

# Our Lady of Dolours

† The Catholic Parish of Chatswood, Diocese of Broken Bay †

## A Prayer to start a meeting

### *Focusing our sights...*

A brief introductory exercise:

Just by taking a moment to praise and thank God for our blessings, we tap into divine power at work in our lives.

So....

**Name one good, uplifting or inspiring thing that has happened to you over the past month.** (Something for which you can readily say ‘Thank God!’)

e.g.

- An answer to prayer...
- A new insight...
- Gratitude for the gift of an ordinary day...
- A positive step forward...
- An obstacle overcome...
- A family milestone/celebration...
- A person, event or experience that you really enjoyed...

As each person speaks, we all respond:

***Thanks be to God.***

***When all have shared, we pray together the Magnificat.***

## Mary’s Song of Praise

(Luke 1:47-55)

*My soul magnifies the Lord,  
And my Spirit rejoices in God my  
Saviour,  
for he has looked with favour on the  
lowliness of his servant.  
Surely, from now on all generations  
will call me blessed.*

*For the Mighty One has done great  
things for me, holy his name.  
His mercy is from age to age  
on those who fear him.*

*He has shown strength with his arm,  
and scattered the proud- hearted.  
He has brought down the powerful  
from their thrones, and lifted up the  
lowly.*

*He has filled the hungry with good  
things,  
and sent the rich away empty.  
He has helped his servant Israel,  
in remembrance of his mercy,  
according to the promise made to  
our ancestors, Abraham and his  
descendents forever. Amen.*