

A HAND OF PRAYER...

- It is hard during this time of social distancing to know that we cannot shake hands, share the peace or give a hug.
- To help fight the virus it is important that we wash our hands a lot for at least 20 seconds.
- Here is a prayer to use when washing your hands or praying quietly at home, outdoors or if you are able in church.
- Index finger is for all who 'point the way' in our lives ... teachers, church leaders
- Middle finger, the tallest, is for all who rule and govern over us.
- Third finger, a ring finger, is for all those we love ... family and friends
- Little finger, which is the weakest, reminds us to pray for all who are sick or troubled.
- The thumb, set apart, reminds us to pray for other countries and the world in all that it needs.

