

PRAYER BOOK

**Be still and know
that I am God.**

Psalms 46:10



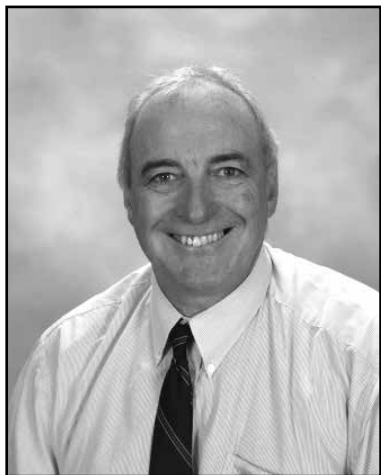
ACKNOWLEDGEMENT OF COUNTRY

In recognition of Aboriginal and Torres Strait Islander people's spiritual and cultural connection to country, we acknowledge the traditional custodians of the land from which we all gather today, the Wudawurrung people of the Kulin nation among the First Nations of Australia.

We pay our respects to their elders, past, present, and emerging. We acknowledge that this land was taken from them without consent, without compensation, without treaty, but not without a resistance.

We acknowledge their care of the land and waterways of this country for more than 60,000 years. They hold the memories, traditions, culture and hope of all Aboriginal and Torres Strait Islander people. We pray that the work of truth-telling and reconciliation will finally carry the day in Australia. May we walk gently and respectfully and sustainably upon the land.

FORWARD



How is your motor running? What gear do you live your life in? There are many on our planet who encourage a need for speed that is breathtaking. Goods and services on demand. Immediate satisfaction. Give it to me now. But there are some things that do not operate at top gear and some that cannot.

The spiritual life is like that. At the heart of human desire is not speed but a search for breadth, truth, beauty and meaning, a gift that is nurtured in the enterprise of a lifetime. Taking pause and making space

to formulate an insight and to know the depth of our loves is the grace that prayer sustains. In prayer we are close to the essence of human existence. It is all about relationships and ongoing conversion. But it requires reflection, gentleness and patience.

So, what is prayer?

Put simply, it is the inward journey into the mystery at the heart of the universe. And no two journeys are the same. But there are trajectories that point in the direction of growth and the expanding of our personal and communal horizons.

A critical prayer path is that of gratitude. And there is so much give thanks for; for breath that gives life and the mercies we have known, for family and security, for opportunities and successes, for lives of deliberate service and witness, and for gifts we have shared in the Spirit. In this way Christian prayer is eucharistic and sacramental.

Also, prayer collects up the energy of the eons in a merciful embrace of those suffering humanly, and the ache of our hurting planet. In prayer we are joined to pain and fear in all its forms. We lament and we grieve. The joy of the good news is that the damaged and the anxious are not without hope. In Christian prayer resurrection follows the cross.

Seeking forgiveness is another essential prayer focus, for what have I done and for what have I failed to do. Prayer brings judgement on the hurt or damage caused by personal and social selfishness or neglect. Prayer accuses my and our greed and injustice as outside of gospel compassion. Forgiving others is its measuring stick. Prayer refines and redefines and heals and brings peace. Ongoing conversion is the Christian way of prayer.

So, slow down, take a Godly moment often and use this book as a focus if you need one. Open your heart, climb a mountain, play in the surf, sing a hymn, walk in the forest, pause in a chapel, and breathe in deeply the Spirit that gives life. Then you will know what it is to live by the light of Christ.

Tony Haintz

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FIRST NATIONS

A Prayer for NAIDOC Week

God of all creation, as we journey together in this Great Southern Land,
We pray for healing, forgiveness, and unity,
Creating a path of good will, with justice and compassion.
Jesus, through the power of your love,
You have given us the courage, wisdom, and strength
To share our gifts and talents in humility.
In peace and understanding we reconcile with each other.
Creator Spirit, we come together in thanksgiving,
For the many blessings we have received.
Allow your Spirit to wash over us and give us strength to walk together as one.

Aboriginal Our Father

The Bishop of Broome has granted permission for use of this prayer.

You are our Father, You live in heaven,
We talk to You. Father You are good.
You are our Father, You live in heaven,
We talk to You. Father You are good.

We believe your Word, Father,
We are Your children, give us bread today.
We believe Your Word, Father,
We are Your children, give us bread today.

We have done wrong, we are sorry,
Teach us, Father, all about Your Word.
We have done wrong, we are sorry,
Teach us, Father, all about Your Word.

Others have done wrong to us,
And we are sorry for them, Father, today.
Others have done wrong to us,
And we are sorry for them, Father, today.

Stop us from doing wrong, Father,
Save us all from the evil one.
Stop us from doing wrong, Father,
Save us all from the Evil One

Reconciliation Prayer

Reconciliation Prayer by Wontulp Bi-Buya - Common Grace

Holy Father, God of Love,

You are the Creator of all things.

We acknowledge the pain and shame of our history and the sufferings of Our peoples,

We ask for your forgiveness.

We thank you for the survival of Indigenous cultures.

Our hope is in you because you gave your Son Jesus to reconcile the world to you.

We pray for your strength and grace to forgive, accept and love one another, as you love us and forgive and accept us in the sacrifice of your Son.

Give us the courage to accept the realities of our history so that we may build a better future for our Nation.

Teach us to respect all cultures.

Teach us to care for our land and waters.

Help us to share justly the resources of this land.

Help us to bring about spiritual and social change to improve the quality of life for all groups in our communities,

Especially the disadvantaged.

Help young people to find true dignity and self-esteem by your Spirit.

May your power and love be the foundations on which we build our families,

our communities,

and our Nation.

Through Jesus Christ our Lord.

Amen.

ECOLOGICAL PRAYERS

Canticle of Brother Sun and Sister Moon

St. Francis of Assisi

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings. To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night and he is beautiful and playful and robust and strong.



Praised be You my Lord through our Sister,
Mother Earth
who sustains and governs us,
producing varied fruits with colored flowers and herbs.

Praise be You my Lord through those who grant pardon for love of You and bear
sickness and trial.
Blessed are those who endure in peace, By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape. Woe to those who die in mortal sin!
Blessed are they She finds doing Your Will.

No second death can do them harm. Praise and bless my Lord and give Him
thanks,
And serve Him with great humility.

Pope Francis' encyclical Laudato Si'

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love,

that we may protect life and beauty.

Fill us with peace, that we may live

as brothers and sisters, harming no one.

O God of the poor,

help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives,

that we may protect the world and not prey on it,

that we may sow beauty, not pollution and destruction.

Touch the hearts

of those who look only for gain

at the expense of the poor and the earth.

Teach us to discover the worth of each thing,

to be filled with awe and contemplation,

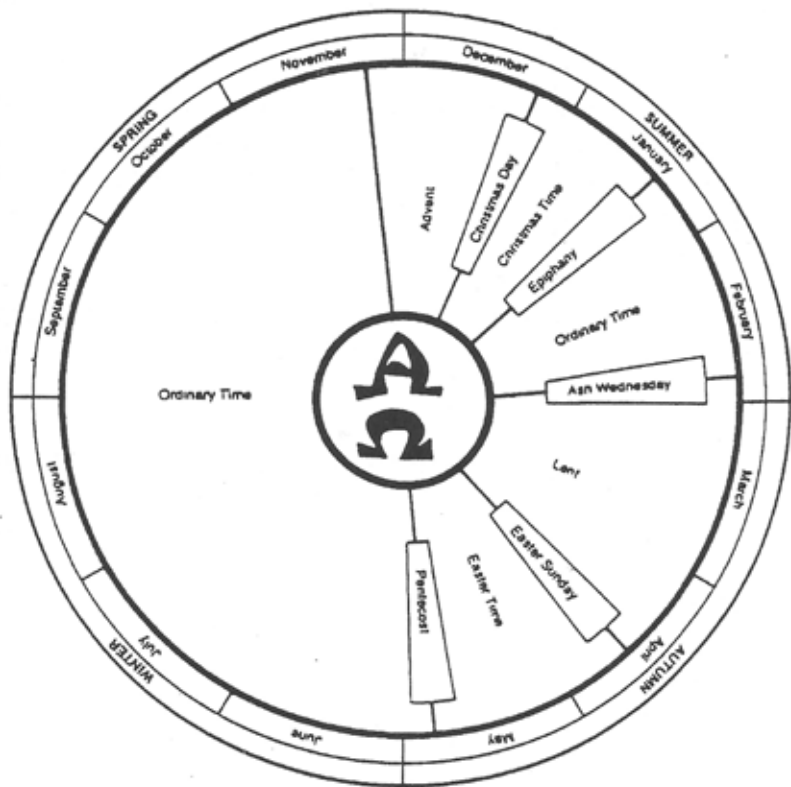
to recognize that we are profoundly united

with every creature as we journey towards your infinite light.

We thank you for being with us each day.

Encourage us, we pray, in our struggle for justice, love and peace.

THE CHURCH YEAR



In the Roman Catholic tradition all time is sacred and each year is a journey of faith and prayer. We are invited to stop, to reflect, to celebrate the life of God that calls us into a hopeful future.

Five Finger Prayer of Pope Francis

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember.
2. The next finger is the index or pointer. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems and social injustice. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.



SPECIAL DAYS OF THE YEAR

Nativity

Sometimes we mistakenly think that Christmas occurs on the 25th of December, when actually that is just the day we've chosen to celebrate all the Christmas in our lives.

Christmas is a miracle that happens whenever love and hope and wonder are brought into the world. It can happen over a can of coke with a friend, doing the weekly shopping, or at a picnic. It can happen noisily, when everyone has something to say at once, or quietly in the hush of a prayer.

Christmas happens in all the little things when people are real and available to each other. That's when love is born and God-is-with-us.

If you think about it, love coming into the world is what Christmas is all about.

From Celebrate, October 1983.

Mother's Day

God, we thank you for one of your special gifts to us, our mother,

Thank you for the love she shares with us in so many ways.

Help us to love her,

And keep her close to you always.

We ask this in Jesus name. Amen.



Ash Wednesday

All loving God,
lead me back to you during this season of Lent, so that I may live a new life in Christ.
Help me to find your light: in prayer, in fasting and in giving to your needy.
Amen.

Holy Week

Jesus, many whom you healed and consoled would betray you. Make us grateful for the gift of your life and death, and keep us faithful to you. Amen.

Easter

Jesus, you appeared to your apostles after the resurrection and filled their hearts with joy when you said to them, "Peace be with you!"
Come also into the midst of the Damascus College community.
Bring us the peace of your presence,
and may your joy overflow in our hearts. Amen.

Advent

Leader: As we await the coming of God, let us make our hearts ready.
All: Come, Jesus, come.
Leader: May the light of God shine on us and give us peace now and always.
All: Amen.

Feast of St. Martin De Porres

Giver of life,
Like St. Martin de Porres of Peru, open our eyes so that we may see the needs of others and respond with generous hearts. Amen.

Litany of the Saints

Blessed Mary MacKillop

Pray for us.

Blessed Edmund Rice

Pray for us.

Venerable Catherine McAuley

Pray for us.

St. Paul

Pray for us.

All Holy Women and Men

Pray for us.

(Name own Saints)

Pray for us.

All Souls

God of all Compassion,

Raise up all who have died, particularly those we have loved

(pause quiet naming).

Grant that we may share eternal glory with them. Amen.

Venerable Catherine McAuley

God, the poor and the needy are with us always. Grant that like Catherine McAuley of Dublin we may be ready to reach out and show our ability to care for others. Amen.

Blessed Edmund Rice

God of Compassion,

Edmund Rice was fully alive to your presence. We know that he opened his whole heart to the poor and underprivileged boys of Ireland. May we, too, bring our gifts into the service of others.

Feast of the Sacred Heart

Christ, our Companion,

Your heart is nothing but love and you give it to us as your generous gift. Mark us with your love, and release in us a passion for justice in our disfigured world. Amen.

Saint Mary of the Cross MacKillop

God, source of all goodness, in Mary MacKillop you show us a woman of faith. Teach us to embrace ways of living the gospel that respect the human dignity of all in our land.

We ask this through Jesus Christ. Amen.

ANZAC Day/Remembrance Day

God, our Security,

Thank you for the gifts of freedom and peace. We remember the men and women who gave their lives so that we could share in these gifts. Give them the light of your eternal peace. Amen.

Another Day

God,

These days seem so long and empty.

Same friends, Same games.

Same school work.

I thought the day looked empty,

but now I'm remembering a huge gift you gave me -

I'm alive! Thanks God.

Pentecost

Jesus said the Spirit would:

open our eyes to the truth,

guide us in times of uncertainty,

befriend us when we are lonely.

Help us each day to rely upon the Spirit. Amen.

Father's Day

Blessed are You, God, Creator of all life,
who has given us the gift of our father.

Today, we honour him,

and we thank You for the numerous good things that are ours because of him.

Bless him with your strength and holy power,

Bless him with happiness and good health,

Bless him with peace and good fortune.

This blessing we pray, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Holidays

God,

Your presence refreshes us like the swooping wind, that clears all the leaves and dust.

Your love, like a gentle breeze, gets rid of the bad feelings we have and makes us calm.

Your love is like a storm that unleashes power and unpredictable winds.

God, we ask you to help people through the holidays.

Keep your love surrounding us to keep us safe.



JUSTICE

God of Hope

Jesus taught us:

"I was hungry and you gave me food.

I was thirsty and you gave me drink.

I was a stranger and you made me welcome.

I was naked and you clothed me.

I was sick and you visited me.

I was in prison and you came to see me."

You call us to forget ourselves and to be givers, welcomers and visitors of the sick and imprisoned.

Help us to be generous. Amen.

God of Compassion

The season of Lent is an opportunity to build a better world for our suffering brothers and sisters.

We know that there are millions of people who wake up hungry and homeless every day.

You call us to forget ourselves and to work for a more just world.

Help us to be generous in prayer and good works. Amen.

God, Our Provider

When we pray the words of Jesus prayer, "Give us this day our daily bread", we pray not just for ourselves and our own needs,

but also for the needs of our neighbours throughout the world who lack the things they need for life - food, water, shelter, clothing and dignity.

May we feel your call to give of our daily bread.

We ask this in the name of Jesus, our teacher of justice. Amen.

God of the Powerless

Sometimes we become frustrated with the magnitude of the problems which face our world.

We feel powerless to change things.

Sometimes we place the blame for human disaster and injustice on you.

Help us to see that even our smallest action can make changes and bring a more just world into being.

Give us the courage to confront injustice as we become aware of its devastation in our surroundings.

We ask this in the name of Jesus, our teacher of justice. Amen.

God of Our World

May the journalists who write the news broadcasts have respect for human dignity and for professionalism that rises above human greed.

The headlines report violence, murder, death, suffering, addiction, loneliness, exploitation, sickness and loss.

May we work to promote news that is good,

to create news that reconciles, news that brings justice, news of peace. Amen.

God of the Lost

We all need love and companionship.

God of the Lost, help us to recognise those in need of direction.

Help us to care for the feelings of those not accepted and those with troubles at school or at home.

We pray that those on the edges of society are understood and given strength and we pray that the homeless find hope and guidance. Amen.

For Equal Share

God of compassion,

So many of your children, our sisters and brothers, have too little even for life and cannot dream of plenty or luxury. By their standards we have so much, yet we are always being told to want more and to be wasteful. As we pray for the hungry, the poor, the many millions who have nothing to call their own, help us to see that we must commit ourselves to fair shares within your family, and be held accountable for what we take.

God of those who Hunger

When we are hungry,

we feel bad tempered and cross.

We find something to eat as soon as we can.

God of those who hunger,

We forget that there are parts of the world

where people are always hungry.

Even in our local community

there are those who cannot find enough to eat.

Help us to remember

that for some the hunger pains never go away. Amen.

War

God, our creator,

we ask you to pour your love and compassion

on people suffering through war in different parts of the world.

Strengthen them in their ordeal.

Give them patience and endurance

and offer them fresh hope

for a future that will bring an end

to violence, imprisonment and suffering. Amen.

For Timor-Leste

We pray for our sister school, Santa Maria in Ainaro in Timor Leste. May our relationship grow your mercy and justice on both sides of the Timor Sea. We pray especially for the current Immersion Team that their journey may lead to ongoing reflection and support for our friends in Ainaro.



HEALING: SORROW AND FORGIVENESS

Peter

Jesus, you knew that Peter would deny you three times, yet you forgave him.
Help us to be forgiving of all who have hurt and harmed us.
Amen.

Prayer for Forgiveness

Leader: At times we all find it more convenient

to take the easy way out,
to give in to peer pressure,
to go back on our word.

Think of a time when you have failed to do
what was right. (pause)

What led you to make that choice? (pause)

We pray together...

All: God, we ask your forgiveness for taking the easy way.
Give us the courage to be true to you. Amen.

Prayer for someone I could have helped and didn't

God,

Someone needed me, but I passed right by.

I pretended not to see because I was enjoying what I was doing
and didn't want to stop.

I'm sorry I didn't help.

Please give that person the love I didn't share.

Prayer for Honesty

Spirit of Truth,

I want to be honest

at home with my parents,

at school with my friends and teachers.

I wish to be able to share, not to lie or be greedy.

Forgive me for the times I have been dishonest or told lies.

It is always best if I can face the truth, be honest and own up, even though it hurts my pride and makes me embarrassed.

I ask this in Jesus' name.

Amen.

Prayer for the Sick

God help all sick people,

especially those who have no one

to pray for them or take care of them.

Thank you for hearing our prayer

In the name of Jesus.

Amen.

Prayer for Mercy

Forgive me, O God, for all the times when I was a trouble and a nuisance to people. Forgive me:

For times when I was careless and forgetful;

For times when I was unobliging and unhelpful;

For times when I was far slower to learn than I need have been;

For times when I was late and kept people waiting;

For times when I argued when I should have kept quiet;

For times when I made things unpleasant when I did not get my own way.

Help me, from now on, to make things easier for the people with whom I live and work. Amen.

Prayer From Self-Centredness

Merciful God, forgive my selfishness and self-centredness.

Help me to think more of others and less of myself,

To work and pray for others so that I may have less and that they might have more. We pray this in Jesus' name. Amen.

Prayer for Families Hurting

God of Love,

We pray for those who suffer because of an unhappy relationships.

We pray for adults who are going through the traumas of separation and divorce; for children who are being torn in different directions and wonder if they are still being loved;

for other family members who may be shattered and distressed. Help them to continue to love and support without attaching blame. (Quiet moment)

God, we ask that you might heal all wounds and be a source of comfort and encouragement to families in conflict. Amen.

Prayer for Reconciliation

I feel bad about the quarrel with my parents.

We all got angry and said things that hurt.

We didn't mean to.

They want what is good for me,

But I need to be heard,

To be trusted as a person in my own right.

I know that just now I feel resentful,

A bit hateful,

But I also thank you for them and everything they mean to me.

Maybe this bad time will lead to a reconciliation,

and deepen the love between us.

God, change my bitterness into understanding. Amen.

CELEBRATION

Talents

Loving God, you have created us with different talents and you have placed people in our world who need the specific gift that each of us can offer. Help us to think about our future life as a way to answer your call to develop and use our gifts for the good of the community. Grant us the courage and wisdom to respond generously to your call. We pray with faith in your love for us. Amen.

Life by Mother Teresa

Life is an opportunity: benefit from it

Life is a beauty: admire it

Life is bliss: taste it

Life is a dream: realise it

Life is a challenge: meet it

Life is a duty: complete it

Life is a game: play it

Life is costly: care for it

Life is wealth: keep it

Life is love: enjoy it

Life is mystery: know it

Life is a promise: fulfil it

Life is sorrow: overcome it

Life is a song: sing it

Life is a struggle: accept it

Life is a tragedy: confront it

Life is an adventure: dare it

Life is luck: make it

Life is too precious: do not destroy it

Life is life: fight for it.

Gifts

We all have gifts, qualities and talents - a great smile, an ability to make people feel at home, a particular skill at maths, a musical talent or a natural ability in sports. We might even have earning power in a part-time job, or a circle of friends whose company we enjoy. Whatever our gifts, our mission is about being generous enough to spend those riches on others. God, help me to share.

Relationships

God of Love,

As I grow through my teenage years, help me to form a special relationship with you that I will be able to build on. Teach me to respect myself, as well as others, to treat them in a way I would like to be treated. Most of all, help me to develop your gift of love so that it may affect others in a special way - just like the way your love for me has had a great impact in my life. Amen.

Our Country

We celebrate
living in this country
where we are free
to be the best
we can be.

Thank you God,
for all your blessings
on this country.

(Mention special people, places, and events for which you want to thank God especially this year.)

Please teach us
how to use our freedom
to make all your people happy. Amen.

Family

God of Love,

The word "family" means a lot to me, but I think the most important thing it brings to mind is love.

But love isn't the only thing a family needs.

It also needs respect, hope, communication and forgiveness.

God help me to give the members of my family what they give me, and more.

Amen.

Believing

God, I've noticed that the more I believe in you,

the better I become at believing in myself.

Give me the confidence so that I might become the best I can be to myself and to others.

We ask this in Jesus' name. Amen.

God of Giving

Thank you for giving us freedom

Thank you for giving us family

Thank you for giving us love

Thank you for giving us forgiveness

Thank you for giving us food

Thank you for giving us friends

Thank you for giving us the opportunity to be equal

Thank you for giving us life

Thank you for Giving. Amen.

PEACE



Together

Loving God,
Together we seek the way,
helping, watching, learning, leading,
each step forging new links,
each dialogue opening further
the channels of peace and understanding.
We pray in Jesus' name. Amen.

Quiet Time

It's hard to find some quiet time,
to find a little silence.
Jesus, in your busy life
you occasionally went apart
from the crowd, to a quiet,
silent place, like a mountain, or a lakeside.
There you would talk quietly with God
about life and things that were most important.
This was also a change for you -
to stop and be silent.
Our lives are often full of noise,
work activities - we rarely stop.
May we be able occasionally to find
some quiet time on our own - the lake,
a park, a church - just to be with you,
to pray about important things. (Pause)
Amen.

Encouragement

God,

How quickly we would spread peace if we took the time to always be encouraging.

Encouragement builds up as surely as negative words knock dishearten. We are all in this together.

Open our eyes to see what is good and growing and life-giving in ourselves and in others.

God, encourage us in this special way of loving. Amen.

Our Peace with God

God of Peace, teach us how to pray.

Our peace-making won't be authentic unless it begins and ends in you.

There's a busy part of us that urges us to be always out doing something.

But you've told us that being quiet with you is essential too.

Help us not to be afraid of what we might learn if we are still. Amen.

Care of Creation

God, creator of all living and non-living beings, you have made us a part of this universe with the great responsibility to learn about it, to love it and to use it wisely. May we learn to be true-caretakers of your creation. We make this prayer through Christ. Amen.

Seeds of Peace

God, give us light to reach down deep into our own lives to find where you have planted your seeds of peace.

Give us courage to nurture that peace and to allow it to grow.

Teach us to be aware of the seeds we must plant in the lives of others. Amen.

THANKS

Thanks for Possibilities Unlimited

I can count the seeds in an apple.

But, God - you alone can count the apples in one seed!

Some things are impossible, God!

It's not impossible for me to see the immeasurable, unlimited possibilities in one fertile idea. Praise be to God. Amen

Robert H. Schuller

Thanks for the Gift of a New Day

God, our Creator,

Your kindness has brought us the gift of a new day.

Help us to leave yesterday

And not to take hold of tomorrow

But to accept the uniqueness of today.

God, we give you thanks for

the blessings of each day.

Amen.

Thanks for Being Christian

God, may we be faithful to our Christian way of life so that we will be a sign of hope, of harmony and of courage in this mixed up world. Amen.

Thanks for Your Blessings

God, we give thanks for the blessings of life. May we find ways to live simply, so that others may simply live with dignity and respect. Amen.

Thanks for Learning

God, we thank you for the gifts of learning and intelligence and ask that you will always help us use these gifts well. Amen.

Thanks for Faith

God, give us a lively faith in you that will be stronger than any doubts we have, a hope that will take us through any hard times of life, and a love that is sincere. We ask this through Christ. Amen.

Thanks for Our Abilities

God, thank you for giving each one of us different abilities, roles and opportunities in this life. Help us to be thankful for the gifts you have given us, and may we use them creatively, not for our own ends, but humbly and gladly for your service in this world.

Thanks for Life

Creator God,
Thank you for the life which you have given me.

Thank you for

My body to act;

My mind to think;

My memory to remember;

My heart to love.

Thank you for giving me

So many things to enjoy;

So many things to learn;

So many things to do;

So many people to love.

Help me to always add something to the world's beauty and the world's joy:
Through Jesus Christ. Amen.



STRUGGLE AND FEAR -YET HOPE

For Difficulties in Life

God, you know our difficulties and our needs. With your love we can overcome all things; strengthen our confidence and our faith and let us know your loving care. Through Christ our Lord. Amen. Pope Paul VI

For the Lost

God bless the lost, the confused, the unsure, the bewildered, the puzzled, the mystified, the baffled and the perplexed. Help me to encourage others in their uncertainties. We pray this in Christ's name. Amen. Michael Leunig

For Hope

I look ahead in life,
I wonder about how safe it will be to live and bring up a family.
I fear about the threat of nuclear war
and I wonder about those people in parts of the world where there is little or no food and medical treatment.
Give us some sense of hope - your hope, my God.

For Courage

We know that in our life we can be scared to face certain difficulties.
Jesus, help us to have courage to meet these problems.
We also need special strength to know and to do what is right and to do our best;
Sometimes it is better not to say or do anything, but simply to pray quietly.
Help me to recognise those times. Amen.

For Confidence

Why does everybody seem better than I am?
Why do I do so many wrong things?
God, we are told that you gave gifts and abilities
to everyone, that we are all good at something.
Help me to know what I am good at; remind me
that I don't have to compare myself to others.
Let me feel good about being me.
God, thank you for your presence among us. Amen.



For Determination

Leader: So often people who have serious disabilities display great
courage by participating in sport. These people set us a great
example of determination. Let us pray,
All: We invite you, Spirit of Truth, into our being. Be with us in our
moments of challenge. Come Spirit of Life, give us courage.
Amen.

What a Friend!

Jesus, you have never failed to be my one, essential, intimate friend.
When I was
Lonely in striving - you encouraged me
Lonely in struggling - you lifted me
Lonely in serving - you supported me
Lonely in suffering - you comforted me
Lonely in sinning - you forgave me
Lonely in sinking - you renewed me
Lonely in succeeding - you rejoiced with me.
What a friend I have in Jesus.

Robert H. Schuller

When It looks like I have Failed

God, are you trying to tell me something?

For -

Failure doesn't mean I'm a failure.

It does mean I haven't yet succeeded.

Failure doesn't mean I have accomplished nothing.

It does mean I have learned something.

Failure doesn't mean I have been a fool.

It does mean I had enough faith to experiment.

Failure doesn't mean I've been disgraced.

It does mean I dared to try.

Failure doesn't mean I don't have what it takes.

It does mean I have to do something in a different way.

Failure doesn't mean I am inferior.

It does mean I am not perfect.

Failure doesn't mean I've wasted my life.

It does mean I have an reason to start over again.

Failure doesn't mean I should give up.

It does mean I must try harder.

Failure doesn't mean I'll never make it.

It does mean I need more patience.

Failure doesn't mean you have abandoned me.

It does mean you must have a better idea!

Amen.

Robert H. Schuller



Desires

I have so many conflicting desires,
Or that's how it seems.
One moment I'm all for good,
Then I turn nasty and selfish.
At other times I really want to help another,
And I'm loving and tolerant.
Then again I'm filled with prejudice and I want to throw my weight around.
Help me to know that my true desire brings me peace.

Jesus like Me

Jesus, when you were young and growing up
you experienced the same things as we do -
Good times and hard times
conflicts and agreements
sadness and happiness.
You had hassles with your parents,
friends, relatives and teachers.
We sometimes forget
that you were just like us.
Help us to remember this
and learn from you. Amen.



SCHOOL DAYS

Beginning the Year

God, thank you for surrounding me with your love and care during my holiday.
Help me to look forward to what will be a good year at school.

New people may become new friends.

New subjects may help me to understand more about your world, about your people and about myself.

New teachers may be able to stir up new interest in work within me.

Another year is a step forward in life and sometimes a bit scary, however old I am. Perhaps the teachers and other students are as nervous as I am.

God of wisdom, bless us all. Amen

I Am Waiting

Thank you, God, for your messages that come from the deepest, unexplored, unfathomable seas of silence.

Through beautiful, positive thoughts you come into my mind.

O God, it is going to be a great day!

I am waiting. I am ready.

I am listening. I will move.

Amen

Robert H. Schuller

Learning

God of all learning,

help me to seek truth through the opportunities that will open around me, so that I come closer to you and to the people I meet. May I enjoy the challenges, seeking the questions that will extend my mind and to guide my actions in your way. Amen.

New Term

Creator God, you are the source of life and goodness.
You, who delight in new beginnings, begin new things within us
as we gather together for another term.
Expand our minds and touch our hearts
so that we may become more aware
of your love and your presence
in every aspect of our lives.
We make our prayer in Jesus' name. Amen.

Labels

I look at the people who are labelled as -
too fat, too tall, too awkward, or too homely.
I don't really want to be friends with them.
I'd like to avoid them if I could
The way others do.
Yet I know you don't want me acting that way, Jesus.
For you treated the rich and the poor, the popular and the unpopular just the
same.
Help me so that I no longer label others.
Help me love everyone the way you love all of us. Amen.

School

I thank you for my time at school.
Please help me to be able to apply myself to the best of my ability and to
co-operate with teachers and other students.

Helen Maher



Sports Day

God, we look to you for help in developing a happy, bonding spirit among us today.

Let us promote fairness in our competitions and encourage others to develop their sporting ability.

Whatever our role may be, let us realise that to become a better sport is to become a better person. Amen.

The Gift of our Friends

God, thank you for giving us another day to spend with our friends. Today, let us be mindful of what we say to our friends. Sometimes while joking with them we say things that we think are funny, but that hurt or offend. Help us to use our words to express friendship and love instead of sarcasm.

Let us go in peace together. Amen.

An Open Mind

God, give me an open mind,
ready to receive the truth and ready to act upon it.

Show me that others have the right to their own opinions, and help me to see their points of view.

Make me ready to say sometimes I might be wrong.

Open my mind and heart to the truth.

We ask this through Jesus Christ. Amen.

Winter Sport

In winter, we play our team games: football, hockey, netball and a host of other team games. We need each other to play them. We need each other to win them. Even with a star player, we depend on all the team for support. We must help each other. God, help us to see this, not only in sport, but throughout life. Amen.

Friend

Help me, O God, to be a good and true friend,
To be always loyal, and never let my friends down;
Never talk about them behind their backs in a way which I would not do
before their faces;
Never to betray a confidence or talk about the things about which I ought to
be silent;
Always to be ready to share everything I have;
To be as true to my friends as I would wish them to be to me. Amen.

Against Laziness

God, give me energy to be active,
don't let me be happy to take a back seat
as a student at Damascus College.
It's so easy to sit back and admire others.
Don't let laziness or not caring get the better of me.
Everyone needs my effort.
Since you've given me health and talents,
help me to be generous in using them.
As people seeking to grow in faith, we offer this
prayer in Jesus' name. Amen.

To Learn at School

God, sometimes learning is hard work.
It is not meant to be always easy.
Give me heart
to make the best use of my classes at school.
Bless my teachers and give them patience.
Help me to continue to study hard,
even when I want to quit.
By doing faithfully the things I should, may I grow to love my work. Amen.

Wisdom

God of Wisdom,

Give me today an attitude of mind to really learn.

Give me today,

An attentive mind, that I may concentrate all the time on what I am hearing or doing;

An attentive mind, that I may not hear and forget,
but that I may grasp a thing and remember it;

An open mind, that no prejudice may blind me to truth I do not want to see;
This I ask for Jesus' sake. Amen.

Homework

God, I know quite well that I bring most of my troubles on myself.

I leave things until the last minute so that I have to do them in far too big a hurry to do them properly. I often come to school with lessons half learned and work half done.

I don't spend all the time I ought to spend in work and in study, although I always mean to.

Please help me to do what I think I cannot do and to be what I think I cannot be by myself. Amen.

It's Not Easy

It's not easy being a student, God

There always seem to be assignments and the work seems never to stop.

I know I would rather listen to my CD's or watch TV or go out with friends.

God,

help me really to work as a student,

and to realize nothing can be achieved unless I work at it.

This prayer we offer in the name of Jesus. Amen.

FUTURE

What will the Future bring?

I wonder what the world will be like in the future.

Will robots do the work for us?

Will there be enough food for everyone?

Will there be war?

I have so many questions about the future
and nobody knows the answers.

Sometimes I get excited about the future
and what I'll be able to do.

At other times I worry about it.

God, you've promised that whatever
the future brings you'll be there.

Help me to believe that. Amen.

Death of a Young Person

God our creator, to each of us you allot the days of our life. You know the sadness of this family at the death of, who was with us for so short a time. We entrust him (her) now to you, and pray that he (she) may come to know the freshness of youth and everlasting joy of life in your kingdom. Through Christ our Lord. Amen

Pope Paul VI

Choices

God, as we think about the future, we wonder what to do and what choices to make about a job, and about life in general.

Guide us in this search to be true and to do what is best.

As we grow, let us look around and learn from others how best to use our abilities and our time. Amen.

Decisions

Jesus,

We pray that you give us guidance and strength to make wise decisions in our lives.

Decisions that will help us grow into happy, healthy young adults with the prospect of a bright future.

Decisions that will inspire us to choose the correct path to an enjoyable and successful career.

Decisions that will be adhered to courageously under pressures from peer groups and modern society - to be strong in our commitment to our faith and our beliefs.

Decisions that will finally lead us to you and to everlasting peace.

Amen.

By the Pat Maher Family

For Those Leaving School

God, those leaving school have important decisions to make.

Some may be unsure of what to do.

We ask that they receive wisdom and understanding to choose what is right.

May you, our ever-creating God, continue to bless each of them in the future.

What Should I Be?

I don't know what I want to be in the future.

Some of my friends have plans already.

They seem to have a clear idea of where they are going, but I sure don't.

Sometimes I think I want to be a musician, a footballer, a golfer, a doctor or a missionary.

How can I know what is right for me?

I know I don't have to decide right now.

Let me find work that will be right for me,
and helpful to others. Amen.

Vocation

Leader: God we remember all those who are baptised in your name. May they recognise the dignity of their Christian vocation to be instruments of love, justice, truth and peace wherever they are.

All: God, who shows us the path of life, hear our prayer

Leader: God, we remember the young adults who are searching for their vocation in life. May they have the courage and openness to search earnestly for the lifestyle that will enable them to grow to the fullness of life that you offer each of us.

All: God, who shows us the path of life, hear our prayer

Leader: God, we remember all those you have called to the vocation of marriage. May they be faithful to their commitment through the love they have for one another, thereby enabling others to know that they are your disciples.

All: God, who shows us the path of life, hear our prayer

Leader: God, we remember those whom you have called to the vocations of priesthood and religious life.

May they grow deeper in their commitment to know and love you, and serve you faithfully by sharing your love, compassion and forgiveness with every person they meet.

All: God, who shows us the path of life, hear our prayer.

Leader: God, we remember those whose vocation it is to be single. May they generously share their gifts, their time and their resources with others, and so reveal your loving presence wherever they are.

All: God, who shows us the path of life, hear our prayer.



MARY

God's Way

Mary,
you trusted and accepted God's will in your life.
You are a model for us to follow.
Direct us in our lives to have a firm belief
and trust in God,
and to practise what we believe. Amen.

Suffering

Creator of All,
May Mary's life of love and compassion be a source of strength, comfort and hope to those who are suffering and overburdened.
Amen.

Care for Others

God, help me to use opportunities to care for others as Mary did. To care not only for my family and friends, but all the people I meet: my teachers, neighbours, the people in the shops, on the buses.
Let me never forget the suffering of our world.
This I ask in Jesus' name. Amen.

Woman of Peace

We are called to be peacemakers: peace making is no easy task, but it is surely needed in our world today.
God of Peace, may we join Mary in saying "Yes" to all that you call us to be and do in our world. Give us the loving hearts required to be peacemakers.
Amen.

TRADITIONAL PRAYERS

Canticle of Mary

My soul proclaims your greatness, O my God,

and my spirit has rejoiced in you, my Saviour.

For your regard has blessed me,

poor, and a serving woman.

From this day all generations will call me blessed,

For you, who are mighty, have made me great.

Most Holy be your Name.

Your mercy is on those who fear you throughout all generations.

You have shown strength with your arm.

You have scattered the proud in their hearts' fantasy.

You have put down the mighty from their seat,

and have lifted up the powerless.

You have filled the hungry with good things,

and have sent the rich away empty.

You, remembering your mercy,

have helped your people Israel -

As you promised Abraham and Sarah.

Mercy to their children, forever. Glory* ...

Prayer of St. Patrick

Christ be with me, Christ be within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger. Amen.

Prayer of St. Francis of Assisi

O Jesus, our Christ, may we have your mind and Spirit.

Make us instruments of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is discord, union;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine master, grant that we 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 giving that we receive;

it is in pardoning that we are pardoned;

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

The Lord's Prayer

Our Father,
who art in heaven,
hallowed be your name.
Your kingdom come,
Your 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 have trespassed against us.
And lead us not into temptation
But deliver us from evil
For yours is the kingdom,
the power and the glory
For ever and ever. Amen.

Prayer of Sorrow

O my God,
I am sorry that I have sinned against you.
Because you are so good,
And with your help,
I will not sin again. Amen.

Glory Be

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.

The Angelus

V: The angel spoke God's message to Mary,
R: and she conceived of the Holy Spirit.
Hail Mary . . .

V: "I am the lowly servant of God
R: let it be done to me according to your word."
Hail Mary . . .

V: And the Word became flesh
R: and lived among us.
Hail Mary . . .

V: Pray for us, holy Mother of God,
R: that we may become worthy of the promises of Christ.

Let us pray.
Loving God,
Fill our hearts with your grace:
once, through the message of an angel,
you revealed to us the incarnation of your Son;
now, through his suffering and death,
lead us to the glory of his resurrection.
We ask this through Christ. Amen.

Hail Mary

Hail Mary,
Full of grace,
the Lord is with you.
Blessed are you among women
And blessed is the fruit of your womb, Jesus.
Holy Mary,
Mother of God,
Pray for us sinners
Now and the hour of our death. Amen.

CREATION

Spring

Creator God,
We celebrate the rebirth of spring.
Let us experience the
giftedness of your creation
and the grace of our own being
as we face the responsibilities
that lie before us.
We pray this in Jesus' name. Amen.



Wisdom

God, we ask for your blessings and wisdom so that we may be caretakers of
all your creation.
Teach us to appreciate the land, the air we breathe and the food that the earth
nourishes us with.
Thank you, God. Amen.

Caretakers

God of all life,
All that we have is your gift.
We are the caretakers of the richness of the world.
Help us to make the best possible use of it all for your glory and for the good
of all people.
We make this prayer through Christ. Amen.

DECISION TIME

God of the Giving

Help us to understand that "the quickest way to receive love is to give love, and the only way to be happy is to make others happy".

Thank you for giving us the opportunity to love, respect and trust others and for giving us friendships to help us through life.

My Future

God, where am I going?

What am I to do?

Please help me

make the right decision

for my future.

Whether to leave school,

find a suitable job,

or continue

with further education,

God, hear my prayer

and help me

through these troubled times

and to make the best decision,

not only now,

but for the rest of my life.

Peace of Mind

God our friend, you are with us as we pray.

We ask you to give us peace of mind and a true sense of what is right and wrong. Strengthen us to make wise decisions and may we have the courage to stand by our convictions - even when faced with pressure from our peers.

May your light be our guide. Amen.

Balance

Help me to keep my life in balance.

Let me allow enough time for you, God of Love,
and for everything that is important to me.

Don't let me neglect you or the responsibilities and people
that should be appreciated most in my life. Amen.

How to Act

God, how am I supposed to know how to act?

My parents tell me one thing,
my teachers say something else.

My friends have a different idea,
and on TV people act another way.

How can I know what is right for me?

Jesus has shown us how to live.

Help me to listen to your Spirit
and to sort out all the ideas
to make the best and right decisions. Amen.

For Fairness in Sport

God, let me promote fairness in sports I play and not to cheat, nor lose my
temper, nor hurt people, nor swear.

Help me not to be a sore loser or to show off. Help me to accept referees'
decisions calmly.

Let me realise that to become a better sport is to become a better person.
Amen.

Responsibility

Give me, O God, a sense of responsibility;

Give me:

A sense of responsibility to myself,

So that I may never waste the gifts which you have given to me;

A sense of responsibility to my parents,

So that I may do something to try to repay them for all the love and the care they have given to me;

A sense of responsibility to my teachers,

So that all their patient teaching of me may not go for nothing;

A sense of responsibility to my friends,

So that I may never disappoint them;

A sense of responsibility to the world,

So that I may put into life more than I take out. Amen.

Suffering

In the Concentration Camp of Ravensbruck, that graveyard of so many human hopes and desires, an unknown prisoner wrote this prayer on a torn scrap of wrapping paper, and left it by the body of a dead child:

God, remember not only the men and women of good will, but also those of ill-will. But do not remember all the suffering they have inflicted on us; remember the fruits we have bought, thanks to this suffering - our comradeship, our loyalty, our humility, our courage, our generosity, the greatness of heart which has grown out of all this, and when they come to judgement, let all the fruits which we have borne be their forgiveness.

From Mary Craig's Blessings.

A Blessing

The blessing of the God of Life be ours,
The blessing of the loving Christ be ours,
The blessing of the Holy Spirit be ours,
to cherish us, to help us
become one with our God.

Amen.



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DAMASCUS COLLEGE

1412 Geelong Road, Mt Clear VIC 3350
03 5337 222 • info@damascus.vic.edu.au
ABN: 39 499 595 186



damascus.vic.edu.au