

And the world came together as the people stayed apart. ¹

We acknowledge the Traditional Owners of this land and pay our respects to their Elders past, present and emerging.



We pray for those who are battling illness and are unable to receive adequate healthcare.

We pray for those who are unable to return to their homes and are feeling isolated and forgotten.

We pray for healthcare workers who continue to put their own health and safety at risk in order to care for others.

For what else shall we pray...

Let us remember we are in the holy presence of God.

OPENING PRAYER

PSALM 71

In you, O Lord, I take refuge;
let me never be put to shame.
In your righteousness deliver me and rescue me;
incline your ear to me and save me.
Be to me a rock of refuge,
a strong fortress, to save me,
for you are my rock and my fortress.
Amen.

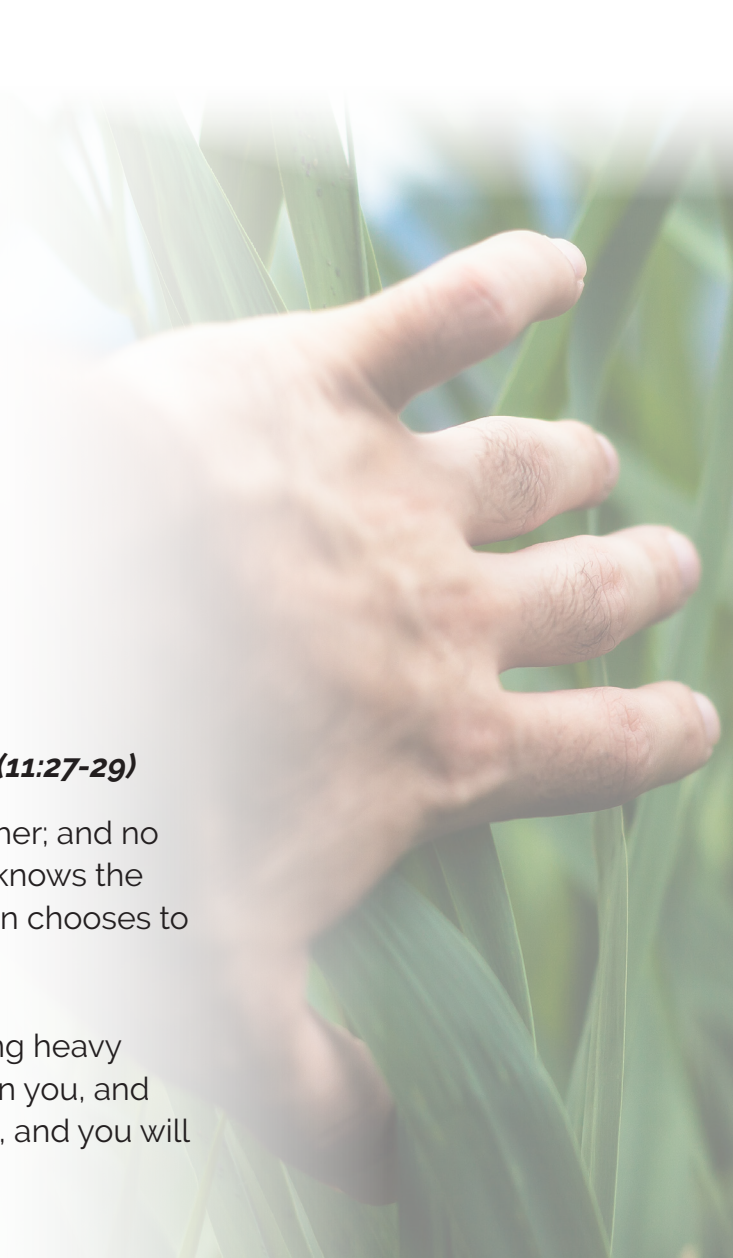
WE LISTEN

Speak Lord, your servant is listening...

A Reading from the Gospel According to Matthew (11:27-29)

All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.”



WE REFLECT

Laying Down My Burdens

Joyce Rupp, from Prayer Seeds

Cross-bearer and Wearer of the wood,
many are the burdens that press with force
upon my spirit as I trudge through life.
These cares and concerns weigh heavily,
pushing their energy upon both minds and heart,
taking their toll, lessening my power to love well.
These burdens shape themselves into leaden anchors
of growling self-pity and loss of self-confidence.
They snatch away joy and destroy empathy.
Today I choose to release their useless weight.
I am ready to stop dragging them alongside me.
Here are my troubles, struggles, and afflictions.
I lay them down before your cross. I let them go.
I undo the clutching of shame, guilt, and blame.
I step back from painful from painful patterns of the past.
That leak into my current thinking and behaviour.
I do not need to drag down my life under the bulk
of these needless burdens bearing weight on me.
I deliberately move on with fresh freedom,
placing faith in your strength and compassion.
I leave my burdens here with you today.
I will not take them back.

Pause for a moment of reflection.

*What burdens will you lay down and leave behind you today?
For what do you give thanks to God?*

CLOSING PRAYER

Compassionate God, help us remember to call on the love of family and friends to sustain and support us, especially when we are feeling alone and lonely. Remind us of the resilience residing within us, a strength that enables us to go on when we feel weak and vulnerable. Help us to see the beauty contained in gestures of kindness, and in the loveliness of nature.

May we discover hope in the most unexpected situations, storing this treasure in a special corner of our heart where we can easily find it.

Saint Marcellin Champagnat
Saint Mary of the Cross MacKillop
Mary Our Good Mother
And let us always remember

*Pray for Us
Pray for Us
Pray for Us
To Pray for One Another*

WE RESPOND

*The cries of the world,
especially those of
poor people, touch
the heart of God and
ours as well. The depth
of God's compassion
challenges us to be
men and women whose
hearts have no bounds
since in his infinite love,
God continues to be
totally involved with all
men and women and
today's world, with its
disappointments
and hopes.*

(Water From the Rock #127)