



UNANIMA
INTERNATIONAL
ONE SPIRIT, ONE MISSION, ONE HOPE

Dear Friends,

I wish each one of you blessings and peace as we begin to celebrate an unimaginable Holy Week and Easter. We will be celebrating this year with the suspension of all the liturgies for the public. It's unthinkable, but that is the situation we find ourselves in now. And yet by our Easter faith, we know that Christ is alive and among us. "I am with you always", he promised (Matthew 28:20).

Easter is a celebration in our Church, wherein Jesus is resurrected from the dead. The word Easter means "spring" or "new life". In UNANIMA International we have talked a lot this past year about metamorphosis, and where a caterpillar will cover itself in a cocoon and after a few days, it will shed its cocoon and exit a beautiful, colorful butterfly. And in this experience of the Coronavirus those of us of a certain age have to "cocoon" and perhaps currently we are all in the process of change. We can always change and become a better person in some way. We can be more selfless and aware of others' needs during this time. We can all resurrect in some ways like Jesus did, and it doesn't stop there. We could put joy and kindness into our actions, thinking of others more at this time of crisis in our world.

I wonder if UNANIMA International, with 22 communities of religious, and our new group of friends, in 83 countries, and with over 23,000 members could launch a circle of caring check-ins with our vulnerable communities, friends, neighbors, and homeless families, as this is more important than ever during this holiest of times.

Jan Richardson says it well in her **Healing Blessing**:

*That each ill
be released from you
and each sorrow
be shed from you
and each pain
be made comfort for you
and each wound
be made whole in you*

*that joy will
arise in you
and strength will
take hold of you
and hope will
take wing for you
and all be made well*



As we all know, hope at this time is so important and as Jan Richardson said in her blessing: ‘hope will take wing for us.’ Pope Francis equally gave us a wing for hope in his Litany of Supplication at his prayer service and blessing on the steps of St Peter’s Basilica on Friday last week (27th of March 2020). I love the concept of a litany as a poetic form of “call and response”. Let us pray this litany together for all our communities, our families, all of our sisters and brothers across our world who are living in dire circumstances, and our dear sisters who are daily in contact with them. We hope wherever they are, they will hear this Benediction as the gentle sound of voices rising and sinking in unison, in prayerful rhythm, and let it serve as a reminder to our sisters and brothers that someone is looking out for them and us. This I hope will herald calm and sacredness to the other daily concerns in our lives right now.

Litany of Supplication

We adore you, O Lord

True God and true man, truly
present in this holy sacrament

We adore you, O Lord

Our savior, God with us, faithful
and rich in mercy

We adore you, O Lord

King and Lord of creation and of
history

We adore you, O Lord

Conqueror of sin and death

We adore you, O Lord

Friend of humankind, the Risen,
One, the living one who sits at
the right hand of the father

We adore you, O Lord

We believe in you, O Lord

Only begotten son of the father,
descended from heaven for our
salvation

We believe in you, O Lord

Heavenly physician, who bows
down over our misery

We believe in you, O Lord

Lamb who was slain, who offer
yourself to rescue us from evil

We believe in you, O Lord

Good shepherd, who gave your life
for the flock which you love

We believe in you, O Lord

Living bread and medicine for
immortality, who give us eternal life

We believe in you, O Lord



Deliver us, O Lord

From the power of Satan and the
seduction of the world

Deliver us, O Lord

From the pride and presumption of
being able to do anything without
you

Deliver us, O Lord

From the deceptions of fear and
anxiety

Deliver us, O Lord

From unbelief and desperation

Deliver us, O Lord

From hardness of heart and the
incapacity to love

Deliver us, O Lord

Save us, O Lord

From every evil that afflicts
humanity

Save us, O Lord

From hunger, from famine, and
from egotism

Save us, O Lord

From illness, epidemics and the
fear of our sisters and brothers

Save us, O Lord

From devastating madness, from
ruthless interests and from

violence

Save us, O Lord

From being deceived, from false
information and the manipulation
of consciences

Save us, O Lord



Comfort us, O Lord

Protect your church which crosses
the desert

Comfort us, O Lord

Protect humanity terrified by fear
and anguish

Comfort us, O Lord

Protect the sick and the dying
oppressed by loneliness

Comfort us, O Lord

Protect doctors and healthcare providers exhausted by the difficulties that they are facing

Comfort us, O Lord

Protect Politicians and decision makers who bear the weight of having to make decisions

Comfort us, O Lord

Grant us your Spirit, O Lord

In the hour of trial and from confusion

Grant us your Spirit, O Lord

In temptation and in our fragility

Grant us your Spirit, O lord

In the battle against evil and sin

Grant us your Spirit, O Lord

In the search for what is truly good and true joy

Grant us your Spirit, O Lord

In the decision to remain in you and in your friendship

Grant us your Spirit, O Lord



Open us to hope, O lord

Should sin oppress us

Open us to hope, O Lord

Should hatred close our hearts

Open us to hope, O Lord

Should sorrow visit us

Open us to hope, O Lord

Should indifference cause us anguish

Open us to hope, O Lord

Should death overwhelm us

Open us to Hope, O Lord

And so, as I come to the end of my reflection, I want you all to know I am thinking and praying for you at this extraordinary time. I hope you are keeping well and safe—despite the challenges of this uncertain and ever challenging reality. Let us each “play our part” in keeping each other safe and secure ... and let us “pray our part” as we live each day in trust and hope.

On behalf of Molly, Eliza and Kirin, we wish you many blessings during this unique Easter time.

With my love and blessing to each one of you.

A handwritten signature in cursive script that reads "Jean".

Jean Quinn, DW
Executive Director
UNANIMA International