**Gather:** lighting of candles on the table, symbols for focus, music, Sign of the Cross (*something to take us from our place of everyday life to within ourselves ready for time with our God.)*

**Focus:** scripture reading or some other reflection linked explicitly to Jesus and/or God

**Reflect:** meditation on reading, quiet time, think about

answers to questions posed by the reading

**Respond:** using symbols or verbally, respond to focus— this could be through

the use of an activity

and/or a prayer.

