



IGNITING FIRE

The
Mount Mary University
Book of Prayers



Mount Mary
UNIVERSITY

Desire

Out of my desire—
in the simple, everyday—
leaping fires grow.
Beloved,
You are flame.
You are fire.
You alone know.

*A poem by Maura Eichner, SSND,
with words taken from the notes
of Mother Theresa of Jesus Gerhardinger,
the foundress of the School Sisters of Notre Dame*

DEDICATION

This book of prayers, *Igniting Fire*, is dedicated to Dr. Eileen Schwalbach, the 11th President of Mount Mary University.

Throughout her tenure, Dr. Schwalbach has been steadfast in promoting the legacy of the School Sisters of Notre Dame.

She has given prominence to prayer before every meeting, every important decision, every challenging situation, and every joyous occasion. Her example bears witness to the words in the SSND Constitution:

“

PRAYER BRINGS OUR WHOLE...

LIFE INTO FOCUS: IT SUPPORTS

THE RHYTHM OF OUR LIVES.

You Are Sent, #28

”

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GENERAL INTRODUCTION

Prayer has permeated the halls of Mount Mary since its beginnings. It supported the rhythm of life on campus from sunrise to sunset with the communal chanting of Morning and Evening Prayer by the sisters, the morning Mass, the ringing of the tower bell to mark the Angelus Prayer, the prayer before classes and meetings, and the countless hours of reflection spent quietly on the grounds of this peaceful campus.

Today, we continue to nurture the spiritual life of all members of our campus community through many opportunities—some of them specifically focused in the Catholic tradition and others designed for all people who desire to grow in their spiritual lives. The campus is filled with images that remind us of God’s presence—from artwork to architecture to the natural beauty that surrounds us.

Igniting Fire is meant to encourage the tradition of prayer before meetings and the habit of daily, personal prayer. Several members of the campus community offered prayers that they have composed or that are particular favorites for them. If you feel moved to offer a prayer of your own, we would welcome your contribution.

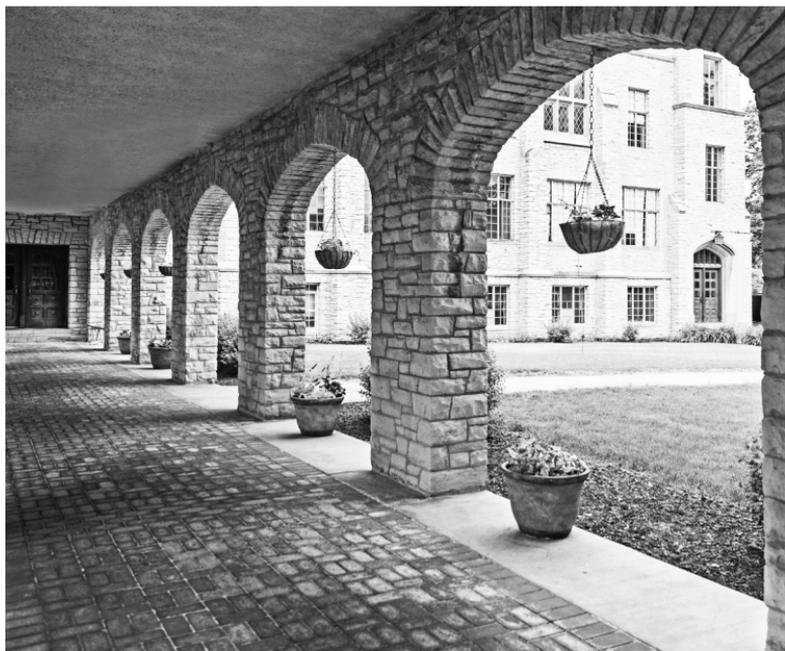
May this first edition of a Mount Mary prayer book be a source of inspiration and pondering far into the future.

Lea Rosenberg, Campus Minister

Joan Penzenstadler, SSND,
Vice President for Mission & Identity

Cover design and book layout by Kou Vang, Senior Graphic Designer,
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PRAYERS *of the* MOUNT MARY COMMUNITY



ORIGINAL PRAYERS

PRAYER FOR CREATIVITY

You who are The Creator of All, who has wondrously made us in Your own image, have called us these days to come apart and become designers ourselves.

Just as You are Mystery, so too is Creativity – but help us to continue to unravel its meaning and to discover and develop the creative abilities with which you have gifted each of us.

As the mission of Mount Mary University is based on the conviction of the School Sisters of Notre Dame that the world can be changed through the transformation of persons, we ask for Your help in our role of challenging ourselves, and then our students, to direct their gifts to building the earth.

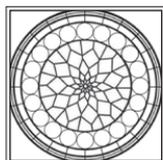
Be with us as we use our talents to work together to use our imaginations, our openness and agility to experiment with solving real and complex problems.

You, Our God, have trusted us to continue your work of creation day by day – but we ask You to stay near us as we act.

This, we ask in Your Name. Amen.

ELLEN LORENZ, SSND, 6TH PRESIDENT OF MOUNT MARY UNIVERSITY

MOTHER OF THE WORD



We give you
 These fifty years
 Of our growing
This moment
 Of our jubilee
The fullness
 Of our future.

We give you
 Ourselves –
 Women fashioned
 To your womanhood –
We who have opened
 Minds
 Hearts
 Hands
To the words of Truth
 In the mystery
 Of a leaf
 In the clarity
 Of a syllogism
 In the subtlety
 Of a poem
 In the silence
 Of a prayer.

We ask you
 Who opened
 To the speaking
 Of the Word
 With your body
That He be made flesh
In us
By your intercession.

PETITION AND GRATITUDE

Dear God, please help me survive the next five minutes.
Thank you for the sunshine on my shoulder.

Dear God, please help me be strong.
Thank you for the birds I hear singing.

Dear God, please stop the snow so I can go for a run.
Thank you for my friends and family.

Dear God, please help me survive today.
Thank you for my friends and family.

Dear God, please help me be thankful for all my blessings.
Thank you for new friends.

Dear God, help me heal.
Thank you for the wind on my face.

Dear God, thank you for the laughter. It took me by surprise.
Thank you for the absurd.

Dear God, please forgive me. I have had such a blessed life and there
are so many in need.
Thank you for my life.

Dear God, thank you for helping me heal. Help me be there for others.
Thank you for being with me through it all.

Dear God, please help me not forget those in pain.
Thank you for the power of healing.

Dear God, thank you for the lessons I have learned.

DR. CHERYL BAILEY, DEAN OF NATURAL AND HEALTH SCIENCES

IN AUTUMN

O God of the Great Turning during this autumn season, in our reflective moments we know that time is a gift, not a permanent possession. May we live into our work as colleagues at this time, in this community, knowing that there is a good to be accomplished together. May we see our endeavors through many seasons, until the color peaks and we can open to golden readiness, available to become who You would have us be with your grace. Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY



FOR STUDENT LEADERS

How grateful we are, O God, for women ready to assume leadership at Mount Mary. Give them a generous portion of your Spirit, so that they are able to foster an environment of justice and compassion, of communication and community on this campus.

Jesus, our model of service and bringer of peace, enliven the creativity and joy in the hearts of these women. May they be good listeners and filled with a zest for what this campus can become. Give them patience and energy and gentleness so that all whom they represent may be empowered and dignified by their service. Amen.

JOAN PENZENSTADLER, SSND, MISSION AND IDENTITY

THANKSGIVING TIME

November, Thanksgiving, harvest times, awareness of blessings, gratitude for gifts: this is our season. Too much around us would have us focus on down-turns and cut-backs, fear and not-enoughness. Yet, we dare to believe that we are enough, that we are rich in being able to contribute to a community that makes a difference. Nudge us, loving, gracious God, into pondering deeply what we have been given, so that in simple joy and heartfelt gratitude we can say “Amen.”

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY

THANKSGIVING PRAYER

O gracious God,
Who so generously lavishes our lives with goodness, create in our hearts a deep center of gratitude, a center that grows so strong in its thanksgiving that sharing freely of our treasures becomes the norm and pattern of our existence. Remind us often of how much you cherish us, of how abundantly you have offered gifts to us, especially in the hours of our greatest need. May we always be grateful for your reaching into our lives with surprises of joy. Amen.

PAM SCHOESSLING, '98

THANKSGIVING LUNCHEON

Gracious God,

We gather as a University Community to ask Your blessing on all who have supported Mount Mary. Their gifts have given light in the darkness to those students financially burdened and given us a stability to continue to build our preferred future. You call us to be stewards of Your abundance, the caretakers of all you have entrusted to us. Help us to always use Your gifts wisely and teach us to share them generously. Send the Holy Spirit to work through us, bringing Your message to those we serve. May our faithful stewardship bear witness to the love of Jesus Christ in our lives. We pray with grateful hearts. Amen.

MARILYN KESLER, SSND, DEVELOPMENT



BEGINNING A MEETING

Dear God,

We are grateful for your continued blessings on the School Sisters of Notre Dame and for Mount Mary University. During this meeting, may your grace and Holy Spirit guide us in fulfilling our educational mission and serving the local and global communities. We pray for strength and courage in confronting ignorance, oppression and injustice and ask that our hearts be open to your will for us. Thank you for the beauty of your creation and the inspiration it provides to our learning community. Continue to guide us toward service to others and the use of our gifts and talents toward your glory. Amen.

DAVE WEGENER, ENROLLMENT SERVICES

Heavenly Father, we come to you today asking for your guidance, wisdom, and support as we begin this meeting. Help us to engage in meaningful discussion; allow us to grow closer as a group and nurture the bonds of community. Fill us with your grace, Lord God, as we make decisions that might affect the students, staff, faculty, alumni and friends of Mount Mary University. And continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity. We ask these things in your name, Amen.

MARY FLETCHER, BUSINESS ADMINISTRATION

Hear us, O God, above us.

Hear us, O God, within us.

We ask on this day that you lead us to value and to celebrate our diversity, and to recognize and to offer up on the altar of our common purpose the distinctive gifts by which we enrich each other and our mission. Help us to cherish both our talents and our interdependence as we make common cause in the service of you and all your people. Amen.

MARY FLETCHER, BUSINESS ADMINISTRATION

O Good and Gracious God, as we begin our meeting today, we know that you are already present as we begin our dialogue, deliberations, discernment, and decisions about what needs to happen or what plans of action we need to take or merely to recommend.

Thank you for what has been, what is, and what will be for us as we continue to draw near to you, and as you remain near to us, answering our every need and want. You guide us as the Good Shepherd guards his flock.

Amen!

DR. SHAWNEE DANIELS-SYKES, THEOLOGY

All that we are and all that we have we give to you, O Good and Gracious God. Thank you for allowing us to gather one more time to engage the work of this agenda. Give us what we need to be creative, to be bold, and most importantly to be at peace with what you have called us to do as colleagues, co-workers, responding to do your will.
Amen

DR. SHAWNEE DANIELS-SYKES, THEOLOGY



Oh God I'm sorry for all the wrong things I have done.
I am sorry for all the good things I have not done.
I want to love you with all my heart.
Amen.

AMANDA FAHRENDORF, '19

Living Lord,
Be with us as we work today.
Fill us with inspiration and energy.
Help us to work as a team, and bring out the best in each other.

May we be efficient and achieve all we need to, but also remember to rest.

May this place be full of fun and friendship
And may relaxation and harmony inhabit this space.
Thank you for this new day and the opportunity to work together.
Amen.

DR. KRISTEN ROCHE, BUSINESS ADMINISTRATION

May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received, and pass on the love that has been given to you.

May you be confident knowing you are a child of God.
Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.
It is there for each and every one of us.

Creator God of light,
You call us to shine with hope, like stained glass windows that shape light into icons and speak of multi-faceted vision. Stretch us to dare to provide the environment on this campus that leads to the intellectual excellence, compassionate creativity, and moral courage our students and our world hunger for. Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY

God of light,
We come at this Advent time in trust that the breath of your Spirit
will enkindle the sparks of our ideas into flames and will dispel
darkness and bring hope wherever we have influence. May your Life
shine forth through us in surprising ways for healing and wholeness.
Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY



All: We awaken to a new year.

Leader: “See, I am doing something new!

Now it springs forth; do you not perceive it?” *[Isaiah 43: 19]*

All May our collective soul awaken.

Leader: “Awake, O my soul; awake, lyre and harp!

I will awake the dawn.” *[Psalm 57:9]*

All: May God’s Spirit within us awaken.

Leader: “Awake, awake, put on strength, O arm of the Lord!

Awake as in days of old, in ages long ago!” *[Isaiah 51: 9]*

All: May we awaken to wonder rather than worry.

Leader: “Take care you remain tranquil and do not fear;

let not your courage fail...” *[Isaiah 7: 4]*

All: May we awaken to possibility.

Leader: “May we be strengthened inwardly by the working

of the Spirit. *[paraphrase Eph. 3: 16]*

All: May we awaken to the light we have to offer to others.

Leader: “The light shines on in darkness, a darkness that [does]

not overcome it.” *[John 1: 5]*

All: May we awaken to the new life within us.

Leader: “[God] will bring to light what is hidden in darkness...”

[1 Corinthians 4: 5]

Together:

Creator God, faithful gardener, faithful guide,

You wait out winter with us. Nudge us into trusting what we

cannot yet see. Shine on our ground and give us what we need

for our seeds of creativity to take root. May we embrace the

possibility stretching before us. Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY

Guide us, dear Mother and Father God, as we begin this new semester.
May we take a moment to pause, slow down,
open to our senses and feel what comes to us.
May we reach into ourselves and feel the ground,
feel our attachment to the earth.
May we experience the air we breathe as an exchange
of need between ourselves and the earth.
May we feel our interconnection.
May we know that the beauty that surrounds our campus
and community lives inside of us.
May we know our own beauty; may we see it in all humans.
May we find our purpose and passion and know the joy
of sharing generously all that we are.
May we know we are co-creators of this world.
May we work in collaboration with each other.
There is no moment of our existence that is without love's presence.
The sky tells us so; nature's abundance tells us so.
May we share love as we move through our days.
May our actions reflect the way that we know...
This is what we have, this day and each other.

MELODY TODD, ART THERAPY

“

BE STILL AND KNOW THAT

I AM GOD.

Psalm 46:10

”

Gracious God,

As we gather to unify our focus as a community and gain perspectives that will enhance and further the mission of Mount Mary, we are aware that there are strengths we need to celebrate, challenges we need to face, and opportunities that are waiting for us to realize. Grant us an abundant portion of your Spirit as we open ourselves to where we are and where we want to be. May the power of our mission see us through to transformation. Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY

Loving God,

We pause to ask your blessing on this meeting. May all of our work bear fruit, especially in our students. Surprise us often with results that far exceed our expectations. May we be attuned to your grace permeating all of our efforts to bring about the good. To You, whose power, now at work in us, can do immeasurably more than we can ask or imagine, we give thanks and praise. Amen.

JOAN PENZENSTADLER, SSND, MISSION & IDENTITY

FAVORITE PRAYERS *and* REFLECTIONS



PRAYER FOR STRENGTH

Heavenly Father,
Walk with me today, and grant that I may hear your footsteps
And gladly follow where they lead.
Talk with me today and grant that I may hear your tender voice,
And quicken to its counsel.
Stay with me today and grant that I may feel your gentle presence
In all I do, say and think.
Be my strength when I weaken, my courage when I fear.
Help me to know that it is your hand holding mine through all the
hours of this day.
And when night falls, grant that I may know I rest in your Sacred
Heart. Amen.

*OFFERED BY DR. EILEEN SCHWALBACH,
11TH PRESIDENT OF MOUNT MARY UNIVERSITY*



LIVING THE QUESTIONS

Be patient toward all that is unsolved in your heart and try to love the questions themselves. Do not seek the answers that cannot be given you because you would not be able to live them and the point is to live everything. Live the questions now. Perhaps you will gradually without noticing it live along some distant day into the answer.

RAINER MARIA RILKE OFFERED BY DR. JANE OLSON, OCCUPATIONAL THERAPY

BENEDICTION

The Prophet Micah stood up in his world.

A world in which people exploited their fellow citizens for profit, where they destroyed each other without asking why, where tyrants ruled without regard for the rights of their people, where families were torn apart by selfishness.

And he told them that all God wanted was for them to act justly, love tenderly, and to walk humbly with God.

Lord,

We pray today that our gift of education will help us to do just that -- We also pray for the gift of courage for each time we stand up for an ideal or strike out against an injustice. We send forth a tiny ripple of hope in our fractured world. Crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance. We ask this of you Lord. Amen.

STUDENT PRAYER AT INVESTITURE

PRAYER TO MARY, PATRON OF MOUNT MARY

Mary, Mother of God, patron of Mount Mary, advocate of peace,
Take my tongue and inscribe upon it
Words of love to whomever needs them;
Take my hands and help the one
Who is struggling to overcome a difficult time;
Take my feet and visit a sick, an aged, a frustrated, or a lonely friend;
Take my voice and sing a beautiful song
To someone who longs to celebrate in song;
Take my face and spread a good smile through it;
Take my heart and through me, pour your love on everyone I meet
today regardless of who they are.
Watch over me wherever my path will lead.
Help me to be a truly spiritual women.
Keep me as your own.

PRAYER AT STEP SINGING

CONSECRATION TO MARY

Today I renew my total consecration to you, Mary, my mother. I give you my whole being so you may lead me to console your Son with the perfect consolation you give to him. From this day forward, dear Jesus, whenever I embrace you, may it be with the arms of Mary. Whenever I kiss you, may it be with the lips of Mary. Whenever I sing to you, praise you, and thank you, may it be with the voice of Mary. Jesus, in short, every time I love you, may it be with the Heart of Mary. Amen.

OFFERED BY PAMELA OWENS, DEVELOPMENT



PRAYER FOR RECONCILIATION AND PEACE AMONG NATIONS

Peace be with them who are of evil intent, and let there be an end to all revenge and to all talk of punishment and retribution.

Beyond all measure are the cruelties; they exceed all human power of conception, and too many are the martyrs...

Therefore, O God, do not with the scales of justice measure their sufferings, charging them to their hangmen, taking a gruesome account; but let it be different. Ascribe and account instead to all the hangmen, informers, and traitors, and all evil humans, this: all the courage and spiritual strength of the others, their humility, their high-spirited dignity, their silent efforts in spite of everything, the hope that never gave in, and the brave smile that dried the tears, and all the love and all the sacrifice, all the fiery love...all the pierced and pained hearts that yet remained strong and confident, in the face of death and in death, yea, even in the hour of deepest weakness...

All this, O my God, shall count for a resurrection of Justice — the good shall count, and not the evil; and to the memory of our enemies we shall no more be their victims, no more their nightmare, but rather their help, that they be able to let go the frenzy...

Only this shall be demanded from them, that we, [when] all is over, may live as humans among humans, and that there shall be peace again on this poor earth for the people of good intent, and that peace may also come to the others.

*RABBI LEO BAECK, PRAYED BY VIKTOR FRANKL,
OFFERED BY DR. DON RAPPE, THEOLOGY*

BEGINNING THE DAY

As I start my day, Lord, help me remember I am part of a community, that what I do and say affects others. Let me be filled with compassion and respect for my Mount Mary community, the community at large, the United States, and the world, and in doing so, advance the human dignity of all people.

Strengthen my commitment to academic excellence and leadership. May I understand how I can affect a change around me by how I grow and learn and share my knowledge with others.

MARY HOLMSTADT, OFFERED BY DR. LYNN DIENER, BIOLOGY



EXCERPT FROM DESIDERATA

Be gentle with yourself.
You are a child of the universe.
No less than the trees and stars;
You have a right to be here.
And whether or not it is clear to you,
The universe is unfolding as it should.
Therefore, be at peace with God.
And whatever your labors and aspirations,
In the noisy confusion of life,
Keep peace within your soul
With all its sham and drudgery
And broken dreams,
It is still a beautiful world.

Creator God, in gratitude for the beauty of this world and the part you call me to play in it, I ask for that inner peace that trusts in the dreams you have given me. Amen.

*MAX EHRMAN, OFFERED BY CHRISTYN WILLEMS, SSND,
TO BETH VOGEL, BUSINESS ADMINISTRATION*

TOWARD A SPIRIT OF INCLUSION

We thank you, God, source of all holiness, for creating this campus community and for blessing it with life in such abundance and diversity.

You have created humans with many colors and have blessed us with the birth of many cultures.

You have created us and blessed us with unique perspectives of what it means to be women and men called to be in relationship with you and one another.

Yet, in our sinful, broken, human condition, we are often hindered in our attempts to truly be at one with each other.

Open all minds, loving God, that all your children will come to understand that unity of which you are both source and goal.
Invite all people to an ever greater appreciation of that marvelous diversity which has its source in you.

Open our hearts that we might be moved to act with courage against ignorance and injustice. Amen.

*THOMAS DOYLE, CSC, ADAPTED BY JOAN PENZENSTADLER, SSND,
MISSION AND IDENTITY*

LITANY OF NON-VIOLENCE

Provident God, aware of my own brokenness,
I ask the gift of courage to identify how and where I am
in need of conversion in order to live in
solidarity with all Earth's people.

Deliver me from the violence of superiority and disdain.
Grant me the desire, and the humility,
To listen with special care to those whose experiences
And attitudes are different from my own.

Deliver me from the violence of greed and privilege.
Grant me the desire, and the will, to live simply so
Others may have their just share of Earth's resources.

Deliver me from silence that gives
Consent to abuse, war, and evil.
Grant me the desire, and the courage, to risk
Speaking and acting for the common good.

Deliver me from the violence of irreverence,
Exploitation and control.
Grant me the desire, and the strength, to act
Responsibly within the cycle of creation.

God of love, mercy, and justice,
Acknowledging my complicity in those attitudes,
Actions and words which perpetuate violence,
I beg the grace of a non-violent heart. Amen.

SISTERS OF PROVIDENCE

THE SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

*REINHOLD NIEBUHR, OFFERED BY DR. CHERYL BAILEY,
DEAN OF NATURAL AND HEALTH SCIENCES*



PRAYER OF ST. FRANCIS

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled
as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.

OFFERED BY SARAH OLEJNICZAK, DEAN OF STUDENTS

A LITANY OF WOMEN FOR THE CHURCH

Dear God, creator of women in your own image,
Born of a woman in the midst of a world half women,
Carried by women to mission fields around the globe,
Made known by women to all the children of the earth,
Give to the women of our time

**The strength to persevere,
The courage to speak out,
The faith to believe in you beyond
All systems and institutions**

So that your face on earth may be seen in all its beauty,
So that men and women become whole,
So that the church may be converted to your will
In everything and in all ways.

**We call on the holy women
Who went before us,
Channels of Your Word
In testaments old and new,
To intercede for us
So that we might be given the grace
To become what they have been
For the honor and glory of God.**

(After each intercession, respond Pray for us.)

Saint Esther, who pleaded against power for the liberation of the people,

Saint Judith, who routed the plans of men and saved the community,

Saint Deborah, laywoman and judge, who led the people of God,

Saint Elizabeth of Judea, who recognized the value of another woman,

Saint Mary Magdalene, minister of Jesus, first evangelist of Christ,

Saint Scholastica, who taught her brother Benedict to honor the spirit above the system,

Saint Hildegard, who suffered interdict for the doing of right,

Saint Joan of Arc, who put no law above the law of God,

Saint Clare of Assisi, who confronted the pope with the image of woman as equal,

Saint Julian of Norwich, who proclaimed for all of us the motherhood of God,

Saint Therese of Lisieux, who knew the call to priesthood in herself,

Saint Catherine of Siena, to whom the pope listened,

Saint Teresa of Avila, who brought women's gifts to the reform of the church,

Saint Edith Stein, who brought fearlessness to faith,

Saint Elizabeth Seton, who broke down boundaries between lay women and religious by wedding motherhood and religious life,

Saint Dorothy Day, who led the church to a new sense of justice,

Mary, Mother of Jesus, who heard the call of God and answered,

Mary, Mother of Jesus, who drew strength from the woman Elizabeth,

Mary, Mother of Jesus, who underwent hardship bearing Christ,

Mary, Mother of Jesus, who ministered at Cana,

Mary, Mother of Jesus, inspirited at Pentecost,

Mary, Mother of Jesus, who turned the Spirit of God into the body and blood of Christ, pray for us. Amen.

JOAN CHITTISTER, OSB

PRAYER OF TRUST

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, OCSO, OFFERED BY DR. LYNN DIENER, BIOLOGY

THE WORDS OF JESUS TO US IN MATTHEW 6: 25-27

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air. They do not sow or reap or gather into barns--and yet your Heavenly Father feeds them... Who of you by worrying can add a single hour to his lifespan?

OFFERED BY DR. PAULA REITER, ENGLISH

FAMILY MEAL PRAYER

Be present at our table Lord,
be here and everywhere adored,
bless these thy gifts,
and grant that we with others share
what comes from thee.

Amen.

OFFERED BY JORDAN ACKER ANDERSON, ART

PRAYER OF AN ANONYMOUS ABBESS

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples' affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point. Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains — they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint — it is so hard to live with some of them — but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so. Amen.

MARGOT BENARY-ISBERT, OFFERED BY BARB ARMSTRONG, DEAN OF ARTS AND DESIGN

PRAYER FROM ST. AUGUSTINE

I pray to you God, who is the Truth, in whom and by whom and through whom are all things true which are true: I pray to you God, who is Wisdom, in whom and by whom and through whom are all wise who are wise: I pray to you God, who is the Good and the Beautiful, in whom and by whom and through whom are all things good and beautiful, which are good and beautiful: I pray to you God, from whom to turn is to fall; to whom to turn is to rise; in whom to abide is to stand. I pray to you God, to whom Faith excites, Hope uplifts, Love joins. God, through whom we overcome the enemy, to you do I turn! Amen.

ADAPTED BY DR. JENNIFER HOCKENBERY, PHILOSOPHY



PRAYER FROM ST. AUGUSTINE

Whisper in my ear, “I am here to save you.” Speak so that I may hear your words. My heart has ears ready to listen to you. Open them so that I may hear, so that when I hear I may run to you. Do not hide your face from me. The house that is my soul is too small. Expand it so that You may enter. It is in ruins, repair it. There is much in me that must offend You, but who will cleanse it? To whom can I cry but to You? There is no one else except You who are the Truth. Amen.

ADAPTED BY DR. JENNIFER HOCKENBERY, PHILOSOPHY



PRAYER OF ST. IGNATIUS OF LOYOLA

Teach us, good Lord,
to serve you
as you deserve;
to give and not count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labor and not to ask for any reward,
save that of knowing that we do your will.

OFFERED BY SARAH OLEJNICZAK, DEAN OF STUDENTS

WE BELIEVE

I will not believe in the law of the strongest,
In the language of guns,
In the power of the powerful.

I want to believe in the rights of all,
In the open hand,
In the strength of the non-violent.

I will not believe in race or riches,
In privileges,
In the established order.

I want to believe that all human beings
Are human beings
And that the order of force and of injustice
Is a disorder.

I will not believe that I don't have to concern myself
With what happens far from here.

I want to believe that the whole world
Is my home, the field that I sow,
And that all reap what all have sown.

I will not believe that I can combat oppression out there
If I tolerate injustice here.

I want to believe that what is right
Is the same here and there
And that I will not be free
While even one human being is excluded.

I will not believe that war and hunger are inevitable
And that peace is inaccessible.

I want to believe in the love of bare hands,
In peace on earth.

I will not believe that any effort is in vain.
I will not believe that the dream of human beings
Continues being only a dream
And that death is the end.

But I dare to believe in the dream of God:
A new heaven, a new earth
Where justice reigns.

*DOM HELDER CAMARA, CATHOLIC RELIEF SERVICES, OFFERED BY LEA
ROSENBERG, CAMPUS MINISTRY*



O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things.

ST. IGNATIUS OF LOYOLA OFFERED BY ALISON BUBLONI, '20

PRAYERS
and
REFLECTIONS
from the
SCHOOL SISTERS OF
NOTRE DAME



BLESSING AT THE END OF THE DAY

My dear students,
I commend you to the Holy Spirit through the powerful intercession
Of the Blessed Virgin Mary, and I entrust you forever
Into her blessed hands.

TRADITIONAL SSND BLESSING



SSND BLESSING

May the blessing of the Lord be upon you.
May we bless you in the name of the Lord.
May the blessing of the Lord be upon you.
We bless you in the name of the Lord.

BLESSING SUNG BY THE SCHOOL SISTERS OF NOTRE DAME

MOTHER THERESA: HER BLESSING

May the God of peace be with you—
Calms the heart that hammers fear.
Her prayer for us. The hope she knew.

She is our prophet of fidelity, true
to the triune single voice: now, here.
May the peace of God be with you.

She spoke rarely of the Thabor-glory view,
Her creed was everyday: The Lord is near.
Vision for us. A love she knew.

She lives in her letters: light breaks through
the script: be one in heart. My dear ones, hear:
May the peace of God be with you.

Breaking bread to share, she, too,
learned the miracle of loaves, her clear
testament to us. The faith she knew.

Mother Theresa, serenely magnetized to
the will of God, still speak your dear
words: The God of peace be with you.
Your prayer for us. The love you knew.

MAURA EICHNER, SSND, REFLECTING ON THE WORDS
OF THE FOUNDRRESS OF THE SCHOOL SISTERS OF NOTRE DAME

GOD'S CAUSE

God's cause is the only concern of our hearts.
God's cause is our cause.

God is with you.
Do not lose courage; be strong.
Jesus will stand at your side.

Our goal is God,
For God alone is the reason for our living.

Follow the star, which has arisen in you.
It will lead you to Jesus.

Without humility – no grace.
Without gentleness – no peace.
Without obedience – no holiness.
Without love – no happiness.

*MUSIC & TEXT BY DAVID HAAS. INSPIRED BY THE WRITINGS OF
BLESSED THERESA, FOUNDESS OF THE SCHOOL SISTERS OF NOTRE DAME*



THE VOICES OF TRADITION

The Mother Country Speaks:

Send me your searching, your hope-full ones...
My lamp is raised to guide
Their steps to freedom.
I stir the tides of fortune;
I stand
For courage to explore the choices
Life presents; I hold
The wisdom of these times –
Come to me...

The School Sisters of Notre Dame Speak:

Take this woman, let her grow; lead
Her toward her goals fulfilled.
Enlighten, mentor,
Enrich her life made open to:
The wonder
Of all possibility...
The courage leadership
Requires ... the taste of goodness –
Send her forth...

The Alma Mater Speaks:

By the power vested in me, I
Confer on you the right
To be the woman you
Can become. Together we
Will risk
The reach beyond today to touch
Tomorrow. Be circumspect, insightful,
Enjoy your dream fulfilled...
You can! – Transform the world.

A leader follows
In the footsteps of the past,
But trusts and dares
The trackless, Windswept future...

PATRICIA ANN OBREMSKI, SSND, PHYSICS

SOLIDARITY WITH ALL CREATION

Oh how beautiful are your ways, O God,
The works of your creation.
Raise our consciousness to know and feel deeply
In our hearts our connectedness to all that is.

Instill in us the gift of being co-creators
And sustainers of LIFE.
Teach us new and unsuspected ways of living
So that current and future generations
Can walk humbly in beauty,
Love compassionately,
And live justly in solidarity with all creation.

Loving and gracious God, give us the courage to
Seek this transformation of self and society
And the strength to see it through.
Amen.

*SCHOOL SISTER OF NOTRE DAME GREEN TEAM,
PRAYERS FOR A JUST & SUSTAINABLE WORLD*



SPIRIT OF SHALOM

Ignite us with the fire of Your love.
Enflame our hearts with courage to embrace dialogue
that transforms and truth that frees.

Kindle our love with kindness
to heal divisions and reconcile relationships.

Light our imaginations with insight to envision
and create a world where all are one.

Stir our actions with justice and peace
to engage critical concerns and cherish all of life.

Fire our lives with audacity and hope
to risk all for God's mission,
for love cannot wait.

ROXANNE SCHARLES, SSND



PRAYER FOR TRANSFORMATION

Spirit of the Living God,
 Open us to your dynamic Presence.
Stir our stagnant waters. Awaken our sleeping gifts.
Spirit of the Living God,
 Open us to Your transforming power.
Move us with courage to go to the depths.
Free us to let go.
Spirit of the Living God,
 Open us, transform us, guide us into a future full of hope.
Mother Theresa and Mother Caroline, be with us.

SSND PLANNING GROUP

OUR JOURNEY AS FOLLOWERS OF BLESSED THERESA

Restless seed plunged into soil
Surrenders to the energy of darkness.

Transformed, it emerges to bathing light
Fragile
Bewildered
Firm in resolve to embrace new life.

Liberating light nags
Furrows to widen for seedlings
To become seed we thought we could not be.

Transforming God, lavish us with passion
To seek You in unplowed ground.

Make bold our questioning.

Wrestle us from comfort.

Shatter our seed.

*GRACE US INTO THE DARING THAT INTOXICATED HER.
LOIS WICKENHAUSER, SSND*

“

**MAY THE FIRE OF GOD BURST INTO
FLAMES IN THE DEPTHS OF OUR HEARTS.**

Blessed Theresa
of Jesus Gerhardinger

”

CALL TO ACTION

“No one can say precisely what shape the future will take. We do know that we are launched on a journey into uncharted waters with great elements of uncertainty. The deepest dangers and the most exciting prospects for the future are not found in the external environment but in the human heart. Can we come to terms with the world we have created? The task is clear: we are to create a more just and human world. We must become more human not less human. We must not only help people make a living, we must help them make a life.” Gracious God of the journey, show us the way forward through education that transforms.

MIRIAM JANSEN, SSND

“**LET ALL THOSE WHOSE HEARTS ARE
FILLED WITH SORROW AND ANGER FIND
REFUGE IN THE ARMS OF THOSE WHO
LOVE THEM.**”

Tiffany Panasewicz, '19

AN EDUCATOR'S PRAYER

As we come together today, we ask you, Jesus the Teacher, for your help in continuing our task here at Mount Mary. In Your presence, we take a moment to reflect on the meaning of education for the School Sisters of Notre Dame. Their Constitution states:

“Education means enabling persons to reach the fullness of their potential as individuals created in God’s image and assisting them to direct their gifts toward building the earth.

Like Mother Theresa, we educate with the conviction that the world can be changed through the transformation of persons. Thus our ministry demands a Christian vision of what the human person is called to be and what the world is destined to become.

As educators, we live and work in ways which reveal God’s love as manifested in Christ and which reflect and promote the values he lived and taught.

We learn from and are enriched by those to whom we are sent, as together we grow in our ability to discover Christ’s presence among us.”

May this SSND vision of education help us to keep alive our mission and work collaboratively to fulfill it. Amen.

ELLEN LORENZ, SSND, 11TH PRESIDENT OF MOUNT MARY

AN INVITATION TO STAND WITH MARY AND SSND

Mother Theresa of Jesus Gerhardinger, the founder of the School Sisters of Notre Dame, often meditated on Mary, the Mother of Jesus. Reflecting upon the Gospel of John, Mother Theresa was struck by Mary's stance beneath the cross: She stood.

She Stood – A sentry silhouetted against a blackened sky; a woman wrapped in silent grief holding the memories of a life splintered by crib and cross; a woman drenched in the pain of blood and the beaten body of her child; a woman bathed in love, keeping a mother's vigil at the death-bed of her only Son. Yet, she stood with quiet strength – the only stance for a woman of courage, conviction, and commitment. Such a woman was Mary, our Mother. And so, she stood.

She Stood – A religious sister, a dynamic educator and innovator, a woman of, yet apart from and ahead of her time; a bold woman who, when faced with social and clerical opposition, stood for the control and direction of her fledgling community, for the betterment of the role and status of woman in society, for the cries and needs of the poor; a woman who dared to care for the uncared for. And so, she stood- the only stance for a woman of courage, conviction, and commitment. Such a woman was Mother Theresa of Jesus Gerhardinger. She stood.

They Stood – The School Sisters of Notre Dame who founded Mount Mary University, the women who were creative and courageous, determined to shape an institution of excellence for women. These were the sisters challenged by their times who dared to take a stand for Gospel values, the dignity of women, social justice, and the leadership of women even before women had the right to vote. They stood- the only stance for women of courage, conviction, and commitment. They Stood.

We Stand – Women and men standing on the shoulders of the ones who have gone before us. We receive the legacy of those courageous in faith and far-seeing in vision. Dare we stand with them in courage, conviction, and commitment? How can we do less than meet the hands held out in invitation? “Come, stand.” For in the days to come it shall be written of us as our greatest tribute, our epitaph, yours and mine:

They stood.

Mary Tower of Strength, be with us.

ADAPTED FOR MOUNT MARY FROM A REFLECTION BY CLARE FITZGERALD, SSND



MY AUTUMN

Not yet,
Not yet at peak color.
I am not ready for the final burst
Of red and gold.

“Still green,” I hear the psalmist say.
“Still bearing fruit in old age.”

Death? Is this the color of dying?
Yes. Certain. Sure.

But tomorrow.
Tomorrow.
Then my quiet free-fall into love.

What breeze will release me?
What eyes will search the hills
For my last bright beauty?

Wait with me.
Observe the changes,
Week by week.
Make timeless estimates.
Is my color fifty percent now?
Seventy soon?
Have I weeks of more than seven days?
Years with more months than twelve?

Wait with me
Through my seasons,
Until my color peaks.

Then may there be golden readiness.
Then may I fall free.

MARY LUKE BALDWIN, SSND



A TABOR PRAYER

Gracious God,
I ascend your mount – so ablaze with Tabor
light.
I come empty and scared
Yet, bursting with longing.
Let your aura of light
Be reflected in me
I come crying for peace!
Calling out in anguished pain
Calling out for those
Who suffer want and hunger
For those who suffer
From the fiery rain of our nation's bombs.
O God, we so long for PEACE / SALAAM /
SHALOM!
For ourselves – For all people.
Ignite our hearts with the fire of your love
Let your fires burn within
So that we can be transformed.
By this aura of light
Help us to find ways
To transform our world
So that all may live in peace.
Yes, help us bring our whole world –
To know PEACE / SALAAM / SHALOM!
Help us to save our Mother Earth
And make it a sanctuary
A home – for the poor, the sick,
The suffering, the oppressed
Those victimized by war!
All touched by you, O compassionate God --
All your people and all your creatures of earth!
O God, yes, let us ascend your mount.
Let your love surround us.
Immerse us in the your flood of light
So that each of us can be
A spark, a ray, a shaft of your love-light
Until we become a mighty conflagration
Of compassionate love
Transforming all –
Right here – right now
And down through the years that are yet to be!

ANCHORHOLD

On the other side of the wall is...God.
I place my hand on the cold wall,
So...
And I am nearer to Him.
My soul is still.
I listen awhile
To the beat of a Heart in the space beyond,
And feel the surge of a love that is pain.
On the other side of the wall is...God?
Ah, there is no wall –
God is here, in my heart!

*CHRYS DIEBELS, SSND, ENGLISH
IN 1931, THREE YOUNG SISTERS HAD THEIR BEDROOMS IN WHAT
ARE NOW OFFICES BEHIND OUR LADY CHAPEL. S. CHRYS WROTE
THIS IN ONE OF THOSE ROOMS.*



PRAISE TO THE SHAPER OF HEARTS:

Praise to the One whose love
threads the energy of friendship
stitches the strength of fidelity
All praise to this Gracious One
All gratitude to this Beloved
All love to this Mentor of Friendship
All devotion to this Shaper of Hearts

ROSEMARITA HUEBNER, SSND



PRAYER FOR MOTORISTS

Grant me O Lord a steady hand and watchful eye.
That no one shall be hurt as I pass by.
Thou gavest life, I pray no act of mine
May take away or mar that gift of Thine.
Shelter those, dear Lord, who bear me company,
From the evils of fire and all calamity.
Teach me to use my car for others' need;
Nor miss through love of undue speed
The beauty of the world; that thus I may
With joy and courtesy go on my way.

VISITATION CONVENT, ELM GROVE, WISCONSIN

MEAL PRAYER

Lord God and Giver of all good gifts,
As we pause before this meal, we are grateful for all the blessings of life that You give to us. Daily, we are fed with good things, nourishing our spirits through friendship and care, feasting on forgiveness and understanding. And so, mindful of Your continuous care, we pause to be grateful for the blessings of this table. May Your presence liven our conversation, and may Your peace and love fill us as we share this meal together.

JOAN PENZENSTADLER, SSND



LOVE & PEACE

O God, you are the source of life and peace. Praised be your name forever. We know it is you who turns our minds to thoughts of peace in this time of war. We pray that enemies begin to speak to one another; that those who are estranged join hands in friendship; that nations seek the way of PEACE.

Strengthen our resolve to give witness to these truths by the way we live. Give to us: understanding that puts an end to strife; mercy that quenches hatred; and forgiveness that overcomes vengeance. Empower all people to live your law of LOVE. Amen.

SSND SHALOM NETWORK

BLESSING PRAYER

May God, the Father, care for us all and keep steadfast and faithful!
May God, the Son deliver us from all evil of sin; may He be the way
we walk, the truth we follow, the life we lead! May the Holy Spirit
preserve us in love and grace! May Mary, the mother of divine grace
and mother of our [SSND] congregation, take us all into her loving,
maternal heart and stand by us in life and death! Amen.

MOTHER THERESA OF JESUS GERHARDINGER, FOUNDRRESS OF SSND

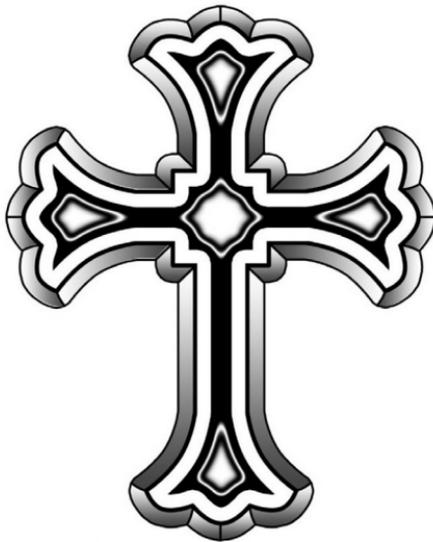
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**LOOK NOT FORWARD WITH ANXIOUS
CARE BUT UPWARD IN A SPIRIT OF
FAITH AND HOPE.**

Mother Caroline Friess, SSND

”

PRAYERS
from
THE CATHOLIC
TRADITION



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 by 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 among 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.

DOXOLOGY

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.

APOSTLES' 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.

PRAYING THE ROSARY

The rosary has been a classic Marian prayer for over 500 years. It is prayed on beads in this manner.

1. Make the Sign of the Cross and pray the Apostles' Creed on the crucifix.
2. Pray an Our Father on the first bead.
3. Pray one Hail Mary on each of the next three beads.
4. Pray the Doxology.
5. Announce the mystery for reflection before praying the next set of 10 beads, called a decade.
6. Pray an Our Father on the single bead. Pray a Hail Mary on each bead of the decade.
7. Finish the decade with the Doxology.
8. Repeat this process (5,6,7) for each decade.



THE MYSTERIES OF THE ROSARY

Joyful Mysteries (Mondays and Saturdays)

1. The Annunciation of the Birth of the Lord to Mary (Luke 1:26-38)
2. The Visitation of Mary to her Cousin Elizabeth (Luke 1:39-56)
3. The Nativity of our Lord Jesus Christ (Matthew 1:18-25; Luke 2:1-20)
4. The Presentation of the Infant Jesus in the Temple (Luke 2:22-38)
5. The Finding of the Child Jesus in the Temple (Luke 2:41-52)

Sorrowful Mysteries (Tuesdays and Fridays)

1. The Agony in the Garden of Gethsemane (Mark 14:32-42)
2. The Scourging of Jesus at the Pillar (John 18:28-38, 19:1)
3. The Crowning with Thorns (Mark 15:16-20)
4. The Carrying of the Cross (John 19:12-17)
5. The Crucifixion and Death of Jesus (Matthew 27:33-56, Mark 15:22-41, Luke 23:26-49, John 19:16-30)

Luminous Mysteries (Thursdays)

1. The Baptism of Jesus in the Jordan (Matthew 3:13-17)
2. The Wedding Feast of Cana (John 2:1-12)
3. The Proclamation of the Kingdom of God (Mark 1:15; 2:3-13)
4. The Transfiguration of Jesus (Matthew 17:1-8; Luke 9:28-36)
5. The First Eucharist (Matthew 26:26-30)

Glorious Mysteries (Wednesdays and Sundays)

1. The Resurrection of Jesus (Luke 24:1-12; John 20)
2. The Ascension of Jesus into Heaven (Luke 24:50-53; Acts 2:1-4)
3. The Coming of the Holy Spirit (Acts 2:1-4)
4. The Assumption of Mary into Heaven (Song of Songs 2:8-14)
5. The Coronation of Mary (Revelation 12:1-6)

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, we fly unto you,
O Virgin of virgins, our Mother!
To you we come, before you we stand,
Sinful and sorrowful.
O Mother of the Word incarnate,
Despise not our petitions,
But in your mercy hear and answer us. Amen.



THE ANGELUS

The angel of the Lord declared unto Mary,
And she conceived by the Holy Spirit.
Hail Mary...

Behold the handmaid of the Lord.
Be it done unto me according to your word.
Hail Mary...

And the Word was made flesh,
And dwelt among us.
Hail Mary...

Pray for us, O holy Mother of God,
That we may be made worth of the promises of Christ.

Pour forth, we beseech you, O Lord,
Your grace into our hearts,
That we, to whom the incarnation of Christ, your Son,
Was made known by the messages of an angel,
May by his passion and cross
Be brought to the glory of his resurrection,
Through the same Christ our Lord. Amen.

MARIAN ANTHEMS

1. *Sung the Saturday before 1st Sunday of Advent through February 1st.*

O loving Mother of our Savior, our ready entrance into heaven, and star of the sea: Oh hasten to aid us, who oft falling strive to rise again. You gave birth, dear Mother, while nature stood in awe to your own all-holy Maker. Ever Virgin after and before you received from Gabriel that first solemn Ave: have compassion on us sinners.

2. *Sung February 1st until Wednesday of Holy Week*

Queen of the heavens, we hail thee, Queen of the angel hosts, we salute thee. Thou the root and thou the portal, thou the fount of light immortal. Hail thou Virgin robed in glory, Crown of all creation's story! Beauty excelling, we greet thee, Oh beseech thy Son for us, we pray thee.

3. *Sung from Easter through Saturday after Pentecost*

O Queen of Heaven, rejoice now alleluia; rejoice for He whom meekly thou didst bear, alleluia, He is risen as he foretold, alleluia: Pray for us to the Father, Alleluia!

4. *Sung the Saturday after Pentecost until Saturday before Advent*

Mary, we greet thee, Mother and Queen all merciful: Our life, our sweetness, and our hope we hail thee. To thee we exiles, children of Eve, lift our crying. To thee we send our sighs as, mourning and weeping we pass through this vale of sorrows. Haste then we pray, O our intercessor, look with pity, with eyes of love compassionate, upon us sinners, and after when this earthly exile shall be ended, show us thy womb's most blessed Fruit, thy Jesus. O clement, O loving, O most sweet Virgin Mary.

GRACE BEFORE MEALS

Bless us, O Lord, and these thy gifts
Which we are about to receive, from thy bounty,
Through Christ our Lord. Amen.



GRACE AFTER MEALS

We give you thanks for these
And all your gifts, almighty God.
Which we have received from your goodness,
Through Christ our Lord. Amen.

PRAYING BEFORE THE BLESSED SACRAMENT

Adoration of the Blessed Sacrament is an ancient prayer of the Church which continues to be done in private and in common. Adoration can be done in any chapel or church where the Blessed Sacrament is reserved (kept in the tabernacle) or exposed (a consecrated host is taken from the tabernacle and placed in a monstrance which ‘exposes’ the host for all to see). Pope John Paul II wrote in his Letter “Remaining in silence before the Blessed Sacrament it is Christ totally and really present whom we discover, whom we adore, and with whom we are in contact.”

Prayer before the Blessed Sacrament is one way to nourish our spiritual lives. There are many books, devotional prayers, hymns, and songs that may accompany or be part of adoration – these are not ends in themselves but guides to deeper communion with God. Spending silent time before the Blessed Sacrament to speak with Jesus and to listen to him should lead us to act more like Christ in our lives and build his Kingdom on earth.

TO PRAY BEFORE THE BLESSED SACRAMENT

- Find a church or chapel where the Blessed Sacrament is reserved or exposed.
- Upon entering the chapel, make a sign of reverence (genuflect or bow) and find a seat or kneeler where it is possible to pray in the presence of the Blessed Sacrament.
- Use scripture, meditation books, devotional prayers, etc. Pray from your heart. Remember that Jesus is our friend; speak to him as you would a friend (tell him what’s going on – both joys and sorrows, what’s causing anxieties, what graces you would like him to give, etc...) and remember to leave time to listen.
- Below is a common prayer form that is used for adoration. Pray slowly and listen to Jesus’ words of response.

I. OPENING PRAYER

I have come, my Lord, to be with you, to recall the great mystery of faith: your true presence in the consecrated bread of life. I come to adore you, Jesus, by acts of faith, hope, and love. I wish to express sorrow for my sins, to make reparation for the sins of the whole world, to thank you for your blessings and gifts, and to present to you my needs, my fears, and my desire for you to govern my life.

I pray to the Holy Spirit of light and truth to fill my heart and enkindle the fire of divine love. I also ask our Blessed Mother to be with me as I visit her Divine Son.

Lord, I may not be able to find all the words to express what is really in my heart. I may be distracted and perhaps feel weariness. Regardless, I kneel in silence before you, knowing that you know my innermost thoughts and desires.

I come to renew my personal love for you, and to attempt to rededicate my life to you. Please touch my heart and my soul with your peace. Amen.



II. PRAYER BEFORE THE BLESSED SACRAMENT

Eucharistic Heart of Jesus, fill my heart with that same love that burned in your heart. May I become love and mercy to those who live in pain and suffering. May I become the living gospel of your compassionate love.

Eucharistic heart of Jesus, fill me with faith, hope, and love. When I find myself lacking charity, help me to see your presence in those around me. Increase my faith when I find it hard to understand. Give me hope when life around me seems empty and forsaken. May your presence in the Blessed Sacrament of the altar be my courage and strength.

Eucharistic Heart of Jesus, your gift of the holy Eucharist strengthens me on the journey of life. Transform me into your disciple and send me to those who are in need of your love. May I be your hands to those who are helpless. May I be your heart to those whose are unloved. Surround me with your light and allow me to be an instrument of your peace.

Eucharistic Heart of Jesus, many times I find life to be difficult and filled with anxiety. Help me in times of uncertainty to come into your Eucharistic presence. Be my strength, my rock, my fortress, and my refuge. Help me, by the power of your Holy Spirit, to feel the light of your Resurrection surrounding me and protecting me from all danger. In you I hope, Lord; may I never be disappointed. Amen.

III. ACT OF SPIRITUAL COMMUNION

Lord Jesus Christ, I believe that you are present body, blood, soul, and divinity in the sacrament of the Eucharist. I love you and desire you. Come into my heart. I embrace you. Never let me be parted from your love. Amen.

IV. 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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

V. CLOSING PRAYER

Lord God, Father of mercy and source of life, you call us from the whole world to celebrate

With renewed fervor the great mystery of the Eucharist,
Memorial for all time of the Passover of your Son.

With gratitude in our hearts from the salvation, which has been given us, we ask you confidently: make us one body in Christ. May we live the divine life, which he obtained for us at the price of his Blood.

Enlivened by his Holy Spirit, we will proclaim to the world the wonders of your love.

We make this prayer through Jesus Christ your Son, who was born of the Virgin and who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen.



PRAYER TO YOUR GUARDIAN ANGEL

Angel of God,
My guardian dear,
To whom God's love
Commits me here;
Ever this day (or night)
Be at my side,
To light and guard,
To rule and guide. Amen



PRAYERS OF SAINT TERESA OF AVILA

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

Let nothing trouble you,
let nothing frighten you.
All things are passing;
God never changes.
Patience obtains all things.
He who possesses God lacks nothing:
God alone suffices.

APPENDIX
SONGS, RELECTIONS,
and
PLEDGES THAT
ARE PART OF THE
MOUNT MARY
HISTORY

MOUNT MARY SCHOOL SONG

Refrain: Sing to our fair Alma Mater.
Let ev'ry soul ring out her praise.
Our nights and our days will reflect her ways,
Proving that virtue and learning are one.
Let us bring to the name of Mount Mary
The fame of lives that renew
The hope of the world with faith unfurled
And a love that will dare and do.

When the Angelus rings in the morning
When the skies turn bluer at noon
When the tow'r cuts bright through the darkest night
With a radiance that shadows the moon.
When the pool blossoms lilies in springtime
And the ivy turns scarlet in fall
We will sing Mount Mary's beauty
Till ev'ry echo swells the halls.

*WORDS: S. FRANCELE SHERBURNE, ENGLISH;
MELODY: S. M. ANCELE GLOUDEMANN, MUSIC*



MOUNT MARY MARCH (MOUNT MARY HERE'S TO YOU)

Mount Mary we love and we honor your name
We pledge you our loyalty sincere
Your praises we'll sing, and fame we will bring
To you – through the on coming years.

We owe you a debt we can never repay
Your sympathy, guidance and care
Of you we will boast, we'll raise a toast
To you – we will always be fair.

Mount Mary here's to you
We are your daughters loyal and true
We pledge to you our song and devotion life-long
We cheer and revere you, too – Mount Mary!
Years will pass away
With you our hearts will always stay
Our Mount Mary name will ever be the same
We'll love you as we do today.

PALS

Pals, dear old pals, We'll always be
Sharing together, Friendships we'll never ever sever.
Faithful and true, We'll be to you
And we will always be Pals, dear old Pals.

CAP AND GOWN PLEDGE

I accept with a deep sense of responsibility my initiation into the world of scholarship symbolized by the cap and gown.

I shall always try to seek God's truth in the world, to be patient in the search for truth, to free myself from bias during the process, and, then to follow that truth where it leads.

I shall always be appreciative of the opportunity to student, careful and critical of my own work.

I shall respect the scientist, the philosophers, the learned person who has gone before me in the search for truth, and shall be grateful to those teachers who lead me in scholarly ways.

I shall endeavor to see things in the light of eternity, and to pray for insight, and for the guidance of the Holy Spirit conducted according to these ideals.

*PRESIDENT EDWARD FITZPATRICK IN 1942:
RECITED AT INDUCTION OF NEW STUDENTS*



SPIRIT OF MOUNT MARY

A search to know thoroughly,
A need to live hopefully,
A desire to believe unerringly,
A will to love purely
Without regret,
A courage to see realistically
Without despair,
These are realities that express
The spirit of Mount Mary...
And those who live here.

ARCHES DEDICATION, 1954-1955

MOUNT MARY HOPE

Hope wrote a letter and sent it to fear
She said everything's fine, the weather is clear
The world is still turning, the end is not near
And I can't wait to see you again
No I can't wait to see you my friend

Fear read the letter then he threw it away
He said hope never changes, what can ya' say
The road's gettin' rougher everyday
And I can't see around the next bend
No I can't see around the next bend

Change found that letter sifting through trash
Said there is only one question that I need to ask
Why be afraid when this too shall pass
And everything changes slowly or fast
And the status quo never will last

Here we are at Mount Mary with our hopes and fears

So much to do with our blood sweat and tears

This place is changin' that much is clear
Have faith we can carry the load
Have faith we can walk down this road

These words fell on Hope like rain from above
And they move through her hands and they fit like a glove
And she writes a new letter and signs it with love
Says I can't wait to see how this ends
No I can't wait to see how this ends

*DR. BRUCE L. MOON, ART THERAPY
SONG WRITTEN FOR AN ALL-UNIVERSITY WORKSHOP*

GOD REIGNS

Every time we walk through the arches, we are captivated by the rich history of Mount Mary. We are in awe at the beautiful architecture, for some say it resembles a castle, a castle where queens are born. We Mount Mary women are queens; queens who change our communities, blessing them with our presence, knowledge and capabilities. However, there is only one God who makes it all possible, one God who is a gracious God. “Charm is deceitful and beauty is vain, but a woman who fears the LORD, she shall be praised” (Proverbs 31:30). He reigns.

BRENDA REASBY, '16 INTRODUCTION TO THE GOSPEL CHOIR SONG:

HE REIGNS

Our God is an awesome God
He reigns from Heaven above
With wisdom, power and love
Our God is an awesome God
Our God is an awesome God
He reigns from Heaven above
With wisdom, power and love
Our God is an awesome God
You're marvelous and You're glorious
Your love has made me victorious
You took away the fear in us
Now we praise You cause You can deliver us
There ain't no stoppin' us
Devil, there ain't no blockin' us
Come on and clap your hands with us
Like this, like that
He reigns...

KIRK FRANKLIN

HOLY GROUND

This is Holy Ground.
We journey on holy ground.
When we walk together
The roads we walk are holy.

These are holy words.
Our stories are holy words.
Stories weave the mem'ry.
The telling makes us holy.

SONG AT FOUNDERS DAY; WORDS BY KIERAN SAWYER, SSND



APPROACHING DIFFERENCE

Our first task in approaching another people, another culture, another religion is to take off our shoes, for the place we are approaching is holy. Else we may find ourselves treading on other's dreams. More serious still, we may forget that God was here before our arrival. We have to try to sit where they sit, to enter sympathetically into the pains and griefs and joys of their history [...]. We have, in a word, to be 'present' with them.

MAX WARREN ADAPTED BY JASON MEYLER, WORLD LANGUAGES

CORE VALUES

Commitment

Character is built
on discipline. Be steadfast;
reach beyond your stretch.

Creativity

Agile and open,
poised to unfold something new—
complex imagining.

Community

To share is of God:
thoughts, talents, treasure, and love.
We are one together.

Competence

More than adequate,
qualified to lead from strength,
the student teaches.

Compassion

The other embraced
with open, heartfelt caring...
your need is my need.

PATRICIA ANN OBREMSKI, SSND, PHYSICS



We close this book of prayers, believing that

**“Out of the flame of our days
we build a fire and keep it burning.”**

*Words of Mother Theresa of Jesus Gerhardinger,
foundress of the School Sisters of Notre Dame*

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