

# Prayer to welcome the day

## Acknowledgment of Country

We acknowledge the Traditional Custodians of the various lands on which we gather for prayer today. We pay our respects to all Indigenous Peoples across the world for their enduring connection and care of the lands, rivers, animals and plants. May we walk together in peace and harmony with all creation and with our God.

**In this Year of Saint Joseph we pay tribute to Father Julian Tenison Woods – Father Founder of the Sisters of Saint Joseph – who recognised his unique relationship with Mother Earth and all Creation. We express gratitude to God, the Creator Spirit; we give thanks to the Indigenous Peoples of the four directions of our world, honouring the gifts and knowledge of their traditions. Our prayer honours these connections to country, allowing us to move with the sun, wind and spirit.**

Take yourself out into nature;  
whether that be into the garden  
into the park  
or onto your balcony  
wherever nature is for you at this time.

We place ourselves on (\_\_\_\_\_) Country,  
(naming the country you stand on)

Recognising ourselves in the presence of the Creator Spirit  
we still ourselves reflecting on these words:

*We, like St Joseph and Fr Julian Woods, are called to listen to and heed the voice of God speaking to the depths of our hearts, to be open to the signs of God's presence each day and to be committed to God's purpose for humankind and for creation. We are impelled to engage in inner listening as we nurture God's gifts and God's life in, among and around us.*

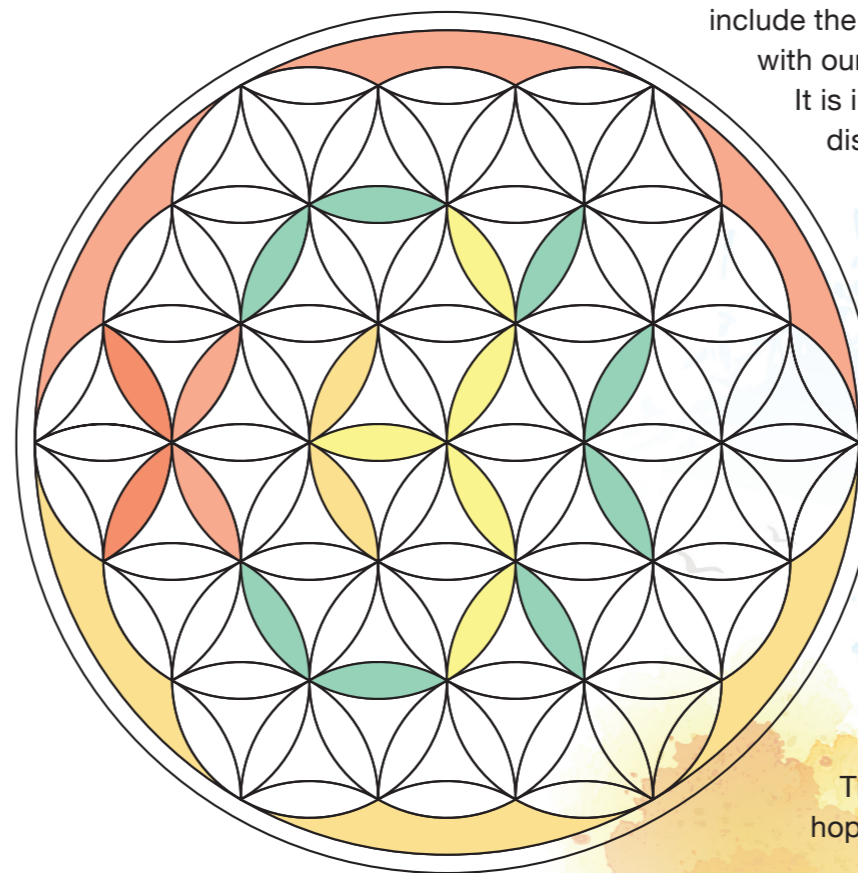
(Excerpt from Mary MacKillop eNews  
edition 118 8 March 2021 – Therese McGarry rsj)

## Facing South we pray

The Flower of Life in many cultures is a holy symbol, showing the pattern of the Universe and can be found in many religions and cultures throughout the world.

The Flower of Life has a deep spiritual meaning and is thought to include the pattern of Creation, helping us to create connection with our Creator God and giving us stronger self-awareness. It is in searching one's experience and culture that one discovers the tracks of God in our past and present.

Thank you Creator God for the mystery of creation.



## Facing East we pray

Indigenous peoples of the world often see birds as the symbol of the East, announcing the coming of the sun at dawn.

Christ is our morning star, as the sun rises in the East with the promise of a new day so Christ is our guiding light through the message of the Gospel leading us throughout the day as we look forward in hope.

Thank you Creator God for all that gives us hope and promise

As we walk into our day allow these reflections to accompany us and give us inspiration.

**Living in harmony with nature and with God gives us full happiness and purpose (JTW 1887)**

## Blessing

*May the abiding presence of God encourage us,  
May the inspiration of Julian our Father Founder foster awe in each of us,  
May the strength of St Joseph support us,  
May our love for one another enliven us,  
In Julian's respect for the harmonies of Earth we leave you,  
God bless us with generous and hopeful hearts.*

Amen



# Prayer at day's end

## Acknowledgment of Country

We acknowledge the Traditional Custodians of the various lands on which we gather for prayer today. We pay our respects to all Indigenous Peoples across the world for their enduring connection and care of the lands, rivers, animals and plants. May we walk together in peace and harmony with all creation and with our God.

**In this Year of Saint Joseph we pay tribute to Father Julian Tenison Woods – Father Founder of the Sisters of Saint Joseph – who recognised his unique relationship with Mother Earth and all Creation. We express gratitude to God, the Creator Spirit; we give thanks to the Indigenous Peoples of the four directions of our world, honouring the gifts and knowledge of their traditions. Our prayer honours these connections to country, allowing us to move with the sun, wind and spirit.**

Take yourself back into nature;  
whether that be into the garden  
into the park  
or onto your balcony  
wherever nature is for you at this time.

We place ourselves on (\_\_\_\_) Country,  
(naming the country you stand on)

Recognising ourselves in the presence of the Creator Spirit we still ourselves reflecting on these words:

*I see God in the glorious sunset and sunrise and they only serve to remind me how pale and lonely they are in comparison with the reality. (JTW Letter to Mary 1870)*

*The flowers will unveil the hidden secrets of their beauty; the stones reveal their crystalline structure, and the tiniest insects display wonders. (JTW 1880)*



## Facing North we pray

Many traditions have symbols of new life, growth, strength and peace. These symbols hold tight the stories of their people. The scriptures speak to us through sacred story, Earth speaks to us through signs, plants, animals and her cries for compassion and nurturance.

Thank you Creator God for the strength and willingness to listen to the cries of Earth and her people.

## Facing West we pray

The sun travels across the sky and sets in glory in the west, bringing us hope for the future. The afternoon wind moves the clouds making room for the sun to rest below the horizon, promising us gentle sleep, reflection, contentment and rest.

Thank you Creator God for the gifts of Mother Earth. Thank you for the promise of a new day with new possibilities.

*As we reflect on our day let us lay aside all that may make us regret how we spoke and acted (from JTW 1875)*  
*Living in Harmony with nature and with God gives us full happiness and purpose (JTW 1887)*

## Blessing

*May the abiding presence of God encourage us,  
May the inspiration of Julian our Father Founder Foster awe in each of us,  
May the strength of St Joseph support us,  
May our love for one another enliven us,  
In Julian's respect for the harmonies of Earth we leave you,  
God bless us with generous and hopeful hearts.*

*Amen*

