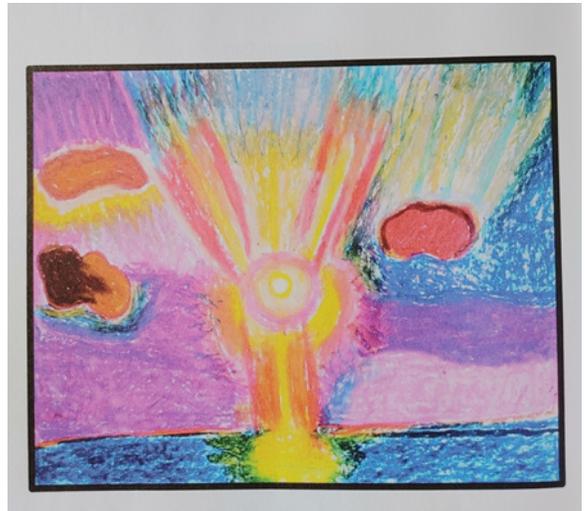


## When God Paints the Sky

*When God paints the sky,  
We need not ask why.  
Every night, He gets out His brushes  
And gives it another try.  
His only wish is for us to admire  
The work of His hands.  
Be it Dawn or Dusk,  
Each day is sure to renew,  
The sky, a different hue.  
Every second it changes,  
Nevermore to be.*

*And just like every new moment  
Is a true gift from God  
That keeps on giving and giving  
Until Eternity's end,  
In the night sky,  
Each moment in time is unique unto itself;  
Always renewing,  
Forever forgiving and forgetting the  
moment before.*

*Were we to be more like the sky  
There would be more beauty in our hearts,  
And all we'd need to do is to just look up  
And not ask why, But Who?  
Then we'd know what to do,  
When it's our hearts and our minds  
We need to remind and renew.  
**By Dana Meredith Friend**  
SASMAD beneficiary since 2016*



# An Act of Spiritual Communion

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there

and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

# Thanks for Health Workers

Holy One,

We give thanks for those who care for the sick at this difficult time.

For diligent family practitioners and experienced specialists,

We thank you.

For care-full nursing staff

We thank you.

For cheerful housekeeping workers,

We thank you.

For attentive care aides,

We thank you.

For skilled X-Ray Technicians,

We thank you.

For administrators and support staff,

We thank you.

Holy One, we know that in hospitals and care homes,

in emergency rooms and in intensive care units,

the work of healing is dangerous and challenging,

and we thank you for those willing to serve.

(time of silent reflection)

We acknowledge the sacrifice and continual pressure that is

the lot of those who care,

and we thank you for work they do for us, and for the communities to which we belong.

Holy One,

May your Love sustain them, your Peace surround them

and your Holy Spirit inspire them through the most challenging times,

Amen.

<https://www.united-church.ca/prayers/prayer-health-workers-during-covid-19>

# A prayer as I put on my mask:

Creator,  
as I prepare to go into the world,  
help me to see the sacrament  
in the wearing of this cloth -  
let it be "an outward sign of an inward grace" -  
a tangible and visible way of living  
love for my neighbours, as I love myself.

Christ,  
since my lips will be covered,  
uncover my heart,  
that people would see my smile  
in the crinkles around my eyes.  
Since my voice may be muffled,  
help me to speak clearly,  
not only with my words, but with my actions.

Holy Spirit,  
As the elastic touches my ears,  
remind me to listen carefully -  
and full of care - to all those I meet.

May this simple piece of cloth be  
shield and banner,  
and each breath that it holds,  
be filled with your love.  
In your Name and in that love,  
I pray.  
May it be so.  
May it be so.

Pastor Richard Bott

# Pray for the new coronavirus to stop spreading.

*Almighty God, we know that everything is in Your sovereign control. We ask that You keep this new coronavirus from continuing to spread. Give government officials the ability to safely handle people arriving from other countries. Help people decide to stay home instead of traveling or going out needlessly. Holy Spirit, remind people to [wash their hands properly](#). And while it may be heartbreaking, comfort families as they decide to keep their distance from elderly or other high-risk family members.*

**Pray for protection for people at higher risk of developing the disease.**

*Dear Lord, we lift to You our concern for people who are more likely than others to become severely ill from COVID-19 – the elderly and people with chronic health conditions. Protect them from harm and be their comfort in this time of uncertainty and, for many, preventive isolation from loved ones.*

# A Prayer for those Who Have Died

God of Consolation,

We remember those who died.

For those who passed away quietly, we ask for a Joyful  
passage into your spacious heart.

For those who suffered great pain, we ask for respite and the  
comfort of your compassionate embrace.

For those who died too soon, in sudden and unexpected ways,  
we ask for peace and surrender into your loving care.

Grant all of those who have died the grace of your eternal light  
and life.

Amen

# Blessing for Seniors

Most loving God,

we thank you for the gift of years granted in our time to so many men and women in the second half of life.

We thank you for their presence in our Parish Community, for their life experience, their courage, their wisdom and their witness of faith.

We ask your blessings upon them as they live the many transitions that are part of mature years.

Be with them, keep them in your care, grant them peace and enable them to become beacons of hope in our world.

Amen

# Prayer of Mother Teresa

Dear Jesus, help us to spread your fragrance  
everywhere we go.

Flood our souls with your spirit and life.

Penetrate and possess our whole being so utterly  
that our lives may only be a radiance of yours.

Shine through us and so in us  
that every soul we come in contact with  
may feel your presence in our soul.

Let them look up and see no longer us, but only Jesus.  
Stay with us and then we shall begin to shine as you shine,  
so to shine as to be light to others.

The light, O Jesus, will be all from you,  
None of it will be ours.

It will be you shining on others through us.  
Let us thus praise you in the way you love best  
by shining on those around us.

Let us preach you without preaching,  
not by words, but by our example;  
by the catching force –  
the sympathetic influence of what we do,  
the evident fullness of the love our hearts bear to you.

Amen

# Teach Me To Listen

Teach me to listen, O God, to those nearest me, my family, my friends, those that I visit.

Help me to be aware that no matter what words I hear, the message is, “Accept the person I am. Listen to me.”

Teach me to listen, my caring God, to those far from me—the whisper of the hopeless, the plea of the forgotten, the cry of the anguished.

Teach me to listen, O God, to myself. Help me to be less afraid to trust the voice inside — in the deepest part of me.

Teach me to listen, Holy Spirit, for your voice — in busyness and in boredom, in certainty and doubt, in noise and in silence.

Teach me, Lord, to listen. Amen.

John Veltri SJ ( Adapted)

***Prayer of Thérèse Vanier***

*That oppressed people and those who oppress them,  
may free each other :*

*That those who are handicapped and those  
who think they are not, may help each other :*

*That those who need someone to listen,  
may touch the hearts of those who are too busy :*

*That the homeless may bring joy to those  
who open their doors reluctantly :*

*That the lonely may heal those who think  
they are self-sufficient :*

*That the poor may melt the hearts  
of the rich :*

*That seekers for truth give life to those  
who are satisfied they have found it :*

*That the dying who do not want to die,  
may be comforted by those who find it hard to live :*

*That the unloved be allowed to unlock  
the hearts of those who cannot love:*

*That prisoners may find true freedom and  
liberate others from fear :*

*That those who sleep in the streets  
share their gentleness with those  
who cannot understand them :*

*That the hungry tear the veil from the eyes  
of those who do not hunger after justice :*

*That those who live without hope cleanse the  
hearts of their brothers and sisters  
who are afraid to live :  
That the weak confound the strong  
and save them :  
That violence be overtaken by compassion :  
That violence be absorbed  
by men and women of peace :  
That we may be healed :  
These things, good Lord, that we pray for,  
give us grace to labour for.*

*composed by Thérèse Vanier, the sister of Jean Vanier, who founded the international  
network of l'Arche communities for persons with disabilities.*