

Health Workers

Pray for health workers who help the old and the poor.



Doctors and nurses study hard to learn how to take care of people. In the United States, we have many doctors and nurses. We have medicine, machines, and hospitals to help us get better when we are sick or hurt.

But some people, even in our country, can't afford health care. There may not be enough health workers either. Old people sometimes don't get the health care they need.

Sicknesses can be hard to treat when you don't have the right medicines or enough health care workers. Sometimes doctors and nurses catch illnesses from the people they are helping. Being a health worker can be hard, dangerous, and lonely.

That's why Pope Benedict asks us to pray this month for the health workers who help the old and sick. All over the world, the Church gives people health care. You may notice that many hospitals are Catholic hospitals. Jesus told us to care for the sick, and the Pope knows that doctors and nurses who take care of the old and the poor are doing God's important work. Let's pray for them.

Think about it!

- How is health care different in the United States than in poorer countries?
- What are some problems health workers in poor countries have?
- What can you do to help?

He Loves Me!

A Spiritual Bouquet



Valentine's Day is a time to share our love with one another. Here is one idea that would make a great Valentine's gift for someone special!

A spiritual bouquet is a promise to pray for another person. Make this flower as a reminder to pray for someone you love this Valentine's Day. When you're done praying, give the flower to the special person you prayed for.

Draw a flower (or cut out hearts and arrange them like petals). Put one intention or thanksgiving on each petal. Decorate your flower. You can glue the flower to a plastic straw or popsicle stick if you want.

Each night at supper, pray for one different intention after you say grace. This little bouquet will help you pray or to thank God for his gifts!

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