

Marist ILLUMINATIONS



PRAYERS IN THE MARIST TRADITION
VOLUME II, 2012

MARIST BROTHERS OF THE SCHOOLS
UNITED STATES PROVINCE

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PSALM 127:1-2

Unless the LORD build the house, they labor in vain who build.

*Unless the LORD guard the city,
in vain does the guard keep watch.*

*It is vain for you to rise early and put off your rest at night,
To eat bread earned by hard toil –
all this God gives to his beloved in sleep.*



THE MARIST BROTHERS

Dear Members of the Marist Family,
Blessings to you and your loved ones!

For those of us who think of ourselves as disciples of Marcellin Champagnat, it is important to remember that Marcellin saw God in all things and believed that all things came from God. He experienced God's presence in both the tranquility of the Hermitage and in the noisy streets of Paris. For him, every place and circumstance was an opportunity to meet God.

Like Marcellin, we, too, are called to find God in every situation. Our faith does not limit the experience of God to moments of prayer or "sacred" places, but those moments of prayer can sharpen our perception of where we meet God. Prayer enhances our relationship with God and helps us to recognize that we are unconditionally loved by God. That love can draw us ever more deeply into that relationship, and at the same time, more deeply into relationship with all of life. With Mary, we allow God to enter into our lives and from that encounter, we are able to proclaim: "Yes, from this day forward all generations will call me blessed, for God has done great things for me!"

The Marist vocation reaches far and wide and continues to touch the lives of many men and women, young and old. As Vinny Caramela, religion teacher at Marist High School, Chicago and coordinator of this Marist Prayer Booklet, reminds us, "The purpose of this prayer book is two-fold: first, to showcase some wonderfully personal examples of how different members of the Marist family pray; second, to bring even more awareness to the true global nature of Marist. Marist is never contained in a single school building, or one vocation, but rather it permeates throughout different buildings, cities, states, countries, and people. At its core, this book is a compilation of Marist efforts through prayer to bring people to know Jesus' love." May these Marist prayers help sharpen our perception of what is happening in our lives and lead us closer to our God through Jesus Christ.

Fraternally,

Br. Ben Consigli, FMS
Provincial



THE MARIST BROTHERS

September, 2012

Dear Marist Family,

St. Marcellin Champagnat always reminds us “to practice the Presence of God.” Sounds so theological, doesn’t it? But really, take it personal!

Volume II of Marist Prayers is a very clear reminder that prayer is always on our lips, in our heads, in our hearts. Never stop praying! Rejoice in the Lord always, all ways – praise, thanks, needs, love! If we do, we will be practicing the Presence! And, in turn, the Lord and our Good Mother will be with us in all ways!

So thanks my dear Marist Brothers, colleagues, students, alumni, and friends from across the country and our Marist world. Thanks for sharing God’s presence in you, your practice and your prayer.

A promise... We keep you in the hearts of Jesus and Mary, always.

Br. Pat McNamara, FMS

President, Marist High School, Chicago

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FOREWORD

This prayer book is the product of the dedication and vocation of the Marist community throughout the United States. I would like to thank all who have contributed their support, prayers, reflections, and feedback.

The Marist community is comprised of those who have answered the call to serve the mission on various levels. We share a bond that can only be described as that of a family. The Marist presence exists all over the world and reflects many different cultures, languages and ages. Within this diversity however, the common denominators of love and service resonate throughout. Through dedicated love and service, we find that the Marist vocation extends past those who have taken official vows and reaches laity as well. Devoted collaboration and the deeply-shared commitment to service have allowed Marist Brothers and Marist Laity to affect and influence the lives of numerous individuals and communities. Prayer continues to serve as a foundational rock of the Marist family. This is why so much love and energy is exercised by the Marist Brothers and educators through the teaching of God's gift of prayer. It is taught and illustrated that there are various types of prayer, ways to pray, and times to pray.

The purpose of this prayer book is two-fold: first, to showcase some wonderfully personal examples of how different members of the Marist family pray; second, to bring even more awareness to the true global nature of Marist. Marist is never contained in a single school building, or one vocation, but rather it permeates throughout different buildings, cities, states, countries, and people. At its core, this book is a compilation of Marist efforts through prayer to bring people to know Jesus' love.

God loves us so much that He afforded us the gift of loving in return. We are not God's pets, and we are not merely God's creations; we are God's kin and co-creators in this world. Prayer helps us keep in touch and allows us to communicate with God in a way that is unique and personal. Hopefully, this book will serve to propel one's prayer life and experience.

With Love and Gratitude,

Vinny Caramele

THERE'S SOMETHING ABOUT MARIST

I first encountered the work of the Marist Brothers as a high school student of Mount Saint Michael Academy in the Bronx, New York. During my four years at the Mount, I came to realize the love that the Marist Brothers and Marist laity had towards me and my fellow students. Towards the end of my high school career, the Marist Brothers involved me in some of their work so that I could experience God's love through the same selflessness that has become part of the Marist code.

While I was in college, I accepted the Marist Brothers invitation to stay involved and volunteer with many of the high school programs and special needs camps. The Marist lifestyle of spreading God's love had taken me in and hooked me. After college, I answered God's call to serve the Marist community that had already given me so much (self esteem, knowledge of myself, knowledge of God's love, a sense of community, sense of purpose, etc...).

I began working as a teacher at the Mount and the next five years that followed will live in my heart and thrive in my soul forever. Towards the end of my fifth year teaching at the Mount, I once again heard God's call to serve the Marist mission, but this time I would be doing it in another state. In July of 2010, I moved to Illinois with my wife and soon began my teaching career at Marist High School.

I was in a new state, a new home, and 800 miles from my closest relatives. This was a recipe for a sense of solitude for me and my wife, but instead we found ourselves overwhelmed with the convivial nature of the Marist people of Chicago. We found ourselves comforted and welcomed immediately. Marist Brothers, administration, faculty, staff, and students really went above and beyond to make us feel welcomed. I soon realized that even though I was 800 miles away from the Bronx, I was still home. Being with members of my Marist family means being home.

As I have been compiling, organizing, and redacting this prayer book, I have been afforded the opportunity to reflect. This reflection period has reminded me of God's love and life's meaning. This global Marist family extends from Jesus through Mary to and through the Marist Brothers, laity, and students.

Thank you for taking the time to read my reflection, and for being part of my Marist family. I pray that this prayer book brings you light in times of darkness, comfort in times of pain, joy in times of sorrow, and guidance in your path. May you know God's love, experience God's love, and transmit God's love, always.



THE IMAGE OF MARY

The image of Mary holding the infant Jesus is an image that Christians throughout the centuries have come to cherish. For Marists, the image has been a focal point since St. Marcellin Champagnat called Mary, “our Good Mother.”

Writing in the 1300’s, the renowned Christian mystic, Meister Eckhart said, “What good is it to me if Mary gave birth to the son of God fourteen hundred years ago if I do not give birth to the Son of God in my time and in my culture. We are all meant to be mothers of God. God is always needing to be born.”

Marcellin Champagnat said something quite similar when he said that the task for Marists is “to make Jesus Christ known and loved.”

As you pray the prayers in this book, recall that it is our call as Christians and as Marists to be like Mary and “give birth” to God by letting those around us know how much God loves us and them. This is not a one-time witness. It is something we are called to do each and every day of our lives.

We can be like Mary and make the world Marist by letting our lives give witness to our call to make Jesus Christ known and loved.

☪ Brother Hank Hammer, FMS
Assistant Principal, Marist High School
Chicago

PRAYERS IN THE **MARIST** TRADITION

A MARIST PRAYER TO BEGIN THE DAY

God of us all,
we come before you
to make a simple offering of our lives to you.
In the events of this day,
may we be attuned to receive your Word
and respond generously as Mary did.
May the gifts that you continue to give us
be a source of new life and hope
to all we meet. *Amen*

MARCELLIN CHAMPAGNAT, OUR MODEL

Lord, God, you raise up saints from age to age
to speak anew your word to us,
to guide us in your ways.

And so in days when the vision faded
you inspired Marcellin Champagnat
with a vision that leads towards you.

In days when we can lose courage
you give us a man of strength to walk before us
with conviction.

In days when our faith is assailed by winds of change you
present us with a prophet whose faith remained firm.

May Champagnat's vision, strength and faith,
so firmly fixed on those same virtues of Mary,
our Good Mother, continue to inspire us
as we reach towards you in our daily lives.

We make our prayer through Christ our Lord. *Amen*



**THE PRAYER OF ST. MARCELLIN CHAMPAGNAT
(FOR BROTHER FRANÇOIS)**

Mary, my Good Mother, I am called here to do good:
I can achieve nothing without the assistance of your divine
son, and yours as well.

This is why I ask you to help me. I ask you to be with me,
directing my hands, my words, my heart, my whole person.

And when I am faced with some difficulties, Good Mother,
I will entrust them to you though I myself will do all that
depends on me. I offer and commend to you, all that will be
entrusted to me. *Amen*

THE PRAYER OF MARIST YOUTH

God, you gave us Marcellin Champagnat as a fine example
of how ordinary people can do extraordinary things when
they make use of the gifts they have been given.

In the same way, you expect us to use the gifts that you
have given us so that we can make you present to the world

Help us to invite you into our lives and to allow you to
work through us to touch the lives of the people we meet
and serve. *Amen*

FOLLOW ME

Almighty God, we thank you that our living Lord, your
divine Son, has two hands...
one to point the way, and the other to beckon us forward.
Summoned and encouraged by his Spirit,
may we follow him without delay. *Amen*

☞ from *A Procession of Prayers*

CHRIST HAS NO BODY BUT YOURS

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours. *Amen*

☞ St. Teresa of Avila, 1515-1582

PRAYER TO ST. MARCELLIN CHAMPAGNAT

Saint Marcellin, through faith you accomplished what many thought was impossible.

Help me to deepen my own faith so that my relationship with the Lord will always be an essential part of my life.

Help me to listen for God's voice in my own life so that I will have the confidence to share my faith and my love of the Lord with those making the Encounter.

Like you, Marcellin, I place my trust in the Lord and in Mary, our Good Mother. *Amen*



PRAYER OF COMMITMENT

Loving God you call us and challenge us to be
speakers of the truth,
 prophets of justice,
 workers in the vineyard,
 proclaimers of the Kingdom.

We commit ourselves to these tasks by promising to follow
Marcellin's example to bring others to Jesus through Mary.
Give us the courage, the strength, and the faith
to live our lives for others, imitating both you and
Marcellin Champagnat. *Amen*

A MORNING OFFERING

Lord, I present myself to you at the beginning of a new day.
I acknowledge my dependence on you for many daily
blessings as you provide and care for me.

Today I offer you my efforts to be your light, your witness,
and your instrument in making your kingdom present in the
places I find myself and with the people I meet. *Amen*

A PRAYER FOR THE MARIST BROTHERS

God – in your infinite love and compassion,
you gave us your Son, Jesus, as our brother.
Despite our flaws and failures,
Jesus was never ashamed to claim us as part of his family.

Help us to meet others as equals.
Help us to build prayerful communities.
Help us to be people who live life
with passion and compassion.

In a special way, bless those who have consecrated their
lives as Marist Brothers. May their loving example inspire
others to be prayerful witnesses of brotherhood
to those in need. *Amen*

A YOUNG PERSON'S PRAYER

St. Marcellin Champagnat,
you devoted your entire life
to the Christian formation of
the children of the working class;
now on the threshold of my life,
I wish to imitate your generosity
in service of God and others.

Like you, I wish to give my life to
Christ, under Mary's maternal protection.

Help me, by your prayers,
to find the way along which
God wishes to lead me,
and to follow it with all my heart.

St. Marcellin Champagnat pray for me. *Amen*



PRAYERS TO MARY

MEMORARE

Remember, O most gracious Virgin Mary
that never was it known
that anyone who fled to your protection,
implored Your help, or sought Your intercession
was left unaided.

Inspired with this confidence,
we fly to you, O Virgin of virgins, our Mother.
To you we come; before you we stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not our petitions,
but in Your mercy, hear and answer us. *Amen*

SULPICIAN PRAYER

O Jesus, living in Mary,
come and live in your servants:
in the spirit of your holiness,
in the fullness of your power,
in the reality of your virtues,
in the perfection of your ways,
in the communion of your mysteries;
have dominion over every adverse power,
in your own Spirit,
to the glory of God the Father. *Amen*

THE HAIL MARY

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

O DOMINA MEA

O Holy Mary, my sovereign Lady,
into your blessed trust and special custody,
and into the heart of your mercy,
I this day, and every day,
and in the hour of my death,
commend my whole being.

To you I commit all my hope and happiness,
all my cares and concerns and my whole life,
that, through your most holy intercession
and through your merits,
all my actions may be guided and governed
according to your will and that of your divine Son. *Amen*

THE SALVE REGINA (HAIL HOLY QUEEN)

Hail Holy Queen, Mother of Mercy,
our life our sweetness and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us
and after this our exile show unto us
the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary! *Amen*

PRAYERS FOR **EVERYDAY**

DAY BY DAY

Thank you, Lord Jesus Christ,
for all the benefits and blessing
which you have given me,
For all the pains and insults
which you have borne for me.
Merciful Friend, Brother and Redeemer,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. *Amen*

☞ St. Richard of Chichester

GOD BE IN MY HEAD

God be in my head
and in my understanding.
God be in my eyes
and in my looking.
God be in my mouth
and in my speaking.
God be in my heart
and in my thinking.
God be at my end
and at my departing.

☞ Sarum Primer, 1527

SERENITY PRAYER (EXTENDED)

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time,
accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it,
trusting that He will make all things right
if I surrender to His will,
so that I may be reasonably happy in this life
and supremely happy with Him
forever and ever in the next. *Amen*

PRAYER FOR GENEROSITY

Lord Jesus, teach me to be generous;
teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to seek reward,
except that of knowing that I do your will. *Amen*

✠ St. Ignatius Loyola

UNIVERSAL PRAYER FOR PEACE

Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.
Let peace fill my heart, my world, my universe. *Amen*

✠ Mother Teresa of Calcutta



A PRAYER FOR **TEACHERS**

A TEACHER'S PRAYER

Lord, let me be just what they need.
If they need someone to trust, let me be trustworthy.
If they need sympathy, let me sympathize.
If they need love, (and they do need love),
let me love in full measure.
Let me not anger easily, Lord, but let me be just.
Permit my justice to be tempered in your mercy.
When I stand before them, Lord,
let me look strong and good and honest and loving.
And let me be as strong and good and honest and loving
as I look to them.
Help me to council the anxious, crack the covering
of the shy, temper the rambunctious with gentle attitude.
Permit me to teach only the truth.
Help me to inspire them so that learning will not cease
at the classroom door.
Let the lessons they learn make their lives fruitful and happy.
And, Lord, let me bring them to You.
Teach them through me to love You.
Finally, permit me to learn the lessons they teach. *Amen*

PRAYERS FOR STUDENTS

PRAYER BEFORE EXAMINATIONS

O God, give me your help in this examination time.
Keep me from being nervous and keep me calm,
so that I will be able to do my best.
If I am not prepared, I have no excuse.
If I am prepared, and if I have done my best,
give me the calm I need to do well.
This I ask you in the name of Jesus
your Son and my brother and in the name
of Mary, his mother and my Good Mother. *Amen*

PRAYER BEFORE EXAMINATIONS

O God, help me at my examination today
to remember the things which I have
learned and studied.
Help me to remember well and to think clearly.
Help me not to be so nervous and excited
that I will not do myself justice.
Keep me calm and clear-headed.
Help me to try my hardest and to do my best.
This I ask you in the name of Jesus
your Son and my brother and in the name
of Mary, his mother and my Good Mother. *Amen*



PRAYER TO ST. CHAMPAGNAT BEFORE EXAMINATIONS

God, you gave us Marcellin Champagnat
as a fine example of how ordinary people
can do extraordinary things when they
make use of the gifts they have been given.

In the same way, you expect me to use the
gifts that you have given me
so that I can make you present in the world.

Help me during this exam so that the results
will show the best of my ability.

Help me to invite you into my life so that, like
St. Marcellin, I can make you known and loved. *Amen*

BEFORE STUDY

Creator of all things,
true source of light and wisdom,
origin of all being,
graciously let a ray of your brilliance
penetrate into the darkness of my understanding.

Give me a sharp sense of understanding,
a retentive memory,
and the ability to grasp things
correctly and fundamentally.

Grant me the talent of being
exact in my explanations,
and the ability to express myself
with thoroughness and charm.

Point out the beginning,
direct the progress,
and help in the completion;
through Christ our Lord. *Amen*

FOR ATHLETES

Thanks, Lord, for giving me life;
and talents for my participation in sports.
Help me to play well, to best use my talents.

Be with me when I need to play hurt,
when I have to deal with the pain of injury,
disappointment, loss.

Keep me aware of the bonds I have
with all people as brothers and sisters in Christ,
even when they are opponents.

Free me from the temptation to fake, to foul, to cheat.
I need to see that dedication to the cause
will mean suffering, but let me know
that it is the kind of suffering that leads
to new life and greater maturity.

Help me play with heart, and never lose my heart.
Most of all, help me never quit in my efforts
to be open to you.

For I believe your full coming into my life
is the way to real life, in all I do. *Amen*



PRAYERS FROM THE MARIST BROTHERS

TO MY FORMER STUDENTS

When I am old
and look back, alone, on joys
spent in service of love to you,
I will remember you one by one
and my heart again will stir
silent and un-seen.

When to final destiny I am called,
I will hear your voices still
like music borne by the wind.

Love will remain.
Love will grow
in service greater than before,
strong, mountain like,
until in God
we are again together.

☛ Brother Ambrose Marcou, FMS

UNCLUTTER

Lord,
cast a glance of love toward my awfully cluttered heart,
and gift me with the grace of unclutter.”

☛ Albert J. Nimeth, O.F.M.

PRAYER FOR HAVING A GOOD TIME

Lord, help me to have fun.

I'm asking you because a God
who invented butterflies and ducks
must know something about it.

Remind me to have a good time.
Let me spend money as well as save it,
and spend it on someone besides myself.

Let me use my body delightfully.
You muscled my bones and thatched my head
and waited two million years for your man child
to stand tall in the wind.

God of joy, give me your good Spirit!
God of harmony let me dance to the rhythms of your world!

I think you have a good time with your creation.
You pour out the oceans from your cup
and roll them like a bowling ball into the shore.

You beat out the sun,
while the stars fell in showers from your hammer.

You put the hummingbird together
and tossed an eagle into the air.

When the planets are dull,
you watch the children of men swing from the top of trees.

Lord of the rainbow and the redwood,
I can't take in all five rings of your circus.
Give me more than five senses and one time around.

Lord, I want to enjoy your life. *Amen*

✠ Joseph T. Nolan



PRAYER OF THANKSGIVING

☪ Brother Charles Filiatrault, FMS

Thank you, Lord Jesus, for the tranquil night.
Thank you for the stars.
Thank you for the silence.
Thank you for the time you have given me.
Thank you for life.
Thank you for grace.
Thank you for being there, Lord.
Thank you for listening to me, and for taking me seriously.
Thank you for my friends,
Thank you, Lord. *Amen*

O You, who art so at home in the depths of our hearts,
help us to join You deep in our hearts.

Lord,
you are the light, the glory, and the beauty we seek.
Increase in us our hunger and thirst for You.

“This is what the Lord, your God asks of you, this and only
this: To act justly. To love tenderly. And to walk humbly
with your God.” Micah 6:8

THE MARIST FAMILY'S PRAYER

Lord, our Father in heaven,
you willed that Marcellin Champagnat's work
should be strongly stamped with evangelical simplicity,
fraternal affection, and filial devotedness,
so as to form one family under the patronage
of Mary, our Good Mother.

Please preserve these basic qualities among us,
and increase the number of those who form
the Marist Family in the Church.

May we always be careful to advance in love
as most-beloved children, imitating the compassion
of Father Champagnat for those most in need of help.

May a warm, filial devotion to our Good Mother
closely unite us as one,
imitating Jesus in His relationship to You as Father
and to Mary as His Mother.

We beg you Lord,
to continue to inspire and support
the work of Father Champagnat
so that evangelical simplicity
and the Marist way of Christian formation
may experience a new expansion in the world today.

Amen

✠ Brother Charles Filiatrault, FMS



Lord Jesus.
you come to us through those
with whom we share our lives.
Open our hearts to recognize your presence in those
with whom we share our lives. *Amen*

May Christ give us at this time and always
His peace in our souls,
His presence in our hearts,
His power in our lives. *Amen*

“Lord, of Thee three things I pray:
to see Thee more clearly,
to love Thee more dearly
to follow Thee more nearly
day by day.” *Amen*

☩ St. Richard of Chichester

“We pray that the Lord will put within us
that which will enable us to be of service to Him.” *Amen*

☩ Teilhard de Chardin

PSALM 23

Shepherd us, O Lord
Beyond our wants
Beyond our fears
From death to life.

PRAYER TO THE HOLY SPIRIT

Love of the Father
and of the Son,
enlighten us always
as to what we must think,
what we must say,
how we must say it.

What we must still,
what we must write
how we must act,
what we must do.

For Your greater glory,
for the good of others
and for love of You. *Amen*

✠ John Bunyan

(Translated and adapted from Cardinal Verdier)

“In prayer,
It is better to have a heart
Without words
Than to have words
Without a heart.” *Amen*

Lord, help me to remember that nothing can happen to me
today that You and I, together, cannot overcome. *Amen*

✠ Brother Richard Grenier, FMS



A MORNING PRAYER TO MARY

Mary, my Good Mother,
I come to you to ask your blessing as I begin
another day of living and learning.

Help me to open my mind to the things
that will be taught to me today.

Help me to open my eyes to the people around me
who will reveal your son Jesus to me.

Help me to open my heart to the people around me
who need me to reveal your son Jesus to them.

Be with me this day, Good Mother,
and surround me with your love. *Amen*

☩ Brother Hank Hammer, FMS

A PRAYER TO ST. MARCELLIN

Marcellin, you know what it is like
to be faced with academic challenges.

Help me to remain focused and
to do what is expected of me.

Give me the courage to ask for help when I need it.

Help me to understand more and more
that the choices I make now will affect
the choices I will be able to make in the future.

Please walk with me on my Marist journey
as I attempt to become all that I am meant to be. *Amen*

☩ Brother Hank Hammer, FMS

LORD, MAKE ME YOUR INSTRUMENT

Lord, I am an instrument of your peace. I am a unique instrument that you may use however you see fit, and the music you make with me is far beyond my abilities.

I believe that God works through me in ways I can't begin to fathom or understand. My responsibility is to put myself in positions where I can be used in such a way. Much like any musical instrument, it only works correctly and produces beautiful music when arranged properly. A drum cannot be a French horn, nor a guitar a trombone. But any instrument in the right hands and with the right arrangement can sound spectacular.

I know what it is like to have spectacular music played through me, but though I may be used in many genres of music, my sound is my sound and cannot replace the sound of another. If I am a great set of drums in a rock band, yes, I can play in Jazz, country, or even classical, but I cannot replace the piano in any of these.

God can use me to convey His message any way He chooses, much like my drums can be played in such a way that you will recognize the song. However, if you are trying to use the drums to replace the part of the piano, though the song may be recognizable, it will not be appreciated. When being played as the proper part of the song and with the right kind of music, the song will be extraordinary.

I seek the proper venue to be played in, and pray to be recognized as the instrument that I am. Not abused, and not used to replace an altogether different instrument. Lord, make me an instrument of your peace. *Amen*

☞ Brother Todd Patenaude, FMS



PRAYERS FROM
**ARCHBISHOP MOLLOY
HIGH SCHOOL**

Mary our Mother,
be our light of guidance when we stray from your path.
Lead us, by your example, to hear and answer
God's call for us everyday.

Be our silence in a world that seemingly never stays still.
Help us, with your nurturing, to find peace and comfort.

Be our strength when we lose faith in God's plan for us.
Encourage us to trust that all things put in God's hand
will be taken care of.

Mary, as our heavenly Mother, we turn to you in all things.

Amen

✠ Thalia Guzman '12

Dear God, You gave us a great miracle each day that many people take for granted. Show us what it means to use this gift so that we may show you great honor while we live on this earth. Teach us that there is more to life than doing things that just make us happy, but rather it should be You who we should strive to please.

Show your abundant mercy and graces upon us, so that we may learn to wake up every morning and say thank You for allowing us to open our eyes and live in Your world.

May all the people who have trouble seeing the beauty of the life in which they are born to, see the kindness and joy instilled into all of God's creation.

Just as Jesus told the great crowds to not worry about what may be of tomorrow, and just enjoy being alive today, for God is the only one who holds the key to tomorrow.

Allow us to use our lives to help strengthen our relationships with our family, friends, and with You.

Lord, speak to those who don't appreciate your gift of life because of their envy or greed, be with them so that they may understand that their lives will only be perfect once they allow You to enter the temples of their hearts.

Please show humanity the value of the gift of life, as there are many of our brothers and sisters who constantly struggle in agony to get a glimpse of the wonderful lives that we have been fortunate to be born into.

Allow us to live this life properly so that we may be ready to join you in heaven when You call us to come home to you in heaven. *Amen*

☞ Samson Zachariah '12



Immaculate heart of Mary,
my beloved mother,
I offer you this day and all the days of my life.
I ask you, bless every moment, for it to be lived to the fullest,
bless every intention, for it to be heard,
all my hard work, to be recognized,
all my thoughts and words, to be pure,
and all my actions, to be done for God.

Most loved mother,
bless also my loved ones, my friends,
my supporters, and my enemies.
Watch over us and protect us from the evils of the world.

Amen

☩ Sabina Kobinski '04
and present Social Studies Teacher

With Mary as our model, we seek to imitate her virtues in our interactions with students.

Like Mary at the Annunciation, who gave her ‘fiat,’ her ‘yes’ to the will of God, even though it meant accepting great changes, may we be ever flexible and open to the will of God in our lives.

Like Mary at the Visitation, who, despite being pregnant herself, travelled a great distance to visit her cousin Elizabeth, may we not hesitate to make sacrifices of our time to reach out to a student in need.

Like Mary at Cana, who recognized the everyday needs of the couple who ran out of wine and took this need to Christ, may we have eyes to see the needs of our students, even those needs that seem ordinary and everyday; and may we, like Mary, continually bring those needs to Christ.

Like Mary at Cana, who told the disciples, “Do whatever He tells you,” may we lead our students to Christ and teach them to follow Him.

Like Mary at Calvary, who, stood by Christ on the cross, may we give to our students the gift of our presence, especially to those undergoing great suffering.

Mary Our Good Mother, Model of Virtue, Pray for us. *Amen*

✠ Elizabeth Reichert



ASKED AND ANSWERED

We ask that St. Marcellin Champagnat continues to inspire us to live our lives with the virtues of integrity and morality.

We answer by making good decisions.

We ask that the family spirit fostered by the Marist Community will be the foundation of our relationships.

We answer by lending a hand to those who need it.

We ask for the gift of wisdom as we grow older.

We answer by treating our elders with the respect that they deserve.

We ask for the spirit of fortitude to meet the demands of modern life.

We answer by taking the time to enjoy simple things that sometimes get lost in our daily routine.

We ask your blessing for our parents who have sacrificed so that we could benefit from a Marist education.

We answer by showing gratitude when someone puts my needs before their own.

We ask that Mary Our Good Mother comes to our aid when we venture on an unclear path.

We answer by making the path to Jesus known.

✠ Richard A. Karsten, President
Archbishop Molloy High School

PRAYERS FROM
**CENTRAL CATHOLIC
HIGH SCHOOL**

Dear Lord, I pray to you today
for those who are away fighting for us in another land;
for those who haven't found you yet.
I'm sure that will be soon, I bet,
because we all need you in our lives.
For those who are hungry and thirsty.
and for those who call for your mercy.
Thank you for this day.
I wouldn't have asked for it any other way.
To you, Lord, I pray. *Amen*

☞ Orquidia Paulino '12

Lord, let today not be a day where I ask you for something.
Too often I take for granted the gifts you have already given
me. Let today be a day where I can express my
thankfulness and gratitude for the gifts with which
you have already blessed my life.

Today, I will cherish everything I already have around me.
I will use my talents to show others that they too should
appreciate and thank you for what has already been given
to them. For without you, we would not have any of the gifts
and blessings of family, friends, or talents. *Amen*

☞ Will Martin '13



Dear Lord, throughout our lives we are challenged with many difficult tests: tests of our faith, tests of our compassion, tests of our will and strength. Help us, Lord, to overcome the difficulties these tests present.

Help us to push past the feelings that stand in the way. Help us to forgive the ones who have wronged us, to let go of the anger we hold onto, to make peace with our enemies, to bring love where it is most needed, and to know that these challenges we are faced with will help us in the end. *Amen*

☞ Stephen Sullivan '14

Lord, let me walk this day with you.

Not just next to you, but with you. Let me remember that you are alongside me all day, supporting me in my difficulties, and celebrating my successes.

Lord, let me walk this day with you.

Conversing with you nonstop, sharing my day, and reflecting you and your love to others with whom I meet up and share parts of the journey of this day.

Lord, let me walk this day with you.

Then I can remember that nothing is going to happen to me today that you and I cannot handle together.

Lord, when today is over, and I am resting my head wearily upon my pillow, may I remember that we walked this day together, and that You loved me, and I loved you right back. I will say good night to you, and I will rest, and you will stay beside me, that we might walk together again tomorrow.

Amen

☞ Mr. Christopher Sullivan '81

Assistant Principal,

Central Catholic High School

Dear Lord, today my prayer is simple.
I ask that you would help me, in the most basic of ways.
Please help my eyes to see goodness,
as that's what you've created all around me.

Please help my thoughts to become compassionate words,
as you've always been abundantly gracious with me.

Please help my heart to feel and freely express love,
as that's the purpose for which it's been designed.

Please help me to be someone that I can be proud of, and
that you would be proud of too. *Amen*

✠ Mrs. Diana Chase
Religious Studies Teacher,
Central Catholic High School



During Advent 2010, an elderly and frail man rose to speak to a packed room at the Mount Manresa Retreat House on Staten Island, New York. Poet, legendary peace activist, and Jesuit priest, Father Dan Berrigan's message to his audience was characteristically clear and simple: "You have no right to tie yourself in knots because you want to know the outcome of what you are doing. Let it go. Let it go into Christ. Let it go into the generations. Let it go into the children. Each of us must think, 'I am going to turn swords into plowshares. I may never see the transformation myself. It makes no difference. I shall do it.'"

On January 2, 1817, a young and recently ordained priest serving a backwater parish in rural France invited two young men - one a boy, really - to live in a small house near his rectory. They formed the nucleus of a band of brothers Father Marcellin Champagnat had envisioned for some time. Country youth more accustomed to work in the fields than in a classroom, the purpose of these first Marists: to make Jesus known and loved among young people, especially the poor, and to provide these children an education their chaotic society could not.

When Father Champagnat died 23 years later, his movement remained essentially a local phenomenon. He did not live to see the Marist Brothers blossom into an international religious community with members and lay associates on every continent, educating hundreds of thousands of young people each year.

The Gospel tells us that the seeds we sow will be harvested by hands other than our own. This is a tough pill to swallow, particularly in an age when "measurable outcomes" are king. But as we relearn again and again, God's ways are not our ways.

As Marists, we remember how Mary had no idea to what she said "yes" when she accepted the invitation to be the mother of Jesus. Could she have foreseen his early adolescent "temple incident," much less his controversial, itinerant ministry, his execution at the hands of Roman occupiers, his death and resurrection? Could she possibly have known that she, the unwed mother, would give birth to the savior of humankind?

"You have no right to tie yourself in knots because you want to know the outcome of what you are doing. Let it go. Let it go into Christ. Let it go into the children. I may never see the transformation myself. It makes no difference. I shall do it."

☞ Brother Thomas P. Long, FMS, '73 President
Central Catholic High School

PRAYERS FROM CHRISTOPHER COLUMBUS HIGH SCHOOL

A PRINCIPAL'S PRAYER

For whatever reason Lord you allowed me to become principal of this Marist school dedicated to you and to your mother Mary. This responsibility is an awesome one with few benefits... but the students are great and the faculty and parents are a wonderful group to work with.

I ask you Lord that you sustain me with your grace so that the vision and mission of St. Marcellin Champagnat may be clear and ever present to our faculty... staff and student body. May those day to day decisions concerning students be the right ones for them and for the building up of the kingdom. "To make Jesus known and loved" is essential to the very being of this Marist school... as your instrument I need your help, support and grace.

Mary, Our Good Mother... take my request to your Son... This is your work and if it is to continue to succeed it needs your everyday blessings. Praise to you Lord Jesus Christ!
Amen

✚ Brother Michael Brady, FMS, Principal
Christopher Columbus High School



My prayer each and every day is to remember to appreciate the gifts of God that are so abundant in my life. In 2005, at age 37, I was diagnosed with non-Hodgkin's lymphoma. I underwent months of chemotherapy and several more months of radiation treatment.

We had a two-year old girl and my wife was pregnant with our second daughter. It was not an easy time. The community of Columbus High School rallied around me and helped our little family through those most difficult days. The football team, for which I coached then, organized a plan and the mothers of the players cooked meals and every night brought a dinner to our house. A group of students organized a rally to raise money and awareness for my cause, a rally that was covered by the local media. Prayer services were held. Our school priest gave me the sacrament of Anointing of the Sick in the hospital. Teachers, administration, and students visited me at home and in the hospital. The total outpouring of love from the Columbus community was a blessing.

Now six years later, we have a third daughter. I'm in perfect health. And the busy day-to-day life routine can make me forget how wonderful all of our gifts from God are.

So, today, like every day, I pray to remember and thank God for His many, countless gifts.

 Robert Linfors '85

THE LABYRINTHS OF THE HEART

My Lord and my Teacher give solace to us who walk the Labyrinths of loneliness and self-doubt the reassurance to know that we are in good company. Even the greatest of your seekers and have taken their firm hands off the plow and have looked back.

My Lord and my Teacher, unlike a maze that has only one path, give me the insight to know there are no dead ends. That every disappointment becomes a road sign and that my daily betrayals become an insight to our true path.

My Lord and my Teacher grant us the gift of silence, contemplative prayer and reflection, as a spiritual exercise of pilgrimage. Do not allow the sirens of the postmodern world to distract the whispers of your divine wisdom.

My Lord and my Teacher bestow the realization that the mind is the forerunner of all actions. All deeds are led by the mind, created by the mind. If we speak with a serene mind, happiness follows. As surely as one's shadow.

My Lord and my Teacher let us fully comprehend the difference between immediate circumstances and long-term causes. There is no way that negative actions or unwholesome deeds can result in joy and happiness.

My Lord and my Teacher it is not despair you bring me but to humility, that I may hope in you entirely. I must then live out what I am: What love counsels my spirit, In this is my being; for this reason I will do my best. *Amen*

☞ Steve O'Brien '72

This prayer was inspired by Fr. Thomas Merton, Hadewijch of Antwerp, the Desert Fathers and the Dhammpada of India.



LET GOD

Let God's love be our shield, and protect us from sin.
Let His grace be our sword, to cut down our own weaknesses.
Let His wisdom be our guide to understanding
his plan for us.
Let His church be our indestructible rock
upon which we build our foundations.
Let His word be our nourishment, from which
we grow in our faith, for it is sounder
to build a strong soul than mend a broken one.
Let us live in the understanding that we are
but a wayward traveler on a long journey.
Let our perseverance extend through our travels
until our arrival to His Kingdom.
And let the teachings of His son keep us on the path
that is good and righteous. *Amen*

☞ Raúl Hernández '12

Every day there are persons in our lives
that experience some type of struggle.
Let us pray that the hand of God
reaches out and protects them.
Let us pray to Mary our good mother
that she may intercede for us by praying
to our merciful and compassionate Lord for thanks,
for another day of life, and for being so blessed.
Let us pray for those who are not as fortunate as we are
that they may acknowledge the existence of God,
and turn to him for any of their struggles
by thanking God for everything they do have.

☞ Gabriel Alvernaz '12

**PRAYER FOR AN INCREASE IN LOVE
THROUGH RELIANCE ON JESUS**

Today we pray for an increase in love among people throughout the world. That we may all realize that no matter our opinions, beliefs, ethnicities, race, or nationalities, we are all brothers and sisters under God our Father.

St. Marcellin Champagnat's challenged the brothers to "Love one another as Jesus Christ has loved you. Be of one heart and one mind. May it be said of the Little Brother of Mary, as of the first Christians, 'See how they love one another.' Yes, my very dear Brothers, listen to the words of your Father, they are the words of our loving Savior, 'Love one another.'"

Today we pray that all Marists take action on St. Marcellin's challenge to love. We pray that through this love we are able to make Jesus known and loved in all we do. We ask this through the intercession of our Blessed Mother as we pray:

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 at the hour of our death. *Amen*

☩ Daniel Chomat '12



PRAYERS FROM
MARIST HIGH SCHOOL
BAYONNE, NJ

Lord,
Make me your instrument,
your vessel, so that like Mary
I will be able to bring your Good News, Jesus,
to those you have
placed in my care.
Send your spirit of wisdom
and compassion upon me.
I ask this in your name. *Amen*

✠ Alice J. Miesnik, Principal
Marist High School, Bayonne

Lord, give us the strength and direction
to be like Mary. To act from the heart,
to lead our students with compassion and understanding.
Let us be shining examples for others.
Let us be a calming presence –
To lead through our actions...
All to help our students grow in
Mind, body, and spirit. *Amen*

✠ Anonymous

Lord, let my life and thoughts
be simplified
so I may focus on
what is really important!
And all the rest will be background noise. *Amen*
☞ Caroylnn John, Art Teacher

Help us conquer the
complications of life –
sickness, poverty and ignorance.
May we maintain our own health,
so we can comfort the sick;
May we encourage hope to
those who dwell in poverty;
may we educate those
who drown in ignorance.
May we do all this with simplicity of purpose,
without the anticipation of reward. *Amen*
☞ Wayne Pratko, English Teacher



Lord, our lives are so very complex and hurried;
Help us to keep our lives simple.
Allow us to take small moments to
appreciate your presence.

Help us to remember that our work
is not just a means to live,
but a means to love and serve others,
especially those least favored.

In this way, our Marist family will truly be one in
Christ through Mary's intercession and the
guidance of St. Marcellin Champagnat.

We pray to keep ourselves humble and
selfless even in the face of great adversity and hardship.
We look to keep your Word and to love as Christ loved.

Amen

☩ Marybeth McDonough, English Teacher

Dear God,
I am confused and blurred.
My life is good, but I need direction.
I am unsure of my abilities and I want
To do well, I just don't know how.
I look for joy and love in the wrong places.
Help me find my way.

Sincerely,

☩ Jordan '12

Dear God,

I would love to write you a great, poetic prayer, but I can't. I'm too busy studying for psychology, writing an essay for biology, and analyzing *The Wasteland*. I'm too busy stressing about college and wondering where I'll end up next year. (New Haven, Boston, New York?)

It seems like going to church could be the hour I can spend perfecting my college essays and contemplating the purpose of calculus.

But then I have a quiet moment. Sometimes it's five minutes, but, more likely than not, five seconds. No matter how long or short it is, it's still that moment of peace. It's a moment when I believe that you've actually been listening, And that everything will work out in the end. Thanks.

☞ Catherine '12

Dear God,

Does my life humor you?
Are my moments of confusion your
primetime entertainment?
No? Well, it certainly seems that way!
I feel like you never hear me.
I just ask for one thing: listen. *Amen*

☞ Navidra '12



PRAYERS FROM
**MARIST HIGH SCHOOL
CHICAGO, IL**

WITH THE GIFTS OF THE HOLY SPIRIT

Holy Spirit,

With your gift of wisdom, I am able to recognize God working through everyone, everywhere.

With your gift of understanding, I am able to apply reason in the apprehension of truth, and to know how I am meant to live my life in accordance with Christ.

With your gift of counsel, I am able to determine right and wrong, and to choose the righteous path.

With your gift of fortitude, I am able to overcome fear, endure persecution, and work towards the good.

With your gift of knowledge, I am able to understand God as best I can.

With your gift of piety, I am able to maintain a deep sense of respect for God, and for myself as a humble servant.

With your gifts of wonder, awe, and fear of the Lord, I am able to be fully aware of God's majesty and glory while maintaining a healthy sense of filial fear to guide me.

I am grateful to you, Holy Spirit, for all of these gifts which you have bestowed upon me, as well as my brethren. *Amen*

☞ Vinny Caramele

PRAYER FOR FRIENDSHIP

You have blessed us, O God,
With the gift of friendship,
The bonding of persons,
In a circle of love.
We thank you for such a blessing:
For friends who love us,
Who share our sorrows,
Who laugh with us in celebration,
Who bear our pain,
Who need us as we need them,
Who weep as we weep,
Who hold us when words fail,
And who give us the freedom
To be ourselves.
Bless our friends with health,
Wholeness, life, and love. *Amen*

☞ Alex Galvan '13

Dear God,
Whenever we feel pain, you're there.
Whenever we feel butterflies, you're there.
Whenever we're on the verge of tears, you're there.
Whenever we jump for joy, you're there.
Whenever we're ready to quit, you're there.
Whenever we've conquered our obstacles, you're there.
Whenever we start a new chapter in our life, you're there.
Whenever we're ready to end that chapter, you're there.
We thank you for being by our side
throughout each of our lives. *Amen*

☞ Amanda Vieu '13



Lord, allow me to see and appreciate
the many gifts you provide for me daily;
My family to love me,
My friends to laugh with,
My home to shelter me,
My clothes to keep me warm,
My characteristics that define me,
My talents to set me apart,
Nature to wonder me,
My education which allows me to grow,
My faith which keeps me grounded,
But most of all, for your love
which strengthens me every day. *Amen*

☩ Danielle Strohmier '13

Heavenly Father, help and guide us to build
a better and more peaceful world,
to bless our lives with good health and happiness.

Help us endure the challenging times
that we all have in our lives,
to inspire us to be a better person.

Help us to be more tolerant and understanding
of others, as well as have others become more
understanding of ourselves, and to strengthen our
relationship with you to make us close. *Amen*

☩ Alex Belmonte '12

God,

There is a prayer by Thomas Merton that you know I love to pray especially since it begins “MY LORD GOD, I have no idea where I am going.” It seems like I have many days that are like that. But I know that with YOUR guidance you will continue to lead me in the right direction.

Help me see the signs that YOU set forth:

Help me to stop at the Stop Signs –
when I need to take a break or a timeout and reevaluate
whether I need to turn or continue on my way.

Help me to Yield – when I making a big decision in my life,
and remind me to always yield to YOUR will first.

Help me at the Traffic Lights – to be patient when waiting
for directions from YOU.

Help me when the roads are Slippery – so that I may stay on
the right course even when it is difficult or seems dangerous
and know that YOU are there to help take the wheel.

Help me go the right way on the One Way street – even
when it seems like others are telling me to do something
different, help me to see the way in which YOU want
me to go.

God, no matter what signs you send me in life,
help me to see them clearly and obey them because none of
us really know where we are going. But I do know that
wherever we go, if we are following YOU it is the right way.

Amen

☪ Tera Chun



PRAYERS FROM
**MOUNT SAINT MICHAEL
ACADEMY**

Please, Lord, forgive me for my life of sin. Give me peace on the streets, because there is no need to be in jail. I ask myself, “Are you afraid to die, or do you want to live forever?”

Sometimes it gets hard out here, and the stress level can get critical. I take comfort in knowing you will come back for your children. I love you and am just waiting out my time and making an impact on earth. In the Lord’s name, I pray.

Amen

☞ Taelor Gibson ’12

Father God, in Jesus’ name I come to you, as humbly as I can. Lord, I’m asking you to forgive me any sin I have committed, to give me the courage to ask for forgiveness from those I’ve hurt, and to forgive those who have hurt me. I thank you for keeping me safe to and from school. I’m also thankful for your keeping my family safe from hurt, harm, and danger. Lord, I pray that you continue to watch over us. Thank you, God, for hearing my prayer. *Amen*

☞ David English ’12

POVERTY

Let us pray for those who nearly die of hunger,
who don't have a roof on top of their heads
for when it thunders.

Let us pray to the Lord, our founder.

Let us pray for those children who struggle,
and who don't have a mom to cuddle,
who feel alone in this world, as if in a bubble.

Let us pray to the Lord, our founder.

Let us pray for those who are cold in the winter,
when nobody helps, their skin gets so wrinkled.
All they may have left is their own warm heart,
but that, to them, is a good start.

Let us pray to the Lord, our founder. *Amen*

☞ Geramy Rosario '12

PRAYER FOR STRENGTH

Lord give me the strength
to keep my trust in you.
Lord give me the courage
to defend you and stand up for my faith.

Lord, protect me in battle,
keep me free from sin.
Keep me trusting in you
so that I become what you want me to be.

Lord, spread your message
so that I may defend it.

Lord, show them your power
So that they will finally believe. *Amen*

☞ Niall McGeever '14



Dear God,

I'm talking to you today to ask you to help me become the good person I am trying to be. Give me the strength and good will to make it through the day and everything in life. Help me to treat others the way I would like them to treat me. Oh, Sacred Heart of Jesus, I place all my trust in you.

Amen

☩ Daniel Neil '14

Gentle Holy Spirit,

come to us and make Your presence known.

Help us to empty our minds of worry, fear, and negativity, so that we may experience the joys of learning... in brotherhood and love.

Help us to remember that every day is a miracle, and every moment is a gift.

We know that all things are possible with You.

Help us to do our best in honor of Your creation.

We ask this in Jesus' name. *Amen*

Hope is a virtue that often goes unappreciated. The neglect is perhaps due to the fact that the virtues of faith and love seem so much more immediate, uniting us with God in the present moment. When I believe in God, and when I love him, God makes himself known in my life today. My hope, on the other hand, leans forward to a day to come, when I will find true happiness in the fulfillment of my hope. Yet the very hope that I am hoping, is a reality now. So while faith rewards my intellect with the knowledge of God, and love rewards my heart with the food of angels, hope does its own thing: hope helps me to hang on to God's hand, even when my grasp is loosening; and hope is that single hair on my head, by which God is barely holding me back from ruin. Hope is trust. Hope is the trust that will not let go – and what is more, it is the trust that God will not let go.

☩ Thomas G. Eikamp

PRAYERS FROM
**OUR LADY OF LOURDES
HIGH SCHOOL**

Almighty God, Creator of all, we praise and give glory to You. We honor and love you above all things. We ask for Your grace through difficulties we may face in this life. Through your guidance, we ask You to help us find our inner strength and to follow Your will. Please send your angels to protect us against evil and darkness.

Help us to surrender our lives to You and lead us to the path of salvation so we may be eternally happy with You. Send forth your blessings and the Holy Spirit upon us.

Thank you O Lord, we are grateful, for Your love and compassion to help us through the rough times in our lives. We thank you for the gifts of free will and life. We appreciate all those who touch our hearts. We praise You, Messiah.

You sent your only Son, Jesus Christ, to save us from sin. Our Savior, Our Redeemer we bow down to You, for in your suffering and death there is new life. We hope all that we do is in Your honor and glory. *Amen*

✠ Christina Fratto 13



Almighty Father,
Through Saint Marcellin Champagnat, you gave us the
Marist Brothers, whose purpose was to educate the indigents
of LaValla.

Through your grace, the brothers have spread to each corner
of the world with the great mission “to make Jesus known
and loved.”

We ask you to continue to bless the Marist Brothers,
so that through their institutions, the principals of the
Catholic Faith will be taught as well as the sciences.

Continue to bless these educators, that through their care
and dedication, many may be strengthened to live as holy
Christians and good people.

Bless their students, so that they may show the fruits
of their labor, and mature to love you, O Lord.

O Virgin, most perfect example of submission to Our Lord,
as our Mother, help us to more perfectly love your Son,
Jesus Christ. *Amen*

✠ Alexander Davis

“Your word is a lamp for my feet, a light for my path.”
Psalm 119:105

A PRAYER TO MARY AS THE MEMORARE IN THE SNOW

Remember...

You, Oh Blessed Lady, are the perfect reflection of the anamnesis that is the Eucharistic Jesus!

O most gracious...

You are the channel that fills me with grace
that comes from God alone.

Virgin Mary,

You are ever the Perpetual Virgin – the perfect sign of the Spouse of Christ: Holy Mother the Church. St Marcellin says: “Oh, what power the name of Mary has! How lucky we are to bear it... holy name... miraculous name”

that never was it known that

Your ear is always turned to your children...

anyone who fled to thy protection,

“If Our Good Mother does not come to our assistance, we will die.” Said Blessed Marcellin. This was true as he struggled through the snow storm, and it is true of us today as we struggle through this icy tempest of this vale of tears... “If Our Good Mother does not come to our assistance, we will die.”

implored thy help,

We call to thee, oh Mother of God; Mother of Jesus;
Immaculate Spouse of the Holy Spirit; Daughter of the
Eternal Father.

or sought thine intercession

You spoke to your Son at Cana and He could deny you nothing – we speak to you now and ask you to intercede with Thy Son for us.



was left unaided.

You are our Mother of Perpetual Help!

Inspired by this confidence,

You are our eucatastrophe in the long defeat of life!

I fly unto thee,

“If Our Good Mother does not come to our assistance,
we will die.”

“If Our Good Mother does not come to our assistance,
we will die.”

“If Our Good Mother does not come to our assistance,
we will die.”

Let us fly and say as Marcellin often proclaimed,
“This is all God’s work... this is all Mary’s work.”

O Virgin of virgins, my mother; to thee do I come,

St. Marcellin said: “God does great things with nothing.”

Oh, Mary, my Mother – take my littleness and with it,
help me do great things for God alone!

before thee I stand,

Marcellin: “Mary, our common Mother, will lend [us] a
hand”,

*sinful and sorrowful. O Mother of the Word Incarnate,
despise not my petitions,*

Marcellin repeats: “All to Jesus through Mary, all to Mary
for Jesus”.

but in thy mercy hear and answer me.

Marcellin says: “With Mary’s help, we will move heaven
and earth...”

Oh Mary, you lead us threw the snow storm to the Lamp
that shines outside the barn of God which is Holy Mother
the Church!

Amen

☞ Charles Junjulas

A PRAYER FOR TEENS

Dear Lord Jesus,

This is a time of my life where I am growing weak in following you. I am gradually getting pulled away from your glory and your salvation by peer pressure, by people who annoy me, and by my enemies. Lord, I am asking for your forgiveness when I lose my way. Give me grace and courage to say no to peer pressure, to do wrong, to ignore the people who annoy me, but to love them, and to reach out and love my enemies. Lord, I know you are always by my side leading me to the right path and to the Heavenly Father. I ask you through the intercession of Our Lady of Lourdes. *Amen*

✠ Esosa Oghide

PRINCIPAL'S PRAYER

Heavenly Father, we ask you to bless all of our students with your grace and peace.

Protect them with your loving presence and may they walk always in the light of your truth. *Amen*

✠ Rev. John M. Lagiovane, Principal
Our Lady of Lourdes High School



PRAYERS FROM
**ROSELLE CATHOLIC
HIGH SCHOOL**

Dear Lord, please stay with me.
Be the answer to my questions.
Be the courage to my fear.
Be the drink to my thirst.
Be the food to my hunger.
Be my eyes when I am blind.
Be the hope when things seem hopeless.
Be my light in times of darkness.
Be there when I need you most.
Please Lord, stay with me. *Amen*

☞ Christian Brown-Singleton '12

HOPE FLOATS

Loving Father, I stand before You in the midst of my senior year in high school. Although my future is bright I am perplexed with the everyday social and the political complexities of life I see around me and in the media. Why is there so much poverty, joblessness, bias, prejudice, and bullying in our great country? Why do the rich get richer while others starve? Why can't people find jobs? Why do people hate others who are different? Why do people judge others so draconically? Why do we treat others with indifference and disdain? Why are innocent men put to death? Why do people cheer when told Texas executed 234 people? Why do people call to let poor people die rather than give them emergency room care? Why do people boo a soldier wearing a uniform and defending our country in time of war only because he is gay? Why don't political leaders condemn the boorish behavior of these participants? Why does Main Street have to pay for the sins of Wall Street? Why is there so much corruption and hypocrisy? Why are prisoners tortured? Why are people so mean, intolerant and ignorant about issues? Why are the poor, disabled, sick, elderly, children, handicap, low income and the middle class easy prey?

Give us, O Lord, the vision to see the path of change. For we are all created equal and were endowed by our Creator with certain unalienable rights. People are people. That we are here to love and help each other. For in unity there is more power. Grant those in power the courage to follow Your way. Each one of us has the gifts and talents you have given us. For we all must remember to utilize these gifts and talents to strive for fairness and justice for all! After all, we all must remember that after dismay, tragedy, injustice and pain we can always find that hope floats! We believe hope floats! We pray. *Amen*

☞ By Alexis Camila Alvarez '12



There have been times in my life when it has been hard to pray, when the presence of God has felt more like a cruel absence. It was during those times that I found God again along the banks of the Hudson River where the waters flow with the sweet forgiveness of life. It was along those shores that this prayer came to me.

By the river,
With the river,
In the river,
The flow of river running through me --
I bow down to the presence of God
who breathes through me
and beckons me into the new day.
I open myself
to the surprise of Grace
and ask only to be accompanied
by Wonder as I wander
into the fullness of being
by being present, as you are,
to all who in need of kindness and compassion.
Blessed Be!

 Mary Byrne Hoffmann
Teacher, Religion Department

FILM AS PRAYER

There are times when the movie theatre feels like a sanctuary. I offer this list of films with the briefest suggestion of sacred themes (not wanting to bias your own experience) as examples of film as prayer.

***Life is Beautiful** – The power of love

Shawshank Redemption – It's in the title!

Babette's Feast – Breaking bread in barren places

Places of the Heart – The Communion of the Forgiven

***Simon Birch** – The power of One

***Spitfire Grill** – A Stranger Cometh ...

***Of Gods and Men** – Commitment, Community, and Communion

***Changing Lanes** – Moral Dilemmas and Consequences

***Whale Rider** – The Ordained

***The Choir**

***Something the Lord has Made**

***The Wizard of Oz** – Finding you way Home

***Winged Migration** – Visual Meditation

***Finding Nemo** – Being Lost, Being Found

***What's Eating Gilbert Grape** – Forgiveness!

*Suitable for high school students

PRAYER OF BLESSINGS

Dear Lord,

Each time I pray, I ask for blessings... blessings for the sick, blessings for the oppressed, blessings for the deceased, and blessings for those in need of your love. Today, Lord, I ask for another blessing... the blessing of family, the Marist family. Bless them with your love. Give them the spirit to continue their mission to do good works for others. Give them the knowledge to teach the young and the patience to guide them. Give them an open heart to love and accept others as they are. Finally, bless them with what it takes to be truly Marist. Lord, I ask you to bless the Marist family and keep them close to you. *Amen*

✠ Lorraine Marashiefski
English Teacher



Dear Lord,

I ask that you bless our Marist schools around the world. May your Word continue to fill each corner of the earth, and reach the ears of young people. Just like St. Paul helped Timothy, guiding him in your Word, give strength to our Marist leaders to help this new generation. Jesus' command to his disciples was, "*Go into the world and preach the Good News to all creation.*" (Mark 16:15) and as Marists we are commissioned to continue their work. I pray that you allow for many others to join our Marist family so that we may reach all those in great need of hope, love and compassion.

I ask in the name of Jesus Christ that you bless all the missions, pilgrimages, outreach and service activities involving Marists to be successful in touching the hearts of others. *Amen*

✎ Javier Lopez '12

PRAYERS FROM ST. JOSEPH ACADEMY

My LORD Jesus,

You have entrusted me with one of the biggest responsibilities in life, to be a teacher and contribute to the formation of your young men and women.

I embrace this opportunity with a strong sense of humility.

I ask that you grant me the courage for such a task, for even though I am confident in my abilities as a teacher, there will be times that I will question whether I am fulfilling my calling.

I ask that you grant me the patience to carry out my responsibilities, for I know that there will be times that are “trying”. I welcome them, for it will be from these times that my students and I will grow stronger.

I will be a good listener so I ask that you grant me the wisdom to answer all of my students’ needs. My only hope is that I am able to make a positive impact in my students’ lives.

LORD, I thank YOU for this opportunity and blessing.

Amen

✎ Benjamin Sandoval
Faculty



Father,
I hope for understanding.
I hope for love.
I hope for peace.
I hope for the advantage of getting to know You.

Hope is simple act of faith.
Oh Lord, help us to strengthen our faith
Because in You lies the knowledge,
In You lies the heart,
In You lies the harmony,
In You lies the magnificent God who created us all.

Only You can show us the way,
Only You can guide us through life with happiness,
Only You can grant us love,
Only You can give us eternal life,
Only You are the forgiver of our wrong-doings,
Only You are the Father of life,
And only You can help us forgive others.

O Father, we pray for the violence in Mexico.
We pray that You can help the families
that have been affected by the violence.
We ask that You may help them in all areas of their lives
including giving them the gift of forgiveness.
We pray that you can help those causing the violence
so that they may have a change of heart.

We ask all of this in the name of Jesus Christ, Your son,
And with the intersection of the Holy Virgin Mary. *Amen*

☩ Ana Maria Gutierrez '14

Dear God, my soul I entrust to thee
In your arms a vanguard safe.
Ever so confidently,
Stalwart walls crumble without faith
I ask for you to light the way.
Might you give me life tomorrow,
I'm grateful you blessed me with today
Be with me forever more
Show me unconditional love
For you teach me how to adore
You're my father from above.
You strengthen me fortuitously
Through life you've been my friend
Your footsteps guide me steadily
I'll follow you until the end
Often times life isn't stable,
But I'll always know through thickest and thin
You'll have a seat for me at your table. *Amen*

☛ Daniel Ramirez '12



INSPIRATION

God, Inspire me to help other in need instead of walking away in fear of rejection...

Inspire me to care for nature instead of lying down and watching how it crumbles...

Inspire me to love my family instead of fighting and arguing over and over again...

Inspire me to not show hatred toward others for I shall show kindness...

Inspire me to not show fear over my dignity for I shall show joy that I was created in your image...

Inspire me to not show anger to others for I shall show happiness and gratitude toward others...

Inspiration is the key everybody needs from time to time. So inspire me to help others to mover forward in life. *Amen*

☞ David Treviño '12

Dear God,

So many times I am faced with obstacles that make it a habit to ask “Why me?” I compare myself to the people surrounding me and envy them because their lives seem so perfect compared to mine. Every time I encounter a problem, I find myself becoming so frustrated in You, so mad that You chose me to deal with this problem when all I’ve ever done is stay faithful to You. This is why I ask You to open my eyes, and help me see that choosing me isn’t a burden, but rather a blessing. Give me the courage to overcome every problem I face, knowing that You will never send me more than I can handle. Help me realize that if it weren’t for these problems, I would never have become the strong person

I am today. *Amen*

☞ Katia Goga, '12

Gracious Loving Lord,
As the school year begins, I ask that you fill my heart with
inspiration.

Inspiration to take the time to listen to you with my heart
and mind.

Inspiration to contribute to the positive climate in our
community.

Inspiration to make every day a new day.

Inspiration to be present for our school community as Mary
was present for those that followed her Son.

Inspiration to reach out to the person who stays the
background.

Inspiration to listen carefully to the person who is angry.

Inspiration to resist joining the ranks of those who
complain about others.

Inspiration to persevere in time of challenge as
St. Marcellin did in time of challenge.

Inspiration to always have my work find its origin in You.

Inspiration to envision with love Mary our Good Mother,
St. Joseph, our Patron, and St. Marcellin, Founder,
as I pray for their intercession.

Most urgently, I pray for the inspiration and focus each day
to see Your work through to completion.

I ask for this inspiration through our Lord Jesus Christ, *Amen*

✠ Lucy Williams

St. Joseph Academy, Dean



Lord,

As we continue in our life's journey, educating our hearts and minds, help us to remember that our learning is ultimately for Your sake. Our knowledge comes from You so that we can understand what it means to live for You. We recognize that living in service of others is fulfillment of Your plan.

As we learn about the needs of others,
help us to better serve their needs.

As we learn about others' culture,
help us to respect each other.

As we learn about your creation, the earth, and the people,
help us to treat it well.

As we learn about ourselves, our gifts, talents, and charisms,
help us remember to share our gifts with others.

When your mother, Mary, discovered her calling in life, she committed herself to selfless fulfillment of God's plan. Help us to follow in her example, constantly discerning the will of the Father and directing our actions to the service of others.

Amen

☞ Megan Stull
Faculty

Dear God,

Thank you for giving us this beautiful world full of beauties and curiosities. I hope you show us how to take better care of it, and help us to make better decisions that will help not just ourselves but our brothers and sisters as well as our generations to come. I thank you for letting us live in this world, and giving us all we have. Please help the poor by enlightening all of those who can help them so that they realize that the world is not just theirs it is everyone's. Let them share a part of the world to them because they have the right to be happy in this world. *Amen*

☞ Miguel Masso '13

Dear God,

Often I wonder how You could have made all of us so uniquely and with so many different ways of life.

Often I am amazed at how You show yourself through other people.

Often I revel in the fact that You created me.

Often I am curious as to how my life will pan out:
will I go the direction You want me to go,
will I do what I'm supposed to do?

Often I worry that I will not fulfill Your plan for me.

Often I long to see in myself what You see in me.

Often I am struck with fear as to what Your plan holds for me; but then I think of You and I know it will all be okay.

Often I wish to make You proud everyday of my life.

Often I hope that I am everything You want me to be.

Always I know that You are with me. *Amen*

☞ Morgan Calvert '12

Lord,

Give me strength to get through my day.

Thank you for being there to tell me it's okay.

At times, I want to ignite

but I must keep in mind that life is full of black and white.

With you by my side, resilient is what I'll be
because you trust in me.

So whenever I feel like I can't do it on my own

I just have to remember I'm not in it alone.

Through any length

You are my strength. *Amen*

☞ Shadia Ajam '12



Lord, send me forth this day to bring your Good News
to the poor who hunger for a word of hope;
to my neighbor, starving for a friendly gesture;
to my fellow student who longs to be accepted.
Send me out with eyes open wide to see the loveliness
of your creation, the sight of your face in the face of
the one who is looking for you; the inspiration to say the
right words to a friend who is hurting.
Grant me courage that I may bring your presence to a wait-
ing world. *Amen*

Generous God,
You have blessed me with possessions.
You have given me a place to live,
clothes to wear, a means of transportation.
And most of these gifts are far better
than what the young people in the world have.
You have instilled in me the desire to succeed,
with an opportunity to receive a good education,
and to prepare for college.
Show me how to use what I have for your kingdom.
Keep me from the blindness
that sees the gift and forgets the Giver.
I ask this through Christ our Lord. *Amen*

Dear St. Joseph,
Help our dads to be good fathers.
Help them when they are tired, when they are worried,
when their job stresses them, when they are in a hurry,
when they are worried about family finances.
Help us be kind and loving with our fathers.
Help me to show my dad how much I love him.
We ask this through Christ our Lord. *Amen*

PRAYERS FROM MARIST ALUMNI

Dear God, my friend, I know sometimes I stray;
Away from you I find far more struggles in the day.
My life, it seems, there's no room for you there
Until the struggles become more than I can bare.

Dear God, I'm sorry I have wavered from You.
You have been at every moment I have asked you to.
When I feel weak, and I feel strong
I know it is You I am leaning upon

And when the hurt becomes too much
And my heart feels nothing but pain
I turn to you my God
I turn to you and say:

“I know I am not perfect
and I know that I may stray
but thank you for loving me, unconditionally,
through each and every day”

☞ Audrey Haggar '03
Central Catholic High School



Loving God,
Today I have my work cut out for me.
I know you challenge me
Because you love me.
I know you give me today's challenges
Because I can handle them.

Today when I struggle
When I am ready to give up,
And when I am exhausted,
Help me to remember I can handle it
Because you Love me. *Amen*

☩ Matt Fallon '03

God, without you, today means nothing.
All that will be accomplished is because of You.
Thank you for choosing me to serve those around me.
Guide me today in my mission of making You known and
Loved! *Amen*

☩ Matt Fallon '03

TRUST

Heavenly Father, I trust in you completely;
Even when it is difficult, I know I must trust in you.
My life is in your hands, my soul yearns for you.
I know that the future is not for me to know now,
And I know that I must trust in your ways.
Lord, please help keep my trust strong,
And keep me from lingering.
I know you are always with me and for me.
I love you and I owe you everything. *Amen*

☩ Vinny Caramele '01

Mount Saint Michael Academy

Loving Father,
I don't know where I'm going,
Sometimes I feel lost and afraid.
Show me Your light to guide me.
Help me to find my way
out of the coldness of doubt and fear,
and into the warm protection of your love. *Amen*

☞ Matt Fallon '03

Good Mother,
You inspire us with your example.
We desire to know and love your Son.
Guide us in our mission,
help us to build relationship with Jesus,
and to bring others to Him as well. *Amen*

☞ Matt Fallon '03

For the many ways I encountered you today,
For the friendship and the love,
 Thank you Lord!
For the laughter and the smiles,
 Thank you Lord!
For the tears and the pain,
 Thank you Lord!
For the challenges and the struggles,
 Thank you Lord!
For the inspiration and the hope,
 Thank you Lord!

As I continue along my journey of faith,
let each day be an encounter with you. *Amen*

☞ Matt Fallon '03



THANK YOU

Thank you for the student who does not know you,

For I can lead him to you.

Thank you for the stress of meeting deadlines,

For I can hold myself more accountable to your will.

Thank you for the pain I feel when I see my students struggle,

For I become empowered to make a difference in their struggle.

Thank you for the student who comes from a challenging home life,

For I have the opportunity to give him the skills to make his life better.

Thank you for the challenge of leading the people you send daily into my life,

For I have the opportunity to learn humility.

Thank you for sending me hundreds of students each year,

For in seeing them grow, joy enters my being.

Thank you for allowing me to be in this place,

For I can be a testament to the joy that comes in surrendering to your will.

Thank you for this place,

For in it, I witness first hand your gospel message to “love as I have loved you”

Thank you for helping me speak when I cannot,

For in my silence, I learn that Thank You is all I need and all that you ask of me.

☞ Rick Piwowski. '02

THE HOLY ROSARY

THE FIVE LUMINOUS MYSTERIES

- The Baptism in the Jordan
- The Wedding at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

THE FIVE JOYFUL MYSTERIES

- The Annunciation: Humility
- The Visitation: Charity
- The Birth of Our Lord: Poverty, or detachment from the world
- The Presentation of Our Lord: Purity of heart, obedience
- The Finding of Our Lord in the Temple: Piety

THE FIVE SORROWFUL MYSTERIES

- The Agony in the Garden: Contrition for our sins
- The Scourging at the Pillar: Mortification of our senses
- The Crowning with Thorns: Interior mortification
- The Carrying of the Cross: Patience under crosses
- The Crucifixion and Death of Our Lord:
That we may die to ourselves

THE FIVE GLORIOUS MYSTERIES

- The Resurrection: Conversion of heart
- The Ascension: A desire for heaven
- The Coming of the Holy Ghost: The Gifts of the Holy Ghost
- The Assumption of our Blessed Mother into Heaven:
Devotion to Mary
- The Coronation of our Blessed Mother: Eternal happiness



“STEP-BY-STEP” INSTRUCTIONS FOR PRAYING THE ROSARY

- Beginning with the Rosary's Cross: Begin as with all prayers In the Name of the Father and of the Son and of the Holy Ghost. (making the sign of the Cross).
- On the single bead just above the cross, pray the Apostles Creed. This and all prayers of the rosary are meditative prayers.
- The next cluster of beads are three beads, the "Hail Mary" prayer is said on these three beads. You pray the three Hail Marys while meditating on the three divine virtues of faith, hope, and love/charity.
- On the next bead, which is a single bead, you announce the first divine mystery of contemplation. For example, if it were a Monday, you would say the first Joyful Mystery is "The Annunciation," at this point you pray the "Our Father" prayer.
- Now this will bring you to the first decade, or set of ten beads of the Rosary. You will then pray ten Hail Marys while contemplating the first mystery, example: The Annunciation.
- After the tenth Hail Mary you will have completed the first of five decades which make up a Chaplet of the Rosary.
- You now come to another single bead, at this point, you pray the... Glory be to the Father... then (on the same bead) pray the O My Jesus... then (on the same bead) announce the next or second mystery. For example: if its Monday and your praying the Joyful Mysteries, the second Joyful Mystery is "The Visitation." At this point you pray the Our Father....
- You will now come to the second decade or group of ten beads, you will now pray the ten Hail Marys while contemplating the appropriate mystery.
- You continue to pray the rosary the same way throughout. If your intention is to pray a Chaplet (a single set of mysteries) at the end of the fifth mystery you will come back to the joiner, this is where the decades all join with the lower part of the rosary which contains the cross.
- When you come to the joiner, you decide whether or not you wish to say another Chaplet or end. If you decide to say another Chaplet you simply announce the next mystery and continue. If you wish to end, you simply say the Glory Be to The Father, the O My Jesus, The Our Father and end the rosary with the Hail Holy Queen and the sign of the Cross.

THE MARKS OF A MARIST STUDENT

WE ARE FAITH-FILLED DISCIPLES: Marist students come to possess a strong sense of God and a personal relationship with Jesus, Mary, and St. Marcellin Champagnat fostered through religious formation, a sacramental life, and prayer

WE ARE EMPOWERED WITNESSES: Marist students, recognizing Mary as their model and companion, become joyful witnesses to God's love in their lives, enabling them to see Christ in others, to live simply, morally, and with integrity, respecting all of life and creation.

WE ARE AGENTS OF JUSTICE AND SERVICE: Marist students grow in their understanding of Catholic social teaching and stand in compassionate solidarity with the least favored.

WE ARE SERVANT LEADERS: Marist students recognize that they are lovingly created by God with unique gifts and talents which, through their Baptism, they are called to develop and share with the Church and the wider community.

WE ARE SPIRIT-FILLED MEMBERS OF FAMILY AND COMMUNITY: Marist students embody a spirit which celebrates and welcomes all people as members of the one family created by God.



THE MARKS OF A MARIST EDUCATOR

WE EMBODY FAITH. Our faith and personal relationship with Jesus is made apparent through our interactions with each other, with our students, and with the parents.

Inside and outside of the classroom, we live simply, morally, and with integrity. We respect all of our students, all of our colleagues, and all of our community. We are aware of the presence of Christ in our students and we foster that goodness and love. We live the example of Mary.

WE EXHIBIT JUSTICE AND SERVICE. We donate our time and talents to best serve our community. We display solidarity with all who suffer, with all who feel lonely or excluded, and with all who need a role model.

WE LEAD THROUGH SERVICE. We offer our experiences and vulnerabilities when we lead a retreat, a Kairos, an Encounter, or a prayer. We give our words of love and encouragement to our colleagues and students in the form of letters, words, and smiles.

OUR MARIST FAMILY SPIRIT and sense of community is made apparent through our attendance of games, matches, and events. No success is celebrated by an individual alone, but rather shared at a level of community unmatched by any institution. No failure or loss is mourned alone, but rather grieved in the nurturing strength of our whole family.

M

*“Without Mary we are nothing,
and with Mary we have everything,
for Mary always has her divine Son
in her arms or in her heart.”*

Champagnat

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Cover art by Brother Paul Forgues, FMS