

The Greeting

Several times during Mass the priest says to us all:

"The Lord be with you"

and we answer:

"And with your spirit".



We use that word '**spirit**' to mean the whole of us; not just our bodies, but everything that makes us the special person we are; what we are like; how we are the unique person that God has made us to be.

Perhaps you can talk to your child/children about when they were a baby and wondering what they would be like as they grew up. It is not just about how we look or what we think, but about what kind of person we are and become. We keep on changing and growing as a person all our lives.

- *How am I special? What kind of person am I?*
- *Do I know who I am?*
- *I will spend all my life finding out who I really am inside.*
- *That can be a very exciting journey!*