

## Acknowledgments

### Cycling with Sisters Planning Team — Prince Edward Island 2020

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*We're on a mission together!*

# Prayer Guide

for a PEI Pedaling Pilgrimage

*Promoting the social justice work  
of Catholic Sisters and Collaborators*

## Prayer #1:

### We pray for our Journey

#### Introduction

As we gather today, coming from different parts of PEI and New Brunswick, we join our prayers with those who are praying with us virtually. We bring our hopes, our fears, our worries, and our joys together, to share in this communal adventure, appreciating the beauty of God's great world, and the gift of cycling together.

#### Silent Reflection

We unite our missions as we begin this journey together. As Mary rushed to visit Elizabeth once she learned the good news from Gabriel, we begin this visitation together, and now spend a moment considering the journey we are about to undertake, inviting god to be with us as we go.

#### Prayer for our Journey

*Be with us today  
As we travel this spiritual path  
Always seeking You  
Finding You in our companions  
And feeling You by our side  
Keep us safe  
And be with those who need Your grace  
Amen.*

#### Mantra

Our mantra as we ride and for you as you pray with us:

*Open wide my arms  
that the suffering of the world  
may come in.*

*See you back on FB live around 2pm Atlantic time for our second prayer stop on supporting mental health.*

## Prayer #2:

# We pray for Mental Illness

### Introduction

Pope Francis' message is clear: as people (and institutions), we need to be welcoming (not judging); to serve those in need/the wounded; and practice what we preach.

### Silent Reflection

We pause to remember those who are confronted by the sadness, isolation, distress, ambiguity and confusion of mental illness, and for those upon whom they depend for attention and compassionate care.

Provide for them homes of dignity and peace; give to them understanding helpers and the willingness to accept help.

### Prayer for Mental Illness

*Guide us that we may provide for and protect those who suffer in mind and spirit and forgive us when we neglect or discriminate against those who are mentally ill.*

*Comfort and relieve those who are troubled in mind and spirit. Bring them hope, peace and the consolation of a loving community.*

*Grant patience and courage to the families and friends of those who are ill. Increase their perseverance as they face the challenges to recovery for their loved one.*

*Empower us to speak up for those who do not have a voice; save us from making peace with injustices in the social systems that have failed them,*

*Giver of life and health, we trust that in your time and way, you will dispel all darkness with your light, all confusion with your order, all fear with your peace. Amen.*

### Mantra

Our mantra as we ride and for you as you pray with us:

*Open wide my arms  
that the suffering of the world  
may come in.*

*See you back on FB live around 2:30pm Atlantic time for our third prayer stop on care for creation.*

## Prayer #3:

# We pray in solidarity with our Earth and all of God's creation

### Introduction

“The ecological crisis that is facing us today requires many things to change, but it is we humans above all who need to change.”

“Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.”

— Pope Francis, *Laudato Si*, #202, #217

### Silent Reflection

We pause to remember the earth and those who suffer when earth suffers, especially those who are poor. We continue to remember people around the globe who directly suffer the effects of climate change in extreme weather situations, unbreathable air, and earthquakes.

### Prayer for Our Earth

by Pope Francis

*All powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with tenderness all that exists. Pour out on us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one.*

*O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and of the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey toward your infinite light.*

*We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. Amen.*

### Mantra

Our mantra as we ride and for you as you pray with us:

*Open wide my arms  
that the suffering of the world  
may come in.*

*See you back on FB live around 3:20pm Atlantic time for our fourth prayer stop on poverty.*

## Prayer #4:

### We pray for Poverty as seen in lack of sustainable employment and housing

#### Introduction

Each individual Christian and every community is called to be an instrument of God for the liberation and promotion of the poor, and for enabling them to be fully a part of society. This demands that we be docile and attentive to the cry of the poor and to come to their aid. Pope Francis, *The Joy of the Gospel*, 187.

Just as the commandment "Thou shalt not kill" sets a clear limit in order to safeguard the value of human life, today we also have to say "thou shalt not" to an economy of exclusion and inequality. Such an economy kills.

How can it be that it is not a news item when an elderly homeless person dies of exposure, but it is news when the stock market loses two points? This is a case of exclusion. Can we continue to stand by when food is thrown away while people are starving? This is a case of inequality. Pope Francis, *The Joy of the Gospel*, 53.

#### Silent Reflection

We pause to remember those who live in poverty, unemployment and underemployment. May they find meaningful work and be justly compensated with a living wage. We pray that policy makers will create economic policies that promote the dignity of the human person and pursuit of the common good.

#### Prayer for Poverty

*Creator God, Your image is alive in every human person giving to each of us an inviolable dignity. Create in us a desire to act in solidarity, the ability to work together, and a willingness to share with others our time, our energy, our skills and talents and our wealth. As we share and enjoy the fruits of your creation, restore in us your vision of a world made whole, and inspire us to commit ourselves to the common good.*

*Gracious God, give us ears to hear, eyes to see and hearts to love, so that we reflect you in our way of life, and in our choices, words and actions.*

*Jesus is the good news to the poor. As his followers, may we recognize the call to be the same. Amen.*

#### Mantra

Our mantra as we ride and for you as you pray with us:

*Open wide my arms  
that the suffering of the world  
may come in.*

*See you back on FB live around 4:10pm Atlantic time for our fifth and final prayer stop on supporting mission.*

## Prayer #5:

### We pray for our Mission

#### Introduction

Mission is a free gift of the Spirit. Receiving the joy of the Spirit "is a grace" and is "the only force that enables us to preach the Gospel". Salvation "can take place only through the lens of an encounter with the one who calls us" and therefore is the result of an outburst of joy and gratitude. Proclaiming the Gospel means bearing witness to glory of the risen Christ. *Pope Francis to the Pontifical Mission Societies– May 21, 2020*

Jesus called the twelve together and gave them power and authority over all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal. He said to them, "Take nothing for your journey, no staff, nor bag, nor bread, nor money—not even an extra tunic. Whatever house you enter, stay there, and leave from there. Wherever they do not welcome you, as you are leaving that town shake the dust off your feet as a testimony against them." They departed and went through the villages, bringing the good news and curing diseases everywhere. *Luke 9:1-6*

#### Silent Reflection

We pause to remember those who have brought the Good News of the Love and Mercy of God to us - family, friends, teachers, clergy, religious sisters and others. We stand on the shoulders of giants and by our presence here today, we join in their mission.

#### Prayer for our Mission

*Awaken to the mystery of being here and enter the quiet immensity of your own presence.  
Have joy and peace in the temple of your senses.  
Receive encouragement when new frontiers beckon.  
Respond to the call of your gift and the courage to follow its path.  
May warmth of heart keep your presence aflame.  
May anxiety never linger about you.  
May your outer dignity mirror an inner dignity of soul.  
Take time to celebrate the quiet miracles that seek no attention.  
Be consoled in the secret symmetry of your soul.  
May you experience each day as a sacred gift woven around the heart of wonder. Amen.*

*To Bless The Space Between Us. J. O'Donohue*

#### Mantra

Our mantra as we ride and for you as you pray with us:

*Open wide my arms  
that the suffering of the world  
may come in.*