

May
2021



LEADERS AND PARTICIPANT NOTES

Liturgy
Two



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 this time of prayerful celebration and reflection as we continue to celebrate 10 years within the Institute.

This reflection is centred on the theme of Simplicity.

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 simplicity for you.
- Find some flowers or vine for your prayer space.
- Find a candle or decorate a candle with colourful ribbon.
- Other symbols can be added over the next few weeks as you reflect where you find simplicity in your life and your life as a member of the Institute.

Create a Prayer Journal

- Designate a notebook as your 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.

A space to reflect on what you are grateful each day

- Before each meal reflect for a moment on where you have felt or seen and experience of the natural simplicity of God's presence.
- 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.



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Simplicity

Welkam / Welcome: Simplicity

Acknowledgement of Country

Leader: Let us read together the Acknowledgement of Country.

All: As we gather, we acknowledge the traditional custodians of this place and the indigenous elders of this land. We give thanks for all elders and the continuing vitality of Aboriginal and Torres Strait people and culture. We pledge ourselves to walk onwards together in solidarity for a better future.

Mary's simple unconditional 'yes'

Mary's simple unconditional 'yes' was based in her faith.

The sculpture depiction of Mary and Jesus, envisions Mary as a young mother, sitting on a broken stool with her hair pulled back, showing that she experiences the normal messiness of a life. Her humility and simplicity of her life lived as the mother of Jesus is seen in her artless posture, and in her bare feet. While Jesus is leaning away from his mother, she is not pulling Him back. Both Mother and Child are looking outward, anticipating the fullness of the Reign of God. Sedes Sapientiae, "Seat of Wisdom".



Let us pause and reflect on Mary and Child, as we listen to the Ave Maria sung in Tok Pisin.

Reflection Song

Ave Maria
(sung by Theresia Tina RSM and local PNG women)

Ave Maria, Lord i stap wantaim long yu,
Yu karim Jesus Kraist,
Em Son tru bilong God
Mama Maria pre for mipela oltaim
Bai bai, long taim bilong dai, mipela i orait
Ave Maria, Lord i stap wantaim long yu,
Yu karim Jesus Kraist
Em Son tru bilong God

Reader

Mary said 'yes' let it be done unto me according to your word. She certainly questioned the request to become the mother of her God and then she simply said yes, having little or no insight into what that might mean into the future.

Mary's simple unconditional 'yes' was based in her faith and knowledge that God was a saviour of people and she had a part to play in the message of saving and unconditional love which Jesus was to be for the world.

Mary's openness to God working in her life reflects an uncomplicated and simple awareness that it is not her, but God's work.

Quiet Reflection

What has your 'yes' to the development of the Institute been?

Where have you struggled or celebrated?

Sharing

Take some time to share with those you may be meeting with or make a journal entry.

Response

Jesus says to his disciples, 'Take nothing for the journey: neither staff, nor haversack, nor bread, nor money; and do not have a spare tunic, (9:2b-3). Keeping in mind that simplicity assists us to make space in our lives for God and others. With open hands we pray- 'simplicity assists us to make space in our lives for God and for each other'.

Reader

Mary's trust in God is complete. She knows that God loves her and will be there for her despite the fear and the unknown future this pregnancy will cause, she says "Behold, I am the handmaid of the Lord. May it be done to me according to your word."

Scripture

Luke1: 46-50

And Mary said:

'My soul proclaims the greatness of my God

and my spirit exults in God my saviour;

because he has looked upon his lowly handmaid,

Yes, from this day forward all generations will call my blessed,

for God has done great things for me.

Holy is God's name,

and God's mercy reach from age to age for those who fear him....

Pause

Response

Catherine and her companions met God's mercy in courageous service to those who lived in various kinds of poverty. They trusted in God's providence (Constitutions 1.04).

With open hands we sing ...

Reflection Song

All That I Am **(David Haas)**

All that I am sings of the God who brings new life to birth in me

My spirit soars on the wings of my God (repeat)

My soul gives glory to Lord, rejoicing in my saving God

Who looks upon me in my state and all the world will call me blessed

For God works marvels in my sight

And Holy, Holy is God's name

All that I am sings of the God who brings new life to birth in me...repeat..

God's mercy is from age to age on those who follow in fear

Whose arm is power and strength and scatters all the proud of heart

Who casts the might from their thrones and raises up the lowly one

All that I am sings of God who brings new life to birth in me ...repeat

God fills the starving with good things, the rich are left with empty hands

Protecting all the faithful ones remembering Israel with mercy

The promise known to those before and to their children forever

All that I am sings of the God who brings new life to birth in me

My spirit soars on the wings of my God.

*Simplicity assists us
to make space in our lives
for God and for each other.*

Quiet Reflection

Reflect on one thing that you feel God is asking you to say yes to.

- It could be the mending of a relationship.
- Perhaps it is letting go of past hurts.
- You may need to be kind to yourself and just rest in God's love rather than busyness.

Simply let God into your heart. Listen to the spirit speaking in your life. Say yes and live in the moment. Spend a moment in prayer and repeat the words "Your will be done", asking God to give you the strength to say yes.

Response

We offer God our whole self, our capacity to love, our right to possess, our freedom to regulate our own lives, all we are and all we do. (Constitutions 3.01) With open hands we pray, *simplicity assists us to make space in our lives for God and for each other.*

Reader

When we agree to live simply, we no longer consider immigrants, refugees, and people in poverty, or anyone else on the margins of society, as a threat. We choose to relinquish our privileges, whatever they are, to become "visitors and pilgrims" in this world. A simple lifestyle is an act of solidarity with the way most people have had to live since the beginnings of humanity.

When we agree to live simply, our circle is no longer defined by external and accidental qualities, because we now find the joy and beauty of the real essentials and the actual centre which is God. (adapted Richard Rohr OFM)

Response

We should be as the compass that goes round its circle without stirring from its centre – our centre is God, from whom all our actions should spring as from their source.

CMcAuley Retreat Instructions, p. 154

Let us sing the Blessing

Just To Be

All that I am sings of the God who brings new life to birth in me.

My spirit soars on the wings of my Lord.

All that I am sings of the God who brings new life to birth in me.

My spirit soars on the wings of my Lord.

My soul give glory to the Lord, rejoicing in my saving God,

who looks upon me in my state, and all the world will call me blessed;

For God works marvels in my sight, and holy, holy is God's name.

All that I am sings of the God who brings new life to birth in me.

My spirit soars on the wings of my Lord.

God's mercy is from age to age, on those who follow in fear;

Whose arm is power and strength, and scatters all the proud of heart;

Who casts the mighty from their thrones and raises up the lowly ones!

All that I am sings of the God who brings new life to birth in me.

My spirit soars on the wings of my Lord.

God fills the starving with good things, the rich are left with empty hands;

Protecting all the faithful ones, remembering Israel with mercy,

the promise known to those before and to their children for ever!

All that I am sings of the God who brings new life to birth in me.

My spirit soars on the wings of my Lord.

On the wings of my Lord.

'The simplest and most practical lesson I know is to resolve to be good today but better tomorrow'
Catherine McAuley

Resources

Institute of the Sisters of Mercy and Papua New Guinea - Constitutions

CMcAuley Retreat Instructions

Quotations from the Writings of Catherine McAuley

Madonna and Child, the Seat of Wisdom by John Collier. Sedes Sapientiae, "Seat of Wisdom"

The Gifts of a Simple Life – Richard Rohr OFM from his October 8, meditation

Richard Rohr Meditation- Centre for Action and Contemplation

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

Thank You

This reflection was compiled by the Liturgy Committee:

Kerry Willison RSM, Susan Smith RSM, Theresia Tina RSM and Tricia Johnson RSM

as part of the 10th anniversary celebrations of the Institute of Sisters of Mercy of Australia and Papua New Guinea.

Music

Ave Maria (Tok Pisin) - sung by Theresia Tina RSM and friends

Just to Be – Colleen Fulmer

All that I Am – David Haas



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