



STUARTHOLME SCHOOL

COVID-19

Beating with One Heart in Prayer



Welcome

Welcome to our COVID-19 Beating with One Heart in Prayer book.

This resource contains prayers and resources for personal or small group use. These prayers have been designed to be used at anytime, and can be downloaded, printed and shared with all people.

It is our intention and prayer that these may be of help to those who are struggling to find words at this difficult and stressful time, as well as enabling our community to come together in universal prayer and solidarity.

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A photograph of a hand reaching down towards a body of water at sunset. The sun is low on the horizon, creating a warm orange and yellow glow. The water is dark blue, and the hand is silhouetted against the bright sky. Ripples are visible in the water, and the hand's reflection is clearly visible in the water below.

Stillness

JOYCE RUPP

stillness

just stillness

like my world seldom knows.
inside I have an expressway
that never slows down,
always full of going somewhere
always another thing to do

stillness

just stillness

filled with quiet, numinous sound,
like butterfly wings, river murmurs,
cloud breaths, firefly blinks,
and silence, simple, serene silence,
nothing more

stillness

just stillness

here in this satisfied space.
and I, so crippled from my chaos,
sound inside like the cawing crow
flying low over the pond,
breaking the stillness
with his harshly handled song

COVID-19 Prayer to Our Lady, Health of the Sick

POPE FRANCIS

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.





Pandemic

LYNN UNGER

What if you thought of it
as the Jews consider the Sabbath –
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love –
for better or for worse,
in sickness and in health,
so long as we all shall live.



Time to be slow

JOHN O'DONOHUE

This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

Examen for Life during COVID-19

The Examen is a traditional method of prayerful awareness that is a bedrock in Ignatian spirituality and Jesuit education. It's a short, easy way to reflect on your day and become more mindful about where you are experiencing grace or goodness and where there is room in your actions and life for growth. Especially in times of uncertainty and rapid change, taking time to reflect becomes essential.

What people don't often realise is that the Examen is exceptionally flexible and adaptive. It can be used to review your day or it can be adapted to hone in on a specific issue or focus. So in light of the new set of circumstances many of us find ourselves in with COVID-19, it is helpful to adapt the Examen to this unique situation.



Take a moment to settle. Take a deep breath. Get comfortable.

Like a rock settling on the bottom of a lake after it's thrown in, let yourself settle.

1. Acknowledge how you are feeling in this moment. If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it. God wants to be present in all parts of our lives — not just the easy or serene moments.
2. Ask for light and insight as you prepare to review your day. For some that light may come in the form of a sense of the Divine. For others it's from a deep sense of your true self.
3. Take a moment to think about how COVID-19 has impacted your life. Even as we are being asked to distance ourselves from one another socially, ask yourself what connections you find yourself grateful for? Who makes you feel grounded and connected to God?
4. Public health issues have a way of making us recognise how interwoven our lives are with others in society. It can help us realise who we may often choose not to see or connect with. Is there a person or group of people especially affected by COVID-19 that you don't often choose to see or connect with normally? What connections to others are you becoming more aware of? Who do you normally choose to reach out and connect to? Who do you avoid or refuse to see? If you can, picture the faces of these people. What connections do you take for granted in your life? What connections impact you the most?
5. Note the emotions you feel when you think of these individuals without judging or overanalysing. Simply acknowledge them, pay attention, and listen to where God may be speaking.
6. As you think of the ways we are connected or disconnected to one another, pick a connection (or lack thereof) that seems important, significant, or is manifesting itself the strongest. Pause and reflect on where you're being invited to grow from that moment. If you are a person of faith, take a moment to pray with it.
7. God gifted us with limitless creativity and imagination. Even in this time of separation and possible isolation, what is one way you can maintain meaningful connection to others — whether directly, through technology, or intentional focus and attention?

Take a deep breath and moment of quiet. When you are ready, return to your day.



Prayer to Our Lord for the Grace of Healing and Protection

Jesus Christ, you travelled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

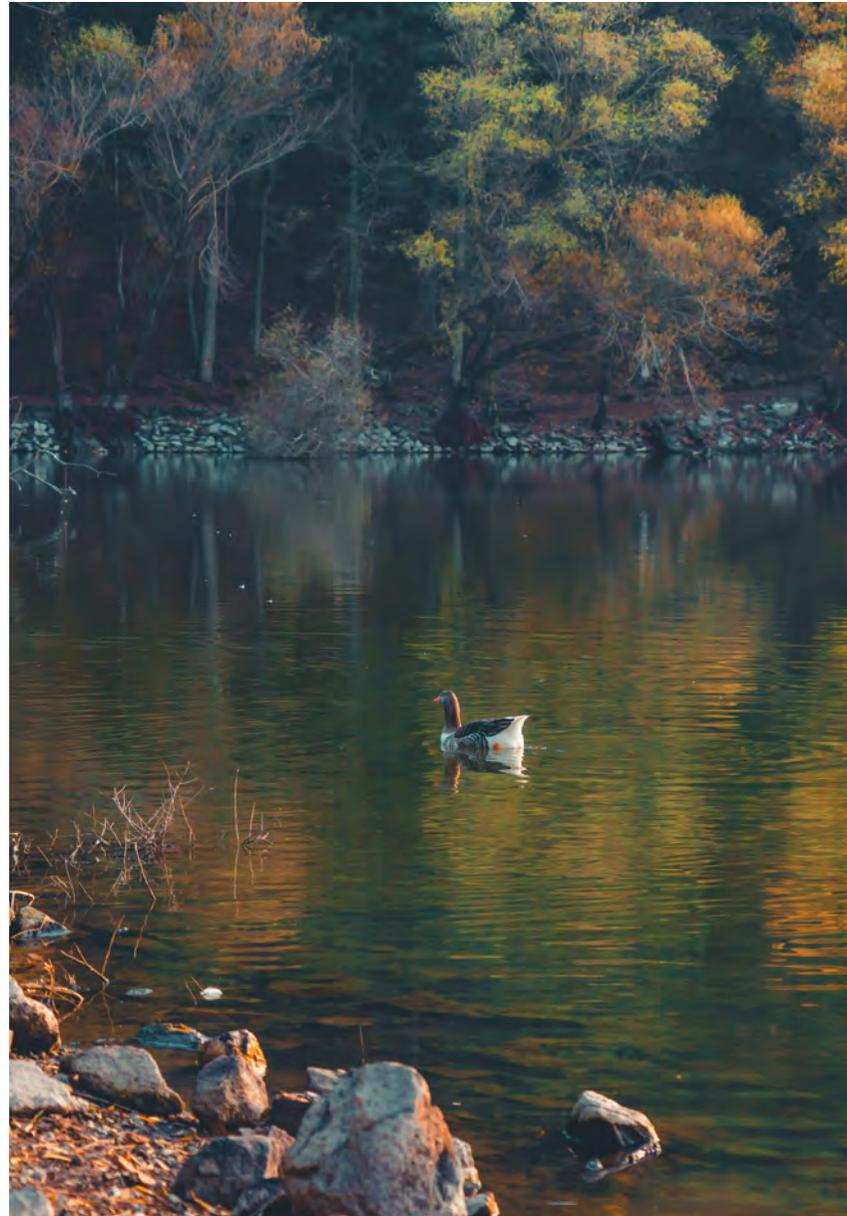
Stay with us Lord, and grant us your peace.

Amen.

The Peace of Wild Things

WENDELL BERRY

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

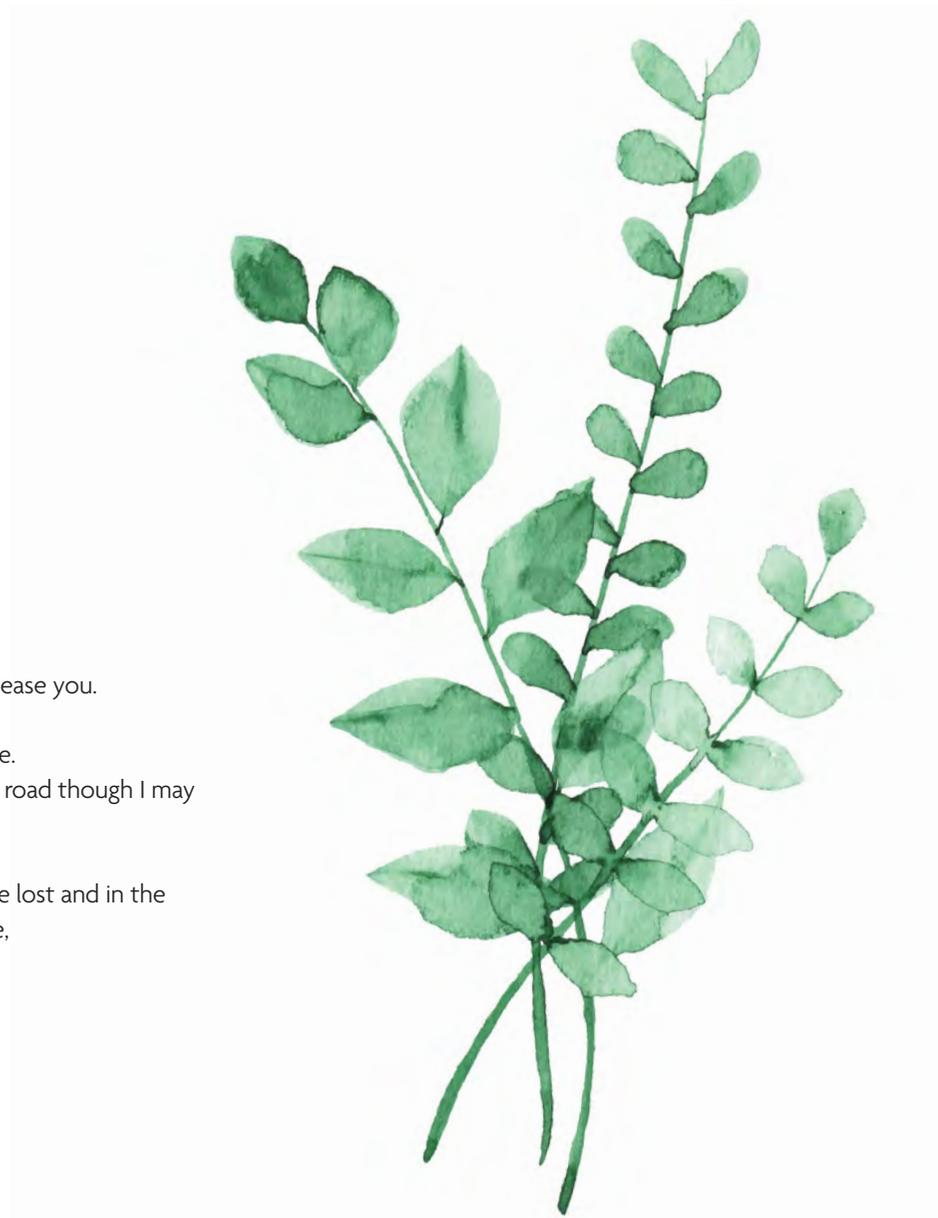


The Road Ahead

THOMAS MERTON

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 will I trust you always though I may seem to be 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.



Memorare

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

Inspired with this 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 the Jesus, despise my prayers,
but graciously hear and grant them.
Amen.

15TH CENTURY, FRANCE





Our School Prayer

God of love, enlighten our minds, enliven our hearts, and animate us with your Spirit.
Through our service of others, may they come to know your love for them,
and be united with us in the heart of Jesus.
Amen.

St Madeleine Sophie's Daily Prayer

Sacred Heart of Jesus,

Give me a heart that is one with your own;

A humble heart that knows and loves its nothingness;

A gentle heart that holds and calms its own anxiety;

A loving heart that has compassion for the suffering of others;

A pure heart that recoils even at the appearance of evil;

A detached heart that longs for nothing other than the goodness of heaven;

A heart detached from self-love and embraced by the love of God,

Its attention focused on God, Its goodness its only treasure in time and in eternity.

Silence

ROSE MARIE QUILTER, RSCJ
MARCH 2013

The tree lifts
branches to
The One
Beyond all noise of naming,
Snow drifts down silence,
Melts into earth,
Disappears.
Clouds wrap hushed grey cloaks
Around our clamor;
Stilling even loud ambassadors
Of death.

Silence has the last word –
No word at all, but hum:
spiral galaxies;
chanting
Ommm....
Beloved child of earth
I AM for you.
Come Home.

Gratefulness

SANDRA SCHADEWALD, RSCJ

I sing in Gratefulness
I sing in Great-Fullness
The stars are stars,
Water is water
And cannot itself be a star
I sing in great-fullness
Of the blessings of God
Earth and air and fire,
This planet bluegreen
New to the ways of human life
I sing in great-fullness
That I am here
To be part of it all –
To know the sound of falling rain
To hear the silence of snow

Thank You

Coœur de Jésus

Coœur de Jésus, sauvez le monde,
Que l'Univers vous soit soumis.
En Vous seul, notre espoir se fonde,
Seigneur, Seigneur, vous nous l'avez promis.

Vous l'avez dit, votre promesse,
Fait notre espoir, notre Bonheur.
Je bénirai dans ma tendresse
Les enfants de Mon Sacré Coœur.

Coœur de Jésus, sauvez le monde,
Que l'univers vous soit soumis.
En Vous seul, notre espoir se fonde,
Seigneur, Seigneur, vous nous l'avez promis.

Vous l'avez dit, Sauveur fidèle,
Votre amour nous l'a révélé.
Le Coœur brûlant pour moi de zèle,
Par le mien sera consolé.

CHORUS:

Heart of Jesus, save the world,
May the whole universe come under your sway.
Our hope for this is based on you alone,
Lord, Lord, you have given us your promise.

VERSES:

You have promised that in your tender love you will bless the children of your Sacred Heart and so have given us hope and happiness.
Faithful Saviour, your love has revealed to us that your heart is on fire with zealous love for me and that my heart can make you a return of love.



To be the best she can be



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