

MERCY WELLSPRINGS

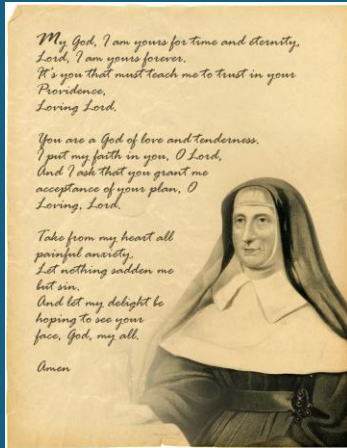
FORMATION MOMENT



Mercy
Wellsprings

Fuentes de la
Misericordia

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Did you know...

Yellow roses

symbolize friendship, joy, and warmth. In 1993 a yellow rose was bred in memory of Catherine McAuley and bears her name.



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Information please visit:

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“Take from my heart all
painful anxiety...” *Catherine*

Catherine McAuley’s “Suscipe”

Suscipe is the Latin word for ‘receive’. It became almost synonymous with a prayer of self-sacrifice to God following St Ignatius of Loyola’s prayer of the same title. The *Suscipe of Catherine McAuley* is, as the name suggests, the one that she wrote and prayed. While it uses some language which we may not use today, it continues to be prayed and sung by Sisters of Mercy, their associates, staff, students and volunteers everywhere.

My God, I am yours for all eternity.

Teach me to cast my whole self
into the arms of your Providence
with the most lively, unlimited confidence
in your compassionate, tender pity.
Grant, O most merciful Redeemer,
that whatever you ordain or permit
may always be acceptable to me.

Take from my heart all painful anxiety;
suffer nothing to afflict me but sin,
nothing to delight me, but the hope of
coming to the possession of

You my God, in your own everlasting kingdom. Amen.

Listen to and pray Catherine’s *Suscipe* with the staff and students at the Santa Barbara Catholic School in Guam at

<https://www.youtube.com/watch?v=35tXvZ1BFo0>.



FOR YOUR REFLECTION...

... As you sit with this prayer, what rises up in you? How do you think this prayer expresses the depth or essence of Catherine?
... Do you have a favourite poem, prayer, piece of music or art that is your “go to” when you want to touch into what is deepest and truest within you?