

Spiritual Reflections, Prayers and Songs

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Dedication

To Jesus, my best Friend, who is not only human but also divine.

Acknowledgements

I would like to thank all of those who have shown love to me and prayed for me including my parents and grandparents, my brothers and sisters, my beloved wife Maggie and our children, and other relatives and friends. I would also like to thank all those including those Catholic priests, religious brothers and sisters, and many lay people who have shared the Christian faith and their experiences with me. They have all blessed me in more ways than they realize. As well, I would like to express my appreciation for the various inspiring spiritual authors I have read. These range from the authors of the Bible to classical Christian authors such as John Chrysostom, Augustine of Hippo, Thomas Aquinas, Catherine of Sienna, John of the Cross, Teresa of Avila, Francis de Sales and Thérèse of Lisieux, and to more recent Christian authors such as Mother Teresa of Calcutta, Jean Vanier, Pope John Paul II, Chiara Lubich and Pope Benedict XVI.

All biblical quotations are from the *New Revised Standard Version Bible with Apocryphal/Deuterocanonical Books* unless otherwise indicated.

Introduction

This little book contains a number of spiritual reflections, prayers and songs composed over several years. They reflect some of my own struggles and joys as someone who is trying to follow Jesus. As one will gather from these reflections, prayers and songs, Jesus for me is not merely someone who lived on earth some 2,000 years ago. He remains very much with us by means of God's amazing grace and Holy Spirit, as well as by means of the sacraments, including the Eucharist by which he comes to us not only in the fullness of his divinity but also in the fullness of his humanity. Jesus also promised to be in the midst of two or more who meet in his name.(see Mt 18:20) Although it is often not easy to be a follower of Jesus today, with him the journey involves not only many trials and sufferings but also a growing peace, joy and love that no one can take from us.

God

What or who is God really?

Our scientists tell us something of the vastness of the universe. God, you are present everywhere, beyond the farthest star yet within each subatomic particle and each human person. We understand the universe to be billions of years old. You existed before all else. You created everything other than yourself out of nothing and continually hold all things and persons in existence. When we contemplate the beauty of nature or a human person, we can get a glimpse of your Beauty, infinite beyond all compare. Can our minds, marvels themselves of your creation, begin to understand who you really are?

More and more we humans understand something of the complexity of life from cells and DNA to organs and ecosystems. Nevertheless, life remains a great mystery for us. There is so much we do not understand about the beginning of life, genes, the development of a human zygote into a woman or a man, the human brain... Yet God, you who created and designed life, know and understand everything perfectly. Of the billions of human beings who ever lived and who live on the earth today, no thought, feeling, choice or action escapes your attention. You understand each of us much better than we do ourselves. You created each of us. You love each of us and have a plan for each of us, wonderful beyond our limited understanding.

Can we really begin to appreciate your greatness, O God? Yet in amazing humility you made yourself one with us in Jesus of Nazareth. When we contemplate your example of love, how you suffered and died for our failures to love and rose from the dead so that we may have a well-

grounded hope in eternal life and happiness, can we do anything other than stand in awe, speechless before such Love? Truly, God, you are a God of infinite Love as numerous sinners and saints have experienced. Can any words or gestures of thanks and praise even begin to do you justice?

When we turn to you in sincere and humble prayer we can experience that your peace and love are real. We can begin to taste the joys you have in store for those who love you and others, who live and die in your love. May we be united with you forever, our one and only God.

Interpersonal Relationships

We are created in your image, O God, an eternal communion of three divine persons, Father, Son and Holy Spirit. You completely give yourselves to each other in perfect mutual love. You are completely open and receptive to each other in perfect unity.

Jesus, eternal Son of the Father, Word of God incarnate, you made yourself one with us but did not sin or fail to love in any way. Jesus, you invite us to love as you love. You set an example for us of service, of totally giving yourself in love, of laying down your life for us. You invite us to pray for the gift of the Holy Spirit who fills our minds with the light, wisdom and clarity of your truth, and who fills our hearts with the fire, compassion and warmth of your love.

O Holy Trinity, we ask that you make us more and more a true communion of persons in reciprocal love as you are. Help us to make ourselves one with each other without sinning and to serve the true good of each other. Help us to be open to each other, to appreciate each other as your beloved children. Each human person is created in your image. Each is unique, irreplaceable and of value beyond all the riches of the earth. Help us to grow in understanding and loving each other as you do.

Jesus, you promised to be present in our midst if we meet in your name. Help us to welcome you in our midst by laying down our lives for each other, by growing in loving each other more and more as you love us. Jesus, you also prayed that we may be one as you and your Father are one. We ask that this prayer may be fulfilled in us. Come, abide in and with us so that our interpersonal relationships may reflect, even if only in a small way, your infinite glory.

Utterly Amazing

Scientists recently reported observing parts of our universe thirteen billion light years away. When one considers the speed of light, it is difficult to imagine how large our universe really is. We are so small in comparison. We can seem really insignificant, almost nothing. And yet, we human beings, created in the image of the one God, are tremendously important. Each of us is an awesome microcosm in the vast cosmos created out of nothing by God who is omnipotent and eternal. Each of us is a child of God, called into being and loved infinitely by God.

Do you not find all this utterly amazing? I do.

God with Us

God is omnipresent—our faith teaches us. Experience confirms this. Turning to God in prayer, whether at home or in any church or motel room, in any city or in the wilderness, God is present—everywhere.

And yet, we are so often very far away from God in our thoughts and daily preoccupations, in our subjective experiences. Nevertheless, God is always present to us, completely aware of every thought, feeling and action of each one of us. In his infinite love and mercy his grace is always there to help us to turn to him, to open ourselves to his love, to love him, to give him our hearts and minds. God, I offer you all that I am, all my joys, sufferings and everything else.

Lord teach us to pray; please give me the grace to pray, humbly and sincerely, "Our Father ... Your kingdom come (in my heart and life) ... Your will be done on earth (by me) as it is in heaven...."

The Lord's Prayer

“Our Father”: Every human being is a child of yours. We are all brothers and sisters, of each other and of Jesus, Your Son, who taught us this prayer. We are called to love one another as Jesus loves us.

“Who are in heaven”: You transcend this vast physical universe you have created out of nothing. Yet you are present everywhere holding all else in being. You are present to each one of us finite creatures with your infinite love, mercy and beneficent providence.

“Hallowed be your name”: O God, Our Father, you are infinitely greater than everything and everyone you have created. May we always revere your holy name and honor you with our words and actions. You are more wonderful than we can imagine. When we begin to appreciate and taste your glory we begin to find ourselves and true happiness.

"Your Kingdom come.": Although you are all powerful, as 'King' you are not a tyrant or arbitrary dictator. You are infinite love, goodness, truth and beauty. You are the ultimate source of all the love, goodness, truth and beauty that we experience and know. Your 'kingdom', therefore, is much better, much greater, than any human kingdom or empire, past or present, no matter how glorious. If we were to be fully incorporated into your kingdom, all of our relationships—with you, each other and the rest of your creation—would be perfect. We would share in your own perfection with nothing lacking. Indeed, let us yearn and pray with every fabric of our being that your kingdom may come.

"Your will be done on earth, as it is in heaven.": Father, you chose to create each of us. On earth we often sin, failing to love you and each other as you desire. In heaven the angels and saints enjoy perfect unity with you and each other because they are completely open to your love and in harmony with your marvelous will. Father, you want to transform each of us, to heal each of us in your infinite mercy. Lord, may your dreams be fulfilled in this piece of 'earth' that each of us is. Please heal our brokenness and empower us to love, you and each other, as you will, as it is in heaven.

"Give us this day our daily bread.": Jesus, Son of Our Father, You are the Bread of Life. Please, come and live and abide in us, in our hearts. You are Love and Wisdom itself. With you is all the love and wisdom and grace we need to love God, others and ourselves as you desire. Lord Jesus, You renew the gift of Yourself each day in the Eucharist, the Bread of Life. Help us to receive this Blessed Sacrament of Your love with true love, often, even on a daily basis when possible. And, when we cannot receive You in the Eucharist, help us to make a true 'spiritual communion,' to grow in unity with you, to be spiritually nourished by You. Father of Jesus and the rest of us, we entrust all our daily needs to You. Give us this day our daily bread, not necessarily all we want, but all we truly need.

"Forgive us our trespasses, as we forgive those who trespass against us.": With this petition, Lord Jesus, you teach us an amazing spiritual law. If we close our hearts to forgiving others, we also close ourselves to your love and mercy. You know that it can be very difficult for us to forgive others including those who have repeatedly failed or hurt us. You, however, do not teach us to

pretend that their sin does not exist. We can be called to correct a 'brother' or 'sister' in private (see Mt 18:15-16). But you also teach us not to condemn or judge others and to take the log out of our own eye first so as to be able to see clearly how to help our brother or sister take the speck out of his or her eye.(see Mt 7:1-5) Lord, have mercy on us sinners. Guide us in putting your teaching into practice. Help us to follow you wholeheartedly.

"And lead us not into temptation but deliver us from all evil.": St. John of the Cross points out that our real enemies are the world (that is, what would incline us to sin in our environment), the flesh (not our bodies per se which are part of God's good creation, but what would incline us to sin within each of us such as our selfish tendencies) and the devil. For us these are the source of temptations to sin—to fail to love God, others and ourselves properly. Father, we ask you to protect us. Please provide us with all the help and grace we need to resist all temptations, to always choose your will. Fill us more and more with your Holy Spirit, with your love. And when we fall, help us to get up quickly, to begin again, to acknowledge our sins and with your mercy and grace to love again. Deliver us from evil.

“Amen.”: Thank you Jesus for teaching us this wonderful prayer. Help us to pray it with ever more depth and meaning.

The Eucharist—Jesus the Lord with Us

On the road to Emmaus, in the breaking of the bread, the disciples recognized the Lord Jesus, who had died and risen from the dead. "I am the bread of life," Jesus told us, "The one who eats of my flesh has eternal life..."(Jn 6) The early Christians were faithful to the breaking of bread.(Ac 2:42) Sharing her experience of praying before the blessed sacrament, Saint Thérèse of Lisieux said, "He looks at me and I look at him." 'Eucharist' means thanksgiving. Thank you Jesus for choosing to be with us in this way.

Mary, Mother of Jesus

"Hail Mary": we greet you, mother of Jesus, who is Lord of heaven and earth. God commands us to honor our father and mother. As the best of children, Jesus, you would have truly honored your mother, Mary, and your father on earth, Joseph. Jesus, teach us to honor and love them as you desire. Of all human beings, Mary and Joseph, you were chosen by God to be Jesus' parents. How special and wonderful you must be.

"Full of grace, the Lord is with you. Blessed are you among women. Blessed is the fruit of your womb, Jesus." May we follow your lead in being open to God, Mary. When the angel of God told you that you would conceive the Son of God, Jesus, by the power of the Holy Spirit, you believed that with God all things are possible. You surrendered yourself without reservation to God's will saying, "Be it done unto me according to your word." Mary, you were truly blessed to be always with the Lord, the source of all grace. You were truly privileged to be chosen to be the mother of Jesus, to conceive the very life of the Lord within you and to nurture that life.

Indeed, Mary, you are blessed among women. In God's eyes you are the fairest of them all, the most beautiful, the most "full of grace." In this light we can understand why in God's plan you were conceived without sin. You were full of God's grace from the beginning of your existence.

Jesus, please help us, who were conceived in sin, to grow in grace. Help us to believe like Mary that with God all things are possible and that God has a marvelous plan for each of us too. Help us to surrender without reservation to the will of God. Then we too like Mary will find favor with God and be truly blessed among women and men. The Lord will be with us, his life will be conceived and grow within us, and we with Mary can be instruments of God in bringing his Son Jesus into this world. May we be a blessing for others in this way.

To what is said about Mary in the Gospels, the Church has added the following words in the "Hail Mary" prayer: "Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen." The early Church honored Mary with the title, *Theotokos* (Greek) which means "God-bearer," and considered her to be the Mother of God, since Mary truly is the mother of Jesus, who is not only truly human but also truly God. At the wedding of Cana (see Jn 2) Mary brought to Jesus' attention the need for more wine and told the servants to do whatever he tells you. In response Jesus performed the miracle of changing water into the best wine.

Mary, you who are now in heaven as part of the communion of saints with Jesus, please intercede to God for us, that all of our needs may be met, now and at the hour of our death.

Amen.

Love the Lord Your God

“You shall love the love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”(Mt 22:37-40)

Do we live to please ourselves or to please God, to do what we want or what God wants? If we really want to please God, to give glory to the Lord, with all our thoughts, words and actions, we will want to fulfill all the other requirements of God's moral law. Many of us, much of the time, seek to please ourselves in our relationships even with God, in work and recreation, in sex, and perhaps even in unhealthy pursuits. If we really seek to please God in all these areas with all our heart, we will find the fulfillment for which we long, for which we were created. God's moral law as faithfully taught by the Church will not seem a burden but as a light to help us find our way. Let us rejoice in the ways of the Lord!

Heal Me, Lord

"Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye? Or how can you say to your neighbor, 'Let me take the speck out of your eye,' while the log is in

your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye." Jesus instructs us.(Mt 7:3-5) How different our marriages and families, our relationships, our places of work, and our world would be, if we heeded these sage words and really tried to live them with the help of God.

I often do not see clearly how to help another to overcome his or her fault or weakness. I am often blind to my own faults. Truly, I am in need of an ever deeper conversion to God, in profound need of healing.

"Lord I am not worthy to receive you, but only say the word and I shall be healed."(a prayer said at Mass before receiving Jesus in the Eucharist; cf. Mt 8:8) Jesus, I believe you want to heal each of us. Help me to entrust myself completely to you, to your tender and infinitely powerful healing touch. I ask this too for all my brothers and sisters, for all humanity.

The Finite and the Infinite

We human beings are finite or limited. Everything we experience and know in the physical universe including other human persons and ourselves is finite. God, You, who created this vast universe out of nothing, are truly almighty. You, who are the Supreme Being, absolute Spirit, infinite Good, Truth and Beauty, are not limited by the properties of matter, space, time and change. With our very limited bodies, senses, brains and minds we cannot fully comprehend you

who are without limit, you who are infinite. Although You, in your graciousness, have enabled us to understand some of the properties of the finite beings you have made including ourselves, our knowledge and understanding of these is very limited. We do not understand why gravity and so forth have the properties that they do. We do not understand how you created physical matter and energy or the spiritual soul of each one of us, and how you keep these in existence, from vanishing into nothingness. For us who are finite, it is a great mystery to realize that you, who are infinite—all-knowing, all-powerful, all-loving, present everywhere, and perfect in every way, chose to make yourself one with us, to live among us and to reveal your plan for us in Jesus, your Son, God incarnate. What great condescension and mercy. What great love! Thank you.

God is not Stingy

We can be tempted to ask God for many things we do not really need to satisfy our vain desires. When such prayers are not answered we may feel that God is stingy or tightfisted. One mistake we often make though is not to ask for enough. We typically ask for finite goods such as more money or knowledge or better health. What God really wants to give us, however, is Himself. He is infinite goodness, truth, beauty, life and love. Only he can really satisfy our hearts and fulfill all our desires. If we have God we really do not need anything else. For then, even if we lose everything in this world and die, and we will one day, we will still enjoy everything and everyone in God.

Pray For Others

Those I feel called to pray for I place in your hands. Father, you created each of them. Each is a gift of your love. You know each one completely, what is good and tainted by sin, what each one needs. Jesus, you died for our salvation and healing. May the fruits of your redemption be actualized in each of them. Holy Spirit, fill their hearts ever more ablaze with the fire, warmth and compassion of your love, and their minds ever anew with the light, wisdom and clarity of your truth. I ask you to heal their souls of all the wounds of sin, others and their own. I also commend to you any bodily and psychological ailments they have. Provide them with all the grace they need to carry these and the other crosses in their lives in union with your Passion, Lord Jesus. Please heal them of these ailments now or at the time you know to be best.

Thank you for hearing my prayer, most holy and merciful God. I also commend to you myself and my needs. Please realize these same fruits of your redemption in me so that together we may all enjoy your eternal life as you desire.

If You Exalt Yourself You Will Be Humbled, If You Humble Yourself You Will Be Exalted

Jesus, this teaching of yours really hits home. For do we not often exalt ourselves in our minds, in our conversations and other actions? And yet, we are really so small in this vast universe God has created out of nothing. Lord, help us to have a true sense of reality and ourselves. All the good in our lives comes from you. Thank you for your wonderful beneficence toward us. May we often exalt you in our thoughts, conversations and other actions. May we humble ourselves, following your example, Jesus. You who are God made yourself the servant of all. If we follow your example, Jesus, we will also share in your eternal glory.

Come, Follow Me

(Written on the Feast of St. Francis of Assisi)

Jesus, almost 2000 years ago, when you walked on this earth, you said to many people, "Come, follow me." Through your first disciples you extended this call to people of all nations (see Mt 28:16-20).

We humans tend to follow various people, fashions and fads. It may be the popular, or our own personal favorite, singer, actor, athlete, politician, charismatic leader, expert, philosopher, theologian, guru or saint. Now, these can provide us with some insights, especially if they have or are truly trying to follow you, Jesus. But, each of us is personally called to follow you, Jesus, who alone among human beings, is the Messiah, the Christ, the eternal Word of God incarnate. No one else can follow you for us.

What does it mean to follow you? Among other things, it means to follow, to put into practice, your teaching. You call us all to love God with all our strength, with our whole hearts, minds and souls. You call us to do the will of our Father in heaven, to love everyone as we love ourselves, to love one another as you love us. Jesus, you set an example for us of taking time to be alone with God in prayer and of reaching out to serve, to touch and to heal others.

You promised to be with us, to send the Holy Spirit to lead us into the complete truth, and in the Eucharist you gave us your body and blood to eat and drink, to provide us the spiritual nourishment we need. Jesus, help each of us to learn and follow your teaching and example more closely. Help us each to take time in prayer to discover our personal vocations, how you want us to follow you, how you want us to love those you have given us to love, how you want us to give glory to God.

Be Pure as God is Pure

(See 1 Jn 3:3)

God does not condemn any person to hell, to life without enjoying him and his infinite love, goodness, truth, beauty, joy, peace and happiness. Rather, anyone who sins and fails to repent condemns him or herself.(cf. Jn 3:16-21) We sin by failing to love God, others and ourselves properly, as God who is love wants us to love. We sin by not caring for the true good of people, by misusing the good things God has created, by our pride, our lies, our selfishness, and so forth. Such choices defile a person, make him or her morally impure.(cf. Mt 15:19-20) We fail to

repent if we cling to our sinful attachments rather than accept God's grace which helps us to turn to him and receive his merciful love.

God wants to redeem us, to liberate us from the chains of our sins, to heal our broken hearts, to transform us into the image of his Son, Jesus, to make us pure as he is pure. Jesus says, "Blessed are the pure in heart, for they will see God."(Mt 5:8)

Prayer for the Holy Spirit

Heavenly Father, as Jesus, your Son, suggests, I ask you to please give us your Holy Spirit (see Lk 11:13). Please fill our hearts with the fire, compassion and warmth of your love (see Rm 5:5), and our minds with the light, wisdom and clarity of your truth (see Jn 16:13).

Prayer for God's Grace

Lord Jesus, have mercy on me, a sinner. Please give us your grace, so that all our prayers, thoughts, intentions, actions and words today will be for your praise and service, and in your love.

Thank You Jesus for Being with Us

Thank you, Jesus, God Incarnate, for becoming a human being and for dwelling among us.

Thank you for walking on this earth and for showing us how to love and serve one another.

Thank you for teaching us the way to God our Father by your example and words. Thank you for showing solidarity with all human suffering by willingly suffering terrible physical, psychological and spiritual suffering for our sake. And when you died, rose from the dead and ascended to be with our Father in Heaven, you did not really leave us. No, you sent us your Holy Spirit to fill our hearts with your love, so that you and the Father may abide in us too and we in you. You promised as well to be present in our midst when we meet in your name, that is, when we keep your commandment, when we love one another as you love us. We also thank you for giving us your sacraments through which you continue to act in this world. In particular, we thank you for the great sacrament of the Eucharist, for being with us not only spiritually, but for sharing with us your very body and blood. Thank you, Jesus, for being truly present with us in the fullness of your humanity and divinity. And thank you Jesus for offering us your grace so that we can believe what you have revealed to us, and so that we can become more and more open to your transforming presence with us.

Jesus, May I Love You Today

Jesus you identified with all who suffer, with all human beings. You asked the Apostle Paul before his conversion when he was persecuting Christians, "Why are you persecuting me?" You also taught that what we do to the least of our fellow human beings—feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, visit the lonely...—we do to you.(Mt 25)

Jesus, help me to recognize and love you in others, in those I encounter every day. Help me to respond with true love to the needs and sufferings of others, both near and far, taking into account the needs of myself and my family, my time and resources, and your vocation for me. Please guide me (in unity with my spouse) to know what to share from my (our) surplus with those who lack the necessities of life.

The Great Symphony

We are all part of a great symphony. Each of us plays a definite part which no one else can play for us. We neither compose nor direct the whole symphony, God does. This symphony, which is marvelous beyond compare, includes the angels, all human beings—past, present and future, as well as all life and this vast universe in which we dwell. Although each of us plays a limited part, we can all appreciate and enjoy every part and the whole. With God's grace and inspiration, we can each play our part well and contribute to the wonder and amazing beauty of this great symphony.

My Guardian Angel

A number of years ago I was driving our family station wagon between North Battleford and Lloydminster. We were on an overnight trip between the town where I grew up, Southey, Saskatchewan, and our home in Edmonton, Alberta. My wife and three children were sleeping. It was about 2 a.m. Unexpectedly, the thought went through my mind, "Drive defensively, drive defensively!" From my reading about defensive driving I understood that this meant to watch out for mistakes of other drivers. Suddenly, I realized that the car coming towards us was driving on the wrong side of the road, heading straight for us in our lane. I swerved to the right into the side lane and the other car went by narrowly missing us at full speed. I then had a very strong sense that the warning to drive defensively came from my guardian angel who had saved our lives.

The Church clearly teaches that angels including guardian angels really exist. The Bible in many places speaks of their role as ministers of God (see, e.g., Mt 18:10). They are created intelligent spiritual beings without bodies (see the *Catechism of the Catholic Church*, nn. 325-36). In the light of the teaching of Scripture and the Church, as well as my own experience, I am grateful that God created angels and for the role they play in God's plan and our lives. When I was very young I was taught the following prayer which I still often pray: "Angel of God, my guardian dear, to whom God's love entrusts me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen."

With our Limited Understanding, We are Simply Called to Love

Although we human beings have various kinds and levels of intelligence, the understanding of each of us and of all of us together is actually very limited. In spite of this the human mind and intellect are great gifts for which we should be grateful. Humanity has produced a number of great philosophers and theologians. In recent times, considering the whole history of the human race, there have also been significant developments in the natural and social sciences as well as in technology. Nevertheless, there is still much that we do not understand or that we understand only partially. Indeed all of our human perspectives are limited—our understanding of anything is far from complete. For example, while we are getting to know more about this universe we inhabit, how our bodies and brains function, and about human psychology, we do not really understand why things, from gravity to consciousness, have the properties that they do. Even if we believe that God created the laws of physical nature and human spiritual souls and gave them their properties, we do not really understand how God creates and sustains what he has created.

It is natural for us to seek to learn and understand better. No matter how much we may learn or grow in understanding, however, it is important to remain humble and realize our limits.

We are not called to know and understand everything completely. Rather, we are simply called to love. This includes being open to things and persons as they really are and appreciating their respective value. Loving properly actually helps us to learn and see things and people in proper perspective, to understand them better.

You Have Heaven in Your Hands

Some time ago I heard a very moving homily by Fr. Joseph Bruce, a hearing impaired Jesuit priest. He shared how he went to Bolivia to learn Spanish. There a hearing impaired woman whom he taught sign language told him, "You have heaven in your hands." He had opened up a whole new wonderful world for her. Fr. Joseph told us that we too have heaven in our hands. Whenever we show real love to another person with our hands, we have heaven in our hands. For example, how many times have we done this in greeting or hugging someone, in writing someone a letter or email, in preparing and serving a meal, and so forth? How many times have parents shown love to their young children with their hands and nurses to their patients by feeding, bathing and dressing them? How many times have parents and teachers used their hands to guide and teach? Among many other ways, in the context of Mass when we hold the body of our Lord in the Eucharist, Fr. Joseph also told us, "You have heaven in your hands."

The Catholic Faith **(Written on the feast of St. Augustine of Hippo)**

The Catholic faith is a wonderful gift of God. It is centered on faith in Jesus Christ, God incarnate, the Way, the Truth and the Life, the fullest revelation of God to us human beings. By his life, example, teaching, suffering, death and glorious resurrection Jesus revealed God's immense love for us more fully than any other inspired human being.

Among other things, Jesus chose twelve apostles as part of the foundation of his Church, a people called by God to extend Jesus' mission. In particular he commissioned the apostles to go to people of all nations and to share with them all his teachings. Related to this, the word "catholic," from the Greek *kata holos* which means "according to the whole," has been applied to the Church of Christ to underscore its universal mission to all people. Christians, followers of Jesus Christ, are also to believe in his "whole" Gospel, not just certain parts which may suit their tastes or temperaments, or which do not conflict with their desires or cultures. Rather, with Jesus present in their midst, they are to collaborate freely with him in the renewal and transformation of themselves, their relationships, communities and cultures, according to the "whole" Gospel.(cf. Mt 28:18-20 and many other parts of the New Testament)

Among the apostles, Jesus said certain things only to Peter. For example, although Jesus foretold that Peter would deny him, Jesus also told Peter that he prayed for him that his faith may not fail and that it would be his role to confirm other Christians in the faith.(see Lk 22:31-34; see., e.g., also Mt 16:15-19) While the early Christians remained faithful to the teaching of the apostles (see Ac 2:42), among them Peter exercised a primary leadership and teaching role. When Jesus commissioned the apostles to share all his teaching with all peoples he also promised to be with them all days until the end of the world.(Mt 28:20) Now it is obvious that Peter and the other original apostles who heard these words have died. But a number of early Christian writings clearly indicate that the apostles appointed successors to continue their roles in the Church. In this way Jesus' promise to be with the apostles until the end of the world has been fulfilled and continues to be fulfilled by the successors of Peter and the other apostles, that is, by the pope and

legitimately ordained bishops. Following the example of the early Christians, we today are called to be faithful to what the apostles' legitimate successors teach in the name of Jesus.

In this way Jesus provided us with a concrete means to ensure the purity and wholeness of the message of his salvation for which he died. This is part of the Catholic faith, a great gift.

Among other things, this faith also believes that Jesus has remained with his Church not only in "spirit", but in the fullness of his humanity and divinity in the Eucharist. This too is a most wonderful gift.

Human Weakness, Suffering and Death

When we experience human weakness or suffering or are confronted with death, our own or that of others, we are invited to turn to Jesus who is with us. While on earth Jesus drank the cup of these deeply. God in Jesus, motivated by love for us, made himself one with us in all things except sin. In experiencing various kinds of suffering including physical torture, being misunderstood, rejected and mocked by others, and even feeling abandoned by God his Father for a time when he was dying on the cross, Jesus revealed his profound solidarity with all human beings in their sufferings and deaths.

When we turn to Jesus, who is always with us in the depths of our hearts, we can experience his wonderful peace, not only when we feel well or happy but also when we are feeling very weak or are feeling pain, sad, depressed, anxious, shame, grief, rejected or scorned by others, or suffering

in any other way. God in Jesus always loves each of us immensely. If not already, he can be our very best friend. He, who is never unfaithful, will never betray us or abandon us. God in Jesus can provide us with all the grace and strength we need in our weakness, to endure every suffering, and to grow in love. If we unite our suffering with his, our love and his love in us, for God, others and ourselves, can grow in depth, breadth and beauty.

The Humility of God

Although God is, always has been and always will be, all-powerful, all-knowing and perfect in every way, he is more humble than you or me. God never tries to impose himself or his ways on us, as we humans often try to do with others due to our disordered pride. Although actually great beyond compare, he humbled himself in the Incarnation—to be conceived as a human zygote in the womb of Mary, to grow as a human embryo and fetus within her, to be born, and to grow and learn as a human child. In his ministry he was the servant of all. Finally, he humbly accepted to be cruelly tortured and executed as a criminal even though he was completely innocent.

With God All Things Are Possible

When the angel Gabriel announced to Mary that she would conceive a son whose kingdom will have no end, she asks, how can this be since she is a virgin. The angel replied, “The Holy Spirit

will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God.... For nothing will be impossible with God.”(Lk 1:26-37) The conception of Jesus, the eternal Son of God, in the womb of the Virgin Mary was truly a miraculous conception. There is no natural explanation including parthenogenesis, which happens rarely with some animals but is not known with humans.

If everything is possible with God, some may ask why are their prayers not always answered, for example, when a healing from cancer is requested. God can heal cancer through modern medical means, a spontaneous natural means or even miraculously since he is indeed all-powerful. His ways are above ours and often what we think is best is not really best in God’s greater plan.

The Apostle Paul realized that it was better to be with the Lord, that is, in heaven, than to be in the body, that is, to be alive on earth. In his own case, when this was written, he understood that it was good for him to remain a while longer on earth for the sake of others. That is, God wanted to continue to use him on earth for some time to continue building the Church, to bring more people to know, love and serve God. But there too was a time when God took the Apostle Paul to be home with him in heaven. The Apostle Paul died a martyr. Since he did not die of old age, by human standards this could be seen to be a premature death, but in God's plan the time and other circumstances of the Apostle Paul's death including the grace for him to be faithful to God and die a holy death, were within God's Providence. The Apostle’s death was for the greater glory of God.

We could also consider the even more 'premature' death of Jesus who died younger than the Apostle Paul and whose death involved more suffering. It should be noted that not all who completely surrender themselves to God's will die a violent death. Consider, for example, Mary, Jesus' mother, the Apostle John who lived well into old age, many of the canonized saints, and many saints who have not been formally canonized. God's glory is manifested differently in different people.

When Jesus told his disciples that "...it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God," they were astounded and said, "Then who can be saved?" The text reads that Jesus looked at them and said, "For mortals it is impossible, but for God all things are possible."(Mt 19:23-26) We can not save ourselves. Only God can save us from our sins and the consequences of our sins. Salvation is a gift of God's grace, an undeserved gift that he offers to us.

**"Be still, and know that I am God."
(Ps 46:10)**

Priorities

One human person is more valuable than all of the physical universe, than all the money and material things in the world. The human person created in the image of God has a spiritual immortal soul and is "very good." Every human person is worth more than many animals (cf. Gen 1 and Mt 6). A human person who is open to God, his love and transforming grace, even if lacking in physical attractiveness according to the world's standards, is much more beautiful in God's eyes than one well-endowed with physical attributes but who is not open to God. Having nice things and physical attractiveness in this world are ephemeral. They only last a very short time. Let us give priority to what has eternal value—human persons, God and his love.

Finding Peace

So many people are irritable or angry. Many resort to violence in seeking or trying to protect what they perceive to be in their interests. And many seek fulfillment in what does not bring true satisfaction and fulfillment. St. Augustine of Hippo was right. When we are not subordinated to God, we lose control of our passions and are ruled by them. When we surrender ourselves completely to God, we gain control over our desires and fears. The more deeply we surrender ourselves to God, the more we will find the peace that Jesus says the world does not know.

Those Who Have Gone Before Us

Our faith teaches us to pray for those who have died and need further purification before they can be fully united with God in heaven. Our faith also teaches us that the blessed in heaven, those who have died, who have been completely purified and who now are fully united with God in love forever can pray for us.(Cf. 2 Mac 12:44-5 and 15:11-16; 1 Jn 3; and the *Catechism of the Catholic Church*, nn. 946-62) Let us pray for all the dead; may all the saints pray for us. Let us call to mind all those we know who have died. If you have already crossed the threshold into heaven please intercede before Our Father in heaven for us, for all our needs. If you are still being purified, may our prayers help and support you.

Entrust Everything to God, Do Everything for God

Thank God for the Weather

One Saturday morning in the middle of our Canadian winter I was driving home from Mass. It was very cold and windy, a semi-blizzard. The question went through my mind, “Why did our ancestors choose to move to this God-forsaken land?” I was feeling somewhat depressed. Soon another thought followed, “Thank God for the weather.” I wondered, “Even for such weather?” I then began to reflect as I have been taught that we should be thankful for whatever God directly

wills or permits. This is not always easy since not everything that happens seems good to us. Indeed human life is full of not only many blessings but also many tragedies. Nevertheless, I chose to thank God for this cold windy winter day. To my surprise my mild depressed feeling was soon replaced by a feeling of deep joy. Many things happen to us beyond our control. What is more important than this is how we choose to respond to them. God is always good and he always loves us. If we thank him in every situation for what he gives or allows we will appreciate much more the thousands of ways he blesses us.

On another winter day I read the life story of St. Margeurite d'Youville. She experienced many difficulties in life including a husband with many problems. Later when she founded a new religious order, the Gray Nuns, she and her sisters experienced scorn from some people, poverty and a fire that destroyed their hospital. She and her sisters also experienced God's providence through the generous gifts of many so they could better serve the sick and poor. One of the things that really impressed me about St. Margeurite was her deep faith and trust in God. For example, when the hospital burned down and they did not know what would happen with their sick people, she asked her sisters to kneel down and she led them in praising and thanking God—that he thought them worthy to experience such a trial. We need to remember that the lives of the saints were often very difficult and full of many hardships. God did not spare them the lot of human suffering and many also suffered, some even died, for their faith in God. And yet, their hearts were full of the love, peace and joy of God. Unlike many others, they appreciated how God loved them and blessed them, also in their trials and sufferings with his grace, strength and love. Their trials and sufferings were opportunities for them to grow in love, virtue and true character. Not just some people are called to be saints, but as the Bible teaches us, each and

every one of us is called to be holy as God is holy. We are all called to become saints. So, let's thank God for the weather and whatever else God wills or permits in our lives.

We are the Adopted Children of God

(Written on June 25th, the anniversary of the day we received our first adopted child, Christopher)

The Apostle Paul uses the analogy of adoption to describe our relationship with Jesus and God our Father (see, e.g., Rom 8). Jesus, as God incarnate, fully shares the divine nature and so is the 'natural' son of God. We are not divine by nature but God wants to "divinize" our human nature in a real sense (see 2 Pet 1:4). He wants to share with us his divine nature by enabling us to participate in it. Therefore, the analogy of our being the adopted children of God is fitting.

My wife, Maggie, and I have three adopted children—Christopher, Jesse and Sara. They were not conceived in my wife's womb but, as has been said, they have indeed been "conceived in our hearts." Although they are not literally of our flesh, we have accepted them and love them fully as our own children as if they were our biological children. We have shared with them our home, our lives and our hearts without reservation. For us they are as much our children as any 'natural' child would or ever could be.

We too have been conceived in the heart of God our Father. He wants to share his life and love fully with us now, and one day his home in Heaven forever. By Christian Baptism we are immersed into the mystery of Jesus Christ, the true Son of God. Thus we have become and indeed we are the adopted children of God, sisters and brothers of Jesus. He promised to send us the Holy Spirit (John 14-16) who also fully shares in the divine nature. If we are open to God's Spirit he will fill our hearts more and more with his love and our minds more and more with the light of his truth and wisdom. He will transform us, 'divinize' us, so that we can fully participate in his eternal life and love forever.

Songs with Chords by Paul Flaman

“I will give thanks to the Lord with my whole heart; I will tell of your wonderful deeds.
I will be glad and exult in you; I will sing praise to your name, O Most High.”
(Psalm 9:1-2 NRSV)

Note: recordings of these songs are available on youtube. For an Introduction to these songs on youtube see:
<https://www.youtube.com/watch?v=urBM2tjgYYc>

Hail Mary (Spring 1974; words of the traditional prayer)

4/4 time; tempo about 120; Intro: C F G7 C

C F G7 C C F G7 C
LaDaDaDa DaDaDa LaDaDaDa Da LaDaDaDa DaDaDa LaDaDaDa Da
C F G7 C C F

Hail Mary, full of grace, the Lord is with you, blessed are you among women
G7 C

and blessed is the fruit of your womb.

C F G7 C C F G7 C
LaDaDaDa DaDaDa LaDaDaDa Da LaDaDaDa DaDaDa LaDaDaDa Da
C F G7 C C F G7 C

Jesus, Jesus, Jesus, Jesus

C F G7 C C F G7 C
LaDaDaDa DaDaDa LaDaDaDa Da LaDaDaDa DaDaDa LaDaDaDa Da
C F G7 C C F G7 C

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

C F G7 C C F G7 C
LaDaDaDa DaDaDa LaDaDaDa Da LaDaDaDa DaDaDa LaDaDaDa Da
C F G7 C C F G7 C

Amen, Amen, Amen, Amen

C F G7 C C F G7 C
LaDaDaDa DaDaDa LaDaDaDa Da LaDaDaDa DaDaDa LaDaDaDa Da

Video link: <https://www.youtube.com/watch?v=dCmqTy5S83o&t=17s> (Note: this and all but the last song below were composed in the 1970's when I was in my 20's. I have gotten out of singing and playing the guitar for quite a few years but recently have gotten back into it. I still am very rusty as one can see from these recordings done mostly in May and June of 2021. I hope to produce better recordings perhaps with the help of one or more people who are more gifted in music than I am. The videos will give you a sense of the melody and timing of the songs. If you have a good voice and more musical talent than me by all means record your rendition of one or more of these songs and let me know by email: pflaman@ualberta.ca).

Come to the Waters (1 Feb. 1976)

$\frac{3}{4}$ time

(arpeggio)

C Am F G7

Refrain:

C Am F G7

Come, come, come to the waters.

C Am F G7 C C C

Come, come, come to the waters (of Life).¹

(Verse 1): C Em F G7
Come and be still and rest in My love

C Em F G7 G7 G7

Come and drink of the waters of life.

(Note: the shorter verses 1 and 2, and 3 and 4 may be combined.)

(Verse 2): Come and sit at the feet of your Love.
Come, come, for I am your Lover.

(Verse 3): The will of My heart is for you to be one.
Come and live in union with Me.

(Verse 4): Listen, listen to My Word in silence.
Can you hear the song of My heart?

(Verse 5): Know your vocation, My children.
I call you to love as I love you.
See the poor about you, see your brother.
Will you care for me in your sister?

(Verse 6): Reach out and love, touch the hearts
of the wounded all about you.
Many are lonely and many are sad.
Won't you invite them to share My Good News?

(Verse 7): Come and be still and rest in My Love,
C Em F F G7 G7 C C C
Come. Come, abide in Me forever.

Video links: <https://www.youtube.com/watch?v=MmHzbIx5LnI> (guitar)

<https://www.youtube.com/watch?v=QJ96ecSYehQ&t=106s> (keyboard)

¹ A friend Michael Martarana suggested adding the words "of life" to this verse.

Be Not Afraid (10 Mar. 1976)

(slow strum for each bar)

Dm C Bb A Dm C Dm C Am
(Christ/Bridegroom 1) Be not afraid little one of the calling of Love
(Bride 2) I am so afraid to come – to answer the call of your Love
(Bridegroom 3) I pledge my love to you – to always be true
(Bride 4) Oh how I want to come – to surrender myself to your call
(Bridegroom 5) Trust in me for I am gentle and lowly of heart
(Bride 6) Oh o o my love I surrender myself to you
(Together 7) Now we will sing forever of the joy of our Love

F E F E F G Am
(Bridegroom 1) I offer the gift of myself and my life to you
(Bride 2) Where will you take me, where will you lead me; How do I know?
(Bridegroom 3) Don't you know that I love you with an everlasting love
(Bride 4) I want to follow you – I want to come to you
(Bridegroom 5) Come and enjoy the sweet embrace of my eternal love
(Bride 6) Lead me into the courts of your love –take me forever
(Together) We are one now and always

F E F E F G Am
(Bridegroom 1) Will you share your life with me forever
(Bride 2) Will I be hurt, will I be left alone as before?
(Bridegroom 3) My promise to love is a holy love – a love that will outlast time.
(Bride 4) Will you help me to reject my fear – will you help me to abandon myself.
(Bridegroom 5) I will hold you and I will caress you until we are one.
(Bride 6) Now I am free, oh how I thank you that we are one.
(Together 7) Together we offer the gift of our Love to all of you ...

Video link: <https://www.youtube.com/watch?v=1P92NCgLLAA>

Sing a Song of Joy (11 Mar. 1976)

GDC (fast strumming)

G D C G (repeated for every line)

Sing a song of joy to Jesus.

He's the Lord of Life and Joy.

Halleluiah. Halleluiah. (extra G bar after last line of each verse)

Praise Him for He is good.

Let your heart dance for joy.

Let your mind go and dream of heaven.

Praise the Lord of saints and angels.

I thank you Lord for little things, for birds that sing,

For the air we breathe every day,

And for giving us our daily bread;

For friends that smile and care for us.

I thank you Lord for Holy Mother Church.

I thank you for your blessed Mother.

Mary, how we love you. We thank you for the roses

That you send to us from Heaven.

All good things, O Jesus, are from your hand.

We love you and our Father.

In your Spirit we are one.

We will thank you Jesus for ever.

You are risen no longer to die.

Let your Spirit blow and fill us with your Love.

Sing your song of joy in our hearts.

Let our minds soar up to you.

Video link: <https://www.youtube.com/watch?v=sFigD9rNbOU>

The Suffering Servant (Psalm 22)

(words from the NJB; 2 Apr. 1976)

- Refrain: Dm (arpeggio) Gm Dm
 My God, my God, why have you forsaken me
 Dm Gm Dm
 Far from my prayer, from the words of my cry?
- (Verse 1): F C F C F C Dm
 Oh my God, I cry by day and you answer not by night
 F C F C F C Dm
 Yet you are enthroned in the holy place O glory of Israel!
 F C F C F C Dm
 In you our fathers trusted, they trusted and you delivered them.
- (Verse 2): But I am a worm, not a man, despised by the people.
 You have been my guide since I was first formed, my security
 At my mother's breast
 To you I was committed at birth
 From my mother's womb you are my God.
- (Verse 3): Be not far from me, for I am in distress
 Be near, for I have no one to help me
 I am like water poured out; all my bones are racked
 My heart has become like wax melting away within my bosom.
- (Verse 4): They have pierced my hands and my feet, I can count all my bones
 They divide my garments among them, and for my vesture they cast lots.
 But you, O Lord, be not far from me, hasten to aid me.
- (Verse 5): You who fear the Lord, praise him, all of you revere him
 For he has not disdained the wretched man in his misery
 Nor did he turn his face away when he cried but he heard him.
- (Verse 6): So by your gift will I utter praise in the vast assembly;
 The lowly shall eat their fill; they who seek the Lord shall praise him.
 May your hearts be ever merry, for dominion is the Lord's.
- (Verse 7) He rules the nations, before him shall bend all who go to dust
 And to him my soul shall live; let the coming generation be told of the Lord
 That they may proclaim to a people yet to be born the justice he has shown.

Video link: <https://www.youtube.com/watch?v=4XuEXHBUNgY&t=24s>

You Are the Way (20 Dec. 1976)

(4/4 time with arpeggio with just 4 with each string being one beat)

AGAG A G A G A G A EGAE

Refrain: You are the Way, You are the Truth, You give Life to us.

(after 1) You are the Way, You are the Truth, You give Life to us.

(after 2) He is the Way, He is the Truth, He'll give Life to you.

(after 3) For I am the Way, I am the Truth, I'll give Life to you.

(after 4) He is the Way, He is the Truth, He'll give Life to you.

(after 5 X 3) You are the Way, You are the Truth, You give Life to us.

	E	G	A	E	E	G	A	E
Verse 1	Deliver	us	from	evil,		set	us	free
Verse 2	The	Virgin	Mary	said	Yes	to	the	Lord,
Verse 3	Jesus	walked	among	us	Teaching:	I	am	Life
Verse 4	On	Good	Friday	He	pour	ed	out	His
Verse 5	He	is	Risen	from	the	dead,	He	has

(lower)	D	C	A	D	C	A
Verse 1	Free	us	to	love	our	brother,
Verse 2	In	Bethle	hem	was	born	to
Verse 3	The	one	who	comes	to	Me,
Verse 4	Laid	down	his	Life	in	Love
Verse 5	Pouring	out	His	Spirit	on	all

	D	C	A	A
Verse 1	Free	us	to	love
Verse 2	Jesus	Light	to	us.
Verse 3	will	no	longer	die.
Verse 4	for	you	and	me.
Verse 5	who	cry	out	to

Video link: <https://www.youtube.com/watch?v=89lrNp3D4FA>

The Splendor of God (12 Apr. 1977)

CFG7G7CAmCC

Refrain: C F G7 G7 C Am C C
I want to take you to the arms of the Father.
I want to show you the splendor of God.
I want to heal you of your broken dreams.
So come now, I am calling you (repeat last time)

 C F C F C G7 C C C G7 C C
Why do you look for life where it can't be found, where it can't be found.
Leave behind the past, live today, live today.
Turn from sinful ways, Turn to me, Turn to me.
I am the God of Life, Come to renew you, come to renew you.

 C F C F C G7 C C G7 C C
No need to run and hide, for I am everywhere, I am everywhere.
No need to pretend now, for I see in your heart, I see in your heart.
I see your secret thoughts, laid bare before me, laid bare before me.
But please do not forget that I am a God of Mercy, I am a God of mercy.

 C F C F C G7 C C C G7 C C
I see how you're crying inside, I see the wounds of your soul, the wounds of your soul.
Open your heart to me for I am a Healer, I am a Healer.
No need to be afraid for I am a God of Love, I am a God of love.
No need to be alone now for I love you, I love you.

Video link: <https://www.youtube.com/watch?v=zpNfNCXtOhA&t=25s>

I'm Just a Man (21 May 1977)

Intro E G A E E (arpeggio); verses higher and refrain lower.

E G A E

1. I'm just a man looking for bread

E G A E

To feed my poor family

E G A E

And there are millions like me

E G A E E G E G E

All over this world.

A A E E A A E E D D A A E E G E E

Refrain: Jesus, come to us to feed all who hunger.

E G A E (after last line of verse: E G E E)

2. I'm just a man so alone

Looking for a friend

And there are millions like me

All over this world.

A A E E A A E E D D A A E E G E E

Refrain: Jesus, come to us to be the friend of all.

E G A E (after last line of verse: E G E E)

3. I'm just a man so afraid

To give my life to follow You

And there are millions like me

All over this world.

A A E E A A E E D D A A E E G E E

Refrain: Jesus, come to us to take away our fear.

E G A E (after last line of verse: E G E E)

4. I'm just a man with plenty to spare

Who doesn't know how to share

And there are millions like me

All over this world.

A A E E A A E E D D A A E E G E E

Refrain: Jesus, come to us to show us how to give.

E G A E (after last line of verse: E G E E)

5. I'm just a man looking for bread

To feed my poor family

And there are millions like me

All over this world.

A A E E A A E E D D A A E E G E E

Refrain: Jesus come to us to show us how to love.

E G A E

(End): I'm just a man looking for bread

To feed my poor family...

Video link: <https://www.youtube.com/watch?v=JavT76XbOT8>

And I'll Sing (27 Jan. 1978)

4/4 tempo 160 (sung sprightly, fairly quickly; guitar arpeggio, 1 string for each beat)

- ADAE A D A E
(Refrain: higher) And I'll sing a song of joy to my Lord
 A D A E E
 And I'll love and I'll serve Him every day (repeat last time)
- (Verse 1: lower) A D A E
 Oh my soul praise the King of the great universe
 A D A E E
 Shout and raise your hands in eternal praise
- (verse 2) A D A E
 Live in a spirit of always giving thanks
 For the many blessings from His mighty hand. E
- (verse 3) A D A E
 And I'll work for the glory of His name
 And I'll pray for the coming of His Kingdom. E
- (verse 4) A D A E
 May the peace of Our Savior Jesus Christ
 Fill the hearts of people of good will. E
- (verse 5) A D A E
 Blow your breath of love, O Holy Spirit
 Upon the children of Our heavenly Father. E

Video link: <https://www.youtube.com/watch?v=IezXtnBejOU>

Our Father (5 June 2021) (See Mt 6:9-13 and Lk 11:2-4)

Chord introduction: AmAmGGEEE (4/4 quick strumming: 1 down, 2 down&up, 3 up, 4 down)

Chords: Am G E E

Melody: A(4) G G G E

Jesus taught us to pray:

Am G E E

E D B

Our Father

Am G E E

E D D B B

Who art in heaven

Am G E E

A A G G E

Hallowed be your name

Am G E E

A G G E

Your kingdom come

Am G E E

E D D B

Your will be done

Am G Am G E E

E E G G E E D B

On earth as it is in heaven.

Am G Am G E E

C(5) C C B B A A G E

Give us this day our daily bread

Am G Am G E E

A A G G G A A G E

And forgive us our trespasses

Am G Am Am G G E E

C C C B A A G G G E E

As we forgive those who trespass against us,

Am G Am G E E

A G G A A A G G E

And lead us not into temptation

Am G AmAm G G E E

E D D E E D B

But deliver us from evil.

Am G Am Am GG AmAm GG EE

C(5) C B A A G G A A G E

For the kingdom, the power and the glory (this doxology at the end is found in some ancient texts)

Am G Am G E E AmGEE AmGEE AmGEEAm (guitar 3 slow downstrums to end)

C B A G E E A G E E D B (keyboard extra chords then hold Am)

Are yours, now and forever. A men. A men.

Video Link: <https://www.youtube.com/watch?v=HuxrAXG7UQ8&t=4s> (guitar)
https://www.youtube.com/watch?v=A_0mvmovAzY&t=61s (keyboard)
<https://www.youtube.com/watch?v=nBO7BX-QHkE> (piano)

These versions need a lot of work yet. I like the rhythm with the guitar, but I like the melody with the keyboard better which follows the melody as written above. Both use the same chords. I hope to be able to put together a better version or versions of this song in the near future. The piano in person sounds much better than this cell phone recording (perhaps the cell phone was too close). As I said above, I hope to produce better recordings of these songs perhaps with the help of one or more people who are more gifted in music than I am. The videos will give you a sense of the melody and timing of the songs. If you have a good voice and more musical talent than me, by all means record your rendition of one or more of these songs and let me know by email: pflaman@ualberta.ca.

Immaculate Mary (traditional Lourdes song)

This was a favorite song of my father. Video link: <https://www.youtube.com/watch?v=lh6PTDniBmg>

Jesus, I Trust You and Entrust All to You

Jesus, I trust you. I entrust myself, my family, my loved ones, all of humanity and all Creation to you Jesus Christ, our Lord and Savior, to you God our Father, Good Creator and Wonderful Provider, and to you Holy Spirit of truth, beauty, holiness, and unity—to your infinite love, mercy, and wise providence. Thank you for loving each of us so much and for your wonderful plan for each of us. Amen.