



# St Cecilia's

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## R.C. High School

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# Physical Education Prayer

Lord, please clear my head of all distractions  
and my heart of burdens I may bear,

So I may perform my very best knowing you  
will always be there.

With great courage I will meet this challenge  
as you would have me do,

But keep me humble and remind me that my strength  
and courage comes from you and you alone.

**Amen**

*I can do everything through him  
who gives me strength*

**Philippians 4:13**

*“Never say never, because limits, like fears,  
are often just an illusion”*

**Michael Jordan**