

# PRAYER

Prayer is an important part of our lives, though in reality how many of us spend any time in prayer never mind quality prayer?

We have all learned several prayers at school, the Hail Mary, Our Father etc, but what part of us are saying these prayers...

...our mouth,  
our mind.  
our hearts?

Did you know that we do not have to say these conventional prayers in order to communicate with God?

We can say anything as long as we are speaking from the heart, because once we talk to God, we may hear him talking to us.

## LOST FOR INSPIRATION?

There is a web site for everything else, so why not prayer?

One is providing a daily prayer, or thought for the day (<http://sacredspace.ie/>) and the other gives a podcast to download and use when convenient (<http://www.pray-as-you-go.org/>).

# PREPARING TO PRAY

- Find a quiet place.
- Stop and relax by breathing in and out slowly a few times
- Ask God to be with you in this moment
- Recall your feelings and actions over the day and reflect on these
- Give thanks for the blessings of the day and the gifts you have received
- Take time to talk to God, as your friend, about your day
- Ask for God's help for the day ahead

"I express my deep appreciation for all those social and pastoral initiatives aimed at combating the socio-economic and cultural mechanisms which lead to abortion, and openly concerned with defending life and promoting the reconciliation and healing of those harmed by the tragedy of abortion."

Pope Benedict XVI

In the silence of prayer you can spread out your hands to embrace nature, God, and your fellow man. This acceptance not only means that you are ready to look at your own limitations, but that you expect the coming of something new.

In prayer, you encounter God in the soft breeze, in the distress and joy of your neighbour and in the loneliness of your own heart.

A man with hope does not get tangled up with concerns for how his wishes will be fulfilled. So, too, his prayer is not directed towards the gift, but toward the one who gives it.

Henri J. M. Nouwen

# What we do!

A range of services is available to any women or girl who thinks they may be pregnant and for whom the pregnancy is likely to cause a problem.

These services include:

- Free pregnancy testing
- Confidential counselling
- Practical help

IN ADDITION:

Counsellors also speak in schools on the development of the baby in the womb and the long term effects abortion can have both emotionally and physically for the mother.

We are supported by Pro Life Cells which have been formed in schools, parishes & local communities. These groups offer support both practically, by providing layettes, and spiritually by praying for the pro life cause.

## Calendar of Events

### **Counsellor Training**

Beginning soon.

Available to adults who share our views.

Please call or email for further information.

### **Torchlight Procession**

Mass and procession in St. Francis Xavier, Carfin, ML1 5HA.

7.30 pm on Monday 4<sup>th</sup> October.

Tea afterwards in the Little Flower hall (across the road)

All welcome

### **Ceilidh & Annual Raffle**

Friday 19<sup>th</sup> Nov. Holy Family Hall, Mossend.

7.30 – 11.30 pm. £6 for adults, £3 for children including food.

**Everyone is welcome!**

Innocents House  
17 Viewpark Rd  
Motherwell  
ML1 3ER

01698 262699

[theinnocents@btinternet.com](mailto:theinnocents@btinternet.com)

[theinnocents.org.uk](http://theinnocents.org.uk)

# The Society of the Innocents Lanarkshire



***Grant us, Oh Lord, a new appreciation  
of the sanctity of human life.***

***Show us how to make our Society,  
one in which no child is unwanted,  
no adult feels abandoned,  
and the pressures which lead to  
abortion,  
no longer exist.***

***Grant Lord that those who  
acknowledge the sanctity of life,  
will be inspired by your son to lead a  
life of sanctity,  
Amen***

Summer 2010