

Heart ♥ to ♥ Heart



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As the Heart to Heart team considered various themes for our May issue, we kept circling around “Living in Uncertain Times,” surely an apt description of the times in which all of us have found ourselves in recent months. And so, with this issue, we invite you to ponder your own experience of living in uncertain times, and we offer you a variety of reflections, songs, and prayers to assist you as you do so.

Reflections for Uncertain Times

“Act, move, believe, strive, hope, cry out to God with all your heart, for without doubt, you will see marvelous things...” (St. Angela Merici)

“You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith, and hope.” (Thomas Merton)

From Pope Francis:

- “God does not abandon us in our fragility or confusion. Instead, God meets us there – with mercy, patience, and unwavering presence. The certainty we are given is not that every outcome will be clear or comfortable, but that we are never alone.
- To live with certainty of God in uncertain times is to trust that God’s presence is constant, even when our circumstances are not. It is choosing hope when fear would be easier, choosing compassion when anxiety tempts us inward, and choosing faith when answers remain out of reach.
- This kind of certainty is quiet but strong. It allows us to move forward, not because we understand everything, but because we trust the One who walks with us.
- In the days ahead, may we be people who carry this certainty within us – offering calm in the midst of anxiety, mercy in the face of struggle, and light where there is doubt. In doing so, we become not only recipients of God’s presence, but signs of it for others.”

“Faith is not certainty; it is the courage to live with uncertainty. Faith does not mean seeing the world as you would like it to be; it means seeing the world exactly as it is, yet never giving up hope that we can make it better by the way we live...” (“Letters to the Next Generation: Reflections for Yom Kippur”)

“For in these perilous times, you will find no other recourse than to take refuge at the feet of Jesus Christ. Because if he directs and teaches you, you will be well taught.” (St. Angela Merici)

“Have hope and firm faith in God, for God will help you in everything.” (St. Angela Merici)

“There is no doubt we are living in uncertain times. And research shows that when everything feels uncertain, the way forward is to return to what forms the foundation of our lives. Love. Care. Compassion. Mission. Family. Friendship. Faith.” (Maria Shriver)

Prayers for Uncertain Times

Prayer to Jesus in Times of Uncertainty

Jesus,
When the path ahead feels unclear and fear whispers in my heart,
I turn to you, my refuge and strength.
You are the Way, the Truth, and the Life,
guide my steps when I cannot see the road before me.

Fill me with your peace that surpasses all understanding.
Help me to trust your plan, even when it seems hidden from view.
Calm my anxious thoughts, and quiet the storms within me.

Give me courage to move forward in faith,
patience to wait for your timing,
and hope to believe that you work all things for good.

I place my worries, my decisions, and my future into your loving hands.
Be my light, my compass, and my constant companion
through every season of uncertainty.
Amen. (mothercabrinishrine.org)

God of Peace

Almighty God,
You are God over chaos and calm.
In all our worries, fears and restless thoughts,
you remain our holy, unchanging God.

You are our refuge.
Our shelter in the shadow of your wings.
You are our true and faithful guide.

You tell us: Ask, and it will be given –
Yet do we dare to receive?
Seek, and you will find –
Yet do we recognize the gift?
Knock, and the door will be opened –
Yet will we accept the invitation to enter?

Grant us courage and calm
to live what we profess to believe.
Lead us to those who need
the very gifts you have placed in our hands.
And let us enter through the door
opened by your sacrifice on Golgotha.

You prepare a table before us
in the presence of our enemies –
Fear, doubt, anger, envy, hurry, anxiety.

May we sit at this table with you,
and invite our neighbors to share in your peace –
the peace you give to hearts ready to receive.
Amen. (crs.org)

Music for Uncertain Times

“I Will Not Leave You Comfortless”
(Jan Phillips)

<https://www.youtube.com/watch?v=qqyPIk9aZ2E>

“Hold On”
(A. Tice & S.A. Morris)

https://www.youtube.com/watch?v=VbOYOm_B9OY

Sharing in Uncertain Times

***What do the above reflections, prayers, and songs stir in you?
What helps you to live in uncertain times?***

The *Heart to Heart* team invites you to send your reflections/responses to the
above questions to Sr. Diane Fulgenzi, at dfulgenziosu@gmail.org.

We will share the reflections/responses we receive in the HeartSpeak blog during
the summer months when there are no issues of Heart to Heart.

Thank you!