



# Notre Dame Morning Prayer September 16-20, 2019

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

## Monday, September 16, 2019 - Our Lady of Sorrows

On the church calendar, today is the feast of Our Lady of Sorrows which commemorates the sorrow that Mary experienced as the Mother of Jesus. Even before Jesus was born, Simeon prophesized that she would suffer; the Holy Family had to flee to Egypt shortly after Jesus' birth; as a young boy, Jesus once stayed in Jerusalem without His parent's knowledge; and Mary had to witness Jesus' journey to the Cross, His death, His removal from the Cross, and His burial. It is in knowing suffering that Mary is also able to relate to our suffering.

Let us pray. + Dear Blessed Virgin Mary, please intercede for us in this school community. You suffered great anguish in loving your Son: may your example of complete trust in God encourage us to look to God for support, even in the midst of the difficulties we sometimes face, both within these walls and when we leave the school building. May we always know that we are never alone. We ask this through your intercession: *Haily Mary*. + Amen.

## Tuesday, September 17, 2019 - Exaltation of the Holy Cross

This past Saturday, we celebrated the feast of the Exaltation of the Holy Cross. To exalt something is to raise it up, to celebrate it. Because a cross was used to execute people in Jesus' time, it may seem odd that we celebrate it now. We hang crosses in our churches, in our homes, in our schools, and even wear it around our necks. This celebration of the Cross is only possible because we know that Jesus' death was followed by his Resurrection. The cross is not the end of the story. By conquering death, Jesus showed that he was able to overcome evil and invites us to follow His example: to face our challenges with His help and transform pain into joy.

Let us pray. + By Your own choice, O Christ our God, You were lifted on the Cross. Grant your mercies to Your community that bears Your Name. By Your power, gladden your faithful people and grant them victory against evil. May we have the help of your instrument of peace, the invincible sign of victory. We pray this with the words of hope you gave us: *Our Father*. Mary, Mother of God, pray for us. + Amen.

## Wednesday, September 18, 2019 - Our Lady of Ransom

This Sunday, St. Mary's Church in Carleton Place is celebrating its annual feast day, which falls the following Tuesday day, the feast of Our Lady of Ransom. This feast on September 24, also known as the feast of Our Lady of Mercy, focusses on the role Mary plays in praying for us and protecting us. We can always turn to Mary for support. You are invited to celebrate with St. Mary's this Sunday with one Mass at 10:00 followed by a barbecue and games.

Let us pray. + O Mother of God, shelter us with your precious protection and deliver us from every evil, entreating Your Son, Christ our God, to save our souls. The heavens rejoice for you, together with all the saints, invisibly pray to God for us. Because of this, we can say with confidence: *Haily Mary*. + Amen.

## Thursday, September 19, 2019 - Terry Fox Run

Tomorrow afternoon, we run or walk in the annual Terry Fox Run. St. Paul says: "let us run with perseverance the race that is set before us". Terry Fox didn't give up despite all his pain and is an example to us of perseverance.

Let us pray. + Lord, we pray for the soul of Terry Fox, and we pray for his family. We give you thanks for this great Canadian hero who showed us the value of perseverance. Help us to get up and run our own race today. Please give us the grace to carry on through discomfort and learn the value of perseverance. Please help us to be encouraging and kind towards one another as we recognize that everyone's race is their own, yet we are all in this together. We pray this with the words of hope you gave us: *Our Father*. Mary, Mother of God, pray for us. + Amen.

## Friday, September 20, 2019 - Terry Fox Run

Terry Fox gave us a powerful example of how one can face challenges with courage and transform them into an opportunity to do good. He did not allow his pain to remove himself from his community but used it rather as a reason to reach out to others in their pain. Through his generous spirit, he not only blessed others but also gave himself meaning during the short time he was with us.

Let us pray. + Lord, cancer affects the lives of so many around us. We continue to pray that Mr. Stuart will remain in good health. We think of all our friends and family members who have suffered or are now suffering through the disease. For any in our community who live with cancer, give them the hope and courage they need each day. Comfort them in their pain and bless them with healing. Strengthen their family, friends, and caregivers. We thank you for the example of Terry Fox who, though he died of cancer, faced his illness with such amazing courage and love for others. Bless our high schoolers as they run in his honour today: may they enjoy themselves while being mindful of those who suffer and need our support. We ask all this through the prayers of Your Mother: *Hail Mary*. + Amen.