

NCC Daily Reflections - Secondary

May 1-31, 2025

*Be strong and courageous; do not be frightened or dismayed,
for the Lord your God is with you wherever you go.' Joshua 1:9b*

Thursday May 1, 2025



“May the life of Blessed Mary be ever present to our awareness.”

O, that the soul of Mary were in us to glorify the Lord!

That the spirit of Mary were in us to rejoice in God.

May the life of Blessed Mary be ever present to our awareness.

In her, as in a mirror, the form of virtue and beauty of chastity shine forth.

She was virgin, not only in body, but in mind and spirit.

She never sullied the pure affection of her heart by unworthy feelings.

She was humble of heart.

She was serious in her conversations.

She was prudent in her counsels.

She preferred to pray rather than to speak.

She united in her heart the prayers of the poor

And avoided the uncertainty of worldly riches.

She was ever faithful to her daily duties,

Reserved in her conversations, and always

accustomed to recognize God as the witness of her thoughts.

Blessed be the name of Jesus.

Amen.

St. Ambrose

From

<https://udayton.edu/imri/mary/p/prayers-of-saints-to-mary.php>

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:

<https://www.livingwithchrist.ca/index.php/intentions>

Friday May 2, 2025

“My soul proclaims the greatness of the Lord.”



The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour,
for he has looked with favour on his humble
servant.

From this day all generations will call me blessed,
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear Him in every
generation.

He has shown the strength of His arm,

He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the humble.

He has filled the hungry with good things, and the
rich he has sent away empty.

He has come to the help of his servant Israel for
he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Glory to the Father, and to the Son, and to the
Holy Spirit, as it was in the beginning, is now, and
will be forever. **Amen.**

May the Lord bless us, the Father, the Son, (+) and the
Holy Spirit. Amen

Also, you can pray and reflect with this link below:

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Catholic Education Week 2025 begins!

Each year, the Catholic community of Ontario engages in a week-long celebration of the unique identity and distinctive contributions of Catholic education during Catholic Education Week. This year's celebration is entitled, "Pilgrims of Hope" and will be celebrated during the week of May 4 – May 9. The theme for Catholic Education Week 2025 was inspired by the following considerations:

- In February of 2022, Pope Francis announced that the theme for the upcoming 2025 holy year would be "Pilgrims of Hope." "We must fan the flame of hope that has been given to us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision.(from Vatican News, a [short video](#) on the history of the Jubilee/Holy Year)
- The Holy Father asks us to focus prayerfully on the bonds that unite our whole human family, to reflect on the rampant poverty in our world, and to think

about the plight of the many refugees forced to leave their homes. He also summons us, as stewards of Creation, “to contemplate the beauty of creation and care for our common home.”

- A pilgrimage is a spiritual journey of movement toward a goal, often lived together with others – and that certainly describes Catholic education. Hope – one of the three theological virtues – is grounded in our Easter faith in Jesus’ resurrection and renewal; this is what enables us to be builders, dreamers and leaders in Jesus’ name. Pope Francis invites us to keep moving ahead in faith, in joy, and in hope, as part of a pilgrim people. Even in challenging times, our eyes are focussed on the future.
- Catholic Education Week comes at the same time as Mental Health Awareness Week. Through love and compassion, we continue to support each other’s wellbeing. God is love and we are always called to live out this love.

For more information, please consult the [NCC Catholic Education Week 2025 program slide deck](#) (link will be live as of May 1, 2025).

Monday May 5, 2025



“Human dignity is the same for all human beings: when I trample on the dignity of another, I am trampling on my own.” St. John Paul II

CALL TO PRAYER

We are called to be brothers and sisters to each other and to love each other as we love ourselves. Lord, Father of our human family, you created all human beings equal in dignity: pour forth into our hearts a fraternal spirit and inspire in us a dream of renewed encounter, dialogue, justice and peace.

OPENING PRAYER

Dear Lord,

We come before You with hearts full of gratitude and humility, recognizing the inherent dignity in every person You have created. Help us to see the sacred worth in all individuals, regardless of their background, beliefs, or differences.

Grant us the strength to treat others with kindness, respect, and compassion. May we honour the unique gifts and experiences of each person, understanding that we are all made in Your image.

We ask this in Your holy name.

Amen.

SCRIPTURE: John 15:12-17

A reading from the holy Gospel according to John. ***Glory to You, O Lord.***

This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.

The Gospel of the Lord. ***Praise to You, Lord Jesus Christ.***

CLOSING PRAYER


Heavenly Father,
You have created each of us in Your image, bestowing upon us an inherent dignity that cannot be diminished. Help us, Lord, to recognize, honour, and appreciate this sacred gift in every person we encounter.

In moments of judgment, remind us of Your call to love one another and to lift each other up, especially those who are marginalized or oppressed. Let our words and actions reflect Your love, and may we be instruments of peace, justice, and understanding in our communities. Guide us in creating a world where everyone feels valued, seen, and heard, and where human dignity is upheld at all times. Strengthen our hearts to advocate for the rights and well-being of all people, and help us to serve others with humility and grace.

We ask this in Your holy name.

Amen.

[OCSTA Secondary Prayer for Monday May 5, 2025](#)

	<p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Tuesday May 6, 2025</p> 	<p><i>“To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope; it is to let a shaft of light break through the heavy clouds; it is to bring the warmth of hope!”</i> Pope Benedict XVI, 2013</p> <p>CALL TO PRAYER In his Encyclical Letter <i>Laudato Si'</i>, Pope Francis reminds us that “the world is a joyful mystery to be contemplated with gladness and praise.” By celebrating the wonder and awe of nature, we renew our relationship with God, who walks with us on this journey of hope. Every step we take to care for creation is a step to help build a future of hope and harmony. As Pilgrims of Hope we are called to unite with others in the Christian family to protect every creature in God’s beautiful web of creation.</p> <p>OPENING PRAYER O Lord, We honor you and praise you for the gift of life and the awesome responsibility you have given us to be good stewards of this earth, our home. May we be ever mindful of the fragility and interconnectedness of all creation. Help us to be wise in our use of resources. Guide us to live in harmony with all creatures and preserve the beauty and goodness of the earth for ourselves and for all generations to come. We ask this through Christ our Lord. Amen.</p> <p>SCRIPTURE A reading from the Book of Job (Job 12:7-10, 13). Ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you; and the fish of</p>

the sea will declare to you. Who among all these, does not know that the hand of the LORD has done this? In his hand, is the life of every living thing and the breath of every human being... With God are wisdom and strength; he has counsel and understanding.

The Word of the Lord. ***Thanks be to God.***

CLOSING PRAYER

Laudate Deum Prayer

Laudate Deum,

O God we praise you,
for the world sings
of your infinite love.

Forgive us our failure
to agree a way forward
to protect this earth
and our children's future.

For the way the powerful
shelter behind their wealth,
while the poorest people are disregarded,
and the earth is at breaking point.

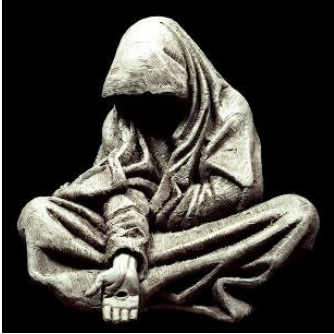
Guide our leaders
to set aside their own interests
in the interest of us all
and grant us all the courage
to turn our concern into change.

Strengthen our faith,
and let us never lose hope
so together we may rise up
responding to the urgent call
of your people and all creation.

Amen.

[OCSTA Secondary Prayer for Tuesday May 6, 2025](#)

May the Lord bless us, the Father, the Son, (+) and
the Holy Spirit. Amen

	<p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Wednesday May 7, 2025</p> 	<p><i>“Echoing the age-old message of the prophets, the Jubilee reminds us that the goods of the earth are not destined for a privileged few, but for everyone.” Pope Francis, Spes non Confundit, §16</i></p> <p>CALL TO PRAYER</p> <p>Our Catholic faith calls us to be friends of people who are experiencing poverty or who are marginalized. Every day in our schools and communities we encounter people who are impoverished either because of a lack of sufficient housing, food, clothing or because they are suffering from indifference or exclusion. Our Catholic social teachings give us a rich tradition for thinking about how we should engage with the world. When our Church speaks about the Principle of the Preferential Option for the Poor and Vulnerable, she is speaking about the need for individuals, families, schools, governments, organizations, etc. to prioritize the needs of those who are experiencing poverty or marginalization.</p> <p>During this Jubilee year, we are reminded that God gives special priority and attention to the poor and that “the goods of the earth are not destined for a privileged few, but for everyone” (Pope Francis, Spes non Confundit, §16). During the Holy Year, Pope Francis is calling on all of us to be tangible signs of hope for our brothers and sisters who experience poverty. Pope Francis is also encouraging us to learn more about the issue of international debt and to advocate for debt forgiveness for the poorest nations around the world. As followers of Jesus, we have a moral obligation to be his hands and feet to help others achieve their God given potential.</p> <p>OPENING PRAYER</p> <p>Let us pray. God, the source of our Hope, We ask you to help us to imitate your Son who has concern for the poor and needy. Help us to be</p>

a sign of hope for those experiencing poverty and marginalization in our schools, local communities, and around the world as they struggle for justice.

Give us the courage and strength to bring about change and to call on our political leaders to recognize the plight of poorer nations and their peoples by reducing or eliminating their debt.

We ask you this through our Lord Jesus Christ, your Son who lives and reigns with you and the Holy Spirit, one God for ever and ever.

Amen.

SCRIPTURE: Matthew 25:31-40


A reading from the holy gospel according to Matthew. ***Glory to you, O Lord.***

“When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats. And he will place the sheep on his right, but the goats on the left. Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’”

The Gospel of the Lord. ***Praise to you, Lord Jesus Christ.***

CLOSING PRAYER

Let us pray.

	<p>Creator God, You remind us that Christian hope does not disappoint because it is grounded in the truth that nothing and no one can ever separate us from your love. As we celebrate this year of Jubilee, we are reminded that the goods of the earth are not destined for a privileged few, but for everyone. We pray that we may be signs of hope in the world for those who are experiencing poverty. Inspire us with your Spirit of compassion, justice and truth to be generous and not look away from the faces of our brothers and sisters in need. We make this prayer through Christ our Lord. Amen.</p> <p>OCSTA Secondary Prayer for Wednesday May 7, 2025</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Thursday May 8, 2025</p> 	<p><i>“When our sense of solidarity has been developed to such a point that each one feels the cause of all others as their own, we shall be drawing near to international and to social peace.” Ellen Key</i></p> <p>CALL TO PRAYER</p> <p>For us as Christians, being pilgrims of hope means challenging the radically individualistic worldview that sees us all as isolated, atomized, and disconnected. Christian solidarity means that we see ourselves instead as fundamentally connected to each other, part of something larger than ourselves, with responsibility for each other – and a vocation to help improve life for others. St Teresa of Kolkata [Mother Teresa of Calcutta] often said that “If we have no peace, it is because we have forgotten that we belong to each other.” Solidarity is about that profound sense of belonging, that realizes how inextricably linked we all are; it undergirds our uniqueness and differences. The Swahili concept of Ubuntu captures it well: “I am because we are.” When we realize our essential relatedness, then the</p>

question is: How can I help to make the world better for you – and for all of us? How can we together point each other to a future of hope and possibility, grounded in God's unshakeable love for us?

OPENING PRAYER

God our Creator,
You have formed all humanity to be a single family, united in your love and in care for one another.

In this Jubilee Year, deepen our sense that we truly do belong to each other, and that together we can work for a world where hope feels more realistic, where justice and peace are more evident.

Remind us of the hope that our baptism offers us, and help us to live in solidarity, in generosity and service, as we follow the one who did not hesitate to wash our feet, Jesus Christ, our liberator and our Lord.

Amen.

SCRIPTURE: 1 Corinthians 12:12-13, 26


A reading from the first letter of St. Paul to the Corinthians.

Brothers and sisters: Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body... Therefore, if one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

The Word of the Lord. ***Thanks be to God.***

CLOSING PRAYER

Loving and faithful God,
You call your people to hope in you, to trust in your love, and to do so together.
May the ways we serve each other and our world inspire those around us with a vision of a hope that is real and genuine.

	<p>When despair threatens to drag us down, help us to lift each other up, in a spirit of true solidarity, as pilgrims on a shared journey of life and faith. To you be all glory and praise, now and forever. Amen.</p> <p>OCSTA Secondary Prayer for Thursday May 8, 2025</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Friday May 9, 2025</p> 	<p><i>“Blessed are the peacemakers, for they will be called Children of God.”</i> Father Pierre Teilhard de Chardin, SJ</p> <p>CALL TO PRAYER Pope Francis invites us to keep moving ahead in faith, in joy, and in hope, as part of a pilgrim people. Even in challenging times, Pope Francis reminds us that hope and peace can never be abandoned. Peace is cultivated through our prayers of unity and our actions of solidarity as we join in communion with the Church and one another.</p> <p>OPENING PRAYER Let us Pray. God, our source of joy and peace, Guide our minds and fill our hearts with the hope You reveal to us each day. Nurture our relationships and help us to journey together to Your blessed Kingdom. May the flame of hope be enkindled in our hearts by the Holy Spirit and reawaken in us the blessed hope for the year ahead. We ask all this in Jesus’ name. Amen.</p> <p>SCRIPTURE: Ephesians 3:13-21 A reading from the letter of Saint Paul to the Ephesians.</p> <p>I pray that you may not lose heart over my sufferings for you; they are your glory. For this</p>

reason, I bow my knees before the Father, from whom every family in heaven and on earth takes its name.

I pray that, according to the riches of his glory, God may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.

I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to God who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever.

Amen.

The Word of the Lord. ***Thanks be to God.***

CLOSING PRAYER


Let us pray.

Where there is joy, O God, we know you are present and at work. Give us eyes to recognize that holy joy around us, to be its instruments and its bringers where it is lacking. Without denying the injustices, brokenness and pain of our world, may we refuse to succumb to cynicism and hopelessness. May we be people who truly believe that our faith is Good News, and who allow it into our hearts and minds more and more each day. We rejoice, most of all, that you have loved us with an everlasting love, and that we share in Christ's victory over sin and death, sadness and hurt. May our joy be real – and contagious – as we strive each day to love better and more generously.

We ask all of this in the name of Jesus.

Amen.

[OCSTA Secondary Prayer for Friday May 9, 2025](#)

	<p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>National Family and Life Week 2025</p> <p>National Family and Life Week (NFLW) this year will take place from 13 May to 19 May 2025. For more information, please consult the NCC National Family and Life Week 2025 slide deck (live as of May 7, 2025).</p>	
<p>Monday May 12, 2025</p> 	<p>“Lord, help me to live this day, quietly, easily.”</p> <p>Prayer Intention: For the spiritual growth of families, the domestic church</p> <p>Loving Father, may we look to the example of the Holy Family, which reminds us that the love of God is shown through our families, the domestic church.</p> <p>May we constantly remember that Jesus’ life, death, and Resurrection are together the source of our hope and that, through Him, we have the firm promise of salvation.</p> <p>We ask this through Christ our Lord, Amen.</p> <p>“Lord, help me to live this day, quietly, easily. To lean upon your great strength, trustfully, restfully. To wait for the unfolding of your will, patiently, serenely. To meet others, peacefully, joyously. To face tomorrow, confidently, courageously.” (St. Francis of Assisi)</p> <p>From National Family and Life Week, CCCB</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>

Tuesday May 13, 2025



“Loving Jesus, we pray for all of those who are suffering in body, mind, or spirit.”

Prayer Intention: For those experiencing spiritual or physical difficulties

Loving Jesus, we pray for all of those who are suffering in body, mind, or spirit. Help them to feel your closeness in these difficult times and ease their burdens. Help them to entrust all of their worries and burdens to your loving care. May they be strengthened by your grace and experience the peace that only you can bring. **Amen.**

“[I]n families, there is always, always, the Cross...in families as well, after the Cross, there is the Resurrection...The family is...a factory of hope, of life, of resurrection. God was the one who opened this path. In families, there are difficulties, but these difficulties are overcome with love.”

(Pope Francis, Meeting of Families in Philadelphia, 2015)

From [National Family and Life Week, CCCB](#)

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>


Wednesday May 14, 2025




“We entrust our family relationships to you, so that you may teach us to welcome each other with our differences, and to forgive one another.”

Prayer Intention: For families, that they may find peace and hope during times of crisis

God, our Father, you have compassion on those who undergo tribulations. We entrust our family relationships to you, so that you may teach us to welcome each other with our differences, and to forgive one another.

	<p>In this way, may we welcome your Word who proclaimed, "Peace be with you". You who live and reign forever and ever. Amen.</p> <p>"The strength of the family lies in its capacity to love and to teach how to love. For all a family's problems, it can always grow, beginning with love." (Pope Francis, Amoris Laetitia, 53)</p> <p>From National Family and Life Week, CCCB</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Thursday May 15, 2025</p> 	<p>"Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective."</p> <p>Prayer Intention: For those who are called to, or are sharing in the vocation of marriage</p> <p>God our Father, we give you thanks for the gift of marriage. We pray that all couples be filled with grace to strengthen and encourage one another and that spouses never take each other for granted. We pray that all married couples recognize the goodness and the beauty of their marriage, and how their witness enriches our Church and our world. Amen.</p> <p>"Young love needs to keep dancing towards the future with immense hope. Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective." (Pope Francis, Amoris Laetitia, 219)</p> <p>From National Family and Life Week, CCCB</p> <p>May the Lord bless us, the Father, the Son, (+) and the</p>

	<p>Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Friday May 16, 2025</p> 	<p>“May your tender loving care inspire all families to abound in hope so that we may live out our call to holiness as missionary disciples in the service of life and peace.”</p> <p>Prayer for National Family and Life Week 2025</p> <p>Heavenly Father, we place our trust in you.</p> <p>You have given us the precious gift of life and entrusted us to care for, nurture, and sustain it. Help our families to be sanctuaries of joy and light, where both young and old are cherished and embraced, and where your gifts of faith, hope, and love may flourish.</p> <p>May your tender loving care inspire all families to abound in hope so that we may live out our call to holiness as missionary disciples in the service of life and peace.</p> <p>Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.</p> <p>Amen.</p> <p style="text-align: right;">From: Prayer for NFLW 2025</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Laudato Si’ Week begins!</p> <p>Let us reflect on the significance of <i>Laudato Si’</i> in its tenth anniversary (May 24). In the midst of a climate crisis, Pope Francis invites us to reexamine our relationship with God’s Creation; not just nature, but how we are interconnected through nature with other communities around the world. Our decisions, in a culture and mentality that focuses on consumerism and convenience, have already impacted those who are most vulnerable.</p> <p>Let us become more aware of God’s gifts to us, through nature. Let us become more mindful, during our walks outside: of the trees that help us breathe; of each step on</p>	

the ground that connects us with an earth that provides our food; of the insects and bees, who pollinate and allow new harvests each year. Let us remember, with gratitude, to respect and love nature as God's gift to us, and how this in turn, protects those who are impacted by our human activities: Let us pray for those who become sick from pollution, those who are hungry or experience loss from climate change-induced drought, flooding, forest fires, etc. We belong to each other. We belong to God. If we truly believe in the message of *Laudato Si'* and "God the Father Almighty, Creator of Heaven and Earth," then we will become better stewards.

Adapted from prayers by Pope Francis and Allyson Kenny on the publication of *Laudato Si'*

For more information, please consult the [NCC Laudato Si' Week 2025 slide deck](#) (live as of May 1, 2025).

Monday May 19, 2025

Victoria Day

Enjoy this time with your loved ones!

Tuesday May 20, 2025




"Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light." Pope Francis


Laudato Si' Prayer


All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united

	<p>with every creature as we journey towards your infinite light.</p> <p>We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace.</p> <p style="text-align: right;">From</p> <p>https://slmedia.org/blog/laudato-si-prayer-for-environment</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Wednesday May 21, 2025</p> 	<p>“Strengthen our faith, and let us never lose hope so together we may rise up responding to the urgent call of your people and all creation.”</p> <p>Laudate Deum prayer <i>A prayer inspired by the Apostolic Exhortation <u>Laudate Deum</u> released by Pope Francis on 4 October 2023.</i></p> <p>Laudate Deum, O God we praise you, for the world sings of your infinite love.</p> <p>Forgive us our failure to agree a way forward to protect this earth and our children’s future.</p> <p>For the way the powerful shelter behind their wealth, while the poorest people are disregarded, and the earth is at breaking point.</p> <p>Guide our leaders to set aside their own interests in the interest of us all</p>

	<p>and grant us all the courage to turn our concern into change.</p> <p>Strengthen our faith, and let us never lose hope so together we may rise up responding to the urgent call of your people and all creation.</p> <p>Amen.</p> <p style="text-align: right;"><i>Prayer: Catherine Gorman/CAFOD</i></p> <p style="text-align: right;">From: https://cafod.org.uk/pray/prayer-resources/laudate-deum-prayer</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Thursday May 22, 2025</p> 	<p>“Praise be to you!”</p> <p>A Christian prayer in union with creation Father, we praise you with all your creatures. They came forth from your all-powerful hand; they are yours, filled with your presence and your tender love. Praise be to you!</p> <p>Son of God, Jesus, through you all things were made. You were formed in the womb of Mary our Mother, You became part of this earth, and you gazed upon this world with human eyes. Today you are alive in every creature in your risen glory. Praise be to you!</p> <p>Holy Spirit, by your light you guide this world towards the Father’s love and accompany creation as it groans in travail. You also dwell in our hearts</p>

	<p>and you inspire us to do what is good. Praise be to you!</p> <p>Triune Lord, wondrous community of infinite love, teach us to contemplate you in the beauty of the universe, for all things speak of you. Awaken our praise and thankfulness for every being that you have made. Give us the grace to feel profoundly joined to everything that is.</p> <p>God of love, show us our place in this world as the channels of your love for all creatures of this earth, for not one of them is forgotten in your sight. Enlighten those who possess power and money that they may avoid the sin of indifference, that they may love the common good, advance the weak, and care for this world in which we live. The poor and the earth are crying out. O Lord, seize us with your power and light, help us to protect all life, to prepare for a better future, for the coming of your Kingdom Of justice, peace, love and beauty. Praise be to you!</p> <p>Amen.</p> <p style="text-align: right;">From:</p> <p>https://cafod.org.uk/pray/prayer-resources/a-christian-prayer-in-union-with-creation</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Friday May 23, 2025</p> 	<p>“Creation awakened. Reaching towards you, life sang your praises.”</p> <p>Called to Your Table</p>

You said: "Let there be",
And so there was.
Creation awakened.
Reaching towards you,
life sang your praises.
Each seed, each atom
replied to your calling;
each plant, each creature
- knowing, unasking.

You said: "Let them live",
and so we did.
Creation: abundant,
reaping the harvest,
called to your table.
Each man, each woman
joined in the feasting,
each son, each daughter
- praising, rejoicing.

You said: "Let them share",
and how we fail.
Creation: unbalanced.
wasting, destroying,
we take from others.
Keeping, withholding,
we fail to notice
each man, each woman
- hungering, weeping.

We say: "Let us learn",
and so we must.
Creation: restored.
Giving and taking:
to each life sufficient.
Each to another,
filled with your bounty
each prayer, each answer
- Building, remaking.

Prayer: Claud Mba/CAFOD

From:

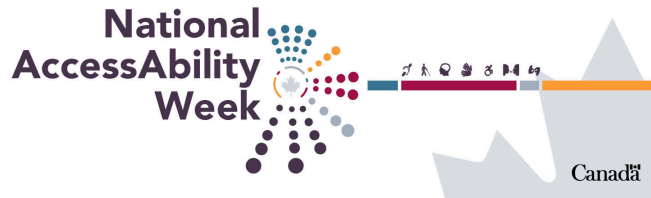
<https://cafod.org.uk/pray/prayer-resources/called-to-your-table>

May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>

National AccessAbility Week begins!

Every year, starting on the last Sunday in May, Canadians celebrate National AccessAbility Week (NAAW). Founded as 'National Access Awareness Week' in 1988 and inspired by Rick Hansen's Man In Motion World Tour, this week is an opportunity to celebrate Canadians with disabilities and raise awareness of the critical need for accessibility and inclusion for all in our communities and workplaces.



From: <https://www.rickhansen.com/NAAW>

Monday May 26, 2025



"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well." Psalm 139:13-14

A Prayer for all God's People

Let us pray for all God's people.

For people who are blind and cannot see, and for those who can see but are blind to people around them. **Lord, in your mercy help us touch each other.**

For people who move slowly because of an accident, illness, or disability, and for those who move too fast to be aware of the world in which they live. **Lord, in your mercy help us work together.**

For people who are deaf and cannot hear, and for those who can hear but who ignore the cries of

	<p>others Lord, in your mercy help us respond to each other.</p> <p>For people who learn slowly, for people who learn in different ways, and for people who learn quickly and easily but often choose ignorance Lord, in your mercy help us grow in your wisdom.</p> <p>For people who have chronic illness for which there is no known cure or relief, and for people who live in unholy fear of developing a chronic illness. Lord, in your mercy help us and heal us.</p> <p>For families, friends, and caregivers who serve people with disabilities, and for those who feel awkward in their presence. Lord, in your mercy help us see each other with your eyes.</p> <p>For people who think they are worthless and beyond your love, and for people who think they don't need your love, Lord, in your mercy help us accept your love.</p> <p>For people who feel isolated by their disabilities, and for people who contribute to that sense of isolation Lord, in your mercy change our lives.</p> <p>For all the people in your creation, that we may learn to respect each other and learn how to live together in your peace. Lord, in your mercy bind us together. Amen.</p> <p>From https://pilgrimwr.unitingchurch.org.au/?p=363</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Tuesday May 27, 2025</p>	<p>“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27</p>



Prayer for a World Where Hope Seems Dim

Dear God, the world seems so dark and foreboding.

Where are the signs of hope?

What are you calling us to do?

Wars, uprisings, displacements, hunger, poverty, and disease continue to claim victims by the millions around the world each year.

Our ears do not want to hear their stories and our eyes do not want to see their plight because the suffering and destruction is so massive and cruel.


In our hearts and minds there is a desire to help somehow, but the crisis seems so overwhelming that we shake our heads in dismay and we wonder what the point is for us even to attempt to be witnesses for healing and hope in [our world].


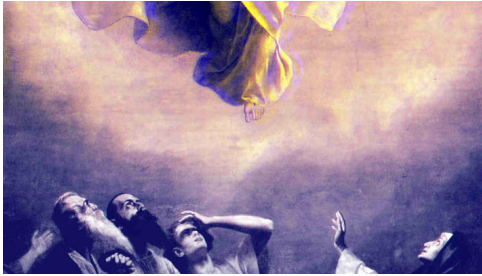
Help us to follow the path of Jesus, the Suffering Servant. Give us the courage to be willing to walk the path of depression and pain with the victims of injustice here at home as well as abroad.


Help us to seek ways to light candles of hope, however small, through our words, our deeds, and our prayers, to encourage our sisters and brothers to hold onto the faith in spite of the pain and suffering they are facing.

And help those of us who are among the fortunate ones, who have enough bread to eat, good health, and who live in relative peace, to open our hearts to learn from our sisters and brothers who are living lives of grace and forgiveness in the horrid circumstances which surround them. O God, help us to light one candle rather than to curse the darkness.

We pray this in the name of Jesus, who knows what being a light in this dark world is all about.

	<p>Amen.</p> <p>Adapted from Xavier University Prayer Resources</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Wednesday May 28, 2025</p> <div data-bbox="207 604 688 1083">  <p>Take Action and Show Your Support for Disability Inclusion and Accessibility!</p> <p>Wear RED this Red Shirt Day™ on May 28, 2025</p> <p>RedShirtDay.org</p> <p>Easter Seals helping kids with Physical Disabilities Succeed</p> </div> <p>For more information about Red Shirt Day, please visit https://easterseals.ca/en/redshirtday/</p>	<p>“There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.” Galatians 3:28</p> <p><u>What is Red Shirt Day?</u></p> <p>Red Shirt Day (of Action for AccessAbility and Inclusion) is a day when people across Canada come together and wear red in schools, workplaces and spaces everywhere in order to create a visible display of solidarity: to show their support for persons and families who are living with disabilities, celebrate the achievements of people living with disabilities, and to pledge their commitment to help create a fully accessible and inclusive society that honours and values the contributions of people of all abilities in all aspects of life in Canada.</p> <p>Prayer for Inclusion of People with Disabilities (Jewish tradition)</p> <p>God of our ancestors, support me as I take on this work of creating and supporting holy communities. May my words and actions help to create an open, inclusive, accessible, and welcoming world.</p> <p>Source of Connection, just as You take note of those who call out to You, help me to pay attention to the people in my community with disabilities and to take the time to listen as they communicate their needs, desires, and emotions.</p> <p>I know that the task is not mine alone. Help me to build partnerships and to remain mindful of my</p>

	<p>own limitations, and to continue the work even when it is difficult.</p> <p>Redeemer, may I continue to be a part of communities that value the gifts of each individual and that respect the challenges that each individual faces. Guide me as I work to create space where each unique person feels comfortable and seen, and where differences are seen as a blessing.</p> <p style="text-align: right;">Adapted from https://ritualwell.org/ritual/prayer-inclusion-people-disabilities</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Thursday May 29, 2025</p>  <p><u>Solemnity of the Ascension of the Lord</u></p> 	<p>"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." Romans 15:13</p> <p>We Are One With You O God, we are one with you. You have made us one with you. You have taught us that if we are open to one another, you dwell in us.</p> <p>Help us to preserve this openness and to fight for it with all our hearts. Help us to realize that there can be no understanding where there is mutual rejection.</p> <p>O God, in accepting one another wholeheartedly, fully, completely, we accept you, and we thank you, and we adore you, and we love you with our whole being, because our being is your being, our spirit is rooted in your spirit. Fill us then with love, and let us be bound together with love as we go our diverse ways, united in this one spirit which makes you present in the world, and which makes you witness to the ultimate reality that is love. Love has overcome. Love is victorious. Amen.</p>

	<p>From Xavier University Prayer Resources</p> <p>May the Lord bless us, the Father, the Son, (+) and the Holy Spirit. Amen</p> <p>Also, you can pray and reflect with this link below: https://www.livingwithchrist.ca/index.php/intentions</p>
<p>Friday May 30, 2025</p> 	<p>“Instill in us the courage through reflection to learn, unlearn, and relearn.”</p> <p>A Prayer to the Heart of Mary</p> <p>O Heart of Mary, Mother of God, and our Mother, most amiable Heart, object of the complacency of the most adorable Trinity, and worthy of all the veneration and affection of Angels and men;</p> <p>Heart most conformable to that of Jesus, of which you are the most perfect likeness; Heart full of goodness and compassion for our miseries, vouchsafe to melt our frozen hearts, and grant that they may be entirely turned towards the Heart of our Divine Savior.</p> <p>Infuse into them the love of your virtues; inflame them with that sacred fire with which you continually burn.</p> <p>Take under your protection the Holy Catholic Church; defend it, and be always its consolation, its asylum and its invincible fortress against every assault of its enemies.</p> <p>Be our way to come to Jesus, and the channel through which we receive all graces necessary for our salvation.</p> <p>Be our help in our wants, our relief under afflictions, our comfort in temptations, our refuge in persecutions, and our support in all dangers; but especially in our last conflict at the time of death, when all the powers of hell will use their utmost endeavours to seize our souls in that awful moment, in that terrible crisis, on which</p>

depends our eternal lot.

At that time, O most pious Virgin,
make us experience the sweetness of your
maternal Heart, and the efficacy of your
influence with Jesus,
your all-powerful Son, by opening unto us, a
secure refuge in the source itself of mercy, a
secure refuge,
that we may enjoy the happiness of blessing Him
in Heaven for all eternity.

Amen.

From <https://laycistercians.com/prayers-to-blessed-mother/>

May the Lord bless us, the Father, the Son, (+) and the
Holy Spirit. Amen

Also, you can pray and reflect with this link below:
<https://www.livingwithchrist.ca/index.php/intentions>