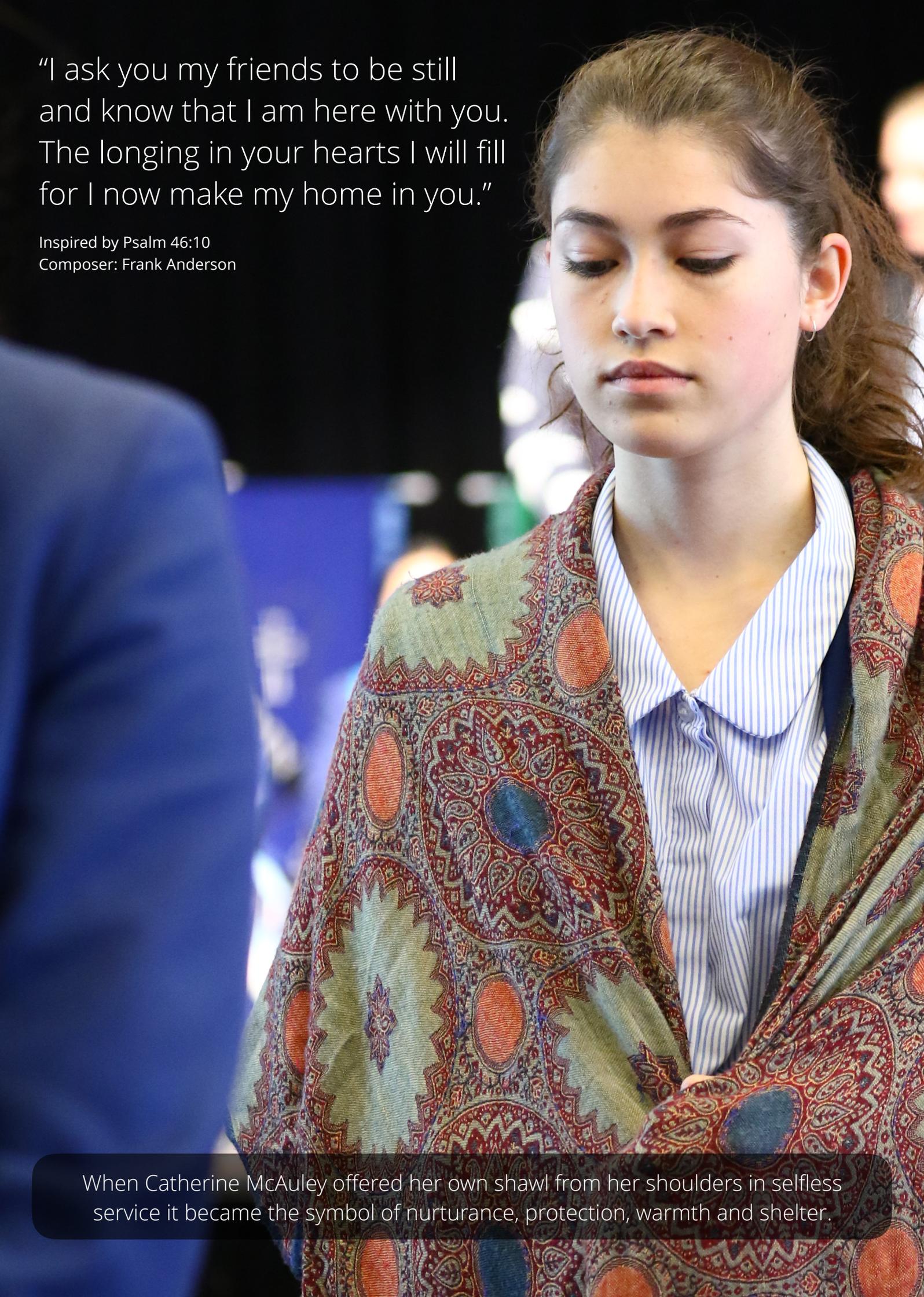


"I ask you my friends to be still
and know that I am here with you.
The longing in your hearts I will fill
for I now make my home in you."

Inspired by Psalm 46:10
Composer: Frank Anderson

When Catherine McAuley offered her own shawl from her shoulders in selfless service it became the symbol of nurturance, protection, warmth and shelter.





Opening Prayer

Let us pray.

All we are, the possessions we have, and the earth we inhabit and share, are a gift from you our loving Creator.

Give us the grace to see the world O God, as you do, in its infinite goodness, diversity and interconnectedness.

Grant us the wisdom to walk gently upon our earth.

Mercy calls us to be protectors of human life, promoters of human dignity, defenders of the poor and seekers of the common good.

Give us the grace to hold in our hearts and show in our lives, what we proclaim with our lips:

Goodness is stronger than evil;

Love is stronger than hate;

Light is stronger than darkness;

Hope is stronger than despair.

Inspiration from Scripture

“For I know the plans
I have for you,
declares the Lord;
plans to prosper you
and not to harm you,
plans to give you hope
and a future”

Jeremiah 29:11 (NIV)

Personal Reflection

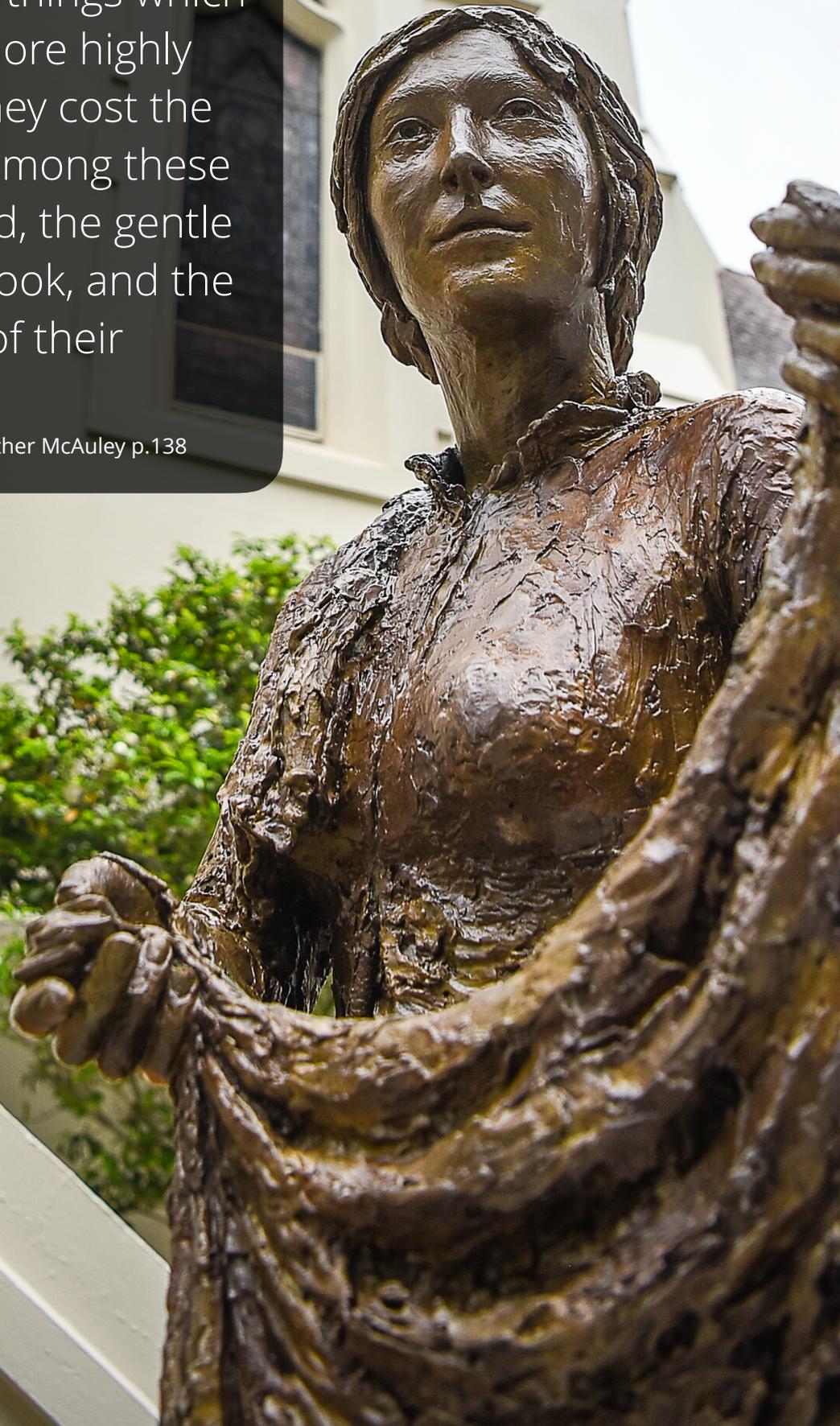
“Despite the challenges before us, we must never lose heart. The Creator does not abandon us; never forsakes His loving plan or repents for having created us. For He has united Himself definitively to our earth and His love continually propels us forward in a particular way. ”

Laudato Si: 13;245
Pope Francis



"There are three things which the poor prize more highly than gold, tho' they cost the donor nothing; among these are the kind word, the gentle compassionate look, and the patient hearing of their sorrows."

Familiar instructions of Rev. Mother McAuley p.138



"We need:

- the **wisdom** to perceive the interconnectedness of all life and living;
- the **courage** not to fear or deny difference, but to respect and strive to understand people of different cultures and to grow from encounters with them;
- the **compassion** to maintain an imaginative empathy that reaches beyond one's immediate surroundings and extends to those suffering in different places."

Extract from **Power of the Heart - Words of Wisdom** by Daisaku Ikeda

Our call to action for transformative change



"Song of Peace and Hope" by Jonathan van der Lugt
[Click here to watch YouTube video](#)

Young people, Our hope.



Malala Yousafzai | Pakistan | Advocate for Girls Education

"World leaders need to be serious and think of the world as one country, as a land of all people, where every person deserves equality, equal rights, no matter whether they are black or white, man or woman, rich or poor."

Oslo Education Summit 2015



Greta Thunberg | Sweden | Climate Activist

"What we do or don't do right now, me and my generation, can't undo in the future. Hope, we all need hope but the one thing we need more than hope is action. Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then and only then will hope come."

TEDx Stockholm November 2018



Wai Wai Nu | Burma | Advocate for Equality and Anti-Discrimination

"We must see that all human beings are the same. We have to take care of each other to build a beautiful world. I want to live in a democratic country where our life and dignity is respected where we can express our opinion freely."

Oslo Freedom Forum 2017

Concluding Prayer

Let us find ourselves in the beauty of the world when we open our eyes.

Let our souls be refreshed when we greet the new day.

Let us look at each day as a new beginning, a chance to be kind, to do good, to offer inspiration, to be strong, and to strengthen our resolve to enable all our brothers and sisters to live their lives with dignity.

Let us always know our blessings.

Let our lives and the lives of others be enriched by the new opportunities that surrounds us and the wisdom garnered from the lessons of the past.

Let us have faith in times of despair and in times of joy,
In despair, let us never close our eyes to our blessings, in joy, let us not forget that others are despondent and may need our help.

Let us value life and treat all with the dignity and respect that was the purpose of their creation.

Let us live in the present and build hope in the future.

Let us live authentically.

Let us have the courage to face our fears, and know that challenges we face are opportunities for growth.

Author Unknown



"Let There Be Peace on Earth" by Jill Jackson & Sy Miller
Click here to watch YouTube video