



Devotional Prayers

The Unity Prayer

Elizabeth Kindelmann (1913 – 1985)

My adorable Jesus,
May our feet journey together.
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to the silence together.
May our glances profoundly penetrate each other.
May our lips pray together to gain mercy from the
Eternal Father.

*Favourite of:
June Gervais, St. Edward the Confessor, Westport*

Jesus I love you

Jesus I love you, all I have is Yours.
Yours I am and Yours I want to be.
Do with me whatever You will. Amen. (repeat 3 times)
Glory be to the Father... (repeat 3 times)

*Favourite of:
Lucienne Coppens, St. Paul the Apostle, Kingston*

Prayer For Fortitude

Dear Jesus, please lay your wounded hand
Upon my weary head,
And teach me to have courage
In the paths that I must tread.
Bless me, and bless those whom I love,
And give us grace to see
These crosses bravely borne by us
Will keep us close to Thee.
And if at times a shadow fall
In unexpected ways,
Put Your gentle hand in mine
And guide me through the day.
So, bless my people, one and all,
With Your protecting grace,
And impart to them Your wisdom
Before they meet You face to face.
Amen.

*Favourite of:
Donna Craigen, St. Patrick's Napanee*

*“This is a prayer that my Mom gave me years ago, and
I say it every night.”*

A Prayer of Abandonment

Charles de Foucauld (1858-1916)

Father, I abandon myself into Your hands; do with me what You will.

Whatever You may do, I thank You; I am ready for all. I accept all.

Let only Your will be done in me, and in all Your creatures.

I wish no more than this, O Lord.

Into Your hands I commend my soul; I offer it to You with all the love of my heart, for I love You, Lord, and so, need to give myself, to surrender myself into Your hands,

without reserve, and with boundless confidence, because You are my Father.

Favourite of:

*Betty Ann Brown-Davidson. Honourary Life Member,
St. Gregory the Great, Picton
Annette Meadows, St. Mary's, Carleton Place*

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.

Pope St. John XXIII

Favourite of:

*Bernadette Burgess, Life Member,
St. Patrick, Lansdowne*

Prayer to the 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 will renew the face of the earth.
Lord, by the light of the Holy Spirit
You have taught the hearts of Your faithful.
In the same Spirit help us to relish what is right
and always rejoice in Your consolation.
We ask this through Christ our Lord.
Amen.

*Favourite of:
St. Patrick / St. Mary Council, Railton / Odessa*

Lord Jesus, Fill Me with Your Spirit

Lord Jesus, I know now that I am Yours and You are mine forever.
I thank You for sending Your spirit to me that I might have the power to live this new life with You.
Stir up Your spirit within me. Release Your spirit within me. Baptize me in the fullness of Your Holy Spirit that I may experience Your presence and power in my life.
May I find new meaning in Your scriptures, find delight and comfort in prayer, learn to love as You love and be merciful as You are merciful.
May I discover and use the gifts You have given me for the life of Your church. May I experience the peace and the joy that You have promised us.
Fill me with Your spirit, Lord Jesus.
I desire to receive all You have to give me. Amen.

*Favourite of:
Mary Tudin, St. Joseph, Kingston*

Prayer to the Holy Spirit

Holy Spirit, beloved of my soul, I adore You.
Enlighten, guide, strengthen and console me.
Tell me what I should do and give me Your orders.
I promise to submit myself to all that You ask of me
and to accept all that You permit to happen to me.
Only let me know Your will.
Amen.

*Favourite of:
Mary Tudin, St. Joseph, Kingston*

Meditation on the Holy Spirit

Holy Spirit, I love You and I thank You for Your healing love. I thank You for Your presence of God's love in my heart. I thank You for Your presence of God's love in my soul. I thank You for Your presence of God's love in my mind. I thank You, You who proceeds from the Father and the Son, for Your presence throughout my whole body. I thank You for enabling me to lead a righteous life. I thank You for enabling me to love God and my brothers and sisters, to be wise and charitable, to know right from wrong, to forgive, ask forgiveness and accept forgiveness, to be courageous and careful, to be calm and patient and gentle.

Holy Spirit, I humbly offer You this small prayer of gratitude, appreciation, love, admiration, and adoration.

Glory to You Holy Spirit, glory to You!

*Author:
Françoise Steadman, St. Mary's, Carleton Place*

Prayer to be Filled with Christ' Light

Lord help me to follow Your light today.
Let Your light be in all I say,
Let Your light be in all I do.
Lord, let my heart reflect from You.
Your holy love, Your peace and joy.
Let Your life shine for You, Lord.
O Jesus, light of the world, my friend.
Fill me with Your light and send my heart, my mind and
all my being into the world.
May Your light bring Your truth in all You do through
me from now to eternity.
In Jesus name, Amen.

*Favourite of:
Annette Meadows, St. Mary's, Carleton Place*

O Holy Spirit, Take Me as Your Disciple

Cardinal Henry Edward Manning (1808–1892)

O Holy Spirit of God, take me as Your disciple; guide
me, illuminate me, sanctify me.
Bind my hands that they may do no evil; cover my eyes
that they may see it no more; sanctify my heart that evil
may not dwell within me.
Be my God; be my guide.
Wherever You lead me, I will go;
whatever You forbid me, I will renounce; and whatever
You command me, in Your strength, I will do.
Lead me, then, unto the fullness of Your truth.
Amen.

*Favourite of:
St. Patrick / St. Mary Council, Railton / Odessa*

A Prayer of Trust

Thomas Merton (1915-1968)

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 that I have that desire in all that I am doing.
I hope that I will never do anything apart from that
desire.
And I know that if I do this, you will lead me 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.

Favourite of:

*Betty Ann Brown-Davidson, Honourary Life Member,
St. Gregory the Great, Picton
Mary Myers, St. Paul the Apostle, Kingston*

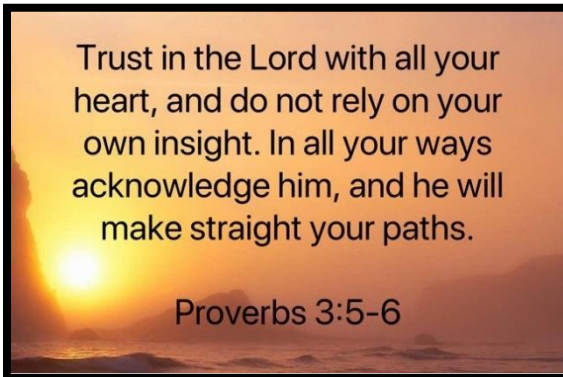
Anima Christi

St. Ignatius of Loyola (1491-1556)

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 your wounds, hide me.
Let me never be separated from you.
From the malignant enemy, defend me.
In the hour of my death, call me,
And bid me come to you,
That with your saints I may praise you
Forever and ever. Amen.

Favourite of:

*Betty Ann Brown-Davidson, Honourary Life Member,
St. Gregory the Great, Picton
Miriam Wright, St. Paul the Apostle, Kingston
Marilyn Landriault, St. Mary's, Carleton Place*



Favourite of:

*Elizabeth
Warren,
St. Mark the
Evangelist,
Prescott*

Prayer After Mass

The holy sacrifice is done.
Blessed be God and the Son, the Holy Spirit three in
one
While never ending ages run.
Bless me before I go away, that all I think or do or say
May praise and bless You every way
and show that I have been to Mass today.

*Favourite of:
Susan Conway Williamson, St. Joseph, Kingston*

Prayer Before the Crucifix

Look down upon me, good and gentle Jesus
while before Your face I humbly kneel and,
with burning soul, pray and beseech You
to fix deep in my heart lively sentiments
of faith, hope, and charity; true contrition for my sins,
and a firm purpose of amendment.
While I contemplate, with great love and tender pity,
Your five most precious wounds, pondering over them
within me and calling to mind the words which David,
Your prophet, said to You, my Jesus:
“They have pierced My hands and My feet; they have
numbered all My bones.”
Amen.

*Favourite of:
Marilyn Landriault, St. Mary's, Carleton Place*

A Reader's Prayer

Praise to you, Lord God, King of the universe, and all glory to Your name.

I praise You and thank You for calling me to proclaim Your word to Your beloved people.

Open the hearts of all who worship with us, so that they may hear Your voice when I read.

Let nothing in my life or manner disturb Your people or close their hearts to the action of Your Spirit.

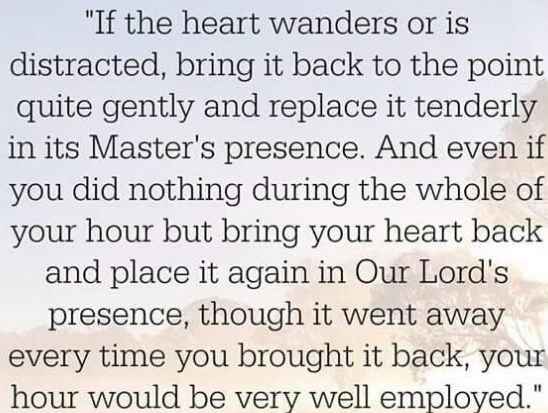
Cleanse my heart and mind, and open my lips so that I may proclaim Your glory.

All praise to You, heavenly Father, through the Lord Jesus, in the Holy Spirit, Now and forever.

Amen.

Favourite of:

Diane Jozefowicz, St. Mark the Evangelist, Prescott



"If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in Our Lord's presence, though it went away every time you brought it back, your hour would be very well employed."

— St. Francis de Sales

Favourite of:

*Fr. Francis Zambon, Spiritual Advisor,
Holy Name of Mary, Marysville*

Prayer of Offering (Prayer After Communion)

O Jesus, receive my poor offering.
Jesus, You have given Yourself to me,
now let me give myself to You:
give You my body that it may be chaste and pure,
I give You my soul that it may be free from sin,
I give You my heart that it may always love You,
I give You every breath that I shall breathe and
especially my last,
I give You myself in life and in death
that I may be Yours for ever and ever.
Amen.

*Favourite of:
Joan Cobham, St. Francis De Sales / Blessed
Sacrament, Smiths Falls / Lombardy*



Help Me Jesus

Oh my Jesus, help me to realize I'm in Your presence
and You behold me as I pray.
Enlighten my mind and touch my heart that I may
know Your holy will and do it gladly for Your greater
honour and glory and for the sake of my soul. Amen.

*Favourite of:
Roberta Millar, St. Paul the Apostle, Kingston*

Serenity Prayer

Reinhold Niebuhr (1892-1971)

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 hardship 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.

*Favourite of:
Nancy Richer, Diocesan President,
St. Mary/St. Cecilia, Morrisburg/Iroquois
Bernadette Burgess, Life Member,
St. Patrick, Lansdowne
Claire Laforest, St. Mary's, Carleton Place*

O Sacrament Most Holy

O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine!

*Favourite of:
Lyne Tuepah, St. Mary's, Carleton Place*

An Old Celtic Prayer

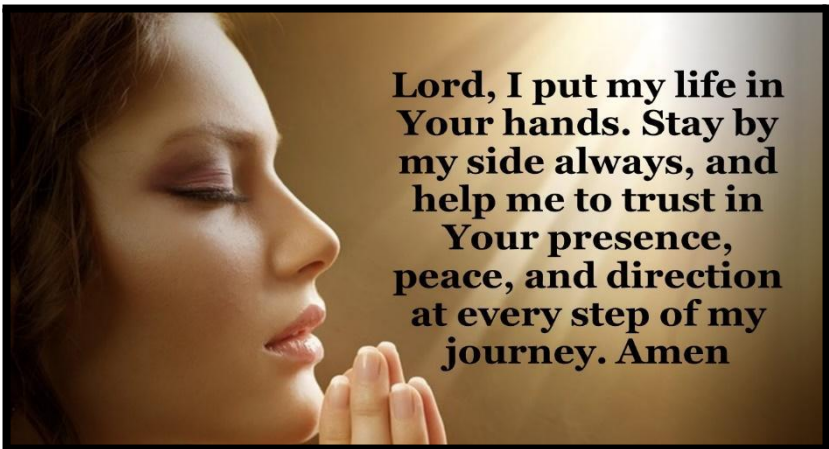
David Adam (1936 – 2020)

I weave a silence onto my lips, I weave a silence into my mind, I weave a silence within my heart.

I close my ears to distractions, I close my eyes to attractions I close my heart to temptations.

Calm me, Lord, as You calmed the storm,
Still me, Lord, keep me from harm, Let all tumult
within me cease, Enfold me in your peace.

*Favourite of:
Meg Freer, St. Joseph, Kingston*



*Favourite of:
Grace Neddow, St. Joseph, Kingston*

Christmas and the Christ Child

*Helen Steiner Rice (1900-1981)
used by permission*

In our Christmas celebrations of merriment and mirth,
Let us not forget the miracle of the holy Christ child's
birth.

For in our festivities it is easy to lose sight,
Of the baby in the manger and that holy, silent night.

*Favourite of:
Julia Murphy, Holy Name of Mary, Marysville*

New Year's Prayer

Abba, we thank You for the experiences that have
brought us to this moment.

We thank You for the work of others that gives breath
and depth to our own work.

Be with us as we move forward, rejoicing with You and
supporting one another.

You are with us in every transition and change. As we
enter into this new year with excitement and even some
anxiety, we recall Your deep compassion, presence and
abounding love.

We thank You for the gifts, talents and skills with which
You have blessed us.

May this new year be a blessed year of health, peace,
joy.

His love gives us confidence to embrace a great new
year.

*Author:
Patricia Hoobin, Blessed Sacrament, Amherstview*

Prayer to the Sacred Heart

Most Holy Heart of Jesus, fountain of every blessing,
I adore Thee, I Love Thee,
and with a lively sorrow for my sins,
I offer Thee this poor heart of mine.
Make me humble, patient, pure
and wholly obedient to Thy will.
Grant good Jesus, that I may live in Thee and for Thee.
Protect me in the midst of danger and comfort me in
my afflictions.
Give me health of body and assistance in my temporal
needs. Give Thy blessing on all that I do, and the grace
of a holy death. Amen.

*Favourite of:
Gloria McLaren, St. Joseph, Kingston*

Take My Body, Jesus

Take my body Jesus, my eyes, my ears and my tongue.
Never let them Jesus, help to do thee wrong.
Take my heart and fill it, full of love for Thee,
All I have to give Thee, is to give myself to Thee.

*Favourite of:
Susan Conway Williamson, St. Joseph, Kingston*

Two Simple Prayers

Holy Spirit of God, help me not beg you to follow me,
but simply follow you...

By Your love, Lord Jesus, live in me!

*Favourites of:
Linda Ludlow, St. Mark the Evangelist, Prescott*

Litany of Trust

The Litany of Trust is a prayer composed by one of the Sisters of Life, Sr. Faustina Maria Pia, SV. In it, we ask Jesus to deliver us from the things that hold us bound, and we place our trust in His promises.

From the belief that I have to earn Your love ...**Deliver me, Jesus.**

From the fear that I am unlovable ...**Deliver me, Jesus.**

From the false security that I have what it takes ...**Deliver me, Jesus.**

From the fear that trusting You will leave me more destitute ...**Deliver me, Jesus.**

From all suspicion of Your words and promises ...**Deliver me, Jesus.**

From the rebellion against childlike dependency on You ...**Deliver me, Jesus.**

From refusals and reluctances in accepting Your will ...**Deliver me, Jesus.**

From anxiety about the future ...**Deliver me, Jesus.**

From resentment or excessive preoccupation with the past ...**Deliver me, Jesus.**

From restless self-seeking in the present moment ...**Deliver me, Jesus.**

From disbelief in Your love and presence ...**Deliver me, Jesus.**

From the fear of being asked to give more than I have ...**Deliver me, Jesus.**

From the belief that my life has no meaning or worth ...**Deliver me, Jesus.**

From the fear of what love demands ...**Deliver me, Jesus.**

From discouragement ...**Deliver me, Jesus.**

That You are continually holding me, sustaining me,
loving me ...**Jesus, I trust in You.**

That Your love goes deeper than my sins and failings
and transforms me ...**Jesus, I trust in You.**

That not knowing what tomorrow brings is an invitation
to lean on You ...**Jesus, I trust in You.**

That You are with me in my suffering
...**Jesus, I trust in You.**

That my suffering, united to Your own, will bear fruit in
this life and the next ...**Jesus, I trust in You.**

That You will not leave me orphan, that You are present
in Your Church ...**Jesus, I trust in You.**

That Your plan is better than anything else
...**Jesus, I trust in You.**

That You always hear me and in Your goodness always
respond to me ...**Jesus, I trust in You.**

That You give me the grace to accept forgiveness and to
forgive others ...**Jesus, I trust in You.**

That You give me all the strength I need for what is
asked ...**Jesus, I trust in You.**

That my life is a gift ...**Jesus, I trust in You.**

That You will teach me to trust You
...**Jesus, I trust in You.**

That You are my Lord and my God
...**Jesus, I trust in You.**

That I am Your beloved one
...**Jesus, I trust in You.**

*Favourite of:
Bernadette Burgess, Life Member,
St. Patrick, Lansdowne*

A Private Litany of Humility

*Adapted from a prayer by
Cardinal Rafael Merry Del Val (1865-1930)*

From the desire of being praised
...**deliver me, Jesus.**
From the desire of being honoured
...**deliver me, Jesus.**
From the desire of being preferred
...**deliver me, Jesus.**
From the desire of being consulted
...**deliver me, Jesus.**
From the desire of being approved
...**deliver me, Jesus.**
From the desire of comfort and ease
...**deliver me, Jesus.**
From the fear of being humiliated
...**deliver me, Jesus.**
From the fear of being criticized
...**deliver me, Jesus.**
From the fear of being passed over
...**deliver me, Jesus.**
From the fear of being forgotten
...**deliver me, Jesus.**
From the fear of being lonely
...**deliver me, Jesus.**
From the fear of being hurt
...**deliver me, Jesus.**
From the fear of suffering
...**deliver me, Jesus.**

That others may be loved more than I,
Jesus, grant me the grace to desire it.
That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.
That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.

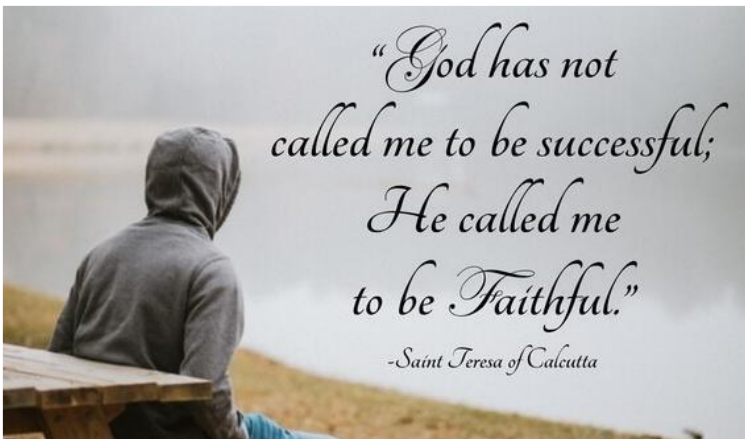
O Jesus, meek and humble of heart, make my heart like yours.

O Jesus, meek and humble of heart, strengthen me with your Spirit.

O Jesus, meek and humble of heart, teach me your ways.

O Jesus, meek and humble of heart,
help me put my self importance aside
to learn the kind of cooperation with others
that makes possible the presence of Your Abba's
household.

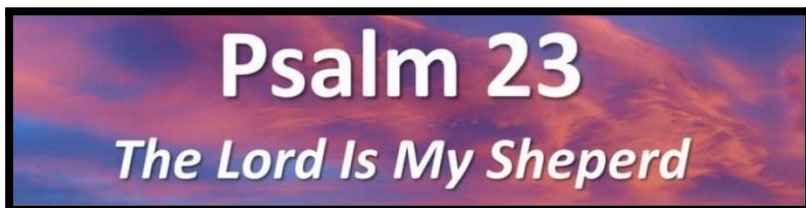
*Favourite of:
Karen Shannon, Holy Name of Mary, Marysville*



Heart Prayer

Heart of Jesus I adore You,
Heart of Mary I implore you,
Heart of Joseph pure and just,
In these three hearts I place my trust.

*Favourite of:
Susan Conway Williamson, St. Joseph, Kingston*



Psalm 23 - The Divine Shepherd

The LORD is my shepherd, I shall not want.
He makes me lie down in green pastures;
He leads me beside still waters; He restores my soul.
He leads me in right paths for His name's sake.
Even though I walk through the darkest valley,
I fear no evil; for You are with me;
Your rod and Your staff— they comfort me.
You prepare a table before me in the presence of my
enemies;
You anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days
of my life,
and I shall dwell in the house of the LORD my whole life
long.

*Favourite of:
Linda MacDonald, St. Mary's, Carleton Place*

Mahatma Gandhi on PRAYER

Mahatma Gandhi (1869–1948)

I am neither a man of letters nor of science,
I simply try to be a man of prayer.
It is prayer that has saved my life.
Without prayer, I would have lost my mind.
If I have not lost my mind,
In spite of all the difficulties,
it is because of the peace that came to me through
prayer.
One can live several days without food,
but not without prayer.
Prayer is like the key to each morning,
and the lock to each evening.
Prayer is a sacred alliance between God and man.

*Favourite of:
Patricia Hoobin, Blessed Sacrament, Amherstview*



*Favourite of:
Pauline Aunger, St. Francis De Sales / Blessed
Sacrament, Smiths Falls / Lombardy*