all of our thoughts and attention to the peace we need to be filled with the spirit of the Lord.

We start these few moments by looking closely at our hands....the very hands we have been cautioned to wash frequently, to keep away from our mouths...and to refrain from holding another's hands.

These are the hands that we use to grasp objects, to soothe pain, to make music, to prepare dinner, to control the steering wheel, to summon others. They are the hands we use to cradle infants and to comfort the sick. These hands touch, mold and direct.

We ask you to hold your hands up now and offer a blessing for yourself, for your spouse, upon your children.

In the name of the Father...

May the God who formed these hands guide them to bring the healing touch of life.

Holy God, bless these hands to be instruments of healing and that they may continue to be a blessing to others. Amen

Let us make the sign of the cross over our children.

Let us pray now, by responding to each petition: Lord, hear our prayer:

For the leaders whose hands sign the decisions that will impact our nation and our Church in this time of trouble, we pray:

For medical personnel and all health care providers whose hands minister to those in distress, we pray:

For the families everywhere whose hands will be needed to guide in-home education, we pray:

For those whose hands reach out from their isolation in nursing homes and hospital and home quarantine, we pray:

dear Lord we remember that as your people praying for your world,
it's the people closest to us that you call us to share our faith with,
by the way we live, the choices that we make that affect others,
the futures that we plan together,

Grant all in our family patience, understanding, compassion and hope.

Help us every day when we use our hands, when we hold hands, when we
touch, to bless, to remember that you are our God and we are your people.

And help us by that same spirit to love you with every ounce of who we are.

Bless us Lord,
In your name we pray, Amen

<https://youtu.be/rG3fJ-y1aD8>