



# A Show of Hands Please!



ARISE Together in Christ prayer commitment is an opportunity for all parishioners to be a part of the ongoing spiritual renewal of our Catholic Church by participating in the ARISE prayer network from the comfort of their home.

The ARISE Together in Christ network is a group of people who are bonded together by their commitment to pray for the renewal of our community before and during the ARISE Together in Christ process.

All in the parish are invited to be a part of this ARISE massive effort for the renewal of our community. You are encouraged to offer your prayerful support of ARISE as we participate in this renewal process.

Prayer Commitment HANDS are included in this weekend's bulletin and are available from the book cases behind the last pews. Directions for the HANDS are on the reverse side of this poster.

Some suggestions for fulfilling your prayer commitment are:

- ✝ talk to God daily
- ✝ pray the rosary daily
- ✝ make a Holy Hour before the Blessed Sacrament
- ✝ assist prayerfully at Mass and offer it for the success of ARISE
- ✝ offer one day of fasting and prayer
- ✝ pray the ARISE prayer each day (see reverse)
- ✝ keep ARISE in your daily intercessions
- ✝ meditate daily on Scripture for 10 minutes

***Everyone is welcome to join ARISE Season III beginning in October.***

***There are no pre-requisites and it does not matter if you didn't participate before.***

***It's not too late to join a group. Contact the Parish Office for assistance.***

**Even if you don't  
sign-up for ARISE -  
Please Complete  
Your Hand as a  
Sign of Support!**

***For More Information  
Contact the Parish Office  
(705) 472-3970  
cathedral@bellnet.ca***



**Arise, shine;  
for your light has come.**  
ISAIAH 60

***DON'T DRIVE? No worries – we have taxis  
ready to take you to and from your gatherings***





# Prayer Commitment

**Everyone can be involved with the success of  
ARISE—even if you can not participate in a  
small faith sharing group.**

You are encouraged to offer your prayerful support of ARISE as we participate in this renewal process. Through prayer, we are bonded together by our commitment to pray, especially if we cannot be part of a small group community this season of ARISE.

All in the parish are invited to be a part of this ARISE effort for the renewal of our community.

## HAND DIRECTIONS

- Please cut out the hand.
- Print your first name on the line that appears on the hand.
- Return the signed hand to the parish by:
  - ⇒ placing it in the collection basket; or
  - ⇒ placing it in the containers on the book cases in the Cathedral; or
  - ⇒ by dropping them off to the parish office (we have a mail slot to the left of the door).
- The hands will be on display in the Cathedral as a sign of your support for ARISE Season III



## *Arise Prayer*

*Gracious God and Father,  
we enter into your presence  
realizing you know us  
better than we know ourselves.  
You know the cares and sufferings  
we carry in our hearts.*

*You call us to holiness  
and we trust you to lead us together  
on our journey  
to be a renewed Church,  
for with you all things are possible.*

*Create us anew  
in Jesus Christ your Son.*

*Liberate us  
from all that keeps us from you.*

*Heal us  
from every form of sin and violence.*

*Transform us  
to live your Word more profoundly.  
Awaken us to the sacred;  
rebuild trust among us.*

*Enliven our parishes;  
reunite our families.*

*May your Holy Spirit empower us  
to live as a community of love,  
freed to share in your work  
of recreating our world  
and restoring justice.*

*We believe you are  
doing something new,  
calling us to arise together in Christ  
to celebrate the fullness of life.*

*Amen*

