



A Prayer to Ease Anxiety

O God, during these days of our Lenten season, uncertainty, anxiety and fear threaten to overtake our lives. In the spirit of Catherine McAuley's own plea, we pray,
"Take from my heart all painful anxiety."

May our Lenten discipline now include "fasting" from over-anxious thoughts and paralyzing fears.

May our faith deepen so that we may more confidently entrust our loved ones and ourselves to your care.

Continue to calm our minds and strengthen our hearts that we may respond with love rather than react with fear; that we may deepen our compassionate connection with those who are most suffering and those who are most vulnerable.

May your holy presence shelter us all and transform us so that we may be instruments of your peace and healing for those entrusted to our immediate care.

Amen

— Sister Deborah Troillet —

March 24, 2020