

## Grace Notes in Miniature

Friday, October 16<sup>th</sup>, 2020

Dear Friends:

Today is the Memorial of Ste-Marie-Marguerite d'Youville, our first Canadian-born saint.<sup>1</sup> She founded the Sisters of Charity of Montreal, affectionately known as the Grey Nuns. The prayer from [sanctuaireyouville.ca](http://sanctuaireyouville.ca), which is attached to today's notes, makes it clear to us that needs have not changed much since the eighteenth century. May St Marguerite continue to be a role model for all of us to be "signs of God's love to all the people of our world."



Having had the conversation with a few like-minded individuals, I know that many of you – as do I – appreciate the extended pleasure of a long weekend, but find the four-day week that follows to be hectic as we seem still to need to do five days work in that four days. We need to remember that, thanks to the Ten Commandments given to Moses, the Children of Israel went from being slaves who worked seven days a week to free people who enjoyed a day of Sabbath; we need to cherish this precious gift, being careful not to become slaves to "available time" and taking the opportunities we have to spend time with God in community and with the people we love.

<https://www.youtube.com/watch?v=zYr3qfJUXYE>

Those of you who have journeyed with me for a bit will have heard my rant about how easily we forget that Easter and Christmas are *seasons* and not just days; we need them to be seasons to absorb some of the enormity of what God has given us. I sometimes think that we need to celebrate Thanksgiving as a season too, to get past the busy part of cooking and eating and just be able to sit back and reflect on how much we have for which to be thankful. I'm including this song as a possible "ear worm" for you as I've found singing or

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<sup>1</sup> Although we consider St Kateri Tekakwitha, who was born before her, a Canadian Saint, St Kateri was born in Upper New York State.

*humming this helps my daily attitude of gratitude! This family does it well!*

<https://www.youtube.com/watch?v=FC4uitrfoIQ>

*This may be a good place to remember the Examen, the beautiful and simple prayer form of St Ignatius of Loyola with which one can end the day. It quite significantly begins with prayer and reflection of Thanksgiving!*

### **The Examen: A Daily Prayer**

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of the Holy.



### **Thanksgiving**

What am I especially grateful for in the past day...

The gift of another day...

The love and support I have received...

The courage I have mustered...

An event that took place today...

### **Petition**

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

### **Review**

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

### **Response**

In light of my review, what is my response to the God of my life?

### **A Look Ahead**

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?

From: Jesuitresource.org (under 'E')

*I give thanks for all of you and what you bring to my life; may we continue to be people who remember to give thanks!* <https://www.youtube.com/watch?v=nAMRghJWjSU>

*Praying that we all enjoy a grace-filled weekend, Gillian*

# St. Marguerite d'Youville

## Feast Day: October 16

Saint Marguerite d'Youville,  
we turn to you in **humble prayer**  
because your life speaks to us  
of **goodness, compassion and love**  
in a world of suffering, anguish and pain.  
It is not unlike the world you knew  
as you went about doing good  
with a **great love for the human family**,  
with preference for the poorest of all.  
our dream of universal charity  
became a **mission in the Church**.

We give thanks to you for the  
inspiring vision that is ours today  
as **your dream lives on**.

May we learn as you did the life-giving power of love,  
the profound peace of unfailing trust,  
the **deep mystery of suffering and pain**,  
the comfort of prayer.

Saint Marguerite, teach us to listen,  
in the silence of our hearts,  
to the **God of Mercy and Compassion**,  
that we, too, may be signs of God's love  
to all people of our word.

AMEN.



St. Marguerite, pray for us!