

## CHURCH STUFF

(A newsletter for Catholic cadets)

Week of 16 March, 2003

To my Catholic brothers and sisters in the Corps:

Since you (and me, too) will be away next week, this isn't the usual newsletter. I simply wanted to write you all and to wish you a safe and happy journey to your recreation-of-choice...and a safe return.

CHURCH STUFF will resume when we get back.

May this BREAK be a source of healing and help for you, a source of re-direction of energies and a re-dedication of your efforts.

What I'd ask you to do is to simply take a minute and commend yourselves and your travels to the mercy of God.

I offer for your use the ancient monastic prayer known as "The Itinerarium" (from the Latin word "iter", meaning "a journey"). It was recited in monasteries for centuries, and it was the prelude to every journey the monks were involved in.

### THE ITINERARIUM

O heavenly Father, whose glory fills creation,  
and whose presence we find wherever we go,  
preserve all those who travel  
and in particular all of us who are about to leave on a journey.

Surround us with your loving care,  
protect us from every danger,  
and bring us back safely to our journey's end.

Lead us into the way of peace and prosperity,  
O almighty and merciful Lord,  
and may the angel Raphael be with us on our way  
that we may return in peace and health.

May your holy angel accompany us,  
and we pray You be a help when we go forward  
a comfort by the way,  
a shadow from the heat,  
a covering from rain and cold,  
a refuge in trouble.

By these journeys, O Father,  
teach us all the great lessons

of patience, love for one another, kindness  
and gratitude for all the gifts of your creation.

We stand in awe at Your bounty,  
Lord God of the universe,  
and we make this prayer through Jesus, the Christ,  
whose Spirit we share.  
You live forever and ever.

Amen!

That's all for now.  
Have a GREAT Break (and a great St. Patrick's Day).  
See you in a week or so.

Woodie