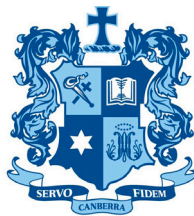


PATHWAYS

A practical guide to leading prayer
and contemplation with students



MaristCollege
Canberra

TOGETHER, WE CREATE FINE YOUNG MEN

PATHWAYS

A practical guide to leading prayer
and contemplation with students



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Produced by the Mission Team at Marist College Canberra for
use in classrooms and House Group.

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CARE OF CREATION

When early Christian Ministries introduced the Bible to Aboriginal people, the Elders recognised many similarities between the Old Testament stories and traditional stories, laws and the teachings of God (or a creator Spirit). They believed and had faith in their Ancestor Spirit and relied on Him for all their needs. He was their Protector, Provider, Carer and Saviour. His name was honoured.

NATSICC

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Creator Father,
We give thanks of Your wondrous creation,
we recognize the profound wisdom and reverence that
First Nations communities hold for the Earth.
Their intimate connection with the land teaches us
to cherish and protect every living being.
Grant us the grace to learn from these ancient traditions,
to tread gently on this sacred ground, and to be
stewards of the natural world.
May our actions be guided by love and respect for all that
You have made.
In Your name, We pray: **Amen**

WE LISTEN

A reading from the Gospel of Matthew (10:40-42)

"Anyone who welcomes you welcomes me, and anyone who welcomes me welcomes the one who sent me. Whoever welcomes a prophet as a prophet will receive a prophet's reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person's reward. And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward."

The Gospel of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- Welcoming others with warmth and generosity is a powerful way to connect with God.
- Hospitality means kindly receiving and caring for guests, visitors, or even those we may not know. In today's reading, we learn that there are unique blessings for those who extend such hospitality to someone sent by the Lord.
- In the cultures of most First Nations Peoples in Australia, hospitality holds great significance. When someone is "Welcomed to Country," it means that the Elder or Elders have determined that the visitor comes in peace and has permission to be on the land they are the Traditional Custodians of. This welcome also signifies that, while on the Traditional Land, the Custodians will offer support and protection if necessary.
- First Nations spirituality begins and ends with the land.

Trees

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in Summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

Joyce Kilmer



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For First Nations People and their Spiritual Connection: We pray for the First Nations People, that their deep spiritual connection with the land and nature may be honoured and respected.

We pray:

All: Receive our prayer, O God.

Leader: For Healing and Restoration of the Earth: We lift our voices in prayer for the healing and restoration of our wounded planet. May we learn from the First Nations' understanding of our interconnectedness with the Earth and take meaningful steps to protect and cherish the environment.

We pray:

All: Receive our prayer, O God.

Leader: For Empathy and Understanding: We pray for a spirit of empathy and understanding towards First Nations People, as they continue to face challenges in preserving their sacred lands and traditions. May we stand in solidarity with them, advocating for justice and respect. We pray:

All: Receive our prayer, O God.

Leader: For Gratitude and Reverence: We offer our gratitude for the lessons we receive from the First Nations' spirituality and their care for Mother Earth. May we cultivate a deep reverence for all living beings and ecosystems, realizing that they are precious gifts entrusted to our care.

We pray:

All: Receive our prayer, O God.

CONTEMPLATION

Contemplative Prayer "is love, silence, listening, and being in the presence of God" (YouCat 503).

Quieting of our minds and being alert to God's presence. I achieve this by asking myself a question repeatedly or thinking deeply about an idea:

"I think all of us in the Church could learn a lot from the culture of hospitality of our First Nations People in helping bring people closer to God. Respect, patience, building trust, protecting those in our care, invitation and welcome are all facets of hospitality and, as such, are very important in bringing about an encounter with God."

Most Rev. Columba Macbeth-Green OSPPE,
Bishop of Wilcannia-Forbes



FAITH IN ACTION

- The Catholic Social Teaching Principle of Subsidiarity which stresses the importance of local decision-making.
- Come up with ways to put this principle into action in the community, like advocating for more local representation in politics. Discuss where students share and think about their experiences in taking action. Ask: How did it feel? What impact did it have?
- Encourage them to think about how their Catholic faith motivates them to be involved citizens.
- What are social justice issues faced by First Nations people and others in their area. How can I stand in solidarity with my neighbors?
- Organize a fundraiser for an Aboriginal and Torres Strait Islander charity or group.
- Set up a space for prayer or reflection centered on First Australian spirituality, adorned with symbols, art, and literature representing Aboriginal and Torres Strait Islander traditions.

WE CLOSE

CLOSING PRAYER

Heavenly Father,
Thank you for the wisdom of
First Nations people and their spirituality,
May we heed their ancient wisdom.
Let it guide our steps, that we may walk in harmony with the land,
respecting its rhythms and cycles with a spiritual connection.

COMMON PRAYER

Our Father

Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil. Amen

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**

“ALL TO JESUS THROUGH MARY, ALL TO MARY FOR JESUS”



The motto attributed to Champagnat by his biographer, All to Jesus through Mary, all to Mary for Jesus, captures this close relationship between the Son and the Mother and our Founder’s attitude of confidence in Mary, which we are invited to live

WATER FROM THE ROCK, 25

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Heavenly Father,
Champagnat believed, “All to Jesus through
Mary, all to Mary for Jesus.”
This profound connection between the Son,
and the Mother, guides us.
Marcellin trusted deeply in Mary,
which we are named to embrace.
May we too live out this relationship with
faith and devotion,
seeking Your guidance and strength through
Mary’s intercession to her Son.
In Jesus’ name, We pray:
Amen

WE LISTEN

A reading from the Gospel of John (19:25-27)

Near the cross of Jesus stood his mother, his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, “Woman, here is your son,” and to the disciple, “Here is your mother.” From that time on, this disciple took her into his home.

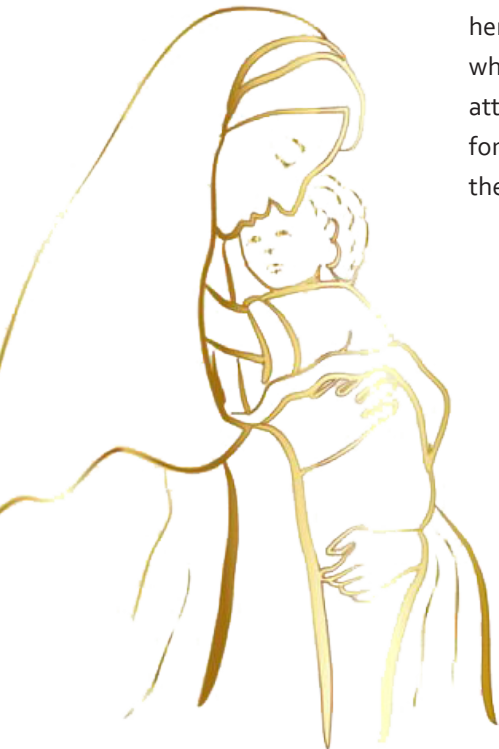
The Gospel of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- In a profound act of love, the Son of Mary, as He neared His final moments, showed His concern for others rather than Himself. Instead, His thoughts were with those dear to Him.
- He entrusted His beloved mother to His disciple John, saying, “Woman, behold, your son.” “Behold, your mother.”
- In this sacred exchange, the Mother of God momentarily shifted her gaze from Jesus to look upon John, now her spiritual child. John, the disciple who stood faithfully by Jesus’ side throughout His suffering and death, also stood with our Blessed Mother at the foot of the Cross.
- Their exchange of love was not just for them, but a command for us all.
- This is the love that Marcellin understood and then wrote “Without Mary we are nothing and with Mary we have everything, because Mary always has her adorable Son within her arms or in her heart.” Jesus and Mary were the treasure on which Marcellin had learned to place his own heart. The motto attributed to Champagnat, “All to Jesus through Mary, all to Mary for Jesus”, captures this close relationship between the Son and the Mother and Marcellin’s attitude of confidence in Mary.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: Heavenly Father, we pray for the grace to surrender ourselves entirely to You through the loving intercession of Mary. May she guide us closer to Your Son, Jesus, in all that we do. We pray:

All: Receive our prayer, O God.

Leader: Lord, help us to understand the profound relationship between Jesus and Mary, as exemplified in the motto, "All to Jesus through Mary, all to Mary for Jesus." Grant us the wisdom to live out this truth in our daily lives. We pray:

All: Receive our prayer, O God.

Leader: We lift up those who are seeking a deeper connection with Jesus. May they find solace and strength in the loving embrace of Mary, who leads us ever closer to Your Son. We pray:

All: Receive our prayer, O God.

Leader: Heavenly Father, bless our families with the love and devotion seen in the relationship between Jesus and Mary. May our homes be filled with the peace and love that comes from following this core belief. We pray:

All: Receive our prayer, O God.

CONTEMPLATION

"God's first language is silence. Everything else is a translation"
(Thomas Keating OCSO)

And Mary kept all these things, reflecting on them in her heart" (Luke 2:19)

...and his mother kept all these things in her heart" (Luke 2:51b)

Mary kept and reflected on her experiences of Jesus in her heart. She contemplated the mystery of the Incarnation as it unfolded before her.

In our busy world filled with screens and noise, we can get overwhelmed by all the things we see and hear. It becomes tough to think clearly, and sometimes we just react without really thinking.

Mary shows us how important it is to have some quiet time alone. We should take moments to think about and remember the important experiences in our lives. We should also think about where we can find Jesus and bring His love to others.

When we face hard times and loss, we should think about where we can find hope and new beginnings, just like the hope of resurrection.

Mary, Queen of Peace, Mother of God and Mother of Contemplation, pray for us!

FAITH IN ACTION

- Mary is called blessed not simply because she was the physical mother of God, the “God-bearer”; she is blessed because she heard the word of God and lived it. (Gail Coates)



WE CLOSE

CLOSING PRAYER

Heavenly Father,
We thank You for Marcellin's trust in Mary.
Like him, may we turn to her with confidence,
knowing she leads us closer to Your Son, Jesus.
Help us surrender to You through Mary's intercession.
May we find strength in her guidance and grant us the grace to live
out, "All to Jesus through Mary, all to Mary for Jesus."
In her name, We pray: Amen.

COMMON PRAYER

Hail Holy Queen

Hail, holy Queen, Mother of mercy,
hail, our life, our sweetness and our hope.
To you we cry, as children of Eve:
to you we send up our sighs, mourning
and weeping in this valley of tears.
Turn then, most gracious Advocate,
your eyes of mercy toward us, lead
us home at last and show unto us
the blessed fruit of your womb, Jesus,
O merciful, O loving,
O sweet Virgin Mary!
Amen

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **Pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



FOR SOMEONE IN NEED



We experience God also in the witness of people committed to peace, justice, and solidarity with the poor and those who act with generosity in the service of others

WATER FROM THE ROCK, 56

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Heavenly Father,
We come before You today, seeking Your divine comfort
for those who need it most.
We give thanks for You as our Comforter and our Peace
knowing that Your mercy and grace are abundant.
We believe in Your power to transform situations and
bring about positive change.
Reaching out to those who are grappling with
unimaginable challenges.
In Your compassionate name We pray:
Amen

WE LISTEN

A reading from Paul's letter to the Corinthians (2 Corinthians 1:3-4)

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all our sorrows, so that we can offer others, in their sorrows, the consolation that we have received from God ourselves.

The Gospel of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- Paul reminds us that God is the ultimate source of comfort, a truth sometimes overlooked. Paul himself experienced this relief amidst afflictions.
- It's evident that true comfort comes from God alone, as apart from Him, there is no genuine solace. The reality is that without Christ, we all face judgment for our sins and an eternity without Him. In such situations, worldly attempts at comfort fall short. Temporary solutions don't address the core issues.
- "When a poor person dies of hunger, it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed." Mother Teresa (1910–1997)



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For those in need. May we spread seeds of hope and joy with great generosity and optimism that more people may know God's compassion and love. We pray:

All: Receive our prayer, O God.

Reader: For all those that are in need and who are facing various challenges, that You are the source of all comfort and provision for them. We pray:

All: Receive our prayer, O God.

Reader: For those struggling with physical ailments, we pray for Your healing touch to bring them strength and restoration. Grant them the courage to face each day with hope and resilience. We pray:

All: Receive our prayer, O God.

Reader: May God's love and healing sustain all who are marginalised, sick, afraid, addicted or grieving. May the dying know the comfort of God's peace. We pray:

All: Receive our prayer, O God.

CONTEMPLATION

This gift from God is joy at being in His presence. One pilgrim explained to St. John Vianney that for him prayer was quite simple: "I look at him, and he looks at me." This eloquently captures the essence of contemplative prayer.

Quieting of our minds and being alert to God's presence. Can be achieved by asking myself a question repeatedly or thinking deeply about an idea:

Pope Benedict XVI wrote, "for the Church, charity is not a kind of welfare activity which could equally well be left to others, but is part of her nature, an indispensable expression of her very being."

Make me aware of those in need.

Make me aware of those in need in my school.

Make me aware of those in need in my family.

I'm empowered to help those in need.

FAITH IN ACTION

Serving others, particularly those most in need, is a vital expression of our faith. Consider getting involved in the following:

- St Vincent de Paul
- Marist Justice and Solidarity
- Sports coaching
- Community Meals
- Each of the Senior School Houses also lead a range of service activities

WE CLOSE

CLOSING PRAYER

Heavenly Father,
We entrust all these needs into Your loving care,
knowing that Your compassion knows no bounds.
May Your grace and mercy flow abundantly into the lives of
those in need.

COMMON PRAYER

Guardian Angel Prayer

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,
To light and guard
Rule and guide.
Amen.

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy
Spirit. Amen.



PRAISE GOD FOR WHO HE IS



Marcellin taught the first Brothers: To make Jesus known and loved is the aim of our vocation and the whole purpose of the Institute. If we were to fail in this purpose, our congregation would be useless. In saying this, Marcellin clearly expressed his conviction, and a growing conviction for Marists today – the centrality of Jesus in our life and mission.

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

We give praise to our creator God,
whose Father's arms surround us,
Give praise to our saving God,
Word made flesh who frees us to follow,
Give praise to our nurturing God,
the Spirit who moves within us,
now and always, forever
Amen

WE LISTEN

The call of the first disciples (Luke 5:1-11)

One day Jesus was standing on the shore of Lake Gennesaret while the people pushed their way up to him to listen to the word of God. He saw two boats pulled up on the beach; the fishermen had left them and were washing the nets. Jesus got into one of the boats - it was Simon's - and asked him to push off a little from the shore. Jesus sat in the boat and taught the crowd...Jesus said to Simon, 'Don't be afraid; from now on you will be catching people.' They pulled the boats up on the beach, left everything, and followed Jesus.

The Gospel of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- Jesus, our inspiring teacher, not only speaks but empowers us into action. Though weary and disheartened, His authority grants us faith and courage. In this, miracles unfold.
- Within our faith community, united efforts yield greater achievements. Following Jesus alters us eternally. When has this happened for you?
- Am I ready to heed Jesus, even when success seems improbable? Does my faith dare to take risks? Can I humbly seek His forgiveness, knowing His boundless power to grant it?



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: Lord, we praise You for Your infinite greatness and boundless love. You are the Alpha and Omega, the Beginning and the End, always present in our lives. May we continue to find strength and comfort in Your unwavering presence. We pray:

All: Receive our prayer, O God.

Leader: Heavenly Father, we thank You for the profound love that Jesus showed us through His sacrifice on the cross. His gospel teachings guide us and lead us towards eternal life. Help us to live out His message of love, compassion, and forgiveness in our daily lives. We pray:

All: Receive our prayer, O God.

Leader: Lord Jesus, we are grateful for the gift of salvation that Your gospel brings. It is a beacon of hope and a source of eternal joy. May we hold fast to Your teachings and share the good news with all those we encounter. Help us to be living examples of Your love and grace. We pray:

All: Receive our prayer, O God.

Leader: Father, we thank You for the precious gift of Your Son, Jesus Christ. His life, death, and resurrection are a testament to Your boundless love for humanity. May we always cherish and proclaim the Gospel message, bringing hope and healing to a world in need. We pray:

All: Receive our prayer, O God.

CONTEMPLATION

The Contemplation on the Love of God is the concluding meditation of the Spiritual Exercises (Spiritual Exercises, 231–237). It presents a God who loves without limit and who invites us to make a generous response of love in return. (Contemplation on the Love of God - IgnatianSpirituality.com)

Quieting of our minds and being alert to God's presence. I achieve this by asking myself a question repeatedly, praying or thinking deeply about an idea:

Ignatius Loyola suggests the Suscipe prayer:

Take, Lord, and receive all my liberty,
my memory, my understanding, and my
entire will—all that I have and call my own.

You have given it all to me.

To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace. That
is enough for me.

(Contemplation on the Love of God -
IgnatianSpirituality.com)



FAITH IN ACTION

- Begin Each Day in His Presence.
- Pray with Purpose and Focus.
- Keep a Gratitude Journal.
- Transform Complaints into Praise.
- Delight in God's Creation.
- Extend Love to Others.
- Cultivate Self-Love.

WE CLOSE

CLOSING PRAYER

Loving God,
the inspiration you give us fills us with wonder and enthusiasm.
Save us from the enemy of our own fears and give us the
enthusiasm and compassion of Marcellin as, our hand in Mary's, we
trace his footsteps in following you.
We pray this in Jesus' name. Amen

COMMON PRAYER

**Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now,
and ever shall be,
world without end.
Amen.**

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**



HUMILITY



"Practice the presence of God; it is the soul of prayer, meditation, and all the virtues. Let humility and simplicity be the characteristics that distinguish you from others."

CHAMPAGNAT MARIST FORMATION

"There is more value in a little study of humility and in a single act of it than in all the knowledge in the world."

ST. TERESA OF ÁVILA

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Jesus our friend,
Help us remain fully aware of Your presence in our daily lives.
As followers of the Marist tradition,
grant us the wisdom to walk in Your path with a spirit of simplicity,
humility, and modesty.
Guided by the example of Mary,
may we seek to grow a deeper love for You
in all our connections and interactions.
Let me realize that when I am humble,
I am most human, most truthful,
and most worthy of your serious consideration.
We pray this through Christ our Lord
Amen

WE LISTEN

A reading from Colossians 3 - Living as Those Made Alive in Christ

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.

The word of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- How does recognizing ourselves as “God’s chosen people, holy and dearly loved” shape our understanding of who we are and our purpose in life?
- What does it mean to “clothe yourselves with compassion, kindness, humility, gentleness, and patience”? How might these virtues transform our interactions with others?
- In what ways can we actively practice compassion in our daily lives, both towards those we know well and towards strangers or acquaintances?
- Kindness: How can we intentionally cultivate kindness, not only in our words but also in our actions, even in challenging situations?
- Humility: Reflect on the concept of humility. How can we live with a sense of humility, recognizing our own strengths and weaknesses, and valuing the dignity of every person?
- Gentleness: How does gentleness manifest in our relationships with others? How can we approach conflicts or disagreements with a spirit of gentleness?
- In what areas of our lives do we struggle with patience? How might we cultivate a patient spirit, especially in moments of waiting or adversity?
- Consider the idea that love binds all these virtues together. How does love serve as a unifying force in our relationships and actions?
- What practical steps can we take to intentionally incorporate these virtues into our daily lives?
- How does living out these virtues reflect the character of Christ? How might others see Christ in us through our actions and attitudes?
- Who can hold us accountable in our journey to embody these virtues? How can we encourage each other in this pursuit of Christlikeness?
- Spend some time in prayer, asking for guidance and strength to live out these virtues in your own life.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Reader: For the grace to be no one's enemy, but rather, a friend to all that is eternal and abides with Christ. We pray:

All: Receive our prayer, O God.

Reader: For the guidance to love, seek, and attain only that which is good. We pray:

All: Receive our prayer, O God.

Reader: For hearts that genuinely desire the happiness of all, harbouring no envy. We pray:

All: Receive our prayer, O God.

Reader: For the grace to refrain from rejoicing in the misfortune of those who have wronged us. We pray:

All: Receive our prayer, O God.

Reader: For the wisdom to win victories that do no harm, neither to us nor our opponents. We pray:

All: Receive our prayer, O God.

Reader: For the ability to mend the bonds of friends angered with one another, and to extend our help to those in need. We pray:

All: Receive our prayer, O God.

Reader: For the gift of self-respect, We pray:

All: Receive our prayer, O God.

Reader: For all the intentions we hold in our heart. We pray:

All: Receive our prayer, O God.

CONTEMPLATION

Quieting of our minds and being alert to God's presence. Can be achieved by asking myself a question repeatedly or thinking deeply about an idea:

Humility comes from the Latin word 'Humus' meaning ground, earth or soil. To be truly humble is to be grounded, to be earthed. To be grounded in God is the only true path to holiness. Just as earth is dependent on rain and sun to make things grow, so it is only through our humility that we come to know our complete dependence on the grace of God. Mary's Magnificat is a hymn of praise to the humility of God. Mary says: No to pride, to ego, to domination, to injustice; Yes to the poor, the simple, the lowly. (The Three Violets - 03 March 2021 (maristlaityaustralia.com))

Am I grounded in God?

Do I say no to pride, to ego, to domination, to injustice; Yes to the poor, the simple, the lowly?

FAITH IN ACTION

If we just say we believe in Jesus and even go to church every Sunday, but do not act out God's love in the world, we are, in Paul's words, 'like a clanging cymbal' (1 Corinthians 13:1).



FAITH IN ACTION

Jesus' example of solidarity with those less fortunate, inclusion of those on the margins, and putting others before ourselves. This motivates Marist Solidarity, it is a way for all of us to become involved with humility. It is about listening to and learning from the people of Bougainville in particular St Joseph's College in the community of Mabiri. We strongly encourage you to reach out and help AMS as humility and service walks hand in hand.

WE CLOSE

CLOSING PRAYER

Heavenly Father,
We stand before You, humbled and grateful for the gift of salvation through Your Son.
Guide us to serve selflessly,
even when our actions may not be acknowledged.
Fill our hearts with grace and forgiveness
towards those who may wrong us.
Lord, bless us with compassion and a humble spirit.
In Your name we pray, Amen.

COMMON PRAYER

Prayer of Serenity

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.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is, not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

MARIST LITANY

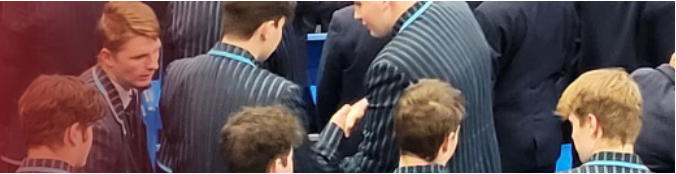
Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



COMMUNITY LIFE



Marist life is "simple and modest in its expression, close to the lives of ordinary people, apostolic in character and marked by spontaneity and joy." – The Marist Constitutions.

The core of Marist life centres in community. Drawing inspiration from the early church, where disciples were bound together in a spirit of unity and purpose in spreading the Gospel. As Marists we engage in a diverse range of ministries. However, we go beyond being mere hands to do the work; we collectively embrace our lives, our mission, and our vision. We recognise the sacredness of this space we are creating and acknowledge the presence of God – wherever two or three are gathered in my name, I am there among them - Matthew 18:20

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Heavenly Father,
As Marists, we stand united as a community,
mirroring the early disciples' enthusiasm for spreading Your Gospel.
In this sacred bond, we find purpose to help the least, the lost and the lonely.
We wholeheartedly embrace our lives, mission, and the vision of the school.
Bless our diverse ministries and our many gifts,
that they may reflect Your love and grace.
Amen

WE LISTEN

A reading from the Paul's letter to the Romans (12: 3 – 18)

Love must be sincere. Hate what is evil; cling to what is good.
Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.

The Gospel of the Lord
All: Thanks be to God

WE REFLECT

GOING DEEPER

- Paul says it starts with being honest about who we are. Normally, we think too highly of ourselves. We always think about things from our own point of view.
- Paul says we need to see ourselves clearly. We should know our strengths and weaknesses, without being too hard on ourselves.
- He's not saying we should think we're useless. Instead, he wants us to stop seeing ourselves as more important than we really are. It takes faith to see ourselves this way, he says. Why faith? He'll explain that we need to see the truth about ourselves so we can trust God to use our abilities for His plans.
- In simple words, God has special work for each of us in His church. Thinking too highly of ourselves will only get in the way of the amazing things God wants to do through us.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For our community, that we may grow in unity and mutual support, recognizing that together we are stronger in faith, hope, and love. We pray:

All: Receive our prayer, O God.

Leader: For the leaders of our community, that they may be guided by wisdom and compassion, making decisions that promote harmony and inclusivity among us. We pray:

All: Receive our prayer, O God.

Leader: For those among us who may be feeling isolated or alone, that they may find comfort and companionship within our community, experiencing the warmth of friendship and belonging. We pray:

All: Receive our prayer, O God.

Leader: For the various ministries and activities within our community, that they may be filled with enthusiasm, dedication, and a spirit of collaboration, bringing forth fruits of love and service. We pray:

All: Receive our prayer, O God.

Leader: For the grace to be open-hearted and generous in sharing our gifts and talents with one another, recognizing that by doing so, we contribute to the flourishing of our community and the greater glory of God. We pray:

All: Receive our prayer, O God.

CONTEMPLATION

Mary's example of keeping and reflecting on experiences of Jesus in her heart, as noted in Luke 2:19 and 2:51b, underscores the importance of quiet reflection amidst life's noise. In our bustling world, it's easy to react without thought. Mary teaches us the value of solitude to ponder significant moments and seek Jesus, spreading His love. In times of difficulty, we find hope in contemplating new beginnings, akin to the resurrection. Let us seek Mary's intercession as Queen of Peace and Mother of Contemplation.



FAITH IN ACTION

- Mary is called blessed not simply because she was the physical mother of God, the “God –bearer”; she is blessed because she heard the word of God and lived it. (Gail Coates)



WE CLOSE

CLOSING PRAYER

Heavenly Father,
We thank You for Marcellin’s trust in Mary.
Like him, may we turn to her with confidence, knowing she leads us
closer to Your Son, Jesus.
Help us surrender to You through Mary’s intercession.
May we find strength in her guidance and grant us the grace to live
out, “All to Jesus through Mary, all to Mary for Jesus.”

In her name, We pray: Amen.

COMMON PRAYER

Hail Holy Queen

Hail, holy Queen, Mother of mercy,
hail, our life, our sweetness and our hope.
To you we cry, as children of Eve:
to you we send up our sighs, mourning
and weeping in this valley of tears.
Turn then, most gracious Advocate,
your eyes of mercy toward us, lead
us home at last and show unto us
the blessed fruit of your womb,
Jesus, O merciful, O loving,
O sweet Virgin Mary!
Amen

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



ADVENT



During Advent, we reflect on the significant Sundays leading up to Christmas and Jesus' birth. For Marists, Marcellin emphasized the Crib, Cross, and Altar, highlighting his devotion to Jesus, especially the Child Jesus. His hope-filled preparations for Christmas showcased his deep adoration. Advent symbols like evergreens and candles in wreaths represent Christ's light in the world and our hearts. Each Sunday, lighting a candle dispels darkness and heralds Christ's birth. As we pray, we invite you to light a candle, symbolizing our readiness to receive Christ's light.

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

As we enter the season of Advent,
our hearts are filled with hope and anticipation for the coming of Jesus.
Just as the prophets of old foretold His birth,
we too await His arrival with eager expectation.
As we light the candle of hope, may its flame illuminate our path and
remind us of the promise of salvation that Jesus brings.
May this season be a time of preparation, reflection,
and joyful anticipation as we await the coming of our Savior.

Amen

WE LISTEN

A reading from the Gospel of Mark (13:33-37)

"Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to All: Keep awake."

The Gospel of the Lord

All: Thanks be to God

WE REFLECT

GOING DEEPER

- What is this image saying to you and making you feel?
 - What in your opinion, is the subject matter of this painting?
 - What is your personal response to the painting?
 - What is God speaking to you today through this painting?
-
- Are we awake or asleep? When we're awake, we acknowledge our weaknesses and are open to change. Jesus urges us to stay alert to the needs of others, like the poor and marginalized. Despite distractions and human frailty, every act of kindness and love brings us closer to God.
-
- Advent offers hope and faith. Jesus' coming brought hope, healing, and reassurance of God's love. As we prepare for Christmas, let's reconcile with those we've wronged, share with the less fortunate, and show love to those around us. In doing so, we welcome Jesus into our hearts and homes.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For hope in times of darkness: We pray for those who are struggling with despair or uncertainty during this season, that they may find hope in the promise of Christ's coming and the light He brings to the world. We pray:

All: Receive our prayer, O God.

Leader: For renewed faith: May this season of Advent be a time of deepening faith for all believers, as we eagerly await the fulfillment of God's promises and the coming of His kingdom. We pray:

All: Receive our prayer, O God.

Leader: For those in need: Let us remember the marginalized and oppressed, that they may experience the hope and comfort of God's love during this season. May we be instruments of hope and compassion in their lives. We pray:

All: Receive our prayer, O God.

Leader: For peace and unity: As we prepare to celebrate the birth of the Prince of Peace, let us pray for reconciliation and harmony in our families, communities, and throughout the world. May the hope of Christ's coming inspire us to work for justice and peace in all areas of our lives. We pray:

All: Receive our prayer, O God.

Leader: For the silent prayers of our hearts: We lift up to you, O God, the prayers that dwell deep within our hearts, known only to you.

All: Amen

CONTEMPLATION

As we enter the sacred season of Advent, let us take a moment to contemplate the profound gift of hope that it brings. In the quiet stillness of our hearts, let us reflect on the meaning of hope and its significance in our lives.

Hope is not merely wishful thinking or optimism in the face of adversity. It is a deep-seated trust in the promises of God, a confident expectation that He will fulfill His word. Advent reminds us of the hope that was born in a humble stable over two thousand years ago, when God entered into human history to bring light into the darkness.

As we meditate on the themes of Advent – hope, peace, joy, and love – let us consider how we can cultivate a spirit of hope in our own lives. In a world often fraught with uncertainty and despair, it can be easy to lose sight of the light that shines in the darkness. Yet, Advent invites us to embrace the hope that is found in Christ alone. In this season, trust that God's promises will bring peace and justice. May our hearts be hopeful, minds expectant, and souls anchored in His love.



FAITH IN ACTION

Faith in action during Advent involves embodying the spirit of the season through tangible acts:

- Acts of Kindness: Extend compassion by volunteering, donating, or reaching out to the lonely.
- Prayer and Reflection: Deepen spiritual practices with prayer, meditation, and worship.
- Advent Wreath Ritual: Light candles for hope, peace, joy, and love, reminding us of God's promises.
- Acts of Generosity: Mirror God's gift by sharing resources through donations and service.
- Live out hope, peace, joy, and love, witnessing Christ's transformative power.

['Come Lord Jesus Come'](#) by Steve Angrisano

WE CLOSE

CLOSING PRAYER

Lord, Grant us the courage to carry the light of your love into the world, spreading hope and joy wherever we go. Help us to be mindful of your presence in our lives, especially during this Advent season of waiting and anticipation. As we await the celebration of the birth of your Son, Jesus Christ, may we be filled with renewed faith and enthusiasm for sharing the Good News with others. Bless us with strength and resilience in the face of challenges, and fill our hearts with compassion and empathy for those in need. May your peace reign in our hearts and in our communities, and may your love shine brightly through us, illuminating the darkness around us. In your holy name, We pray: **Amen.**

COMMON PRAYER

Our Father

Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil. Amen

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



THE ABILITY TO FORGIVE

Water from the Rock reflects on the Cross as a symbol of God's unconditional love. It depicts Jesus sharing humanity's suffering and transforming it, inviting us into redemptive suffering and humble love. At the Cross, we stand with those experiencing pain, injustice, and strife, aligning ourselves with their struggles for sustenance, righteousness, and harmony. It's a profound reminder of God's love manifested in Christ's sacrifice. (#22-24)

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Gracious and merciful Father,
As we gather in Your presence today,
Our hearts carry burdens.
Grant us the grace to emulate Your Son, Jesus,
Who forgave even from the agony of the Cross.
Help us grasp the depth of Your love,
Finding healing and freedom in forgiveness.
May Your Holy Spirit lead us to reconciliation,
And may we be agents of Your peace in a world
Desperate for forgiveness and compassion.
In Jesus' name, our Redeemer,
We pray:
Amen

WE LISTEN

Psalm 25 Of David. 25:1-7

In you, Lord my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemy's triumph over me. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause. Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, Lord, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good.

The Word of the Lord
All: Thanks be to God

WE REFLECT

GOING DEEPER

- Forty years ago, an attempt on John Paul II's life shook the world. Despite being gravely wounded, the Pope's first words were of forgiveness for his attacker. This act of mercy resonated globally.
- Years later, Pope John Paul II visited his would-be assassin in prison, embodying the forgiveness he preached. These powerful gestures echo the essence of Christianity: love and mercy. Pope Francis later affirmed this, stating that God's tenderness, not force, conquers hearts. Divine love's gentle strength and unfailing mercy are what truly transform lives.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For the ability to forgive those who have wronged us, following the example of Jesus on the Cross, who forgave even in the midst of suffering. May we embody His love and mercy in our lives. We pray:

All: Receive our prayer, O God.

Leader: Grant us the strength to overcome feelings of resentment and bitterness, and to replace them with kindness and compassion. Help us to extend forgiveness to others as You have forgiven us. We pray:

All: Receive our prayer, O God.

Leader: Help us stand with the suffering, experiencing betrayal and abandonment. May we extend forgiveness and compassion, reflecting Your unconditional love for humanity. We pray:

All: Receive our prayer, O God.

Leader: Lord, grant us wisdom to see forgiveness as strength, not weakness. Help us forgive as You forgive us, fostering transformation and reconciliation. We pray:

All: Receive our prayer, O God.

All: Amen

CONTEMPLATION

Reflect on what resonated with you from Psalm 25. Allow the words or images to linger in your mind.

Trust that God is at work within you.

Ask Him to reveal His message to you.

**Lord, what message do you have for me?
How should I respond to it?
How can I apply it to my daily life?**

Spend time in quiet contemplation, open to God's guidance. Be receptive to any feelings of peace or joy that may arise, as they may be signs of His presence.

Psalm 25 guides us in seeking God's help, acknowledging our sins, and trusting in His mercy. In verse 1, we lift our soul to the Lord, the part of us that yearns for Him.

**What within you desires God?
Offer it to Him.**

In verse 3, the psalmist asks not to be shamed as he waits on the Lord. As we wait, we confront our weaknesses and sins, but also experience God's mercy. This reminds us of our dependence on Him.

Embrace this realization, for only then can God teach us His ways.

FAITH IN ACTION

Faith in action involves applying religious beliefs in daily life, including forgiveness. Forgiveness, central in many faiths, is an act of mercy and love, releasing resentment and anger. In Christianity, Jesus emphasized forgiveness, exemplified through His crucifixion. Believers see forgiveness as reflecting God's mercy.

Forgiveness in action may mean openly discussing betrayal, showing kindness to bullies, or volunteering to serve marginalized communities. It involves conflict resolution, advocating for inclusivity, and reconciling strained relationships. It also includes self-forgiveness, spiritual reflection, and acts of kindness. Through forgiveness, believers demonstrate their faith and commitment to living according to their religious teachings.

WE CLOSE

CLOSING PRAYER

Heavenly Father,
Grant us grace to approach challenges with compassion,
seeing deeper truths in ourselves and others.
Give us strength to forgive, healing our hearts,
nurturing patience and love in difficult times.
May we find peace in letting go of resentment,
embracing Your transformative love.
Bless us with wisdom to recognize forgiveness opportunities,
and courage to extend it freely.
May forgiveness illuminate our path to reconciliation and healing.

COMMON PRAYER

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ, suffered and died for us. In his name, my God, have mercy.

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



RESPONSIBILITY

As Marists, we heed the calls of our time, prioritizing concerns, especially for the youth, transcending religious and cultural boundaries. Rooted in Catholic theology, humans are seen as creations of God, interconnected and endowed with freedom and responsibility. The Second Vatican Council highlights conscience and freedom's importance, essential for fulfilling our relationship with God. Respecting each person's freedom upholds human dignity, fostering a society rooted in the common good.

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Dear God,
We acknowledge responsibility and our interconnectedness.
Inspired by the Marist tradition,
we listen to the needs of our time,
especially the youth.
Help us break barriers, treating all with dignity, regardless of differences.
Show us how to share resources fairly and promote peace.
Guide our relationships with respect and freedom.
May we lead with love and justice, working for a better society.
Grant us wisdom in balancing freedom and responsibility,
respecting the dignity of every human being.
Amen

WE LISTEN

A reading from St Paul's letter to the Galatians (5: 13-15)

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.

The Word of the Lord
All: Thanks be to God

A MARIAN WAY OF RELATING

WE REFLECT

GOING DEEPER

- This passage emphasizes the responsibility of using our freedom to serve and love, echoing themes of the prayer.
- It highlights the importance of relationships and well-being in the context of love and service, reflecting the Marian spirit of compassion.
- To encounter Jesus, we must step out of comfort zones, embracing human experiences and reaching out to those in need.
- Just as Thomas encountered Jesus through his wounds, we find Christ in the struggles of others. Jesus meets doubt with understanding, leading to deeper faith.
- Spirituality is not just contemplation; it's found in everyday life, especially in serving the marginalized.
- True encounter with Jesus requires more than charity; it demands entering into the woundedness of others with compassion, experiencing the living God through acts of mercy.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For the grace to recognize the importance of responsibility in using our freedom to serve one another, may we be guided by love and compassion in our relationships and actions. We pray:

All: Receive our prayer, O God.

Leader: Heavenly Father, we pray for the strength to embrace our responsibility to care for the well-being of others, especially the marginalized and vulnerable in our communities. May our actions reflect the Marian spirit of compassion and love. We pray:

All: Receive our prayer, O God.

Leader: Lord Jesus, help us to understand that our freedom is a gift meant to be used in service to others. Grant us the wisdom to recognize the needs of those around us and the courage to respond with love and generosity. We pray:

All: Receive our prayer, O God.

Leader: Loving God, as we strive to live out our faith with responsibility and love, we pray for the grace to strengthen our relationships and promote the well-being of all. May our actions be guided by the example of Mary, who selflessly served others with compassion and care. We pray:

All: Receive our prayer, O God.

All: Amen

CONTEMPLATION

Embracing Responsibility in Love and Service. What does it mean to me?

Step 1: Find a quiet, comfortable space to reflect without distractions. Centre yourself with deep breaths.

Step 2: Reflect on responsibility in using freedom to serve and love others. Consider impacts of your choices.

Step 3: Recall a time you felt responsible for someone. What motivated that action? How did you feel?

Step 4: Imagine a scenario to serve someone in need. Visualize details and impact.

Step 5: Consider relationships and wellbeing's importance in love and service.

Step 6: Contemplate Mary's example of selfless love.

FAITH IN ACTION

The Australian Bishops urge all Catholic schools to support Caritas, Catholic Mission, and St. Vincent de Paul Society. Best practices include identifying marginalized groups and offering support, structured immersion experiences, utilizing Caritas' "Just visiting" resources, and Catholic Mission's volunteering opportunities. St. Vincent de Paul Society's Mini Vinnies

program emphasizes education, reflection, and community service. Additionally, programs like the Children's Holiday Camp and Edmund Rice Camps provide meaningful experiences for students to engage in care and service. Caritas Australia offers educational toolkits aligned with the Australian Curriculum for different age groups, fostering a holistic approach to social justice education in Catholic schools.

WE CLOSE

CLOSING PRAYER

Heavenly Father,
Guide us in faith with wisdom and grace, navigating life's challenges with courage.
Grant strength to embrace responsibility and courage to love boldly.
May our actions reflect your love and compassion, serving with humility and kindness.
Fill us with hope and wisdom, leading us closer to you.
Amen.

COMMON PRAYER

The 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.

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

**In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.**



KINDNESS



The story of our spirituality is one of passion and compassion, passion for God and compassion for people (WFR, n1) In the words of Pope Francis: ...a community is more than the sum total of persons that belong to it. It is the place where one learns to love, it is the natural centre of human life. It is made up of faces, of people who love, dialogue, make self-sacrifices for one another and defend life, especially of the most vulnerable and the weakest. (Beliefs and Teachings, 2015)

WE BEGIN

We recognise the sacredness of this space we are creating.
Let us remember we live in the holy presence of God.

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

OPENING PRAYER

Heavenly Father,
As we gather, open our hearts,
Grant us the wisdom to grasp kindness.
Guide us to see the needs of others,
And respond with compassion.
May our actions mirror Your love,
As we Endeavor to improve our world.
Fill us with grace and empathy,
So that through us,
Your love may shine brightly.
In Your name, we pray,
Amen

WE LISTEN

Living as Those Made Alive in Christ - Colossians (3:12-14)

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity

The Word of the Lord
All: Thanks be to God

WE REFLECT

GOING DEEPER

The Catechism of the Catholic Church lists kindness as one of the fruits of the Holy Spirit (CCC 1832). These fruits are perfections formed in us by the Holy Spirit, marking the first fruits of eternal glory. Kindness, a virtue that lifts spirits and touches hearts, becomes a supernatural virtue through grace received at baptism. When kindness becomes part of our nature, it reflects the fruit of the Holy Spirit.

Kindness involves acts that can be increased through practice, prayer, and sacramental life. The goal is to become proficient in these acts, cooperating with the Holy Spirit. Father Lovasik, in "The Hidden Power of Kindness," highlights that even a kind smile or compliment can bring joy. Authentic kindness can make lives more bearable, repair self-esteem, and produce joy.

Father Lovasik's rules for kindness are:

- Speak kindly of someone at least once a day.
- Think kindly about someone at least once a day.
- Do an act of kindness to someone at least once a day.



WE RESPOND

INTENTIONS - SPEAK TO GOD

Leader: With all our heart and mind let us pray to the Lord. We lay our requests before Him, saying "Receive our prayer, O God."

All: Receive our prayer, O God.

Leader: For the grace to embrace kindness as a guiding principle in our interactions with others, reflecting Your compassionate nature. We pray:

All: Receive our prayer, O God.

Leader: For the grace to embrace kindness as a guiding principle in our interactions with others, reflecting Your compassionate nature. We pray:

All: Receive our prayer, O God.

Leader: For the humility to recognize the needs of those around us and to respond with genuine empathy and compassion. We pray:

All: Receive our prayer, O God.

Leader: For the wisdom to see opportunities for acts of kindness in our daily lives, and the strength to act upon them with generosity and love. We pray:

All: Receive our prayer, O God.

Leader: For the ability to forgive and reconcile with those who may have wronged us, showing kindness even in moments of conflict or hurt. We pray:

All: Receive our prayer, O God.

Leader: For the commitment to cultivate a culture of kindness in our communities, spreading Your love and compassion wherever we go. We pray:

All: Receive our prayer, O God.

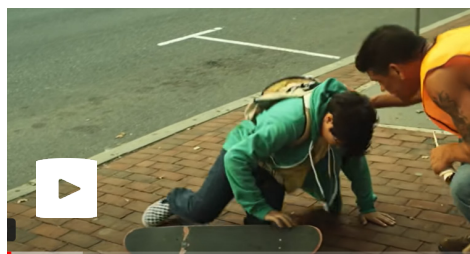
All: Amen

CONTEMPLATION

Reflect on a recent act of kindness you witnessed or experienced, whether a stranger's smile, a friend's kind word, or a generous gesture. Consider how it made you feel - joy, comfort, or connection. Think about its impact on you and those around you.

Now, think about paying that kindness forward. Identify someone who could use a kind word or gesture today and commit to performing one act of kindness, no matter how small. It could be holding the door, offering a compliment, or listening to a friend.

Stay mindful of opportunities to spread kindness, creating a ripple effect of compassion and positivity.



FAITH IN ACTION

The John Berne School in Sydney, Australia, is a Marist school for troubled teenagers. The school is named after the orphan boy whom Marcellin and those early Brothers took into their care.

The emerging needs in our societies urge us, today as before, to manifest God's mercy in

our actions, caring especially for the most vulnerable. People have always come first, and solidarity is a core element of the Marist Mission. (International Commission on Marist Mission, July 2021)

WE CLOSE

CLOSING PRAYER

Heavenly Father,
Grant us strength to show Your mercy in our actions,
especially to the most vulnerable.
Help us prioritize people, making them our top concern,
with solidarity guiding our mission.
Lead us to notice emerging needs and to respond with
compassion and empathy.
May kindness flow from us, always reflecting Your endless love.
As we mature,
May our actions mirror compassion and solidarity,
shaping a world filled with Your love.
In Your name, we pray,
Amen

COMMON PRAYER

Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.

MARIST LITANY

Live Jesus in our hearts, **forever**
Mary our Good Mother - **Pray for us.**
St Marcellin Champagnat and St Mary of the Cross - **Pray for us**
And may we always remember to - **pray for one another.**

SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.



