

**Morning Prayer**  
**Community beginning – 2020**



I rise today in prayer to worship my maker, Praise be unto your name, for your countless blessings in my life. I am grateful for your love that keeps me alive. Let my life revolve around your beauty as I encounter your creation today. Let your favour shine upon me as the sunshine and help me to live my life according to your holy will.

Creator Spirit, we thank you for calling us to do your will. You are the source of every new beginning. Your grace enables us to accomplish what we begin. Just as you empowered and enlightened Jesus before He began his public ministry, we come before you seeking your blessing, strength and guidance before we start our new community life. May you bless our beginning and each one of us and the intentions we hold in our hearts.

- Creator Spirit.....

Our story begins in the loving heart of the Triune God. Love is both the movement inward to deeper communion and outward, inviting others into this communion. We nurture our personal relationship with the Triune God as the source and center of our life and mission. The Trinity is a model for our relationship on earth. Just as Father, Son and Spirit are joined, so are we joined together in our community. The theme chosen, “Rooted in the life of the Trinity to transform the world with compassion”, reawakens in us the spirit of commitment and zeal for the mission of the Triune God.

“To be rooted in divine” is perhaps the most important need of the human soul. Being rooted is indeed one of our basic needs, only when we are rooted we can grow tall and branch out to others. Just like a plant, planted in the soil has to go deeper in order to grow as beautiful tree. So are we planted in the soil of a particular community and are called to grow as persons fully alive. Community is the place where we cultivate and nurture the seed of love for one another and God’s mission. We are nurtured and sustained by the support, love and care of each other. Above all the grace of God that makes our life beautiful. When we

grow deeper in our relationship with God and ourselves, we grow as persons we are called to be. And we bloom together as a life giving community.

As a symbolic gesture of our beginning of new community life, let's receive a sapling. Which is a reminder for us that we have been planted by God in this community with a greater purpose. And each one of us are responsible to make one's own life and nurture the life of my sisters beautiful and alive. I invite Sr. .... to come forward and gift the sapling to the sisters belonging to this community.

- Music.....

Having received the sapling, we shall now move in procession to the front courtyard in front of the bust of St. Arnold. As we walk together, we recall the story of the Israelites journeying toward their promised land. This story reminds us that God continues to journey with us and His providence will be always there with us.

- Hymn :We are companions on the journey

The Prologue to our Constitution says, God created the world through his word and vivified the universe through the Holy Spirit. In his boundless love God calls all of us to be in union with him in life and glory. When the fullness of time came God sent His only son and anointed Him with the Holy Spirit to announce the message of salvation to the poor and bring healing to those who are suffering. In His church with the new people of God, Christ continues his mission. To spread this light of faith more brightly among people, the spirit of God continually raises up communities which are specially committed to carrying out her mission.

In response to this call of the Holy Spirit and the needs of the church, St. Arnold Janssen together with Mother Maria Helena Stollenwerk and Mother Josepha, founded our congregation as a religious missionary community, dedicated to the life-giving spirit. The same Spirit that filled our founding generations with the burning desire to reach out to the people far beyond their horizon, impels us towards deeper communion with God, others and with all of creation. As a community, we continue the story of our founding generation wherever we are.

In the silence of our hearts, let's now seek the blessings of our founder St. Arnold Janssen, St. Joseph Freinademetz and our co foundresses, Bl. Maria and Bl. Josepha.

- Pause....

Fr. Arnold held a special love to the nature, to the extent that he attributed divine qualities to different colours. He was a person who felt the presence of God in everything. Today as we pray the **psalm of gratitude**, we shall bring to our mind the whole universe where the vibrant presence of God abides. (**Prayer group take turns to pray**)

**The Earth Mother:** We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. We gladly remember our ancestors, our pioneering sisters of this house, our founding generation, on whose vision and hard work we stand firm.

**The Waters:** We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms: waterfalls and rain, mists and streams, rivers and oceans. With one mind, we thank the spirit of Water. We gratefully remember all the 16 communities of our province, as we flow together in the same direction.

**The Fish:** We turn our minds to all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn to the Fish and thank them. We acknowledge the presence of our budding generation here, specially our novices who strive to live a purified and holy life.

**The Food Plants:** With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks. We acknowledge the presence and hard work of our supporting staff in our field and in the kitchen.

**The Medicinal Herbs:** Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines. We also thank God for our infirmarians and all our sisters who are under medication.

**The Animals:** We gather our minds together to send greetings and thanks to all the Animal life in the world. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near, in our homes and in the deep forests. We thank all our domestic animals for nourishing us with food products and gratefully remember all their care takers.

**The Trees:** We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. With one mind, we greet and thank the Tree life and all our gardeners.

**The Birds:** We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds-from the smallest to the largest-we send our joyful greetings and thanks. We acknowledge and thank God for the variety of talents he has given to each of us, to make life beautiful and mission successful.

**The Sun:** We now send greetings and thanks to our Brother Sun. Each day without fail he brings us the light for the day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun. With gratitude we remember our provincial & community leadership team who lead us by vision and example.

**Moon:** We put our minds together to give thanks to our Moon, who lights the night-time sky. She governs the movement of the ocean tides. With one mind, we send greetings and thanks to our Moon. We are thankful to all those who care for our property and safeguard it day and night.

**The Stars:** We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. We thank the numberless stars in the sky. We remember all the leadership teams of the past, our senior members, mission associates and all those who have expressed their good will for the growth of the varied mission of this house.

**The People of all races and nations:** Today we have gathered and we see that the cycles of life continue in the people of all races and nations. We have been given the duty to live in balance and harmony with each other and all living things. We thank the Lord for our neighbours, SCC members, care takers of the sick sisters and the Parish community.

**The Creator:** Now we turn our thoughts to the creator or Great Spirit and thank him for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator God.

- Carrying these sentiments of gratitude, we shall now move to chapel in procession, led by Srs. .... After reaching the chapel we shall keep the plants around the symbol of our community, and each one may pick up a paper scroll from the tree, and get back to your seat.
- Hymn played: *Aao chale....*

Jesus, during the three years of his public life, made all the efforts to build a new community, through a core community of 12 disciples and he as its leader. He had chosen his disciples from all walks of life, with varied life experiences, trades, qualities, personalities etc. He is our role model and our reference point in building community. Now we shall take some time in reflecting together, of the ways Jesus made conscious choices in his being, life style, interactions, interpersonal relationships, behavior, thoughts and attitudes in order to help the disciples to form a loving community.

I now invite you to open your small scroll, read and reflect for a while and read it aloud for all to hear, that we too may make conscious choices like Jesus to



contribute towards the formation of a gospel community, based on values. (One each of the following points are pasted in the small scroll)

**1. Jesus troubled himself on behalf of God and others:**

God yearns to have an intense and intimate relationship with each one of us, and Jesus looked for every opportunity to communicate that love - even to the point of dying on the cross.

**2. Jesus said, "Why not me?"**

When something bad happens to us, one of the first thoughts we have is usually, "why me Lord?" But through the parable of the wealthy landowner, who entrusted his and vineyard to certain people, Jesus as the land owner's son steps up and says, "Father, why not send me?"

**3. Jesus served only the best wine:**

Jesus always poured out the best of himself for others and we recall Jesus turning water into wine during the wedding at Cana. Jesus never reserved his affection for few but poured out freely to all those who he encountered.

**4. Jesus saw things differently:**

Jesus did not always perceive situations the way others did but saw things differently. He said, "The first shall be last and the last shall be first." His operating criteria was compassion.

**5. Jesus gave the disciples a vision larger than themselves:**

He said to the fishermen, "Follow me, I will make you fishers of men." They started working for something beyond themselves. He made the Samaritan woman aware of her higher calling that she dropped her bucket and ran out with this message to communicate.

**6. Jesus beheld them:**

"And Jesus beheld the man, and looking at him, loved him." To behold someone means to be fully centred and to hold, or embrace, a person that she feels like the most important person at that moment. People flocked to Jesus because he saw them as brother and sisters.

**7. Jesus saw the disciples as God's gifts:**

Not as projects to be completed, fools to be corrected, but friends to be with. He enjoyed their company.

**8. Jesus harboured only Goodwill:**

Jesus presumed the best about people though they were not always the best to him. He said to Peter, “You denied me, but you will be my rock.” Since he saw the best in people, he could handle the worst in them.

**9. Jesus spent lots of time with disciples:**

Jesus knew that we humans have a tremendous need for companionship and he fulfilled it. When he was leaving the disciples he said, “Don’t cry, I will be with you always.”

**10. Jesus touched the fragile things of life:**

Jesus took time to play with children. He took time to notice the lilies in the field and sparrows in the sky. He took time to hold the hand of a little girl and time to weep with a grieving family.

**11. Jesus treated them all as equals:**

Jesus was divine and he called fishermen and prostitutes his brothers and sisters. He not only accepted these imperfect people, but radiated so much love for them.

**12. Jesus kept encouraging people and urging them on:**

Jesus said to the paralytic, “You can do it. Take up your bed and walk. To Lazarus, “Come on Lazarus, come out, into light.” To Peter, “Come on, step out on the water.”

**13. Jesus wanted to take everyone to the top:**

His last wish was that all his followers could be with him. He invited the thief dying on the cross, to join him in paradise.

**14. Jesus believed in himself:**

Jesus called himself, the door, the vine, the bread, the life, the light, the shepherd etc. He believed his role was to nurture others. He never missed any opportunity to nurture and uphold life.

**15. Jesus had internally secure or had internal anchors:**

Jesus’ actions were not based on what others thought. He said, “Why do you seek after people’s approval that come only from God?”

**16. Jesus guarded his energy:**

Jesus had tremendous energy and he knew how to channelize it. He refused to engage into meaningless debates with people, thus preventing unnecessary energy leakages.

**17. Jesus allowed himself to be helped:**

In his most agonizing moments he sought the company of his close friends in Gethsemane, he accepted help from Simon of Cyrene, he was consoled by the loving act of Veronica on the road to Calvary.

**18. For Jesus, people mattered more than rules and ritual:**

Being compassion itself, he dared to cure the needy on Sabbath against the law. He took courage to confront Pharisees and scribes in this regard.

**19. Jesus had to trust God and let go:**

Jesus did not cling to power, popularity, fame, even life itself. Jesus saved us not through speeches, but letting go of everything, and dying as an apparent failure, amidst atrocious suffering, ridiculed by those who 'mattered'

**20. Jesus love was without frontiers:**

Jesus walked through the world without divisions in his heart, seeing and loving everyone as God's child- be it Romans, Samaritans, women, leprosy patients, publicans, prostitutes, tax collectors etc.

**21. He gave new meaning to authority and love as service:**

Being the master, he washed the feet of his disciples and gave a beautiful life example of humility and service.

**22. He revealed the beautiful dimension of love as forgiveness:**

Looking down at his executioners, while hanging on the cross he said, "Father forgive them, for they do not know what they are doing."

**23. Jesus made God real and accessible to others:**

Jesus was intensely aware of God. Jesus lived so close to the unseen yet intensely real. Many who met Jesus felt they had come into contact with God. For them the God of Jesus was very compassionate, fair, loving and altogether beautiful.

**24. Jesus exercised freedom:**

Jesus was free of social prejudices and was in complete control of his circumstances. He freed the people from guilt, fear and low self-image.

Dear sisters, having listened to Jesus' unique way of building a universal family, let us now choose and ponder over two elements that would be our unique contribution in building our community this year.

- Pause.....



Let us now place these two of our particular elements that help us build our community before Holy Spirit and we dedicate ourselves to the Great Spirit as we pray ‘the Consecration to the Holy Spirit’

- Prayer book page :
- Hymn: we are one in the spirit, we are one in the Lord.
- Scripture reading Col 3: 14-17

### **Concluding prayer:**

**Dear Sisters,**

We are called to choose today, the road of faith that Sarah and Abraham travelled, trusting that even in their old age God still had some marvelous surprises in store for them.

We are called to choose the road to forgiveness that led Jacob’s sons to their brother Joseph.

We are called to choose the road of justice courageously undertaken by Esther, who risked her life and saved her people from destruction.

We are called to choose the road of the prodigal son too tired and hungry to do anything expect return to the one place where he had always known love.

We are called to choose the road to Emmaus, travelled by, two sad and discouraged disciples, who were transformed by a blaze of love, retraced by feet hurrying to tell the good news

We are called to choose the road through the wilderness as the Exodus people wandered their way to the promised Land, God’s presence never failing them.

May God be our life companion as we travel together choosing these roads less travelled. We make this prayer through Christ our Lord. Amen

- Angelus

**Srs. Manju, Pulcharia, Vimala, Josepha,  
Jessy, Punam, Nuru & Sandhya SSpS.**

