

**Father God**

**Thank you for this moment.**

**The sounds of the sea;**

**its power, its depth,**

**the life within.**

**The gentleness on the shore.**

**Its ebb and flo**

**stilling my breathing;**

**calming my heart and soul.**

**this oneness, this peace.**

**Father, Thank you for the**

**awareness of this moment.**

**Of knowing that I am loved.**

**Being held safe in your care.**

**Thank you for this life I hold;**

**a gift from you,**

**to me, to us, to you.**

**Father, thank you**

**for Jesus, my Saviour, brother;**

**for Sonship; Fatherhood.**



Pastoral Care Project, St Gerard's, , Coventry Road, Coleshill B46 3ED

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