

### Sign of the Cross and Introduction

Today is the feast of St. Cecilia, a young Christian of high rank who lived in the fourth century. When she was engaged, her fiancé was so influenced by her faith, he became a Christian. Cecilia refused to give up her faith and was martyred. St. Cecilia most certainly sang in her heart to God, and sometimes with her voice. She is the Patron Saint of music. St. Augustine tells us that 'to sing is to praise God twice.'

### Today's reading

A reading from Psalm 149

Hallelujah!

Sing to God a brand-new song,  
praise him in the company of all who love him.  
Let all Israel celebrate their Sovereign Creator,  
Zion's children exult in their King.  
Let them praise his name in dance;  
strike up the band and make great music!  
And why? Because God delights in his people,  
festoons plain folk with salvation garlands!  
The Word of the Lord  
Thanks be to God



**Mission**  
Praise God today (Sing  
if you can !) 😊

**Prayer**  
Choose a prayer as a form to pray  
today.