

Come Holy Spirit,

send out a ray of your heavenly light.

Come father and mother of the poor.

Come with your transforming power.

Breathe upon and into

my thoughts and actions this day.

Enkindle my heart

with the flame of Love and

enlighten my mind to recognise

where my love has grown dim.

May I do or say something today

that will help others

feel affirmed and supported.

May all who see me

and all who meet me

feel sheltered and cared for.

Let your wind and fire move me

into the place where I am needed.

Let me become your breath so that I

may assist you in breathing new life

into places that are stale and unfruitful.

Enable me to be strong and gentle,

powerful and humble.

Come, Holy Spirit

send out a ray of your heavenly light.

Come, father and mother of the poor.

Come, the giver of gifts.

Come, light of my heart.

Amen.

