

Reflect on the following works of mercy. Which ones can you consciously integrate into your everyday life? Which ones will you commit to?

#### Spiritual Works of Mercy

- Instruct the ignorant
- Counsel the doubtful
- Admonish the sinner
- Bear wrongs patiently
- Forgive offences willingly
- Comfort the afflicted
- Pray for the living and the dead

#### Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Ransom the captive
- Bury the dead

Before crossing the door, say the Creed, the Our Father and Hail Mary

Cross the threshold of the Holy Door.

#### Concluding Prayer

Great God we give you thanks for your inexhaustible mercy.

Thank you for Pope Francis who has reminded us that we are sinners and that we are all in need of mercy. Thank you for Jesus who showed us how to live mercy and thank you for the Holy Spirit who continually nudges us to be merciful. Help us to receive your mercy and to share it with others.

Help us to see clearly that mercy is what will change our hearts and minds, so in turn our world will change.

We offer our prayer through Jesus Christ your only begotten Son our Lord.

Amen



***The Catholic Women's League  
of Canada  
Alberta Mackenzie Provincial Council***

***January 22, 2016***

**Pilgrimage  
St. Joseph's Basilica  
Edmonton, Alberta**

#### **Spiritual Meaning of Pilgrimage and Holy Door**

The practice of pilgrimage has a special place in the Holy Year, because it represents the journey each of us makes in this life. Life itself is a pilgrimage, and the human being is a visitor, a pilgrim traveling along the road, making their way to the desired destination. Similarly, to reach the Holy Door in Rome or in any other place in the world, everyone, each according to his or her ability, will have to make a pilgrimage. This will be a sign that mercy is also a goal to reach and requires dedication and sacrifice. May our pilgrimage be an impetus to conversion: by crossing the threshold of the Holy Door, we will find the strength to embrace God's mercy and dedicate ourselves to being merciful with others as the Father has been with us. (*Misericordiae Vultus*)

## Find a quiet spot and begin by praying the Pope's Prayer

### Prayer of Pope Francis for the Jubilee

Lord Jesus Christ,  
you have taught us to be merciful like the  
heavenly Father,  
and have told us that whoever sees you sees Him.  
Show us your face and we will be saved.  
Your loving gaze freed Zacchaeus and Matthew  
from being enslaved by money;  
the adulteress and Magdalene from seeking happiness  
only in created things;  
made Peter weep after his betrayal,  
and assured Paradise to the repentant thief.  
Let us hear, as if addressed to each one of us,  
the words that you spoke to the Samaritan woman:  
"If you knew the gift of God!"  
You are the visible face of the invisible Father,  
of the God who manifests his power above all by  
forgiveness and mercy:  
let the Church be your visible face in the world, its  
Lord risen and glorified.  
You willed that your ministers would also be  
clothed in weakness  
in order that they may feel compassion for those  
in ignorance and error:  
let everyone who approaches them feel sought  
after, loved, and forgiven by God.  
Send your Spirit and consecrate every one of us  
with its anointing,  
so that the Jubilee of Mercy may be a year of grace  
from the Lord,  
and your Church, with renewed enthusiasm,  
may bring good news to the poor,  
proclaim liberty to captives and the oppressed,  
and restore sight to the blind.  
We ask this of you, Lord Jesus, through the intercession  
of Mary, Mother of Mercy; you who live and reign with the Father  
and the Holy Spirit for ever and ever.  
Amen.

Following the Pope's prayer, read through the following psalms.  
Choose one to reflect on.

Write down some of your thoughts on your chosen psalm

**Psalm 13:5, 6** *But I have trusted in thy mercy; my heart shall rejoice in thy salvation. I will sing unto the LORD, because he hath dealt bountifully with me.*

**Psalm 23:6** *Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.*

**Psalm 25:6, 7** *Remember, O LORD, thy tender mercies and thy loving kindnesses; for they have been ever of old. Remember not the sins of my youth, nor my transgressions: according to thy mercy remember thou me for thy goodness' sake, O LORD.*

**Psalm 31:7** *I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;*

**Psalm 33:22** *Let thy mercy, O LORD, be upon us, according as we hope in thee.*

**Psalm 57:9-11** *I will praise thee, O Lord, among the people: I will sing unto thee among the nations. For thy mercy is great unto the heavens, and thy truth unto the clouds. Be thou exalted, O God, above the heavens: let thy glory be above all the earth.*

**Psalm 86:5** *For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.*

**Psalm 94:17, 18** *Unless the LORD had been my help, my soul had almost dwelt in silence. When I said, My foot slippeth; thy mercy, O LORD, held me up.*

**Psalm 100:4, 5** *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.*