



# Notre Dame Morning Prayer October 7-11, 2019

+ = In the name of the Father, and of the Son, and of the Holy Spirit

## **Monday, October 7, 2019 - Our Lady of the Rosary, start of CDSBEO Week, labour peace, and C for Climate Change**

Welcome to the start of our special CDSBEO Week, with a focus today on climate change. Today on the Church calendar, we celebrate the feast of Our Lady of the Rosary when we remember the important role of the rosary in our faith. The beads of the rosary help us to repeat the Hail Mary prayer and connect us to Mary, the Mother of Jesus, who is always bringing our needs before God.

Let us pray. + Lord, we thank you that an agreement was reached last night and that school can go back to normal. We thank you for all who worked to make the agreement possible and for all the support staff who make our school safe and a great space to learn. Help us to show our appreciation for everything they do.

Lord, grant also, we beseech You, that we, your servants, may enjoy perpetual health of mind and body and be delivered from any present sorrow and obtain eternal joy by the intercession of the Blessed Mary, ever Virgin, especially through the prayers of the Rosary, as we now pray: *Hail Mary*. + Amen.

## **Tuesday, October 8, 2019 - World Teachers Day and S for Student Appreciation**

Notre Dame has many parts: our school building, our teachers and staff, and our students. What is most important, and the reason everything else exists, is our students. As a student, you may not consider yourself very important but our school's purpose is to help you become the best version of yourself. Your success is the reason Notre Dame exists: take pride in how you give meaning to our community. Last Saturday was also World Teachers Day, a day to remember all the teachers in our lives. As we show our appreciation for students today as part of CDSBEO Week, we can also give thanks for all our teachers.

Let us pray. + Jesus, Divine Teacher, You have blessed us with many wonderful people in our lives. We thank You for our teachers, not only for what they teach, but for how they teach, for their care, concern, and guidance. We thank You for both their support in the classroom and in extracurricular activities. We ask You, Lord, to bless our teachers with peace and strength.

Today we also give thanks for every student here. Thank you that each one is unique and blessed with potential. Thank you for leading them in their learning and watching over them in their exams. Keep them safe as they study and take part in other school activities. May they take pride in their special role as part of our community. We ask all this through the prayers of the Mother of God: *Hail Mary*. + Amen.

## **Wednesday, October 9, 2019 - B for Balance**

Today's theme for CDSBEO Week is balance. Life is full of choices we know don't help us, but there are also many good things in life for which there is not enough time, such as being with friends and family, exercising, being in nature, relaxing, and helping others. There are also others experiences that only benefit us in the right amount, such as food and sleep. It can be hard to know how we should decide when faced with so many choices - our freedom to choose can be overwhelming.

Let us pray. + We thank you Lord for our freedom and for all the ways in which You desire to bless us. We ask that You help us to recognize those choices that hurt us and to give us the strength to turn away from them, but we also ask that You help us to understand how to choose between all the good options that we face every day. May we be open to having Your Spirit guide us, and may we take as an example Your Mother who fully recognized that true joy comes from simply knowing You and doing Your will. We ask this through her prayers: *Haily Mary*. + Amen.

## **Thursday, October 10, 2019 - E for Empathy**

Today's theme for CDSBEO Week is empathy.

Let us pray. + Lord, You understood the needs of those impoverished in mind, body, or spirit and never shamed or shunned them. May we come to recognize our own vulnerability and our longing to be healed. As we encounter our own pain, let it deepen in us a capacity to feel for others. Enlarge our souls, expand our minds, and soften our hearts toward all who suffer. We ask this through the prayers of Your Mother, who shared Your empathetic heart: *Hail Mary*. + Amen.

## **Friday, October 11, 2019 - World Homeless Day, Thanksgiving weekend, Food Drive, and O for Outreach**

Yesterday was World Homeless Day, a day to remember all those who do not have a home, both in our community and throughout the world. Next week, we will have our fall food drive. As we end CDSBEO Week thinking about outreach, let us use this weekend of giving thanks to consider how you can contribute next week to others who are not as fortunate.

Let us pray. + God of compassion, Your love for humanity was revealed in Jesus, whose earthly life began in the poverty of a stable and ended in the pain and isolation of the Cross. We pray for those who are homeless and cold especially as the bitter winter weather approaches. We are thankful when we have a place we can call home. Father, help all those suffering and sleeping on the streets: make a way for them and draw them near, comfort them in spirit, and bless those who work to provide them with shelter, food, and friendship. And bless all of us as we start the Thanksgiving long weekend: may we truly celebrate all that you have blessed us with. We ask this through the prayer of Your Son: *Our Father*. Mary, Mother of God, pray for us.+ Amen.