



# LEADERS AND PARTICIPANT NOTES

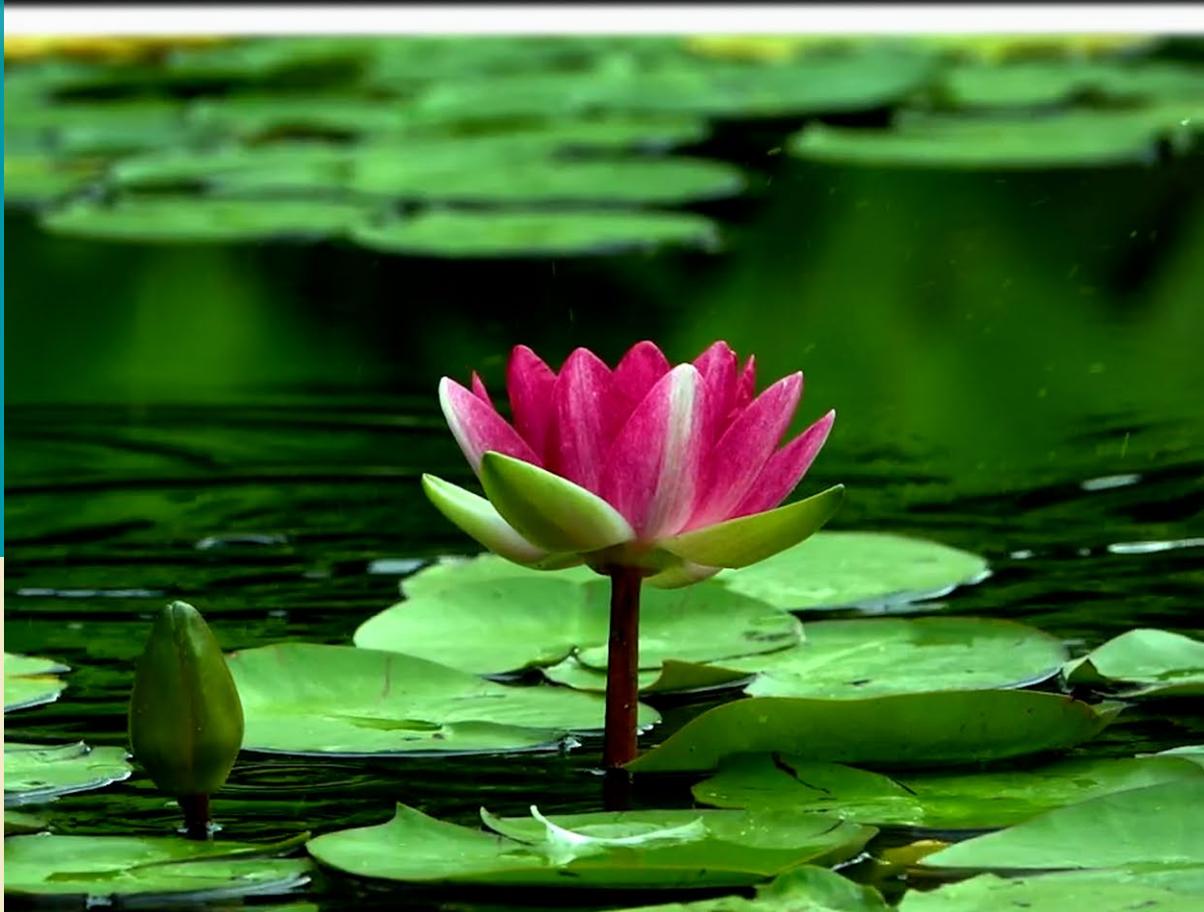
## Liturgy One



INSTITUTE OF SISTERS OF MERCY OF AUSTRALIA AND PAPUA NEW GUINEA

*Celebrating our Tenth Year*

GRATITUDE SIMPLICITY INCLUSION



# Before You Start

You are invited into a year of prayerful celebration and reflection as we celebrate 10 years within the Institute. There will be a number of liturgical reflections throughout the year centred around three themes: **Gratitude**; **Simplicity**; and **Inclusion**. These reflections are to be used as a guide either with others or on your own in your own sacred space.

This reflection is on Gratitude.

Participants may wish to create a prayer space and a journal before entering into this prayer experience.

## Creating a Prayer Space

- Build your prayer space using a piece of fabric that might symbolise for you grace or gratitude. The colour pink carries with it a meaning of elegance and grace. Dark pink is used a symbol of gratitude and appreciation.
- Find some flowers or vine for your prayer space.
- Find a pink candle or decorate a candle with pink ribbon.
- Other symbols can be added over the next few weeks as you reflect on what you are grateful for in your life and your life as a member of the institute.

## Create a Prayer Journal

- Designate a notebook as you Journal. You may wish to write, paint, or draw in your journal over the next few weeks.
- Consider designing a cover for your journal.

*If you do design a cover please send a photo to John Rochester at [communication@ismapng.org.au](mailto:communication@ismapng.org.au).*

## A space to reflect on what you are grateful each day

- Before each meal reflect for a moment on what you are thankful for that day.
- If you are in a group, share your reflections.

## Organisational notes

- If you are praying in a group organise different people to participate as readers.
- If you are in the one venue invite someone to prepare the prayer focus.
- Photocopy a few copies of these notes or access this on an iPad.

Important: You are encouraged to pause the video to enable deeper reflection.



# Gratitude / Hamamas

## Welcome - Gratitude/Hamamas

This opportunity to pray together in a group or in your own sacred space, has been created as part of the celebration of 10 years of the Institute of the Sisters of Mercy Australia and Papua New Guinea. There is no right or wrong way to move through this prayer. It has been designed as a guide. This reflection is based on Gratitude which is one of the three themes for prayer that will be offered during 2021. This prayer experience can be revisited over the next year time and time again. There is always something to be grateful for in our lives and in the Institute.

## Acknowledgement of Country

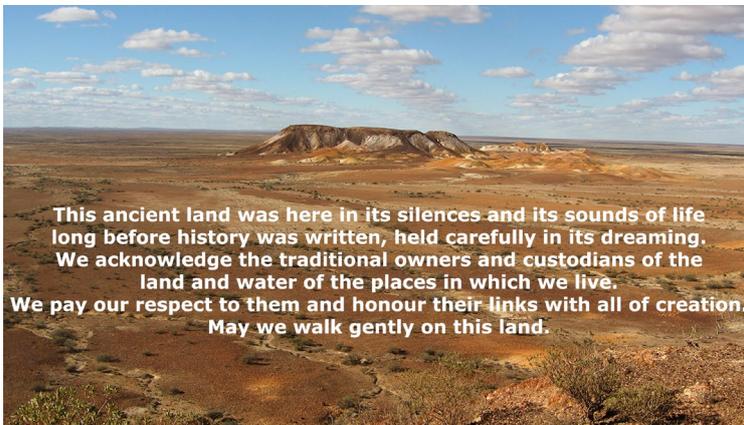
**Leader:** Let us read together the Acknowledgement of Country.

**All:** This ancient land was here in its silences and its sounds of life, long before history was written, held carefully in its dreaming.

We acknowledge the traditional owners and custodians of the land and water of the places in which we live.

We pay our respect to them and honour their links with all of creation.

May we walk gently on this land.



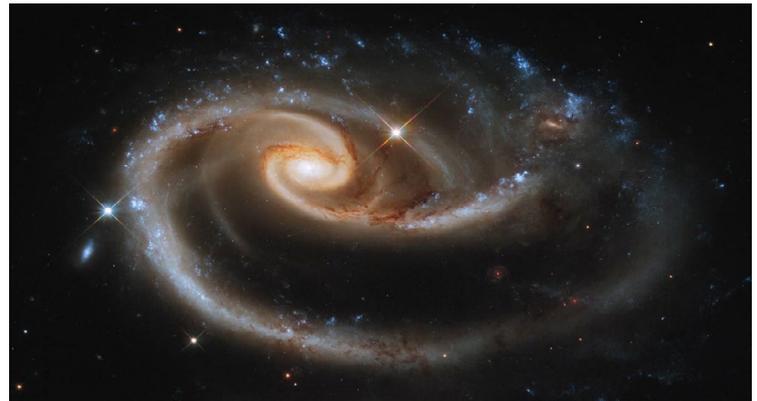
## Reflection Song

**With Your Grace**  
**(Gina Ogilvie & Monica O'Brien)**

God of mercy, God of grace,  
Come among us fill this place,  
Heal our hurting, mend our wounds,  
Come among us with your grace.  
Pour your love upon us now,  
Touch our spirits, make us new.  
See our longing, hear our prayer,  
Come among us with your grace.  
Bless this moment  
Take our hearts, use our hands to honour you.  
With our voices we will sing,  
"Come among us with your grace."

## Symbol of Gratitude/Hamamas

Image of spiral on the screen.



*Rose Galaxies (Nasa photo) above. The larger of the spiral galaxies light from clusters of intensely bright and hot young blue stars. These massive stars glow fiercely in ultraviolet light.*

## Reader:

The spiral symbol is a universal marker of gratitude. Showing an infinite loop, it stands for everlasting appreciation. The spiral also represents a connectivity with the divine, spiralling from the outside world into the inner soul of awareness. The spiral represents the movement, growth of the spirit. It is a symbol of change and development. The following prayer is an invitation to explore the growth and change we have experienced over the past 10 years of the Institute. Let us begin by reflecting on grateful living.

***The symbol of the spiral remains on the screen as the following reflection is read.***

***It could be read a second time slowly.***

## Reflection

### Reader:

*'Grateful living is a way of life which asks us to notice all that is already present and abundant – from the tiniest things of beauty to the grandest of our blessings – and in so doing, to take nothing for granted. We can learn to focus our attention on, and acknowledge, that life is a gift. Even in the most challenging times, living gratefully makes us aware of, and available to, the opportunities that are always available; opportunities to learn and grow, and to extend ourselves with care and compassion to others'.*

**Reader:** Let us spend a few moments in silence reflecting on the following questions.

- What unexpected things have brought me gratitude?
- What challenging situations have brought out the best in me these last ten years?
- Where am I being offered and opportunity to be grateful in my life now?

## Sharing

### Reader:

When you are ready spend some time sharing your thoughts with those around you in a group of two or three. You may wish to write or draw in your gratitude Journal.

## Scripture

Invite a different sister to read a verse of the Psalm.

Psalm 136 Adapted

Give thanks to God, for God is good.

God's love goes on forever.

Give thanks to God who is forever faithful.

**Response:** Yu Mi tenkim God (God I thank you)

God alone works wonders,

In wisdom God made the heavens,

God set the earth firm on the waters,

**Response:** Yu Mi tenkim God (God I thank you)

God brought Israel out of Egypt,

With a mighty hand and an outstretched arm,

**Response:** Yu Mi tenkim God (God I thank you)

God in all goodness and generosity gave us

Jesus,

Who was a lover and a healer,

Jesus, who brought together heaven and earth,

**Response:** Yu Mi tenkim God (God I thank you)

In Jesus' footsteps, Catherine McAuley and the early Sisters were drawn to being with the poor, And vowed to be advocates for the vulnerable

**Response:** Yu Mi tenkim God (God I thank you)

We take up the challenge of 'a mercy way' of living

Let us celebrate as members of the Institute, walking in the way of Jesus and Catherine

**Response:** Yu Mi tenkim God (God I thank you)

God who provides for all living creatures,

We give thanks for the God of the heavens, for God's faithfulness and enduring love.

**Response:** Yu Mi tenkim God (God I thank you)

**Pause**

## Concluding Prayer

**Leader:** Let us pray.

**All:** 'May this year's 10th Anniversary be a time for each of us to recommit ourselves to being a people of gratitude by pausing in the busyness of life, seeing the world anew with eyes capable of recognizing the Spirit of God and Mercy present in our midst, and acting in such a way as to be evangelists of gratitude, embodying mercy, and celebrating with our whole lives'.

**Adapted from Daniel P Horan.**

## Blessing

**Leader:** Go now and proclaim Jesus. Take time to acknowledge the many blessings in your life.

**All:** In gratitude we pray.

**Leader:** May you receive many gifts of grace in return for your works of mercy.

**All:** In gratitude we pray.

**Leader:** Give thanks for all that has been and all that is to come.

**All:** In gratitude we pray.

**Leader:** You are blessed so that you will be a blessing [Genesis 12:2]

## Conclude with Reflection Song

**With Your Grace**

**(Gina Ogilvie & Monica O'Brien)**

God of mercy, God of grace,

Come among us fill this place,

Heal our hurting, mend our wounds,

Come among us with your grace.

Pour your love upon us now,

Touch our spirits, make us new.

See our longing, hear our prayer,

Come among us with your grace.

Bless this moment

Take our hearts, use our hands to honour you.

With our voices we will sing,

"Come among us with your grace."

## Resources

*Wake up Grateful- The Transformative Practice of Taking Nothing for Granted*, Kristi Nelson from Network for Grateful Living. Gratefulness.org

*Living in Gratitude: A Journey That Will Change Your Life* – Angles Arrien, Marianne Williamson

*Catholicity and Emerging Personhood: A Contemporary Theological Anthropology* - Daniel P. Horan. Franciscan Friar, Catholic Theological Union, Chicago.

*Psalm 136 (Adapted)* - Jerusalem Bible