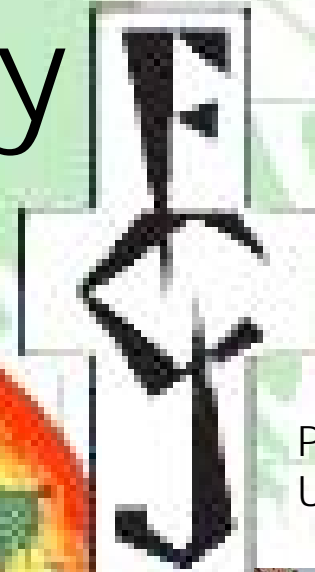


Prayers for the FCJ community

W/c 11th January 2021



Prayers prepared by
Upton Hall FCJ

There are nearly 200 FCJ sisters, spread out across Europe, North and South America, Asia, Australia and 1 sister in Africa. However the FCJ community is much wider and includes the Companions in Mission, various projects and schools. We are all part of this community. All of us have been affected by Covid19 in different ways.



Srs Paola and Audrey FCJ in Manila

Monday 11th January



Sunday Gospel reading: Mark 1: 7-11

In the course of his preaching he said, 'After me is coming someone who is more powerful than me, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.' It was at this time that Jesus came from Nazareth in Galilee and was baptised in the Jordan by John. And at once, as he was coming up out of the water, he saw the heavens torn apart and the Spirit, like a dove, descending on him. And a voice came from heaven, 'You are my Son, the Beloved; my favour rests on you.'

Imagine yourself in Jesus his place and hear God say to you: "You are my Child, my favour rests on you". How does that make you feel?

Monday 11th January

Sister Michelle FCJ explains the charism of the FCJ Sisters and the work they do in Canada and the USA.

<https://www.fcjsisters.org/who-we-are/where-we-are/americas/> (3 mins)

Creator God,
We thank you for this day
and seek to live it for your greater glory
as companions of your Son, Jesus.

Help us to see you in all things
as well as the needs of the world.
In the spirit of Marie Madeleine
may we be guided by her companions
poverty, humility, obedience, and gentleness.

Send forth your spirit
on the Faithful Companions of Jesus
and their Companions in Mission
throughout the world and draw us
all together in the spirit of your love.
Amen.

(adapted from Companions in Mission, Canada)



Tuesday 12th January



Dear God,
In accordance with Marie Madeleine's ideal, May our FCJ schools be communities of personal and academic excellence. May we be always strong in companionship, recognising, nourishing and celebrating the unique gifts each person brings. We pray for God's grace to help us grow into our best self with zest for life and the generosity and confidence to use our talents and gifts in the service of others.

(Adapted from the FCJ vision statement)

Right: Video the Call, from the conference 'Together in Hope' (3 mins)

Tuesday 12th January



Dear God,
We give thanks for the gift of our education and ask you to continue to bless the various FCJ schools around the world (UK, Ireland, France, Australia, USA).

Instil in us and deepen the values of companionship, dignity, excellence, justice, gentleness and hope. Help us to understand that school is not just to achieve results but helps us to grow into good people who support each other and reach out to those less fortunate. Strengthen the bonds between us all as we realise that we are part of a wider FCJ community. Amen.



L: Sixth form leadership teams from Upton Hall, Bellerive, Maria Fidelis and Gumley with sr Brenda FCJ.
R: Karen Jebb, principal of Genazzano FCJ in Australia visiting Upton Hall FCJ in England

Wednesday 13th January



Christ our Lord,
Your light shines into the shadows, and shows us where the obstacles to change lie.
We know that often they are in our own hearts, in the way we live, and in our daily choices and actions.
We pray that we may strive to change ourselves and our world for the better. Help us to make the choices and take the actions that will bring an end to poverty and hunger, and lead us all towards a fairer world.
Be with us, Lord, as we face challenges and learn how to live our lives in love. Amen.



From the very start Marie Madeleine started working with the poor (then in France). FCJ sisters have expanded this mission across the world. One good example is The Learning and Development Centre in the Philippines. This was founded by the Sisters FCJ in 2002 near one to the dumpsites in Manila. It offers an integrated community development program to more than 750 families. It is one of the charities we regularly fundraise for.

<https://www.youtube.com/watch?v=EVI8iJYbM04> (5:40 mins)

Images: R: Sr. Ciony FCJ who is a nurse, teaching in the centre, L: the FCJ community distributing food parcels during lockdown.

Wednesday 13th January



We continue to widen our circle of love to embrace all people, especially those who experience exclusion, exploitation, and injustice. In particular, we offer our compassionate action to: refugees, migrants, asylum seekers, trafficked persons, the economically disadvantaged, vulnerable women and children.

We will do this by becoming aware and raising awareness of the complexity at the root of these issues, collaborating and networking, doing what each of us can, where we are, Continuing to use our financial resources and influence to alleviate the plight of suffering people and to effect change. (From the FCJ Chapter Calls)

The Area of Europe has a working group Supporting the Prostituted, Enslaved and Sexually Exploited (SPES) made up by Srs Susan (Ireland), Gloria (UK), Juliet (Romania) and Veronika (Germany) FCJ (photo).



**STOP EXPLOITATION
PREVENT HUMAN
TRAFFICKING**

O God, when we hear of children and adults deceived and taken to unknown places for purposes of sexual exploitation, forced labour, and organ 'harvesting,' our hearts are saddened and our spirits angry that their dignity and rights are ignored through threats, lies, and force. We cry out against the evil practice of this modern slavery. Give us wisdom and courage to reach out and stand with those whose bodies, hearts and spirits have been so wounded, so that together we may make real your promises to fill these sisters and brothers with a love that is tender and good. Send the exploiters away empty-handed to be converted from this wickedness, and help us all to claim the freedom that is your gift to your children. Amen.



Thursday 14th January

Accompaniment of young people



Apart from work in schools FCJ sisters work a lot with young people: they are involved in university chaplaincies, organise activities for young people ranging from pilgrimages to movie and discussion evenings and seek to engage others in their work and mission, which is ultimately to share in Jesus his mission.

Dear God,

Help all those who work with young people develop their own unique relationship with You. Help them to always be aware that challenges may differ and that there are many pressures to achieve and to fit in. Help them to listen and empathise and be a good companion, who supports by walking next to them.

Amen.

Images: youth group in Jogjakarta (Indonesia), university chaplaincy in Goldsmiths (London), Youth festival in Alton (NW England) and pilgrimage to Lindisfarne (Northumberland)



Thursday 14th January



FCJ sisters have spirituality centres in Calgary (Canada), London (UK), Spanish Point (Ireland) Brussels (Belgium) and Jogjakarta (Indonesia) and many sisters are involved in spirituality work (within these centres or elsewhere). They listen to people and try to help them deepen their personal relationship with God and make sense of it.



Loving God,
We pray for all those who are trying to deepen and make sense of their personal relationship with God. We ask you for an openness and attentiveness and that Your Spirit may work through them as it is You who are really directing our thoughts and prayers.

We pray for people who are involved in the ministry of spiritual accompaniment: may they help to guide the way of those they accompany towards this real Director: God.

Amen.



Friday 15th January

The Response is: Lord in your mercy, hear our prayer.



We give thanks for the gift of education, Instil in us all the values of hope, gentleness, dignity, justice, excellence and companionship. R/

In these days of great uncertainty, we ask that we may all be mindful of our shared humanity and that we look outwards as global citizens. May we always seek dignity for all as we try and be examples of Christ's love and gentleness. R/

We give thanks for the FCJ sisters and companions in mission across the world, who live out the Gospel message in so many ways and have done for more than 200 years. We pray for their diverse ministries, projects and schools as we are all united by Marie Madeleine's vision, in responding to God's call today. May we continue to reach out to the world with courage and confidence. R/

In FCJ schools we have many opportunities to make the world a better place. We pray for the charities we are raising money for. May our prayers and actions bring hope and justice to those who are less fortunate. R/

We pray for all those who are sick, that they may receive the care they need, for all those in health care as they are working under difficult circumstances, and for the many others who have been badly affected by this pandemic. We pray for people to reach out to them and lift some of their burden. Finally we pray for all those we've loved and have died.

We offer all of our prayers, both spoken and in the quietness of our own hearts, to Our Blessed Lady as we say...

Hail Mary full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, mother of God, pray for us, sinners, now and in the hour of our death. Amen.

Friday 15th January



Examen

This prayer is very much part of the FCJ spirituality and helps us to find God in all things.

Be silent and place yourself in God's loving presence. Think about the good things that have happened this week and give thanks.

Where have you seen or experienced excellence, companionship, dignity, justice or gentleness?

Look back over your week. Where have you felt joy and what has been difficult and challenged you? In the quiet of your heart, tell God about your experiences. Give thanks for who you are.

As you look ahead, with what spirit will you enter next week?

Ask God to help you.