

Mary Aikenhead, a woman that inspires us!

Preparing to pray:

We invite you to take a moment to make ourselves comfortable and to open your heart and mind and become conscious of your breathing. When you are ready, gaze gently and softly at the image of Mary Aikenhead and let it speak to you. As you gaze at the various parts of the image become aware of what you are drawn to. What is this saying to you and what is being evoked in you? Write these thoughts/feelings down if you wish.

Gaze – gently and softly at Mary Aikenhead:



Prayer 1:

Mary was a **woman of vision** who founded the Sisters of Charity in Ireland.
May we discover the value and gift of community.

~ Pause for reflection ~

Mary was a **woman of trust** who relied on Divine providence.
May we experience the inner calm of such reliance.

~ Pause ~

Mary was a **woman of compassion** who visited the prisons to offer a gentle presence.
May we be aware of, and responsive to those imprisoned by fear and loneliness about us.

~ Pause ~

Mary was a **woman of the people** who walked the streets in the spirit of the Gospel.
May we connect with others wherever we may be led.

~ Pause ~

Mary was a **woman of innovation** who sought new ways to live out her life's vocation.
May we have the courage to explore and embrace the adventures of life.

~ Pause ~

Mary was a **woman of vulnerability** who continued to shine when confined to a wheelchair for the last twenty-seven years of her life.
May we draw on our resilience when challenged by our fragile humanity.

~ Pause ~

Mary was a **woman of generosity**
who sent the first five sisters to walk on Australian soil to minister to those in poverty, including convict women and their children.
May we be guided by the spirit of selflessness and kindness in our actions.

~ Pause ~

Mary was a **woman of faith**
who allowed the love of Christ to urge her on.
May we feel the inner warmth of such a divine fire burning within.

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“I can do all things in God who strengthens me.”

Mary Aikenhead's motto,
from St Paul's letter to the Philippians 4:13

