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Overview
Duquesne University is a Catholic university in the Spiritan tradition, the only one of its kind in the United States. This unique identity lies at the very heart of our University and its mission—to educate and to serve others, with a special commitment to issues related to peace, social justice, integrity of creation, cultural diversity and service.

This mission flows from the charism of the Spiritan fathers, our founders and continuing sponsors. Guided by “The Spirit Who Gives Life,” they built a university on values that continue to guide us today: high academic and ethical standards, building a sense of community, having a global vision, and service to others, particularly the poor and underserved.

This Spiritan charism influences and guides every aspect of University life. This inspirational book of prayers and reflections—many from members of our own campus community—is a wonderful testament to our exceptional heritage.

Ken Gormley
President, Duquesne University
A Special Thanks

In Thanksgiving

The prayers in this small book represent the love, commitment and passion of countless women and men who live the mission of Duquesne University of the Holy Spirit without fanfare on a daily basis on campus and beyond.

We see in these pages, the fruits of the reflections of students, faculty, staff and administrators on our campus.

I am deeply grateful to them and to God for allowing me to share in this mission and honored that we follow in the sacred footsteps of those who have gone before us, for it is the Spirit Who Gives Life.

Vice President, Division of Mission and Identity
Chapter Five of the Spiritan Rule of Life is dedicated to the important role that prayer plays in the life and mission of all Spiritans. “Pray constantly; and for all things give thanks; this is the will of God for you in Christ Jesus” (1 Thess. 5:17–18). It describes prayer as an integral part of who Spiritans are and everything Spiritans do. From personal prayer to prayer in community to praying in public forms of worship with the people we are called to serve, Spiritans are dedicated to the lifelong process of conversion and renewal through an intimate and personal relationship with the God who called us.

“Because this is so, our prayer and our apostolic work are intimately linked. They complement each other. Union with God in prayer leads us to be of service to others, and the apostolic work we do is, in its turn, a worship offered to God in the Spirit and a deepening of our union with God.” (SRL #87)

I pray that this beautiful booklet of prayer will be an instrument to help all those who use it to be in contact with the divine with themselves, and lead people to a deeper relationship with God. Through our common prayer which is rooted on the animating presence of the Holy Spirit, may we be strengthened to proclaim the power of Gospel which calls us to make all things new.

Chairman, Duquesne University Corporation 
Provincial Superior, Congregation of the Holy Spirit
We stand before you, Holy Spirit, conscious of our sinfulness, but aware that we gather in your name.

Come to us, remain with us, and enlighten our hearts.

Give us light and strength to know your will, to make it our own, and to live it in our lives.

Guide us by your wisdom, support us by your power, for you are God, sharing the glory of Father and Son.

You desire justice for all; enable us to uphold the rights of others; do not allow us to be misled by ignorance or corrupted by fear or favor.

Unite us to yourself in the bond of love and keep us faithful to all that is true.

As we gather in your name, may we temper justice with love, so that all our discussions and reflections may be pleasing to you, and earn the reward promised to good and faithful servants.

We ask this of You who live and reign with the Father and the Son, one God, for ever and ever. Amen.

This prayer is from page 191 of the “Book of Blessings.” It was used before every session of the Second Vatican Council.

Mission Statement

Duquesne University of the Holy Spirit is a Catholic University founded by members of the Congregation of the Holy Spirit, the Spiritans, and sustained through a partnership of laity and religious.

Duquesne serves God by serving students through:

- Commitment to excellence in liberal and professional education
- Profound concern for moral and spiritual values
- Maintaining an ecumenical atmosphere open to diversity
- Service to the Church, the community, the nation and the world
- Attentiveness to global concerns
The Spiritan Charism

The charism of a religious congregation refers to its founding vision. Inspired by Christian faith, the founder felt called to respond to a particular need of the Church and society of his or her time. The charism is God’s gift to that individual, and to the group he or she gathered together to answer this call to serve a section of God’s people in special need.

Thus Claude-François Poullart des Places felt called by God to leave aside a promising legal career and a comfortable lifestyle in order to found a community dedicated to educating poor seminarians in 18th-century France. These in turn would serve the poor and the marginalized in rural France and elsewhere, especially in places where the Church had difficulty in finding workers.

Therefore, the charism of a particular congregation refers to:

- Its distinctive spirit, the particular way in which it feels called by God to live the Gospel message

- The characteristic manner in which its members perceive and relate to the world in which they live

- The ethos which marks its internal life and the works that it undertakes
The Spiritan Congregation began in France in 1703. Theirs is a story that spans more than three centuries, criss-crosses continents in war-time and in peace, and features the selflessness of thousands of priests, brothers and lay persons who have forgone society’s aspirations to power, prestige and wealth. Rather, they made and continue to make profound sacrifices to minister to the poor and disadvantaged.

The Spiritan commitment to serving the disadvantaged led to the founding of Duquesne University—then a secondary school—as a school for the immigrant poor in Pittsburgh.
WHO WE ARE: Catholic and Spiritan

The Catholic intellectual tradition can be described as an inheritance and as a dialogue. As an inheritance, this tradition encompasses the deposit of Catholic faith along with the rich and varied historical efforts made to understand, express, apply and live out that faith. The Catholic intellectual tradition is an inheritance that encompasses humanistic scholarship, scientific discovery, legal reasoning, professional service and expertise in fields like medicine and business, diverse cultural practices and rituals, and widely ranging forms of art and architecture. The Catholic intellectual tradition is also an ongoing dialogue. We receive this inheritance, endeavor to make sense of it in light of our particular contexts and contemporary challenges, and—importantly—we offer our own contributions. We call the tradition a dialogue not only because it is a living tradition that we shape as we receive and transmit it, but also because the Catholic intellectual tradition is committed to discovering the truth through engagement and collaboration with others.

The Catholic intellectual tradition animates Duquesne University. It orients and informs our community in all its dimensions—academic, professional, spiritual, cultural and moral. This common inheritance and shared dialogue unites Duquesne with other Catholic colleges and universities. Yet the Spiritan strand of that tradition imbues Duquesne with a distinctive identity and mission. Our Spiritan heritage is characterized by special commitments to educating the whole person, liberating those who suffer injustice, enacting cultural sensitivity, and sustaining spiritual openness in complex and challenging times.
From privilege to poverty, the life of Spiritan founder Claude-François Poullart des Places is an inspiring tale of transformation through the Holy Spirit.

In 1679, des Places was born into wealth and status as the son of a French aristocrat. He lived during the reign of Louis XIV and enjoyed the lavish lifestyle of a nobleman. His early education was with the Jesuits, which laid the foundation for his later entry into the seminary.

Then, on Pentecost Sunday 1703, he assembled a small band of impoverished fellow seminarians to form a community dedicated to the Holy Spirit, under the special patronage of Mary. The Holy Ghost Congregation was born. Their aim was to support students with little means on their way to the priesthood.

The intention was that these priests would in turn serve the poor people of rural France and people in missions overseas. Des Places was still a seminarian when he formed the group. He was ordained four years later at the age of 28.

While he was studying law at the Sorbonne in Paris, des Places was awakened to the extreme disparity of society’s needs. Living with the Jesuits, he became aware of the desperate living conditions of homeless boys and chimney sweeps. This opened his eyes—and heart. He was moved to help and used his allowance to provide food and shelter. He soon saw that the boys lacked education and spiritual nourishment as well. Des Places took it upon himself to teach skills and guide the children in their faith.
“God is full of tender love for me and is anxious that I should not get lost; He has made it easy for me to find a path that would lead me back again to my duty and away from all those specious excuses that could help me avoid it. I believe that God will once again have pity on me if I return to him with all my heart. So now that God has filled me with this renewed confidence, I am going to search for the most direct path that will lead me back to him.”


Des Places’ involvement with the street children deepened his faith and presented him with a struggle. Should he give up everything—a law career, wealth and a seat in Parliament—to help the poor? After much discernment and spiritual direction, des Places decided to enter seminary. He left his parents and their desires for their son’s distinguished career and went to study theology with the Jesuits. Des Places saw that many of his fellow seminarians were also struggling to meet their basic needs and again he sought a way to help.

After ordination, des Places continued to minister to his rapidly growing community. It was a short-lived assignment; two years later he died at the age of 30 and was buried in a pauper’s grave. His legacy lives on in the Congregation through its service to those in need. The Holy Ghost Fathers, or the Spiritans, became recognized by the Church for going places that no one else wanted to go and for living simply in deep faith.
Venerable Francis Mary Paul Libermann, C.S.Sp.
In 1848 Libermann brought personnel and a renewed spiritual energy to the Spiritans that transformed the Congregation.

Those intervening years were a time of grace and of maturing, as Libermann became an advisor and confidant to many seminarians and others wanting to grow in the spiritual life. His own trials and painful experiences, as well as joys and perceived blessings, developed in him a great confidence in Providence and a sense of the Holy Spirit directing human affairs.

His approach of “practical union with God” helped him, and others, find the divine in the everyday and to face life with confidence and faith.

His spirituality of responsiveness to the Spirit served Libermann well during the difficult period of organizing his Congregation of the Immaculate Heart of Mary and of gaining official permission from Rome to begin this apostolate to people of African descent.

Libermann’s followers viewed his being cured of epilepsy at this time and subsequent ordination as approbation from heaven on the mission of his “little band,” whose charismatic leader and visionary apostle he had become.

Soon his growing group was asked by Rome to join the Spiritans, a much older religious community, legally and canonically established in France, but on hard times by the mid-1800s. They were working in France, North and South America, and the Far East.

Libermann recruited and educated missionaries, both lay and clerical. He negotiated with Rome and with the French government over the placement and support of his personnel.
“Oh Divine Spirit, I want to be before you like a light feather so that your breath may carry me where it will and I may not offer the least resistance to it.”

—Francis Mary Paul Libermann, C.S.Sp.

Libermann was a pioneer of strategies now recognized as a blueprint for modern missionary activity. He urged the Spiritans to “become one with the people” so that each group received and understood the Gospel in the context of their own traditions. Libermann’s zeal was so inspiring that when seminarians in France heard of the deaths of some of the first missionaries to West Africa, they lined up at his door to volunteer as replacements.

He exhausted himself in the process of leading his great enterprise, and died on February 2, 1852 before his 50th birthday. Surprisingly, Libermann himself never went overseas. Yet he inspired and empowered literally thousands of missionaries around the globe.

Libermann was a visionary, a missionary, a profoundly spiritual man who has affected the course of history in the last 150 years. His influence and that of his Spiritans, in the Church and in the emerging world (including our own country since the late 19th century), has been inestimable.

Libermann faced incredible obstacles, yet patiently accepted his trials and tribulations with great inner peace and tranquility. May God bless the Spiritan Congregation, and all of us, through the intercession of Venerable Francis Libermann. And may his spiritual teaching of Practical Union with God through the Holy Spirit bring us closer to the path of holiness in our daily lives.
Traditional and Seasonal Prayers from the Catholic Faith
Our Father

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.
Amen.
Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.
Magnificat

My soul magnifies the Lord, and my spirit rejoices in God my Savior; Because He has regarded the lowliness of His handmaid; for behold, henceforth all generations shall call me blessed; Because He who is mighty has done great things for me, and Holy is His Name; And His mercy is from generation to generation on those who fear Him. He has shown might with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has given help to Israel, His servant, mindful of His mercy—Even as He spoke to our father—to Abraham and to His posterity forever.
“It is the night of the cross, of privation, of interior darkness, where the senses have no part to play and are worthless and dead. It is the time to live by faith, but a faith full of hope in the divine goodness, and at the same time full of fear and distrust of self, in all gentleness and peace. This is an excellent night, for souls are brought to perfection in it and through it, and little by little they shed their abundant faults.”

—Francis Mary Paul Libermann, C.S.Sp.
O most High, almighty, good Lord God,  
to you belong praise, glory, honor, and all blessing!

Praised be my Lord God with all creatures;  
and especially our brother the sun,  
which brings us the day, and the light;  
fair is he, and shining with a very great splendor:  
O Lord, he signifies you to us!

Praised be my Lord for our sister the moon,  
and for the stars,  
which God has set clear and lovely in heaven.

Praised be my Lord for our brother the wind,  
and for air and cloud, calms and all weather,  
by which you uphold in life all creatures.

Praised be my Lord for our sister water,  
which is very serviceable to us,  
and humble, and precious, and clean.

Praised be my Lord for brother fire,  
through which you give us light in the darkness:  
and he is bright, and pleasant, and very mighty,  
and strong.

Praised be my Lord for our mother the Earth,  
which sustains us and keeps us,  
and yields diverse fruits, and flowers of  
many colors, and grass.

St. Francis’s Canticle of the Sun
Praised be my Lord for all those who pardon one another for God’s love’s sake, and who endure weakness and tribulation; blessed are they who peaceably shall endure, for you, O most High, shall give them a crown!

Praised be my Lord for our sister, the death of the body, from which no one escapes. Woe to him who dies in mortal sin! Blessed are they who are found walking by your most holy will, for the second death shall have no power to do them harm.

Praise you, and bless you the Lord, and give thanks to God, and serve God with great humility.

—St. Francis of Assisi (1182–1226)
A Prayer for Our Earth

All-powerful God, you are present in the whole universe
And in the smallest of your creatures.
You embrace with your tenderness all that exists.

Pour out upon us the power of your love,
That we may protect life and beauty.
Fill us with peace, that we may live
As brothers and sisters, harming no one.

O God of the poor,
Help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.

Bring healing to our lives,
That we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.

Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
For justice, love, and peace.

—Taken from Laudato Si, By Pope Francis
A Prayer to Mary

Stillness of God, settle in our souls. Breath of God, move through us. Light of God, illumine our nights and dawn in our hearts. Shadow of God, fall over us as once you bent over the face of Mary and sow the seed of holiness, of justice, and of mercy within us. Whisper of love and truth in our waiting hearts. As we have gazed on these faces and forms of light, make us icons of your reflection for all the world to see. Mary, you who learned the wisdom of mercy and lived in its mystery, share that knowledge with us. May we hear again your words to all of us: “Do whatever HE tells you!” (John 2:5)

Give us the courage to walk through the world, intent on giving birth to your Word, your hope, and your love, steadfast until we find ourselves gathered into you, O Trinity, at home with this woman who believed, exalting together in the fullness of the freedom of the children of God.

Amen.

—From “Send My Roots Rain” By Megan McKenna (“Send My Roots Rain,” published by Doubleday)
Peace Within – A Prayer for Morning

May today there be peace within.
May I trust God that I am exactly where I am meant to be.
May I not forget the infinite possibilities that are born of faith.
May I use those gifts that I have received, and pass on the love that has been given to me.
May I be confident knowing I am a child of God.
Let this presence settle into my bones, and allow my soul the freedom to sing, dance, praise and love.
It is there for each and every one of us.

—Attributed to St. Thérèse of Lisieux and St. Theresa of Avila (adapted)
http://www.xavier.edu/jesuitresource/online-resources/Morning-and-New-Beginnings-Prayers.cfm
Loving and gracious God,

When the days grow darker
Casting long, cold shadows
Allowing fear and despair into our lives
Let my light shine brighter.

When the task grows more wearisome
Filling valleys and flattening mountains
Building highways in the desert
Be the strength in my bones.

When I wait on you
And they shake their heads
Saying, “Have you not heard the news?”
Keep in my heart the good news that makes even the child in the womb
leap with joy:
That you are coming into the world.

May I praise you in shadow as well as light.
May I praise you in winter as well as spring.
May I praise you in silence as well as song.
May I praise you in solitude as well as companionship.
May I praise you in illness as well as health.
And when the last glowing beam disappears over the horizon
And darkness shrouds the land
Give me the grace to say to all,

Despair not
Morning is coming.

Come, Lord Jesus, come.
Amen.

—Prayer by Edward O’N. Hoyt/CRS
©2013, Catholic Relief Services, www.crs.org. Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. CRS eases suffering and provides assistance to people in need in more than 100 countries, without regard to race, religion or nationality.
“Lord, You were looking for me and I was running away. You gave me reason but I refused it...How loveable you are, my saving God! You do not want my death but only my conversion...You love me, Lord, and You give me so many signs of Your love...For a long time you have wanted to speak to my heart but I did not want to listen...I have not come here to defend myself, I have come to let myself be conquered.”

Christmas Season Prayer

May the love that breathes life into all of humanity
    Be born in us this Christmas season.

May the love that brings forth all of creation,
    Be born in us this Christmas season.

May the love that overcomes hatred and brings healing,
    Be born in us this Christmas season.

May the love that forgives and renews,
    Be born in us this Christmas season.

May the love that brings the fruits of justice,
    Be born in us this Christmas season.

May the love that brings the blessing of peace,
    Be born in us this Christmas season.

May that Peace now be the gift we share with all our brothers and sisters.

Prayer on the Lenten Journey

We travel through deserts and despair
As we focus on How Christ was crucified,
And is crucified In the world today.

We agree to make This journey, this pilgrimage,
And to leave life as usual,
Business as usual,
To pay attention,
To be present
To pain and suffering.

The journey to the Light of Easter Can only go this way.
We choose to learn This hard truth,
To accept the ashes,
To witness the darkness,
To walk the way of the Cross As it happens in our world.

Let us journey together,
Open to the world,
So we may be renewed
And help bring to all
The renewal of Resurrection.

—By Jane Deren

https://educationforjustice.org/resources/prayer-lenten-journey
Easter Prayer

Almighty ever-living God, out of infinite love, you created the world and filled it with your Spirit. You gave us a bountiful world filled with beauty and goodness. You placed us in this world to care for it in the joy of communion with you.

In the resurrection of your Son, Jesus Christ, you renewed the face of the earth and made all things new. You conquered evil, poured out your love, and opened for all men and women the path to your kingdom.

May we rise with Christ to newness of life! May His Spirit transform the evil around us to good. Heal our broken relationships, turn our hearts firmly to you, and conquer the powers of evil in us and in the world. Grant us a heart that respects the dignity of all life—the unborn and the vulnerable, the homeless and the trafficked.

Heavenly Father, give us the grace to recognize your Spirit dwelling in each of us and so appreciate the gift we are to one another. Rid us of evil thoughts and make us see all men and women as brothers and sisters. Help us to create a joyful community that embraces mercy, love, peace, and service in humility and charity. Unite us and make us one with you, in union with our brother Jesus Christ, and in the power of your Holy Spirit who gives life.

Amen!

Prayer for Commuting Students

Dear Lord,

Watch over our commuting students as they travel to and from the University.

Help them to reach their destination safely today.

Grant them peace and patience, when they feel they are pressed for time.

Help them to be fully present in their classes and push the worries of their lives to the side for the moment so that they are not distracted from their studies.

Be with them Lord, as they balance work, family, home and school. Be present to them in the small moments of stillness they can find so that they can feel the peace of the Holy Spirit with them each day. Amen.

—By Timothy Lewis
Director, Commuter Affairs
“We come little by little to act no more by our own movement. It is the Spirit who then does everything in us, and gradually we are filled with the Spirit in all our activity. Our activity becomes wholly divine because it is the Spirit of the Lord alone who carries it out within us.”

—Francis Mary Paul Libermann, C.S.Sp.
Prayer of a Resident Assistant

Dear Lord

We ask that you offer the gifts of patience and compassion so that we can effectively serve our resident students.

We ask for your guidance as we strive to build community, to love our students, even when they challenge us, and for the wisdom to encourage them to make healthy choices.

We ask that you stand beside us as we invite those who have not yet found their place, to join the community.

We ask that you stand over us as we connect with those who are flourishing in their new home and pursuit of higher education.

We ask that you stand behind us as we strive to reach those who are making choices that will not help them to grow and flourish as individuals and members of our community.

Most of all Lord, we ask that you send the Holy Spirit to be with us, guiding us on this important journey, as we make efforts, great and small, to impact the lives of our students during this special time in their lives.

—By Anne Mullarkey Sawa
Director, Student Conduct
Residence Life Associate Director, 1997–2016
Prayer for Community Engagement

To the Spirit that lovingly guides our community work, we pray.

Let us get to know, personally, those most affected by the issues we seek to address.

Let us value one another’s gifts and talents, welcoming all collaborators in our shared work.

Let us try to become friends beyond our engagements together, and in doing so, let us be transformed by each other.

Let us be open to blurring the lines between teacher and student, realizing that in communities we all teach and we all learn.

Let us stand with our partners, shoulder to shoulder, facing opportunities and challenges together, as neighbors.

Let us know deeply that our fate is bound together, and that as we work for vibrant communities we are cared for even in the difficult moments.

Amen.

—Community Engaged Scholars 2016
Center for Community-Engaged Teaching and Research
Prayer of a Student

Heavenly Father,

I want to take the time and thank you. I thank you for the joys you have given me this day and all the days of my life. I thank you for friends, family, loved ones, and the opportunities to grow deeper in you. But Lord, sometimes words fail me, I ask that you listen to the prayers of my heart; take my wants, my fears, my dreams and transform them according to your will.

I ask that you help me to take one day at a time, through the busyness of everyday life, to feel your presence, this day and all the days of my life. Jesus, I love you and I thank you for all that you have done and continue to do in my life; help me to say yes to your will. Here I am, Lord!

Amen.

—By John Foster
SGA President, 2015–2016
A Prayer for Times of Despair and Anxiety

Heavenly Father, Creator and Sustainer of the Cosmos; Beloved Son whose Indwelling is the Source of Perpetual Peace; Breath of Life that effortlessly flows through the natural world,

I come to you fractured in the deepest region of my soul, plagued by intense despair that renders the world hollow and simultaneously full of ethereal shadows that summon me to annihilation, taking the visage of those that purport to love me, calling to me as “mother,” “father,” and “beloved,” whispering memories of a history that I hoped was forever concealed within the labyrinth of my mind.

I am overrun by tidal waves of anxiety that flood my world, reducing it from a plenteous manifold of dynamic diversity where Your Presence is encountered with each and every breath to a panorama of persecuting voices, forecasting a future of never ending woe.

Holy Trinity, during such moments when my world is immersed and swallowed up by despair, when my very manner of imagining and projecting my possibilities for being is narrowed to the point of seeing in the other only those that have hurt me, may you come to my assistance as a thundering whisper, whose sound is not to be heard with the naked ears but felt as a vibration of the Trinitarian
nature that underlies the manifest world and has existed from beginningless time.

Through Your Love, I welcome the demons that were previously my despair and anxiety. I show them hospitality, not by identifying with them, but by seeing them as angels, as messengers whose communications are designed to direct me to those aspects of self that need care.

I realize that they have become monstrous in appearance only because they were starved. Once fed with Divine Understanding, they begin to take proper form by shedding their previously demonic countenance, revealing themselves as lonely and frightened children. And, when nurtured with patience, compassion, and insight, become openings for an illuminated now and harbingers of a blessed future whose proclamations of transmutation demonstrate a path to wisdom that knows no equal.

In the Name of the Father, and of the Son, and of the Holy Spirit,
Amen.

—By Ian C. Edwards, Ph.D.
Assistant Vice President, Student Wellbeing
Dear Lord,
We ask that your blessing be upon all Greek Communities at Duquesne. We ask that our Fraternities and Sororities follow your example as they serve the University and our wider community. Please bless those called to leadership with your compassion, discernment, and your wisdom as they seek to foster the good of both the individual members and the common good of all.

We pray that the Duquesne Greek Organizations may continue to be a place where scholarship is honored, service is valued, leadership is encouraged, and where sisterhood and brotherhood are fostered.

We ask this through Christ, our Lord.
Amen.

—By Matthew Broeren
Kappa Psi Brother
Professional Fraternity Council President, 2015–2016
Blessing for Graduates

God of our beginnings,
we thank you for these Graduates,
their excitement, their awesome wonder and
curiosity,
their forthright speech and encouraging words.
Their contributions here have blessed and
challenged us.
We have become a richer and more diverse
community because of them.
Amen.

—By Spiritan Campus Ministry
“We go to a people not primarily to accomplish a task, but rather to be with them, live with them, walk beside them, listen to them and share our faith with them. At the heart of our relationship is trust, respect, and love.”

—Spiritans General Chapter 1998 (Maynooth)
Prayer to Know One's Vocation

Lord, my God and my loving Father, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that you are in all things, and that every path can lead me to you.

But of them all, there is one especially by which you want me to come to you. Since I will do what you want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what you want of me; into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in you. Amen.

—Taken from USCCB website http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-to-know-ones-vocation.cfm
Do Not Fear, Only Believe

God of encouragement, God of Invitation,
You are always reaching out
and reaching into our lives
With your word and sacrament.

Jesus, who is your living word,
Speaks your own words:
“Do not fear, only have faith.”

Give us ears to hear and hearts to embrace.
Give us the capacity to move beyond our fears
to where your freedom reigns.

God, give us the faith we need,
In order to move the mountains
That block the landscape
And obscure the view of your reign.

—By Anthony Gittins, “Come Follow Me”
Used with permission. Copyright Liguori Publications.
Follow Me

Lord, it’s very encouraging of you
To invite me to come and follow you.
I know that you are the way to life,
And I really want to live life to the full.

But there are at least three problems:
I am frequently afraid of your demands;
I would sometimes like to go my own way;
And the cross seems unavoidable.

If there’s a solution for every problem,
Then I really need your reassurance;
I really need your help;
I really need your courage.

So, Lord, don’t just call me.
Jesus, please don’t just command.
Let your Spirit be my guide,
And let your promise be my strength.

—By Anthony Gittins, “Come Follow Me”
Used with permission. Copyright Liguori Publications.
Prayer for Friends

Dear God, with this prayer I call to mind my friends. I ask for your blessing on them. May angels fill their nights and bless their days. May they find joy and peace and harmony. May I be a source of happiness in their lives. May our bonds be strong and based on trust. May they always know that in me, they have support. Amen.

—By Marianne Williamson, “Illuminata”
Prayers of Many Cultures
A Prayer for Diversity

Loving God of all who dwell on earth and in heaven
Like the multitude of life on earth—the flora and fauna that replenish the air and give life to land and sea
Like the vibrant diversity of the seasons and infinite cycles of life
Like the myriad ideas, thoughts and actions of humankind
Though separated naturally by land and sea,
Or distanced by the artificial boundaries that we force upon each other
May we learn to live in peace with all who share this world

The Tower of Babel was not a punishment,
But rather Your gift of diversity
A challenge to us to live together in harmony no matter what our differences
A message to us that it can be done

As our world grows smaller and our contact more frequent
We look to you for guidance and hope that we may all live together in harmony
Connect us to each other in ways that You taught us
No matter the nation, the culture, the language or creed
May our diversity be our strength and the lens through which we see your image every day.

—By Joe DeCrosta, Ph.D.
Director, Office of International Programs
A Prayer from the African-American Perspective

Almighty and eternal God of every nation, your goodness is beyond what our spirit can touch and your strength is more than the mind can bear. Lead us to seek beyond our reach and give us the courage to stand before your loving truth.

You created all in your image and likeness, and we thank you for the wonderful diversity of races and cultures in this world. We ask that you remind all to embrace and cherish the unique diversity that is in each one of us. We ask that you continue to remind all of your people that the treatment of each other has no boundaries and is not limited to our ethnic origins or simply by the colors of our skin.

Ultimately, we thank you for the beauty of this earth. We ask that you allow all of us to reach perfection under your guidance.

—By Jeffrie Mallory
Director, Office of Diversity and Inclusion
Reflections on the Buddhist Tradition

Trilaksana, The Three Marks of Existence
Dhammapada, verses 277–279, Pali

Sabbe sankhara anicca,
All conditioned things are impermanent,
Sabbe sankhara dukkha,
All conditioned things are unsatisfactory,
Sabbe sankhara anatta.
All things are not-self.

All things are constantly changing. Nothing stays as it is from one moment to the next. There are 5 aspects of being (skandhas): matter (rupa), sensations (vedana), perceptions (sanna), thoughts (sankhara), and consciousness (vinnana). These aspects are in a constant state of change.

All phenomena can cause suffering due to our attachment to our idea of how that phenomena should be, as opposed to accepting that it is ever-changing.
All form is one. There is no other. When one knows this wisdom, he or she may avoid suffering. This is the Visuddhimagga, or the path of purification.
May I have the awareness to take joy in the perfection of all things as they are.
May I have the grace to accept every moment as it is.
May I have the will to witness the present without discrimination.
May I have the presence to greet all phenomena with openness.
May I have the compassion to sincerely see all sentient beings.
May I have the wisdom to know the oneness and unity in it all.
Om mani padme hum.

—By Amber Lasure
Assistant Director, Recreation Department
Meditation serves as a useful tool to calm the mind and bring awareness to our surroundings. There are several different ways to meditate, and they can all have significant impact on how we perceive our environment, how we relate to our emotions and how we can connect with universal forces outside of ourselves. Meditation practices vary widely and can range from a strict and exact practice all the way to having no other objective than to simply observe. Some common forms of meditation are prayer, pranayama (breathwork), mindfulness and yoga.

Meditation can be broken down into two distinct groups: active and passive.

In active meditation, the practitioner maintains focus on specific thoughts, movements, actions, questions, koans or objects. It is a mentally or physically active state where a deeper understanding of a subject or form can be reached. Mindfulness in walking and eating are examples of physically active meditation, while meditating on a question like “who am I?” is a good example of mentally active meditation.

In passive meditation, the practitioner focuses on one object, such as the breath, to bring the mind to one-pointedness.

Listed below are some examples and practices. Prior to beginning any of these practices, a meditator typically finds a quiet place to sit, void of distractions, and takes several minutes to relax and quiet the mind, gently accepting that the mind will wander, the body may become uncomfortable or that situations may occur to divert attention.
Koan Meditation

A koan is a story or question that urges the practitioner to view a situation from all sides in order to achieve a deeper understanding of a subject. In Buddhism, koans can be used as a practice to achieve enlightenment. Below are several examples taken from the Shaseki-shiu (collection of stone and sand) written by Muju Ichien (1226–1312), a teacher of Zen:

1. **Buddha told a parable in a sutra:**
   A man traveling across a field encountered a tiger. He fled, the tiger after him. Coming to a precipice, he caught hold of the root of a wild vine and swung himself down over the edge. The tiger sniffed at him from above. Trembling, the man looked down to where, far below, another tiger was waiting to eat him. Only the vine sustained him.

   Two mice, one white and one black, little by little started to gnaw away the vine. The man saw a luscious strawberry near him. Grasping the vine with one hand, he plucked the strawberry with the other. How sweet it tasted!

2. **Bassui wrote the following letter to one of his disciples who was about to die:**
   “The essence of your mind is not born, so it will never die. It is not an existence, which is perishable. It is not an emptiness, which is a mere void. It has neither color nor form. It enjoys no pleasures and suffers no pains.

   “I know you are very ill. Like a good Zen student, you are facing that sickness squarely. You may not know exactly who is suffering, but question yourself: What is the essence of this mind? Think only of this. You will need no more. Covet nothing. Your end which is endless is as a snowflake dissolving in the pure air.”
3. What is the Way?
   Joshu: “What is the Way?”
   Nansen: “Ordinary [or everyday] mind is the Way.”
   Joshu: “How do I try to get it?”
   Nansen: “The more you pursue it, the more you will be separated from it.”
   Joshu: “Well, if I don’t pursue it, then how can I know it?”
   Nansen: “The Way is not about knowing, nor is it about not-knowing. Knowing is an illusion, and not-knowing is disorientation. The Way is vast, free and boundless like outer space—so where is there room in that for good and bad, or right and wrong?”
Upon hearing this, Joshu was enlightened.

MINDFULNESS, VIPASSANA AND ZEN MEDITATION
Mindfulness is a western practice, based on the eastern practice of Vipassana (Insight) meditation. It has no religious connection and can be practiced in any place. The primary goal of mindfulness meditation is to develop patience, calm and attention to surroundings, both internal and external.

The practice is very simplistic in nature, yet can be difficult to perform. While sitting in an upright position (optional, legs crossed) with hips higher than knees, calm the mind and focus on the sensation of the breath entering and exiting the body. During this time, the mind may wander. If this happens, simply bring attention back to the breath and continue. Thoughts and feelings will arise, but always gently return to the breath.

Developed by Master Sayadaw U Pandita, Vipassana meditation is very similar to mindfulness, although it is based in the Buddhist tradition.
It is the practice of observation of sensation with the goal of attaining insight to the nature of the universe. In order to begin a Vipassana practice, sit in an upright position, and again, focus on the breath, but this time, specifically in the abdomen. Note its rising and falling. If it is easier, repeat the phrase “rising, falling.” If the mind wanders, label these thoughts as “thinking,” “feeling,” “planning,” etc. Bring awareness back to the breath and aim to bring focus on the breath alone.

Zazen meditation is literally translated as “sitting meditation” and is very similar to Mindfulness and Vipassana. One of the main purposes of Zen is to see truth. Practicing Zazen functions to aid the process of truth realization through acceptance of reality as it is. When practicing Zen meditation as a beginner, the most simplistic way is to focus on the breath, and count each breath until reaching 10, then start again. As the mind wanders, look at it in an open way, without judging whether it is right or wrong, good or bad. Through focusing on the breath alone and not placing judgment on the mind, the practitioner can more easily see the world without the veil of opinions and judgments, but rather, to see it how it is. As the practice deepens, the practitioner may begin to meditate on questions like “who am I?” and slowly release identification with superficial modifiers of the self.

**Mantra and Prayer Meditation**

A mantra is a word or phrase used as a focal point in order to center. In many traditions, mantras are repeated, whether vocally or internally, and the repetitions are counted on beads (in Hindu, these are known as malas). The mantra given can be generic or very personal. In some cases, mantras are individually given to students by a master or guru to help the student with a specific task or obstacle. The following are some common mantras that can be practiced as well as their meaning:
1. OM
Om is the sound of the universe in harmony.

2. OM MANI PADME HUM
This phrase is not directly translatable but is used as a phrase of purification, focus, balance and unity.

3. SOHAM
The Sanskrit translation of soham is “I am that.” Soham aids the practitioner in recognizing the unity in all things and the nondualistic nature of the universe.

**Meditation in Walking and Yoga**
In walking and yoga meditation, the primary focus is the sensation of the movements of the body. Walking meditation can be practiced at any time or space, although many practitioners will practice in a labyrinth to have a clear path. To begin a practice of walking meditation, simply begin walking and take notice of all of the sensations that arise. Notice how the foot strikes the ground, how the breath changes and how the ground feels. Yoga meditation is very similar. While in a yoga asana (pose) notice the new sensations of the muscles stretching, the feeling of the ground and the breath.

—By Amber Lasure
Assistant Director, Recreation Department
Song of Songs, a Prayer for Nourishment in the Jewish Tradition

In the words of the Song of Songs: Ma’a’yan ganim, be’er mayim chayim. May we remember that each soul here is a garden spring, a well of fresh water. May we be renewed for a year of teaching and learning that draws upon and replenishes both the nourishing waters of Torah and the living waters that stir within us all.

—By Laurie Serafino
Director, Tribone Center for Clinical Legal Education
Associate Professor of Law
Ven Espíritu Creador

Ven, Espíritu Creador, visita nuestras almas, y llena con la gracia divina los corazones que Tú creaste. Eres el Paráclito, el don de Dios Altísimo, fuente viva, fuego, amor y espiritual unción.
Autor de los Siete Dones, dedo de la diestra paterna, fiel promesa del Padre, que enriquece nuestra palabra. Ilumina los sentimientos, infunde amor en los corazones y conforta sin cesar nuestra fragilidad. Ahuyenta al enemigo, danos pronto la paz, contigo como guía, evitemos todo mal. Por Tí conozcamos al Padre y también al Hijo, y confiemos siempre en Tí, Espíritu de ambos.

Gloria a Dios Padre y al Hijo que resucitó y al Espíritu Paráclito por todos los siglos, Amen.

Translation:

Come, Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the light of the Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.
“Be gentle with one another. For trying to change another person is like trying to catch the wind or stop the sun from rising. Try to keep your mind always free, bright and open. This openness of mind and heart is indispensable for acquiring a true interior spirit. It is essential that you be open, simple and gentle with everyone. Be master then, of your own soul and you will be master of the whole world.”

—Francis Mary Paul Libermann, C.S.Sp.
Oración a Nuestra Señora de la Altagracia, Virgen Protectora de La República Dominicana

Acuérdate, Nuestra Señora de la Alta Gracia, de las maravillas que el Padre Dios hizo en ti, y por tu obediencia, en nosotros. Madre de Jesús y madre nuestra, Dios te escogió primero como Madre de su hijo y en los pies de la Cruz, Jesús nos ha dado como nuestra madre también.

Con toda confianza en el amor del Señor y en tu intercesión como madre, venimos contigo al Señor, fuente de verdad y vida, para pedir por nosotros y por nuestro país la paz, la esperanza, el perdón, la fidelidad, y la plenitud de la vida para nosotros y por todo tu pueblo.

Nuestra Señora de la Altagracia, tú conoces nuestras necesidades: habla al Señor por nosotros. Ayúdanos y protégenos contra las tentaciones y asechanzas de este mundo, para que vivamos siempre en Su amor; para eso alcánzanos las gracias que le pedimos y las que nos son necesarias, en el nombre de tu Hijo y nuestro Señor, Amen.
Translation:

A Prayer to Our Lady of Altagracia, Patron Saint of the Dominican Republic

Remember, Our Lady of Altagracia, the wonders that God the Father conceived in you, and through your obedience, in us. Mother of Jesus and our mother, God chose you first as the Mother of His Son and at the foot of the cross, Jesus then gave us you as our Mother.

With complete trust in God’s love and your intercession as Mother, we go with you to the Lord, fountain of truth and life, to ask on our behalf and our country’s behalf: peace, hope, forgiveness, fidelity and fullness of life, for us and for all your people.

Our Lady of Altagracia, you know our needs: speak to the Lord in our name. Help and protect us from all temptations and the snares of this world. Acquire for us, so that we may always live in His love, the graces that we need and ask of Him, in the name of your Son and our Lord,

Amen.
I Am Willing
(prayer often sung by youth in Taiwan)

Even if it is only a word, it moves the depth of my heart,
Even if it is only a move, it reflects my desire to change life,
Even if it is only a promise, it burns my heart,
Even if it’s only a spark of the Kingdom, it shines of unlimited hopes,

I am willing to walk with you every day,
I am willing to face wind and rain with you,
I am willing to offer you the best of my love,
I am willing to be your partner for life,

On your cross, I feel that you are willing to tell the true love of God (the Father)
With the sign of your deepest love, you’re asking me: “Do you love me?”

—By Gao Zheng-Cai
I Am Willing in Taiwanese

我願意

詞：高征財 曲：陳名博

雖然只是平凡言語 讓我心中深受感動
雖然只是一舉一動 讓我生活渴求改變
雖然只是一句許諾 讓我心中燃燒不已
雖然只是小小天國 讓我未來無限期待
※我願意為來日子常伴著祢

我願意和祢共同經歷風雨

我願意將我最美的愛給祢□

我願意做祢一輩子的伴侶

Fine

在祢苦架上我能感受祢願給我說出天父真正的愛

用祢最深愛的表情問我 問我是否愛祢※
Thank you, Creator, for your free gift of fire!
Through fire you draw near to us every day.
With fire you constantly bless us!
Oh Creator, bless this fire today.

With your power, enter into it.
Make this fire a worthy light,
A light that carries your blessing.
Let this fire become a reminder of your love,
A reminder of life without end.

Make the lives of all of us, your people, like this fire.
A light that shines for the sake of people
A light that shines for your sake.

Oh Creator, heed this sweet-smelling smoke.
Make our lives also sweet smelling.
A burst of sweet smelling that rises to you!
A holy light!
A light fitting for you!

—A Maasai blessing from Tanzania
Adapted by John C. and Anne Marie Witchger Hansen,
Lay Spiritan Associates
Prayers of a Campus Community
“Uniting our soul to God means a renunciation and loving abandonment of all that we are into his hands, so that we no longer live but by him, with him, and in him. It means forgetting ourselves totally, looking towards God in everything and resting in him in the depths of our heart.”

—Francis Mary Paul Libermann, C.S.Sp.
Prayer of Freshmen

Heavenly Father, we thank you for bringing us, the newest freshman class, here to be a part of the Duquesne family.

You sent your humble servants, Claude des Places and Francis Libermann, to do your will on this Earth; to enhance the dignity and respect of all of your creation.

We humbly ask that You allow us to further their mission here at Duquesne.

We ask that you further enrich our minds, hearts and spirits with the same gifts you bestowed upon them.

Bless our minds as we uncover the mysteries of our universe.

Bless our hearts as we experience new people and challenges.

Bless our spirits so that we may endeavor to live in your image.

Lord, we stand here with a new horizon ahead of us.

Help us to be guided by You, and walk into this new landscape with hope and confidence.

Mark us, dear Lord, with a sign of Your love, and animate us in all things with your Spirit.

—By Adam Wasilko,
  Director, Freshman Development
  Director, Disability Services
A Prayer for Duquesne Nursing Students

Thank you Lord, for helping our students through The hours of study, classes, and clinicals they will do. Give them a clear mind and healthy body, too, So a nurse’s career they can pursue.

Thank you for placing in their hearts Compassion for others to impart. May their hands be instruments of love As they seek your wisdom from above.

Guard their thoughts and their tongue, So words of encouragement are sung. Give them strength wherever you lead As they lean on you for their every need.

May nursing never be just a job that they do, So lives they touch will be a ministry for you. May they daily live the mission of Duquesne— A worthy goal they pray to attain.

And through it all, may they learn and grow, For these lessons of life they need to know. Lord help them be persevering too, And give them courage as only you can do.

Lord, please keep them from all harm For they know they are safe in your sheltering arm. And Lord how we pray you and others will see The kind of nurse you’d have them to be.

—Original poem by Janyce C. Randall Adapted by Cherith Simmer, MS, RN Assistant Dean, School of Nursing
A Prayer for Those who Serve Their Country and Their God

Lord, let us take pause from the grime and confusion of war, let us embrace each other for enduring the fight, let us grieve for those we have lost, and let us give thanks for the opportunity to stand united as one.

For we are reminded that it is in the process of serving others that we serve you oh Lord.

We pray that now that we have returned from the fight, or have stepped away from our responsibilities as a warrior, that we find comfort in your company, and feel the reward of a renewed sense of mission and service before self.

We are home now, let us put triumph and pain behind, let us not carry the struggle inside, and let us find the comfort that family and friends can bring.

And let us remember that there is no greater love than this; that we might lay down our life for our friends.

We are reminded of this and all things in your name, Amen.

—By Don Accamando
Director, Office for Military and Veteran Students
Prayer for Dignity of the Worker

Heavenly Father, give me the strength to endure another day. Let the dignity of my hands and my mind give you glory in all I achieve today. I pray that the character of Jesus shines through to everyone I meet today as I use the gifts you have given me.

—By Deacon Reynold Wilmer
Facilities Management
“Friendship is to forget oneself for the happiness of another person. It is a rare and divine gift—the most perfect of human virtues, by sharing joys, we increase their delight, by sharing sorrows we soften their bitterness.”

Prayer for Lawyers

My Sweet Lord, Only You

Our warrant is the Word of God which calls upon us to prevail over complacency, corruption and carelessness so that we may hear the cries of the human heart.

Do not let us, or those who need us and look to us for help, be led astray into even deeper darkness than that in which we dwell.

Only You can reveal to us that order and stillness and peace are prerequisites to reading correctly your plan for each of us and for our calling as lawyers.

Only You, by Your Grace, can empower us to build the city on the hill which was intended at America’s inception.

Only You, by Your love, reveal to us Your truth.

Only You are our life, and our light, and our promise.

There is no other.

Amen, Amen.

—By John T. Rago
Associate Professor of Law
Prayer of the Musician

O Spirit—
Bless this music, may your mystery be found in every note.
And bless this instrument, may it bring forth sadness, solace and joy.
And bless this talent, it flows through us and binds us together.
And bless these ears, may they behold music at all times.

In music, may we find the language of the spirit,
The soul of the universe,
The wings of the imagination,
And the secret of our refuge.

O spirit, bless this music, may your mystery be found in every note.

Ars longa, vita brevis
Amen.

—By Jordan Mroziak
Director, Music Admissions
Coordinator, Student Services
Adjunct Professor, Musicianship
A Business Manager’s Prayer

Lord, I ask for Your guidance and wisdom as I face the daily challenges my job presents. I know that many of these issues will have no clear and easy answer, but with Your help I will consider the current and future implications of the decisions that I make.

Remind me to respect and acknowledge the interests of affected parties including my organization’s owners, managers, employees, customers, suppliers and community residents.

Help me to recognize and appreciate the valuable contributions my coworkers make to my department and the organization overall.

Give me the strength to look past short-term profits and develop solutions that ensure the long-term success of my organization without endangering the environment or harming workers or customers.

Allow me to see my suppliers not as adversaries but as partners who can enable my organization to satisfy its customers more effectively.

Above all, I ask for Your love and Your grace to fulfill my ultimate vocation as Your child through my work each day.

—By Matthew J. Drake, Ph.D., CFPIM, CPF
School of Business
Prayer for the Liberal Arts

You are holy Lord God, who does wonderful things.
You are the poet who roars on the wind.
You are the painter who colors the sky.
You are all time whose lessons are wisdom.
You are ancient, You are now.
You are all languages.

You speak with the holy tongue.
You are the writer who gives surge to the seas.
You are the sculptor who raised up the mountains.

And though Your thoughts be not our thoughts,
Though Your ways be not our ways:

Be with us holy Lord God, we are filled with wonder.
Our poems whisper on a breeze.
Our creations fill only a canvas.
Our times are finite.
Our languages are confused.
Our words lap softly as on a creek bed.
Our forms are pillars of sand.

But be with us holy Lord God, we love the world.
May we give voice to Your freedom.
May we paint Your joy.
May we be wiser in the knowledge of our past.
May we hear and understand Your love.
May we write Your justice.
May we sculpt Your peace.
Amen.

—By Kathleen Glenister-Roberts, Ph.D.
Professor and Director, University Honors College
A Prayer for Teachers, Researchers and Students of Science

Holy Trinity, guide our teaching, learning and discovery. Take us in your hands, inspire us and show us the way. Provide us with the patience, dedication, and wisdom to uncover knowledge, and the will to share ideas and discoveries with the world. Provide the energy to carry on when tired, discouraged or weak, and inspire us to teach about our passion for you and for science. Show me what I cannot grasp, and grow an understanding in my heart and in my mind of natural, life and environmental sciences. Help me discover the unknown, resolve problems which plague society, and show me how to serve humankind through my research and teaching. Keep all my endeavors in the search for truth and knowledge safe under your blanket of love and productive under your veil of compassion. Impart the wisdom and desire to be a lifelong learner and the patience to teach others what I know. Grant the students of science the curiosity, desire and patience to learn, and impart in them a passion to teach others what they know. Help society realize the importance of science and the role it plays in our lives and in the future. Provide us with the inspiration to be leaders who explore the fringes of what is known. Plant a seed of love, knowledge and compassion in us, and help us recognize that our world is finite, but the love and guidance of the Holy Trinity is infinite.

—By Philip Reeder, Ph.D.
Dean, Bayer School of Natural and Environmental Sciences
Prayer for Health Sciences

Praise to you Lord God
for creating the capacity to heal.
May we, as health professionals,
fulfill our call to foster healing
and serve those most in need.

Open our ears so we may hear the needs,
values and goals of our clients.

Guide our hands to lift and strengthen
the weak and wounded.

Fill our words with comfort, encouragement
and understanding.

Direct us in fruitful collaboration to create
effective and loving solutions.

Let our work be a reflection of Your love so that we may
truly be Your hands here on Earth.

Inspired by the creative nature of God the Father
Rooted in the compassion of Christ, healer of minds and bodies
Guided by the Spirit who gives life
May we serve those entrusted to our care.

—By Elena Donoso Brown, Ph.D.
Occupational Therapy
“The supreme rule for all souls wishing to live for Jesus is to give little importance to themselves and much to others. Do not allow yourself to be discouraged or stopped, even temporarily in your work. Even if the wisest and most pious people oppose it, persevere in your project before God, for those who do not feel the interior movement of God towards such a work look on it as impossible because of the difficulties. That is why you need to remain always in our Lord in the great spirit of humiliation and love. Follow the movements he gives you and the desires he implants in you, in all gentleness, peace and love and in the deepest humility of your heart.”

—Francis Mary Paul Libermann, C.S.Sp.
Prayer for the School of Pharmacy

Loving God, we ask for your blessing as we journey through our studies in the field of pharmacy.

May you guide us along our paths to become dedicated, caring professionals.

Assist us in becoming loving healers like Yourself and give us the strength to serve our patients to the best of our abilities.

Amen.

—By Olivia Erickson
PharmD Candidate 2019
Prayer for Educators

Let us consider the words of teachers who have come before us...women and men who dedicated their lives to educating others. May their thoughts inspire us, as we place our talents in service of the next generation of educators and the children of this world....

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong.

Because someday in life you will have been all of these.”
—George Washington Carver

Let us hold the thoughts, confidences, joys, sorrows, victories, and defeats of others as gently as we would hold a hummingbird in our hands.

“My heart is singing for joy this morning. A miracle has happened!

The light of understanding has shone upon my little pupil’s mind, and behold, all things have changed.”
—Annie Sullivan

Every breath, every word, every movement sets unimaginable sequences in action. The power that each of us wields to change things is beyond comprehension.

“We teachers can only help the work going on, as servants wait upon the master.”
—Marie Montessori

All the knowledge—in all the books, in all the languages, in all of history—makes up the beginning of what is yet to be discovered.

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“A good head and a good heart are always a formidable combination.”

—Nelson Mandela

The most learned profess to be but students, the most athletic are still working on their form, and those at peace will tell of their daily inner struggles.

“Just to BE is a blessing. Just to live is holy.”

—Rabbi Abraham Herschel

We are each burdened with prejudice against the poor or the rich, the smart or the slow, the gaunt or the obese. It is natural to develop prejudices. It is noble to rise above them. Let us, as members of the human race, savor the sheer enjoyments of the sun on our faces, wonder at the sight of each snowflake, delight in the smell of the sea, and rejoice in the giggle of a baby.

Lord,
We thank you for the community of this faculty and for being called into such a worthy profession. We want to make a difference in the lives of each other and in the lives of our students.

Guide us to become educators of integrity and strength; give us wisdom, patience and grace to meet the challenges of each day.

Help us recognize and nurture the potential in each other and in every student so that our lives show the love of God even when words are not spoken.

Let our classrooms be filled with Your presence. Let us be the light You intended us to be in the midst of darkness. And when we are weary, bring to our remembrance that You are the rest.

Amen.

—By Connie Moss, Ph.D.
Associate Professor, School of Education
Prayer for Faculty

Direct, O Lord, we beseech you, all our actions by your holy inspirations, and carry them on by your gracious assistance, that every prayer and work of ours may begin always from you, and by you be happily ended.

—Adapted by James Swindal, Ph.D.
Dean, College of Liberal Arts
Prayer for Secretaries and Administrative Assistants

Father,

Thank you for the opportunity to serve you here at Duquesne. Thank you for a workplace where my personal mission statement aligns with the Spiritan Mission here. Thank you for giving me the awesome privilege of having an impact on the lives of those around me and for the impact that they have on me.

Strengthen me to be your hands, feet and ears at Duquesne. When a student comes to me with a problem and I have a deadline, help me to stop and listen. When a co-worker cries on my shoulder for something that is going on at home, move me to pray with and for them. When my boss is under a deadline and turns to me for assistance, let me go that extra mile always remembering that by serving him, I serve You. Remind me to extend Your grace abundantly just as you have extended it to me.

And Father, open my eyes to the joy of serving You. There is so much beauty and goodness here at Duquesne. Force me out of the mundane tasks that burden me and help me to find that beauty. Help me to be that beauty. Guide me to use my time wisely and to carry out Your will in all things.

I ask all this in Your son’s most precious name, Amen.

—By Glory Jo Smith
Assistant to the Director
Integrity of Creation Conference Coordinator
Center for Healthcare Ethics
Important and glorious episodes in the New Testament make manifest the power of the Holy Spirit. They focus the mind on the opening of the sky and descent of a dove at John’s baptism of Jesus, at the angel’s announcement to Mary that she will conceive Jesus through the Spirit, at the descent of the Spirit in flames at Pentecost and at Saul the persecutor’s immediate conversion to Paul the evangelist.

In short, these images of the Holy Spirit recount moments of high drama, of extraordinary happenings, times when the normal patterns of life are interrupted by overwhelming divine mystery. Of course, this is true. Any one of us, by the intervention of the Spirit, could be converted in an instant from evil to good.

But these examples can also obscure other aspects of the power of the Holy Spirit. They can lead to the erroneous conclusion that such astonishing instances represent all the Holy Spirit is and can be. It is important, then, to remind ourselves that the Holy Spirit is also present in smaller, more common moments: in solitary personal openness to the subtle promptings of the Spirit, in times of common prayer and reflection, and in moments when we act to make the ordinary so much better by coordinated effort.

The Holy Spirit helps us to become instruments of justice, peace and respect for the integrity of creation.

This is evident in the lives of those all around us in our Spiritan University community. We see it in the Spiritan priests and other religious among us who have dedicated themselves to others. We see it in our faculty who are educating and advising our students and whose research and community service are changing the world for the better. We see it in the students we serve as we watch them learn, mature and come to embody the Spiritan mission.

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We see it in our staff who create an atmosphere filled with respect for one another and those they support. We see it in the lives of our alums, in their love for their families and in their contributions to their work and professions.

This extraordinary culture, in which Catholics and non-Catholics alike work together, is the result of the Holy Spirit guiding this University community through generations. The proof of this does not lie in a glorious appearance of a dove, nor in dramatic flames nor in any other extraordinary event. Rather the proof lies in the way we work with each other and for our students and alums in a regular but outstanding manner to build a better, more mission-centered Spiritan University.

So we give thanks to the Holy Spirit for all that has been done for us, large and small, in the past and every day to make the place we work the truly special environment that it is. We thank the Holy Spirit especially for granting each of us a partnership in this extraordinary collective achievement built by ordinary men and women.

The Spirit gives life to this University, a life that is unique and full to overflowing.

—By Charles J. Dougherty, Ph.D.
Duquesne University President, 2001–2016
Alumni Prayers
Mother Teresa’s Nazareth Prayer for the Family

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely Eucharistic, and vibrant with joy.

Help us to stay together in joy and sorrow in family prayer. Teach us to see Jesus in the members of our families, especially in their distressing disguise. May the Eucharistic heart of Jesus make our hearts meek like His and help us to carry out our family duties in a holy way. May we love one another as God loves each one of us, more and more each day, and forgive each other’s faults as you forgive our sins. Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile. Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy Guardian Angels, be always with us, guide and protect us.

Amen.

—By Mother Teresa

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An Alumni Prayer

It is the Spirit who gives life.

Life-giving Spirit of God, infuse me with your energy, that I might be

In my Family: Your boundless, unconditional love, patience, gentleness and forgiveness

In the Church: A tireless advocate for the poor and oppressed and a witness to the joy of the Gospel

In the Community: a witness to Spiritan ideals of authentic relationship and solidarity with all people

In my Work: a builder of your kingdom of justice and peace

Holy Spirit, strengthen me to accomplish the highest goal to which a Duquesne alumnus can aspire: to become the hands and feet of Christ in today’s world.

Amen.

—By Alex Brennsteiner, Alumnus
Prayer for Marriage

Heavenly Father, you so loved the world that you gave us your only Son and showed us the path to eternal life. Let the love we now share with one another be a lasting and tangible symbol of the love that you have shared with all creation. Help us to remember that true love is a revelation—an unveiling that is rooted in moments of sharing and intimacy. Help us also to remember that love is patient and kind, gentle and humble.

May we take the time to cherish our partnership as a gift from you. When we encounter difficult times, may we find the wisdom and strength to forgive one another. And when we stray from you, may we encourage one another to live according to your Son’s example, so that we may know your love for all eternity.

—By Sean Tierney, E’05, A’05 and Audrey Tierney, A’05
Prayer of Parents as They Send Their Child to College

Dear Lord, God,
May the Guardian Angel whom you assigned to our children,
Continue to watch over them
As they begin this joy-filled life experience at Duquesne University.
Guide, Protect and Inspire them along their journey.
Amen.

—By Debbie Zugates,
Director, Undergraduate Admissions
A Parent’s Prayer

Loving God,
You are the giver of all we possess,
the source of all of our blessings.
We thank and praise you.

Thank you for the gift of our children.

Help us to set boundaries for them,
and yet encourage them to explore.
Give us the strength and courage to treat
each day as a fresh start.

May our children come to know you, the one true God,
and Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow
in faith, hope, and love,
so they may know peace, truth, and goodness.

May their ears hear your voice.
May their eyes see your presence in all things.
May their lips proclaim your word.
May their hearts be your dwelling place.
May their hands do works of charity.
May their feet walk in the way of Jesus Christ,
your Son and our Lord.

Amen.

—“A Parent’s Prayer” is from the
Web site of Loyola Press: http://www.loyolapress.com;a-
parents-prayer.htm
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Prayer for Deceased Members of the Spiritan Community

Holy Spirit, third person of the Blessed Trinity to whom our Congregation is dedicated, we give you thanks for the many graces and blessings you have showered on the members of the Spiritan Community at Duquesne University of the Holy Spirit since its beginnings.

We remember especially the many members who have prayed, worked and brought your presence on campus over the decades. We thank you for their gifts, their dedication and the love they offered to the administration, staff and students.

We pray that the “Spirit that Gives Life” which they made as the central core of the University will permeate all the lives of all those who work and study here.

We pray that in your goodness, you will receive our deceased confreres into the light of your presence where there is great joy, abundant life and peaceful rest in your gracious presence.

May they rest in peace.
Through Christ our Lord.

President, Duquesne University Scholarship Association
Prayer for Families

We bless your name, O Lord, for sending your own incarnate Son, to become part of a family, so that, as he lived its life, he would experience its worries and its joys. We ask you, Lord, to protect and watch over this family, so that in the strength of your grace its members may enjoy prosperity, possess the priceless gift of your peace, and, as the Church alive in the home, bear witness in this world to your glory. We ask this through Christ our Lord. Amen.

— Taken from “Catholic Household Blessings and Prayers”
“Let everything be natural in you and come from the Holy Spirit. Now everything which flows from this Spirit is gentle, mild, modest and humble. Strength and mildness, that is the divine action.”

—Francis Mary Paul Libermann, C.S.Sp.