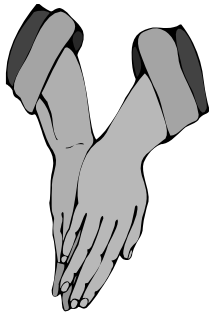


## **SEASONAL TABLE CARDS**

The parish uses table cards on a regular basis to both encourage prayer in one's home and to help parish members share some common practices of prayer, no matter our schedules.

### **To use:**

- Print out page two of this document.
- Fold the page in half so that the prayer is on one side and the reflection on the other.
- Place the card on the table where you eat or another conspicuous spot and use it as your prayer before meals or as a night prayer.



As we make the Sign of the Cross, we pray...  
In the name of the Father, who called us into being,  
In the name of the Son, who loves us into being,  
In the name of the Holy Spirit, who sustains our being.  
Amen.

- Placing our hands over our hearts, we pray for an open heart, to know God's love and to love others as God has loved us.
  - Placing a hand on our forehead, we pray for an open mind, to know God as he reveals himself to us in all the moments of our lives.
  - Opening our hands, as to receive a gift, we pray for open hands, to receive all with which God wished to bless us.
  - Raising our hands to the heavens, we pray for a grateful awareness, to the beauty of all that surrounds us.
- Response: Bless us, O Lord!

Father, may we be nourished through prayer to be faithful in our relationship with you. May our prayer challenge us to be people of faith, hope, and love in our world. Amen.

Prayer



### Jeremiah 29:12-14

“When you call me, when you go to pray to me,  
I will listen to you.  
When you look for me,  
you will find me.  
Yes, when you seek me with all your heart,  
you will find me with you, says the Lord, ...”

Recall the times you have prayed to God and  
...found comfort and peace.  
...felt his intimate presence.

Where in your life now do you need to turn to God in prayer?  
Who in your life needs you to pray for them?