

UNITED IN PRAYER

And the world came together as the people stayed apart. ¹

We acknowledge the Traditional Owners of this land and pay our respects to their Elders past, present and emerging.

Marist
ASSOCIATION OF
ST MARCELLIN CHAMPAGNAT



INTENTIONS

For those who are anxious about the health of loved ones they cannot hold.

For people struggling to hold their family together in the face of unemployment and hardship.

For the doctors, nurses, scientists and carers whose skill and dedication holds out hope to us all.

For what else shall we pray...

Let us remember we are in the holy presence of God.

OPENING PRAYER

Merciful God,

We pray for Your peace in these times of uncertainty and fear.

May we recognise Your ongoing presence and companionship, through the healing and supportive hands of people helping others.

We prayerfully seek Your grace amidst COVID-19 here and overseas.

We ask this prayer through Jesus Christ our Lord.

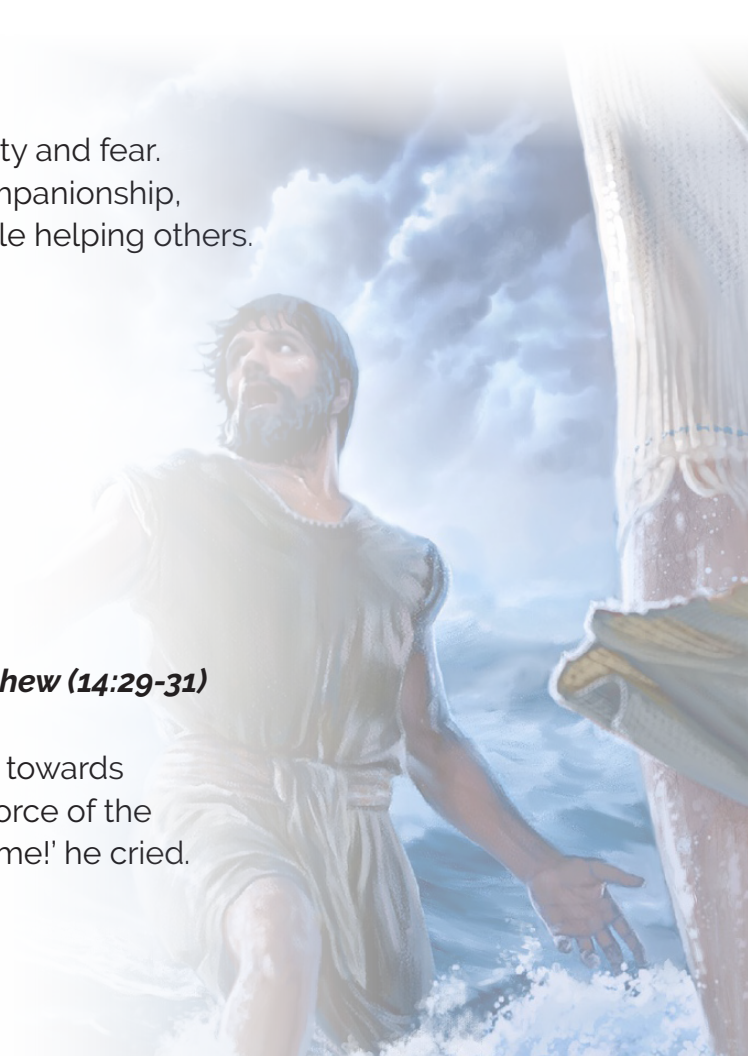
Amen.

WE LISTEN

Speak Lord, your servant is listening...

A Reading from the Holy Gospel according to Matthew (14:29-31)

Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and **held** him.



WE REFLECT

Let go of fear
and rest in that which is.
For peace, like love,
comes to those who allow it.

Let go of fear
and rest in stillness.
Watch the breath rise...
and fall.

Watch the tide rise...
and fall.
Watch towers rise...
and fall.

Watch walls rise...
and fall.
Watch statues rise...
and fall.

Watch empires rise...
and fall.
Watch the breath rise...
and fall.

Let go of fear
and rest in the arms
of the One
who has always held you,
the One who holds
atoms and empires
and oceans and stars.

Let go of fear
and watch what happens next.

Rise and Fall by Larry Robinson

CLOSING PRAYER

Lord, like Peter, our faith is shaken; we are frightened. In these times we need you more than ever. Into your hands we trustingly place ours. Let us turn to you in faith, knowing that you hold us and comfort us in times of doubt and fear. Amen.

Saint Marcellin Champagnat
Saint Mary of the Cross MacKillop
Mary Our Good Mother
And let us always remember

Pray for Us
Pray for Us
Pray for Us
To Pray for One Another

WE RESPOND

Life is unpredictable. We can be happy one day and sad the next, healthy one day and sick the next, rich one day and poor the next. So who is there to hold on to? Who is there to feel secure with? Who is there to trust at all times?

Only Jesus, the Christ. He is our Lord, our shepherd, our rock, our stronghold, our refuge, our brother, our guide, and our friend. He came from God to be with us.

Henri Nouwen "Holding onto the Christ" from Daily Meditations

