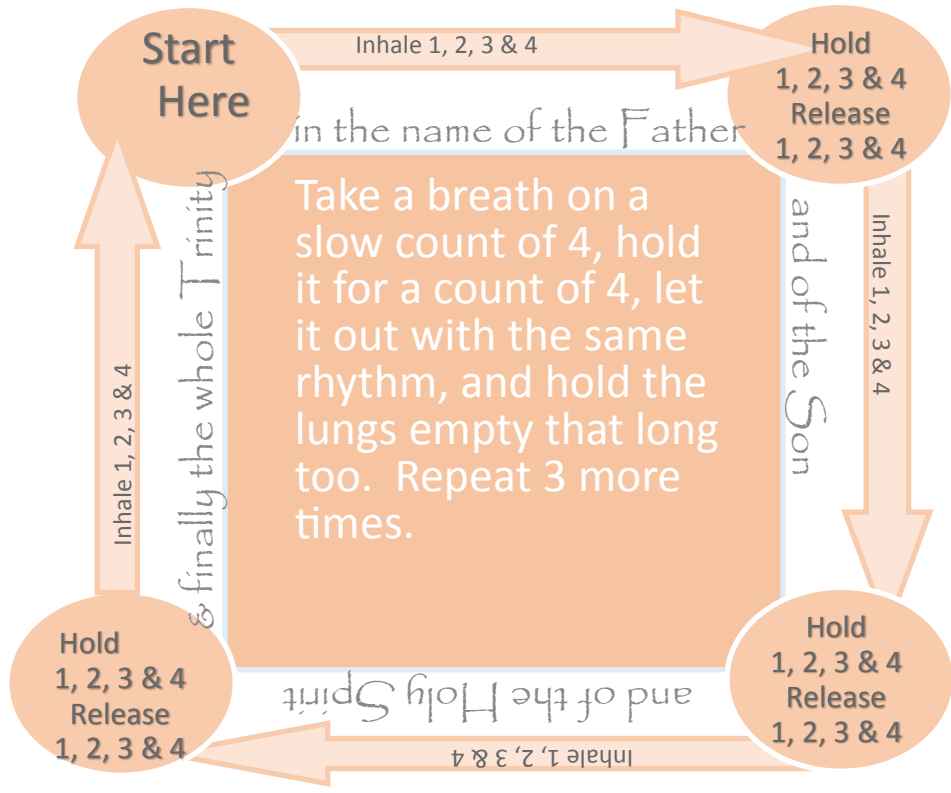


O Heavenly King, the Comforter, the Spirit of Truth who is everywhere present and fills all things: Come and abide in

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in

SQUARE BREATHING



our debts as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For

Lord Jesus Christ have mercy on me a sinner and have mercy on those around me.

thine is the kingdom, power, and the glory, for ever Amen (Matthew 6: 9-13 KJV)

Earth as it is in heaven. Give us this day our daily bread. And forgive us

us and cleanse us from every impurity and save our souls, O gracious Lord.” “As we rejoice in the gift of this new day, so may the light of your presence O God, set our hearts on fire with love for you.”