**ETHOS MOMENT: THURSDAY 26TH MARCH 2020**

Good morning boys and girls. Let’s bless ourselves***: In the name of the Father and of the Son and of the Holy Spirit, Amen.*** If you have an adult with you, they might like to light a candle now in your Sacred Space. Let’s 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 for sharing the lovely photos of you working well at home – it is lovely to see that you are all smiling and being so good. This is important because it is a tough time for Mams and Dads and so children need to try their best to be good. I wonder how many YES hearts you got yesterday?

Today we listen to the reading from Matthew : Chapter 6: 25 – 34

That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food and the body more than clothing. Look at the birds in the sky. They do no sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin. Yet I assure you that not even Solomon in all his royal robes was clothed like one of these. ……..So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.

The Word of the Lord

Thanks be to God.

In this reading, Jesus reminds us to Trust in God and not worry. Let’s close our eyes for a moment. We ask God to help us to take a deep breath and to relax. If there is anything we are worrying about we are going to think of it now and pretend to put all our worries into a balloon. Picture a little balloon in your mind. Give it a colour. Now as you blow up this balloon, blow into it all your worries and fears. Now let’s tie up the balloon and now watch as your balloon floats off up into the sky, taking away all your worries up to heaven. Do you feel better already? Open your eyes.

We say together:

***O Sacred Heart of Jesus I place all my trust in Thee.***

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Now it would be lovely if you would draw yourself and your balloon and send in a picture of it to the school email. Or perhaps you might like to write out your worries on a little slip of paper and blow up a real balloon and slip your worries into it and then let it float off up into the sky.

Have a lovely day.

***In the name of the Father and of the Son and of the Holy Spirit, Amen.***