

**Marist District of Asia
prayer book**

MDA prayer book
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Prayer is for us an absolute necessity. It cannot be thought of only as exercises of piety, nor is it to be identified with apostolic work. Prayer is being present to, and communing with God, who becomes more real to us as we show concern for others. (*Const.* #77) In prayer, we find the opportunity to be molded by God. This prayer wants to embrace the joys and sorrows, the anguish and hopes of those whom God has put on our path. This prayer booklet wants to help each one of the District Members and young people in formation, to have some source of inspiration in the daily nurturing of our faith life as Marists.

Faternally,
Hoan

“Prayer is not asking. It is a longing of the soul.
It is daily admission of one’s weakness.
**It is better in prayer to have a heart without
words than words without a heart.**”

Mahatma Gandhi

1. Hail, holy Queen, Mother of Mercy.
Hail, our life, our sweetness, and our hope.
To you do we cry, poor banished children of Eve.
To you do we send up our sighs,
Mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
Your eyes of mercy towards us.
And after this, our exile,
Show us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

2. Hail, our Queen and Mother blest!
Joy when all was sadness.
Life and hope you gave our race,
Mother of our gladness.
Pray for us, O Patroness,
Be our consolation!
Lead us home to see your Son,
Jesus, our salvation.
Gracious are you, full of grace,
Loving as none other,
Joy of heaven and joy of earth,
Mary, God's own mother.

3. Mother and Queen of God's people,
Daughter of Sion and humble servant of God,
With you, we rejoice to know Jesus Christ, our Saviour;
With you, we shall praise him and follow him always.
Walk with us now, O Mary, our Mother.
Teach us to live with hearts full of compassion,
And pray for us sinners.

Then, after this earthly journey is over
Show us your womb's blessed fruit, Jesus.
O clement, O loving, O sweet Virgin Mary.

4. Mary, Our Good Mother,
Mother of Jesus and Mother of the Church,
walk with us now,
sharing our joys and sorrows,
our successes and failures.
In our daily living,
show us your Son, who lives in us.
Help us to listen to Him,
to act on His Word and do our part
in building the kingdom of justice and peace.
May we be all united
in the fullness of His Kingdom forever.

5. Mary, quick to hear the prompting of the Spirit,
you mother God into the world.
You listen to that Word alive in your heart,
in tradition and in the world.
Striving to be faithful, you respond to the call
to compassion ever fresh in your heart.
We are your family.
Take us by the hand this morning
and lead us into that Word alive in our day,
in our hearts and in our experience.
May we, too, follow the promptings
of the same Holy Spirit calling us
to brother God in the poor and neglected of our world.

6. To you, Mother of the human family, and of the nations, we confidently entrust the whole of humanity, with its hopes. Do not let it lack the light of true wisdom. Guide its steps in the ways of peace. Enable all to meet Christ, the way and the truth and the life. Sustain us, O Virgin Mary, on our journey of faith and obtain for us the grace of eternal salvation. O clement, O loving, O sweet Mother of God and our Mother, Mary!

7. We greet you, Mary, the Lord is with you and has greatly blessed you. You were troubled by the angel's message and wondered what his words meant. You asked, "How can this be?" But you believed that there is nothing that God cannot do. Holy Mary, our Ordinary Resource, you were so free to say, "I am the Lord's servant; may it happen to me as you have said." Pray for us, who bear your name, that we too, may courageously say "Yes" to God's invitation to bear Christ to the world in the realities we find ourselves in, now and in the days to come. Amen.

8. *Salve, Regina, Mater misericordiae;
vita, dulcedo, et spes nostra, salve.
Ad te clamamus, exsules filii Hevae,
ad te suspiramus gementes et flentes
in hac lacrimarum valle.
Eia, ergo advocata nostra, illos tuos
misericordes oculos ad nos converte;
et Jesum benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O clemens, O pia, O dulcis Virgo Maria.*

Grant that I may praise you, Holy Virgin
Give me strength against your enemies.
Blessed be God in His Saints. Amen.

Let us pray

Almighty and Everlasting God, by the working of the Holy Spirit, you prepared a dwelling worthy of your Son in the body and soul of blessed Mary, the Virgin Mother; grant, then, that we who are happy to celebrate her memory may, by her maternal intercession, be freed from present ills and everlasting death. We ask this in the name of Christ, our Lord. Amen.

Invocations

Sacred Heart of Jesus,	<i>have mercy on us.</i>
Immaculate Heart of Mary,	<i>pray for us.</i>
St Joseph,	<i>pray for us.</i>
St Peter Chanel,	<i>pray for us.</i>
St Marcellin Champagnat,	<i>pray for us.</i>
Blessed Marist Martyrs,	<i>pray for us.</i>
Martyrs and Saints of Asia,	<i>pray for us.</i>
Venerable Brothers Francois and Alfano,	<i>pray for us.</i>
All you holy men and women, saints of God,	<i>intercede for us.</i>
May the souls of the faithful departed, through the mercy of God, rest in peace.	<i>Amen.</i>

Morning Offering

1. Divine Heart of Jesus, through the Immaculate Heart of Mary, we offer you all our prayers, works, joys and sufferings of this day, in reparation for our offences, and for all the intentions for which you continually immolate yourself upon our altars.

We offer them in particular for the needs of the Church and those of the Institute, for our Causes of Beatification and Canonisation, for our parents, living and dead, and for the intentions of the Apostolate of Prayer.

2. Father of us all, at the beginning of this day, we acknowledge your creation and care of the world in love.

By the grace of the Holy Spirit, may all our thoughts and actions be united with the self-offering of Jesus, in thanksgiving for your goodness towards us.

We commend to you the needs of the Church, the Congregation, our community and our apostolates, and all our parents, living and dead.

In union with Mary, the perfect example of redeemed humanity, may we express in our lives, and show to others, the Mystery of Christ.

3. Lord, we present ourselves to you at the beginning of a new day. We acknowledge our dependence on you for many daily blessings as you provide and care for us.

We offer to you our humble efforts this day to be your light, your witness and your instrument in making your Kingdom present in the places where we live, work or travel.

4. Take back, O Lord, all my freedom,
Accept the whole of my memory, my understanding
and my will;
Whatever I have, or possess, comes to me from you.
I give it all back to you; surrender it all to the guidance
of your will.
Grant me only your grace and your love;
Give me but that, and I ask for nothing more.

5. Lord, we come before you to make a simple offering of our
lives to you.
In the events of this day may we be attuned to receive your
word and respond generously as Mary did.
May the gifts that you continue to give us be a source of new
life and hope to all we meet.

6. Dear Father, we hope to be of service to others this day.
Through, with, and in Jesus, we offer you now our day, with its
prayers, works, joys and sufferings, for deeper understanding
of the human heart of Jesus and for the union of all Christians
according to the mind of Jesus.

7. Mary, you found bliss in God's endless, loving mercy and you
proclaimed in joyful song the great Sun of Justice, who would
raise the lowly and feed the hungry. May this new day, be for
us, your children, a celebration of the presence and power of
God, who continues to bring light from darkness, harmony
from chaos, and life from death. Sing your song in our hearts,
Mary, throughout this day, that we might be transformed into
the image of your first born Son, Jesus our brother and Lord.
Amen.

8. Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all.

Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father.

Prayers for Vocations

1. O Lord, we pray you, send labourers into your field for the enemy ravages the harvest. Raise up those who will tend and garner it. Among the youth confided to our care show us those of your choice, that, knowing them, we may form them to labour for you.

O Mary, our Mother, you are the superior and guardian of this Institute. You have gathered us under your banner to promote the glory of your Divine Son, notwithstanding the opposition of the world.

If you do not come to our aid we shall fail, and, like a lamp without oil, become extinguished. But if this work should perish, it is not our work that fails, but yours, for you have done everything for us.

We therefore trust in your powerful protection and we shall trust in it always. Amen.

2. Lord, you raised up Marcellin Champagnat to promote the service of the poor through education and to confirm your people in the way of truth. May his example lead us to renewed faith and zeal as an apostolic community.

Help us to live so that, by your grace, the quality of our lives may attract others to join our Marist way of life. We ask this through Christ, our Lord. Amen.

3. Father, you call all who believe in you to grow perfect in love by following in the footsteps of Christ your Son.

May those whom you have chosen to serve you as religious provide, by their way of life, a convincing sign of your Kingdom to the Church and to the world.

Look with favour, Lord, on this family of Marist Brothers. May it increase in numbers, lead its members to perfect love and to work for the salvation of all people. We ask this through Christ, our Lord. Amen.

4. Father, life is your gift. You invite us to share our gift of life in the service of others. Be with us as we choose each day to show your presence to the world. Give us the courage to respond to your love and to your call in the spirit of Marcellin Champagnat.

Open the minds and hearts of many men and women that they may accept your challenge to build your Kingdom today. We ask this through Christ, our Lord. Amen.

5. Father, you chose Marcellin Champagnat to give young people Christian Education. Give to your church teachers who will devote themselves to helping young people grow as Christian men and women. Help us, the family you founded through Marcellin Champagnat, to be faithful and zealous ministers of your Word. We ask this through Christ, our Lord. Amen.

6. Father, look with love on our Marist Congregation and its needs. May we bring to others, through our ministry, the same healing and fulfilment that we have received from you in joy and gratitude.

Through the intercession of Marcellin Champagnat, may our faith and zeal inspire others to follow Christ as Marist Brothers. This we ask through Christ, Our Lord. Amen.

7. God, our Creator, help all our young people to know their vocation in life, and assist them to prepare for it.

For your greater glory and for the well-being of your people, call many to be ministers of your love, justice and peace.

Give to them grace to respond generously and persevere faithfully in caring for this world and its people.

Help us all to recognise the presence of your wisdom in the youth of today and to encourage them in their response to you. Amen.

8. Lord, your Marist community gathers here now for prayer. We call on you Lord, to help us to be people who will be sincere in our care for each other authentic in our apostolic work and open to you, like Mary in our prayer.

May we be welcoming to each other and all who visit our community.

May many young men we know respond to your call through us and commit themselves to our Marist way of life, given to us by Marcellin Champagnat.

We make our prayer through Christ Our Lord. Amen.

Morning Prayers from the Buddhist Tradition

1. Just as the soft rains fill the streams, pour into the rivers and join together in the oceans, so may the power of every moment of your goodness flow forth to awaken and heal all beings, Those here now, those gone before, those yet to come. By the power of every moment of your goodness...

May your heart's wishes be soon fulfilled, as completely shining as the bright full moon, as magically as by a wish-fulfilling gem. May all dangers be averted and all disease be gone. May no obstacle come across your way. May you enjoy fulfilment and long life. For all in whose heart dwells respect, who follow the wisdom and compassion of the Way, May your life prosper in the four blessings, of old age, beauty, happiness and strength.

2. May every creature abound in well-being and peace.

May every living being, weak or strong, the long and the small The short and the medium-sized, the mean and the great.

May every living being, seen or unseen, those dwelling far off, Those nearby, those already born, those waiting to be born,

May all attain inward peace. Let no one deceive another, Let no one despise another in any situation,

Let no one, from antipathy or hatred, wish evil to anyone at all.

Just as a mother, with her own life, protects her only son from hurt, So within yourself foster a limitless concern for every living creature.

Display a heart of boundless love for all the world, In all its height and depth and broad extent,

Love unrestrained, without hate or enmity.

Then as you stand or walk, sit or lie, until overcome by drowsiness, Devote your mind entirely to this, it is known as living here life divine.

3. With Every Breath

With every breath I take today,
I vow to be awake;
And every step I take,
I vow to take with a grateful heart--
So I may see with eyes of love
into the hearts of all I meet,
To ease their burden when I can
And touch them with a smile of peace

A Morning Salutation to the Dawn from the Hindu Tradition

Look to this day!
For it is life, the very life of life.
In its brief course
Lie all the verities and realities of your existence:
The bliss of growth;
The glory of action;
The splendour of achievement;
For yesterday is but a dream,
And tomorrow is only a vision;
But today, well lived, makes every yesterday
a dream of happiness,
And every tomorrow a vision of hope.

Attributed to Kalidasa

Signed by the Spirit

God, creator and lover of the world, we offer to you our lives,
our words and deeds,
our hopes and fears,
and our love for each other. Accept us as we are and make us
what we shall be.

Mary, you imagine for us the perfection of the church. You
shine forth on earth,
until the day of the Almighty One shall come, as a sign of sure
hope and solace
for the pilgrim people of God
and for all your Marist sons and daughters. By the power of the
Spirit,
enable us to be a sign of your presence in the world so that
through us
others may come to consider the call to service.

Prayer to the Holy Spirit

Holy Spirit of God give me stillness of soul in you. Calm the
turmoil within me by the gentleness of your peace.
Quieten the anxiety within me by a deep trust in your love.
Heal the wounds of sin within me by the joy of your forgive-
ness.
Strengthen the faith within me by an awareness of your pres-
ence.
Confirm the hope within me by the knowledge of your inspira-
tion.
Inspire the love within me by an outpouring of your love.
Holy Spirit of God, be to me a source of light, strength and
courage, so that I may hear your call more clearly and follow it
more generously in my life today. Amen

Prayer to the Holy Spirit

Lord, may we bear the fruits of your Spirit:

give us love,

that boundless, healing energy that transforms the world;

(pause)

give us joy

because no darkness or evil can overcome you;

(pause)

give us peace,

to quieten our hearts, and to free us from bitterness;

(pause)

give us patience,

to go on following you even when it is hard;

(pause)

give us kindness,

to reach out to our neighbour and to the person who needs to be loved;

(pause)

give us goodness,

to give with a generous heart and without ulterior motive;

(pause)

give us faithfulness,

to remain true to our commitments

(pause)

give us gentleness,

to respect the freedom and integrity of others;

(pause)

give us self-control,

to see our weaknesses and overcome them in your strength.

(pause)

Lord, may we bear the fruits of your Spirit.

Galatians 5:22-23

Joyful

Monday & Saturday

1. The Annunciation of the Lord to Mary
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord
5. Finding Jesus in the Temple at age 12

Sorrowful

Tuesday & Friday

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. Jesus is Crowned with Thorns
4. Jesus Carried the Cross
5. The Crucifixion of our Lord

Glorious

Wednesday & Sunday

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Ghost
4. The Assumption of Mary into Heaven
5. Mary is Crowned as Queen of Heaven and Earth

Luminous

Thursday

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

The Angelus

The angel of the Lord declared unto Mary.

And she conceived of the Holy Spirit.

Hail Mary or Pause

Behold the handmaid of the Lord.

Be it done to me according to your word.

Hail Mary or Pause

And the Word was made flesh.

And dwelt among us.

Hail Mary or Pause

Pray for us, holy Mother of God.

That we be made worthy of the promises of Christ.

Let us pray

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an angel, may, by his passion and Cross, be brought to the glory of his Resurrection. Through Christ, Our Lord. Amen.

During Paschal Time

Queen of heaven, rejoice, alleluia!

For He whom you were worthy to bear, alleluia!

Has risen as he promised, alleluia!

Pray for us to God, alleluia!

Rejoice and be glad, O Virgin Mary, alleluia!

For the Lord has risen indeed, alleluia!

Lord God, as you brought joy to the world through the Resurrection of Our Lord, Jesus Christ, your Son, grant that through His Virgin Mother, Mary, we may come to the joys of eternal life. We make our prayer through Christ, Our Lord. Amen.

Memorare

Remember, O most loving Virgin Mary, that never was it known in any age, that anyone who fled to your protection, implored your help, or sought your intercession was abandoned.

Inspired with confidence, therefore, I fly to you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. Do not, O mother of Jesus, despise my prayers, but graciously hear and grant them.

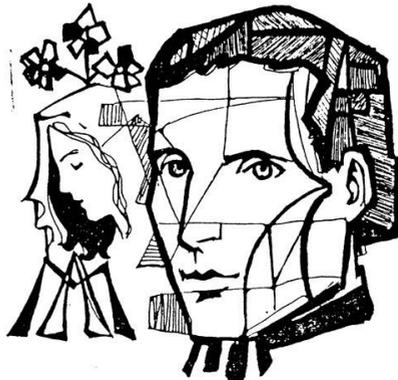
Marcellin's Prayer to Mary

O Mary, Holy Virgin, my Sovereign Lady, I place myself under your protection.

To you I commend the special care of my whole being and throw myself with confidence on your mercy.

I consecrate and confide to your maternal care my soul and body, this day, every day, and at the hour of my death.

To you I commit all my hopes and consolations, my distresses and miseries, my life and its end, that through your most holy intercession and your precious merits, I may constantly perform my actions, and dispose all things according to your will and that of your Son. Amen.



Prayer to Mary, Companion on the Journey

When comes the time for a decision,
Mary of the Annunciation,
Help us to say "yes".

When comes for us the time of the departure,
Mary of Egypt, Wife of Joseph,
Enkindle in us hope.

When come for us the time of the misunderstanding,
Mary of Jerusalem,
Give us your patience.

When comes for us the time of the action,
Mary of Cana,
Give us the courage of the humble servant.

When the suffering time comes for us,
Mary of Golgotha,
Remain with us at the feet of those who suffer with your Son.

When comes the meantime for us,
Marie in the Upper Room,
Inspire us our common prayer.

And every day, when appear for us the happy time of the service,
Mary of Nazareth, Mary of the Mountains of Judah,
Put in us your servant heart.

Until the last day, taking your hand,
Mary of the Assumption,
We will sleep, in the hope of our rising day.

Prayer to Mary, Mother of the living Gospel

Mary, Virgin and Mother,
you who, moved by the Holy Spirit,
welcomed the word of life
in the depths of your humble faith:
as you gave yourself completely to the Eternal One,
help us to say our own “yes”
to the urgent call, as pressing as ever,
to proclaim the good news of Jesus.

Filled with Christ’s presence,
you brought joy to John the Baptist,
making him exult in the womb of his mother.
Brimming over with joy,
you sang of the great things done by God.
Standing at the foot of the cross
with unyielding faith,
you received the joyful comfort of the resurrection,
and joined the disciples in awaiting the Spirit
so that the evangelizing Church might be born.

Obtain for us now a new ardour born of the resurrection,
that we may bring to all the Gospel of life
which triumphs over death.
Give us a holy courage to seek new paths,
that the gift of unfading beauty
may reach every man and woman.

Virgin of listening and contemplation,
Mother of love, Bride of the eternal wedding feast,
pray for the Church, whose pure icon you are,
that she may never be closed in on herself
or lose her passion for establishing God’s kingdom.

Star of the new evangelization,
help us to bear radiant witness to communion,
service, ardent and generous faith,
justice and love of the poor,
that the joy of the Gospel
may reach to the ends of the earth,
illuminating even the fringes of our world.

Mother of the living Gospel,
wellspring of happiness for God's little ones,
pray for us.
Amen. Alleluia!

Pope Francis



Saint Joseph

Glorious Saint Joseph, foster father of Jesus, spouse of the Blessed Virgin Mary, and patron of the universal Church, I choose you this day, and all my life, to be my special patron, the master and conductor of my soul and body, of my thoughts, words, and actions, of my honour and property, my life and my death.

I ask you to receive me as your servant, to assist me in all my actions, and to obtain for me the happiness of living and dying, like you, in the love of Jesus and Mary. Amen

Formula for the Renewal of Vows

In the presence of the Most Holy Trinity and of the whole Court of Heaven, I renew my Vows of Poverty, Chastity and Obedience, (and Stability.) Holy Virgin, my good Mother, help me to observe them faithfully until death.

Prayer for the Dead

Psalm 129 (130)

Out of the depths I cry to you, O Lord, Lord, hear my voice!

O let your ears be attentive to the voice of my pleading.

If you, O Lord, should mark our guilt,

Lord, who would survive? But with you is found forgiveness:

for this we revere you.

My soul is waiting for the Lord, I count on his word.

My soul is longing for the Lord

more than watchman for daybreak. Let the watchman count on daybreak and Israel on the Lord.

Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity. (Glory be)

They Rise Again

God, you reveal your light
to those who pass in the night;
blessed are you
for the eyes that open today
upon the new earth:
they find you, O living God!
Glory to you, Lord,
Light of the kingdom!
You draw them to your mystery
with the strength of the Spirit;
blessed are you
for the bodies where life arises
until the eternal Dawn:
They rise again, O living God!
Glory to you, Lord,
Light of the kingdom!

—*Days of the Lord*

Prayer before a Meeting

Father, we rejoice in the opportunity to gather in your name. Each time we come together, we know we are in your presence and that you will help us both with our vision for the future and with the practical matters at hand.

We ask that the work of this meeting be of service to you and others. We pray that the reflections and deliberations undertaken here today may bring us closer together in serving you and others.

Guide us to serve you in what we do each day, so that we do not hinder the purpose of this meeting and the coming of your Kingdom. We make this prayer through your Son, Jesus, who lives and reigns with you and the Holy Spirit forever and ever.

Amen

Prayer of Service

Lord Jesus, help me to spread your fragrance
everywhere I go.

Flood my soul with your spirit and life;
penetrate and possess my whole being so completely that my
life may only be a radiance of yours.

Shine through me,
and be so in me

that everyone with whom I come in contact
may feel your presence in my soul.

Let them look up
and no longer see me, but only you, Jesus.

John Henry Cardinal Newman

Sent on mission

We thank you, God, for all your gifts.

Give us faith and conviction to meet the challenges of our
world,

inner peace in the face of misunderstanding and difficulty,
and courage to accept all that is painful in our lives

so that we might bring love and compassion
to those with whom we live and work.

Mary, mother and model, from the beginning
we were given your name and taught to live your spirit.

Ordinary Resource and First Superior,
you inspire our ways of being and acting.

Be for us as you were for Champagnat -
guiding, caring, ever-present mother.

We thank you for all who have followed Champagnat
in his commitment' to education and the poor,

and for God's love and concern which they reflect. Bless them
and theirs and those they serve, wherever they are and what-
ever they do, now and always.

A Prayer for Disciples in Mission

Loving God you called us each by name
And gave your only son to redeem us.
In your faithfulness, you sent the Holy Spirit
To complete the mission of Jesus among us.
Open our hearts to Jesus.
Give us the courage to speak his name
To those who are close to us
And the generosity to share his love
With those who are far away.
We pray that every person
Throughout the world
Be invited to know and love Jesus as saviour and redeemer.
May they come to know his all surpassing love.
May that love transform every element of our society.
We ask this through Christ our Lord. Amen

Daily Prayer

'... the palm of your hand'

God, we live in the certainty that you have written our names on the palm of your hand. You knew and loved us before anyone thought of us or spoke our name. We cannot reach you alone without being found by you. Indeed, we are yours.

Mary, Virgin of the Magnificat, accompany us as we go to meet those whose best hope is in God, open our hearts, deepen our sensitivity, help us to be your gentle and caring face to children and to young people, especially the most neglected.

God, accept our following in Mary's footsteps of being hidden and unknown in the world so that in us the face of Jesus may be manifest to your people.

Dedication of the Day

Good and gracious God,
I give you my hands to do your work today. I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak your words.
I give you my mind that you may pray within me.
Above all,
I give you my heart that you may love within me.
I give you my whole self that you may grow within me.
It is always you, my God,
who lives and works and prays within me.
Blessed be your name throughout this day. Amen.

Prayer for Generosity

Lord Jesus, teach me to be generous;
teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for any reward,
but that of knowing that I do your will.

St. Ignatius Loyola

The Serenity Prayer

God grant me the Serenity to accept the things I cannot change,
the Courage to change the things I can,
And the Wisdom to know the difference.

Peace Prayer

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

And where there is sadness, joy.

Lord, grant that I may not so much seek to be consoled,
as to console.

To be understood, as to understand.

To be loved, as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned.

And it is in dying that we are born to eternal life.

St. Francis of Assisi



Desiderata

Go placidly amid the noise & haste, & remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story. Avoid loud & aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

For Trust in God

My Lord God . . . I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think that

I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore I will trust you always, though I may seem lost and in the shadow of death.

I will not fear, for you are ever with me,

and you will never leave me to face my perils alone.

Thomas Merton

Lord, Give me Strength

Give us your strength, Lord. Because sometimes things get tough,

and we are ready to quit.

Give us your love, Lord. Because sometimes people reject us, and we are tempted to hate.

Give us your eyes, Lord. Because sometimes life gets dark, and we lose our way.

Give us your courage, Lord. Because often we are put under pressure, and it's hard to do what is right.

Give us yourself, Lord. Because our hearts were made for you, and we will not rest until we rest in you.

Mark Link

For Greatness of Heart

Keep us, O God, from all pettiness;
let us be large in thought, in word, in deed.
Let us be done with fault finding and leave off all self seeking.
May we put away all pretense and meet each other face to face,
without self-pity and without prejudice.
May we never be hasty in judgment and always be generous.
Let us take time for all things, and make us to grow calm, serene,
and gentle.
Teach us to put into action our better impulses, straightforward
and unafraid.
Grant that we may realize that it is the little things of life that
create differences,
that in the big things of life, we are as one.
And, O Lord God, let us not forget to be kind!

+ Mary Stuart, Queen of Scotland

Prayer to be a better Listener

We do not really listen to each other, God, at least not all
the time. Instead of true dialogue, we carry on two parallel
monologues. I talk. Others; a community member or friend or
companion talks.
But what we are really concentrating on is how to sound good,
how to make our points strongly, how to outshine the person
with whom we are speaking.
Teach us to listen as your son listened to everyone who spoke
with him. Remind us that, somehow, you are trying to reach us
through our partner in conversation.
Your truth, your love, your goodness are seeking us out in the
truth, love, and goodness being shared. When our words are
harsh, hostile, angry, we convey the very opposite of those
qualities. Teach us to be still, Lord, that we may truly hear our
brothers and sisters and, in them, know you. Amen.

Hope

Hope looks for the good in people instead of harping on the worst.

Hope opens doors where despair closes them.

Hope discovers what can be done instead of grumbling about what cannot.

Hope draws its power from a deep trust in God and the basic goodness of human nature.

Hope “lights a candle” instead of “cursing the darkness.”

Hope regards problems, small or large, as opportunities.

Hope cherishes no illusions, nor does it yield to cynicism.

Hope sets big goals and is not frustrated by repeated difficulties or setbacks.

Hope pushes ahead when it would be easy to quit.

Hope puts up with modest gains, realizing that “the longest journey starts with one step.”

Hope accepts misunderstandings as the price for serving the greater good of others.

Hope is a good loser because it has divine assurance of final victory.

+ James Keller, M.M.

Trust in God

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress that it is made by passing through some stages of instability— and that it may take a very long time.

And so I think it is with you. Your ideas mature gradually —

let them grow, let them shape themselves without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of tomorrow.

Only God could say what this new spirit gradually forming within you will be.

Give our Lord the benefit of believing that his hand is leading you,

and accept the anxiety of feeling yourself in suspense and incomplete.

Pierre Teilhard de Chardin, S.J.

For Perspective & Purpose

God has created me to do some definite service. God has committed some work to me which has not been committed to another. I have my mission—I may never know it in this life, but I shall be told it in the next.

I am a link in a chain, a bond or connection between persons. God has not created me for naught. I shall do good, I shall do the Lord's work. I shall be an angel of peace, a preacher of truth in my own time and place while not intending it—if I do but keep the Lord's commands.

Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve the Lord; in perplexity, my perplexity may serve. If I am in sorrow, my sorrow may serve. God does nothing in vain. Therefore I will trust my God. The Lord may take away my friends. God may make me feel desolate, make my spirits sink, hide my future from me. Still, God knows every plan and purpose.

God be with you!

Cardinal John Henry Newman

A true and fruitful branch

Let us all become a true and fruitful branch
on the vine Jesus, by accepting him in our lives as it pleases
him to come:
as the Truth—to be told; as the Life—to be lived;
as the Light—to be lighted; as the Love—to be loved; as the
Way—to be walked; as the Joy—to be given;
as the Peace—to be spread;
as the Sacrifice—to be offered,
in our families and our neighbors.

Mother Teresa of Calcutta

In The Evening

Stay with us, Lord:
Behold, evening is coming, and we still haven't recognized your
face in each of our brothers and sisters.
Stay with us, Lord Jesus Christ!
Stay with us, Lord:
behold, evening is coming, and we still haven't shared your
bread in thanksgiving with all our brothers and sisters.
Stay with us, Lord Jesus Christ!
Stay with us, Lord:
behold, evening is coming,
and we still haven't recognized your Word in the words of our
brothers and sisters. Stay with us, Lord Jesus Christ!
Stay with us, Lord:
behold, evening is coming,
and our hearts are still too slow to believe that you had to die
in order to rise again. Stay with us, Lord Jesus Christ!
Stay with us, Lord,
for our night itself becomes day when you are there! Stay with
us, Lord Jesus Christ!

Lucien Deiss

Prayer of Blessing for Students and Teachers

Eternal God, your wisdom is beyond our understanding.
Yet it is revealed to us in the life and love of Jesus, your Son.
Bless students and teachers as they begin anew.
May they, like Jesus, grow in wisdom, age, and grace.
Enlighten them with your Word and fill them with your Spirit
that they may follow the path that leads to your wisdom.
Bless teachers with compassion and patience, joy and peace,
and bless, too, all who assist them.
May students and teachers alike be charged with curiosity
and courage
to make this world a home where hope endures.
Open their eyes that they may see your presence each day,
open their ears that they may hear your voice in
unexpected places,
open their minds that they may understand
the mystery of your love,
and open their hearts that they may grow
in likeness to the mind and heart of Christ.
Grant this through Christ our Lord. Amen.

—*Diana Macalintal*

Gift of a New Day

I thank you, Lord, for the gift of this new day
and for bringing me safely to its beginning.
I thank you for the gift of sleep during the night.
Grant me the grace I need this day
to walk in your love and your truth.
Above all, Lord, give me the gift of a joyful heart
that in all things I may see your hand at work
and give myself over to what you want of me this day.
In Jesus' name I pray. Amen.

Abbot Justin DuVall, OSB

Prayer for Vocations

God, our Father, in Baptism you called us by name,
making us members of your people, the Church.

We praise you for your goodness.

We thank you for your gifts.

We ask you to strengthen us to live in love and service
to others

after the example of your Son, Jesus.

Father, look upon your Church with love and bless your people
with generous single men and women,

with loving husbands and wives,

with understanding parents,

with trusting children,

with dedicated priests, sisters, deacons, and brothers.

Help us to see our vocations as a journey toward you.

You have called us, not to set us apart,

but to bring us together with others who need our love.

Make us faithful signs of your presence in their midst.

We ask you this through Christ, our Lord. Amen.

—*United States Conference of Catholic Bishops*

Pilgrim from Birth

We walk, Lord, guided as pilgrims,

with confidence that your presence gives us life,
and is stronger than the weariness of the road.

When we walk, Lord,

we know that you keep your promises,

that a seedling of hope

has sprung up in the midst of a dry people.

We walk, Lord, with our hands empty,

seeking to be filled with your presence.

We go full of poverty to be enriched.

—*Catholic Relief Services (Mexico)*

Dear God,

Speak gently in my silence.
When the loud outer noises of my surroundings
and the loud inner noises of my fears
keep pulling me away from you,
help me to trust that you are still there
even when I am unable to hear you.
Give me ears to listen to your small, soft
voice saying:
“Come to me, you who are overburdened,
and I will give you rest. . . .
for I am gentle and humble of heart.”
Let that loving voice be my guide.
Amen.

—*Henri J. M. Nouwen*

Grant us, O God, we pray,

the gift of prophets and preachers in our own time,
martyrs and those who confess your name,
poets and mystics who see you,
and recognize your hand in the pages of our history.
Give us ears to hear,
hearts attuned to your action among us—
that we may recognize you crucified again,
that we may hear the voice of your prophets
and with compassionate hearts hasten our steps
to bind up your wounds.
Spirit of Love, guide us. Amen.

—*Sr. Eleanor Bernstein*

Intercessions

We pray for freedom from fear:

that we may proclaim, "I am the Lord's servant; may it happen to me as you have said." (Silence)

We pray for freedom from self-centeredness:

that we may learn to love as Jesus loved.. (Silence)

We pray for freedom from attachments:

that we may start to plow and not keep looking back. (Silence)

We pray for freedom from deception:

that we may know the truth that will set us free. (Silence)

We pray for freedom from pride:

that we may in surrender say, "If this work should perish, it is not our work that fails but yours, for you have done everything for us." (Silence)

We pray for freedom from prejudice:

that we may become one in mind and heart as we continue to build community. (Silence)

Grant us, Lord,

to recognize you, this day and every day,

under the miserable aspect of all those who are tested;

those who are hungry, not only for food,

but also for the Word of God,

those who are thirsty, not only of water, but also for peace,

those without shelter, who not only look for a roof,

but also for a heart that understands love;

the sick and the dying,

who not only suffer in their body,

but also in their mind and in their spirit.

Always remembering your words:

"What you do to the least, you do it to me."

Teresa of Calcutta

Prophets of a Future that is not our own.

It helps now and then, to step back and take a long view.
The Kingdom is not only beyond our efforts, it is even
beyond our vision.

We accomplish in our lifetime only a tiny fraction of the
magnificent enterprise that is God's work.

Nothing we do is complete, which is another way of
saying that the Kingdom always lies beyond us.

No statement says all that should be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about:

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they
hold future promise.

We lay foundations that will need further development.

We provide yeast that produces effects far beyond our
capabilities.

We cannot do everything and there is a sense of liberation
in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is the difference between
"master" builder and worker.

We are workers, no master builders;
the ministers, not the Messiah.

We are prophets of a future that is not our own.

Archbishop Oscar Romero

Review of the Day

“Looking back on the events of our day, like the disciples of Emmaus, we are able to see how God is present during our journey. We open ourselves to hear God’s invitation and urgings within the movements of our life”

(Water from the Rock, 82)

Presence of God and thanksgiving: Let all your body and mind slow down as you thank God for the day.

Prayer for enlightenment: Ask the Holy Spirit to guide you in these moments of reflection.

Discernment: Allow the experiences of the day to come to mind, allowing any memory to stay and touch your heart.

What might the Lord be saying to you?

Gratitude and sorrow: Thank the Lord for his grace in helping you to do good and humbly ask pardon for any failings during the day.

Focus for the future: What are your present feelings? What have you learned from the day? Trusting in God, pray for the grace to respond more faithfully in the future.

Final prayer: Dear Lord, three things I pray: to see you more clearly, to love you more dearly, and to follow you more nearly, day by day.

St Richard of Chichester

3 questions

1. Why am I most grateful?
2. Why am I least grateful?
3. What does God say to me today?

Reflections on my Life

How have I lost a sense of purpose in life? Do I have a goal?

What are my dreams and my hopes?

Have I lost a belief in myself and my inner goodness? Do I truly care for both my body and my spirit, for the “whole” of me?

Have I lost a generous heart? Do I give grudgingly, or only to a few chosen ones?

Have I lost a sensitivity to God’s presence in my life? Do I run through the days without pause for reflection and remembrance?

Have I lost the treasure of compassion?

How open is my heart to the cares of others? How deeply do I feel with the pain of the world?

Have I lost my perception of the truth? Do little lies creep into my life and does hypocrisy pursue me?

Have I lost the gift of love? How does my life look when placed alongside the love for me in the gospels?

Does my spirit allow for the gift of laughter? Have I lost the ability to laugh occasionally at myself and at life?

What do I do with suffering in my life?

Have I forgotten how good it is to lean on the Lord?

Have I lost my intimacy with God? Do I still know Jesus? How comfortable am I with the God of my life?

Have I lost my heart’s faithfulness to the beloved? How do I show my fidelity to those I live with (spouse, children, roommate, friends, family, community .. .)?

Way of the Cross

Stations according to the Gospel

*(Proposed by Archbishop Piero Marini, Pope Benedict XVI's
master of liturgical celebration – 2007)*

1. Jesus prays in the Garden of Gethsemane. (Mt 26: 36-46)
2. Jesus is betrayed by Judas and arrested. (Mt 26: 47-56)
3. Jesus is condemned by the Sanhedrin. (Mt 26: 57-68)
4. Jesus is denied by Peter. (Mt 26: 8-75)
5. Jesus is judged by Pilate. (Mt 27: 1-2; 11-26)
6. Jesus is scourged and crowned with thorns. (Mt 27: 27-30)
7. Jesus takes up his cross. (Mt 27: 31)
8. Jesus is helped by Simon of
Cyrene to carry his cross. (Mt 27: 32)
9. Jesus meets the women of Jerusalem. (Lk 23: 27-31)
10. Jesus is crucified. (Jn 19: 17-19)
11. Jesus promises his Kingdom to
the good thief. (Lk 23: 39-43)
12. Jesus entrusts Mary and the Beloved
Disciple to each other. (Jn 19: 25-27)
13. Jesus dies on the Cross. (Jn 19: 28-30)
14. Jesus is laid in the tomb. (Jn 19: 38-42)
15. Jesus is risen from the death. (Jn 20: 1-9)