

ACU Book of Prayer



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The logo consists of a vertical bar on the left with segments of light blue, red, dark blue, yellow, and purple. To its right, the text 'ACU Book of Prayer' is written in a large, black, sans-serif font.

ACU Book of Prayer

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The Virgin Annunciate
Taddeo di Bartolo
(Siena: 1362/3 - after 1422)
Tempera on panel, gold ground

University Prayer

God of all truth and goodness,
bless us as we gather here
at Australian Catholic University.
May we be strengthened
in mind and heart to pursue
what you inspire,
with insight and deliberation,
that our world may advance
in true wisdom and justice for all.
Through Christ our Lord.

AMEN.



Preface

St John Damascene wrote that prayer is “the raising of one’s mind and heart to God”. Whether we are speaking with words or sitting in silence, prayer is time spent mindfully in God’s presence. To put it quite simply, prayer is being with God.

Prayer sounds so straightforward, even effortless. What could be more natural than spending time with the God who created us, who loves us, and who holds us in existence? And yet, we know from experience that prayer does not always feel natural. In fact, it can be hard work.

I hope that this ACU book of prayer will help you in your conversations with God. May it become your constant companion during your time at ACU, so that when you leave the university it remains a treasured and well-worn keepsake, and a source of comfort and inspiration for your life’s ongoing journey.

Fr Anthony Casamento csm
Vice President, Australian Catholic University



Come Let Us Pray

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.” (Jas 5:13). It is natural to pray when we are in trouble or sing when we are happy, as we seek to go beyond ourselves and draw on the strength of one who is greater than us, the Creator and source of all being, goodness and mercy – the one Christians call God.

Prayer takes many forms, from authorised official prayers (like those found in liturgy) to popular devotions (like the Rosary or Novenas to various Saints), and from off-the-cuff conversations with God to engaging with Scripture, religious poetry, songs and artworks. Prayer is a way to be in the presence of God – its purpose is to open one’s self, be still, and allow the God who seeks us, to find us.

If our minds wander or our thoughts get stuck, praying the tried and true, solid and comforting words that have been prayed by faithful generations before us can offer us focus, solace and supportive encouragement as we learn to pray, continue our prayer practices, or seek to find new ways to pray. Stepping into the collective memory of Catholic prayers introduced in this book can engage and feed our religious imaginations, and uncover new aspects of God, ourselves and the world. The great variety of prayer forms should assure us that there is no one way to pray. In prayer, consistency is key; quality comes with practice.

If you are seeking religious experience or an introduction to the practice of praying, if you don’t know what to say or where to start, this book will show you a way forward.

With a wide variety of prayer selections this book invites us not only to pray for our own needs and intentions, but also reminds us to attend to and pray for the needs of others.

So, as you explore the rich diversity of prayers in this book, I encourage you to:

- **Take some time** to be with the one who has an eternity of time for you.
- **Turn your thoughts** to the one whose thoughts are always turned to you.
- **Open your heart** to the one who is infinitely open to you.
- **Talk** to the one who will always take your call.
- **Listen** to the voice of Wisdom itself.
- **Bless** the God who blesses you, and
- **Taste and see** the goodness of the Lord (Ps 34:8).

Venite orate!

*Professor Clare Johnson
Director, ACU Centre for Liturgy*

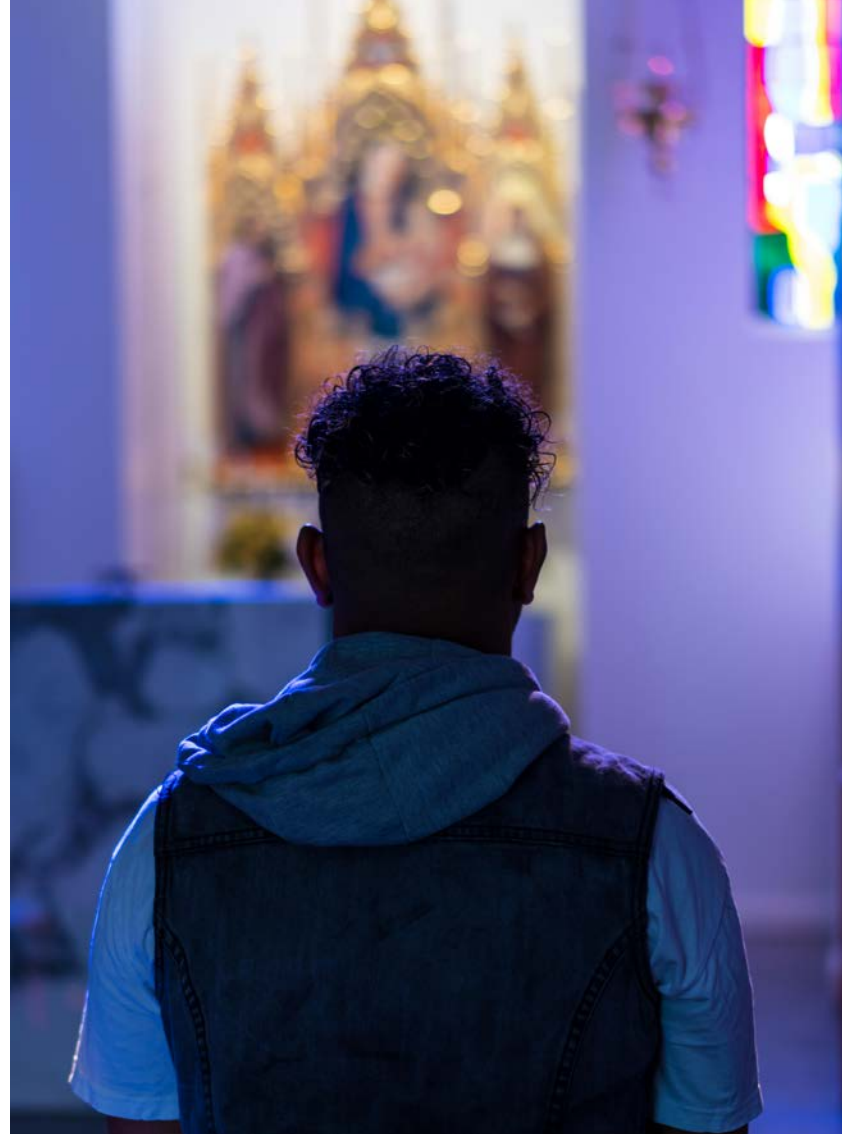
OUR LIVES

The invitation to pray is a simple one.

God waits, and listens. Many people have written about prayer, and often come to the same conclusion.

Prayer is relational, authentic and loving. Our Christian tradition informs us that God takes the initiative, loves us and desires to be with us unconditionally. Prayer is an activity, space and conversation that accesses and deepens this relationship of love.

The invitation is to bring all parts of our lives and selves to a deeper awareness of God's loving presence. These prayers are presented to assist you in this space of contemplation and action.





The Road Ahead

My Lord God, I have no idea where I am going. I do not see 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 that 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 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 by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and 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.

Thomas Merton (1915-1968)

A Prayer for Artists

Creator God,

You have gifted our world with artists
whose many different paths
all lead to that infinite ocean of beauty
where wonder becomes awe, exhilaration, unspeakable joy.
May their creative works
continue to affirm that true beauty which,
as a glimmer of the Spirit of God,
will transfigure matter,
opening the human soul to the sense of the eternal.

AMEN.

Adapted from St John Paul II's Letter to Artists 4 April 1999

Prayer for Mental Health

Dear Lord,

Among all your creations
you gifted us the most elegant mind;
a mind to think, decide and survive.
We especially pray for those who are struggling with their mental health.
Bless them with your holy hands,
guide us to help them in their struggles,
to find your light in every dark second.
Help us to stay positive and healthy
under your everlasting light.

AMEN.

Evan Fernando Arumacharige
Bachelor of Creative Arts, Brisbane Campus

Prayer for Help

Loving God,

We pray for the needs of our world.
Help us to acknowledge that we cannot do it on our own.
Help us to remember the unconditional love you have for us.
Help us to find the joy amidst the suffering.
Help us to remember the never-ending mercy that you provide, and
help us to serve your people with love and compassion.
Your help and guidance will be our stronghold,
never ceasing and never failing.

We ask this in your name.

AMEN.

Gloria Aupito Iuliano
Bachelor of Arts/Bachelor of Education, Melbourne Campus

Prayer for my Family

Lord Jesus,

I ask you to stretch out your guiding hand in showing families a path;
a path of support and belief they can achieve, a path that will teach
them to be strong and to know each member is valued.

God, I ask you to value their input and not let them see themselves
as failure. Allow them to let go of imperfections, of hatred, of pride in
themselves and others, with a breath of your presence,
knowing you are present with them in their journey.

This is my prayer for a family; maybe mine,
maybe others, but only you know, Lord.

Yours in prayer.

AMEN.

Emma Marshall
Diploma of Educational Studies, Brisbane Campus

A Prayer of Thanksgiving

Lord,

We place into your hands,
words of thanks and songs of praise,
to lessen the tides of sorrow,
to add to a meaningful and better tomorrow.

AMEN.

Annie Huynh
Administrative Officer, Office of the Vice-Chancellor and President,
North Sydney Campus

Father's Day Prayer

Heavenly Father, thank you for the gift of fatherhood,
for the courage you have given men to embrace their calling.
Thank you for all fathers, father figures and spiritual fathers,
the unsung heroes in our lives.
Help them to be drawn to you in their vocation.
Impart your godly wisdom upon them so that they will become good
role models to their children and love their spouse the way Christ
loves the Church.
Holy Spirit, bless all fathers young and old, and all father figures with
your divine counsel, fortitude and good health.
Bless those who long to become fathers and those for whom this
day is difficult.
May the precious blood of Jesus wash away their insecurities
and restore peace in their hearts.
We ask this through the majestic name of Jesus.

AMEN.

Therese Diluni Ruwandi Wijeratne
Master of Teaching (Secondary), Melbourne Campus

A Mother's Day Litany

Blessed be mothers and mother figures in our lives.
Blessed be our mothers who have passed.
Blessed be all new mothers.
Blessed be mothers who will never be.
Blessed be all mothers who find mothering difficult.
Blessed be mothers who struggle with addiction or mental illness.
Blessed be mothers who make mistakes.
Blessed be mothers who are homeless.

Blessed be mothers in war zones.
Blessed be mothers separated from us.
Blessed be mothers for their love, their inspiration, their sacrifices,
their care, their guidance, their struggles and their pain.
And, blessed be Mary, mother of Jesus and our mother.
Be with us Mary, Mother of Jesus.

AMEN.

India Mitchell-Fletcher
Master of Teaching (Primary), Melbourne Campus

Prayer in Times of Doubt

Loving God,
When the seasons in our lives are tough and we are unsure of the
challenges we will face around the corner, may we continue to place
our trust in the plans you have for our lives.
When challenging times make us doubt ourselves or our faith, stay
close to us and continue to guide us in the decisions we make. Grant
us the courage to surrender any fear, anxiety, anger and worry that
doubt brings into our lives by seeking you in prayer.
May we find peace and security in your enduring love, knowing you
have the answers to our prayers in times of uncertainty.
We pray this through Jesus Christ our Lord.

AMEN.

Laura Hants
Bachelor of Nursing, Canberra Campus

Prayer for Safe Travel

O Lord, My God,

We pray for you to send your angels on this day as we take this flight or trip by road or rail.

May we be protected from all dangers and disasters that come our way.

Let us be reminded of your presence and love during this journey.

Lord, rid me of my fears, distress, and all discomfort and replace them with strength and peace.

In Jesus' name we pray.

AMEN.

Marianne Benet

Bachelor of Commerce, Strathfield Campus

Thanksgiving Prayer

Lord Jesus,

Thank you for the many blessings you grant us on a daily basis.

Thank you for drawing close to us, especially during this confusing time.

Thank you for the gift of your Holy Spirit who leads us in the everyday and works in our lives for our good.

Please help us to recognise all the positive and beautiful things in our lives, especially when it is difficult to do so.

AMEN.

Patricia Guzman

*Bachelor of Arts (Humanities)/Bachelor of Education (Secondary),
Melbourne Campus*

Prayer for Self-Acceptance

Lord Jesus,

May the Holy Spirit of self-acceptance bless me.

May I feel God's unconditional and unequivocal love in every breath of my life.

May God's belief in my character and potential guide, inspire and reassure my decisions and actions.

I pray for the intercession of Mother Mary to help comfort and journey with me, to overcome moments of self-doubt, anxiety and confusion.

Help me to be grateful for my blessings, yet humble, as I strive to improve every day.

I pray that all whom I encounter continue to be blessed with deeper and loving self-acceptance.

AMEN.

Alice Grogan

Bachelor of Arts, Brisbane Campus

**Prayer ought to be short and pure,
unless it be prolonged
by the inspiration of divine grace.**

St Benedict

Prayer to be Faithful

Dear God,

We would like to thank you for revealing to us your presence; our faith in you is the most precious gift we have ever received. But sometimes, difficulties in life consume our minds, and make us forget your providence.

Please remind us that although you are not physically present, you are walking with us always.

Although we might not see or touch you, we can hear your voice and feel your love and although we are sinners and imperfect, you are still by our sides waiting for us with your hands open.

Strengthen our faith to recognise your love and open our hearts to welcome you into our lives.

Please always be with us, go with us and love us, as we surrender ourselves to you.

Thank you, Lord.

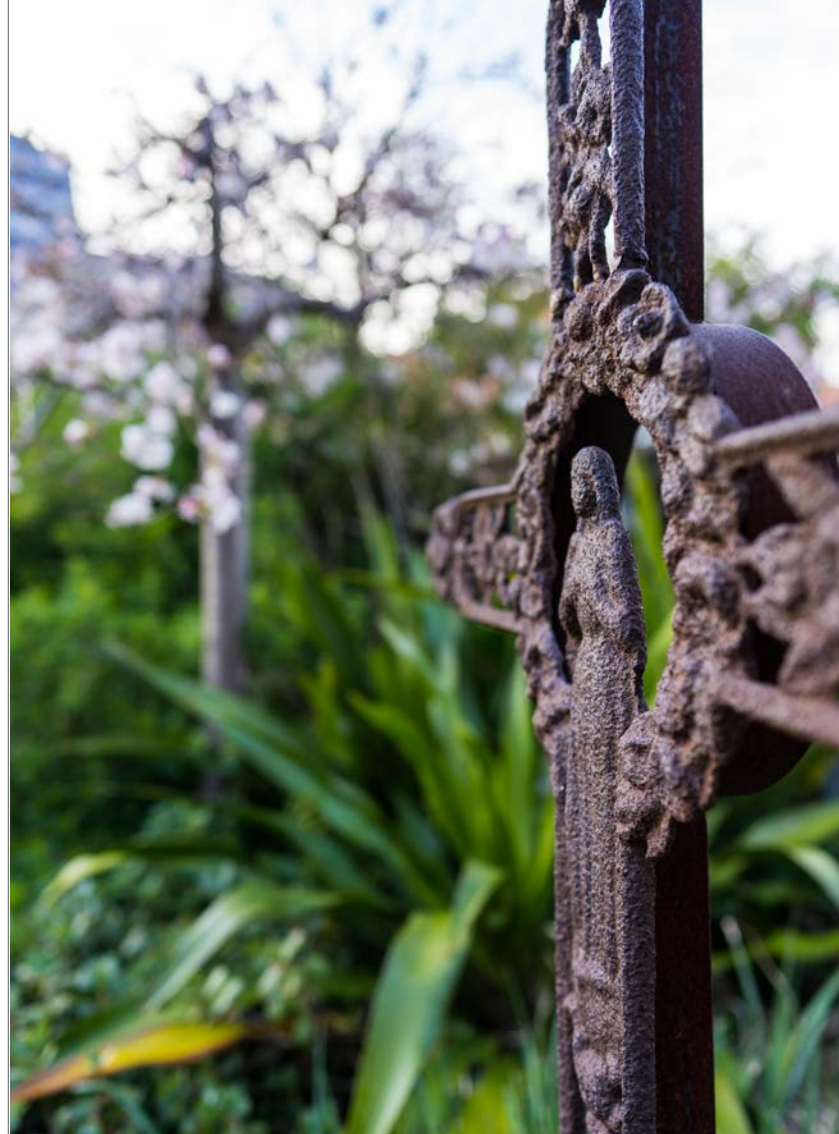
AMEN.

Thien An Tran

Bachelor of Nursing, Ballarat Campus

God speaks in the silence of the heart. Listening is the beginning of prayer.

St Teresa of Kolkata



A Prayer to Start the Day

Merciful God,

Nowadays we can awake with a sense of restlessness and worry, shaped by what's happened globally during our sleep and heightened by the dread of what may happen in our own day. Help us to find ways to be resilient and kind-spirited in the face of our daily experiences and to exhibit love and empathy towards everyone in our community.

We pray that you guide us in our daily pursuits.

AMEN.

*Bruce Clarke
Concierge Liaison Manager, Melbourne Campus*

A Prayer to End the Day

Dear Lord,

Thank you for bringing me to the end of another day.
I am grateful for all it held.

I know you were with me in all good and bad, joyful and difficult things that have happened, even if sometimes I didn't realise it.

As I close my eyes ready for sleep, I pray for a calm mind and peaceful night.

I offer you my tomorrow as only you know what joys or challenges it may bring.

AMEN.

*Carmel Yahl
Executive Manager, Vice President's Office, North Sydney Campus*

A Prayer for Balance

Lord Jesus,

I ask that you help me to create a healthy balance in all aspects of my life. Give me the knowledge and understanding I need to manage and complete my daily tasks, yet still make time for you, O Lord.

Fill my heart with gratitude, kindness and perseverance in all that I do for you and with you, O Lord.

Give me the balance I need, to care for and help not only myself but all those around me, through your loving and compassionate heart. I pray for a beautiful balance between having faith in all your work and faithfulness in all my work.

I ask this through Christ Our Lord.

AMEN.

*Chanel Marie Alafaci
Bachelor of Education (Early Childhood and Primary), Strathfield Campus*

Prayer for Friends

Dear Lord,

Thank you for the gift of friendship, for those people around me who support me and share in both my sorrows and celebrations.

I pray that my friendships only grow in love and respect, that we may flourish together in our faith and understanding. Teach me to become a better friend, showing love to my friends even in times of adversity. Please Lord, guide my friends in their lives so that they may be in communion with you, blessing them through your Holy Spirit. Have mercy on them and keep them under your protection.

Through Christ our Lord.

AMEN.

*Angelina Kalouche
Bachelor of Arts/Bachelor of Teaching (Humanities), Strathfield Campus*

Prayer for Strength

God of all compassion and mercy,
grant me at my most vulnerable moments the solace of knowing:
that all my strength is in and of you,
that you never abandon the lonely, tempted, or unprotected,
that your grace abounds forever,
and that because of this grace, I can prevail on any occasion.
Persuade me, O Lord, to have faith in that grace – the gift of your
Spirit – and to trust in you, just as you place your most sacred trust in
me. I ask this through your precious Son, Jesus Christ, our Lord.

AMEN.

*Kathryn Palmer
Bachelor of Arts (Humanities), Strathfield Campus*

Healing of Relationships

Lord Jesus,

We pray for those of us in our ACU community who have been
affected by broken relationships.

We ask that you give us the strength and clarity to let go of things
from the past and move forward to find common ground,
where love heals all wounds.

Let us follow your example
of seeking loving sacrifice and acceptance.

Grant us the knowledge to know that through you,
love and mercy will reign over all.

In your name we pray.

AMEN.

*Laura Turley
Bachelor of Education (Early Childhood and Primary), Ballarat Campus*

Prayer upon the Loss of a Pet

God of creation, it is with great love and thought you created all
things, including those pets we hold close to our hearts.
It is through these animals, whether four-legged or feathered, that
we can sometimes experience the most pure expression of love.
And that unconditional love, joy and acceptance we can find in a pet
can only be a reflection of your dear love for us and all of creation.
These hopeful and good things make our hearts ever more heavy
when we face the loss of such a pet.
We can be assured we are not alone in this great loss, but kept in
your good company, who also rejoiced in creation but also knew
great loss. Fill us with your peace O Lord, guide us with love and
kindness as you always do through this tough time.
And teach us to love and accept others as our pets love and
accept us.

AMEN.

*Claire O'Donoghue
Bachelor of Arts, Brisbane Campus*

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Prayer for Guidance and Direction

Almighty Father,

There are moments in our lives that seem so dark, where we are trapped in ourselves or the devastation of evil and are blind to the journey that is needed.

We call upon you Father,

to remove our blindfolds and light the road to your side.

O God of Easter, source of all light, lead my brothers and sisters to the path of righteousness, so that we may be united in your mission, for the salvation of the world.

AMEN.

Douglas Colbran

Bachelor of Education (Secondary)/Bachelor of Arts, Strathfield Campus

Gratitude for Small Things

Dear God,

Today I'm grateful for everything you give us, the small things and the big.

I'm grateful for the sunshine you have blessed us with and the way it makes us feel.

I'm grateful for the gratitude of others that has motivated me through my day.

I thank you for the children you blessed me to teach today on this journey of education and learning.

I'm grateful for so many things that you have put in my life and I am truly happy with every little thing.

Thank you, God.

AMEN.

Georgie Picker

Bachelor of Education (Early Childhood and Primary), Canberra Campus

A Prayer for Healing

Dear Lord,

God of power and might,

we come before you with open hearts and minds, we lay our thoughts, feelings and deeds before you.

You are the holy one, you are the creator of heaven and earth and all things seen and unseen, the one true God who can do all things.

We thank you for all the blessings in our lives.

We are sorry for all the times we have not taken time to listen to your still small voice.

We are sorry that we have instead chosen our proud ways, acting in our own strength.

Help us to know you better, listen to you and follow you.

We acknowledge that you are the way, the truth and the life.

Heal all those who need peace, comfort and rest, especially '...' (insert name/s).

Give them healing of body, mind and spirit.

We trust in you, and with confidence we ask you to grant healing.

AMEN.

Anne-Marie Bennett

National Learning and Development Manager (Acting), Human Resources, North Sydney Campus

Prayer for Vocation

Lord Jesus,

I entrust to you my past, my present and my future.

I ask that your guiding hand will lead me,

that your truth may be present throughout my life.

I pray that you enlighten me to your calling,

and lead me on the right path,

a path that leads me closer to you.

I pray that my vocation is true to my calling,

that I may serve you wholeheartedly in everything that I do,

and that truth, beauty and goodness encompass my every decision.

I pray Lord, that you would be ever present in my vocation.

I ask this in your name.

AMEN.

Lachlan Bull

Bachelor of Theology, Canberra Campus

A Prayer Before a Retreat

God of infinite love and depthless wisdom,

I'm about to enter into a time of deep reflection and

I desire to be transparent with you.

There's always a part of me that wants to hold back and

control how these times unfold,

but today I'm asking you to help me to submit to

whatever direction your Holy Spirit takes things.

Allow me to be free with myself, accepting of others

and open to the anguish and hope of the beautiful creation

that surrounds me and sustains me.

Open my eyes and ears to be able to trace

the gift of your presence in my life.

Hold me gently, give me rest and support,

and then grant me courage

to co-create with you

spaces and places where

you, not I, will reign.

AMEN.

Brother Michael Callinan fms

Campus Ministry Manager, North Sydney Campus

Prayer for Brotherhood

Jesus our brother,

We recall the time you called your disciples to leave everything behind and follow you.

Help us to make time to hear your voice in the busyness of life, so that we may be led on the right path forward.

May you guide the fellowship of brothers at ACU so that we may be willing to offer help when needed and be open to ask for help when required.

Give us the strength to upbuild others,

to love unconditionally, to be true to the call you have placed on my life and to become the man you want me to be.

Unite this prayer with the prayers of all my brothers whose prayers strengthen me on this day.

We ask this in the name of our brother, Jesus Christ our Lord.

AMEN.

Edan Pereira

Bachelor of Physiotherapy, Brisbane Campus

Prayer for Sisterhood

Heavenly Father,

We praise you as treasured daughters of the King;
women created with purpose, made in the image of you, our Creator.
You planned each one of us with an individual design never to be replicated.

As we celebrate the diversity of all women, we also thank you for the common identity we share as sisters in Christ.
May we be unified by your Spirit, helping each other to live as you intended.

In your strength, give us faithfulness.

In your wisdom, give us confidence.

In your love, soften our hearts towards one another.

As we become a truer image of you, Father, help us to seek your face in every person.

AMEN.

Veronica Mitchell

Administrative Officer, Office of the Vice President, North Sydney Campus

A Prayer for Divine Intimacy

God beyond all names,

we name you love-beyond-all telling in your incarnation.

We name you truth and wisdom, the fire at the heart of all things, in your most Holy Spirit.

We name you father, mother, sister, brother, the eternal cause in creation arising from the depths of your endlessly loving parenthood.

Now in this time and this place, I turn to you who is always turned lovingly toward me.

I set the eyes of my heart upon you, whose eyes are always turned

lovingly on me.

My desire to be near to you, to heed your loving call, to be of you, is itself both your gift and promise of eternal presence.

I ask, therefore, always and only to be as intimate with you as is possible, for I believe that everything of my life is your gift and can only truly be experienced in the fullness of intimacy with you.

Let my heart then, be found in yours and yours be found in mine, so that my life will be founded and complete in divine love.

For you are my deepest longing and all I wish to have.

AMEN.

Associate Professor (Rev) Jamie Calder sj

Academic Coordinator, Catholic Programs, Melbourne Campus

A Prayer for our Children

Creator Lord,

Nurture, bless and protect our children. They are our gift from you:

our future

our joy

our wonder

our challenge

our longing for a brighter tomorrow.

Endow us with

the love

patience

vision

acceptance

to offer our children the brightest future.

May they come to love and know you through the example of our lives.

AMEN.

Dr Carmel Turner

Lecturer, Faculty of Education & Arts, Brisbane Campus

A Moment in Time

Thank you, O Lord for delivering us to this moment in time,
a journey never straight,
never pure.

You let us see and feel.
Allow our eyes and hearts to be open to the world,
the joys and miseries of life,
hopes and fears about the moment
that is yet to come.

It only takes a moment to see the wondrous glory of your incarnation:
the moment in which the leaf detaches from its branch
or the fledgling flies from its nest.

It is the simplicity of every single moment
that deepens the meaning of our existence,
that fuels the magic and mystery
of what gives rise to awe
and allows our minds to wonder.

Thank you, my God,
for delivering me to this point.
A journey never straight,
never pure, but full of hope.
Through Christ our Lord.

AMEN.

*Professor Zlatko Skrbis
Vice-Chancellor and President, North Sydney Campus*



A Prayer for Work-Life Balance

Dear God,

Help me to be fully present in my work:
to give all that I can to the task at hand,
to teach and to learn from my students, colleagues and community,
but also to recognise the 'life' in my work,
to support, encourage and empower those I work with.

Help me to be fully present in my life:
to love and be loved by my family and my friends
to enjoy and celebrate the big moments and the little moments
but also to recognise the 'work' in my life,
to take the time to nourish my soul.

Help me to accept that it isn't always easy:
to miss the 'life' moments that happen while I am at work
to ask my colleagues to manage the 'work' when I am away
to accept that there will be times when 'work' interferes with life and
when 'life' interferes with work.

Help me to live fully in every moment of my work and my life.

AMEN.

*Professor Sandra Jones
Pro Vice-Chancellor, Engagement, Melbourne Campus*

Christ the Teacher

Loving God,

You sent your only Son into the world in order that he might teach us.
Grant us, then, that we may be inspired by the example of Christ
the teacher.

May we be both wise and humble in our learning.

May we always teach and research in the interest of all and to the
benefit of each.


May we have courage to maintain what is right, to question what is
dubious, and to refute what is wrong.

May we always seek and love truth, and tell it with conviction
and kindness.

Through Christ our Lord.

AMEN.

*Emeritus Professor Greg Craven AO GCSG
Vice-Chancellor and President (2008-2021)*



**In the twilight of life, God will not judge us
on our earthly possessions and human
successes, but on how well we have loved.**

St John of the Cross

WORK AND STUDY

The spiritual experiences and wisdom of ACU students form the basis of these prayers. Emerging from the diversity of the student body, each prayer is an authentic and heartfelt response to the realities of people's lives in conversation with God. Including students from each campus of ACU in Australia, these prayers are available for a multitude of occasions, whether on campus, in small groups or for specific moments in one's life.

As a Catholic community, ACU also sought the inspiration and wisdom of our staff to generate prayers. Covering a range of topics pertinent to the realities of people's lives in a university setting, these prayers may assist in your own prayer, or during formal or informal times of gathering with other staff.



A Prayer for Nurses

Spirit of God and sustainer of all people,

Bless nurses across the world, who daily receive you in the sick and suffering.

Grace them with a full measure of your gifts.

Renew within them your call to serve and reignite the vocation that burns in their hearts.

Guide their hands with tenderness and discipline.

Open their ears to hear the needs below the symptoms.

Widen their eyes to see Christ in everyone they encounter each day.

Gentle their speech to provide words of comfort, clarity, and peace.

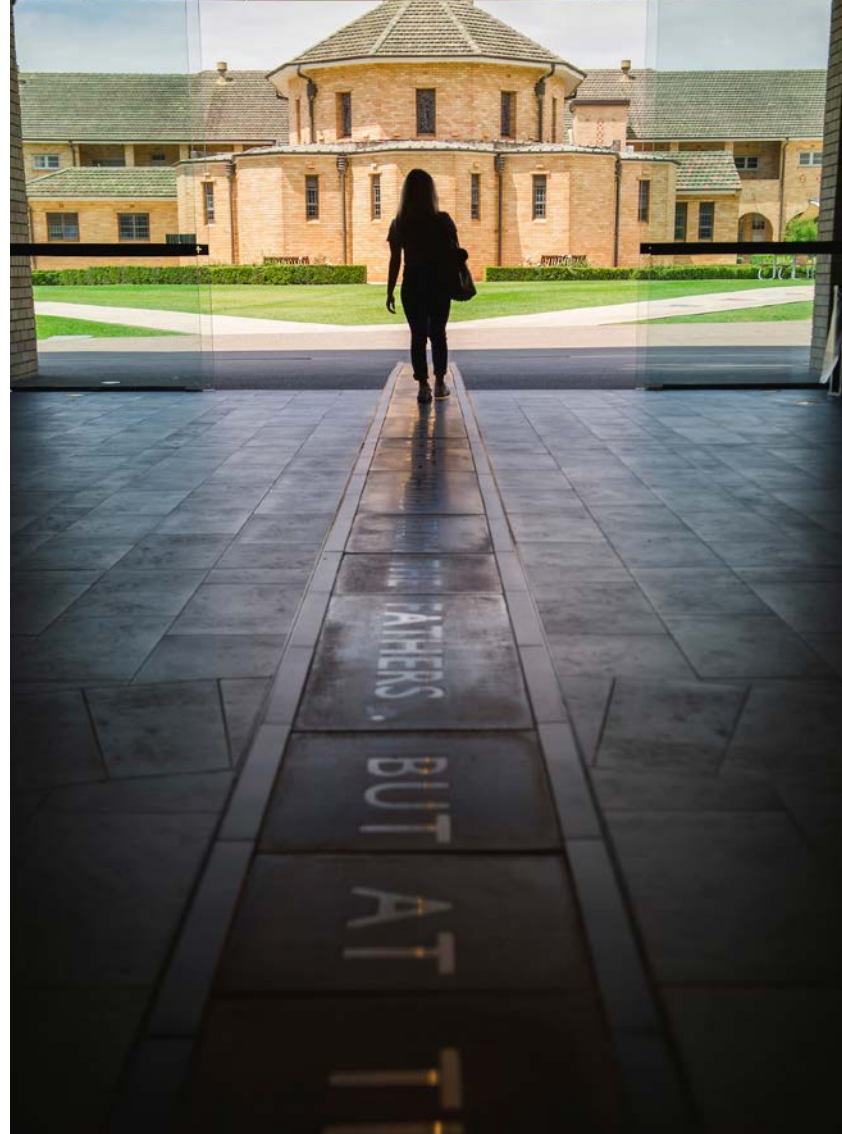
As they witness first breaths, last breaths and all the breathtaking moments in between, strengthen them for their selfless service and ministry of healing and hope.

AMEN.

© *The Catholic Health Association of the United States*

**Be who God meant you to be
and you will set the world on fire!**

St Catherine of Siena



Prayer for Studying

Dear God,

source of all wisdom,
help me to use my time
and my intelligence wisely
as I prepare for exams.

Help me to dispose myself
to listen to your Holy Spirit
so that you, as my loving Spirit,
may place me in a state of prayer
and lead me to understand
that the supreme wisdom
is knowing I am your child.

Help me to remain serene
so that my work may truly reflect
this profound truth.

Mary, mother of my spiritual life,
guide me in the ways of your Son,
so that my work may help
to transform this world for God's glory.

AMEN.

Author unknown

We are not some casual and meaningless product of evolution. Each of us is the result of a thought of God.

Pope Benedict XVI

Prayer for Employment

God, our Father, I turn to you seeking your divine help and guidance as I look for suitable employment. I need your wisdom to guide my footsteps along the right path, and to lead me to find the proper things to say and do in this quest. I wish to use the gifts and talents you have given me, but I need the opportunity to do so with gainful employment. Do not abandon me, dear Father, in this search, but rather grant me this so that I may return to you with praise and thanksgiving for your gracious assistance.

Grant this through Christ, our Lord.

AMEN.

Author unknown

Let Me Learn How to Serve the Lord

God has created me to do him some definite service. God has committed some work to me which God has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next.

I am a link in a chain, a bond of connection between persons. God has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place.

Whatever, wherever I am, I can never be thrown away.

If I am in sickness, let my sickness serve the Lord.

In perplexity, let my perplexity serve the Lord.

If I am in sorrow, my sorrow may serve the Lord.

God does nothing in vain. Therefore I will trust the Lord.

AMEN.

St John Henry Newman (1801-1890)

Prayer for Creativity

Dear God,

You created this beautiful world,
the masterpiece and the finest art of all time.

You grant us your creativity
to make the world a better place.

Hold my hand, whisper in my ear,
guide me in every creative thing I do.

Help me to entertain the society
and show the value and beauty of being human.

AMEN.

*Evan Fernando Arumacharige
Bachelor Creative Arts, Brisbane Campus*

A Prayer for our Musicians and Singers

Loving God,

We pray for your blessing on all those in our ACU community who contribute their gifts as singers and musicians. May their creative talents help us to experience the truth and promise of your Word, to move us in times of reflection and commemoration and to find joy and happiness in times of celebration. Imbue our singers and musicians with the courage to share their gifts with humility, generosity and love in their hearts.

We pray all this through Jesus Christ our Lord.

AMEN.

*Timothy Sherlock
ACU Choir Coordinator, Brisbane Campus*

A prayer for our Law students, Law graduates (and those connected with the justice system)

O Father,

the sole judge and defender of all humanity,
grant us, operators of law and justice,
to have eyes that know how to love and to understand the needs
and dangers of those whom we meet in our personal, religious
and working lives.

Help us to know how to discern and evaluate what is right from
what is wrong, with a spirit always permeated with charity.

Help us to do so in service to our neighbour and to the greater
and common good.

AMEN.

*Professor Michele Riondino
Professor of Canon Law & Children's Rights & Director, Canon Law Centre,
North Sydney Campus*

**God will always provide, it just might look
different than what we had in mind.**

Author unknown

Prayer for Pre-Service Teachers

Heavenly Father,

We thank you for placing the desire within the hearts of all pre-service teachers to educate, guide and nurture young people. Help us to surrender any doubts and fears of inadequacy to you, and to trust in your abundance. Grant us the wisdom to be adaptable and the knowledge to best facilitate student-centred learning. May we be guided by the Holy Spirit to exercise our gifts through this vocation to create a generation of empowered and equipped learners. We humbly pray this in Jesus' name.

AMEN.

*Clarissa Shen Yee Leong
Bachelor of Teaching/Bachelor of Arts (Humanities), Melbourne Campus*

Prayer to become an Occupational Therapist

Father God,

I want to praise you for who you are and the life you have given me. Throughout my journey in life, I have overcome so many obstacles and hardships just to make it to where I am right now. I am so grateful to you for providing me with this opportunity to learn and gain skills in becoming an occupational therapist. I pray that the Holy Spirit will work through me and that whatever plan you have for me for the future, will allow me to prosper in my occupation

as well as help those whom I am assisting to lead happier lives. I pray this in the name of Jesus.

AMEN.

*Shefin Shaji
Bachelor of Occupational Therapy, North Sydney Campus*

Prayer for Paramedics

Dear Lord,

We ask for your blessings over paramedics today. May you guide their actions, give them knowledge and inspire them with your tender love and care. Keep them safe as they serve others in their times of need. We ask for your blessings over student paramedics. We ask that you may give them peace and confidence in their abilities as they learn.

AMEN.

*Sarah Larkin
Bachelor of Nursing/Bachelor of Paramedicine, Canberra Campus*

Success in life consists of standing without shame before God.

St Charbel Makloutf

Prayer for Physiotherapy Students and Physiotherapists

Dear Heavenly Father,

Thank you for creating this wonderful world for us to live in.

Thank you for giving us amazing bodies that can run, dance and do just about anything we desire them to do.

Lord, we pray for all those who are physically unwell or have had an injury.

We pray that physiotherapists will be able to help restore their bodies, and return to them the gift of movement.

We pray for all physiotherapy students.

We thank you for their choice to study this profession, and ask that you will guide them in their studies.

Please bless them with good concentration, rest and a desire to love and serve.

We especially pray that they will know that their worth does not stem from what they achieve at university or in the workforce, but rather, because they are a beloved child of yours.

We ask this in your holy name.

AMEN.

Monica Pazniewski

Bachelor of Physiotherapy, North Sydney Campus

Prayer to Find Employment

Gracious Heavenly Father,

Thank you for demonstrating how much you love us through your death and resurrection.

We pray that those who are currently seeking employment will remember that your grace is sufficient for all their needs.

We ask that despite these difficult times, they will continue to stay motivated, and not give in to roles that would cause them to question their consciences.

Open doors that lead to the types of roles you have chosen for us.

We pray all these things in your most precious and most powerful name.

AMEN.

Stephanie Sugito

Bachelor of Nutrition Science/Bachelor of Business Administration, North Sydney Campus

Prayer before a Job Interview

Lord Jesus, I am struggling with self-doubt and anxious thoughts and ask for your blessing as I prepare for my job interview. This is my worry. Help me to reflect wisely on what skills and experience I have to offer, so that I might harness the confidence I need to perform under pressure. I am grateful for the opportunity to share my story with a potential employer, no matter what the outcome of the interview.

This is my prayer.

AMEN.

Kathryn Williams

ACU Career Advisor, North Sydney Campus

A Prayer for our Studies at ACU

Creator God, help us to come to know you more closely during our time as students at Australian Catholic University.

In our studies, give us the courage to place wisdom above knowledge, hope above pragmatism and justice above progress. May the hallmarks of our encounters with others be respect, humility, a willingness to learn and a desire to listen.

May we make decisions that benefit not only our fellow students, families and friends, but your wider world.

In the words of St Paul, may our community hear us “speak a message of wisdom – but not the wisdom of this age or of the rulers of this age” (1 Cor 2:6).

May we be prepared to challenge the society in which we live and champion the road less travelled, even though it may lead to the cross.

May prayer infuse our days and may we never forget the value of silence and time spent with you.

AMEN.

*Professor Br David Hall fms
Dean, La Salle Academy, North Sydney Campus*

Pray, hope and don't worry.

St Padre Pio

A Prayer for Safe Travel for our ACU Staff

Heavenly Father,

We ask that you bless members of the ACU community with safe passage when they are travelling on behalf of the university. Whether it be by car, bus, plane, or train, and no matter how far we need to go, please keep us all safe in your hands as we work to bring to life the mission of ACU.

We ask this in Jesus' name.

AMEN.

*Georgina Bible
Communications Officer (Mission), Brisbane Campus*

Prayer to Find Meaning in our Work

Merciful God,

We thank you for the gifts and talents you have given us. Help us to use them in service to others. Be with us when we feel despondent in our work and give us the confidence to keep re-discovering the deeper purpose for which we are called, understanding that this often comes with change, uncertainty, feelings of discomfort and a lack of control over the situation.

We trust that all things work for good for those who trust in you.

AMEN.

*Kathryn Williams
ACU Career Advisor, North Sydney Campus*



A Prayer for our Work at ACU

Bountiful God,

You have invited all people to live life to the full – discovering humanity and solidarity.

You have called me to serve as a professional, living and working to build a community of faith, knowledge and service at Australian Catholic University.

I beseech your protection, guidance and wisdom as I strive to contribute to this community through the skills, talents and gifts you have provided to me.

Lead me, I pray, to fullness of life and support me as I respond to your call into deeper relationship.

I ask this through Jesus the Christ.

AMEN.

*Associate Professor Patrick McArdle
Campus Dean, Canberra Campus*

Prayer to Find Direction in my Career and Work

Lord Jesus,

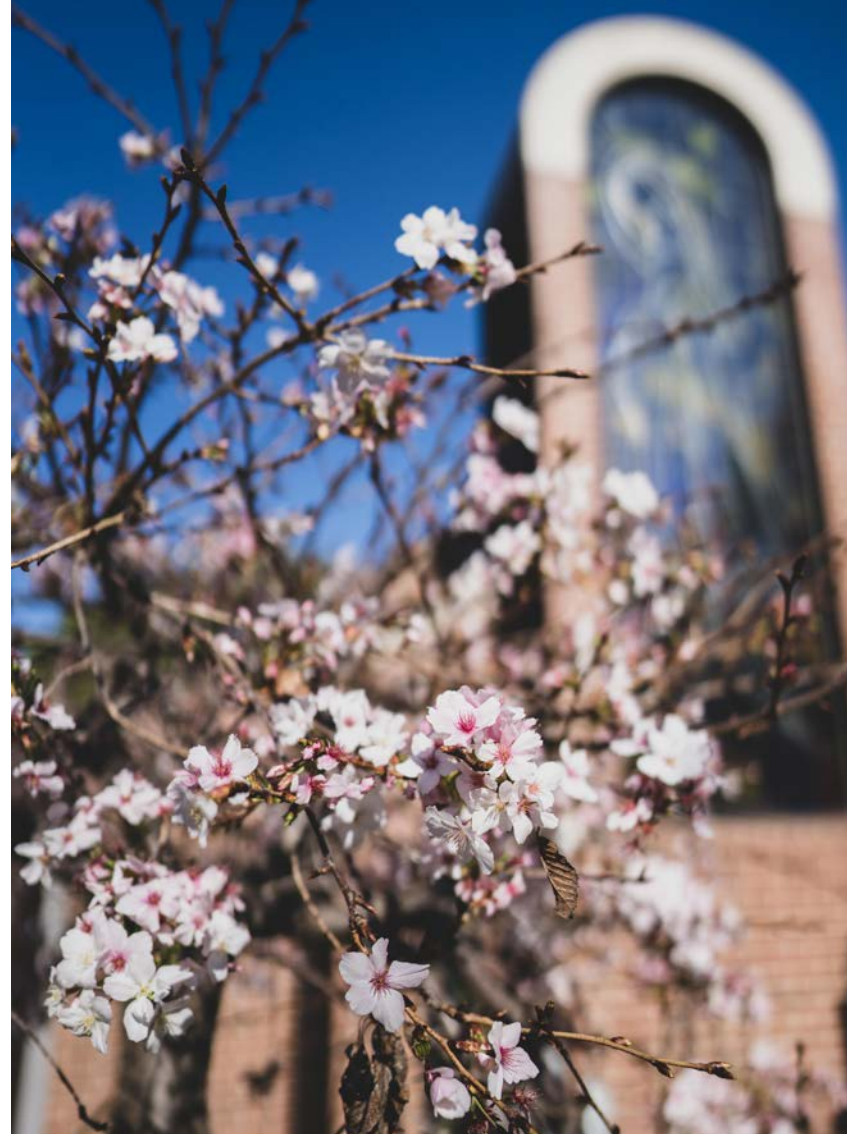
Thank you for the experiences I have had in my career so far, but I have lost my motivation and passion for my work and something needs to change! Be with me as I seek out new opportunities. Help my indecision and guide me in my uncertainty. Steer me along the path of change, confident that I will land on my feet again, knowing that nothing can separate me from your love.

AMEN.

*Kathryn Williams
ACU Career Advisor, North Sydney Campus*

SEASONAL PRAYERS

The natural world moves through times of distinct activities, colours and characteristics. In a similar way, the liturgical life of the followers of Jesus emulates patterns of scriptural and thematic emphases. Here are some prayers that might assist this seasonal journeying.



ADVENT

“The Lord is coming, always coming. When you have ears to hear and eyes to see, you will recognise him at any moment of your life. Life is Advent; life is recognising the coming of the Lord.”

Henri Nouwen

Advent is a time of preparation and anticipation for the birth of Jesus. Covering a four-week period, this liturgical season provides the opportunity for the people of God to look back upon Jesus’ coming in celebration, while at the same time looking forward in eager expectancy to the coming of the Kingdom of God.

**What you are is God’s gift to you,
what you become is your gift to God.**

Hans Urs von Balthasar

Prayers for Each Week of Advent

FIRST WEEK

All-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at his coming and call us to His side in the kingdom of heaven, where He lives and reigns with you and the Holy Spirit, one God, forever and ever.

AMEN.

SECOND WEEK

God of power and mercy, open our hearts in welcome. Remove the things that hinder us from receiving Christ with joy so that we may share His wisdom and become one with him when he comes in glory, for He lives and reigns with you and the Holy Spirit, one God, forever and ever.

AMEN.

THIRD WEEK

Lord God, may we, your people, who look forward to the birthday of Christ, experience the joy of salvation and celebrate that feast with love and thanksgiving. We ask this through Christ our Lord.

AMEN.

FOURTH WEEK

All-powerful God, your eternal Word took flesh on our earth when the Virgin Mary placed her life at the service of your plan. Lift our minds in watchful hope to hear the voice which announces His glory and open our minds to receive the Spirit who prepares us for His coming. We ask this through Christ our Lord.

AMEN.

Blessing of the Advent Wreath

Father,
as each year comes round anew,
we look forward
to the coming of your Son
and recall His first coming
in the stable at Bethlehem.
We ask your blessing
on this Advent wreath +
which reminds us of your gift
of Christ our light.
Bless each of us and make us
more Christ-like this Christmas.
Through Christ our Lord.

AMEN.

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Prayer for Lighting Advent Candles

Lord,
as we prepare to celebrate
the birth of your son,
Jesus Christ,
this Christmas,
we pray that we will welcome Him into our hearts.
As the light of our Advent wreath
grows stronger,
week by week,

make us strong in following Him
in the love and the peace
we show to others.

Through Christ our Lord.

AMEN.

© *Jesuit Institute UK*

Advent Prayer of Blessing

Lord our God,
we praise you for your Son, Jesus Christ:
He is Emmanuel, the hope of the peoples,
He is the wisdom that teaches and guides us,
He is the Saviour of every nation.
Lord God,
let your blessing come upon us
as we light the candles of this wreath.
May the wreath and its light
be a sign of Christ's promise
to bring us salvation.
May He come quickly and not delay.
We ask this through Christ our Lord.

AMEN.

United States Conference of Catholic Bishops

An Advent Prayer

In praise and thanksgiving,
let us rejoice as we await our Saviour,
Christ the Lord,
God-with-us,
Prince of peace.

For all the oracles of the prophets foretold him;
the Virgin Mary longed for him with love beyond all telling;
John the Baptist sang of his coming
and proclaimed his presence when he came.
It is by his gift that we already rejoice at the mystery of his nativity,
so that he may find us watchful in prayer
and exultant in his praise.

Adapted from Advent Preface II

Advent Prayer

We praise you, Lord God,
for the gifts you have poured out upon us, both human and divine.
In these Advent days, renew in us the wonders of your grace, so
that we may be evermore willing to welcome Christ your Son and
deepen our friendship with Him,
who lives and reigns for ever and ever.

AMEN.

*Rev. Dr. Anthony Ekpo
Chaplain, ACU Rome Campus*



CHRISTMAS

The season of Christmas in the liturgical calendar of the Catholic Church goes well beyond 25 December. This time extends from Christmas until the Sunday after the Epiphany or after 6 January, usually marking its conclusion after the feast day of the Baptism of the Lord. It is a time of celebration and honouring, filled with additional commemorations that acknowledge Mary, the Mother of God and the Solemnity of the Epiphany, which observes the manifestation of Christ as the Saviour of the whole world.

Prayer at Christmas

God of light,
you have revealed your very self to us in your son, Jesus Christ, your one Word made flesh, who lived among us, full of grace and truth. Open us to your revelation once again, that in the words of your holy scripture we might know your presence and follow in your light always.

AMEN.

Rev Andy James

The Collect for the Solemnity of Mary, Mother of God

O God, who through the fruitful virginity of Blessed Mary bestowed on the human race the grace of eternal salvation, grant, we pray,

that we may experience the intercession of the one, through whom we were found worthy to receive the author of life, our Lord Jesus Christ, your son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

AMEN.

Collect of Solemnity of Mary Mother of God, 1 January

In This Holy Season

Lord, in this holy season of prayer and song and laughter, we praise you for the great wonders you have sent us: for shining star and angel's song, for infant's cry in lowly manger. We praise you for the Word made flesh in a little child.

We behold His glory, and are bathed in its radiance.

Be with us as we sing the ironies of Christmas, the incomprehensible comprehended, the poetry made hard fact, the helpless babe who cracks the world asunder. We kneel before you shepherds, innkeepers, wise men. Help us to rise bigger than we are.

AMEN.

Author unknown

Moonless Darkness Stands Between

But the Bethlehem star may lead me
To the sight of Him Who freed me
From the self that I have been.
Make me pure, Lord: Thou art Holy;
Make me meek, Lord: Thou wert lowly;
Now beginning, and always,
Now begin, on Christmas day.

Rev Gerard Manley Hopkins, sj

I have been overcome with grief at times
and felt my heart like a stone in my breast,
it was so heavy, and always I have heard,
too, that voice, “Pray.”

Dorothy Day

NEW YEAR

The Year Ahead

May God make your year a happy one!
Not by shielding us from all sorrows and pain,
but by strengthening us to bear it, as it comes;
not by making our path easy,
but by making us sturdy to travel any path;
not by taking hardships from us,
but by taking fear from our hearts;
not by granting us unbroken sunshine,
but by keeping our faces bright, even in the shadows;
not by making our lives always pleasant,
but by showing us when people and their causes need us most,
and by making us anxious to be there to help.
God’s love, peace, hope and joy to us for the year ahead.

Author unknown; adapted by Debra Mooney

A New Year’s Prayer

Lord, you make all things new.
You bring hope alive in our hearts
and cause our spirits to be born again.
Thank you for this new year;
for all the potential it holds.
Come and kindle in us
a mighty flame
so that in our time, many will see the wonders of God
and live forever to praise your glorious name.

Author unknown

ORDINARY TIME

Consisting of the majority of the year, Ordinary Time is grander than its name suggests. This measured time provides the necessary space and time for the maturity in Christian living. Ordinary Time inhabits two sections of the calendar. The first section marks the period between the end of Christmas Time and Ash Wednesday. The second, longer block of the season occurs after Pentecost, continuing to the end of the Church year on the feast of Christ the King.

The Everyday Season

Gracious God,

We have now entered the season of Ordinary Time,
yet there is nothing ordinary about it.

As we move through these coming weeks,
help us to recognise the mystery of your loving Son,
so that He is honoured in his fullness, as our Lord and Saviour.

AMEN.

Loving God,

As we journey through the season of Ordinary Time,
we pray that our minds are opened to the wonder of your Son,
the Lamb of God, who walks among us and transforms our lives.

AMEN.

Fr Anthony Casamento csm
Vice President, Australian Catholic University, North Sydney Campus

LENT

Marked by a deliberate period of prayer, almsgiving and fasting, Lent is a forty-day preparatory interval for the celebration of Easter. Beginning on Ash Wednesday and continuing until the Mass of the Lord's Supper on Holy Thursday, Lent is usually presented as a time of repentance and reflection. It is also an opportune immersion into the recollection of baptism or the preparation for it for those in the initial stages of their discipleship of Jesus.

The Fast Life

Fast from judging others;
feast on Christ dwelling in them.
Fast from fear of illness;
feast on the healing power of God.
Fast from words that pollute;
feast on speech that purifies.
Fast from discontent;
feast on gratitude.
Fast from anger;
feast on patience.
Fast from pessimism;
feast on hope.
Fast from negatives;
feast on encouragement.
Fast from bitterness;
feast on forgiveness.
Fast from self-concern;
feast on compassion.
Fast from suspicion;
feast on truth.
Fast from gossip;

feast on purposeful silence.
Fast from problems that overwhelm;
feast on prayer that sustains.
Fast from anxiety;
feast on faith.

Author unknown

Come, My Light

Come, my Light,
and illumine my darkness.
Come, my Life,
and revive me from death.
Come, my Physician,
and heal my wounds.
Come, Flame of divine love,
and burn up the thorns of my sins,
kindling my heart
with the flame of thy love.

St. Dimitry of Rostov (1651 – 1709)

Psalm 51 (Miserere)

Have mercy on me, God, in accord with your merciful love;
in your abundant compassion blot out my transgressions.
Thoroughly wash away my guilt;
and from my sin cleanse me.
For I know my transgressions;
my sin is always before me.
Against you, you alone have I sinned;
I have done what is evil in your eyes

so that you are just in your word,
and without reproach in your judgement.
Behold, I was born in guilt,
in sin my mother conceived me.
Behold, you desire true sincerity,
and secretly you teach me wisdom.
Cleanse me with hyssop, that I may be pure;
wash me, and I will be whiter than snow.
You will let me hear gladness and joy;
the bones you have crushed will rejoice.
Turn away your face from my sins;
blot out all my iniquities.
A clean heart create for me, God;
renew within me a steadfast spirit.
Do not drive me from before your face,
nor take from me your holy spirit.
Restore to me the gladness of your salvation;
uphold me with a willing spirit.
I will teach the wicked your ways,
that sinners may return to you.
Rescue me from violent bloodshed, God, my saving God,
and my tongue will sing joyfully of your justice.
Lord, you will open my lips;
and my mouth will proclaim your praise.
For you do not desire sacrifice or I would give it;
a burnt offering you would not accept.
My sacrifice, O God, is a contrite spirit;
a contrite, humbled heart, O God, you will not scorn.
Treat Zion kindly according to your good will;
build up the walls of Jerusalem.
Then you will desire the sacrifices of the just,
burnt offering and whole offerings;
then they will offer up young bulls on your altar.

HOLY WEEK

Holy Week is a designated time during Lent to enter more deeply into the Passion of Jesus Christ. It begins on the sixth Sunday of Lent, traditionally referred to as Palm, or Passion, Sunday, or formally as "Palm Sunday of the Passion of the Lord". It is generally considered the most sacred week of the Christian calendar, culminating in the Paschal or Easter Triduum, a three-day liturgical event beginning on the evening Mass of the Lord's Supper, reaching its zenith in the Easter Vigil, and closing with Evening Prayer of the Sunday of the Resurrection (Easter Sunday).

Walk with us

Jesus, you know what it's like
to feel abandoned
lost and afraid.


Walk with us
and show us how to walk with others
who live in fear,
who face death
through hunger or war.

Show us how to pray
for those we do not know
and will not meet,
but who are always loved by you.

Walk with us, Jesus.

AMEN.

Linda Jones/CAFOD



Believe in the whisperings
of God to your own heart.

ST MARY MACKILLOP

Stabat Mater (Sorrowful Mother)

At the cross her station keeping
stood the mournful mother weeping,
Close to Jesus to the last.

Through her heart his sorrow sharing,
all His bitter anguish bearing,
Lo! The piercing sword had passed.

For His people's sins rejected,
saw her Jesus unprotected,
saw with thorns, with scourges rent.

Saw her son from judgement taken,
her beloved in death forsaken,
till His spirit forth he sent.

Jesus, may your cross defend me,
and your mother's prayers befriend me.
Let me die in your embrace.

When to dust my dust returns,
grant a soul which for you yearns,
in your paradise a place.

AMEN.

**The world offers you comfort,
but you were not made for comfort.
You were made for greatness.**

Pope Benedict XVI



The Passion

Dear Lord Jesus,
by your Passion and Resurrection
you brought life to the world.
But the glory of the Resurrection
came only after the sufferings of the Passion.
You laid down your life willingly
and gave up everything for us.
Your body was broken and fastened to a cross,
your clothing became the prize of soldiers,
your blood ebbed slowly but surely away,
and your mother was entrusted to the beloved disciple.
Stretched out on the cross,
deprived of all earthly possessions and human aid,
you cried out to your Father that the end had come.
You had accomplished the work given you,
and you committed into his hands,
as a perfect gift,
the little life that remained to you.
Lord, teach me to accept all afflictions
after the example you have given.
Let me place my death in yours
and my weakness in your abandonment,
Take hold of me with your love,
that same foolish love that knew no limits,
and let me offer myself to the Father
with you so that I may rise with you to eternal life.

Author unknown

EASTERTIDE

The season of Easter consists of the fifty days from Easter Sunday to Pentecost Sunday and is observed in joy and euphoria as one "great Sunday". This extended season gives Christians the opportunity to delight in the experience of proclaiming and living the reality of Jesus Christ, risen from the dead.

An Easter Prayer

Loving Lord,
Today we remember the veil of darkness transforming to the
brightest light;
the most dreadful end becoming the most beautiful beginning.
We remember with trembling hearts the depths of despair fading to
reveal hope everlasting;
the curse of death defeated by eternal life.
Today we remember with thankfulness your willingness to be
pierced for our sins.
We sing with abounding joy of your miraculous rise, from death's
tomb to resplendent life.
Thank you for the promise of heaven and your generous invitation of
eternal life for all.

AMEN.

Julie Palmer

PENTECOST

The feast day of Pentecost marks an end to the Easter season. In the Christian tradition, Pentecost is the celebration of the coming of the Holy Spirit upon the Apostles, Mary, and the first followers of Jesus, who were gathered in the Upper Room, in a powerful and unique manner. This day has been traditionally considered the birth of the Church.

Prayer of St Bonaventure to the Holy Spirit

Lord Jesus, as God's Spirit came down and rested upon you,
may the same Spirit rest on us,
bestowing His sevenfold gifts.

First, grant us the gift of understanding,

by which your precepts may enlighten our minds.

Second, grant us counsel, by which we may follow
in your footsteps on the path of righteousness.

Third, grant us courage,

by which we may ward off the enemy's attacks.

Fourth, grant us knowledge,

by which we can distinguish good from evil.

Fifth, grant us piety,

by which we may acquire compassionate hearts.

Sixth, grant us fear,

by which we may draw back from evil

and submit to what is good.

Seventh, grant us wisdom,

that we may taste fully the life-giving sweetness of your love.

AMEN.

St Bonaventure (13th Century CE)

Veni, Creator Spiritus

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,

O heavenly gift of God Most High,

O fount of life and fire of love,

and sweet anointing from above.

Thou in Thy sevenfold gifts are known;

Thou, finger of God's hand we own;

Thou, promise of the Father, Thou

Who dost the tongue with power imbue.

Kindle our sense from above,

and make our hearts o'erflow with love;

with patience firm and virtue high

the weakness of our flesh supply.

Far from us drive the foe we dread,

and grant us Thy peace instead;

so shall we not, with Thee for guide,

turn from the path of life aside.

Oh, may Thy grace on us bestow

the Father and the Son to know;

and Thee, through endless times confessed,

of both the eternal Spirit blest.

Now to the Father and the Son,

Who rose from death, be glory given,

with Thou, O Holy Comforter,

henceforth by all in earth and heaven.

AMEN.

Based upon an ancient Latin hymn

Breathe in me O Holy Spirit

Breathe in me O Holy Spirit
that my thoughts may all be holy.
Act in me O Holy Spirit
that my works, too, may be holy.
Draw my heart O Holy Spirit
that I love but what is holy.
Strengthen me O Holy Spirit
to defend what is holy.
Guard me then O Holy Spirit
that I always may be holy.

St Augustine of Hippo (CE 354-430)

Pray as though everything depended
on God. Work as though everything
depended on you.

St Augustine



PRAYERS FOR THE UNIVERSITY AND ITS MISSION



Christ has no body but Yours

Christ has no body but yours,
No hands, no feet on earth but yours.
Yours are the eyes with which He looks with compassion on this world.
Yours are the feet with which He walks to do good.
Yours are the hands, with which He blesses all the world.
Yours are the hands, yours are the feet, yours are the eyes, you are his body.
Christ has no body now but yours,
no hands, no feet on earth but yours.
Yours are the eyes with which He looks with compassion on this world. Christ has no body now on earth but yours.

St Teresa of Ávila (attributed)

Prayer for ACU Staff

Holy God, we pray for the staff of ACU. Keep them in good health as they work hard to impart indispensable knowledge to their students and help them to be inspired always to work to the best of their ability. We thank you for their talents and their love for their students. We ask that you open their students' minds and hearts to the truth of their words. Sts Joseph, Jean-Baptiste de La Salle and Catherine of Alexandria, patron saints of teachers, pray for ACU's staff members, that they always serve God with their good efforts, and that the university never strays from its Catholic roots.

AMEN.

*Emily Klein
Bachelor of Arts/Diploma in Languages, Melbourne Campus*

Prayer for my lecturers

O wise and ever-patient God,
May you watch over our teachers
as they traverse this ever-changing world
to further the knowledge of future generations.
Give them strength in their resolve to continue their work
and guide their actions for the betterment of humanity.
Fill their souls with your eternal love
and strengthen their hearts for the future and all it may hold.
Grant them peace in your words and enlightenment through your teachings.
Hold our tutors and lecturers forever close
so that they may feel empowered through your presence in every moment of their day.
Those who hold knowledge, hold the key to our eternal salvation.
In your name, we pray.

AMEN.

*William Schweikert
Bachelor of Education (Primary), North Sydney Campus*

Prayer is a harbour in the storms of life, an anchor for those who are storm-tossed, the treasure of the poor, the security of the rich, the healing of the sick, the preservation of health.

St John Chrysostom (347-407)



A Prayer and a Blessing for Alumni

Lord,

In our rush to look forward we sometimes forget the past; how it shaped us and provided a platform to view the world, a stepping stone to other things.

But it is in this forward momentum that we see growth and renewal, the building of careers, friendships, families and communities, that in turn form and shape another generation.

We give thanks to our alumni who have travelled and grown with us, who have shaped us and the university as we sought to provide lenses for the world.

We ask your blessing for our alumni and all who follow in their footsteps. May they continue to grow, to flourish, to find new challenges. May they carry the memory of ACU in their hearts and negotiate the world with confidence, with a passion for justice tempered with compassion and a grounding in faith.

We ask this through your son, Jesus Christ.

St Mary of the Cross, pray for us.

AMEN.

Dr John Ballard

Associate Vice-Chancellor (Victoria), Melbourne Campus



The Four ‘B’-Attitudes – A Campus Ministry Prayer

Dear Lord, we dedicate the work of Campus Ministry to you.

Belong

We pray that the ministry of providing myriad pathways to belong assists our students and staff to develop campus communities that are graced and blessed through the opportunities to come together through all sorts of shared interests.

Become

We pray that staff and students become change agents, open to sharing their gifts and diversity, always growing in ACU mission alignment, drawing on our rich history from our foundations, encouraging development and innovation.

Believe

As we honour the sacred on our campuses, visible in our chapels and active in our people, we pray that our artworks, buildings and spaces will promote spiritual growth, through which worship, faith formation, contemplation and faith expression can naturally unfold. May our university promote its Catholic identity proudly and invite all staff and students, no matter their background or faith tradition, to come close, believe and engage in the beautiful dance of faith and reason.

Be Supported

We pray for ears and hearts ready for listening as well as open doors which facilitate a wide variety of pastoral support and accompaniment of staff and students. May all be supported through your love, offered here.

We pray all this in your name, Lord Jesus Christ.

AMEN.

Mark Lysaght

Associate Director Identity & Mission, Brisbane Campus.

A Prayer for new Students

Dear God,

I am at university, excited and anxious at once.

Help me use this time to become my best self.

Give me courage to embrace new people and experiences.

Stretch my generosity, enabling me to reach out to those different from me.

When I meet failure, help me to start again. Give me strength to avoid being a victim of expectations. You believe in me, God, and I must live in that belief. Help me strive to be authentic rather than perfect.

Give me wisdom to see that doing things for others will bring happiness to me too. Stretch my empathy and compassion and drive it to action for others.

Remind me to stop each day to give thanks for the simple things: kindness, beauty, new ideas and the joy of being with others.

In these things I will come to know you more fully.

AMEN.

Emeritus Professor Anne Cummins

A Prayer for our Teachers and Educators

Lord,

Empower me to teach with truth,

for I cultivate the moral conscience.

Entrust me to teach with wisdom,

for I shape a strong sense of identity and a firm set of values.

Enable me to teach with vision,

for I inspire the lifelong pursuit of knowledge and common good.

Encourage me to act with love, for I build a better society by inspiring my students to commit to the same.

AMEN.

Professor Miriam Tanti

Campus Dean, Strathfield Campus

Prayer for our Leaders/for good Leadership at ACU

Lord of life, you led women and men by walking with them, not ahead of them.

May we do the same in this place.

May we lead in ways that recognise the reality of others' lives and seek to enhance their experience of the God who loves them.

May we lead as equals, not superiors.

May we listen more than we speak,

reflect before we speak, and daily place ourselves in the midst – and the mess – of campus life.

Lead us to make plans, proposals and decisions that echo your gospel of justice, truth and inclusiveness.

May we be approachable, generous, humble and filled with hope.

May our work here at Australian Catholic University infuse the education we offer as the path to a life lived in ways that respect the God present in every member of our community.

AMEN.

Professor Brother David Hall fms

Dean, La Salle Academy, North Sydney Campus

My Graduation Prayer

Dear Lord,

You have walked with me through my university journey.
You carried me when I failed and rejoiced with me when I succeeded.
You supported me when I questioned my choices
and smiled with me through some unexpected joys.
For this, I am truly thankful.

Now, as I leave this place,
I pray that I will be trusting in the good plans you have for my life,
resilient in my search for employment and ever praising you through
my words and actions.

AMEN.

Veronica Casha
Bachelor of Teaching/Arts (Humanities), Strathfield Campus

A Prayer of Blessing for our ACU Students at Graduation

Loving and Gracious God,

You are ever-present in our lives, but there are threshold moments
in which we feel the need to experience your love and grace more
deeply. This is one of them.

We thank you for the years we have spent in our chosen area of
study. We thank you for our friends, our lecturers, the insights, and
yes, also the challenges of these years. We know that through all of
this, your grace has worked for the good of those you love – and we
have grown.

Hold us close to you now, as we move forward, into the next stage
of life. You know our fears and hopes, our strengths and hidden

vulnerabilities. Teach us even now to remain close to you, as you
always are to us.

We ask your blessing on our future steps in this, your world.

AMEN.

Dr Maeve Heaney
Director, Xavier Centre for Theological Formation, Brisbane Campus

A Prayer for our Staff

Loving God,

I reflect on my work day to come. I pray that I may act in service to
you and be a light for truth and love this day.
I reflect on my relationship with my colleagues, the ACU community
and society and pray that all I do reveals your love and purpose,
serving the community and common good. Give me strength and
resilience to overcome any obstacles which come my way
with grace.

Thank you for the day to come.

AMEN.

Lesley Adukonu
*Senior Library Coordinator, Library Academic & Research Services,
North Sydney Campus*

**A busy life makes prayer harder,
but prayer makes a busy life easier.**

Author Unknown

A Prayer for the Mission of our University

Good and gracious God, bless the mission of Australian Catholic University, and bestow your grace on our strivings to fulfil our mission.

Motivate all our students to seek wisdom:
through conversing, writing and critique;
through exploration and imagination.

Inspire our academic community with effective ways to touch the minds of the young, and with insights into the beauty of your universe.

Help all our staff to foster learning, research, justice, and faith.

Watch over our alumni and benefactors and all those with whom we engage.

Give success to our researchers in their pursuit of the truth in love. In our neighbourhoods and in our country, help all people to live in justice and peace.

Most of all, help each of us to grow in love and understanding of your Son and our brother, Jesus Christ, who is the way to you, our Creator.

AMEN.

Fr Anthony Casamento csm
Vice President, Australian Catholic University, North Sydney Campus

Prayer for our international students

Dear God, we pray for international students.

We pray for those who have left their loved ones behind as they pursue a university education.

We pray for those whose pursuit of a university education has been disrupted or compromised by events outside their control.

We pray for those who have moved to Australia seeking a better life but are unable to fulfil their aspirations for a university education due to financial disadvantage.

We pray for those who wait patiently, unrecognised by government agencies and unable to access any form of education.

May the power and grace of God give all international students the strength and determination they need to continue their quest for access to the transformative power of education.

AMEN.

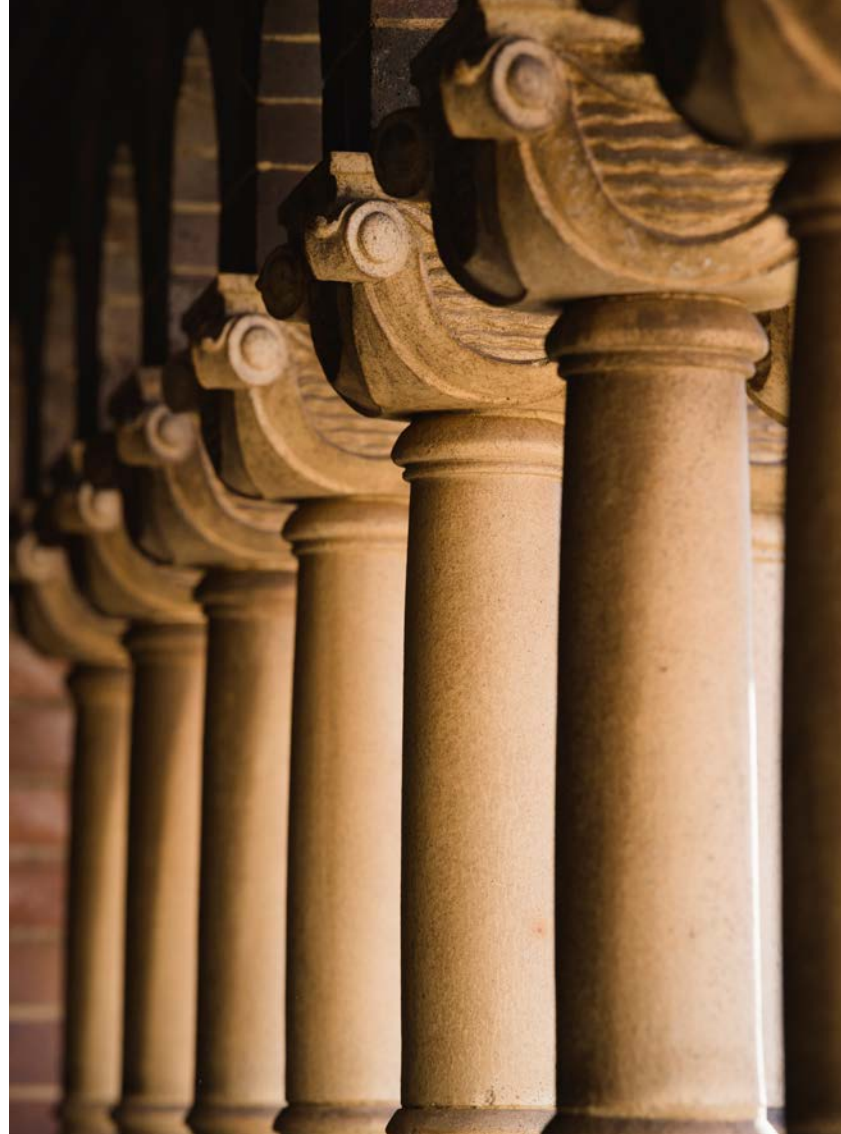
Jake Hardiman
Equity Pathways Officer, Brisbane Campus

Spread love everywhere you go. Let no one ever come to you without leaving happier.

St Teresa of Kolkata

PRAYERS FOR THE GOOD OF OUR COUNTRY AND WORLD

Prayer is not only an interior exercise, but also one that invites us into deep awareness of others, our societies and our communities. One of the greatest gifts of prayer is to pray for others, reminding yourself of their needs and intentions and joining those desires with others in conversation with God. These prayers provide several foci in this spirit of community.



Prayer for Releasing Hidden Voices

Heavenly Father,
who sees the unseen and notices the unnoticed,
help each of us to hear the hidden voices of those
who pray for release from slavery and exploitation,
so that we may give ourselves more fully to the service of your
saving love,
and be strengthened together as agents of your healing and hope,
through Jesus Christ,
who Himself came to serve as a slave,
so as to bring freedom and grace to all.

AMEN.

*The Rt Rev Dr Alastair Redfern,
Chair of The Clewer Initiative*

Prayer to St Josephine Bakhita for Those Trapped in Slavery


St Josephine Bakhita, you were sold into slavery and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

St Josephine, assist all those who are trapped in a state of slavery. Intercede with God on their behalf so that they will be released from their chains of captivity. Those whom people enslave, let God set free.

Provide comfort to survivors of slavery and let them look to you as an example of hope and faith. Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us.

AMEN.

United States Conference of Catholic Bishops



Prayer does not bind us to the world, but it transforms our vision of the world, and makes us see it, all the people and all the history of humanity, in the light of God.

Thomas Merton

A Prayer for our Earth

All powerful God,
you are present in the 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 your 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 recognise that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle,
for justice, love and peace.

Pope Francis, Laudato Si.

Prayer to Christ in the world

Lord Jesus,
Let us realise that every action of ours
no matter how small or how secular
enables us to be in touch with you.
Let our interest lie in created things –
but only in absolute dependence
upon your presence in them.
Let us pursue you and you alone
through the reality of created things.
Let this be our prayer –
to become closer to you
by becoming more human.
Let us become a tree branch on the vine that is you,
a branch that bears much fruit.
Let us accept you in our lives
in the way it pleases you to come into them:
as Truth, to be spoken,
as Life, to be lived,
as Love, to be followed,
as Joy, to be given:
as Peace, to be spread about;
as Sacrifice, to be offered;
among our relatives and friends,
among our neighbours and all people.

AMEN.

New St Joseph People's Prayer Book

Prayer for Peace

O God, Creator of the universe,
who extends your paternal concern over every creature and guides
the events of history to goals of salvation,
we acknowledge your Fatherly love when you break the resistance
of humankind and, in a world torn by strife and discord,
you make us ready for reconciliation.

Renew for us the wonders of your mercy;
send forth your Spirit that He may work in the intimacy of our hearts,
that enemies may begin to dialogue,
that adversaries may shake hands and peoples may encounter one
another in harmony.

May all commit themselves to the sincere search for true peace
which will extinguish all arguments,
for charity which overcomes hatred, for pardon which disarms
revenge.

St John Paul II (1986)

Prayer for World Harmony

Almighty God and Creator, you are the Father of all people on
earth. I beseech you to guide all the nations and their leaders in the
ways of justice and peace.

Protect us from the evils of injustice, prejudice, exploitation, conflict
and war.

Help us to put away mistrust, bitterness and hatred.

Teach us to cease the storing and using of implements of war.

Lead us to find peace, respect and freedom.

Unite us in the making and sharing of tools of peace against
ignorance, poverty, disease and oppression.

Grant that we may grow in harmony and friendship as brothers and
sisters created in your image, to your honour and praise.

AMEN.

St Ephraim the Syrian



Pray without ceasing.

Thessalonians 5:17



Prayer of the Aboriginal People

Father of all,

You gave us the Dreaming.

You have spoken to us through our beliefs.

You then made your love clear to us in the person of Jesus.

We thank you for your care.

You own us, you are our hope.

Make us strong as we face the problems of change.

We ask you to help the people of Australia

to listen to us and respect our culture.

Make the knowledge of you grow strong in all people,

so that you can be at home in us and we can make a home for everyone in our land.

AMEN.

Prepared by Aboriginal people for Pope John Paul II's visit to Alice Springs (1986)

Prayer to Our Lady, Help of Christians

Most Holy Virgin Mary, Help of Christians,
how sweet it is to come to your feet
imploing your perpetual help.
If earthly mothers cease not to remember their children,
how can you, the most loving of all mothers, forget me?
Grant then to me, I implore you,
your perpetual help in all my necessities,
in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now suffering.
Help the weak, cure the sick, convert sinners.
Grant through your intercessions many vocations to the
religious life.
Obtain for us, O Mary, Help of Christians,
that having invoked you on earth
We may love and eternally thank you in heaven.

St John Bosco

Prayer of Remembrance on ANZAC Day

Gracious and loving God,
the cross of Christ is the sign
of your desire for justice and peace for all.
Open our minds to your vision
as we remember all who suffered
through Australia and New Zealand's involvement
in wars, conflicts and peacekeeping operations.

Grant all servicepersons
who sacrificed health and life for the good of all,
the gift of your deep peace.
May we who inherit the freedom for which they fought
become instruments of your peace
in our homes, workplaces, campuses and world.
We ask this prayer through Christ our Lord.

AMEN.

Australian Catholic Bishops Conference

Prayer for the Church

Heavenly Father,
look upon our community of faith
which is the Church of your Son, Jesus Christ.
Help us to witness to His love
by loving all those we encounter without exception.
Under the leadership
of the Holy Father and the Bishops
keep us faithful to Christ's mission
of calling all men and women
to your service so that there may be
"one fold and one shepherd."
We ask this through Christ, our Lord.

AMEN.

Author unknown

Prayer for Australia

Lord and God of this Great South Land,
today we thank you for
this ancient, harsh but beautiful country.

God of the outback, God of the cities.
we thank you for
blessing Australia with
rich resources and prosperity,
for freedom of worship,
sound government and
a quality of life that
enjoys sport and open beaches.

Save us from greed and
the material gods of this age
that leave nations dry,
withered and short of mercy.

Open our hearts to
the disadvantaged and
to those who seek asylum.
Bring justice and compassion.
Help us to bridge the gap between
the indigenous people and
the settlers of this land.

Bless good government and
move our nation towards
the fullness of your Kingdom.
We pray in Jesus' name.

AMEN.

Rev Ted Curnow

Prayer for our Politicians

Heavenly Father,

We ask you to give your blessing to all the leaders of our nation
and our world.

May they lead us to live harmoniously and fruitfully to serve others.
Direct their deliberations to the advancement of your glory, and the
true welfare of all.

We ask this through Christ our Lord.

AMEN.

Tanya Kehoe
Campus Pastoral Associate, Ballarat Campus

A Prayer of Healing for our Nation

Creator Spirit, our Father and our Mother, we are one with you.
Giver of light and life, you sustain us through the love of Jesus.
We are immersed in your presence through all creation.
With every breath we are one with the land, the life-giving waters,
the majestic skies and the air.
We ask that you bless our First Peoples.
Renew and strengthen our spirit.
Hear our cry.

Restore and heal our country and our nation and bring hope for
our future.

Through your Spirit guide us so that we do not lose sight of what is
important, for you know what lies within the heart of each of us.

AMEN.

Jane Ceolin
Director, First Peoples, Brisbane Campus

A Prayer for Reconciliation

We pray,
in the name of the one who creates,
the one who transforms,
the one whose love knows no end.

We pray,
on the land of those who have walked before us,
for those who have been dispossessed,
for those whose stories are bound with the earth.

We pray,
for those we don't notice,
for those we hold at a distance,
for those whose lives we sometimes overlook while we dream
our dreams and think great thoughts.

We pray,
in the hope that our work is not in vain,
that we can shine a light, make meaning, show love – even, in some
infinitesimal way, open to love's living in us.

We pray,
holding dear all those whose lives burn in our hearts...

We pray,
in the promise of the impossible,
knowing that we will meet again in the joy of the eternal.

We pray,
in the name of the One,
in the name of the three.

AMEN.

Robyn Horner
Associate Professor (Theology), Melbourne Campus

Prayer for the Unborn

Heavenly Father,

You are the God of the universe, the creator of all things from the stars and planets, to the tiniest insects and most delicate flowers. Thank you for making me. Thank you for carefully and lovingly knitting me together in my mother's womb.

Lord, please touch the hearts of all people, that they may treasure the gift of life from when it first starts – at conception. May they understand that you have given every tiny baby a soul, and brought us into this world because you have an amazing plan for each and every one of your children.

Eternal Father, please bless all pregnant mothers with the support that they need to bring their child into this world. Please continue to grow the work of pregnancy support centres that help women in difficult situations. We pray for all mothers and the health and safety of their children.

We ask this in your holy name.

AMEN.

Monica Pazniewski
Bachelor of Physiotherapy, North Sydney Campus



**God loves each of us
as if there were only one of us.**

St Augustine



Prayer for the Planet

O mighty Lord,

You are the powerful and compassionate God of all creation.
Thank you for your wonderful work of providing us with the
resources of the Earth.

May you bless our planet and keep it safe from conflict, exploitation
and destruction. Grant our people, especially the leaders of all
nations, the wisdom to make the right decisions.
Our loving Father, guide us to understand and follow your will in
preserving our amazing planet.

We pray this through Jesus Christ our loving Lord.

AMEN.

Katelyn Truong

Bachelor of Nursing, Ballarat Campus

Prayer for Leadership

Lord,

We pray for all those in a position of leadership, no matter how small it is. Give them the clarity to support others, the patience to share their knowledge and the understanding of those around them.

We ask that you guide leaders to allow them to overcome the challenges that they may face and be shepherds to all those who look to them for guidance.

Give them the opportunity to be able to demonstrate all that they are capable of and to grow as leaders.

Bless our current leaders that they can inspire others around them and foster the leaders of tomorrow. Allow our leaders to guide others as they explore their calling and the ways they can lead through answering that call.

We ask this through Christ our Lord.

AMEN.

Claire Tagliapietra

Bachelor of Education (Primary), Canberra Campus

A Prayer to Live Generously in Our World

O Lord,

with the strength of your Spirit deliver us from our weakness so that we can with courage be present in the world.

May we cultivate with love our minds and our hearts, that we may be generous in sowing your seed to give much fruit for the people we meet.

Help us to be available to the call of justice and wisdom that comes from our world. May our lives be at the service of others.

O Lord, give to us all the strength to work, the courage to fight and transform our world.

AMEN.

Dr Claudio Betti

Director, ACU Rome Campus

Prayer for Australia

Our loving Lord,

thank you for gathering us from all around the world
to be in this country,

a wonderful place with lovely people and cultures.

Give us a new vision to see your greatness
in all creations and gifts to our nation.

May we live in unity and care
as we are brothers and sisters in your love.

Especially in the time of crisis,
help us to live with our hands open
to care for and support each other,
particularly those who are vulnerable and suffering.

Pour out your wisdom on our country's leaders,
in every decision they make so they can care for people with
open hearts.

As we are created in your image, may we always invite you into
our lives and spread your love to others.

We pray this, through Christ our Lord.

AMEN.

Thien An Tran

Bachelor of Nursing, Ballarat Campus

A Prayer for Soldiers and Veterans

Heavenly Father,

We pray for those who have served
and those currently serving our country
through military service.

Bless our servicemen and women and their families,
for their service and sacrifice
for the protection and maintenance
of our country.

Strengthen and protect them
when they are in danger
and support them and their families
when they are apart.

May they know your presence
when faced with hardship.

Give them strength and courage
in their hour of need.

Let them know they are never alone
as you are always by their side.

Guide and support
all service personnel across the world
in their future endeavours,
with your kindness and unfailing love.

We pray this through Christ our Lord.

AMEN.

Aaron Cornwall

Student Veterans Support Officer, Brisbane Campus

OUR UNIVERSITY PATRONS – FACULTIES, SCHOOLS AND DEPARTMENTS

We stand on the shoulders of giants. There has always been a place in our Christian communities to remember and interact with the community of believers that came before us in life and faith. In a particular way, our Christian communities highlight specific women and men whose lives of faith, insight and discipleship offer us models and examples of living as followers of Jesus Christ. We name them saints. At Australian Catholic University, we draw upon the examples of individual saints from whom we seek patronage and intercession.



Prayer for St Francis of Assisi Campus, Adelaide

Heavenly Father, you have entrusted our campus community to be an instrument of your peace. Help us learn, study, work and practice in a manner worthy of the gospel of Christ.

Please prepare our hearts so that we can walk this journey together as we seek to grow in knowledge and faith.

Pour out your Spirit on us, that we may understand more about you and your love for us in everything we do with our fellow students and staff.

O Lord, be our guide so that we do not lose our path. During exams, bring us clarity and confidence and please sustain us in all that you have given us to do at university. Lead us to where you need us to bring truth, love and joy.

We ask all this in the name of Jesus.

AMEN.

Author unknown

Prayer for Aquinas Campus, Ballarat

Lord Jesus,

Thank you for blessing us with the amazing community here on our Ballarat Campus. We are grateful for the opportunity to learn and grow together in knowledge and faith.

Bless this campus, its leaders, staff and students, and continue to protect and support all members of this community.

Help us to realise we each belong to your community here on the Ballarat campus and help us believe in our divine purpose for being here.

Bless and nourish the relationships that we build, strengthen our

relationship with you, and ultimately guide us to become fully the person you created us to be.

In the spirit of St Thomas Aquinas, may we continue to search for you and understand you more.

May those in Campus Ministry continue to serve the mission of the Church and show the love of Jesus to all.

Through Christ our Lord.

AMEN.

Laura Bruty

Bachelor of Education (Primary), Ballarat Campus

Prayer for St Josephine Bakhita Campus, Blacktown

“I am definitively loved and whatever happens to me – I am awaited by this Love. And so my life is good.”

St Josephine Bakhita, Patron Saint of Victims of Slavery

St Josephine – when you found faith you found hope and liberation, despite the suffering of physical enslavement. May your example help us to understand what it truly means to encounter God.

Through your intercession, we pray for an end to slavery and ask that you remain close to victims of forced labour and human trafficking. Pray for us here at ACU, that we may remain steadfast in our commitment to the dignity of each and every human person.

Give us the courage to denounce exploitation in all its forms and in the name of the one who first loved us all, Jesus Christ the Lord.

AMEN.

Professor Hayden Ramsay

Deputy Vice-Chancellor Coordination, North Sydney Campus



Prayer for MacAuley Campus at Banyo, Brisbane

Bless us O Lord our God,
and protect the staff and students who gather here at Australian
Catholic University, Brisbane Campus.
May you always walk beside us and guide our path with your truth
and love.
Grant us the wisdom to hear your voice and the courage to answer
your call faithfully.
With all the angels and saints, we ask this through Christ our Lord.

AMEN.

*Dominique Hagan
Bachelor of Education (Secondary)/Bachelor of Arts (Humanities),
Brisbane Campus*

Prayer for Signadou Campus, Canberra

Bountiful God,
bless us and guide us on our journey.
Inspire us in the search for knowledge and truth,
encourage us as we strive for excellence;
gift us with deep compassion and
lead us to greater awareness of the needs of others.
Make us instruments of mercy and
signs of your presence in the world.

*Associate Professor Patrick McArdle
Campus Dean, Canberra Campus*

Prayer for St Patrick's Campus, Melbourne

Dear God,

We give you praise for everything that is new and beautiful,
for everything which holds promise and brings us joy.
Bless our Melbourne campus and keep us safe.

Bless us each year as we make the most of every chance to start
afresh. We commit every student and lecturer on our Melbourne
campus to your almighty hands.

Help us to learn and to work together and to forgive others as we
receive your forgiveness.

Help us to listen when we should, and to know the best words to use
when we speak.

Grant us all wisdom and knowledge, Lord, that we might excel in our
study and research.

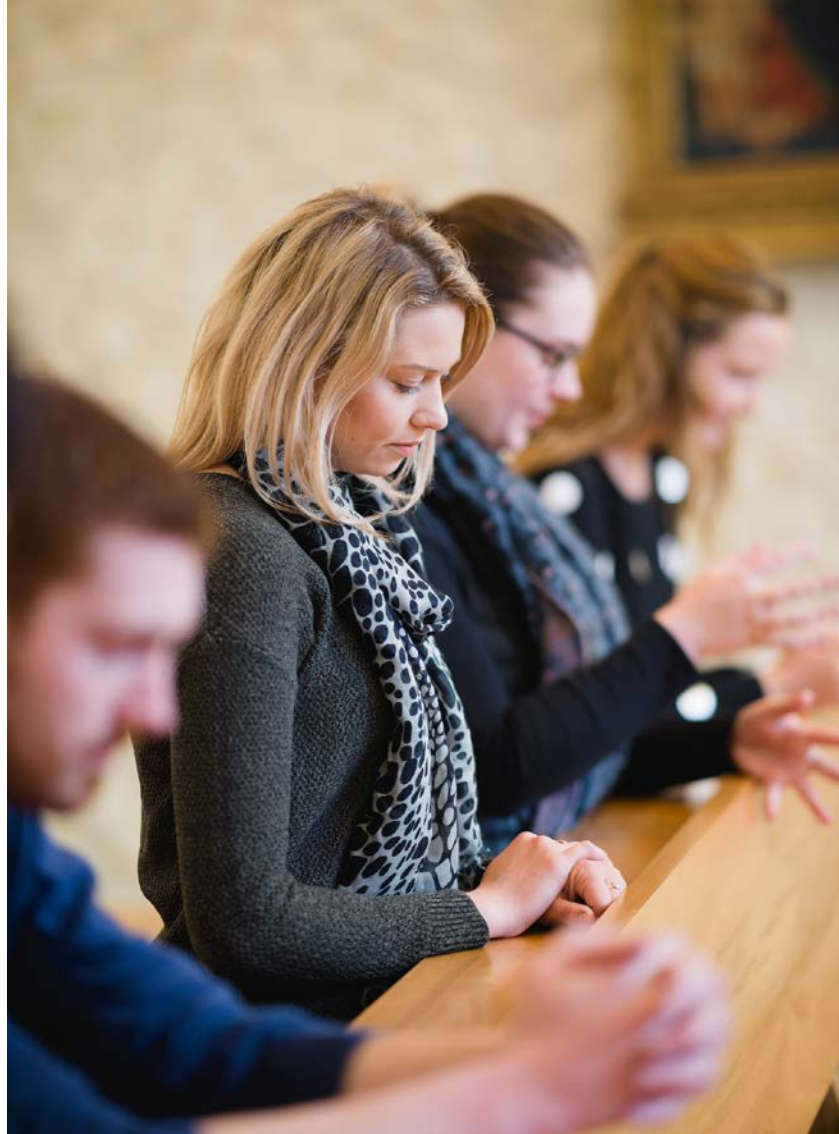
We thank you for our university friends, and the support we give
each other.

AMEN.

*Nicholas Acheampong
3rd Year Bachelor of Applied Public Health, Melbourne Campus*

Pray daily. God is easier to talk
to than most people.

Author unknown



Prayer for MacKillop Campus, North Sydney

Heavenly Father,
Please pray for us,
for all the staff and students at the North Sydney Campus.
Guide us to seek the truth of your wisdom.
Teach us to avoid the temptation of procrastination.
Let us be reminded to serve others as well as ourselves,
and to do all these in faith, Lord.
Pray for us
if we are lost,
fearful of the times.
Protect us through this journey,
as we continue to pray
that we will find you beside us.

AMEN.

Josie Mae Papa
Bachelor of Nursing/Bachelor of Business Administration, North Sydney
Campus

Prayer for the Rome Campus

God of all wisdom and understanding,
We thank you for the opportunity to be part of the ACU Rome
Campus experience.
We thank you for being in this ancient city, that throughout history
has educated leaders for work and witness in your world.
While in the Eternal City,
we ask that you reveal your steady presence

and empower all engaged in higher education.
Calm anxious hearts and minds.
Ease the burdens of isolation.
Bolster community.
Give focus to the study that needs attention
and give your peace,
the peace that passes all understanding, made known through
your Son, Jesus Christ Our Lord.

AMEN.

Fr Anthony Casamento csma
Vice President, Australian Catholic University, North Sydney Campus

Prayer for Mount St Mary Campus, Strathfield

Merciful God,
We pray for the teachers and students on this campus. Look over
and guide us on our journey to learn about and explore the wonders
of the world we live in. Let us continue to be more respectful, caring
and loving to one another, as you were to your disciples. May you
never be far from our thoughts and hearts.
We ask this in your name.

AMEN.

Tiffany Dinh
Bachelor of Education (Primary), Strathfield Campus

St Bernadette of Lourdes

PATRON OF THE FACULTY OF HEALTH SCIENCES

Feast: 18 February

Creator God, bless us as we enable healing and care for many people through the quality education delivered in our faculty. Give us wisdom to discern the fields of research which will best serve the common good, and may the spirit of St Bernadette encourage and help us to acknowledge that everything good comes from you.

AMEN.

St Joseph the Worker

PATRON OF CORPORATE SERVICES

Feast: 1 May

May the spirit of St Joseph the Worker inspire those who work in Corporate Services to serve all people with the spirit of patience, thankfulness and joy.

AMEN.

St Jean-Baptiste de La Salle

PATRON OF SCHOOL OF EDUCATION

Feast: 15 May

May the spirit of St Jean Baptiste de La Salle inspire our work in the School of Education, and may we, like Him, be people of ready response and generous hearts.

AMEN.

St Thomas More

PATRON OF THE SCHOOL OF LAW

Feast: 21 June

May the spirit of St Thomas More inspire those who work in the School of Law to be models of diligence and integrity, in their work and in their daily lives.

AMEN.


St Peter Faber

PATRON OF THE SCHOOL OF BUSINESS

Feast: 2 August

May the spirit of St Peter Faber inspire those who work in the School of Business to contribute to the common good, uphold the dignity of work and create goods and services which meet authentic needs.

AMEN.



Do not be afraid. Do not be satisfied with mediocrity. Put out into the deep and let down your nets for a catch.

St John Paul II

St Teresa Benedicta of the Cross (Edith Stein)

PATRON OF RESEARCH

Feast: 9 August

May the spirit of Saint Teresa Benedicta inspire our work in research to contribute to the pursuit of knowledge for the betterment of society, recognising that you, God, are the source of all Truth.

AMEN.

Blessed Frédéric Ozanam

PATRON OF THE PM GLYNN INSTITUTE

Feast: 9 September

Blessed Frédéric pray for us, that the light of the city of God may always light our work for this earthly city, helping us to speak the truth in love and to see in every person the image of the one who made and redeemed us. Through Christ Our Lord.

AMEN.

St Hildegard of Bingen

PATRON OF THE SCHOOL OF ARTS

Feast: 17 September

May the spirit of
St Hildegard of Bingen,
Patron of Arts, inspire our
work and creativity which contribute
to the common good and uphold
the dignity of the human person.

AMEN.

St John Henry Newman

**PATRON OF THE FACULTY OF THEOLOGY
AND PHILOSOPHY**

Feast: 9 October

May the spirit of St John Henry Newman
inspire our work in the Faculty of Theology and
Philosophy to engage with and have a positive impact
on the challenges of our contemporary world.

AMEN.



PRAYERS ACROSS FAITHS AND DENOMINATIONS

Reflective of the wider community in which they operate, ACU's staff and students represent a diverse range of faith traditions. In Nostra Aetate, the Church is called to reject "nothing that is true and holy" in other religions, but instead to "preserve and promote" the good things found in them. For this reason, we have included a small selection of prayers from other Christian denominations and some of the major non-Christian religions. This is a modest but significant demonstration of how, consistent with its mission, ACU seeks to promote the dignity of the human person and contribute to the common good.



CHRISTIAN UNITY

All-embracing Creator God,
you made all peoples in your image and likeness,
together bound as bone and flesh since time's beginning.
Enlighten us to see the spark of your divinity in peoples of every
race, language and way of life so as to live the kinship for which you
created us.

All-forgiving Son of God,
exorcising cankers of resentment and fear, you encountered a
Samaritan woman at a well. For her deep faith you heeded the
motherly pleas of a Canaanite woman. Open our minds to dispel fear
and foster respect for peoples of all faiths as one community in you.

Life-giving Spirit of God,
poured out on the day of the first Pentecost on all people without
distinction from every nation under heaven, set our hearts afire with
the love that binds us to sisters and brothers of all religions.

We pray:

At Australian Catholic University may the fruit of our studies, teaching
and research be mutual understanding and respect for peoples of
all faiths and none. May we nurture dialogue as we seek to plumb
the profound mysteries of our human condition and strive to satisfy
the restless longing of hearts seeking the one who is the source of
eternal love.

Professor Peter Howard
Director, Institute for Religion & Critical Inquiry, Melbourne Campus

FROM THE ANGLICAN TRADITION

For the Human Family

O God, you made us in your own image and redeemed us
through Jesus your Son.

Look with compassion on the whole human family;
take away the arrogance and hatred which infect our hearts;
break down the walls that separate us;
unite us in bonds of love
and work through our struggle and confusion to accomplish your
purposes on earth
that, in your good time,
all nations and races may serve you in harmony around your
heavenly throne,
through Jesus Christ our Lord.

AMEN.

Book of Common Prayer

The wish to pray is a prayer in itself.

George Bernanos
The Diary of a Country Priest

FROM THE LUTHERAN TRADITION

Morning Prayer

In the morning when you get up, make the sign of the holy cross and say:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Then, kneeling or standing, repeat the Creed and the Lord's Prayer.

If you choose, you may also say this little prayer:

I thank You, my heavenly Father, through Jesus Christ, your dear Son, that you have kept me this night from all harm and danger; and I pray that you would keep me this day also from sin and every evil, that all my doings and life may please you. For into your hands I commend myself, my body and soul, and all things. Let your holy angel be with me, that the evil foe may have no power over me. Amen.

Then go joyfully to your work, singing a hymn, like that of the Ten Commandments, or whatever your devotion may suggest.

Martin Luther (1529)

Evening Prayer

In the evening when you go to bed, make the sign of the holy cross and say:

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Then kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have graciously kept me this day; and I pray that you would forgive me all my sins where I have done wrong, and graciously keep me this night. For into your hands I commend myself, my body

and soul, and all things. Let your holy angel be with me, that the evil foe may have no power over me.

Then go to sleep at once and in good cheer.

AMEN.

Martin Luther (1529)

FROM THE COPTIC TRADITION

Prayer for Wisdom

O God of knowledge and giver of wisdom, who does bring to light things hidden in darkness and who gives utterance to them that proclaim the gospel with great power, be pleased to give to us and to your people a right mind and a good understanding, that we may learn and know how profitable are your holy teachings. And as your apostle Paul was made like to you and a deliverer of your doctrine, so make us to him in word and work, that we may praise your holy name and ever in your cross.

AMEN.

Coptic Liturgy

Jesus never lets you down.

Pope Francis

FROM THE ANTIOCHIAN
(WEST SYRIAC) TRADITION

Hymn of Praise

Praise the Lord, all you nations, alleluia!

In your light shall we see light, O Jesus, for you are the fullness of light and the true light enlightening every person that comes into this world. Enlighten us with your hidden light and rejoice us with your appearance at noonday.

Praise him all you people, alleluia!

All-honourable and all-holy, who dwells in the places of light, keep from us all evil passions and angry thoughts that we may do the works of righteousness with a clean heart.

Glory be to the Father and to the Son and to the Holy Spirit, alleluia!

O Lord most compassionate, have mercy on me as you did have mercy on the thief and forgive my sins as you did forgive the sinful woman, and as you forgive Simon so forgive my faults and offences. Now and always and forever.

AMEN. ALLELUIA!

Maronite Liturgy

Work is love made visible.

Kahlil Gibran

FROM THE ARMENIAN TRADITION

For Those Gathered in Worship

O Lord God,

you taught us to pray together
and have promised to hear
even two or three calling on your name.

Lord, hear the prayers of your servants.

Give us knowledge of your truth and salvation,

and in the world to come,

give us life eternal;

for the sake of Jesus Christ our Lord.

AMEN.

Armenian liturgy (Fourth Century CE)

**Faith is trusting God even
when you don't understand his plan.**

Author unknown

FROM THE CHALDEAN (EAST SYRIAC) TRADITION

A Prayer to Our Lord

Glory to You, O Jesus, our triumphant king, brightness of the eternal Father, begotten before time and before everything had being; We have no hope or expectation but in you. By the intercession of the righteous and elect who have been pleasing to you from the beginning, forgive us our sins and pardon our iniquities; deliver us from our tribulations, grant our petitions and bring us to your glory, protecting us by your living cross from all harms, seen and unseen, O Christ our hope, now always and forever.

AMEN.

Chaldean Evening Office

FROM THE BYZANTINE OR CONSTANTINOPOLITAN TRADITION

A Prayer for Purity

Deliver us and all your faithful people, O our God, from every impurity; cleanse our bodies and our souls with a cleansing that cannot be taken away, that with a clear conscience, unashamed face and an enlightened heart we may receive your sacred and life-giving gifts, and receiving life from them, may be united with Christ, our very God, who said: You that eat my flesh and drink my blood lives in me, and I in you. Thus, O Lord, your Word dwelling in us and remaining

with us, we shall become the temple of your holy and worshipful Spirit, free from all craft of the Evil One whether in deed or word or thought, and shall attain our heritage in the goods promised to us, with all who have been acceptable to you from the beginning of time. Help, save, pity and guard us O God, by your grace.

AMEN.

Byzantine Liturgy of the Presanctified

FROM THE ORTHODOX TRADITIONS

Prayer of St Basil the Great

Master, Christ our God,
King of the ages and creator of all,
I thank you for all the good things you have bestowed on me
and for the partaking of your pure and life-giving mysteries.
I ask you therefore, good and loving one,
guard me under your protection
and in the shadow of your wings;
and grant that with a pure conscience until my last breath
I may worthily partake of your holy things
for the forgiveness of sins and eternal life.
For you are the bread of life,
the source of holiness,
and the giver of good,
and to you we offer glory,
with the Father and the Holy Spirit,
now and ever and to the ages of ages.

AMEN.

St Basil the Great

OTHER FAITH TRADITIONS

Judaism

Shema Yisrael, Adonai Eloheinu, Adonai Echad
V-ahavta et Adonai Elohecha b-chol l'vavcha u-v-chol naf'sh'cha u-v-
chol m'odecha.
V-hayu ha-d'varim ha-ayleh asher anochi m'tzav'cha ha-yom al
l'vavecha.
V-shinantam l-vanecha, v-dibarta bam b-shivt'cha b-vaytecha,
u-v-lecht'cha ba-derech, U-v-shachb'cha u-v-kumecha.
U-k'shartam l'ot al yadecha, v-hayu l-totafot bayn aynecha.
U-chtavtam al m'zuzot baytecha u-vi-sharecha.

ENGLISH TRANSLATION

You shall love the LORD your God with all your heart and with all your
soul and with all your might.
These words, which I am commanding you today, shall be on your
heart. You shall teach them diligently to your sons and shall talk of
them when you sit in your house and when you walk by the way and
when you lie down and when you rise up.
You shall bind them as a sign on your hand and they shall be as
frontals on your forehead. You shall write them on the doorposts of
your house and on your gates.

The Shema (Deuteronomy 6:4-9)

Islam

In the Name of God,
The Merciful, the Compassionate.
Praise belongs to God, Lord of the Worlds,
The Merciful, the Compassionate,
Master of the Day of Judgement.
It is You we worship; it is You we ask for help.
Guide us on the Straight Path: The Path of those You have blessed,
Those who incur no anger and who have not gone astray.

The Fātihah, The Qur'an

Prayer for Muslim – Christian Relations

All True Lord and Creator,
You are the One who created the heavens and the earth.
The guardian of those who have been forgotten.
Please guide all who live on the land, young and old, to receive
your forgiveness.
Allow us to see that humanity is what unites us and love is what
keeps us together.
May you grant us open hearts to hear those who differ from us in
opinion, but share the same love for you.
Help us stay away from bigotry, ego and injustice and bring us all
together in love and unity. Grant us that we may come together as
brothers and sisters to learn, reflect and pray in your honour and grace.

AMEN.

*Hadi Sulieman
Bachelor of Nursing, Ballarat Campus*



Buddhism

May all sentient beings have
happiness and the causes of happiness;

May all sentient beings be free from
suffering and the causes of suffering;

May all sentient beings never be separated from
the happiness that knows no suffering;

May all sentient beings abide in equanimity,
free from attachment and anger that holds
some close and others distant.

The Four Immeasurables – traditional Tibetan Buddhist prayer

Hinduism

Om sarvetra sukhinah santu sarve santu niramayah.
Sarve bhadrani pasyantu ma kascid dukkhamapnuyat
Om shantih shantih shantih

Oh Almighty! May everybody be happy!

May all be free from ailments!

May we see what is auspicious!

May no one be subject to miseries!

Oh Almighty! May there be a Peace! Peace! Peace! Everywhere.

The Rigveda 4:11:51 - (3700 BCE)

Sikhism

I see no stranger, I see no enemy

Wherever I look, God is all I see

I don't think of us and them

No one do I hate or condemn
I see God's image – each one a friend.

Of any religion, caste or race
All I see is God's shining face
His smiling face, His gracious face.

Accept as beautiful all His design
I learnt this truth in sangat divine

One Word resounds in me and you
Waheguru ... Waheguru ...
In him, in her, in me and you
Waheguru ... Waheguru ...

Beholding in every being His light
I bloom like a flower in joy and delight.

Adi Granth - Guru Arjun Dev Ji - (1604 CE)

Baha'i Faith

Intone, O My servant, the verses of God
that have been received by thee,
as intoned by them who have drawn
nigh unto Him,
that the sweetness of thy melody
may kindle thine own soul,
and attract the hearts of all men.
Who so reciteth, in the privacy of his chamber,
the verses revealed by God,
the scattering angels of the Almighty
shall scatter abroad the fragrance
of the words uttered by his mouth,
and shall cause the heart
of every righteous man to throb.

Though he may, at first, remain unaware
of its effect, yet the virtue
of the grace vouchsafed unto him
must needs sooner or later exercise
its influence upon his soul.
Thus have the mysteries of the Revelation
of God been decreed
by virtue of the Will of Him
Who is the Source of power and wisdom.

Bahá'u'lláh

Taoism

If there is to be peace in the world,
There must be peace in the nations.

If there is to be peace in the nations,
There must be peace in the cities.

If there is to be peace in the cities,
There must be peace between neighbours.

If there is to be peace between neighbours,
There must be peace in the home.

If there is to be peace in the home,
There must be peace in the heart.

Lao-Tze (6th century BCE)

**If God brings you to it,
He will bring you through it.**

Author unknown

PRAYERS FROM OUR CATHOLIC TRADITION

Two thousand years of Christian tradition and experience have yielded a wealth of common prayers that continue to speak to people's hearts and minds in the present. These prayers offer a glimpse of the familiar, while expressing universal truths that have deepened the relationship of people with God over centuries. The invitation remains the same in a contemporary prayer space: to access the simple and profound words of others so that the echo of their prayer may find resonance in your heart.

May my prayer be set
before you like incense; may
the lifting up of my hands
be like the evening sacrifice.

PSALM 141:2

Sign of the Cross

In the name of the Father, and of the Son and of the Holy Spirit.

AMEN.

Our Father

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil.

AMEN.

Hail Mary

Hail Mary full of Grace, the Lord is with you.
Blessed are you amongst women
and blessed is the fruit of your womb, Jesus.
Holy Mary Mother of God, pray for us sinners,
Now, and at the hour of our death.

AMEN.

Glory Be


Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end.

AMEN.

Apostle's Creed

I believe in God,
the Father Almighty,
creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried.
He descended into hell;
on the third day He rose again from the dead.
He ascended into heaven,
and is seated at the right hand of God the Father Almighty.
From there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.

AMEN.



**Your prayer doesn't have to be perfect.
It doesn't have to be complete.
It just has to be.**

Author unknown

A Prayer for the Pope

O God, shepherd and ruler of all the faithful,
look favourably on your servant Pope N.,
whom you have set at the head of your Church as her shepherd.
Grant, we pray, that by word and example
he may be of service to those over whom he presides
so that, together with the flock entrusted to his care,
he may come to everlasting life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the
unity of the Holy Spirit, One God, for ever and ever.

AMEN.

Canticle of Mary

My soul proclaims the greatness of the Lord,
my Spirit rejoices in God my Saviour
for He has looked with favour on His lowly 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 lowly.
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 for ever.

AMEN.

Luke 1:46-55

Canticle of Zechariah

Blessed be the Lord,
The God of Israel;
He has come to His people and set them free.
He has raised up for us a mighty Saviour,
born of the house of His servant David.
Through His holy prophets He promised of old
that He would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember His holy Covenant.
This was the oath He swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship Him without fear,
holy and righteous in His sight
All the days of our life.
You, My child, shall be called
the prophet of the Most High,
for you will go before the Lord to prepare His way,
to give his people knowledge of salvation
by the forgiveness of their sins.
In the tender compassion of our Lord

the dawn from on high shall break upon us,
to shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.

AMEN.

Luke 1:67-79

Grace Before Meals

Bless us,
O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord.

AMEN.

Grace Before Meals (informal)

For food in a world where many walk in hunger;
For faith in a world where many walk in fear;
For friends in a world where many walk alone;
We give you thanks, O Lord.

AMEN.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malignant enemy defend me.
In the hour of my death call me
and bid me come unto Thee
that with Thy Saints I may praise Thee
forever and ever.

AMEN.

Memorare

Remember, O most gracious Virgin Mary, that never was it known
that anyone who fled to your protection, implored your help, or
sought your intercession, was left unaided.

Inspired by this confidence, I fly unto you, O Virgin of virgins, my
Mother. To you do I come, before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in
your mercy, hear and answer me.

AMEN.

Hail Holy Queen

Hail, holy Queen, Mother of mercy,
Hail our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve:
to thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile,
show unto us the blessed fruit of thy womb, Jesus,
O clement, O loving, O sweet Virgin Mary!
Pray for us, O holy Mother of God.
that we may be made worthy of the promises of Christ.

AMEN.

The Angelus

Verse: The Angel of the Lord declared unto Mary,
Response: And she conceived of the Holy Spirit.

V. Hail Mary full of Grace, the Lord is with you.
Blessed are you amongst women and blessed is the fruit of your
womb, Jesus.

*R. Holy Mary Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word.

Hail Mary ...

V. And the Word was made flesh,
R. And dwelt among us.

Hail Mary ...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord, your Grace into our hearts;
that as we have known the incarnation of Christ, your Son by the
message of an angel, so by His passion and cross we may be
brought to the glory of His Resurrection, through the same Christ,
our Lord.

AMEN.

Prayer for Forgiveness

My God, I am sorry for my sins with all my heart. In choosing to do
wrong and failing to do good, I have sinned against you whom I
should love above all things. I firmly intend, with your help, to do
penance, to sin no more, and to avoid whatever leads me to sin. Our
Saviour Jesus Christ suffered and died for us. In his name, my God,
have mercy.

AMEN.

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the
fire of your love. Send forth your Spirit and they shall be created. And
You shall renew the face of the earth.

O God, who by the light of the Holy Spirit, did instruct the hearts of
the faithful, grant that by the same Holy Spirit we may be truly wise
and ever enjoy His consolations, through Christ Our Lord,

AMEN.

Divine Praises

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most Holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St Joseph, her most chaste spouse.

Blessed be God in his Angels and in his Saints.

AMEN.

Prayer of St Francis

Where there is hatred, let me bring love.

Where there is offense, let me bring forgiveness.

Where there is discord, let me bring union.

Where there is error, let me bring truth.

Where there is doubt, let me bring faith.

Where there is despair, let me bring hope.

Where there is darkness, let me bring your light.

Where there is sadness, let me bring joy.

O Master, let me not seek as much

to be consoled as to console,

to be understood as to understand,

to be loved as to love,

for it is in giving that one receives,

it is in self-forgetting that one finds,

it is in pardoning that one is pardoned,

it is in dying that one is raised to eternal life.

The Beatitudes

Blessed are the poor in spirit,

for theirs is the Kingdom of Heaven.

Blessed are the meek,

for they shall possess the earth.

Blessed are they who mourn,

for they shall be comforted.

Blessed are they who hunger and thirst for justice,

for they shall be satisfied.

Blessed are the merciful,

for they shall obtain mercy.

Blessed are the clean of heart,

for they shall see God.

Blessed are the peacemakers,

for they shall be called children of God.

Blessed are they who suffer persecution for justice' sake,

for theirs is the Kingdom of Heaven.

Blessed are you when men reproach you,

and persecute you, and speaking falsely, say all manner of evil

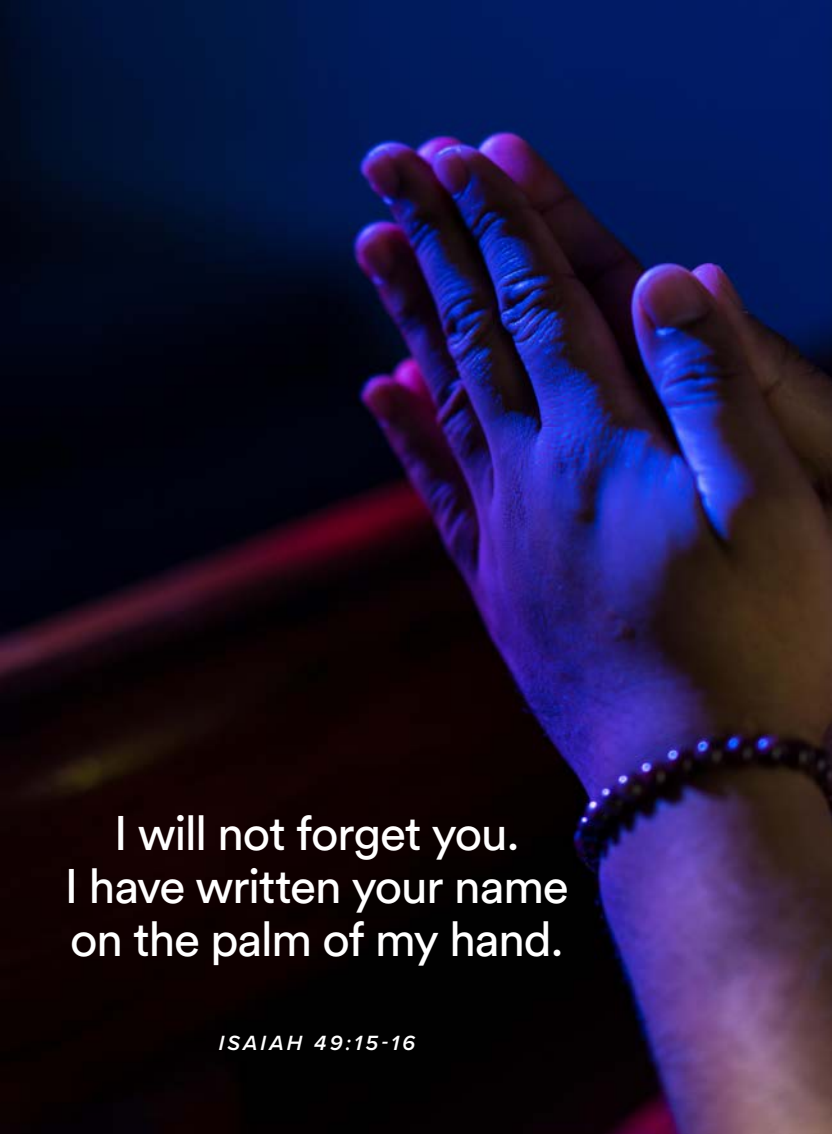
against you, for my sake.

(Mt 5: 3-12)

Encouragement to pray

Our prayer brings great joy and gladness to our Lord.
He wants it and awaits it.
So he says this, "Pray inwardly, even though you find no joy in it.
For it does good, though you feel nothing, yes, even though
you think you cannot pray.
For when you are dry and empty,
sick and weak,
your prayers please me, though there be little enough to please you.
All believing prayer is precious to me."
God accepts the good-will
and work of his servants,
no matter how we feel.

St Julian of Norwich



I will not forget you.
I have written your name
on the palm of my hand.

ISAIAH 49:15-16

TRADITIONAL PRAYERS IN ITALIAN

Il Segno Della Croce (The Sign of the Cross)

Nel nome del Padre
e del Figlio
e dello Spirito Santo.

AMEN.

Il Padre Nostro (Our Father)

Padre nostro che sei nei cieli,
sia santificato il tuo nome;
venga il tuo regno,
sia fatta la tua volontà,
come in cielo così in terra.
Dacci oggi il nostro pane quotidiano,
rimetti a noi i nostri debiti,
come noi li rimettiamo ai nostri debitori
e non ci indurre in tentazione,
ma liberaci dal male.

AMEN.

Ave Maria (Hail Mary)

Ave, Maria, piena di grazia,
il Signore è con te.
Tu sei benedetta fra le donne
e benedetto è il frutto del tuo seno, Gesù.
Santa Maria, Madre di Dio,
prega per noi peccatori,
adesso e nell'ora della nostra morte.

AMEN.

Gloria al Padre (Glory Be to the Father)

Gloria al Padre e al Figlio
e allo Spirito Santo.
Come era nel principio e ora e sempre,
nei secoli dei secoli.

AMEN.

Una Preghiera per la Pace da San Francesco

(Prayer for Peace by St Francis of Assisi)

O! Signore, fa di me uno strumento della tua Pace:
Dove è odio, fa ch'io porti l'Amore
Dove è offesa, ch'io porti il Perdono.
Dove è discordia, ch'io porti l'Unione.
Dove è dubbio, ch'io porti la Fede.

Dove è errore, ch'io porti la Verità.
Dove è disperazione, ch'io porti la Speranza.
Dove è tristezza, ch'io porti la Gioia.
Dove sono le tenebre, ch'io porti la Luce.

O! Maestro,
fa ch'io non cerchi tanto:
Ad essere consolato, quanto a consolare.
Ad essere compreso, quanto a comprendere.
Ad essere amato, quanto ad amare.
Poiché: è Dando, che si riceve:
Perdonando che si è perdonati;
Morendo, che si risuscita a Vita Eterna.

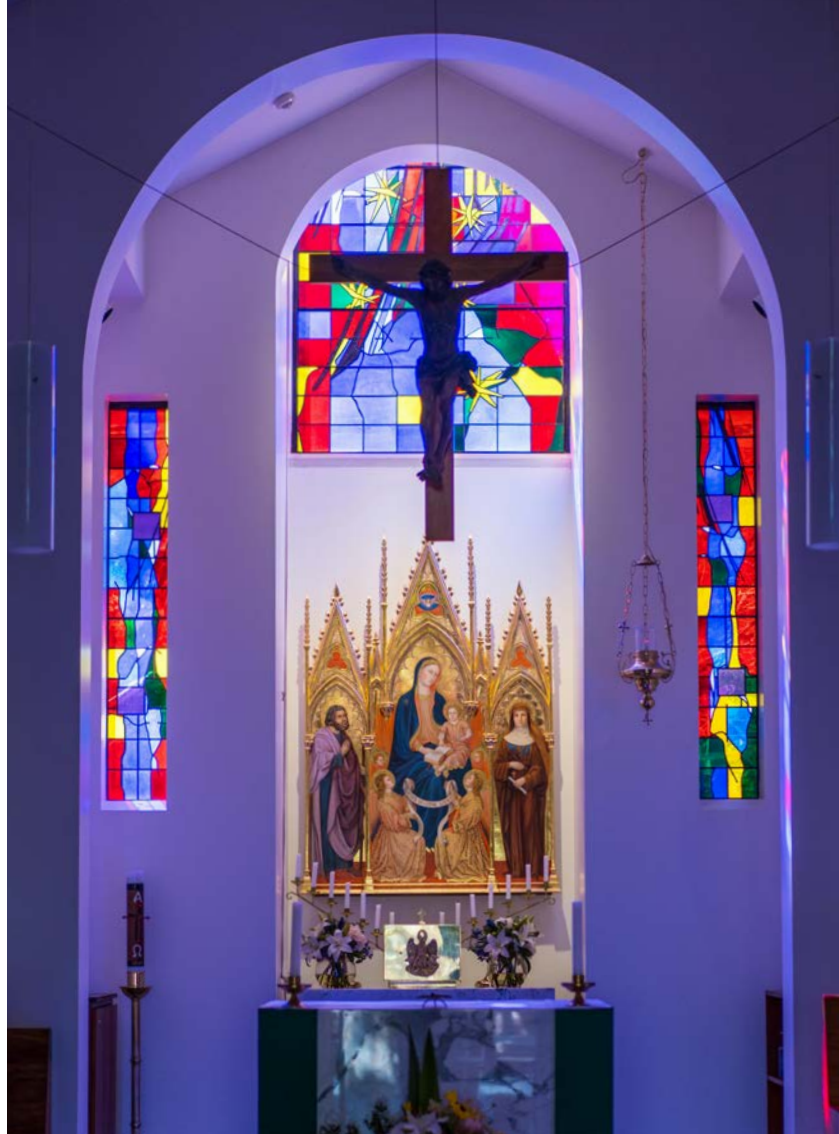
AMEN.

Benedizione Semplice

(A Simple Blessing)

Il Signore ti benedica e ti custodisca,
mostrì a te il suo volto
e abbia misericordia di te.
Rivolga verso di te il suo sguardo e ti dia pace.
Il Signore benedica te.

AMEN.



CATHOLIC BELIEFS

The two commandments of Christ

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. You shall love your neighbour as yourself.

(Mt 22: 36-39)

The Four Cardinal Virtues

Prudence
Justice
Fortitude
Temperance

The Seven Gifts of the Holy Spirit

Wisdom
Understanding
Counsel
Fortitude
Knowledge
Piety
Fear of the Lord

The Seven Sacraments

Baptism
Reconciliation
Holy Eucharist
Confirmation
Matrimony
Holy Orders
Anointing of the Sick

The Three Theological Virtues

Faith, Hope and Charity

The Corporal Works of Mercy

To feed the hungry
To give drink to the thirsty
To clothe the naked
To visit the imprisoned
To shelter the homeless
To visit the sick
To bury the dead

The Spiritual Works of Mercy

To admonish the sinner
To instruct the ignorant
To counsel the doubtful
To comfort the sorrowful
To bear wrongs patiently
To forgive all injuries
To pray for the living and the dead

The Ten Commandments of God

I am the Lord your God:
You shall not have strange gods before Me.
You shall not take the name of the Lord your God in vain.
Remember to keep holy the Lord's Day.
Honour your father and your mother.
You shall not kill.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbour.
You shall not covet your neighbour's wife.
You shall not covet your neighbour's goods.

Exodus 20:1-17

**God didn't bring you
this far to leave you.**

Philippians 1:6

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Fr Anthony Casamento csm
Vice President, Australian Catholic University

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Pray in the Spirit at all times in
every prayer and supplication.

Ephesians 6:18

