

Poem of St. Teresa of Calcutta

The following poem was arranged by St. Teresa of Calcutta, more commonly known as 'Mother Teresa', and is engraved on the wall of her home for children in India.

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it may never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

BISHOP MCGANN-MERCY DIOCESAN HIGH SCHOOL



Class of 2016

Post-Graduation Spirituality Guide

Mercy endures forever (Psalm 136:1)

The text 'Mercy Endures Forever' is taken from Psalm 136, and has been an important theme during this year which Pope Francis declared as an Extraordinary Jubilee of Mercy. For members of the McGann-Mercy family, the words also have a personal significance: that the experiences and friendships which began here will last a lifetime. As you take leave of the community at McGann-Mercy High School, we encourage you to cultivate the gifts you have been given and to grow in your faith. This small booklet, a reflection on Psalm 136, is intended to provide you with some resources that may be helpful to you as you continue your life's journey.

Praise the God of gods (Psalm 136:2)

As you leave the rigid structure of high school, you will find a certain liberation: the place of school rules, bells, passes, and detention are behind you now. School Masses, days of Reconciliation, and automatic daily prayer are part of your past. The preservation of the values these things were meant to instill is now wholly up to you. This is an opportunity to take greater ownership of your faith. As you move on to a new setting in life, hopefully you will find a community in which you are encouraged to participate in the regular worship and praise of God and the service of others. If you need help finding a place near you to go to Mass or Confession, check out the following website where you can find a church by zip code:

<http://masstimes.org/>

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

- v. Send forth your Spirit and they shall be created.
- r. And you shall renew the face of the earth.

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Salve Regina

Hail, holy Queen, Mother of mercy. Our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and, after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

- v. Pray for us, O holy Mother of God
- r. That we may be made worth of the promises of Christ.

The Serenity Prayer (Reinhold Niebuhr, †1971)

God, grant me the serenity to accept the things I
cannot change,
Courage to change the things I can,
And wisdom to know the difference.

An Act of Contrition

O my God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good, I
have sinned against you whom I should love above
all things. I firmly intend, with your help, to do
penance, to sin no more, and to avoid whatever
leads me to sin. Our Savior Jesus Christ suffered
and died for us. In his name, my God, have mercy.
Amen.

Suscipe of Mother Catherine McAuley

My God, I am yours for time and eternity. Teach
me to cast myself entirely into the arms of your
loving Providence with a lively, unlimited confidence
in your compassionate, tender pity. Grant, O most
merciful Redeemer, that whatever you ordain or
permit may be acceptable to me. Take from my heart
all painful anxiety; let nothing sadden me but sin,
nothing delight me but the hope of coming to the
possession of You my God and my all, in your
everlasting kingdom. Amen.

Who skillfully made the heavens (Psalm 136:4)

Your life will likely become significantly busier than
it has been to this point. You will find that you have
more obligations. Whether it is a work schedule,
college classes, or a combination of both, you will
have less free time than you are used to. At the
same time, your social life will likely get busier too.
Amidst all of the busy-ness of your life, remember to
take time out for genuine recreation and rest and to
notice the beauty of the world around you. As you
do, recall that the gifts and beauty around us are gifts
from our Creator.

Who split in two the Red Sea (Psalm 136:13)

The history of the Judeo-Christian faith tradition is
rich and complicated, and your high school religion
classes have given you only a very basic set of tools
with which to understand it. An adequate
understanding of faith is the work of a lifetime. As
you move forward, continue to learn more about
faith and culture. Your local diocese will likely have
opportunities for adult education – do not hesitate
to take advantage of them. Here on Long Island,
you can keep up with these opportunities at
www.drvc.org. If you find yourself off of Long
Island, check out the website of the local diocese;
you can find out which diocese you are in by
entering your zip code at the website of the U.S.
Conference of Catholic Bishops:
[www.usccb.org/about/bishops-and-
dioceses/diocesan-locator.cfm](http://www.usccb.org/about/bishops-and-dioceses/diocesan-locator.cfm)

The website of the U.S. Bishops (www.usccb.org) is filled with lots of resources, including the text of the entire Bible, and the daily Scripture readings from the liturgy. This site is a great starting point if you are looking for information about something in the Catholic Church.

Be mindful that not all people you encounter will be people of faith. Some are hostile to faith. Remain rooted in your own faith, in prayer, and in kindness when you encounter such folks. Exercise critical thinking when you see stories about faith and the Church in the newspapers, online, or on TV. If the story is about the Pope, be sure to check online at www.news.va or www.vatican.va for the official statements of the Holy Father which are not often reported accurately.

Use all the resources which are available to you. Seek out your local parish, the campus ministry program at your college, or the Catholic chaplaincy in your area. These resources are for your benefit and support, and they can help you in many ways.

The Lord remembered us in our low estate (Psalm 136:23)

Never for a moment forget that God loves you completely and unconditionally, and wants the very best for you. There is nothing that you can do which will ever change this. In light of this extraordinary love, take time to thank God in prayer and seek ways in which you can respond to this love by devotion to God, his commandments, and your neighbor.

Prayers, Devotions, Traditions

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

The Prayer of St. Francis

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.