

All is Gift

A gift from ancient olive trees -
Pressed from nuts — or seeds -
Or essential oils of flowers.

Pour a little of the oil onto the palm of your hand
(use the unfragranced sweet almond if allergic to perfumes)

Reflect on the following thoughts

Oil was used to anoint you -
so that you should share Christ's ministry
of priest, prophet and king...
So that you should be sealed
in the gifts of the Holy Spirit...

