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## Saint Raphael Meditation: Your Words are Spirit and Life

A meditation (guided prayer) about the nourishment we can draw from Sacred Scripture.

08/01/2020

The Word of God is a powerful reality. Nourishing ourselves with it through reading, reflection and prayer is a sure way to change our lives.

| To listen to this meditation | on, click |
|------------------------------|-----------|
| here.                        |           |

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