





A vertical rainbow gradient background with stripes of red, orange, yellow, green, cyan, blue, and magenta.

There are as many different
kinds of people as
there are colors of the
rainbow. Everyone offers
value to our world.
It's about respect and
celebrating our differences.

Quiet Reflection

We all make mistakes and at St Mary's we look at what we can learn from these. Let us take some quiet time to consider this:

- Have we recently used unkind words or actions which have hurt others?
- Do we need to apologise to anyone?
- Could we carry out a random act of kindness that we know will make a real difference to someone else's day
- Do we really celebrate the achievements of others or can we sometimes be jealous of them?
- When was the last time we congratulated someone and really meant it?

Now choose one thing you could do today to show respect for someone else

Dear God,

Thank you that you made us
each different from each
other, yet each the same in
some ways.

Help us to love the differences
in other people.

Amen.



Shalom Shalom
May peace be with you
throughout your days
In all that you do may
peace be with you
Shalom Shalom

