

# Mercy-ing

“Mercying is our daily gift and our daily challenge” ~ Elizabeth MacNeal.

## Gathering Rite:

*Greet and connect with one another.*

*If praying alone allow friends and family to come to mind.*

*Take a moment of mercy to contemplate one way where you have either experienced mercy given by another, or where you have shown mercy to another.*

*Share this with the group or simply notice silently.*

## A Call to Prayer:

*Pause and share a few moments of silence, perhaps focusing on your breath or the feeling tone throughout your body, allowing your mind to become still and quiet. Light a candle.*

*Now use the words of this opening prayer to bring you into a sacred time.*

## Opening Prayer:

***Mercy Flows*** ~ words and music by Patricia Mock & Faye Lopez

(a YouTube video. Link: <https://youtu.be/EsmVh8AYjjo>)

\* New everyday mercy and grace, All that I need You provide.  
Tender compassion, life everlasting, in You each day to abide.

Refrain: *Mercy flows, in the morning when I rise, mercy flows,  
with the dew still on the ground, in the quiet there is found,  
in the morning when I rise, mercy flows.* \*

Father, Your love reaches high to the heavens, Your faithfulness to the sky.  
Holy and righteous like mighty mountains,  
Fountain of life in You we see light.

\* (repeat above)



## For Reflection:

Choose one of the suggestions below for prayer and reflection

### Holy Presence

Take some time in quiet to reflect on this extract about *Mercying*, and contemplate *the rhythm of Mercying* in creation and all our relationships.

or

Be present and read *Psalm 23*, in a quiet and reflective stance. Using the practice of *Lectio Divina* would be a good way to read this psalm.

*'Mercying* has a rhythm of breathing in, breathing out. Breathing in the mercy of God for us, and breathing out the mercy of God to the world. In our contemplative prayer we are being transformed into Mercy, and it spills forth into our relationships with all creation.

Cathering McAuley spoke frequently of this relationship of being centered in God and the spiritual and corporal works of mercy.'

~ by Jean Adam rsm & Carolyn McWatters rsm



*Mercying into the future.*

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Chapter logo of the  
Srs. of Mercy of  
Newfoundland.



'The Good Samaritan' by artist Stephen Sawyer

### Holy Service

Looking to the scriptures to see what "Mercying" means:

\* In the Hebrew Scriptures, in the book of Micah, the prophet invites us, "to do justice, and to love kindness, and to walk humbly with your God."  
(Mic. 6:8)

\* In the Christian Scriptures, the Good Samaritan teaches us, "He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him."  
(Lk. 10:34) *Read and reflect on the parable of the Good Samaritan*  
(Lk. 10:25-37)

## Closing Prayers of Celebration and Gratitude: A Poem and an Invocation

Empathy:

"Let me hold the door for you.  
I may have never walked in your shoes,  
but I can see your soles are worn,  
your strength is torn  
under the weight of a story  
I have never lived before.  
Let me hold the door for you.  
After all you have walked through,  
it is the least I can do."

~ by Morgan Harper Nichols

*Pause for quiet reflection a moment*



'The Lamb' by  
artist, Stephen  
Sawyer

*Mercying*

Oh God, rich in Mercy,  
draw us closer to your own heart  
and make our hearts one with you.  
As we are immersed in the world's  
suffering,  
may we rely on your abundant flow  
of mercy to us,  
which flows through us upon those  
who suffer.

Amen.

~ By Jean Adam rsm and Carolyn McWatters rsm