

Reflect and pray

Acknowledge tiredness or exhaustion

What refreshment do you seek?

What nourishment do you need?



Reflect and Pray



What are you doing here?

Are you being called to a new way of being; to embrace possibilities; set out on a different course; take courage and act in a new way?

Is there something to 'Go Back' and be reconciled with?



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Is there a challenge you need to face?

Are you afraid? What help do you need?

Be honest with God who knows what you need before you ask

Reflect and Pray

Give thanks for those who encourage us and have encouraged us in the past.

Is there someone you need to encourage?

For what do you need courage?



St Michael

Saint Michael is viewed as the commander of the Army of God. From the time of the apostles, he has been invoked and honored as the protector of the Church. Scripture describes him as "one of the chief princes" and the leader of heaven's forces in their triumph over the powers of hell.

Saint Michael defeats Satan on two occasions, first when he ejects him from Paradise, and secondly in the final battle of the end times when the Antichrist will be defeated by him. Saint Michael is the traditional prototype of the *spiritual warrior*, a paradigm extended to other warrior saints. This conflict against evil may at times be viewed as an interior battle.

- (Opposite) *Archangel Michael saving persons from purgatory*, by Jacopo Vignali, 17th century.

Saint Michael is one of the angels presumed present at the hour of death. Traditionally, he is charged to assist the dying and accompany them to their particular judgment where he serves as an advocate, hence the scales.



The above was courtesy of Wikipedia