“All life has inestimable value. Even the weakest and most vulnerable, the sick, the old, the unborn and the poor, are masterpieces of God’s creation, made in his own image, destined to live forever, and deserving of the utmost reverence and respect.”

Pope Francis’ Day for Life Greeting July 28, 2013

OPENING REMARKS:
The Church’s Social Teaching (i.e. Catholic Social Teaching) is a rich treasure of wisdom about building a just society for all and living lives of holiness against the challenges of modern society. Catholic Social Teaching (CST) is not a list of rules, but rather a list of guiding principles by which Catholics should live. It contains ideas that respect human dignity; care for the common good; outline our rights and responsibilities as Catholics; teach us the importance of living in a community and a family; and calls us to care for the poor as well as God’s own creation. It is a framework, or skeleton, which helps Catholics make appropriate and moral decisions. At the foundation of these teachings, the Catholic Church proclaims that human life, in all forms, is sacred. Protecting the dignity of every human person is the foundation of a moral vision for society.

OPENING PRAYER (or something similar)
Lord God Almighty, our Creator, as we gather here today in Your presence, we celebrate our existence, we rejoice to be alive.

Teach us to understand more and more profoundly that every human life is sacred, whether it belongs to an unborn infant, or to a terminally ill patient; to a handicapped child, or to a disabled adult; to people who live next door, or to those who live far away.

Remind us, Heavenly Father, that whatever a person's age, race, color or creed, each individual has been made in Your image and likeness; and has been redeemed by Christ. This makes them precious in Your sight.

Help us to see other people with Your eyes, so that we may reverence, preserve and sustain Your gift of life in them and use our own lives more faithfully in Your service.

We ask this through Christ, our Lord.
Amen.

From the Pro-life Prayer Book,
Cardinal G. Basil Hume, O.S.B., Archbishop of Westminster

READ FROM OR HAVE YOUR CHILD VOLUNTEER TO PROCLAIM THE READING FROM a CATHOLIC translation of the Bible; ask your learner to listen carefully to the words:

A READING FROM THE BOOK OF PSALMS (139: 1-16)
LORD, you have examined me and you know me. You know everything I do; from far away you understand all my thoughts. You see me, whether I am working or resting; you know all my actions. Even before I speak, you already know what I will say. You are all around me on
every side; you protect me with your power. Your knowledge of me is too deep; it is beyond my understanding. Where could I go to escape from you? Where could I get away from your presence? If I went up to heaven, you would be there; if I lay down in the world of the dead, you would be there. If I flew away beyond the east or lived in the farthest place in the west, you would be there to lead me, you would be there to help me. I could ask the darkness to hide me or the light around me to turn into night, but even darkness is not dark for you, and the night is as bright as the day. Darkness and light are the same to you. You created every part of me; you put me together in my mother’s womb. I praise you because you are to be feared; all you do is strange and wonderful. I know it with all my heart. When my bones were being formed, carefully put together in my mother’s womb, when I was growing there in secret, you knew that I was there—you saw me before I was born. The days allotted to me had all been recorded in your book, before any of them ever began.

The Word of the Lord...Thanks be to God!

REFLECTION/DISCUSSION QUESTIONS ON THE SCRIPTURE PASSAGE:

Have your child close their eyes and reflect for a moment on the passage that was just proclaimed...Then, have them consider the following questions and discuss them together:

- How does the passage make you feel about God? (affirm appropriate answers)
- This passage reflects that God’s gaze upon us is constant. Does that bother you or is it a source of comfort? (It is not primarily a gaze of judgement or condemnation, but one of love). How do you think God protects you with his watchful gaze? Do you feel His presence and protection?
- Why do you think God created you? (We each have been intimately created by God. Every single one of us is made intentionally by God out of love. No exceptions!)
- What, if anything, surprises you about the kind of relationship that God wants to have with each of you? (Possible answers: I am unique and God knows me more intimately than I can even imagine, or God knows me inside and out and wants to have an intimate relationship with me.) Bottom Line: “God doesn’t make junk!”

LESSON PLAN – PART I

LEARNING OBJECTIVE:

Human beings are beautifully and wonderfully made with an inherent God-given dignity. All human life is a gift from God to be celebrated and protected.

Teaching Points:

During this presentation it is essential to communicate the following points:

- We are created in the image and likeness of God (Read: Genesis 1:27-31 from the Bible).
  - This holds true no matter our condition or state of life – i.e. no matter if: we are in our mother’s womb, we are healthy or sick, we are in prison, we are near death and all of the time of our lives in between.
  - Our creation in God’s likeness and image is THE source of our dignity as human beings. God created us only for the purpose of being in relationship with Him. Even though we sin, He wants to share his Divine eternal life with us and sent Jesus to redeem us. “Endowed with ‘a spiritual and immortal’ soul, the human
person is ‘the only creature on earth that God has willed for its own sake.’ From his conception, he is destined for eternal beatitude (happiness).” (Catechism of the Catholic Church, 1703)

- We have been created by God to reflect His being and nature on earth; created to be finite mirrors of God’s unconditional love on this earth.

- All life is a gift from God and precious. (refer back to Psalm 139: 13-16 which was read in the opening)
  - “The human being is single, unique, and unrepeatable, someone thought of and chosen from eternity, someone called and identified by name.” (St. Pope John Paul II)
  - Who we are and what we are capable of becoming were pre-ordained by God before our conception. There has never been and there will never be another one of each and every one of us.
  - No one else shares your fingerprints or your unique life story. All the abilities and disabilities you have are part of who you are. All your interests, your passions, your personality, make you, you. Can you sit for a moment in wonder and awe at this? Can you praise God for the wondrous human being you are?
  - “You weren’t created to be Mother Theresa, or Oscar Romero, or Pope Francis, or Dorothy Day. When you try to be someone you’re not, you’re going against the movement of the good spirit, the Spirit that calls you to be your true self, the unique self that God created you to be.”

Meditating on Psalm 139 that was proclaimed above will help you reflect on the way God intimately knows you and intimately created you. (quote from https://godinallthings.com/prayer/intimately-created/)

- We are to live life to its fullest and help others to do the same; helping others reach their God-designed potential, no matter the circumstances of their lives.

LESSON PLAN PART II

LEARNING OBJECTIVE:
Human life begins at the moment of conception and should be revered and protected at all stages, regardless of condition or state, until natural death occurs.

Props: None provided, but you are welcome to purchase any of the following on your own:
PREBORN BABY MODELS
PRO-LIFE PRECIOUS FEET LAPEL PINS

Photos (provided at the end of the lesson):
- 10 to 12 - week old pre-born baby model photo; This is the exact size and shape of a pre-born baby at this stage of development (the hand holding it can provide perspective on its size)
- St. Laurence “Life is a Precious Gift” statue
- St. Laurence Catholic Church lawn with memorial crosses
- St. Damien of Molokai “prayer card”
Handouts:
  o Ways to Respect Life activity sheet

WATCH VIDEO

Pro-Life /Right to Life/The Miracle of Life

https://www.youtube.com/watch?v=APkV40vUhWs (3:40)

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NOTE TO PARENTS: This beautiful video spells out the scientific facts regarding the pre-born human being without going into the tragedy of abortion. The prevalent practice of abortion is not specifically covered in this lesson. However, the discussions that ensue from this lesson present a perfect opportunity to have an age-appropriate conversation with your child about this sad and tragic practice that, while legal in the United States, is still immoral.

We leave the discussion of abortion up to the discretion of each family to decide when it makes sense to have this conversation with your children. Unfortunately, your children are exposed to a multitude of opinions and beliefs in our culture and mainstream media, and it is imperative that they hear the truth and wisdom of our Catholic perspective/beliefs directly from you.

If you are looking for some helpful resources on how to speak to your children about abortion, go to:

HOW TO TEACH YOUR CHILDREN ABOUT ABORTION (9:04 min. video)

SPEAKING TO YOUNG CHILDREN ABOUT ABORTION

CATHOLIC PARENTING

As Catholic Christians we are called to offer alternatives to help women make decisions which support the life of their babies – this includes offering medical care, financial & emotional support, etc. or a means/path to adoption. Our hope is that by impressing upon the children that the pre-born are, in fact, fully human beings (although underdeveloped) worthy of our protection and care, that they will see the injustice and tragedy of this all too common practice in the United States and around the world.

***************************************************************************

Teaching Points

• “A person’s a person, no matter how small!” – Dr. Seuss from Horton Hears a Who
  Basic fetal development facts (summary of the video – facts to point out)
  o Maybe open up the discussion by asking the children what they remembered or were surprised by from the video that they just watched. See how many of the points they can come up with or name and then, summarize:
   ➢ From the moment of conception, all 46 chromosomes are present, gender is determined, and a new unrepeatable human being comes into
the world. The child has a unique, never before created DNA, different from that of both his/her mother and father’s DNA. We know this to be true scientifically.

- During the first month, the baby grows to 10,000 times his/her size at conception.
- By the third week (Day 21 after conception), the heart begins to beat.
- Brain waves can be recorded in the second month. Teeth form and fingers and toes begin developing.
- By eight weeks, all body systems are present.
- In the third month, fingernails and toenails form, and the baby has a unique fingerprint, unrepeatable in any other human being. The baby swallows and responds to skin stimulation.
- In the fourth month, facial expressions can be seen, and babies dream. The baby can grip with his/her hands, make a fist, swim and turn somersaults.
- At five months, some babies are viable, meaning they can survive outside the mother’s womb.
- During the 6th month, babies respond to sound.
- At seven months, babies can hear, taste, cough, yawn, and hiccup.
- Through the 8th and 9th months, babies continue to gain weight and prepare for birth. The baby is born, on average, 264-270 days after conception.

- Pass around the fetal models photos provided for your student to see – emphasize that these are replicas which are the exact size and shape of a pre-born baby at this stage (i.e. 10 to 12 weeks after conception/creation)

- The value of the already born - despite their age, infirmity, guilt (i.e. the Church does not support the death penalty except in extreme circumstances whereby the common good/safety of society cannot be protected), or disability.
  - Our care and concern for human life does not just apply to pre-born babies. All human life is sacred and deserves our care and protection, especially the most vulnerable among us who cannot speak up for or take care of themselves.
  - “The elderly are not only to be considered the object of our concern, closeness and service. They themselves have a valuable contribution to make to the Gospel of Life. Thanks to the rich treasury of experiences they have acquired through the years, the elderly can and must be sources of wisdom and witnesses of hope and love.” The Gospel of Life n. 94. (by John Paul II, March 25, 1995)
- Discussion Questions:
  - Think of your grandparents or older people in your life. Do you know anyone with a disability or illness? Do you love them any less because of their age or disability? Do you think God does? What have you learned from them?
- Do you think helping others brings out something good in you – something you might not have shared without the person who needed your help?
• We are impassioned, inspired, and energized by the love of Christ. We are called to follow him and reach out to the vulnerable and those who can’t care for themselves, no matter who they are (think the Parable of the Good Samaritan, Luke 10: 29-37)
  o Discussion Questions:
    ➢ Have you ever met someone who had something about them (joy, hope, strength, wisdom, peace) that you craved?
    ➢ Who are these people in your life?
    ➢ What inspires them? What gives them this joy, hope, strength, etc.?
  o Let’s consider the story of a recent Saint, Saint Damien of Molokai, canonized in 2009:
    ➢ Saint Damien was a priest in the mid-19th century who dedicated his life to serving those most in need
    ➢ READ FR. DAMIEN’s story (attached below)
    ➢ Discussion Questions (in groups or as a class):
      ▪ What obstacles did Fr. Damien face while serving the people of Molokai? *(almost impossible work conditions, risks to his own health, danger from lawlessness on the island, public confessions of his sins, etc.)*
      ▪ How do you think God used those obstacles to strengthen Fr. Damien in his care for others? *(affirm appropriate answers)*
      ▪ What practices do you think most helped Fr. Damien as he isolated himself on the island of Molokai and served those around him? *(affirm appropriate answers)*
      ▪ What was so special about Fr. Damien? *He saw human life for what it was – he was able to look beyond the surface of those isolated to the island of Molokai (i.e. he did not see their leprosy, infirmity, criminal history, handicap, or age) and affirm them for who they truly were – children of God*
      ▪ How can we strive to be more like Saint Damien of Molokai? *(affirm appropriate answers)*
    ➢ “Damien embodied the message of Jesus…that we are not only to keep God’s 10 commandments and avoid doing what is wrong, but also to do what is right… This is the force behind respecting life: recognizing that each one of us is made in the wondrous image and likeness of God. No matter what sort of stigma surrounds a person, they remain a child of God and deserve that respect. The holiness that our faith demands calls us to see Christ in all people – in all circumstances – and to reach beyond ourselves, beyond expectations, beyond convention, and touch those whose lives have been for so long without that touch. Then, as we stretch out our hand, Jesus stretches out his. And we are touched as well.” *(Homily Notes by Pope Benedict XVI at Saint Damien’s canonization on October 11, 2009)*

• Short Activity: Choose one of the two noted below:
  o *Ways to Respect Life* activity sheets (copy provided at the end of the lesson)
  o *What Can We Do?* activity
Ask students to individually brainstorm about ideas of how they can create a culture of life, reaffirming the dignity and value of each and every human life ‘from womb to tomb.’ Suggest that they list small things like wearing the precious feet pins they are receiving on their backpacks to large things like volunteering at a respect life organization. Invite students to share their ideas with the group. Provide suggestions from the list below and invite students to reflect for a few quiet moments on 2-3 things from that list or their own list that they can commit to doing to build a culture of life. If you would like, record the shared student responses and email the list to participating students later.

**Everyday Respect Life: What I Can Do in My Daily Life**  
(adapted from *Diocese of New Orleans* website)

- BECOME INFORMED about the issues and share your knowledge with classmates, teammates, relatives, friends, and neighbors.
- When you are assigned a paper or project, CHOOSE A RESPECT-LIFE TOPIC whenever possible, especially if the project involves a class presentation.
- WRITE LETTERS TO THE EDITOR of your local newspapers or a Congressman in response to articles and opinions that endorse anti-life positions.
- Start or join a RESPECT-LIFE GROUP at your school.
- DONATE baby clothes, formula, and disposable diapers to your local Crisis Pregnancy Center.
- VISIT the elderly in a local nursing home
- VOLUNTEER at a nursing home
- Look out for a classmate with physical or cognitive challenges; Consider spending some time during your summer with a camp for children with disabilities
- Say the SPIRITUAL ADOPTION Prayer or Pray a ROSARY or NOVENA for 9 consecutive days to pray for an end to threats against human life
- Hold a ‘Wash for Life’ carwash or a lemonade stand and donate the proceeds to a life offering cause

**FINAL WORDS & QUESTIONS**

We are created in the image and likeness of God. This holds true when we are in our mothers’ wombs, as we approach death, and all the time in between. Life is a gift. A gift from God. We are to protect it, live it to its fullest and help others to do the same.

**IF TIME PERMITS, INTERCESSIONS FOR LIFE:**

That our President, members of Congress, and all political leaders throughout the world may recognize the sacredness of life, and defend the fundamental right of every human being to live, from the moment of conception until natural death;

*We pray to the Lord: Lord Hear Our Prayer*
That all children with disabilities will be loved and cared for in healthy and nurturing environments;  
*We pray to the Lord:* **Lord Hear Our Prayer**

That the sick may find strength and courage in the cross of Christ and discover the redemptive value of their suffering;  
*We pray to the Lord:* **Lord Hear Our Prayer**

For the safety and protection of all pre-born babies;  
*We pray to the Lord:* **Lord Hear Our Prayer**

That all bishops and priests may teach the lay faithful to love the Gospel of Life, encouraging them to embrace each new child as a gift from God;  
*We pray to the Lord:* **Lord Hear Our Prayer**

That our country stop resorting to use of the death penalty in response to violence, and that the merciful love of God convert the violent and heal the victim;  
*We pray to the Lord:* **Lord Hear Our Prayer**

That the elderly may cherish each moment of their lives, and in their sunset years, experience the love and attention they need;  
*We pray to the Lord:* **Lord Hear Our Prayer**


**CLOSING PRAYER**

**Prayer to Saint Damien of Molokai**  
*(pass out St. Damien prayer cards for the children to keep)*

Oh Saint Damien, enlightened by the Holy Spirit and moved by the sorrows of the poor, you dedicated yourself tirelessly to the service of the lepers and became one like them.

In doing so, you enhanced their God-given dignity to the last minutes of your priestly life, regardless of many trials and sufferings.  
Since then, your name has become a great inspiration for countless people throughout the world.  
We, touched by your self-sacrifice, ask you to help us follow your footsteps in sharing our time, energy, talents, and other God-endowed gifts with our brothers and sisters in the Lord.  
Now you have been glorified with Jesus Christ in the Heavenly Kingdom.  
We ask you to continue interceding for us before our loving and caring God, that we may have the gift of faith in Him, humility and the courage to bring love and healing to our poor brothers and sisters in the world.  
Amen.

**OR,**
Dear God, intimate Creator and Friend,
long ago you breathed life into me.
You blessed me with DNA and fingerprints,
family and personality,
interests and personal freedom.
I am filled with wonder and awe.
Your Spirit calls me to be the one you intimately created,
the one uniquely blessed, the one true self I am.
I cannot escape this call. I cannot escape you.
Your gaze, ever loving, ever yearning, is upon me.
Be close, see me, form me,
and help me to love the me you intimately created.
Amen.

From: https://godinallthings.com/prayer/intimately-created/

The Story of Saint Damien of Molokai

The man who would become Saint Damien of Molokai, was born in rural Belgium, on January 3, 1840. His name was Jozef De Veuster, and he was the youngest of seven children. Jozef attended school until the age of 13 when his help was needed on the family farm full-time. He aided his family until he was old enough to enter the Congregation of the Sacred Hearts of Jesus and Mary. He wanted to follow his older brother and two sisters who took religious vows. He took the name Damien, after a sixth century martyr.

In 1864, Damien’s brother who was in the same order of religious, was ordered to Hawaii. But his brother became ill, so Br. Damien offered to go in his place. The brothers worried that Br. Damien was too uneducated to become a priest, although he was not considered unintelligent. Br. Damien demonstrated his ability by quickly learning Latin from his brother. He was also devoted in prayer, Br. Damien prayed each day before an icon of Saint Francis Xavier to be sent on a mission. Eventually, his religious brothers agreed to send him and have him ordained.

Br. Damien arrived in Hawaii in March 1864, and was ordained as a priest on the island of Hawaii two months later. For nine years, he worked on the island as a priest, leading an important, yet undistinguished life.

In the 1800s, the Hawaiian Islands suffered a severe leprosy epidemic. Leprosy is an infectious disease that causes severe, disfiguring skin sores and nerve damage in the arms, legs, and skin areas around the body. In order to contain the spread of the disease Hawaii established a leper colony on the Kalaupapa Peninsula in 1866, forcing all those people infected into isolation on the island of Molokai. Unfortunately, the Hawaiian government did not properly execute its duties in caring for the community of lepers. The suffering people were abandoned to the island without any means to care for themselves.

The people of Molokai needed special spiritual and medical care. Fr. Damien discerned his call to serve them. He requested and was eventually granted the mission of serving exclusively on
the island of Molokai. Since there was no cure for leprosy at the time, this choice meant certain death for the young priest who had just turned 33. In 1873, Fr. Damien made the trip to be with these people in their colony.

Upon arrival, Fr. Damien found the colony was poorly maintained. Anarchy reigned among the people living there. Many patients required treatment but had nobody to care for them. Other patients took to excessive drinking and became severe alcoholics. Every kind of immorality and misbehavior was on display in the lawless colony. There was no law or order. Hope was also abandoned and many of the inhabitants lived in despair. Some described the island as a “living graveyard.”

Fr. Damien’s heart was consumed with compassion for the sickness and suffering which had destroyed these simple people. Originating with the European travelers who had “discovered the paradise” known as Hawaii, diseases such as smallpox, cholera, influenza, and tuberculosis would nearly wipe out the native people who had no immunity to these foreign viruses. The most devastating disease of these would ultimately be leprosy.

Amidst the chaos encountered upon his arrival on the tiny island, Father Damien worked immediately to restore human dignity and respect for life to each person. He organized burial details and performed funeral rites, so that death might have some beauty. He provided medical attention for the wounds and sicknesses that could be healed. He taught them how to grow crops so they could eat better. In a small chapel on the island, he began to preach and teach about the healing and saving power of Jesus Christ. The people began to sing and pray and love each other in holiness and humility.

A small chapel on Molokai, named for St. Philomena, was soon filled to capacity each week. With the help of the island inhabitants, Father Damien built a larger one, which soon overflowed each Sunday as well. He gave the people the sacraments, baptizing, confirming, offering Confession and Last Rites. When he was able to have them, his own confessions were public. On occasion, his order would send a priest by boat who would anchor off shore from the island. Father Damien would wade as far out into the ocean as he was able. There he would yell out his transgressions so he might receive the pardon and mercy of the Father.

Father Damien contracted leprosy himself in 1885, and in those final years worked diligently to complete the works that he had begun, building orphanages, organizing clinics, constructing housing. He died on April 15, 1889.

Father Damien was beatified by Pope John Paul II in June 1995 under the title “Blessed Father Damien, Servant of Humanity,” and on October 11, 2009 Father Damien was canonized Saint Damien of Molokai in Rome at Vatican City by Pope Benedict XVI.
Life
Is God’s Precious Gift

and may we cherish our unborn brothers and sisters on earth and in heaven, and share your healing love with their parents.

For I formed you in the womb I knew you,
before you were born I dedicated you.” Jeremiah 1:5

Lawrence Knights of Columbus Council 11363
10-25-2003
Prayer to Saint Damien of Molokai

Oh Saint Damien, enlightened by the Holy Spirit and moved by the sorrows of the poor, you dedicated yourself tirelessly to the service of the lepers and became one like them. In doing so, you enhanced their God-given dignity to the last minutes of your priestly life, regardless of many trials and sufferings. Since then, your name has become a great inspiration for countless people throughout the world. We, touched by your self-sacrifice, beseech you to help us follow your footsteps in sharing our time, energy, talents, and other God-endowed gifts with our brothers and sisters in the Lord. Now you have been glorified with Jesus Christ in the Heavenly Kingdom. We ask you to continue interceding for us before our loving and caring God, that we may have the gift of faith in Him, humility and the courage to bring love and healing to our poor brothers and sisters in the world. Amen.
Ways to Respect Life
Every day you have numerous opportunities to show respect for God’s work of creation in yourself and in other people. Respecting life means protecting oneself and others from harm, but it also means valuing life in everyday ways. The following chart lists some ways people sometimes do not show enough respect for what God has created. For each action on the left, describe an alternate action that shows a greater respect for life.

<table>
<thead>
<tr>
<th>Taking Life for Granted</th>
<th>Valuing Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignoring or neglecting a person who is developmentally or physically disabled</td>
<td></td>
</tr>
<tr>
<td>Using negative self-talk, such as, “I’m so stupid. I hate myself!”</td>
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<tr>
<td>Recording and posting a video on social media of someone being bullied or hurt</td>
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<tr>
<td>Neglecting an elderly person who needs care or assistance</td>
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<td>Not showing compassion to a person who is suffering</td>
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<tr>
<td>Smoking</td>
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<tr>
<td>Practicing bad eating habits—either eating unhealthy foods or routinely undereating to be thin</td>
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<tr>
<td>Driving while under the influence of alcohol or drugs</td>
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<tr>
<td>War or violence that endangers the lives of civilians</td>
<td></td>
</tr>
</tbody>
</table>
Supplemental Lesson Resources:

**Textbook** – *Alive in Christ* (Grade 5), pages 290-303 on Catholic Social Teaching

**Lesson Plans:**
LOYOLA PRESS, CST LESSON PLANS and TWO FEET OF LOVE IN ACTION

**Activities:**
SCRIPTURE & JUSTICE ACTIVITY, BIBLICAL JUSTICE CHALLENGE, SUPERHERO OF JUSTICE ACTIVITY, SOCIAL JUSTICE ACTIVITIES

**Videos (plus others linked on the shared GOOGLE DOC):**
THE DIGNITY OF HUMAN LIFE (4:12), CST IN 3 MINUTES (2:56), 7 THEMES OF CST (5:08), BEING PRO LIFE (older children) 4:16

**Videos On FORMED:**
The Value of Life (23 min.), Angel in the Waters (9:29 min.)

**Picture Books:**
- Green Street Park by the USCCB
- Drop by Drop by the USCCB (1 copy each – email Joan to reserve)
- I’m Not Just a Scribble by Diane Alber
- Horton Hears a Who! by Dr. Seuss
- You are Special by Max Lucado
- Angel in the Waters by Regina Doman
- Before I Was Me by Frank Fraser
- When God Made You by Matthew Paul Turner
- God Gave Us You by Lisa Tawn Bergren

**Primary Lesson Resources/Credits**

**General Lesson ideas/format:**

**Scripture Reflections:**
https://blog.franciscanmedia.org/franciscan-spirit/a-reflection-on-psalm-139
https://godinallthings.com/prayer/intimately-created/

**St. Damien Biographical information:**
https://www.catholic.org/saints/saint.php? saint_id=2817
https://catholicexchange.com/blessed-father-damien-of-molokai