**ETHOS MOMENT: WEDNESDAY 25TH MARCH 2020**

Good morning boys and girls. Let’s begin by blessing ourselves:  **In the name of the Father, and of the Son and of the Holy Spirit, Amen.**  If you have a little prayer space set up, perhaps an adult might light the candle now. We’ll 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.**

Thank you to all the boys and girls who have sent in lovely photos of themselves and their work. Keep up being good for your Mam and Dad. We remind ourselves that it is still Lent and we are doing our best to do our good deeds and if you have given up a treat, you might like to put the money you would have spent on it into your Trócaire box.

Today is actually the Feast of the Annunciation. You remember we chatted about this already – it was the time when the Angel Gabriel announced to Mary that she would become the mother of Jesus. Today, Archbishop Eamon Martin asks us to pray the Angelus together at 12 noon as he dedicates Ireland to the Immaculate heart of Mary. Today, Pope Francis wants every one all over the world to pray the Our Father at 12 noon Italian time (11am Irish time) so that we will lift up our prayer to God to ask him to help and protect us from the corona virus that is spreading around the world. Maybe you will find time with your family to pray at these times.

We say the Angelus now which like the First Joyful Mystery of the Rosary, celebrates the Annunciation.

V. The Angel of the Lord declared unto Mary,  
**R. And she conceived of the Holy Spirit.**  
  
**Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou amongst women and Blessed is the fruit of Thy womb Jesus.**  
  
V. Behold I am the handmaid of the Lord.  
**R. Be it done unto me according to Thy Word.**  
  
Hail Mary, etc...  
  
V. And the Word was made flesh,  
**R. And dwelt among us.**  
  
Hail Mary, etc...  
  
V. Pray for us, O holy Mother of God.  
**R. That we may be made worthy of the promises of Christ.**  
  
Let us pray:  
  
**Pour forth, we beseech Thee, O Lord,  
Thy Grace into our hearts;  
that we to whom the incarnation of Christ,  
your Son was made known by the message of an angel,  
may by His passion and cross  
be brought to the glory of His Resurrection.  
Through the same Christ, our Lord.  
  
Amen.**

Today if Mam or Dad asks you to do something, I want you to try to say YES, just as Holy Mary said YES. Every time you say YES and do as you are asked, draw a little heart and stick it on the fridge. How many hearts of love will you have on the fridge by tonight I wonder?

Thank you Lord for laughter and fun

Thank you Lord for families and friends

Thank you Lord for our beautiful world

Amen

