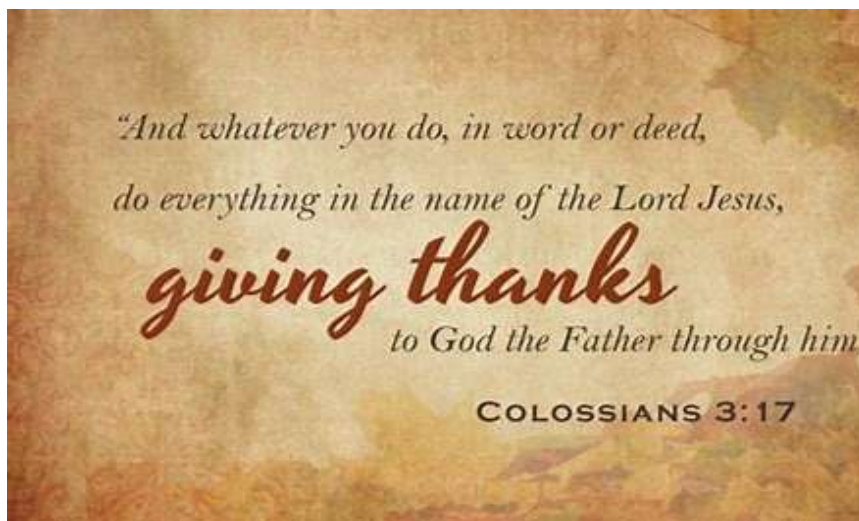


I am giving you **worship** with all my life,
I am giving you **obedience** with all my power,
I am giving you **praise** with all my strength,
I am giving you **honour** with all my speech.

I am giving you **love** with all my heart,
I am giving you **affection** with all my sense,
I am giving you **my being** with all my mind,
I am giving you **my soul**, O most high and holy God.

Praise to the Father,
Praise to the Son,
Praise to the Spirit,
The Three in One.

adapted from Alexander Carmichael, Carmina Gadelica (1900)



An Act of Spiritual Communion

**My Jesus, I believe that You are present in
the Most Holy Sacrament.**

**I love You above all things, and I desire to receive You
into my soul.**

**Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.**

**I embrace You as if You were already there and unite myself wholly to
You.**

Never permit me to be separated from You.

Amen.



PARISH VISION PRAYER

**Heavenly Father, Holy Trinity Parish is your family committed to
praying and growing together,
as we build on the gifts of our past,
the living of our present and hopes for the future.**

**Lord Jesus, we are nourished by prayer,
the Word and Sacraments, especially the Eucharist.**

We recognise and trust in each other's spiritual gifts.

We will strive to be a visible sign of God's love for the world.

**Holy Spirit, baptised in your name,
we accept the challenge to live as Jesus did.**

**We will celebrate our lives and gifts in service to others,
welcoming all people and sharing our talents and resources.**

**As a Parish, we will endeavour to make present the Kingdom of God,
here and now.**

AMEN.