



WALKING IN THE Spirit

Prayer Pilgrimage towards the Second Assembly



Plenary Council
Listen to what the Spirit is saying...

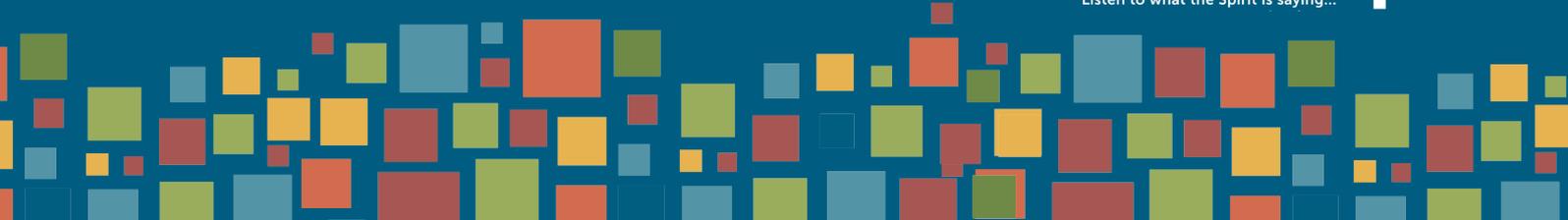


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Using the Prayer Resources

General Intercessions

The petitions are offered for use in liturgies, or for group or personal prayer. Please one or two petitions for use in your daily weekday or weekend Masses or Liturgies of the Word. Please feel free to adapt for local use.

Prayers

A selection of prayers has been provided to assist your faith communities in this prayer pilgrimage for the Plenary Council. The entire Catholic community in Australia is praying for guidance and wisdom from the Holy Spirit in this important time for our Church as we discern where God is calling us to be.

There are also some samples of individual prayer experiences that you may wish to use.

We encourage faith community and groups across Australia to use these prayers in a variety of ways:

- family prayer
- group prayer and devotion
- in the liturgy, where appropriate

- novenas
- personal prayer
- prayer in the classroom
- prayer before meetings
- praying with the saints
- praying the Rosary

Encourage your community to engage in *Walking in the Spirit* Pilgrimage of Prayer. Involve your parish and school. Don't forget to invite your aged and frail to join the pilgrimage with their prayers.



Generic Bulletin Notice

Walking in the Spirit National Prayer Pilgrimage for the Plenary Council

People across the country are invited to participate in a national prayer pilgrimage as the Catholic Church in Australia prepares for the Second Assembly of the 5th Plenary Council of Australia in Sydney from 3-9 July.

We pray for the Holy Spirit's guidance and grace for the Members who will gather and also for ourselves and the Church, that we may have the courage to follow where God is leading us.

Access Walking in the Spirit Prayer Resources at:
www.plenarycouncil.catholic.org.au/walkinginthspirit



General Intercessions

The petitions are offered for use in liturgies, or for group or personal prayer. Please use one or two petitions for use in your daily weekday or weekend Masses or Liturgies of the Word. Please feel free to adapt for local use.

Sundays of the Easter Season

For the Catholic Church in Australia as we prepare for the Second Assembly of the Plenary Council in July: that we will be infused with the Spirit of the Risen Christ and be joyful messengers of hope. *(Pause for silent prayer)* Lord, hear us.

For the Plenary Council: that the Resurrection of Christ will bring new life to our Church and enable us to be a joyful, hope-filled, servant community. *(Pause for silent prayer)* Lord, hear us.

For Pope Francis and the leaders leading our Church to the Synod of 2023: that they remain faithful to the Gospel and tradition, and eager to make Jesus Christ known and loved in the world today. *(Pause for silent prayer)* Lord, hear us.

For our parish communities: that we may be missionaries in our families and within our local community bearing fruit by our joyful witness to the Risen Lord and his Good News. *(Pause for silent prayer)* Lord, hear us.

Prayers for Pentecost Sunday 5th June 2022

For the Catholic Church in Australia as we prepare for the Second Assembly of the Plenary Council in July: that the Holy Spirit may inflame the hearts and minds of all so that we may experience a new Pentecost in this Great South Land of the Holy Spirit. *(Pause for silent prayer)* Lord, hear us.

For the Plenary Council Members who will assemble from around Australia for the Second Assembly: that their hearts and minds are opened to receive the Holy Spirit as they pray and discern God's will for his Church in Australia. *(Pause for silent prayer)* Lord, hear us.

For the Dioceses and Parishes of Australia, currently engaged in both the local Plenary Council and international Synodal processes; that they will be open and responsive to the movement of the Holy Spirit in our time. *(Pause for silent prayer)* Lord, hear us.

For our Dioceses, Religious Institutions and Catholic Agencies: that we deepen our commitment to the mission of Jesus Christ which brings life and light to the world. *(Pause for silent prayer)* Lord, hear us.

For our parishes and schools: that we continue to become communities of life and transformation, missionary and evangelising. *(Pause for silent prayer)* Lord, hear us.

For our nation: that the outpouring of the Holy Spirit upon the Plenary Council may help us to be more compassionate towards our neighbour with special care for those who are poor, marginalised and vulnerable. *(Pause for silent prayer)* Lord, hear us.

Other Sundays

For the Church in Australia. As we continue the preparations for the Plenary Council, may we 'Listen to what the Spirit is saying' and be open to the guidance of God's Holy Spirit. *(Pause for silent prayer)* Lord, hear us.

For our Church; that as we reflect on the future of the Church in Australia and immerse ourselves in the Plenary Council, we follow the example of Mary, remembering her trust that the Spirit of God would be with her. *(Pause for silent prayer)* Lord, hear us.

For the Plenary Council: in these months leading up to the Second Assembly: that we may have the courage to speak boldly and the ability to listen humbly with hearts open to where the Spirit is leading our Church in Australia. *(Pause for silent prayer)* Lord, hear us.

For the Plenary Council: that we might be given more profound faith, greater courage, deeper spirituality and the ability to discern where the Holy Spirit is leading us. *(Pause for silent prayer)* Lord, hear us.

For Australia and all its peoples, especially our First Nations brothers and sisters; that we may commit whole-heartedly to walking with them as we continue the journey of understanding, reconciliation and peace. *(Pause for silent prayer)* Lord, hear us.

For the First Nations People in Australia: we give thanks for their rich spiritual and cultural traditions and their care for country. May we support them by playing our part in closing the gap, fostering understanding and committing to the journey of reconciliation with them.

(Pause for silent prayer) Lord, hear us.

For our community as we share in the Eucharist: may we acknowledge those from other cultures, backgrounds and abilities, so that in becoming a more Christ-centred and missionary Church, our prayers and action may shine on the world like bright stars.

(Pause for silent prayer) Lord, hear us.

For ourselves, like Jesus the Good Shepherd, we will strive to be a humble, healing and merciful community, accompanying others and serving them with joy. *(Pause for silent prayer)* Lord, hear us.



Plenary Council Prayers (Assembly Two)

The Plenary Council Prayer

Come, Holy Spirit of Pentecost.
Come, Holy Spirit of the great South Land.

O God, bless and unite all your people in Australia
and guide us on the pilgrim way of the Plenary Council.

Give us the grace to see your face in one another
and to recognise Jesus, our companion on the road.

Give us the courage to tell our stories
and to speak boldly of your truth.

Give us ears to listen humbly to each other
and a discerning heart to hear what you are saying.

Lead your Church into a hope-filled future,
that we may live the joy of the Gospel.

Through Jesus Christ our Lord,
bread for the journey from age to age. Amen.

Our Lady Help of Christians, pray for us.
St Mary of the Cross MacKillop, pray for us.

Prayer of Thanksgiving

Gracious God,
Through this time of gathering, sharing and discerning,
you invited each of us to hear the Holy Spirit in the voices of others,
to challenge our own will, desires, fears and prejudices
and to be open to your will.

Lord Jesus, thank you for guiding us as our beacon of light, truth and life
so that we can clearly see how best to honour and serve you,
our neighbours and our true selves.

We pray that our decisions today have stayed true to you
and to the faith and trust that you have in us.
Through this experience, may the Holy Spirit ignite feelings of joy, and deeper faith,
greater hope and trust, greater love and peace, greater courage
and compassion in each of us and in your holy Church as we journey forward together.
Amen.

(Plenary Council Listening and Discernment Guide)



Prayers to the Holy Spirit

Prayer to the Holy Spirit

Breathe in us O Holy Spirit,
that our thoughts may all be holy.

Act in us O Holy Spirit,
that our work, too, may be holy.

Draw our hearts O Holy Spirit,
that we love but what is holy.

Strengthen us O Holy Spirit,
to defend all that is holy.

Guard us, then, O Holy Spirit,
that we always may be holy. Amen.

St Augustine of Canterbury 6th C, alt.



Prayers to Our Lady

Our Lady, Help of Christians

Most Holy and Immaculate Virgin, Help of Christians,
we place ourselves under your motherly protection.
Throughout the Church's history,
you have helped Christians in times of trial, temptation and danger.
Time and time again, you have proven to be the Refuge of sinners,
the Hope of the hopeless,
the Consoler of the afflicted,
and the Comforter of the dying.
We promise to be faithful disciples of Jesus Christ, your Son,
to proclaim His Good News of God's love for all people,
and to work for peace and justice in our world.
With faith in your intercession,
we pray for the Church,
especially the Church in Australia as we prepare for
the Second Assembly of the Fifth Plenary Council of Australia.
We also pray for
for our family and friends,
for the poor and abandoned,
and all the dying.
Grant, O Mary, Help of Christians,
the graces of which we stand in need. (*Mention your intentions.*)
May we serve Jesus with fidelity and love until death.

Help us and our loved ones to attain the boundless joy
of being forever with our Father in heaven.

Amen.

Mary, Help of Christians, pray for us!

Adapted from the Prayer by the Discalced Carmelite Friars, Holy Hill, Hubertus, WI 53033
<https://udayton.edu/imri/mary/p/prayers-to-mary-help-of-christians.php>

Mary's Song of Praise (Luke 1:46-55)

"My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
⁴⁸for he has looked with favour on the lowliness of his servant.
Surely, from now on all generations will call me blessed;
⁴⁹for the Mighty One has done great things for me,
and holy is his name.
⁵⁰His mercy is for those who fear him
from generation to generation.
⁵¹He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.
⁵²He has brought down the powerful from their thrones,
and lifted up the lowly;
⁵³he has filled the hungry with good things,
and sent the rich away empty.
⁵⁴He has helped his servant Israel,
in remembrance of his mercy,
⁵⁵according to the promise he made to our ancestors,
to Abraham and to his descendants forever."

Scriptural quotations from the Jerusalem Bible © 1966, 1967 & 1968. Darton, Longman and Todd Ltd and Doubleday & Co Inc., and used by permission of the publishers.



Litany of St. Joseph

Patron Saint of the Universal Church

God our Father in heaven,
God the Son, Redeemer of the world,
God the Holy Spirit,
Holy Trinity, one God,
Holy Mary,
Saint Joseph,
Noble son of the House of David,
Light of patriarchs,
Husband of the Mother of God,
Guardian of the Virgin,
Foster father of the Son of God,
Faithful guardian of Christ,
Head of the Holy Family
Joseph, chaste and just,
Joseph, prudent and brave,
Joseph, obedient and loyal,
Pattern of patience,
Lover of poverty,
Model of workers,
Example to parents,

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
pray for us.

Guardian of virgins,
Pillar of family life,
Comfort of the troubled,
Hope of the sick,
Patron of the dying,
Terror of evil spirits,
Protector of the Church,
Lamb of God, you take away the sins of the world,
Lamb of God, you take away the sins of the world,
Lamb of God, you take away the sins of the world,
God made him master of his household,
and put him in charge of all that he owned

pray for us.
have mercy on us.
have mercy on us.
have mercy on us.

Let us pray.

O God, who in your inexpressible providence
were pleased to choose Saint Joseph
as spouse of the most holy Mother of your Son,
grant, we pray,
that we, who revere him as our protector on earth,
may be worthy of his heavenly intercession.
Through Christ our Lord.
Amen.



Prayers in the Spirit of Mary MacKillop

Prayers in the Spirit of St Mary of the Cross MacKillop ¹

God of the prophets you gifted Mary MacKillop with vision and courage.
In her we see one who was not afraid to speak fearlessly your gospel of love.
We pray for the sensitivity and imagination to read the signs of our times, and to articulate new possibilities for our own day. Like Mary, may we learn to confront all that is oppressive and unjust, and empower others towards true freedom and integrity. Spirit of wisdom, be with us as we face new horizons. **Amen.**

God of all blessings, you revealed in Mary MacKillop a sensitivity to the rights and dignity of every person, regardless of race or creed. May we learn from her to overcome the obstacles of prejudice and fear. Help us to value the goodness of each person and all the blessings of unity in diversity.
We ask this through the depth and unity of you, our bountiful God, who hold all things in being. **Amen.**

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<https://www.sosj.org.au/resource/mary-mackillop-prayers/>

God of compassion, God of all people, we praise you for your servant, Mary MacKillop, who gave her life to serve you in the poor and oppressed.

As she is honoured in our world, may we continue to learn to share her vision. Help us to recognise, as she did, that the poor of our time will hear the gospel in the way we serve them. Be with us as we strive to follow her and carry out our mission of service and care. **Amen.**



God of the Dreaming, you show yourself to us in dreamers, seers, and prophets. We thank you for all those who, like Mary MacKillop, have helped us to see the possibilities for our country and its people.

As we struggle to realise our dreams for a just, compassionate world, may we witness to our world the true meaning of fair play and care for the oppressed. Help us to uphold the importance of spiritual realities. We pray that we will cherish particularly, the gifts of the indigenous peoples of our lands, and those new to our shores.

Teach us that, in the richness and strength of our diversity, lie our possibilities for becoming one. **Amen.**

God of all pilgrim people, you raise up women and men to meet the needs of every age. In Mary MacKillop, we celebrate a journey of deep love and sensitivity to your will. Like her, may we learn to grow in appreciation of the fullness of your love and the depth of your mystery. Help us to transform the ordinariness of our lives as we reach out to others through the daily challenges of our journey towards you. **Amen.**



The Rosary: The Glorious Mysteries

1. The Resurrection of Jesus
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary into Heaven
5. The Coronation of Our Lady in Heaven

Watch

The Rosary in 2 minutes (a brief explanation of the Rosary)

<https://www.sydneycatholic.org/lent/2019/the-rosary-explained/>

Read

How to Pray the Rosary

<https://www.catholic.org/prayers/rosary.php#step>

About the Glorious Mysteries (Madonna magazine)

<https://www.pray.com.au/the-glorious-mysteries/>



Prayers from the Aboriginal People (NATSICC)

Prayer of the Aboriginal People

Father of all, you gave us the Dreaming.
You have spoken to us through our beliefs.
You then made your love clear to us
in the person of Jesus.
We thank you for your care.

You own us.
You are our hope.

Make us strong as we face the problems of change.
We ask you to help the people of Australia
to listen to us and respect our culture.

Make the knowledge of you grow strong in all people,
so that you can be at home in us and we can make a home
for everyone in our land.

Amen.

*Prayer composed for the meeting between
Pope John Paul II and the Aboriginal People, November 1986.*

A Prayer for the Journey of Healing

We who have come from every land give thanks for Australia,
This earth that feeds us;
The shores that bind us;
The skies that envelop us in freedom.

We stand together, united as one people: Proud of our ability to work together;
Grateful for our gifts;
Nourished by our diversity and our harmony.

Yet we turn to the original owners of our land and see, too, what we have taken.
We weep for their loss of freedom, of country, of children—
Even of their very lives.
We stand in awe at their survival, and in debt for their land.

We have shadows in our history which, if unfaced, diminish us
We have taken without asking;
Our nation has taken without asking;
Lives are wounded. We see the pain, feel the sorrow and seek forgiveness.

Let us look back with courage; see the truth and speak it.
Let us look around with compassion; see the cost and share it.
Let us look forward with hope; see what can be and create it.

Give us courage to face the truth;
Compassion to share the burden—
Strength to play our part in the healing—
And hope to walk forward to a place of justice.

With courage, compassion, strength and hope,
we will walk together on the journey of healing.

©WA Reconciliation Inter-Faith Working Group

Prayer for Guidance

Creator of all things,
both seen and unseen,
speak to us in your great wisdom.

Make us strong as we seek
Your help and guidance.
Teach us to love all people,
regardless of race or colour or belief.

May we listen with great care
to the heartbeat of this land
and to its people
who have cared for it so well
and for so long.

May the peace these people and their land
have always enjoyed
continue to be strengthened and preserved
by all who wish to come and be part of
this country and its “Ancient Dreaming”.

©Elizabeth Pike 1998

A Covenant Prayer with the Land

Today let us make a covenant with this land.

As new fruit can be grafted onto the branch of a mature tree,
may we wish to be grafted onto the ancient heritage of this land of our first people,
so that its life may flow through us.

We commit ourselves to this land we live in and all who belong to it.
We will care for it with gentleness, patience, strength and compassion,
rather than merely something to be bought and sold.

We will look on the land as a gift
for which we are truly thankful and undertake the privileged duty,
of respecting and looking after it.

We thank the Great Creator Spirit,
for all the earth provides, water, food,
and all the riches above and below the ground
and undertake to use them wisely, daringly,
while ensuring that any development brings danger to no one.

As we enter more deeply into the Spirit of the land
we will see it as a Sacrament and Icon of our Mothering Creator Spirit.

Let us be still now - listen to the breath of the Spirit
which has blown through this land
for ages Past - Today - and Always –
for this is ...
The Spirit of the Dreaming.

© Elizabeth Pike 2002

Prayers provided by the National Aboriginal and Torres Strait Islander Catholic Council
(NATSICC) <https://www.natsicc.org.au/>

Prayer of Petition to The Holy Spirit

A prayer used before every session of the Second Vatican Council.

We stand before you, Holy Spirit,
conscious of our sinfulness,
but aware that we gather in your name.
Come to us, remain with us,
and enlighten our hearts.

Give us light and strength
to know your will,
to make it our own
and to live it in our lives.

Guide us by your wisdom,
support us by your power,
for you are God,
sharing the glory of Father and Son.

You desire justice for all
enable us to uphold the rights of others;
do not allow us to be misled by ignorance
or corrupted by fear or favour.
Unite us to yourself in the bond of love
and keep us faithful to all that is true.

As we gather in your name
may we temper justice with love,
so that all our decisions
may be pleasing to you,
and earn the reward
promised to good and faithful servants,
Amen.



Prayer Experience: Lectio Divina

Introduction

Lectio Divina is a way of praying with the Scriptures. What better way to get to know God than by spending time with God's spoken word?

Lectio Divina is a slow, rhythmic reading and praying of a Scripture passage. You pick a passage and read it. Notice what arises within you as you read it. Then you read it again, and then again, noticing what words and phrases grab your heart and noticing the feelings that arise. You respond to God about whatever is stirring within as you read and pray with the passage. Finally, you rest and let God respond and speak to you.

Busy Lives & Restless Souls, Becky Eldredge

The Practice

Silence

Slow down, relax, and intentionally release the chaos and noise in your mind to God. Close your eyes, inhale slowly, hold, exhale slowly. Ask God to give you an openness to hear from the Spirit.

Lectio (reading)

Read the scripture passage very slowly, taking in every word. Think about the words in each sentence. In time choose the word, phrase or sentence that speaks to your heart.

Meditatio (meditating)

Read the passage again slowly. As you do so and for a few minutes afterward, linger on the word or phrase that spoke to your heart. Keep repeating it slowly, without thinking about what it could mean or why you chose it. Allow it to permeate your whole being.

Oratio (praying)

When you are ready, become aware of God's presence. Speak spontaneously to God or simply rest in His presence. Read the passage again if you wish. Avoid the temptation to move on quickly.

Contemplatio (contemplation)

Deeply receive God's Word and rest in His presence and love. Give yourself some time to wait and be still before you re-enter life as usual.

Take God's Word with you throughout the day.

Suggested Scripture Passages

- Deuteronomy 30: 10-14
- Philippians 2: 1-4
- John 14:23-29
- Galatians 6:14-18
- Matthew 11:25-30
- Ecclesiastes 3:1-8
- Luke 10: 38-42
- Acts 2: 1-11
- Luke 11:1-4
- Acts 1:12-14
- Luke 1: 26-38
- Ephesians 3:14-19
- Matthew 26: 36-39
- 2 Corinthians 3:15-4:1-2, 5-7
- Luke 5:1-11
- Wisdom 7:7-11
- Hebrews 4:12-13
- Mark 10: 17-30

Online Bible: <https://www.biblegateway.com/>



Prayer Experience: The Jesus Prayer

Introduction

Praying with the gift of air through attention to breath is an ancient Christian practice. One of the earliest known forms is the Jesus Prayer.

In this prayer we can connect our conscious prayer with each breath.

In this way our awareness of God becomes as natural as our breathing.

The Practice

When breathing in, pray: "Come Lord Jesus come."

When breathing out, pray: "Guide me."

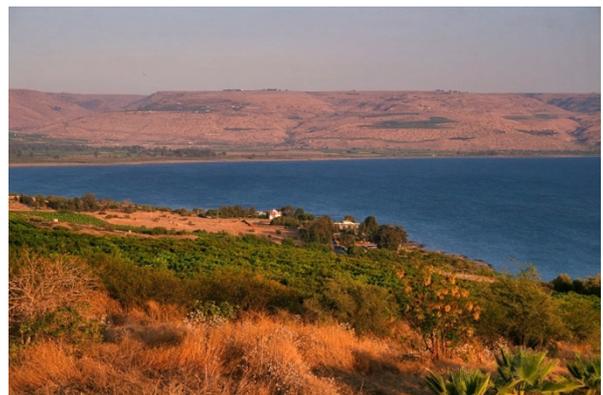
You can also create your own phrases to pray on the in-breath and the out-breath.

For example:

When breathing in, you can pray: "Listen to what the Spirit is saying."

When breathing out, you can pray: "Fill me with the Spirit."

Spend a few moments in silence to see if you can receive the words of your own Jesus Prayer, those that rise from your heart, rather than trying to figure it out.





Prayer Experience: The Examen

Introduction

The Examen is a method of reviewing your day in the presence of God. It's an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life.

www.ignatianspirituality.com

The Practice

Ask God for light - *I want to look at my day with God's eyes, not merely my own.*

Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

Give thanks - *The day I have just lived is a gift from God. I am grateful for it.*

Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

Review the day - *Carefully look back on the day just completed, being guided by the Holy Spirit.*

Pay attention to your emotions. One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

Face your shortcomings - *I face up to what is wrong—in my life and in me.*

Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

Look toward the day to come - *I ask where I need God in the day to come.*

Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask God for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for His protection and help. Ask for His wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Our Father.