



## How To Word The Spiritual Bouquet

Writing out a spiritual bouquet message is as easy as jotting down a note on a simple card you make and simply decorate, perhaps adding some religious images, to let Bishop Alvarez and Mr. Lai know what has been offered up for them.

You can even use a store bought card and write the spiritual bouquet on the inside of it.

Here are some ideas that might help get you started:

- "A spiritual bouquet in your honor..." under that "The following prayers have been offered up for your intentions" (then list the prayers or other spiritual offerings)
- "I, (name here) have offered (prayers/other spiritual offering here) for your intentions. God bless."
- "The following have been offered for you and your intentions:"

## What Can Be Offered In A Spiritual Bouquet

Any prayers or offerings can be included. Here are some ideas of things you can consider.

A certain number of specific prayer (10 Our Fathers, etc.)

A Novena (applicable to Bishop Alvarez and Mr. Lai during this period of difficulty)

A Mass (talk to your local parish about having a Mass said for the intentions of Bishop Alvarez and Mr. Lai)

Visiting the Blessed Sacrament in Adoration

Offering up a certain number of Holy Communions

A Rosary

A certain number of good deeds or sacrifices

Any other fitting prayer

### Please mail Mr. Lai's Spiritual Bouquet to:

Stanley Prison  
99 Tung Tau Wan Road  
Stanley, Hong Kong

Attention  
Lai Chee Ying, Jimmy  
#421333

### Please mail Alvarez's Spiritual Bouquet to:

Bishop Rolando Alvarez  
Conferencia Episcopal de Nicaragua  
Apartado postal 2407  
de Ferreteria Lang 1 cuadra al Norte y 1 cuadra al Esta  
Managua, Nicaragua