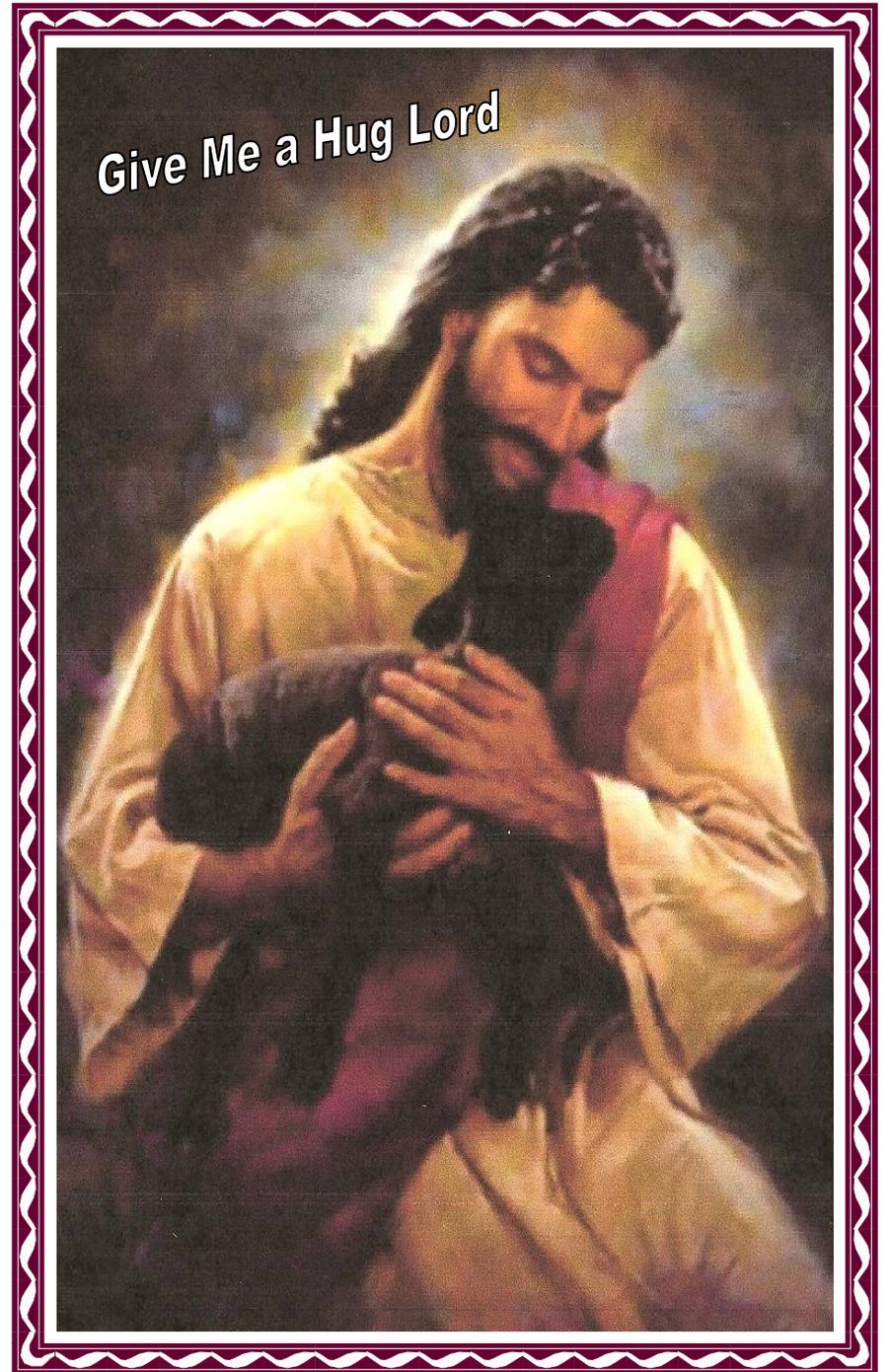




*Thank You Dear Lord for hugging me tight,
Now I know that I'll be all right.*



Give Me a Hug Lord

MEDITATIONS

Sometimes when we feel lonely, sad, and need to speak to someone, the following little poem along with a few prayers to the Lord will help us get through a tough situation...

As we all know our Lord is always looking over us.

Next when we receive our Lord in the Eucharist, embrace Him, put your two hands over your heart as you leave the altar and give our Lord a hug. At this very minute, our body is acting as the Tabernacle and we are carrying our Lord with us in the safety of our heart.

We are protecting Him as He protects us.

Your dear mother Mary carried You beneath her heart for nine glorious months, now dear Lord we are fortunate to carry you every time we receive you in the Eucharist, because You gave us this gift of Yourself.

Jesus is thirsting for our love, let us love Him and give him a hug each and every day.

May Jesus Love You and His Mother Mary wrap her mantle around you always.

GIVE ME A HUG LORD

I need a hug Lord please hold me tight,
It would give me added assurance everything's all right.

Now I know I'm standing on faith and I understand;
You are in control and hold me in Your hand.

I know in my heart that I haven't a spirit of fear
and that when I have a need You are always there.

My faith doesn't depend on me getting this embrace;
the faith You've provided is strongly in place.

An embrace is something of which I've had far too few,
having no others wouldn't matter if I had one from You.

I know that You love me I feel it deep in my heart,
I haven't doubted once since our relationship had it's start.

I know every single one of my needs has been met,
not even one time have You ever disappointed me yet.

But Father ever since the beginning when You created man,
an occasional embrace was part of Your plan.

Now the people in my life don't believe in embracing You see,
so just this one time won't You please hug me?

I promise I won't be a bother I won't pester You any more,
just this once may I have a hug from the One I adore?

I need a hug Lord just hold me tight,
I know it'll be enough to give me a lifetime of delight!

Thank You Dear Lord for EVERYTHING !

I LOVE YOU, just me