



# Dear Friend of **SOAR!**

God calls us to pray in many different ways. This booklet contains some favorite prayers of Sisters whose communities have been blessed by the generous support of **SOAR!** donors and friends.

Some prayers were written by the Sisters, while others were written by spiritual writers or might be familiar to. Each prayer is meant to draw you closer to God's love. As you are called to prayer, may God abundantly bless you!

Gratefully,

D. Kachleen Junsmann, HM Sister Kathleen Lunsmann, IHM President



## **MY DAILY PRAYER**

racious God, thank you for the gift of today. May my living today reveal your goodness. Refresh me; invite me to discover your presence in each person I meet, each event I encounter. Teach me when to speak and when to listen, when to ponder and when to share. In moments of challenge and decision, attune my heart to the whispering of Your wisdom. As I undertake ordinary and unnoticed tasks, gift me with simple joy. When the day goes well, may I rejoice! When it grows difficult, surprise me with new possibilities. When life is overwhelming, call me to Sabbath moments to restore Your Peace and Harmony. And please, make me a blessing to someone today.



Sister Mary Lenora Tucker, SSND School Sisters of Notre Dame Wilton, CT Year of profession: 1959

## A PRAYER FOR THE WHOLE OF LIFE

"The Lord is my light and my salvation, whom shall I fear.
The Lord is my life's refuge, of whom shall I be afraid." ~ Ps. 27:1

Lord, this has been a prayer of mine for years, as I have tried new things, faced new challenges, and sent my loved ones to you.

I hold this prayer as words from a dear friend. It makes me feel as though I am placed in the heart of our God, who will care for me and protect me from that which I think may overwhelm me.

As I grow into a new chapter of my life, continue to protect me from my fears that have threatened but never overpowered me, because you are my light, my salvation, my refuge and my Love.

Sister Carol Loughney, IHM
Sisters, Servants of the
Immaculate Heart of Mary
North Beach, MD
Year of profession: 1959



# **GUARDIAN ANGEL**

Powerful Spirit sent by God to guide and protect me, be with me today in all I think, do and say.

Help me to do what is right, and to avoid what is wrong, so that I may follow Jesus and live joyfully in his love now and forever.



+Sister Mariel Bronson, OP Sinsinawa Dominicans Sinsinawa, WI Year of profession: 1947

# **GOD KNOCKS**

od knocks, and I open...
Ah, if only so readily!

For what lies beyond that open door? challenge?

self-giving?

commitment?

surrender?

All of those, yes,

but really, just LOVE...

a Love which enables that challenge

self-giving

commitment

surrender

if only I allow... if only I trust in God's love for me and in my love for God.

Yet, often there is hesitation sometimes ignoring the knock sometimes fearing to open.

How, when, do I willingly open?

**Sr. Catherine Fedewa, CSFN**Sisters of the Holy Family of Nazareth
Des Plaines, IL
Year of Profession: 1961



\_\_\_\_\_\_\_oving God, thank you for the gift of \_\_\_\_\_\_\_. You loved her/him into life; help her/him feel your loving presence. (pause)

Your love for us is unconditional; you never stop loving us; no matter what. You said ask and we would receive; so we come to you asking for all that is good for \_\_\_\_\_\_\_ because we know you know that better than any of us. We also know that you are the GREAT PHYSICIAN. We ask you to continue to inspire her/his doctors and nurses and all her/his caregivers to give her/him the best of care and give \_\_\_\_\_\_ peace, patience and perseverance as she/he continues along the road to feeling better. Thank you for the many ways you have blessed her/him and blessed us with her/him. We ask you to continue to bless her/him and we ask you to respond to all of our requests as you see fit. We ask this as we ask all things in your name.



Amen.

**Sr. Charlotte Lange, OSB**Benedictine Sisters of Virginia
Bristow, VA
Year of profession: 1960

# PRAYER OF THE THREE HAIL MARYS

Oh Mary, I come to your motherly heart to look for love, light, strength, support and peace.

I offer myself to your power, confide in your wisdom, I surrender to your mercy.

Mother of God, you can help me. Hail Mary...

Mother of God, you know how much I need you. Hail Mary...

My Mother, I surrender to your maternal tenderness. Hail Mary...

**Sr. Irene Lara, MGSpS**Guadalupan Missionaries
of the Holy Spirit
Los Angeles, CA
Year of profession: 1964



# PRAYER TO ST. JOSEPH

great St. Joseph, you who have the power to render possible, things which seem impossible.

Come to my aid in this, my present trouble and distress.

Take this important and difficult affair under your particular protection that it may end happily; and since you are so powerful with Jesus and Mary, show that your goodness equals your power.

Amen.

Divine Providence can provide. Divine Providence can provide. Divine Providence will provide.



**Sister Carol Rohloff, CSJ**Sisters of St. Joseph of Carondolet Albany, NY
Year of Profession: 1967

# PRAYER BEFORE THE CRUCIFIX

Gook down upon me
good and gentle Jesus,
While before thy Face I humbly kneel,
And with burning love I pray
and beseech Thee,
To fix deep in my heart
Lively sentiments of faith, hope and charity,
True contrition for sin,
And a firm purpose of amendment.
Whilst I contemplate with great love
And tender pity
Thy five wounds pondering over them
within me:

"They have pierced my hands and my feet, They have numbered all my bones."

Amen.

Sister Eilnor Andreoli Sisters of the Good Shepherd Marlborough, MA Year of profession: 1956



ncomprehensible Holy Mystery, you come to me in so many ways, through the Christian story, which speaks of your love for all creation, through the Universe Story that brings me to awe and wonder.

Help me to live out of the "big picture," to see how my life and all that I am about has cosmic significance.

Help me to grow in my capacity for self-reflection, to expand my awareness of the communion of which I am a part. Enable me to grow in freedom and in love, that I may be the co-creator you have invited me to be.

Amen.

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Sister Iola Stecher, SSSF School Sisters of St. Francis Milwaukee, WI Year of profession: 1938

#### THOMAS MERTON'S PRAYER

My Lord God, I have no idea where I'm going. I do not know the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me on the right road, though I may know nothing about it. Therefore I will trust you always though I seem to be lost in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Sister Barbara Berthiaume, CSJ Sisters of St. Joseph Concordia, KA Year of profession: 1953



In this time of terrible violence in our cities, nation and the world, my prayer is that of St. Francis Assisi. He said, "When you are proclaiming peace with your lips, be careful to have it even more fully in your hearts."

Think Exist. I am responsible as an individual and must believe and act this way.

At this time the Prayer of St. Francis is my prayer.



Let there be peace on earth and let it begin with me...

Sister Florence Speth, SC Sisters of Charity of New York Bronx, New York Year of Profession: 1962

Divine Lover, whose name is God, what is there for me to fear as I approach the end stages of my life? My years of yesterdays convince me that You walk with me, You hold my hand, You clear my path, You light my darkness. I remember, and I am, oh, so grateful for a life that has been gifted with Your loving presence. I believe in Your love; I depend on Your love; I rest in

Your love. Knowing that You love me is sufficient for me. Amen.

Sister Mary Rita Barbernitz, OSF Sisters of St. Francis of Philadelphia Aston, PA Year of profession: 1955



Ver Creating God,
Still Point of Eternal Peace,
stir up within us
your dream that all may be one.
Free us to be instruments of your peace.
Jesus, Word birthed from creative love,
Word spoken and broken,
Unending Word of Peace,
enable us to be preachers of that Word,
bearers of the message of your peace.
Holy Spirit of Unfolding Peace,

Breath of God's Love,
enkindle in us the desire to be
embers of your peace
with a passion
that will set the world on fire.

Amen.

Sister Teresa Tuite, OP Dominican Sisters of Peace Columbus, OH Year of profession: 1963



## **HOMECOMING**

Come, Holy Spirit, hurry here As rain upon our parched hearts pour, Our vacant spaces fill and fire. Breathe Your Spirit-Breath as sigh, Glut our hollows, heaping high, To be our freeway through the sky, Lest we weaken, faint, or fly. Surround us, seize us, carry us, Flame us, forge us, furious, Hear us, help us, hurry us! Make us, mold us, marry us. Be to us the most and more -The best; Our loneness overcome – As water, wave, and wind to shore – O Holy Spirit, Welcome Home!



Sister Mary Swift, OCD Discalced Carmelite Nuns Alhambra, CA Year of profession: 1961 **SOAR!** is a non-profit organization founded in 1986 by a group of committed lay people. The mission of SOAR! is:

- to raise and provide funds for congregations to meet the immediate needs of their retired and infirm members;
- to educate the public about the serious retirement needs confronting our elderly religious; and
- to develop a national network of concerned individuals who wish to respond to and advocate for this need.

**SOAR!** provides grants to help ensure the safety, comfort, and dignity of our aging religious. This helps their congregations better care for them and continue their active ministries.



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