

Mercy Volunteer Corps Discernment Weekend
~Opening Prayer~

Opening Prayer:

Teach me to listen, O God,
to those nearest me, my family,
my friends, my co-workers.
Help me to be aware that
no matter what words I hear,
the message is,
"Accept the person I am.
Listen to Me."

Teach me to listen, my caring God,
to those far from me—
the whisper of the hopeless,
the pleas of the forgotten,
the cry of the anguished.

Teach me to listen,
O God my Mother, to myself.
Help me to be less afraid
to trust the voice inside - in the deepest part
of me.

Teach me to listen, Holy Spirit,
for your voice—in busyness
and in boredom,
in certainty and in doubt,
in noise and in silence.
Teach me, Lord to listen. Amen.

-adapted by John Veltri, SJ

Tibetan Prayer Flag

Introduction

Traditionally, prayer flags are used to promote peace, compassion, strength, and wisdom. Tibetans believe the prayers will be blown upward as offerings to their deities and will bring benefits (such as happiness and good health) to all who hang them, as well as their families, loved ones, neighbors, and all people throughout the world including even enemies.

By hanging flags, the wind will carry the blessings depicted on the flags to all beings. As wind passes over the surface of the flags which are sensitive to the slightest movement of the wind, the air is purified and sanctified by the prayers.

The prayers of a flag become a permanent part of the universe as the images fade from exposure to the elements. Just as life moves on and is replaced by new life, Tibetans renew their hopes for the world by continually mounting new flags alongside the old. This act symbolizes a welcoming of life changes and an acknowledgment that all beings are part of a greater ongoing cycle.

Making of flags

Each person takes 5-10 minutes to draw a picture on their flag representing how you come to the weekend or blessings you seek this weekend, or your offering to God as you start the weekend. After making the flags, we will share them with the group and hang them.

Prayer after creating flags

O God of kindness and compassion,
we have come to the conclusion
of this time of prayer.

hearts so that the peace of your presence may
pour out in all four directions, showering its
blessing upon all the earth.

We throw wide open the windows of our

As the blessing of your presence encircles the earth, may it awaken in all people a great desire to serve one another in humble and loving ways. Amen.