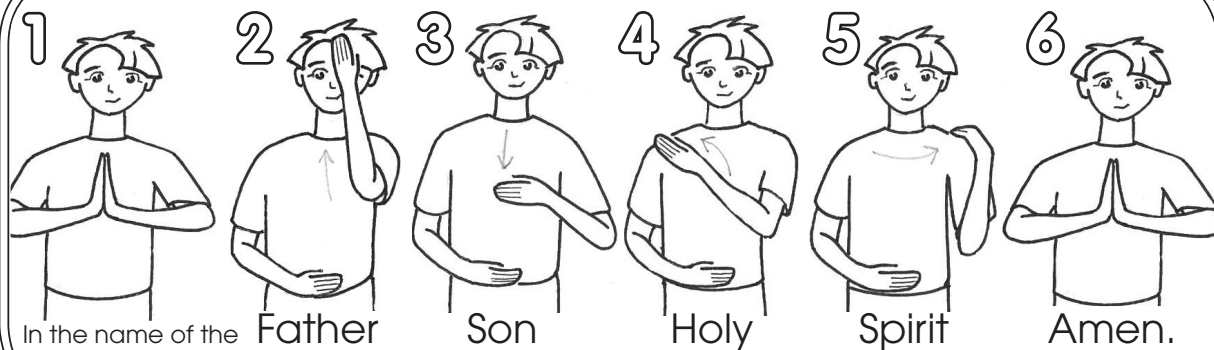


# To Begin Family Supplement

This week we learnt about prayer and were introduced to the Sign of the Cross. We have spoken about the Sign of the Cross as being a way of 'dialling up God' for prayer (for a chat).



Soon, we will be introduced to a prayer of thanksgiving and praise and the prayer of silence (allowing ourselves to be in silence and quiet with the presence of God in our heart).

As your child leaves for school each day mark them on their forehead with the sign of the cross asking for God's protection of them during the day. At bedtime when you say good night, repeat the action in thanksgiving for the day and ask for a peaceful night for your child.