**Shema or Great Commandment**

Hear O Israel (or name of your country) the Lord our God the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. This is the first and great commandment and the second is like it Love your neighbour as yourself.

**Psalm 23 NRSV**

The LORD is my shepherd, I shall not want.

He makes me lie down in green pastures; he leads me beside still waters;

he restores my soul.

He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff-- they comfort me.  
You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

**The Unity Prayer for Protection**

The light of God surrounds you (me, us)

The love of God enfolds you (me, us)

The power of God protects you (me, us)

The presence of God watches over you (me, us)

Wherever you are God is. (I am, we are)

**Walking with Health Song\***

(If you know a tune that fits with these words, let me know!)

I am health, I am health, I am healthy right now

I am health, I am health, I am healthy right now

It feels so good to be healthy, it feels so good to be strong,

It feels so good to have God life within

That is why I sing this song.

You are health, you are health, you are healthy right now

You are health, you are health, you are healthy right now.

It feels so good to be healthy, it feels so good to be strong,

It feels so good to have God life within

That is why you sing this song.

We are health, we are health, we are healthy right now.

We are health, we are health, we are healthy right now.

It feels so good to be healthy, it feels so good to be strong,

It feels so good to have God life within,

That is why we sing this song.