

Mrs Acton's 'Thought for the day'



That person who helps others simply because it should or must be done, and because it is the right thing to do, is indeed without a doubt, **a real superhero.**

—Stan Lee



Let us pray...

This is a very simple but very beautiful prayer to think about your friends and family who you are unable to see at this time.

As you say this prayer, ask our Loving Father to extend his loving arms around all those who you love and care for through your prayers.

Amen



When my arms can't reach people who are close to my heart, I always hug them with my prayers.