

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.



INTENTIONS

We pray for those whose mental health is suffering during the COVID-19 pandemic – may they reach out for the help that is available and offered to them.

We pray for those facing great loss due to the COVID-19 pandemic, especially women and the young. We pray that the economic help they so desperately need will ease their burden.

For what else shall we pray...

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

OPENING PRAYER

Jesus, you invite us all into the fullness of life.

May we support one another to flourish in body, mind and spirit.

Strengthen our commitment to ensure that nobody falls through gaps in our systems of care.

Show us how to eliminate the stigmatisation of mental ill-health from our communities. Amen.

WE LISTEN

Speak Lord, your servant is listening...

A Reading from the Book of the Prophet Isaiah (41:8-10)

But you, Israel, my servant,
Jacob, whom I have chosen,
the offspring of Abraham, my friend;
you whom I took from the ends of the earth,
and called from its farthest corners,
saying to you, "You are my servant,
I have chosen you and not cast you off";
do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.



WE REFLECT

This journey of discovery has many twists and turns. At times we struggle with our fears and doubts, as Mary did at the Annunciation. Yet, in each moment of our search God remains faithful and always present, continually inviting us to see our lives through God's eyes. (WFR 61)

We pray in all situations, with creativity and generosity. No matter the difficulties and struggles of daily life, no matter the limitations and injustices we live with, we continue to see the blessings of God upon us and those we love. Like Mary in her Magnificat prayer, we are grateful to God who has blessed us. (WFR 88)

Pause for a moment of reflection.

WE RESPOND

[God] impels us constantly to set out anew, to pass beyond what is familiar, to the fringes and beyond...Unafraid of the fringes, he himself became a fringe (cf. Phil 2:6-8; Jn 1:14). So if we dare to go to the fringes, we will find him there; indeed, he is already there. Jesus is already there, in the hearts of our brothers and sisters, in their wounded flesh, in their troubles and in their profound desolation. He is already there. (Pope Francis, 2018)

KAZEM MANUS ISLAND

*"Will I see freedom again?
My wings have become disabled
in the cage of waiting.
The vision of my eyes can't see from
behind the grid fences any more.
Hope and love are dying in my body.
I have become a stranger with myself."*

Amnesty International Australia & Refugee Council of Australia,
Until when? The forgotten men on Manus Island,
Report, Sydney: AI & RCoA, 2018, 22.

CLOSING PRAYER

Jesus, you drew near to those
who were suffering in body or mind.
May we too feel your nearness
when we struggle with mental health challenges.
May we be empowered by your spirit
to reach out to all people in need.
May we build communities of welcome and inclusion.

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*