



BHNCDSB Catholic Education and Mental Health Week 2023  
 Daily Announcement, Prayer and Faith and Wellness Activities



**“We are Many, We are One”**

*“We, who are many, are one body in Christ, and individually we are members, one of another.” (Romans 12:5)*

**2023 Hashtags: #bhnManyAreOne #CEW2023 #GetLoudBHN #BHNWellness #SelfCare #MyStory**

**Friday, May 5, 2023 “When we Act”**

Announcement and Prayer for Friday

SMHO Faith and Wellness Activity

**Announcement:** Today’s Catholic Education Week sub-theme is “When we Act.” *“Diversity in unity”* is an amazing, inspiring, and vital concept. But if it only *stays* at the level of a concept, it can’t help to change our communities and our world. As members of God’s beloved family, every day we are called to make choices, and to take actions that celebrate our differences, and that tap into our many different strengths, to work together for a world of justice, inclusion, peace, and equity. Our faith calls us to be people of ACTION!

**Prayer:**

Let us pray: In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Empowering God,  
 You call us every day to help build a culture where,  
 despite our differences, we are united as your beloved children—where no one is excluded.  
 Show us how to use our words and actions to bring people together in respect, kindness, and cooperation.  
 May we see our diversity as a source of strength and beauty,  
 and may we weave together a world of greater oneness and hope.  
 We ask this through Jesus Christ our Lord.  
 Amen.+

**We are Many, We are One - Chalk It Up**

“We, who are many, are one body in Christ, and individually we are members, one of another” (Romans 12:5). Together as a community “chalk it up” around the school yard outside and write positive uplifting and encouraging messages. Together we can end the stigma around Mental Health and lift each other up.

[Christian Meditation Music](#)

