

# LIFT UP YOUR HEARTS

A new resource for small faith-sharing communities on mercy

**14 FEBRUARY TO 26 MARCH 2016**

*Lift Up Your Hearts*, a booklet containing six group sessions on the theme of mercy. Also contains prayers and artwork as well as pages dedicated to helping parents share the booklet's themes with their children.

These booklets can also be used for individual meditation.

More information can be found on the Diocese of Westminster website [rcdow.org.uk](http://rcdow.org.uk) (see small groups) or [www.houseonrock.co.uk/mercy](http://www.houseonrock.co.uk/mercy).

To subscribe to weekly bulletins during the season visit <http://eepurl.com/ULaLr>

