

The Deer's Cry music by Lisa Kelly

I arise today through the strength of heaven
Light of sun, radiance of moon
Splendor of fire, speed of lightning
Swiftness of wind, depth of the sea
Stability of earth, firmness of rock

I arise today through God's strength to pilot me
God's eye to look before me
God's wisdom to guide me
God's way to lie before me
God's shield to protect me

From all who shall wish me ill
Afar and a-near
Alone and in a multitude
Against every cruel, merciless power
That may oppose my body and soul

Christ with me, Christ before me
Christ behind me, Christ in me
Christ beneath me, Christ above me
Christ on my right, Christ on my left
Christ when I lie down, Christ when I sit down
Christ when I arise, Christ to shield me

Christ in the heart of everyone who thinks of me
Christ in the mouth of everyone who speaks of me

I arise today

Prayer Leader:

Mary Beth Marquard, HM

1 / 12 / 2021

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Compassion



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.

God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

Renew · Refresh · Refocus

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TO PONDER: Dorothy Day

The greatest challenge of the day is:
how to bring about a revolution of the
heart, a revolution which has to start
with each one of us.

I really only love God as much as I love
the person I love the least. Love casts out
fear, but we have to get close enough to
love them. True love is delicate and
kind, full of gentle perception and
understanding, full of beauty and grace,
full of joy unutterable.

With such a love one would see all things
new; we would begin to see people as
they really are, as God sees them.

READING: Joan Chittister

Compassion is the emotion that links
us to those outside ourselves.

It is the capacity for outreach.

It enables us, it drives us
to go beyond ourselves
to the beating pulse
of the rest of the world.

Compassion, then, is a dimension
of what it means to be fully human.



Sharing...

a word...

a phrase...

a reflection...