

# PRAYERS



## FOR THE ST JOSEPH HIGH SCHOOL FAMILY



*written by Class of 2020  
Peer Ministry class.*



Dear Friends,

In these uncertain times, community keeps us together. And there is no community quite like the St Joe's community. We are, as Dr Fitz says so often, "better together". Even though our communication platforms have changed, the way we communicate has not. We are still the same community I have come to love and am privileged to serve as your Campus Minister.

The following collection of prayers were written and adapted by the Seniors pictured above in our Peer Ministry class. These students are incredible. Their words are genuine. Moreover, they have a bond that has remained strong in the midst of their isolation from one another. Their words are a gift to our entire community and it is my hope that in this Lenten season we may open our eyes to the many gifts that He has provided for us.

Let not your hearts be troubled; we will all be together again.

Be well,

Mr Jordan Smith  
Director of Campus Ministry

**A Prayer of Determination by Peter Spinelli '20**

Dear God,

Grant me the determination to endure whatever lies before me.

Grant me the strength to face such obstacles without hesitation.

I do not wish to *walk* with You. Instead, I wish to *run*.

Grant me the courage to turn away from those who may hold me back,

And show me the path so that I may run to You...towards salvation.

If I cannot run, allow me to walk. If I cannot walk, allow me to crawl.

Grant me the perseverance to never stop moving forward.

And grant me the ability to encourage others to do the same—

To run with a soul full of faith, a mind full of wisdom, and a heart

full of love into Your gracious arms.

Amen.



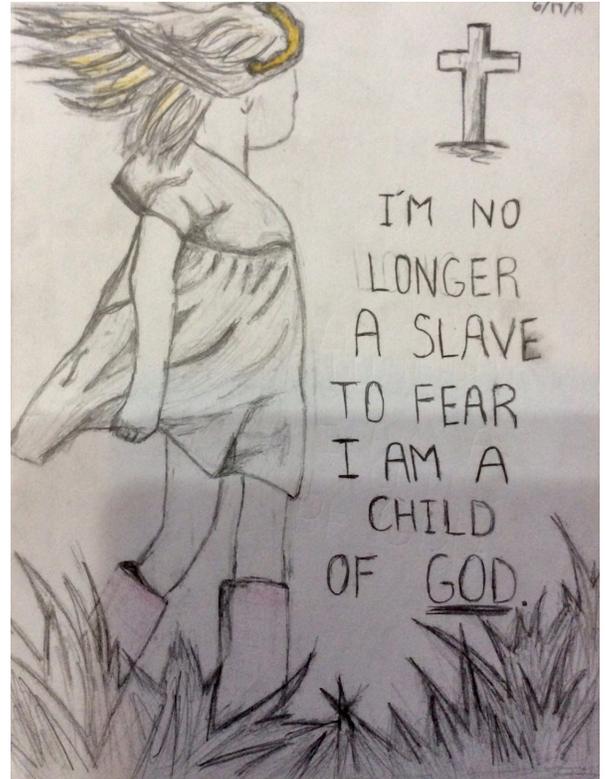
## A Prayer of Strength by Deanna Maltese '20

Lord,  
In the times when my path is unclear,  
And I'm lost in my own anxiety,  
I pray that my faith in You will guide me.  
I pray for the strength to let my faith  
Be bigger than my fear,  
Even in the hard times,  
Even when all things seem impossible and  
unexplainable.  
For I know Your love leads to peace,  
And through Your presence  
I can see the good in the midst of all the bad.

We ask this through Christ our Lord,  
AMEN

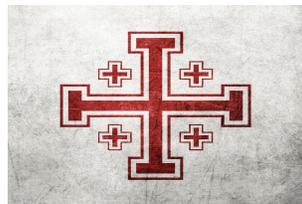
*Remember: I Love you, God Loves you, Pass It On*

St Joseph Our Patron,  
PRAY FOR US



*“For God has not given us a spirit of fear,  
but of power and of love and of a sound mind”*

*2 Timothy 1:7*



**A Prayer for Times of Isolation and Loneliness Written by Mari Andrzejewski '20**

Lord,

This spring has made us feel isolated, making us miss our family, friends, and the SJ community. Although we may not be able to see others around us, give us the strength to persevere during this time. Please help us to remember that You have promised to never abandon us, and that You are here for us whenever we call. We take this time of reflection to be thankful for the love in our lives, and to trust in You and Your plan for us. We pray, O Lord, that when we are able to be together again, that we join together stronger, love one another more fully, and work towards a life that reflects Your divine image.

We ask this through Christ, our Lord, Amen.

St Joseph our Patron,

Pray for us.

St Jude, Patron Saint of Impossible Cases and Loneliness,

Pray for us.



## To Be Like Christ

by Sal Orosz '20

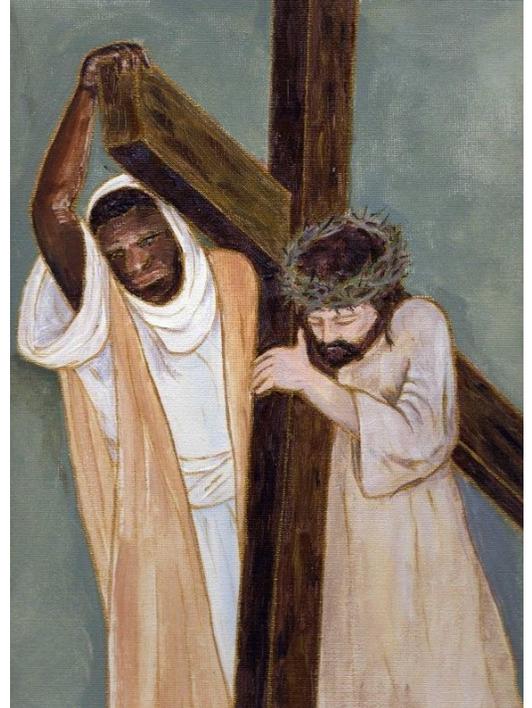
Lord Jesus Christ,

Let my hands be Your holy and venerable hands;  
My feet, Your unwavering feet;  
My mind, Your all-knowing mind;  
My heart, Your Most Sacred Heart.  
Help me to be You for others  
And grant me the grace to let others be You for me.  
Give me the strength to carry my crosses,  
The compassion to carry those of my brothers and sisters,  
And the humility to let others help me bear the load  
Just as You did on Your Way to Calvary;  
Finally, remind me that, when I cannot take another step,  
You have already taken them all—  
For us.

AMEN.

St Joseph, Our Patron, Pray for us.

“Three times I begged the Lord about this, that it might leave me, but he said to me, ‘My grace is sufficient for you, for power is made perfect in weakness.’ ... Therefore, I am content with weaknesses, insults, hardships, persecutions and constraints, for the sake of Christ; for when I am weak, then I am strong.” - 2 Corinthians 12:8-10, NABRE



## **A prayer about change and hope by Jim McMahon '20**

In times of change, of good or bad I thank You.

I know that whatever happens I am in Your protection and You will guide me.

When Your only son was sentenced to death He did not panic or despair.

With that same mindset let me face change in my life head-on with hope and courage.

You told us not to be anxious about anything and through prayer and thanksgiving let our requests be known to You.

My request is to fill those in despair with hope and guide me through trying times when all I can see is darkness.

I know if I open myself to You, I will see the light You shine upon Your land, AMEN.



*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Phillipians 4: 6-7*

**A Prayer of Peace, Selected by Lindsay Giovannone '20**

May today there be peace within.

May you trust your highest power that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you.

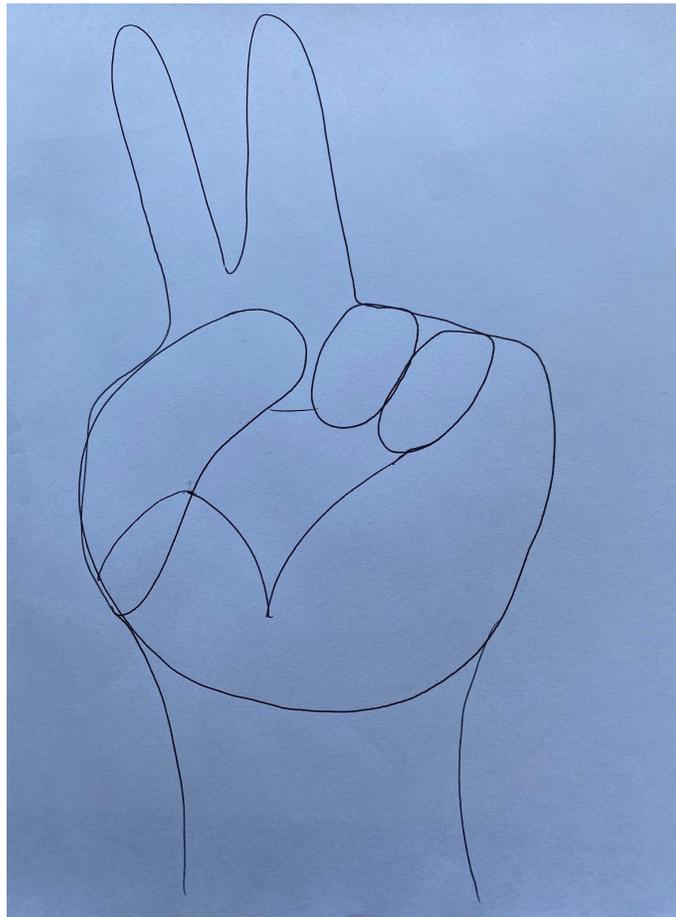
May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance.

It is there for each and every one of you.

Amen

— St Teresa of Avila



## **A Prayer of Reflection by Alex Pagliarini '20**

Lord,

For families with young children at home for the foreseeable future, help mothers and fathers to partner together creatively for the care and flourishing of their children. For single mothers and fathers, grow their networks of support. For parents who cannot stay home from work but must find care for their children: God, present them with creative solutions.



AMEN.

St Joseph, Our Patron, Pray for us.

## **A Prayer by Brooke Robinson '20**

Dear God,

It is during these times of confinement and solitude that we need You most. Grant us the peace of mind we so desire as we are separated from our beloved St Joe's friends and family. Although this time in quarantine is lonely and quiet, it gives us time to reflect and look inward. Help us to savor future moments and hug our loved ones tighter. Erase our ignorance and aid us in our efforts to not make assumptions. Allow us to come together in harmony and rejoice in Your love as this world heals.

We ask this through Christ, our Lord, Amen.

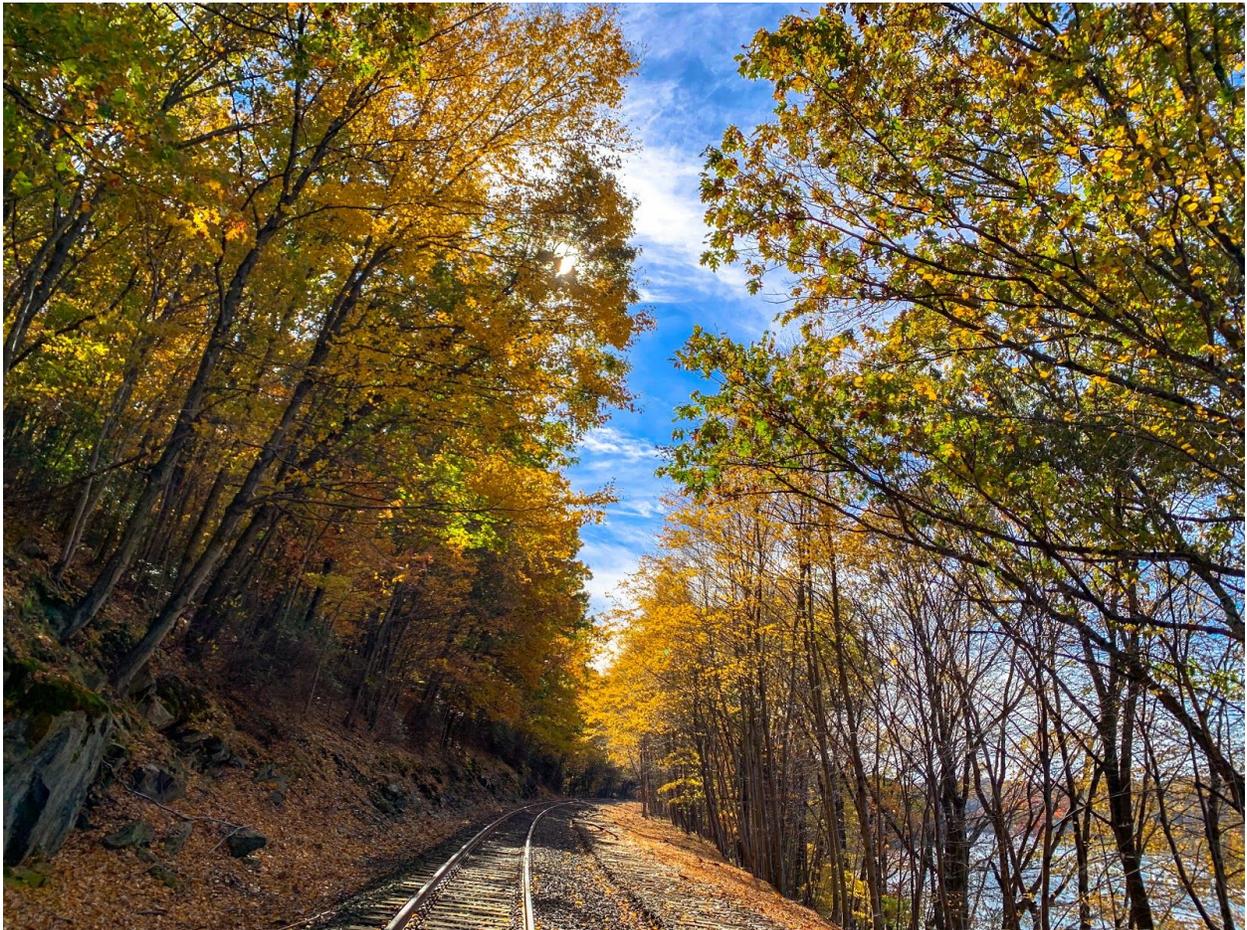
St Joseph, our Patron, Pray for us.



### **Contact to God by Matthew Elliott '20**

Dear God, during these troubling times I ask for You to be present to us as many of us are trying to be present to You. I haven't always known who You are, or if I can always believe in You, but as others are suffering I am begging You to show Yourself to us, in any way You can. Help us trust in Your process, as You do in ours. Let the world show You that love will always defeat hate, and light will always overpower the darkness.

Amen.



## **A Prayer About Service by Gianna Basso '20**

Dear God,

I thank You for all the opportunities of service You have made open to me. I thank You for bringing my SJ family into my life and for all the service opportunities you have brought along with them. I pray that in this time of isolation I may find ways to serve the community and You even in this seclusion. I pray that those in need, especially those suffering from loneliness and isolation, may find comfort in You. Continue to instill in me the same love for serving as You did for Your only Son, Jesus Christ. Allow me to use my gifts and talents to serve You and the world around me. I pray I may find my joy in Your love and in showing that love to others. May I always allow my heart to be open to receiving and giving love. May I find my purpose in You.

We ask this through Christ our Lord,  
Amen.

St Joseph Our Patron,  
Pray for us.



“Just as the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.” Matthew 20:28

## **A Prayer for Truth in Uncertainty by Abigail Lambert '20**

Lord, in times of uncertainty, we look to You. Help quell our anxieties about what we cannot control. The future is unknown, but help us to look for truth in You. Let us find healing in You. Give us the strength to carry out the Word in times of doubt. Help us to trust Your plan, and further, believe in it. Help us to believe in You.

We ask this through Jesus Christ, Our Lord,  
Amen.

St Joseph, our Patron,  
Pray for us.



## To the Class of 2020: Caroline McNabola '20

Dear God,

We know that everything happens for a reason,

Even though the good of this situation may not be known yet,

We have faith and trust in You during this hard time,

Grant us the peace of mind, and lift up our spirits,

Especially for those in the Class of 2020.

When they feel weak, lift them up,

When they feel strong, let it be known to reach out to their brothers and sisters.

When they are in harm's way, shield them and protect them,

When they are blocked by darkness, shine your eternal light to guide them.

Guide those who are filled with anxiety and sadness as they worry they may never get to walk the halls again,

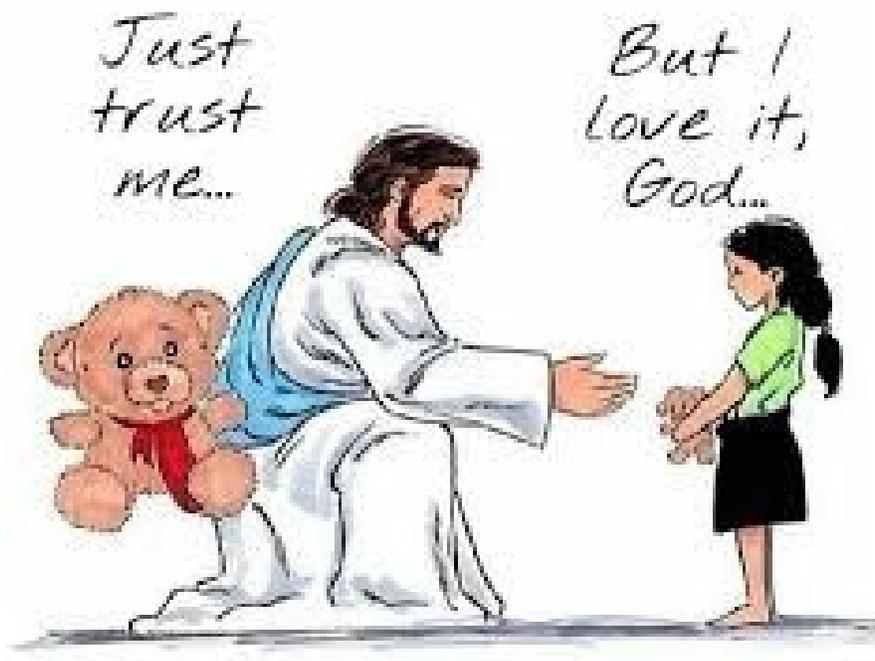
Or get to play the last season of their sport,

And those who worry about not being able to wear their prom dress or throw their caps up for graduation.

But most importantly protect and guide those and the families affected by this virus, as hopefully it will come to an end soon.

Guide us to the good as we have our faith in You.

St Joseph our Patron, Pray for us.



**A Prayer for Strength by Brian Melanson '20**

Dear Lord,

Give me the opportunity to find strength in this troubling time.

Grant me the ability to grow stronger physically and mentally.

Help me to be better prepared for the hard road that lies ahead.

Grant me patience to endure these challenges of life,

And perseverance to weather the storms so that I might see the light.

You were always present with our Lord Jesus through His struggles,

And I ask that You always remain present through mine.

I wish to find strength and comfort in Your love.

The road before us has many twists and turns.

There is dark and light, and there are lows and highs.

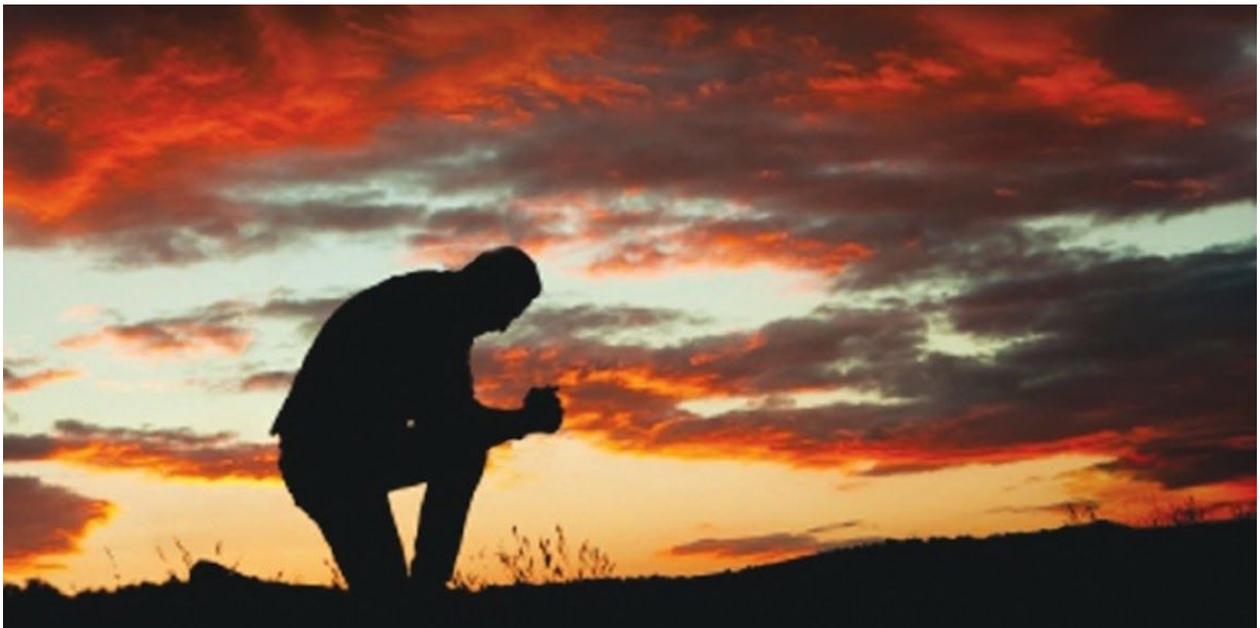
And I only ask that You help me find the strength to carry on all the way.

We ask this through Christ our Lord,

AMEN.

St Joseph our Patron

Pray for us.



## **A Prayer of Thanksgiving by Julia DiCesare '20**

Dear God,  
Thank you for everything you have blessed me with.  
Thank you for food in a world where many starve,  
Thank you for warmth in a world where many freeze,  
Thank you for family in a world where many walk alone.  
When I am unhappy or ungrateful,  
May I remember how lucky I am to be alive,  
In a world where many are not given a chance.



In this difficult time, we thank You for our health, and we ask that You protect those who are vulnerable.

May we remember to love You deeper when this turmoil is over.

We ask this through Christ our Lord,

Amen.

St Joseph our Patron, Pray for us.

## A Prayer for Happiness by Emma Alvear '20



Father,

Please help me to rest in Your happiness,

To provide me a simple joy,

That makes me smile endlessly,

To give me something to lean on in these trying times.

Please help me to awake with hope,

To know I will feel that joy,

And the fulfillment of life it will bring me,

To be in a completely happy state.

Please help me to indulge in love,

Love that brings me happiness

To witness the kindness of friendship,

And be filled with the love and joy it brings.

Please help me not to miss

A single drop of heaven

By letting sadness get the better of me.

Please let me rest in Your happiness, Amen.

## **A Prayer for Community by Isabella Rossetti '20**

Heavenly Father, we thank You for the gift of our wonderful community,  
that we may continue to work and pray and eat together in Your name.

It is when we gather in love that we feel Your presence among us.

Give us the strength to reach out to others when they are in need,  
and we pray that we will receive Your benevolence in return.

We ask all this through Christ our Lord,

Amen.

St Joseph our Patron, pray for us.



## **A Prayer for Hope by Tess Vocalina '20**

Lord- You said to us that we can do all good things through You who  
strengthens us.

Help us to find that strength again as we may struggle and be challenged.

Help us to realize that the pain we feel out of our challenges can be repaired  
if we turn to You.

Help us to come to You in our time of sorrow and despair so that we may  
become closer to the Kingdom of Heaven.

We ask all this through Christ, our Lord, AMEN.

St Joseph our patron,

Pray for us.



## **A Prayer of Encouragement by McKenna Hedman '20**

Lord, thank You for the gift of today and every day. Times of struggle and hardship can often illuminate unwanted feelings of stress, sadness, and discouragement. May we use this time to reflect, to create, to learn, and to love. Grant us the strength to persevere and embrace the unknown. Help us recognize the opportunity that accompanies this period of isolation. Please help us remember that in this moment we are where we are supposed to be, and that You have a beautiful plan for each of us. May we never lose faith or hope in this knowledge, and may Your presence guide us to seek the light always.

We ask this through Christ, our Lord, Amen.



## **Prayer of Hope**

By Louis Tuccio '20

God, help guide us through these hard times.

We pray for those who are sick, that they may return to health.

We pray for those in isolation, that they may use this time to learn more  
about themselves and others.

Let us come back stronger

And allow this time to make us realize how much we value each other.

May we come back as a closer family and not take any moment for granted,

Amen.



## Perseverance Prayer By Joe Bennetta '20

Lord,

We thank You for all of Your sacrifices and gifts You have supplied us with.

Through the power of Your love, we will persevere and work through these  
hard times.

Enrich our lives with comfort during times of loneliness.

Give us that sense of wellness during times of sickness.

Let us overcome our greatest fears as we experience turmoil all around us.

May our love for You and Your love for us be powerful enough to strengthen  
this world.

Bless our community with the graces of Your love, Lord.

We ask this through Jesus Christ, Our Lord,

Amen.

St Joseph Our Patron, Pray for Us.



*Prayer of Hope by Sofia Tedesco '20*

*Dear Holy Father,  
in this time alone,  
give me the grace to turn to You  
to help me see  
the silver linings  
and appreciate the broken roads.  
Let Your grace surround us,  
so that truth and clarity  
can keep us going.*

*Fill our hearts and souls with overwhelming joy  
so that when the dangers pass,  
we can join together again  
to make new choices  
and create new ways to live and heal,  
Amen.*

*St Joseph, Our Patron, Pray for us.*



## **A Prayer for Strength...**

By Gabriella Moore '20

O Lord

During this uncertain and lonely time,  
We stand here frustrated, angry and fearful of our future  
We grieve over the loss of lives and special events that are so dear to our hearts  
And the idea that we may not be able to experience the end of our childhood as a family.  
Our minds constantly flashback to the friendships, memories, and love that we have been blessed with  
these past 4 years

O Lord

We ask you to please guide us in this difficult time and  
allow us to have faith in this troubled world.  
Give us the strength to love one another.  
Give us the strength to pray for one another.  
Give us the strength to focus on our blessings and gifts,  
rather than the moments that we have been robbed of.  
Give us the strength to reflect on all of the memories that we  
have had together.  
Give us the strength to turn our tears of sadness into tears  
of joy.  
Give us the strength to have faith that we will be with our St  
Joe's family again one last time.  
And most of all, please give us the strength to finish this school year with happiness and peace in our  
hearts.  
May we always remember as Moses says in Deuteronomy 31:6,8:  
*"Be strong and bold; have no fear or dread of them, because it is the Lord your God who goes before you. He will be with  
you; he will not fail you or forsake you. Do not fear or be dismayed"*



We ask this through Christ Our Lord, Amen.

St Joseph Our Patron, Pray for Us.

# *A Prayer for the Seniors*

*Lauren McKeon '20*

During this incredibly difficult and uneasy time, we as seniors are struggling. We wish more than anything to be able to experience every last memory we planned to have this year, to be able to sit in our classes one last time, to celebrate our last bell, to walk the stage at graduation, and to most importantly, be together.

Dear God,

As I finish my senior year in high school, watch over my classmates and me. Be with us through our final months of high school. Give us the strength we need to remain hopeful and optimistic through this time. I pray that this uncertainty will bring my classmates and me closer together. Thank you for blessing me with my classmates, my teachers, and the extraordinary environment of St Joes. I ask all of this through Christ our Lord,  
Amen.



## A Prayer for Perseverance

By Teddy Smith '20

Lord,  
Help me overcome what is weighing me down.  
Give me the strength to push forward  
And make me realize my full potential.  
Allow me to always pick myself up,  
And to know that no matter what happens, things will be okay.  
Guide me so that I may make it through my troubles.  
Give me the strength and wisdom to move on with my life.  
Help me to always give it my all,  
So that I may become the best version of myself,  
Amen.



**Prayer of St Teresa of Calcutta**  
Selected by Jorge Encalada '20

St Teresa of Calcutta, Jesus called you to bring the light of His love to those who live in darkness. By tender, loving care for the poorest and the neediest, you became the sign of God's presence, His love and compassion in the midst of suffering and pain.

Following your example, help us to recognize the face of Jesus in our suffering brothers and sisters and to serve Him with humility and joy. Teach us to be carriers of God's tender love and mercy and so bear witness that God still loves the world through each one of us.

Amen.



## *A Prayer of Thanksgiving*

By Frankie DeLeo '20

Lord,

Today I thank You for everything and everyone You've brought into my life.

I thank You especially for family, and for the extra time You've granted me

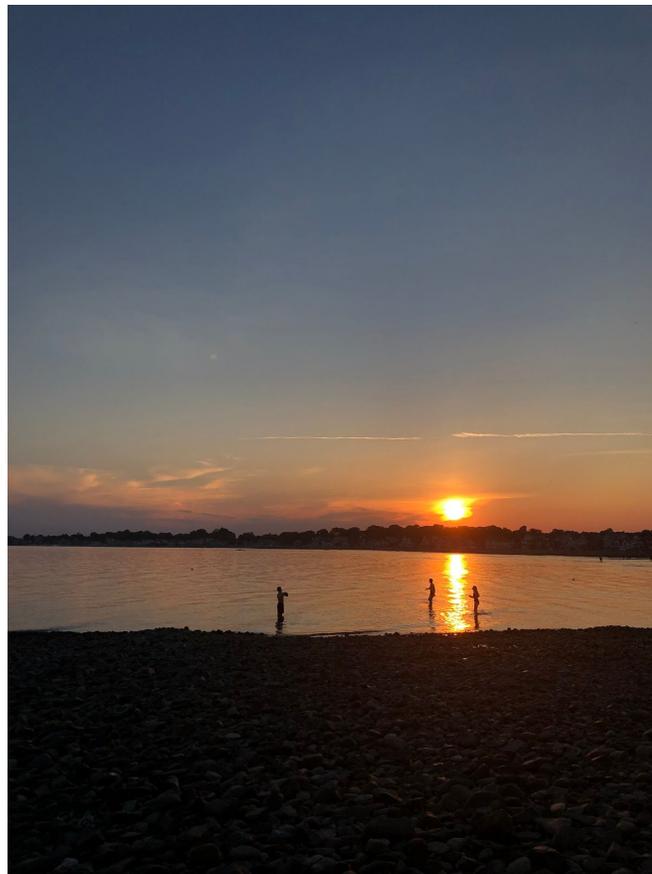
to spend with them, as well as for their good health.

I thank You for the lessons I have learned, and the ones I have yet to learn.

I thank You for everything You've given me today, and for all You hold for

me in the near future,

Amen.



Dear God,

In this time of social unrest give us the strength to care for each other. Let us remember all those who are struggling at this time. Let us be able to lend a helping hand or a shoulder to cry on. Through this time of anguish let us be united in solidarity and community with one another. It is important to remember the words from Philippians 2:4: “each looking out not for his own interests, but [also] everyone for those of others.” It is our duty as children of God to care for each other especially when times get rough. Let us pray for all the helpers at this time and all those in the healthcare industry who are putting their own lives at risk in order to try and fight this pandemic. Let us also pray for everyone struggling at this time and hope they find a helping hand in their life.

We ask this through Christ, Our Lord, Amen.



**By Sean Keane '20**

*What We've Been Given* a reflection by Gabriella Gatto '20

In this difficult time it's easy to harp on what we have been robbed of,  
The memories we've anticipated making, but might not be able to make.  
As seniors, we struggle with this most of all.  
I wish to relive what is good and what we've been given, instead of what's been  
taken away from us.

We've been given:

A surreal community to grow with in some of our most pivotal years,  
Opportunities to learn more about ourselves and others each day.

Little memories we may not appreciate as significant in the moment, but will  
always think back on fondly,  
The moments we catch between the cracks of learning and studying where we are  
able to laugh.

I personally have been given:

A high school experience so wonderful, that I knew I'd miss moments, while I was  
still living them.

Friends that I've studied with in school, but have also sung with in long car rides  
and watched the sunset with.

I've been given four years so unbelievable that the potential of missing the spring sport season, or prom, or graduation does not phase me.

I wish for one thing, however:

For the world to heal enough for us seniors to have a chance to say goodbye.

A last day of school with our classmates; a proper ending.

Regardless, I am thankful beyond words that I've lived four, movie-like years at St Joe's.



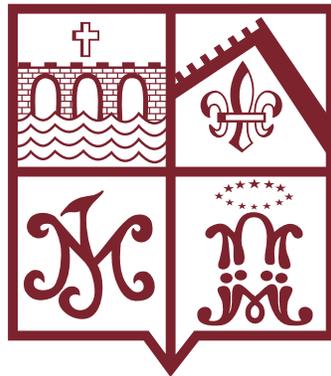
## A Reflection on Appreciation by Adele Whitlock '20

Life moves so fast, especially when you are young. Just yesterday I was a nervous freshman walking through the doors of SJ for the first time, and yet today here I am starting my fourth quarter of my senior year. Whatever your current life situation, whether in school, graduating, or an adult trying to make the best life for yourself, I can guarantee that you don't take enough time in the day to appreciate what you have gone through and what you have that led you to this moment. So take a minute, just 60 seconds right now. Put down any devices or distractions and bring your attention to your breath and use this minute to think about struggles you've had, hurdles you have overcome, and people who have been next to your side through it all. Take a moment to thank God for those struggles and those people, for they are what made you who you are right now. Every moment in life is precious, every hardship, battle, smile, sadness, and victory is a gift from God.

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?" (Matthew 6:25-27)

**I'm  
thankful  
for my  
struggle  
because  
without it  
I wouldn't  
have  
stumbled  
across my  
strength.**

ST JOSEPH HIGH SCHOOL



M C M L X I I  
PRIVILEGE AND RESPONSIBILITY