

## Introduction

### 1. Blessing                  Jesus

**All say:        We give thanks for the blessing of Jesus in our lives**

#### **Scripture                  Ephesians 1:3**

'Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ'

#### **Song                  Jesus All For Jesus (Robin Mark)**

**All sing:** Jesus, all for Jesus  
All I am and have and ever hope to be  
Jesus, all for Jesus  
All I am and have and ever hope to be

**Prayer**                  Be, O Jesus, in my heart, And each hour, be recalled.  
Be, O Jesus, in my heart, For repentance when I fall.  
Be, O Jesus, in my heart, Be my companion constantly;  
So, O Jesus, faithful God, Oh never, never part from me.  
Be, O Jesus, evermore In my mouth and in my heart.  
Be, O Jesus, evermore also in my mind and thought.  
Be, O Jesus, evermore in all I learn and all I'm shown.  
So, O Jesus, faithful God, do not maroon me here alone.

#### **Song                  Bí íosa im Chroíse (Traditional)**

**All sing:** Bí, a Íosa, im chroíse 's im'chuimhne gach uair,  
Bí, a Íosa, im chroíse le haithrí go luath  
Bí, a Íosa, im chroíse le dúthracht go buan  
Ó, a Íosa 'Dhia dhílis, ná scar choíche uaim.

**Prayer**                      **Christ Has No Body (Saint Teresa of Avila)**

**All say:** Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.

**Song**                              **Anima Christi (Marco Frisina)**

**All sing:** Anima Christi, sanctifica me  
Corpurs Christi, salva me,  
Sanguis Christi, salva me,  
Aqua lateris Christi, lava me

**2. Blessing**                      **Family/Community**

**All say:**      **We give thanks for the blessing of family and  
community**

**Reflection**                      **Amoris Laetitia (Pope Francis)**

“Young love needs to keep dancing towards the future with immense hope.” [219]

**Song**                                      **A Joy For All the Earth - Anthem for th(Ephrem Feeley)**

**All sing:** The joy of love, a joy for all God’s family,  
The joy of love transcending time and space.  
Our Love for each other mirrors God the Father’s love.  
The joy of love: a joy for all the earth.

**Reflection      Amoris Laetitia (Pope Francis)**

“I thank God that many families, which are far from considering themselves perfect, live in love, fulfil their calling and keep moving forward, even if they fall many times along the way. The Synod’s reflections show us that there is no stereotype of the ideal family, but rather a challenging mosaic made up of many different realities, with all their joys, hopes and problems.” [57]

**Song              Sabbath Prayer (Bock/Harnick)**

**Reflection      Amoris Laetitia (Pope Francis)**

“The life of every family is marked by all kinds of crises, yet these are also part of its dramatic beauty. Couples should be helped to realize that surmounting a crisis need not weaken their relationship; instead, it can improve, settle and mature the wine of their union.” [232]

**3. Blessing**

**We give thanks for the blessing of Mary in our lives**

**Song              Mary Temple of the Lord (Marie Dunne)**

**Prayer**

**Mother of the Life Within**

O Mary, Mother of the Life Within,  
all life we entrust to you;  
The life of every expectant mother  
and the child within her womb:  
The life of every human body,  
the life of every human soul;  
The life of every newborn child  
and the life of all grown old.  
You held the Lord to your own heart  
and drew Him so close in.  
So draw us now in all our needs,  
O Mother of the Life Within.  
Amen.

## 4. Blessing

## Health

**All say:** We give thanks for the blessing of health in mind and body

**Prayer**                      **Prayer for health and healing**

May God heal you with fresh leaves growing.  
May your heart be refreshed with the blooms  
That spring up to reveal His glory  
And promises that you'll be renewed.

May God fill you with sunlight that dances  
May your body be warmed by the sun  
That shines in to cut the darkness,  
And promises happier times.

May God shower you with winds of healing.  
May your cares be replaced with fresh hope,  
That blows through the hardship you've suffered  
And leaves you in new love to soak in. Amen.

**Song**                      **Holy Mary Full of Grace (Paul Décha)**

**All sing:** When creation was begun,  
God had chosen you to be  
Mother of his blessed Son,  
Holy Mary full of grace.

Refrain

Ave, Ave, Ave Maria.

When creation was restored,  
You were there beside the Lord  
Whom you cherished and adored,  
Holy Mary, full of grace.

**Song**                      **Blessings (Laura Story)**

## **5. Blessing                      Creation**

**All say:                      We give thanks for the blessings of creation**

**Song                              The Perfect Wisdom Of Our God (Getty/Townend)**

### **Reflection                      Laudato Si**

“Our insistence that each human being is an image of God should not make us overlook the fact that each creature has its own purpose. None is superfluous. The entire material universe speaks of God’s love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God.” (Paragraph 84)

## **6. Blessing                      Peace**

**All say:                      We give thanks for the blessing of peace in all its forms**

**Song                              Healing Light: Celtic Prayer (Karl Jenkins)**

### **Prayer**

**All say:**                      Lord, make me an instrument of your peace.  
Where there is hatred, let me bring love.  
Where there is offense, let me bring pardon.  
Where there is discord, let me bring union.  
Where there is error, let me bring truth.  
Where there is doubt, let me bring faith.  
Where there is despair, let me bring hope.  
Where there is darkness, let me bring your light.  
Where there is sadness, let me bring joy.  
O Master, let me not seek as much  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love,  
for it is in giving that one receives,  
it is in self-forgetting that one finds,  
it is in pardoning that one is pardoned,  
it is in dying that one is raised to eternal life

**Song**                      **A Gaelic Blessing (John Rutter)**

**7. Blessing**                      **Grateful for Everything**

**All say:**      **We give thanks for the many blessings we enjoy**

**Song**                      **Jubilate Deo (W.A. Mozart)**

**Reflection**                      **Meister Eckhart**

If the only prayer you ever say in your entire life is thank you, it will be enough

**Reflection**

The Gospels only records two times that Jesus pronounced a blessing. In the upper room, after He washed the disciples' feet and commanded them to follow His example, He said ([John 13:17](#)), "If you know these things, you are blessed if you do them."

**Final Blessing**                      The Lord bless you, and keep you;  
The Lord make His face shine on you,  
And be gracious to you;  
The Lord lift up His countenance on you,  
And give you peace.

**Song**                      **Count Your Blessings (Irving Berlin)**  
When I'm worried and I can't sleep  
I count my blessings instead of sheep  
And I fall asleep counting my blessings  
When my bankroll is getting small  
I think of when I had none at all  
And I fall asleep counting my blessings