

Mercy Catholic College

Prayers and reflections for Lockdown



July 2021

Introduction

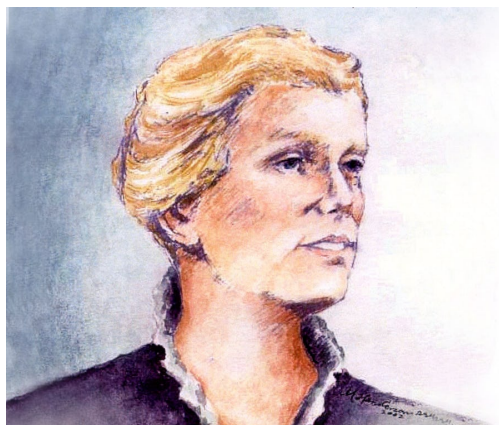
Prayer is at the center of our lives as a religious community.

Our founder, Catherine McAuley, composed prayers expressing the faith in God's providence that characterised her life and work. Her prayers reflect her struggles, the trials of others, acceptance of the divine plan in all things, and a deep desire to be transformed each day into the person God wanted her to be.

We at Mercy believe in the power of prayer as an act of worshiping God, who hears and answers our prayers. Please take this invitation to use these prayers for your own prayer life. These prayers have been curated and created for the Mercy College community.

How to use this booklet: This is a collection of prayers and short reflections you could use in Tutor group, class... whenever you feel it is needed. At the end of each prayer please say the following:

Mary, Mother of Mercy	Pray for us
Venerable Catherine McAuley	Pray for us



The Suscipe of Catherine McAuley

My God, I am yours for time and eternity.
Teach me to cast myself entirely
into the arms of your loving Providence
with a lively, unlimited confidence in your compassionate, tender pity.
Grant, O most merciful Redeemer,
That whatever you ordain or permit may be acceptable to me.
Take from my heart all painful anxiety;
let nothing sadden me but sin,
nothing delight me but the hope of coming to the possession of You
my God and my all, in your everlasting kingdom.
Amen.

God, open our eyes to see you.
God, open our ears that we can hear you as we cry,
when we are hungry, when we are scared and when we feel low.
God, open our hearts to you and to others,
to receive help and support and love.
Give us the strength to endure.
Amen

Creator God, you made us and you love us.
Our circumstances and experiences do not define us.
Help us to understand that we are your children and can trust you.
Whatever we do today, your loving eye is on us
and you have promised to care for us.
Help me to bring everything in our lives before you.
When we are uncertain, help us look to you.
Guide us and teach us in the way that we should go
and the paths that we should take.
Amen.

**Pope Francis prayer to
Our Lady, Health of the Sick,
to implore her protection
during the Covid-19
coronavirus pandemic**

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain,

with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.


Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.


Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.





We wait.
We wait for you to answer.
We wait for the first light of dawn.
We wait for you.
We wait for you.
We wait for you. We wait.
Our waiting is our prayer.
In the difficulty of the waiting
We feel our longing for you.
We long for you to be here.
We wait for your arrival, you who has always been here.
In the waiting we know
a larger space in our soul is being made available.
We can feel the growing emptiness.
But we know that it will be filled with your gracious, loving presence.
Make us ready to receive you.
We wait.
Amen


Loving God,
We thank you for being our creator,
You know us better than anyone else.
Help us to use the mind you have given us
to learn and study effectively.
May we learn with humility and grace.
May we grow in wisdom as well as knowledge.
Let us live a life of integrity in everything we do.
May we grow in grace, and in the knowledge of Jesus.
Amen.



Generous God,
We thank you for being great and abundant in power,
your understanding is beyond measure.
Let us follow the example of Jesus who,
as he grew up increased in wisdom and stature.
Help us to use our time wisely as we study
that we too may grow in wisdom.
Please help us to glorify you in our thoughts, words and actions.
Blessing and glory, wisdom and thanksgiving,
Be unto you our God,
Amen.

God of the glistening sun on the ocean,
the wind whispering in the trees,
the laughter of children,
the wisdom of the elders.
Help us to recognise the oneness of all things
and celebrate human creativity, compassion, endurance and love.
Empower us to recognise the oneness of all things in the wonder of
Your creation.
Amen


Merciful God,
Your presence calms the troubled sea of our lives
and speaks peace to our souls.
When we are filled with anxiety and uncertainty,
Would you calm our fears and fill our minds with your peace.
Give us assurance that you are working everything
for our good and your glory.
May your love be the passion in our hearts.
May your joy be our strength when times are hard.
May your presence be our peace that overflows.
Amen.



Almighty and Eternal God,
You are the everlasting health of those who believe in You.
Hear us for Your sick servants in our community
and the Greater Sydney area
for whom we ask the aid of Your tender mercy,
That being restored to bodily health,
they may give thanks to You.
Through Christ our Lord,
Amen

God of mercies, we thank you for all who care for the sick.
When they diagnose, give them patience.
When they protect the vulnerable, give them your protection.
When they work to heal, give them strength.
When they comfort, give them consolation.
When they are tired, give them rest.
When they are discouraged, bring them your hope.
May we welcome and respect them
as we support one another in this time of trial.
Amen

God, grant us the serenity
to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace.
Amen



In this challenging time Jesus,
our true physician and healer,
be merciful to us and bring us your aid
in these troubled times.
Heal all our sickness and every affliction of your people.
We place in your gentle Heart the elderly,
the frail, people with disability, children, young people and families,
our indigenous peoples, those who are poor, lonely and isolated.
As you walk with us,
free them from fear and give them
patience and hope together with our loving care.
We place our trust in you, our God.
Amen.

Come to the edge - a poem reflection

"Come to the edge," he said.
"We're comfortable back here," they said.
"Come to the edge," he said.
"We're too busy," they said.
"Come to the edge," he said.
"It's too high," they said.
"Come to the edge," he said.
"We're afraid," they said.
"Come to the edge," he said.
"We'll fall," they said.
"Come to the edge," he said. And they did.
And he pushed them. And they flew.

How long have you stood at the edge waiting for a push?
Think of a time when you were pushed – and you flew!
Take a few moments to thank all those who push you.
Amen.



By Jen Norton



The Easy Leaf Mindfulness Exercise

Go outside...

Take a deep breath...

Choose a leaf.

It does not matter what type of leaf it is or what it looks like.

Any leaf is okay.

Next hold the leaf in your hand
and let your attention be absorbed by it.

Really look closely at it.

Notice the things about its physical characteristics.

Turn it over and around and follow the patterns and form.

Describe it to yourself like you are daydreaming.

Notice the colours, textures, and shapes
without judging them as bad or good,
unpleasant or pleasant,
beautiful or ugly.

Resist any urge to think about or assess the leaf.

Simply observe it for what it is.

Do this mindfulness exercise for as long as you can.

Every time you notice your mind has wandered,
simply draw it back to the exercise with gentleness.

Aim for observing the leaf for 5 minutes without your mind wandering...
...and enjoy the moments.

Litany Of Saints Of Mercy

In the communion of saints, at this time we are surrounded by many unseen friends. Let us confidently invoke the Saints and Angels for the healing and health of those who are infected and for protection from the virus.

Mary, Health of the Sick, pray for us.

Mary, Comforter of the Afflicted, pray for us.

Mary Immaculate of Lourdes, pray for us.

Saint Michael the Archangel, pray for us.

Saint Raphael the Archangel, pray for us.

Saint Joseph, pray for us.

Saint Dymphna, Virgin and Martyr, pray for us.

Saint Blaise, Bishop, pray for us.

Saint Edmund, King and Martyr, pray for us.

Saint Peregrine Laziosi, pray for us.

Saint Juliana Falconieri, pray for us.

Saint Margaret of Castello, pray for us.

Saint Lidwina, pray for us.

Saint Roch the hermit, pray for us.

Saint Francis of Assisi, pray for us.

Saint Elizabeth of Hungary, pray for us.

Saint John of God, pray for us.

Saint Aloysius Gonzaga, pray for us.

Saint Charles Borromeo, Cardinal, pray for us.

Saint Martin de Porres, pray for us.

Saint Camillus de Lellis, pray for us.

Saint Louise de Marillac, pray for us.

Saint Jeanne Jugan, pray for us.

Saint Damien of Molokai, pray for us.

Saint Mary of the Cross MacKillop, pray for us.

Saint Frances Xavier Cabrini, pray for us.

Saint Teresa of Kolkata, pray for us.

Amen.

Some scripture readings...

The Lord is my shepherd (Psalm 23)

A plea for divine protection (Psalm 90)

The call of his Heart (Matthew 11: 25-30)

A healing day with Jesus at Capernaum (Luke 4:38-44)

Children of God (Romans 8: 14-17)

Don't worry (Philippians 4:6)

In conclusion

If there is anything else you may need or think would be useful at this time, please let me know. If you are able to, set up a sacred space in your home. A candle, cross or crucifix if you can access one and anything else you may feel as representative of strength and hope. Each day, light the candle. Take a moment to charge yourself so you are able to do your best for the day. Take each day as it comes.

