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## *A Monthly Spiritual Bouquet by St. Mary's Parish*

Let us join together as a community to create a "Spiritual Bouquet" for this month's intention.

*January intention: a safe environment for all children*

*What can you offer? Here are some ideas.....*

**Prayers** ....pray especially for all children to live in safety and protection from hurt.

**Time in the Adoration Chapel**....dedicate an hour of time for those children who live in fear and abuse.

**Service to a charitable cause**....volunteer at Martha's Kitchen, or at another charity, where our poor children and families are able to find the food they so desperately need.

**Pray for deceased children**....particularly those killed before or after birth, that they rest in peace with God, and that by His mercy, those responsible come to conversion.

**Exercise time** ....walk for 30 minutes; dedicate the time to saying a Rosary for all the abused children and adults in our world, or offer up that time and effort as an act of penance.

**Diet**....change something in your diet for a healthier choice; offer up the sacrifice for the lost and missing children of our world.

**Keep the Sabbath**....focus one Sunday this month in prayer for the world's abused and neglected.

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