

Friday - We use our hands to...

## Wave goodbye

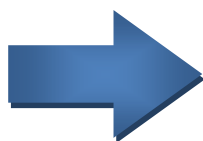


What a busy week we have had! We hope you have enjoyed your time on pilgrimage. There have been over 200 groups that have travelled with HCPT this year, answering St. Bernadette's call to come and pray with Our Lady. We have spent time thinking about our theme for 2010, the idea of being '*Called to serve*' just as Bernadette was 'Called to serve'. She wasn't rich or famous! She didn't



have very good health! She was a normal girl who had a life changing experience when Our Lady appeared to her. From that point on St. Bernadette devoted her life in prayer and service to Mary and due to her work, many others have followed her path and we have also throughout this week followed her footsteps as pilgrims in praise of Our Lady of Lourdes.

We hope you have had a joyous week in Lourdes; it is now time for us to reflect on our week. Look back at your hand print at the details of all the events you have attended and places that you have visited this week.



Can you complete your hand? In the palm write a thought. It can be a prayer or a hope or a wish. It can be for yourself or for a family member or someone you have met on your pilgrimage this week. It can be a thought of thanks for the past or a reflection for the future. If we think of all the events and places and people on our hands as colours hopefully your hands are bright and lively!

### 5 Handy tips and ideas for using those hands!

- 1) Wave at other groups as they pass by.
- 2) Bring back to school and show your teacher.
- 3) Attach them to your group candle and leave with your hopes and prayers in Lourdes.
- 4) Bring home and show to family and friends what you have been up to this week.
- 5) Keep as a very individual bookmark in your favourite book or Lourdes prayer book.



From today many groups start preparing for the journey home if they are not already on a coach, train or plane! There are a few prayers that we can say together today, most importantly we say:

*Hail Mary, full of grace the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb Jesus, Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen*

*St Bernadette - Pray for us*

*St Christopher - Pray for us*



God bless all and safe journey home from all at HCPT and from your Central Service Groups.