



Silence accompanied by a music

Intercessions (freely taken from www.clarisses-a-ronchamp.fr)

Lord, send your Spirit upon the people of Latin America,
...which has become the center of the epidemic today:
It gives its leaders the will to save lives
and listen to the wisdom of the Amazon Indians.

ALL: With them, teach us "turn what happens to the world into personal suffering, and thus recognize what contribution each one can make" L.S 19

In this period when the confinement measures have been releases, when our companies wish to resume their business,
Give us Lord your spirit of discernment...
to adopt a sober lifestyle and "a renunciation of making reality a mere object of use and domination" L.S 11

ALL: Help us to feel intimately connected to all that exists and live simply with gratuitousness, gratitude and humility.

Lord, at this special moment in the life of our Congregation,
on the way to the General Chapter...

ALL: Send your Spirit over all of us, nuns, friends and collaborators, "so that we may enter into an increasingly oriented dialogue to the care of nature, to the defense of the poor, the construction of a network of respect and fraternity" L.S 201

Lord send your Spirit upon your Church in prayer:
that his process of ecological conversion,
his hope for the new Creation
strengthens his faith in the eternal life you promise us.

ALL: Make us creative by listening to your Son, "the Lord of life always leads us to find new ways" L.S 245

OUR FATHER



Final song to Mary



On a journey: Transforming our lifestyle



Prayer of July 2020

Guide: There is no true conversion in life, whether personal or community, which is destined to succeed, unless it is strongly rooted in the belief that it is necessary to make life more beautiful! This ecological conversion cannot be the result of fear of disaster. Only beauty saves!

Conversion is a call to leave our usual rhythm in order to make ourselves available to accept God's gift. Being deeply present in what surrounds us, and possibly develop within us a sense of astonishment, will mark the first step of conversion!

A time to return and to bring out in us the desire for a true encounter with ourselves, with others, with God and with nature.



Song

From the Encyclical *Laudato Si'* n° 225

On the other hand, no one can cultivate a sober and satisfying life without being at peace with him or herself. Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life. Nature is filled with words of love, but how can we listen to them amid constant noise, interminable and nerve-wracking distractions, or the cult of appearances? Many people today sense a profound imbalance which drives them to frenetic activity and makes them feel busy, in a constant hurry which in turn leads them to ride rough-shod over everything around them. This too affects how they treat the environment. An integral ecology includes taking time to recover a serene harmony with creation, reflecting on our lifestyle and our ideals, and contemplating the Creator who lives among us and surrounds us, whose presence "must not be contrived but found, uncovered"..





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From the Encyclical *Laudato Si'* n° 226

We are speaking of an attitude of the heart, of one who approaches life with serene attentiveness, who is capable of being fully present to someone without thinking of what comes next and who accepts each moment as a gift from God to be lived to the full. Jesus taught us this attitude when he invited us to contemplate the lilies of the field and the birds of the air, or when he met the rich young man and understood his restlessness, “He looked at him with love” (Mk 10:21). He was completely present to everyone and to everything. He thus showed us the way to overcome that unhealthy anxiety which makes us superficial, aggressive and uncontrolled consumers.



Song

Let us pray with the Psalm 135, 1-9.23-26

Give thanks to the Lord, for he is good.
His love endures forever.

Give thanks to the God of gods.
His love endures forever.

Give thanks to the Lord of lords:
His love endures forever.

to him who alone does great wonders,
His love endures forever.

who by his understanding made the heavens,
His love endures forever.

who spread out the earth upon the waters,
His love endures forever.

who made the great lights—
His love endures forever.

the sun to govern the day,
His love endures forever.

the moon and stars to govern the night;
His love endures forever.

He remembered us in our low estate
His love endures forever.



and freed us from our enemies.

His love endures forever.

He gives food to every creature.

His love endures forever.

Give thanks to the God of heaven.

His love endures forever.

Glory to the Father...

From the Gospel according to Matthew (Mt 6, 24-34)

No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life[a]?

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



To reflect

Let us take back some of our time, let us return to giving qualified time to God who is our Creator, let us give Creation the right space in our lives, let us slow down the speed, let us make ecology of time, let us give space to beauty.