



St Michaels Community Groups

Newsletter - keeping our parish community connected

April 25th / 26th

This newsletter is specially for those parishioners not able to access online resources, who are collecting or receiving a printed copy of bulletin and news. We are providing some resources which we hope might support you as you pray at home.

Sub Tuum

This short prayer to Our Lady has been prayed by Christians in troubled times since the third century.

We fly to your protection, O Holy Mother of God; despise not our petitions in our hour of need, but deliver us always from all dangers, O glorious and blessed Virgin Mary. Amen



For peace of soul

Let nothing disturb you,
Let nothing frighten you.
All things are passing:
God alone is changeless.
Patience gains all things,
Who has God wants nothing.
God alone suffices.

St Teresa of Avila



Prayer during the Pandemic every evening at 7pm:
The faithful across the Diocese of Wollongong are urged to join with other members of the National Council of Churches, so that all Christians pray at 7pm every night during the Pandemic crisis:

PRAYING FOR OUR WORLD, AMIDST COVID-19

Gracious God,

We give thanks anew for your providence and presence.

We prayerfully seek your grace, amidst COVID-19 here and overseas.

We pray for those in need of healing.

We pray for your peace with those who are anxious or grieving.

We pray you will continue to strengthen and sustain all those who are serving in response.

We pray for your Holy Spirit's discernment amidst the many choices and decisions facing our national, community and medical leaders.

We pray we each might see quickly what more we can do to help those who are vulnerable.

*This prayer for our nation in the family of nations, with all that is on our hearts, we gather now and pray through Jesus Christ our Lord. **Amen.***

PTO >>>

A REFLECTION DURING THE TIME OF PANDEMIC

The Examen

is a traditional method
of prayerful awareness



that is a bedrock of Ignatian spirituality and Jesuit education. It's a short, easy way to reflect on your day and become more mindful about where you are experiencing grace or goodness and where there is room in your actions and life for growth. Especially in times of uncertainty and rapid change, taking time to reflect becomes essential.

What people don't often realize is that the Examen is exceptionally flexible and adaptive.

It can be used to review your day or it can be adapted to hone in on a specific issue or focus. So in light of the new set of circumstances many of us find ourselves in with COVID-19, it is helpful to adapt the Examen to this unique situation.

Take a moment to settle. Take a deep breath. Get comfortable. Like a rock settling on the bottom of a lake after it's thrown in, let yourself settle.

1. Acknowledge how you are feeling in this moment. If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it. God wants to be present in all parts of our lives—not just the easy or serene moments.

2. Ask for light and insight as you prepare to review your day. For some, that light may come in the form of a sense of the Divine. For others it's from a deep sense of your true self.

3. Take a moment to think about how COVID-19 has impacted your life. Even as we are being asked to distance ourselves from one another socially, ask yourself what connections you find yourself grateful for?

Who makes you feel grounded and connected to God?

4. Public health issues have a way of making us recognize how interwoven our lives are with others in society. It can help us realize who we may often choose *not* to see or connect with. Is there a person or group of people especially affected by COVID-19 that you don't often choose to see or connect with normally?

What connections to others are you becoming more aware of? Whom do you normally choose to reach out and connect to? Who do you avoid or refuse to see?

If you can, picture the faces of these people.

What connections do you take for granted in your life?

What connections impact you the most?

5. Note the emotions you feel when you think of these individuals without judging or over-analyzing. Simply acknowledge them, pay attention, & listen to where God may be speaking.

6. As you think of the ways we are connected or disconnected to one another, pick a connection (or lack thereof) that seems important, or is manifesting itself the strongest. Pause & reflect on where you're being invited to grow from that moment. If you are a person of faith, take a moment to pray with it.

7. God gifted us with limitless creativity and imagination. Even in this time of separation and possible isolation, what is one way you can maintain meaningful connection to others—whether directly, through technology, or intentional focus and attention?

Take a deep breath and moment of quiet. When you are ready, return to your day.

Susan Haarman Examen for Life during COVID-19 Ignatian Solidarity Network (ISN)