

THE NOTRE DAME

for people affected by cancer

BOOK OF PRAYER



OUR LADY
OF SORROWS

Our Lady of Sorrows, Pray for Us

Mary, you knew great sorrow and suffering in your life. When you presented your son Jesus in the temple, Simeon predicted that a sword would pierce your heart. You saw many sick and suffering people come to Jesus, hoping for a cure. You watched as Jesus suffered and died on the cross. I ask you, Mary, Our Lady of Sorrows, to be with me (or someone I love) as they battle with breast cancer. Pray with me (us) for strength and comfort, courage, and healing. Just as so many were healed through your presence at Lourdes, commemorated at the Grotto at Notre Dame, grant me (her) through your son Jesus deeper faith, greater courage, profound peace, and healing. Clement, loving, sweet Virgin Mary, pray for me (us).

Rev. John I. Jenkins, C.S.C.
President, University of Notre Dame



For Courage and Perseverance

Dear Lord Jesus Christ,

You are the sign of God's love active in the world. In your humanity, you became like us in all things but sin. Thus, you knew firsthand the reality of suffering and pain, of uncertainty and the fear of death. In the Garden of Gethsemane, you prayed for release from the burden (as you also did as you hung on the cross) but also gave yourself over to fulfillment of your Father's will.

Teach me to live in the same spirit of hope-filled resolve. As I seek healing and recovery, I also recognize that my condition is precarious and the final outcome is unknown. I am grateful for all who continue to assist me in my journey, medically, emotionally, and spiritually. I will do everything I can to try to assure a positive outcome.

May you boost my spirits, sustain me with your promise of eternal life, and if it is your will, heal me so that I might serve you and your people in the years ahead.

Amen.

Rev. Edward A. (Monk) Malloy, C.S.C.
President Emeritus
16th President of the University of Notre Dame



Come, Holy Spirit

Dear Lord, when you left your apostles and ascended into Heaven, you gave them wonderful words of reassurance. You told the apostles that they should not feel lost or alone because you would be with them all days. You assured them that, while you had been close to them during your life on earth, you were going to send them the Holy Spirit. The Holy Spirit, you assured the apostles, would bring them the light to see and the strength to do. These are the only two things that we really need in life, knowing what we should do and the courage to do it.

Therefore, I give you a prayer. It is very simple and follows the admonition of the Good Lord. The prayer is: "Come, Holy Spirit." It is only three words, but it takes the advice of the Good Lord, Himself. We really need nothing more.

Ever devotedly in Notre Dame,

Rev. Theodore Hesburgh, C.S.C.
President Emeritus
University of Notre Dame



Our Lord! We thank you for all the blessings—blessings of sound body, mind and spirit—and implore Your Mercy to keep us healthy and safe from all kinds of diseases and ailments!

Our Lord! You are All-Knowing and All-Mighty! You are The Absolute Creator of all causes and their effects. You control life and death, sickness and health. You are the Ultimate Healer and the healing comes from You alone. Empower us with knowledge, wisdom and compassion to bring the power of healing to the sick and the suffering.

O, the Compassionate One! We seek Your assistance and guidance, your inspiration to keep up the good work and to serve Your beautiful creation in their pursuit of health and happiness. Amen.

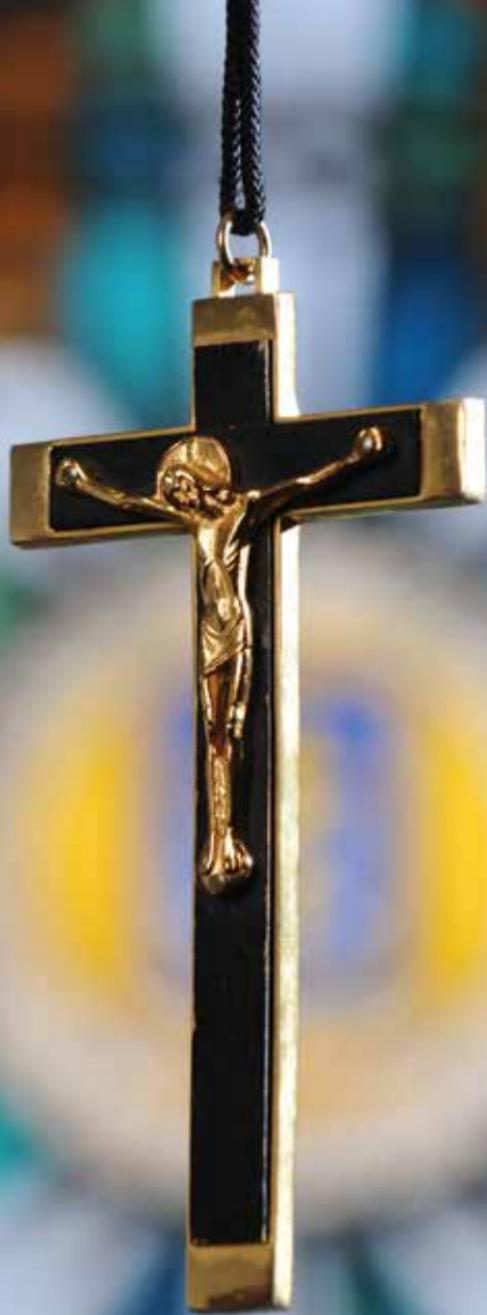
Mohammad Sirajuddin
Imam, Islamic Society of Michiana



May the Holy One who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah bring blessing and healing, healing of body and healing of spirit, to you. May the Holy One, in mercy and compassion, restore you to health and vigor, and grant you physical and spiritual well-being together with others who are ill. Please fulfill the words of your prophet: “Heal me, O LORD, and let me be healed; Save me, and let me be saved” (Jeremiah 17:14).

(From selections in Jewish liturgy on healing)

Rabbi Michael Friedland
Sinai Synagogue



Prayer for Cancer Patients

Lord of us all, I ask for your help and guidance during this difficult moment in my life. Deepen my faith so I may accept suffering even though I do not understand the reason for it. Give me courage to live each day with acceptance. Grant me strength to deal with uncertainty and fear. Instill in me virtue to anchor my thoughts and actions. And in my darkest moments, touch me with your love so that I may feel your presence.

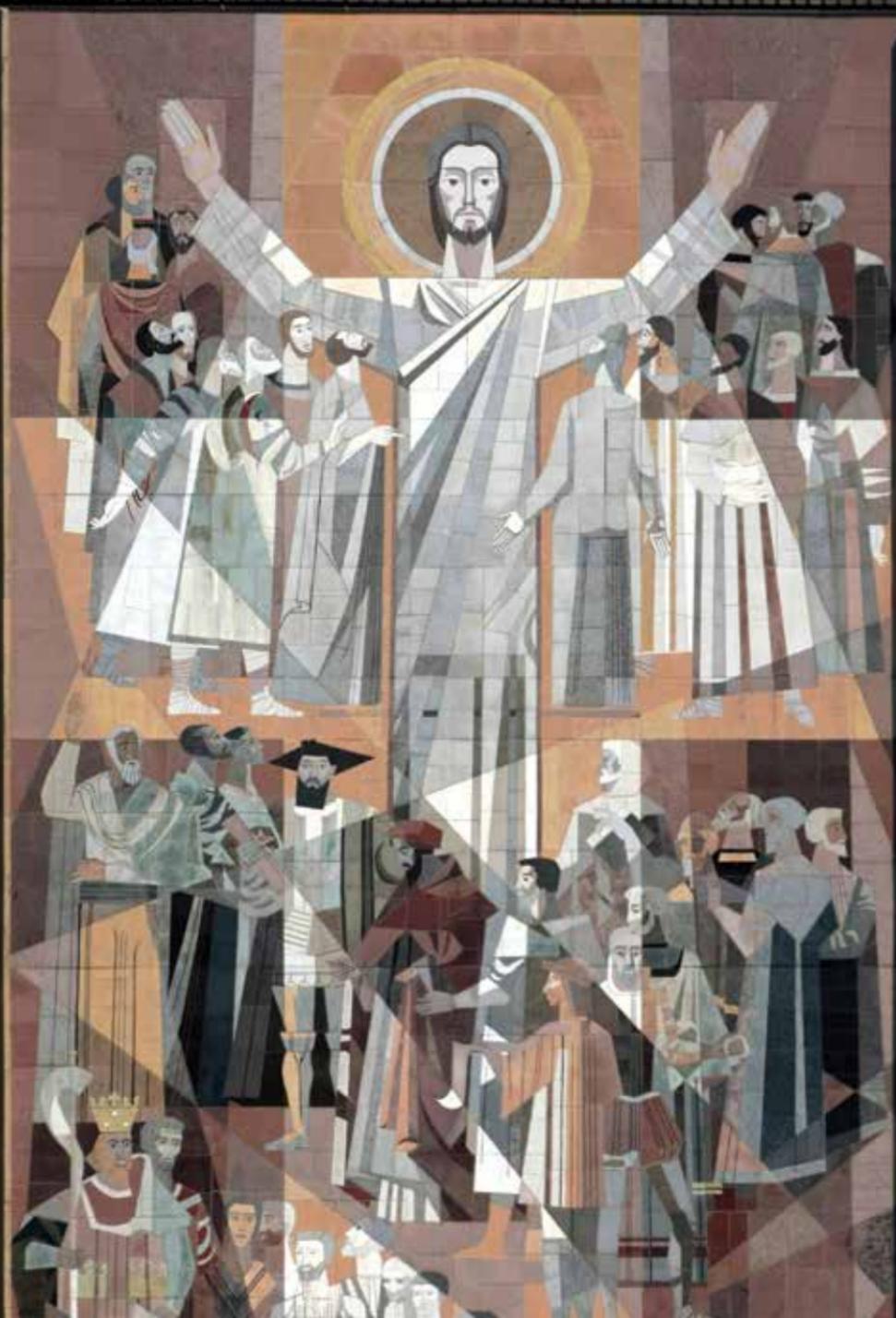
Help me to remember the many gifts I have been given, and to give thanks for future gifts already on their way. May each day be marked by love, integrity, and peace in my personal life.

Let me not forget to give gratitude to those who console and renew me, who shower their strength and love upon me, and who treat and attend to me. May they be rewarded for their selflessness and dedication.

Provide me, during all my days, the wisdom to know your will, the strength to fight to achieve it, and the courage to live always with love.

Amen.

Thomas Burish
Provost and Professor of Psychology



The Champion Healer

Good and gracious God,
The odds were overwhelming; you gave me hope.

The opponent was powerful; you gave me strength.

I felt alone in the struggle; you gave me a team.

I felt like a stranger; you sent cheering supporters.

I felt confused; you showed me the game plan.

I felt defeated; your words inspired me.

I was injured; you picked me up and put me back into the fight.

I feared time was running out; you gave me a new beginning.

The cancer cannot win against your love; against the team of scientists, physicians, and nurses; against the support of my family and friends. You are the guide, you are the motivator, you are the healer, you are the Lord.

Thank you for helping me to achieve the goal, for leading me to the win. May I now be a champion for others who feel what I felt, who need to know the Power behind every victory.

Amen.

Gregory Crawford
William K. Warren Foundation Dean, College of Science
Professor of Physics

Pink Zone Prayer

*G*ood and gracious God,
We thank you for the gift of life and for
all who help us sustain it.

We thank you for the gift of health and ask
for strength and healing.

For those who face the challenges of cancer,
May you touch their hearts with healing.

May they and their families and friends be
inspired by those who spin for a cure,

Who research for a cure, who treat the cure,
who pray for a cure.

We thank you for their example of
teamwork.

May all of us be joined in the spirit of the
Fighting Irish.

Amen!

Notre Dame Women's Basketball



Can My Cancer be My Gift?

How good it is that I take this time to listen to and be present with You, My God, for I have so many questions and fears as I live with cancer this day! “Be still and know that I am your God” is one of the biblical quotes that speaks strongly to me as I search for an understanding of what it is I am to learn, to come to know through my present illness. I have strength to be still and yet my mind wanders... What if my treatments don't work? What will happen to me as time passes? What will happen to my family, my spouse, my children, my friends? Will my doctors find new ways to care for me? Will answers be found? Will I be able to accept the answers should they be given to me?

Can my cancer be my gift? It forces me into an aspect of life that I don't want nor do I need. It calls forth the most basic dimensions of my faith. What a gift ... to be able to experience faith at such a level!

Can my cancer be my gift? It has taught me what is truly important in my life ... family and friends. What a gift! No longer do I yearn for material things as much as I have in the past. I now wait for the times when my family is present and we laugh and remember so many good things that have happened. I look forward to visits from friends and neighbors. I treasure my alone times with You, my gentle and gracious God.

Can my cancer be my gift? It has raised my awareness of the talents You have given to so many doctors, nurses, aides, and therapists. What a gift! To recognize Your presence within them as they treat not only my body but my spirit and heart as well.

Yes, in spite of all that my cancer may take from me, it will never take away the gifts it has given to me ... faith, family, friends, recognition of You, the great Healer, in all those who are taking this journey with me. Yes, cancer may be my gift... Wow! What an unusual one ... never invited but when it comes, it brings untold surprises with it. Amen.

Sister Lauren Painter

Vice President, Mission Integration/Ministry Formation

Saint Joseph Regional Medical Center



A Spiritual Leader's Prayer

*L*ord, let something happen today
that has absolutely nothing to do
with me, but, let your light shine
through the light we create together.

Amen.

Albert L. Gutierrez
President and CEO
Saint Joseph Regional Medical Center



Our Lady of Victory, Pray for Us

*B*lesséd Mother, Virgin Most Powerful and Comforter of the Afflicted, we ask you to provide solace and aid to those afflicted with this disease and to their families and loved ones. We implore you to intercede with Your Son so that those who care for them may be wise in their healing interventions, compassionate in their care, and ever mindful of the healing comfort of faith. Our Lady of Victory, our Refuge in Time of Danger, and patroness of our University, thank you for hearing our prayers.

George Bosl, M.D.

Chair, Department of Medicine

Memorial Sloan Kettering Cancer Center



Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge.”

“Faith is when the earth has moved from under your feet and you’re still praising God through the fall!”

“Faith is not without worry or care, but faith is fear that has said a prayer.”

“Life is not the way it’s supposed to be. It is the way it is. The way you cope with it is what makes the difference.”

Eleanor M. Walker, M.D.

Class of 1984

Director, Breast Radiation Oncology

Henry Ford Hospital



Let Hope Fill Our Soul

One of my father's favorite poems was written over 100 years ago by Edmund Vance Cooke and is excerpted below. We would recite it together during his battle with cancer. I am proud to say that I recite this poem today to my five children.

Did you tackle that trouble that came your way
With a resolute heart and cheerful?
Or hide your face from the light of day
With a craven soul and fearful?
Oh, a trouble's a ton, or a trouble's an ounce,
Or a trouble is what you make it.
And it isn't the fact that you're hurt that counts,
But only how did you take it?
You are beaten to earth? Well, well, what's that?
Come up with a smiling face.
It's nothing against you to fall down flat,
But to lie there—that's a disgrace.
The harder you're thrown, why the higher you bounce;
Be proud of your blackened eye!
It isn't the fact that you're licked that counts;
It's how did you fight—and why?

Dear Lord, please grant us faith to find meaning and joy in our suffering. Let hope always fill our soul. And help us to show kindness in another's troubles and courage in our own.

Amen.

Lou Nanni
Vice President of Development, University of Notre Dame



Dear Lord,

I ask for grace to endure the challenge that is before me.

You know I want to live.

You know I don't want my body to change.

You know I don't want to be sick.

You also know why I must meet this challenge, why I must go down this frightening path.

I want to avoid it.

I want the doctors to tell me the diagnosis was wrong.

I want my life back the way it was.

I do not understand ...

But I know if I put my hand in Yours,

You will guide me.

You will give me courage.

You will comfort me.

I ask for Your grace now and forever. Amen.

Anne Thompson

Class of 1979, NBC Correspondent and breast cancer survivor



Strength to Fight Another Day

Heavenly Father, I turn to you at the beginning of this day and ask for the courage and strength that I will need to live the full life you intend for me all day long. I am weak, but you are strong; I am uncertain, but you are my Rock; I am afraid, but your love casts out my fear. Let your love be close to me today. Let your presence fill me with faith and hope, knowing that your power is greater than any cancer and you are with me as I continue to fight the good fight to free my body of this disease.

Merciful Jesus, you have compassion on the sick and heal them. You know suffering, you have taken it on yourself, you have given it meaning, and you have overcome it. You have come to bring release to the captive, recovery to the ill, and restoration to the good of all creation. You are my shield and my strength as I look to you in this day for your touch that brings wholeness to my body and my soul. Only say the word, and I shall be healed.

Holy Spirit, you are the Comforter and Guide. I ask you this day to watch over those who care for me—my family and friends, doctors and nurses, strangers and acquaintances—for I know it is your strength and love coming through them. Guide the hands not only of those who serve me at this time but also of all those around the world who have devoted themselves to such service, and those who are committed to finding a cure for this disease. I ask you to be with all my sisters who are suffering now from cancer and give them the courage and strength to fight on as you have so abundantly provided for me.

Blessed Mary, you treasured in your heart what you saw God doing in your life, and you remained faithful even in the face of the suffering of your Son and your own great sorrow. As I persevere in the fight against this illness, please comfort me with the reminder that cancer cannot cripple love; it cannot impair my friendships; it cannot steal my memories; it cannot invade my soul; it cannot conquer my spirit; it cannot challenge eternal life; and it cannot withstand the courage and strength drawn from faith in God and the evidence of your example.

I thank you today that I am one more day closer to being cancer free—one more day closer to being healed.



Prayers from the Greek Orthodox Church in an English translation:

Prayer for Those Who Are Healing

Jesus Christ, my Lord and Savior, You became man and died on the cross for our salvation. You healed people of sickness and affliction through Your love and compassion. Visit me, Lord and grant me strength to bear this sickness with which I am afflicted, with patience, submission to Your will and trust in Your loving care. I pray that You will bless the means used for my recovery and those who administer them. Grant that my sickness may be to my spiritual benefit and that I may live the rest of my life more faithfully according to Your will. For You are the source of life and healing and to You I give praise and glory, now and forever.

Amen.

Prayer for Those in Need

Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe Lord, that all trials of life are under Your care and that all things work for the good of those who love You. Take away from me fear, anxiety, and distress. Help me to face and endure my difficulty with faith, courage, and wisdom. Grant that this trial may bring me closer to You for You are my rock and refuge, my comfort and hope, my delight and joy. I trust in Your love and compassion. Blessed is Your name, Father, Son, and Holy Spirit, now and forever.

Amen.

Michael Lykoudis
Dean, School of Architecture



God of Mercy, God of Compassion

*W*here are you God? Why hide now? Be with me (or someone I love) during this darkest hour, the hour when I received word about my cancer. I feel sorry for myself, as the world doesn't seem to care, telling me to "have a good day."

Jesus called on you in the Garden of Gethsemane saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." Jesus again called on you while dying on the cross, "Eli, Eli, lema sabachthani" -my God, my God, why have you forsaken me?

Loving God, I feel closer to Jesus now than ever before, a time when I feel abandoned by you, a time when I feel angry with you, a time when I want to bargain with you, a time when I pray even for the strength to pray.

"When I call, answer me, O my just God, you who relieve me when I am in distress"(Ps. 4.1). Hear my cries to you. I don't know the future of my treatment; I don't know what will be expected of me. I know that I am scared, as I am sure Jesus was scared when forsaken by you. I cry out to you in a loud voice, "Hold up my spirit! Strengthen my faith! Give me courage each day, each moment."

John McGreevy
Dean, College of Arts and Letters



A Prayer for Caregivers

Good Physician and Healer of all Wounds:

T come to you as a caregiver for my family member/loved one
who has been struggling with cancer.

I come to you in my own need, with my own fears and frailty,
knowing that I, too, need you at this time.
You told us not to let our hearts be troubled, but rather to trust in you.
I come to you, trusting that your Word in me will be fulfilled.

You have called me to walk with my loved one on this journey.
You have asked me to learn more deeply what it means to love.

Fill me with your love, so that I may bring your compassion.
Fill me with your peace, so that I may ease his/her worries and fears.
Fill me with your joy, so that I might help him/her laugh and smile.
Fill me with your power, so that I may be a source of hope and support.

Give me the strength to continue
to be your presence on this journey
to bring your love daily
to listen with your insight
to speak with your words
to hold with your tender care.

Help me to realize that I can do what you have asked me to do,
and that together, we can face the daily challenges.
Be our friend, companion, and guide on this difficult road.

We ask this in your name, O Good Physician,
through the intercession of Mary, your Mother and our Mother,
who walked the Way of the Cross with You.

Rev. James Foster, C.S.C.
Associate Dean, Preprofessional Studies



God of Comfort

God of Comfort,

You shaped me in my mother's womb and gave me the gift of life.
You blessed me and made my life rich, richer than I dreamed.
You made your grace and goodness realities in my life.

I now ask that you extend the life that you gave me.

I ask that you bless the treatments that I receive.

I ask that you turn your face toward me and smile.

I do not ask because I fear death, I ask because I love life.

I do not ask because you are absent, I ask because you are present.

I do not ask because I doubt, I ask because I believe.

God of Comfort, make me whole.

Gregory E. Sterling

Dean, Graduate School



*Prayer to Mary, Help of Christians and Comforter of
the Afflicted, Notre Dame, and to the Holy Spirit*

Mary, blessed Mother, Help of Christians, and Comforter of the Afflicted, come to our aid. When you asked your Son for his help at Cana, He gave them new wine. When you agonized over your Son's march toward Golgotha, He said to you, "See, Mother, how I make all things new." When you watched Him die at the foot of the Cross, He gave you as a Mother to John and to us. We(I) come to you today to plead for my healing, if it be God's Will. Mary, you can obtain that newness of life and spirit for us (me) through your Son. *Ora pro nobis*, sweet Mother.

Spirit of life, fill the hearts of your Faithful, and enkindle in them the fire of your love. Enable that love to heal me, if it be your Will. Enable that love to give me the courage and hope that I need in my weakness and illness. Help me, Holy Spirit, to witness to the love and designs of God.

Peter Kilpatrick
Dean, College of Engineering



“Heal me, Lord, that I may be healed; save me, that I may be saved, for it is you whom I praise.” (Jeremiah 17:14)

Tender God, life-giving Spirit, You compassionately hold the entire world in your hands.
In your mercy, hear the prayers of your people:

Keep guard over the sick and suffering and in a special way over those who suffer with breast cancer;
grant them patience, hope, and peace, we pray:

Merciful God, hear our prayer.

Give courage to those with fearful hearts, especially those who feel isolated because of their illness;
nourish and sustain them, we pray:

Merciful God, hear our prayer.

Strengthen those who give their energy and skill to healing the sick: doctors and nurses, surgeons and specialists, and all who seek new ways of relieving suffering, we pray:

Merciful God, hear our prayer.

Bless all those who devote themselves to scientific research for the benefit of the human family, especially those who dedicate their efforts to cancer research, we pray:

Merciful God, hear our prayer.

O God,
our life, our health, our salvation,
look with mercy on your people.
Stir up in us a saving faith,
that believing, we may be healed,
and being healed, we may worthily give you thanks.
Blessed are you both now and forever. Amen.

Sister Kathleen Cannon
Associate Dean, College of Science



A Prayer for Kindred Spirits

Dear Lord, for the strength you have given us, we thank you.

Some of us are on the winning side of this battle, yet others battle still. For some, their journey has just begun. For others, it will never end.

Please guide each in your will.

Give them the courage and strength to fight another day and grant us the grace to use our pain to reach out with help and support.

Dear Lord, we ask with all of our heart, please touch these special lives. Bless them with courage and hope, may all find solace in your loving embrace.

Heal them in body, mind, and spirit. Let their hope shine a hallowed light that burns forever to honor their spirited fight.

Comfort and strengthen family members, for they are in the trenches of this battle.

Dear Lord, please bless and increase the wisdom, knowledge, and understanding of medical doctors, nurses, researchers, and healthcare personnel who conduct breast cancer research, so that they may one day soon find a cure.

Dear Lord, please give our doctors and surgeons strong minds and steady hands; our nurses continued strength and compassion.

Dear Lord, nothing has been guaranteed. This is why often we plead for miracles which may not seem to be much more than just a dream. When we are at our slowest pace, when we need courage in its place.

Lord, we turn to you with a humble heart and you give us a brand new start. Dear Lord, for the peace you bring, we thank you.

With patience, and a heart that sings

Amen.

Monica Hoban
Administrative Assistant, Faculty Senate



Where will You Show Your Face Today, God?

*W*here will You show Your face today, God?
What way will You find to give us strength?

Somehow You will be present in our day
Like the stars on a moonless night,
Like the glimpses of the sun through the trees in a forest.
May I be able to notice You.

Help me find You in
the small events of the day,
the acts of care shared among us,
the unexpected insights about life and love,
and the disguised angels whom we will meet.

May I discover how my journey reveals You in some way,
how Your Great Spirit is among us and with me.
Help me receive the care given to me with openness and gratitude,
And may I always find ways to show my care for the others on this
journey with me.

Dominic Ovide Vachon M.Div., PhD
Director, Ruth M. Hillebrand Center for Compassionate Care in Medicine



Receiving and Offering Comfort and Encouragement

Loving God, in Jesus you reveal yourself to us in a way we can understand. You comfort us in our own pain. Your selfless example prevents us from falling into the trap of self-absorption and encourages us to reach out to others who suffer. Help all of those who suffer with breast cancer to know that you are with them. May we allow you to work through us to comfort and encourage them. You said to your disciples, “I am with you always” and “Come to me all you who find life a burden, and I will give you rest.” May we help each other to believe that you are with us and that there is nothing in this world that your great love, working through us, cannot overcome.

Rev. Robert Dowd, C.S.C.

Assistant Professor of Political Science

*Director, Ford Family Program in Human Development
Studies and Solidarity*



Dear Lord Almighty,

We praise You and we thank You for Your wonderful mercy, but we implore Your name for hope, relief, and general healing. You are the One we look toward for help in times of need. I ask You to especially be with Your servants in this illness. In the name of Jesus, cast out all malady and sickness from their bodies.

Lord, we humbly ask You to turn this weakness into a viable strength, suffering into compassion, sorrow into joy, and pain into comfort for others. Let them be filled with patience and joy in Your presence as they wait for Your healing touch.

Please restore Your servant to full health, Lord. Remove all despair and uncertainty from their hearts by the power of Your Holy Spirit, and may You, Lord, be glorified and shine forever in their lives.

All of this we pray in the name of Jesus Christ.

Amen.

Chukwuemeka “K.C.” Okoro
Class of 2014, Science Preprofessional Studies



A Prayer for Peace and Hope

*H*eavenly Father, we thank you for who you are and how you walk with us in our valleys. Thank you for entering into our pain, for sending your Son to live, breathe, and die with and for us. It says in your Word that you are near the brokenhearted and you save those who are crushed in spirit. Draw us closer to you, the Prince of Peace, as we search for answers to difficult questions. We thank you for your compassion and we plea for your healing—the restoration of bodies that suffer through the physical pain and emotional trauma of cancer.

Lord, we boldly ask for breakthroughs that will lead to better treatments and the eventual eradication of the destruction caused by cancer. May you receive all the glory as you accomplish your will.

In the strong name of Jesus, Amen.

Ian Lightcap
Fifth year PhD student, Chemistry



VENITE
AD ME
OMNES

Watching Over

I pray that the Lord watch over (name) and their family and friends. May He provide (name) with the patience, tenacity, and peace needed in this difficult time. May He bless those helping to ease (name) pain and help those searching for a cure to do so speedily. You are always in my prayers.

Amen.

Analise M. Althoff
Class of 2012, Mathematics



When Tomorrow Comes ...

Dear Lord, Thank you for everything which you have blessed me with today. I humbly pray that you look after those who are suffering from cancer. Please give them the strength and courage needed to overcome their tribulation. Lord, help me to be aware of and to never take for granted the health and gifts which you have blessed me with. Let me be aware of the importance of this day so that I may serve you now and always. As when tomorrow comes this day will be gone forever leaving in its place something traded. Help me to make sure it is:

Gain not Loss,
Success not Failure,
Good not Evil,

Amen.

Matthew Berg
Class of 2012, Physiology
ESTEEM class of 2013



A Prayer for Life-giving Science

Healing God,

*W*e praise you for the amazing discoveries that have been made that aid in the treatment of cancer and other difficult diseases. Your inspiration has driven many medical advancements that have saved countless lives.

We confess that modern applications of science can degrade the value of human life and challenge our core values as disciples of Jesus, but your love will enable us to prevail in our fight to preserve life through the treatment of cancer.

We thank you for the knowledge we have been given and the resources we have to delve into the causes of cancer and possible treatments and preventative actions.

Loving God, divinely guide us toward cures for all forms of cancer. As the Creator of all, help us to preserve and enrich the lives you made while maintaining utmost respect for all living beings.

We ask this in the name of Your Son, Jesus Christ, who knew the greatest suffering of all.

Amen.

Andrea Finger
Class of 2014, Biology



Oh Lord of Hope

Oh Lord of Hope,

You give strength to the ill and the weary, and through the death and resurrection of Your Son, Christ Jesus, You have delivered us from eternal pain and suffering and offered us everlasting life beside You in the Kingdom of Heaven. Grant all those who suffer from severe illness, and who come before You as they are, in great faith and humility, the strength to believe in the saving power of Your Divine Mercy and to fight for recovery. Let their intercessions through Christ, the Virgin Mary, and the saints, for their physical healing, be heard and answered. Heal them, change them, and strengthen them in body, soul, and spirit.

Mary our mother and Queen of Peace, St. Peregrine, the cancer saint, and all you Angels and Saints please come to their aid.

Amen.

Annette Marie Ruth

Class of 2011, Master of Science in Global Health



Prayer for Understanding and Hope

Dear Savior,

Ask that in tribulation, you would lead me to find Truth, and that in the midst of confusion, you would guide me to understanding. Please help this time to bring me to a deeper comprehension of unconditional love, that I may take part in the act of loving regardless of the circumstances that surround me. I am confident that in this time I can come to greater fellowship with those that surround me and also with You, the One who suffered in order to break the hold of suffering on our lives. It is with hope and joy that I look to the future because I am certain that I, and others, will grow in ways I cannot yet fathom. Thank you for Your love, example, and promise. I believe that You will show me all that I need to continue until I am ready for the full revelation of the mystery of Christ. I pray that you would guide me in these times, Loving Father.

Amen.

Alexa Craig

Class of 2012, Biology and Romance Languages



Prayer of Encouragement

“First, I thank my God through Jesus Christ for all of you, because your faith is being reported all over the world. God, whom I serve with my whole heart in preaching the gospel of his Son, is my witness how constantly I remember you in my prayers at all times; and I pray that now at last by God’s will the way may be opened for me to come to you.” ROMANS 1:8-10

Father,

*S*aint Paul wrote these words to the Christians in Rome, expressing his thankfulness for their faith and his longing to visit them. His words encouraged them to carry on in their faith, to edify each other, and to hold on to their hope in Christ. In the same way, encourage us, those affected by cancer. Don’t let us forget that people are praying for us. Don’t let us lose hope. You are the God of Life, and we know that You will defeat even death. Renew us, give us strength to keep up the faith and keep up the fight.

Finally, make us aware of our platform as people suffering trials. As we cling to the hope that You provide, keep us faithful to You. Let our quiet trust in You be that which defines us, that even in our time of pain we point others to You.

Let our faith be reported all over the world, Father. Our hope is in You.

Amen.

“Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will walk and not grow weary, they will run and not be faint.” ISAIAH 40:30-31

Dean Odegard
Class of 2013, Biology



Thank You, Lord

Lord, Jesus I thank you for everything You've done for me
I thank you with my entire being
With your help, I have been set free
And have gained back my own well-being
I've fought breast cancer, and I have won,
But for others,
The battle has just begun
Please help them not to suffer

This fight I've faced
Has not been without reward
I've learned that You can never be replaced
And that you are always worthy to be adored
I've been given a chance to grow closer to You.
Through each surgery and challenge I've encountered
I've seen the world anew
And learned that breast cancer should always be countered

Lord, I ask you with all my soul
That you may bless those still struggling with this disease
Help fighters and survivors to feel whole
And help to rid them of their unease
Bless them with hope
As they face each barrier
Be near to all who help them cope
Love all these special warriors

Lord, Jesus thank you for all your love
And help us to remember that all our strength comes from you above.

Courtney Rauch Reinkemeyer
Class of 2013, Applied and Computational Mathematics and Statistics



Dearest Mother Mary,

*A*s I take another breath and a new day commences,
I do not know what lies before me.

The optimists say everything will get better, but realistically
I know that much suffering awaits.

So, into your hands Dearest Mother I commend myself this
day. Wrap me in your mantle and lead me tenderly. You
know how to walk blindly, to give your entire self—body and
soul—over to the will of God and trust that He will reveal
the next step. You followed your Son faithfully, blindly, and
saw firsthand the glory of the resurrection that follows the
darkest night of death. Mother, you know best how to trust
and believe that that next step, whatever it is, will be for the
good of the world and for our ultimate happiness.

O Mother, teach me that trust. I do not see the next step,
and often it is difficult for me to believe that whatever it
is will be for my good. Teach me to say, as you did, “Fiat,”
“Be it done unto me according to Thy will.” Wrap me in
your love and whisper softly to my heart that it need not
be afraid. As I traverse these next days, hold my hand, and
lend me your trusting, faithful heart, that I may walk with
growing joy along the path before me.

Amen.

Nancy Paul
Class of 2012, Physics



O God, You Search Me

O God, you search me and you know me.
All my thoughts lie open to your gaze.
When I walk or lie down you are before me:
Ever the maker and keeper of my days.

You know my resting and my rising.
You discern my purpose from afar,
And with love everlasting you besiege me:
In every moment in life or death, you are.

Before a word is on my tongue, Lord,
You have known its meaning through and through.
You are with me beyond my understanding:
God of my present, past and future too.

Although your spirit is upon me,
still I search for shelter in your light.
There is nowhere on earth I can escape you:
Even the darkness is radiant in your light.

For you created me and shaped me,
Gave me life within my mother's womb.
For the wonder of who I am I praise you:
Safe in your hands, all creation is made new.

Mary Rattenbury
Manager, Rockne Heritage Fund

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Mother Mary

Mother Mary,

*A*s you stand atop the Dome watching over the Notre Dame Family, guide me along the twisted path I must take.

As the skies grow darker, may the glow from your dome light my way.

At the Grotto, hear my voice as I touch the stone,
And see the flicker as my candle burns.

Give me strength to be the anchor for my family in our time of need.
I know, Mother Mary, you are always there for me.
I see your presence everywhere, especially as the sunsets over the lakes.
You know my wants and needs,
My dreams and desires.

As I glaze into the reflecting pool,
I will remember the good times and smile.
In the stained-glass windows around Notre Dame,
I see the colors, And am reminded of the seasons past,
And seasons yet to come, giving us hope.

Remind me, Mother Mary, it's all right to laugh.

As I walk through Cedar Grove,
I remember the words, "I'm Free,"
But allow me my tears for my loss.

I will continue this fight
And like the teams of the Fighting Irish,
In your name, Notre Dame Our Mother,
I will strive for glory.

Heidi E. Lamm

2005-2006 President

Ladies of Notre Dame and Saint Mary's College



Mother Mary's Protective Mantle

*W*e pray to you Dear Mary, Our Mother who has known her own sorrow and pain and continues to be a source of strength to those in need. Please spread your protective mantle over all those who are struggling with the fear and uncertainty of a diagnosis of a disease like cancer. Your presence, Blessed Mother, is felt here at your University in a very special way, and we know you are aware of our love and devotion to you. The Notre Dame Family has many members and they sometimes feel hurt and lost when bad things happen to them that they cannot control. We know that you watched your Son die a horrible death on the cross for us, and your heart was heavy and breaking too. Please help us to accept the cross we may have to carry as we face our own sickness or that of our loved ones. We pray for you to be at our side for strength and moral support when we feel overwhelmed with grief. Ask your Son to give courage to all those who must face this journey. May we be able to provide hope and help to those in need whenever we can, and reassure them that your love for your children is always present.

John Michael Vernon

Class of 2014, Science Preprofessional and Psychology



Lord,

T come to you today a child in need of guidance and strength.

Every time I hear about another loved one who has cancer I find myself feeling lost and afraid.

So I ask today, please send your Holy Spirit upon us all: to guide doctors and nurses in their healing tasks, to help family members and loved ones, so we might know the right things to say in support and love at the right times, and that we might always keep our faith in your healing works, and to the poor people who just received this terrible news, that they may remain confident you are always by their side and optimistic that through your grace they will again be healthy.

My God, I know cancer affects the whole family, so please help us to use these times of difficulty and pain as a way to grow closer to you and to each other. Please guide us on this path so we might make the best of the worst times, finding a way to grow in love and faith, knowing always that you will be there when we call.

Santina Michelle Consiglio
Class of 2012, Honors Physics and Math



Flower in the Snow

Lord, today I saw a flower rising through the snow. It was solitary in a white blanket, but this gave me hope. I often feel alone with my fight with cancer. I feel alone in my suffering. What I often forget is your ever presence under the snow of pain and sorrow. Under all of the snow is solid ground that I can root my life in. Lord, you keep me alive through this battle. Come spring, I will be able to heal. I will have new life. Lord, it is in you that I begin to realize that I am not alone, and that no matter the struggle, my roots in you will never cease.

Lord, thank you for the flower in the snow. In my struggles, I am able to unite myself with Jesus on the cross. Help me to realize the meaning, truth, and the love that lies behind my burdens. Let me always embody your love as I continue my life. Let me never forget your presence. In is in you that I find strength to carry on. I offer my suffering up to you, as a sign of my strength and faith. I must never forget that true healing comes from you. I put my life in your hands and I trust in your will. Lord, above all, let me remember that I am rooted in you.

Evelyn Huang
Class of 2016, First Year Studies



Heavenly Father,

I dedicate this prayer to two of my friends, Keeley Imel and Zach Lederer. Ever since they were diagnosed with cancer they have been fighting stronger than anyone I know. Their courage and resilience have been a true inspiration to all. I pray that you guide them in their toughest times, even when they feel like giving up. And I also pray that you watch over not only these two, but also everyone suffering from this disease.

Raymond Kim
Class of 2014, Science-Business



Marisa's Prayer

O Lord,

*I*n all that I do and in all that happens, let me never lose hope. Let me never think that You have forsaken me; let me never think that meaning is gone from my life. Whatever may be, let me trust that You are with me. Whatever may be, let me never turn away from You as You will not turn away from me. Although Your ways are mysterious, may I believe that Your ways will always let me understand enough of the trail that I may follow You, wherever that trail may go.

Amen.

Written by Marisa Lupica

Nick Lupica

Class of 2012, Science-Business

Weeks before my sister passed away in October of 2004, she created this prayer for her religion class. I personally think this could help those fighting cancer find a renewed spirit of hope.



Resurrection Victory

*A*s our brothers and sisters suffer with you,
Lord God, let them also know your resurrection victory.

For you will not leave them among the dead,
nor let your beloved know decay (Psalm 16).

Jesus, your resurrection changes everything
and no longer need we fear death.

In you, there is nothing to fear, not even cancer.

You have won the victory in every way on this earth.

Let us see this victory brought to fruition
in the lives of those suffering from this horrible disease.

Let your Kingdom, where cells behave as they ought to,
burst forth and fill this world with your resurrection life.

Thank you, God, for your steadfast love that sets us free
from fear and all that seeks to destroy us.

Jesus, strengthen all who are suffering from cancer.
Draw them closer to you through this great hardship.

Holy Spirit, give them new life, a fear-not resurrection life of God.

Father, Lord of the Universe,
heal your beloved who are afflicted.
By their healing, let your name be glorified.

Liz Loughran
Class of 2012, Biochemistry

