**ETHOS MOMENT: THURSDAY 19TH MARCH 2020**

Hello boys and girls. I hope everyone is happy and well. We will begin by blessing ourselves: **In the name of the Father and of the Son and of the Holy Spirit, Amen**. Now we will say our morning prayer**: Father in heaven you love me, you are with me night and day. I want to love you always in all I do and say. I’ll try to please you Father, bless me through the day, Amen.**

Let’s take a deep breath and be quiet and still for a moment. Perhaps Mam or Dad could light a little candle now because we know when we light our candle, Jesus is with us in a special way.

Today we will read the story of when the angels appeared to the shepherds out in the fields.

A reading from Luke Chapter 2: Verses 8-14

In the countryside close by, there were shepherds out in the fields keeping guard over their sheep during the watches of the night. An angel of the Lord stood over them and the glory of the Lord shone round them. They were terrified, but the angel said: Do not be afraid. Look I bring you news of great joy. A joy to be shared by the whole people. Today in the town of David, a Saviour has been born to you; he is Christ the Lord. And here is a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger. And all at once with the angel, there was a great throng of the hosts of heaven, praising God with the words: “Glory to God in the highest heaven and on earth peace for those he favours”.

The word of the Lord.

**Thanks be to God**

The Shepherds were frightened at first but then they were delighted. God has sent us his angels to take care of us and mind us. We each have a guardian angel watching over us and keeping us safe. Have you ever wondered what your guardian angel looks like? Have you ever wondered what their name is? Why not use your imagination and draw your guardian angel and give them a name. Say the special prayer to your guardian angel every day: Send in a photo of your angels to the school email at edmondstownns.ie and I will put them up on the website.

**O Angel of God, my guardian dear,**

**to whom God’s love commits me here.**

**Ever this day be at my side,**

**to light and guard, to rule and guide,**

**Amen.**

Another lovely prayer to our angel is:

**Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me.**

**Below is a picture of what one artist thought an angel might look like. I can’t wait to see what your angel looks like!**

We will finish now by repeating:

**God bless our family**

**God bless our school friends**

**God bless the nurses and doctors**

**God bless us all. Amen**