

PRAYERS BEFORE MEETINGS

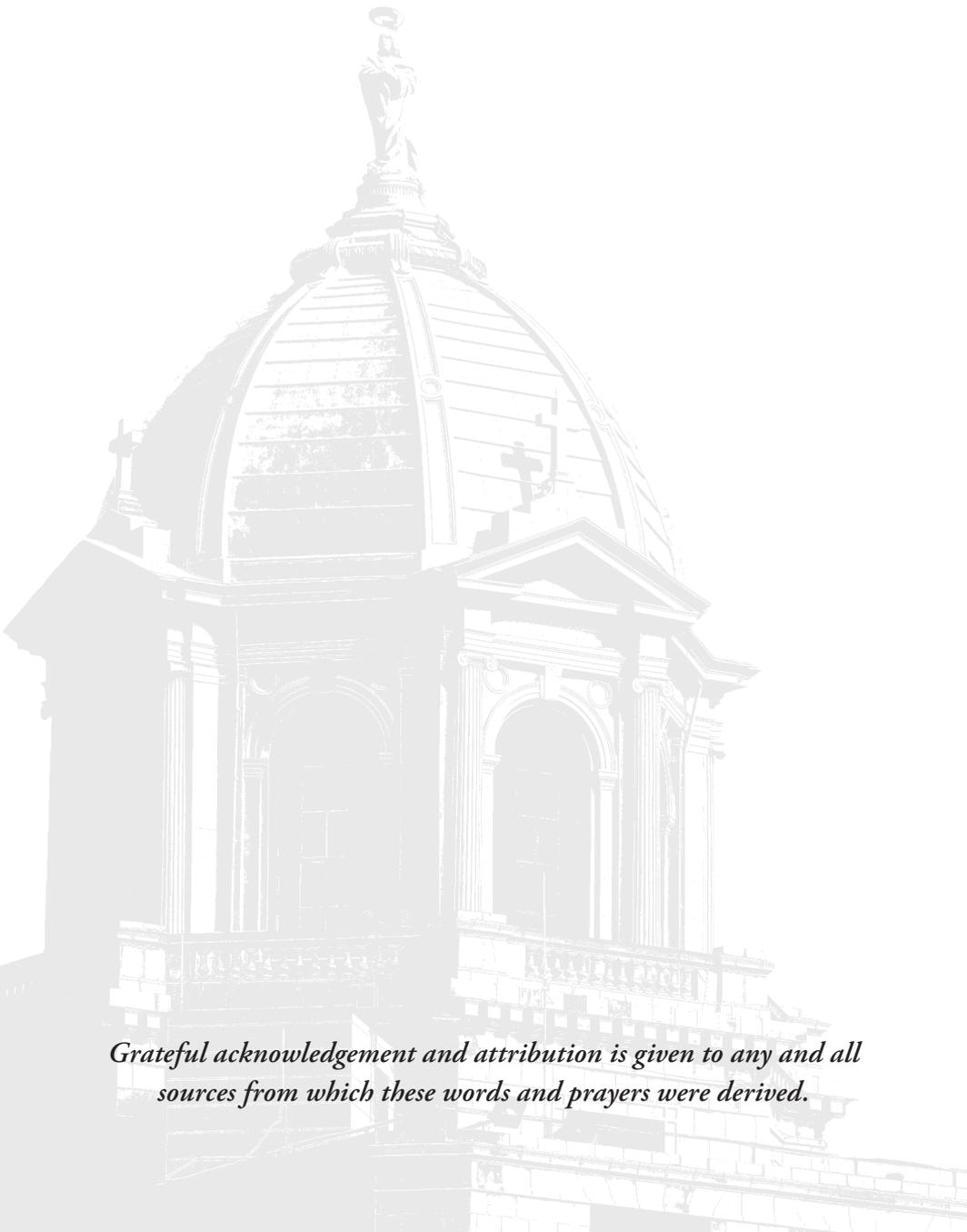
Immaculata University Prayer Booklet



IMMACULATA
UNIVERSITY

*“For where two or three are gathered together
in my name, there am I in the midst of them.”*

—Matthew 18, 20



Grateful acknowledgement and attribution is given to any and all sources from which these words and prayers were derived.

To the Immaculata University Community,

The eighteenth century St. Alphonsus Liguori, patron of the Sisters, Servants of the Immaculate Heart of Mary, was a lawyer, bishop, prolific author and a master of prayer. Of all his writings, he considered his most useful work to be his treatise, *On The Great Means of Prayer*. In this work, Alphonsus describes prayer as “a necessary and certain means of obtaining salvation and all the graces that we require for that object.”

Reflecting on this quote on August 1, 2013, Pope Benedict XVI shared the following, “By saying that prayer is a necessary means, St. Alphonsus wanted us to understand that in no situation of life can we do without prayer, especially in times of trial and difficulty.” In this reflection, one can hear echoed in Alphonsus the teaching of Sacred Scripture, itself: “Pray Always” (1 Thess. 5:17). It is this teaching which has inspired the tradition found at Immaculata to begin all things with prayer. And it is this same teaching which now inspires this ***“Prayers Before Meetings — Prayer Booklet.”***

In an effort to facilitate and foster the tradition of prayer at Immaculata, Campus Ministry is proud to make available this ***“Prayers Before Meetings — Prayer Booklet.”*** This Booklet is intended to serve as both a reminder and a resource for the privileged task we have to offer prayer before our meetings. It is our hope that this booklet combined with our own desire for God’s blessings will assist and deepen the rich tradition of prayer found at Immaculata.

May St. Alphonsus Liguori, the “Doctor of Prayer” and patron of the Sister, Servants of the Immaculate Heart of Mary, be with us and keep us close to Jesus. Amen.

SUGGESTION FOR THE PRACTICE OF PRAYER

- 1) Before the meeting begins, call for a moment of silence.
You may begin by bowing your head and/or making the Sign of the Cross, “In the name of the Father, and of the Son and of the Holy Spirit. Amen.”
- 2) Invite all present to call to mind the presence of God.
- 3) Provide an opportunity for vocal and/or silent prayer.
This prayer may be spontaneous, one of the prayers in this booklet, or a prayer that one has prepared.
- 4) Conclude prayer with “Amen” and/or the Sign of the Cross.

OUR FATHER

Our Father, Who art in heaven, hallowed be 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 thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of death. Amen.

GLORY BE

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end. Amen.

Prayer for Oneself Before a Meeting

Lord, before I go into this meeting, I place myself before You, for You are filled with beauty and light and care deeply about me. Help me to listen, before speaking. Help me to respect and understand the opinions of others. Help me to value and appreciate those I am about to meet. May Your light enfold me. May Your Spirit guide me. May Your grace abound in me. I make this prayer through Christ the Lord. Amen.



Opening Prayer for a Meeting

Lord, we are meeting today to conduct matters of business. Guide our hearts and our minds in the spirit of fairness, right thought and speech. Impart Your supreme wisdom upon our activities so that our affairs may reach a successful conclusion. Thank You for being our source of guidance today. Amen.

Serenity Prayer

God grant us the serenity to accept the things we cannot change; courage to change the things we 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 we would have it; trusting that He will make all things right if we surrender to His Will; and that we may be reasonably happy in this life and supremely happy with Him Forever in the next. Amen.



St. Augustine's Prayer to the Holy Spirit.

Breathe in us, O Holy Spirit, that our thoughts may all be holy. Act in us, O Holy Spirit, that our work, too may be holy. Draw our hearts, O Holy Spirit, that we may love but what is holy. Strengthen us, O Holy Spirit, to defend all that is holy. Guard us, then O Holy Spirit, that we always may be holy. Amen.

COME HOLY SPIRIT

V. Come Holy Spirit, fill the hearts of your faithful

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created

R. And you will renew the face of the earth.

Let us pray.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.



Prayer to the Holy Spirit by St. Alphonsus Ligouri

Holy Spirit, Divine Paraclete, You are the Author of all heavenly gifts. Vivify us by Your grace, sanctify us by Your charity, govern us by Your infinite wisdom, adopt us by Your bounty as Your children, and save us by Your infinite mercy, so that we may never cease to bless You, to praise You, to love You at first during life on this earth and afterward for all eternity in heaven. Amen.

For Insight

May the Lord touch our eyes, as he did those of the blind. Then we shall begin to see in visible things those which are invisible. May we open our eyes to gaze, not on present realities, but on the blessings to come. May he open the eyes of our heart to contemplate God in Spirit, through Jesus Christ the Lord, to whom belong power and glory through all eternity.

Origen



Prayer of St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that we 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; and it is in dying that we are born to eternal life.
Amen

God Has Created Me

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have a mission. I may never know it in this life, but I shall be told it in the next. I have a part in a great work; I am a link in a chain, a bond of connection between persons. I shall do good. I shall do His works; I shall be an instrument of peace.

John Henry Cardinal Newman



O Eternal Trinity, my sweet love! You, light, give us wisdom. You, supreme strength, strengthen us. Today, eternal God, let our cloud be dissipated so that we may perfectly know and follow your truth, in truth, with a free and simple heart.

St. Catherine of Siena

Look upon us, Lord, and let all the darkness of our souls vanish before the beams of your brightness. Fill us with holy love, and open to us the treasures of your wisdom. You know all our desires, therefore, perfect what you have begun and what your Spirit has awakened us to ask in prayer. We seek your face. Turn your face towards us and show us your glory. Then shall all our longing be satisfied and our peace shall be perfect. Amen.

(Adapted from St. Augustine)



Teach me to seek You, and reveal Yourself to me as I seek; for unless You instruct me I cannot seek You, and unless You reveal Yourself I cannot find You. Let me seek You in desiring You; let me desire You in seeking You Let me find You in loving You; let me love You in finding You.

St. Anselm of Canterbury

Gracious God, thank you for the gift of today. Refresh me. Invite me to discover your presence in each person that I meet and every event that I encounter. Teach me when to speak and when to listen when to ponder and when to share. In moments of challenge and decision attune my heart to the whisperings of your Wisdom. As I undertake ordinary and unnoticed tasks, gift me with simple joy. When my day goes well, may I rejoice. When it grows difficult, surprise me with new possibilities. When life is overwhelming, call me to Sabbath moments to restore your Peace and Harmony. May my living today reveal your Goodness. Amen.

Pat Bergen, C.S.J.



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. Amen

St. Thérèse of Lisieux

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 this 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.

St. Louis University Prayer Book



God, our Creator, You give us life and support us with love. Send your Spirit of compassion to dwell in our midst as we meet here today. Help us to be respectful and just in our discernment and decisions. May we be mindful of the needs of all in our community and help us to honor one another in a courteous manner. We ask this through Christ our Lord. Amen.

Generous God, You provide for the lilies of the field and the birds of the air. You promise to take care of us even when our faith is small. Bless us as we examine the use of Your gifts and seek to use them fairly, honestly, and prudently to better our University and meet the needs of our students, faculty, staff, and administrators. During this time help us to remember that we are doing your work, not our own. May we see this meeting time as a way of serving you. May all that we do and are give you praise and be for your honor and glory. Amen.



Father, may everything we do begin with Your inspiration and continue with your saving help. Let our work always find its origin in You and through You reach completion. We ask this through Christ our Lord. Amen.



Good and loving God, Source of every grace and blessing, We give You thanks this day for the many gifts you have given us. We seek to be good stewards, Lord. Bless us as we gather here to share Your gifts. Send us Your Spirit and be present among us in the mouths of all who speak, in the ears of all who listen, and at the heart of all we say and do. We ask this in Jesus' name. Amen

Good and Gracious God, shine Your light on the most Gifted areas of our lives. Give us understanding of how to utilize our gifts effectively so we may fulfill our calling and our destinies. With joy and satisfaction, allow us to be helpers of humanity, exuding kindness, love, and humility to lift up and improve the lives of others, for the betterment of all Your people. Lord, we ask You to release in each of us your creative spirit.

We ask for open minds and open hearts, that we might be clever and inventive in identifying solutions to complex problems in our world.

We ask for Your wisdom and for the perseverance necessary to develop significant life changing ideas.

Release all the creativity You have placed within us, enabling us to draw others near as we endeavor to live together, at this time, on this Earth, and in solidarity.

We give thanks for the many blessings we receive from You, and especially for the gift of companionship, that we do not have to make our journeys alone.

We offer this prayer in your name. Amen

God Our Father, we thank You for having called us together that we may humbly serve You at this meeting. Send Your Holy Spirit upon us and remain present among us to lead us in the conversation and discussion we will have. Bless our words and thoughts with holiness that we may be fitting instruments of Your grace. We ask this through Christ our Lord. Amen.



Almighty God, Ruler of the Universe, by Your power we move and have our being. We are gathered here today to serve You and further the work of our great University. Give us knowledge and strength to do Your will, with a proper balance of eternal values and our present needs. May we accept our responsibilities and act with courage, considering the good of all. Amen.

Holy Spirit of Wisdom, You refresh us with Your life-saving power. You have entrusted us with a share in leadership. Help us to share ideas and plans with one other. Keep us kind and courteous to one another. Give us insight about the work at hand that we may further Your causes and benefit many people. Help us to resist any temptation to dominate, control, or to forget the needs of all. We ask this through Christ our Lord. Amen



Lord, send Your Holy Spirit to preside over this meeting and help us to work together for Your honor and glory. May the work we do today benefit the life of our campus and all who work and serve here at Immaculata University. We ask this prayer through Christ our Lord. Amen.

O, Holy Spirit, we come together here as stewards of the resources entrusted to us. Please come upon us and be with us throughout this gathering. Shine your light upon our ideas, our discussions, and our deliberations. Enable us to speak our truths clearly. Help us to listen to each other, not just to hear the words but to discern the meanings. Keep us united in purpose, and lead us to successful productive results. Amen



Before we begin our meeting, let us take a moment to thank the Lord for this opportunity to be here, working together toward the common goal of enriching our University and all who work here.

Let us pray. Lord, we praise you and ask you to guide us in this meeting that we may be united in the spirit of mutual respect and in the healthy exchange of our ideas. Help us to work together for the good of all in our community. Amen.

Lord we ask you to preside over our meeting and our labors, and to bless all our endeavors. Help us to build a community united in harmony of love and service. We thank you Lord, for every-
thing which widens our knowledge and equips us more fully for the task of life and living. Teach us to know our own strengths that we may use to the full the gifts and talents which You have given us. Help us to share a loving concern for each other at all times. Above all, Lord, help us to really know You, for this is the beginning and the end of all wisdom, this is eternal life. Amen



Father we thank you for this opportunity to gather here. Bless each person present. We pray that this meeting is successful, productive, and blessed. Holy Spirit guide us during our discussions. Give us wisdom concerning the issues that we face. Lord, we give You the glory for what we accomplish in Jesus name, Amen.

O God, I thank You for this day of life
For eyes to see the sky
For ears to hear the birds
For feet to walk amidst the trees
For hands to pick the flowers from the earth
For the sense of smell to breathe in the sweet perfumes of nature
For a mind to think about and appreciate the magic of everyday miracles
For a spirit to swell in joy at Your mighty presence everywhere.
Amen



Good and gracious God, we thank you for the gift of today.
We thank you for the generous gifts that you have given to us and to our University. We ask you to help us grow closer to you and to have a better understanding of what it means to be a steward to all our brothers and sisters and of creation. We ask this prayer through Christ, our Lord. Amen.

For where two or three are gathered in my name, I am there among them (Mt. 18:20). Lord as we prepare to begin our meeting, we recall Your promise to be present when we gather in Your name. We know that without You here among us and within each of us we will labor in vain.

Our Response is: *Unite us Lord in Your Spirit.*

We rejoice that we are blessed and called together to work in Your name. We pray that we will respond generously to this opportunity to serve You and that we will grow in our Christian calling. **Response**

Inspire us with Your Spirit of wisdom; plant seeds of Your vision in our hearts and minds; Give us humor and give us humility in our working with one another so that we may know the privilege of participating in the coming about of Your Kingdom.

Response

We ask that working together will increase the communion among us as members of your Body on earth. May the communion we experience give us new courage in all that we do for You. **Response**

Grant us the willingness to be open to each other, to respect each other, to listen to each other, to be honest with each other, to be supportive of each other, for the sake of your Kingdom.

Response

This prayer is influenced by the Scripture Text Isaiah 41.10
‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.’

Lord, St. Francis de Sales reminds us: “everyone knows how to be peaceful in the midst of joys and the happiness of prosperity; but, to be so in the midst of storms and tempests is peculiar to the Children of God.”

Do not allow our worries and our stress be distractions that keep us from our dreams and from achieving our greatest potential. Grant us wisdom, grace, and insight to ignite the fire of Divine Providence inherent in our being the children of God and heirs of the IHM legacy of hope-filled risk taking.

Glory to the Father and to the Son and to the Holy Spirit....

Amen

Heavenly Father, bless us as we come together in Your Name. Send the Spirit of Jesus into our hearts to guide us in our discussions for the good of all. We ask this grace through Christ our Lord. Amen.



Lord Jesus, our Brother, You have promised to be present among us whenever we come together in Your Name. Remain with us as we meet for the benefit and love of Your people. Guide us in our discussions, and help us to do everything for Your honor and glory. We make this prayer through Jesus Your Son who is Lord forever and ever. Amen.



Lord Jesus Christ, our Brother and our Savior, You prayed that we may be one as You and Your Father are one. Send Your Holy Spirit to be present to us at this meeting and help us to work together for Your honor and glory. We ask this in your name. Amen.

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you because of me. Rejoice and be glad, for your reward will be great in heaven.

(Matthew 5: 1-12)

Before we begin our meeting, let us take a moment to thank the Lord for this opportunity to be here, working together toward the common goal of enriching our University and our students. Guide us, Lord, so that we may be united in the spirit of mutual respect and exchange of ideas and goals, not as individual entities, but as the Catholic community we strive to be. In our discussion here today, let us not forget for whom we do this: our University and our students. Help us to work together to be successful in our obligations to Immaculata University. As always, we seek your guidance and inspiration in all our thoughts and decisions. Dear Lord, we pray that this meeting will be a most productive and successful meeting. Amen



Father in Heaven, bless us as we gather today for this meeting. Guide our minds and hearts so that we will work for the good of our community and help all Your people. Teach us to be generous in our outlook, courageous in face of difficulty, and wise in our decisions. We ask this through Christ our Lord. Amen.

God, our Father, we give you thanks for the beauty of this day, for the gift of this world, and for the gift of each other. We especially give You thanks for the gift of our vocation to work and serve here at Immaculata Univeristy. As we gather here at this meeting, we ask You to be with us as we continue to reflect on our work here and seek to advance it for the good of all. Open our eyes, that we may see what You wish us to see. Open our ears, that in our dialogue we may hear what You want us to hear. And, open our hearts, that we may feel as You feel toward those in greatest need of our services. Bless all that we do here in this gathering; may it be a holy work done in Your name. We ask this in the name of Jesus and in the power of the Spirit. Amen.



Triune God, You are a community of Persons. In your mercy and grace, we gather to plan (*mention specific plan*). Give us unity of heart and mind to consider the tasks and challenges before us today. Send Your Spirit of insight to open our imaginations to prepare for what lies ahead. May we trust and share our convictions with enthusiasm. And may Your kingdom come, through Jesus, the Christ, our Lord. Amen.

Lord, Eternal God, we are about to begin our meeting,
and we do so with the awareness that without Your Divine Presence here at the center of our meeting, and also within ourselves, our work will be empty. Grace us with your Wisdom and Vision; gift us with holy humor and humility so that not only this meeting but all our lives may be a meeting place for your Kingdom.

We ask this through our Lord, Jesus Christ, Who lives with you in the unity of the Holy Spirit, now and forever, Amen.



God of all creation, bring justice and peace to our world.
Teach us to be peacemakers. Guide us in our pursuit of justice and the common good. Inspire us to welcome all, forgive all, and love all. Direct us as we walk in the shadow of Jesus: the Way, the Truth, and the Life. Inspire us to perceive the world through your eyes, that we might find hope and joy each day, supportive of each other, for the sake of your Kingdom. Amen.

We stand before you, Holy Spirit, conscious of our sinfulness, but aware that we gather in your name. Come to us, remain with us, and enlighten our hearts. Give us light and strength to know your will, to make it our own, and to live it in our lives. Guide us by your wisdom, support us by your power, for you are God, sharing the glory of Father and Son. You desire justice for all: enable us to uphold the rights of others; do not allow us to be misled by ignorance or corrupted by fear or favor. Unite us to yourself in the bond of love and keep us faithful to all that is true. As we gather in your name may we temper justice with love, so that all our decisions may be pleasing to you, and earn the reward promised to good and faithful servants. You live and reign with the Father and the Son, one God, for ever and ever. Amen.

(A prayer used before every session of the Second Vatican Council)

Good and Gracious God, look upon all of us who are gathered for this meeting. Help us to be guided by the Redemptorist spirituality of St. Alphonsus, whose lifestyle conversion led him to meet the needs of the most abandoned and forgotten. The heart of Redemptorist spirituality is apostolic charity and zeal which is an animating force of the IHM Sisters. At the root of Redemptorist spirituality is Jesus' own mission, which was to empty himself, take the form of a servant, (Phil. 2:7) and submit to the will of God in the work of redemption. Through commitment to the redemptive mission, help us to share the life of Jesus the Redeemer, the freedom of Jesus' heart, and His wholehearted offering of Himself for the life of the world. Help us, therefore, to become signs and witnesses of the power of redemptive living, to proclaim the new and eternal life, and to know and serve the needs of our university, its administration, faculty, staff, and students.

Patrons of the Sisters, Servants of Immaculate Heart of Mary



*St. Alphonsus Ligouri,
C.Ss.R.*



St. Teresa of Avila

Pray for Us

IHM Prayer

*Loving God of our Past,
Faithful God of our Present,
Provident God of our Future,*

We offer You

*Praise, Love, Thanksgiving
Now and Forever.*



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