



## OPENING WORDS

# Resources for “Opening Words that Tie Faith with Action” and “Prayers”

Use the following resources to select opening words and/or prayers that will meet the unique needs of your faith community. You may wish to consider selecting one prayer or meditation that will be used as touchstone for the opening or closing of each session. If you know of other resources, or create your own, please forward them to one of the Vision and Voice design team members so we can share them with others!

### **Campaign for Better Health Care (Illinois), *Faith Caucus Supplemental Materials***

#### **Jewish Worship and Sermon Samples**

<http://www.cbhconline.org/issues/hcjc/sabbath.html>

### **Resources for Christian Worship**

<http://www.cbhconline.org/issues/hcjc/sabbath.html>

### **Healthcare Sabbath Toolkit (Requires that your name, address, and name of faith community in order to download)**

<http://www.cbhconline.org/issues/hcjc/toolkitsignup.html>

### **Children’s Defense Fund, National Observance of Children’s Sabbath Manual: A Multi-Faith Resource for Year Round Child Advocacy Toolkit (2007)**

Contains Suggestions for the Service: Prayers, Readings, and Other Worship Resources for Baha’i, Buddhist, Christian, Hindu, Jewish, Muslim and multi-faith communities. (Requires your name, address, and other information to download)

<http://www.childrensdefense.org/child-advocacy-resources-center/faith-based-programs/national-observance-of-childrens-sabbaths-celebration/childrens-sabbaths-manual-online.html>

## COMMUNITIES OF FAITH RAISING VISION AND VOICE

### **NETWORK Education Program, Prayer/Reflection Resources**

Prayers rooted in Catholic social teaching

<http://www.networklobby.org/resources/index.html>

### **Faithful Reform in Health Care, Interfaith Worship Resources**

Download sample sermons, prayers, and other resources

<http://www.faithfulreform.org/index.php/Worship/>

### **Robert Wood Johnson Foundation, Cover the Uninsured Faith Planning Center**

Download guides that include prayers and action ideas for Christian, Jewish and Muslim congregations

<http://covertheuninsured.org/faith/>

### **Scarboro Missions, Golden Rule Meditation Exercises**

Find meditations on the Golden Rule from a variety of faith traditions.

[http://www.scarboromissions.ca/Golden\\_rule/meditation\\_exercises.php](http://www.scarboromissions.ca/Golden_rule/meditation_exercises.php)

### **Texas Impact, Do This and You Shall Live**

This curriculum for healthcare reform contains opening and closing prayers

<http://texasimipact.org/PDFs/DoThisandLive.pdf>

### **University of Southern California Center for Religion and Civic Culture, Worship and Advocacy Resources for Muslim, Jewish and Christian Communities**

<http://www.usc.edu/schools/college/crcc/health/resources/>

### **Virginia Interfaith Center: this page contains pertinent quotes from the sacred writings of the Abrahamic traditions**

<http://www.virginiainterfaithcenter.org/Resources/PraywithUs/tabid/445/Default.aspx>

SAMPLE OPENING WORDS AND PRAYERS

*Christian Tradition*

5 min

**Prayer for Persons Involved in Healthcare Reform Work**

Loving and gracious God, we remember that your plan for us is fullness of life lived with love, mercy and justice.

Be with us and our whole nation as we work together  
in reforming healthcare delivery and financing throughout our country.

Help us design a system that will be fair for everyone.

Let our work be rooted in respect for life and human dignity and in Your special concern for people who are economically poor.

Enable each person to take responsibility for the gift of health You give us.

Throughout the debate and deliberations, strengthen our gifts  
of insight, courage and respect for others' views.

Teach us prudence, patience, and gracious determination.

Grant us the generosity needed to embrace the changes reform will bring.

We ask this in the name of Jesus, in union with Your Spirit. Amen.

*--Justice Coordinating Team, Sisters of Mercy of the Americas*

## COMMUNITIES OF FAITH RAISING VISION AND VOICE

### A Prayer for Citizens and Policy Makers

Loving and gracious God, we remember that your plan for us is fullness of life lived with love, justice and mercy.

Be with us and our whole nation this year as we work together in selecting political leaders at all levels of our society.

Help us keep the common good before us.

Strengthen our gifts of wisdom, courage and respect for the views of others.

Deepen in us the willingness to act in solidarity with people who are economically poor and with women seeking fullness of life in society.

Help us be persistent in testing political remedies against what they will do for people, to people, with people and what they will mean for the health of our Earth home.

Help us to support one another in exercising our precious responsibilities as citizens in a representative democracy.

After the elections, strengthen us to continue to work with our leaders, seeking an ever more just society that acts in harmony and interdependence with all creation.

We ask this in the name of Jesus. in union with Your Spirit. Amen.

--Sisters of Mercy Mid-Atlantic Justice Office

## COMMUNITIES OF FAITH RAISING VISION AND VOICE

### *Supplications and Narrations Regarding Health from Islam*

One of the Prophet Muhammad's advices to his close companion, Abu Dharr:  
"Take advantage of five things before five things seize you: your youth before your old age, your health before your sickness, your wealth before your poverty, your spare time before your being busy and your life before your death."

#### **A part from Abraham's prayer (speaking of His Lord) from the Quran (26:78-82)**

Who created me, then He has shown me the way  
And He Who gives me to eat and gives me to drink  
And when I am sick, then He restores me to health  
And He Who will cause me to die, then give me life;  
And Who, I hope, will forgive me my mistakes on the Day of Judgment.

#### **Job's prayer: Qur'an 21:83**

And (remember) Job, when He cried to his Lord, "Truly distress has seized me, but Thou art the Most Merciful of those that are merciful."

#### **A short excerpt from Dua # 15 in Sahifa-e-Sajjadiya, which is a compilation of the supplications of Imam Sajjad (great grandson of the Prophet Muhammad (peace be upon him))**

"...let me find the sweetness  
of well-being,  
let me taste the coolness  
of safety,  
and appoint for me  
a way out from my illness to Thy pardon,  
transformation of my infirmity into Thy forbearance,  
escape from my distress to Thy refreshment,  
and safety from this hardship in Thy relief!

Thou art gratuitously bountiful in beneficence, ever gracious in kindness,  
the Generous, the Giver,  
Possessor of majesty and munificence!"

**Du'a (Supplication) in the Month of Ramadhan (for the nights of Ramadhan and for all occasions)**

“One of the etiquettes of Du'a is to ask for others, to remember those who are in need. It is a selfless act, displaying humanity and consideration for others. Allah loves a person who first asks for others, then prays for himself. The Sixth Imam (a) says: When a Muslim prays for his brother, (increase in) sustenance is given to him, afflictions are driven away, and the angels tell him “You will also receive the same”.

Many people all over the world suffer indescribable miseries. Tyranny and oppression are rampant in many countries. There is little we can do to alleviate the sufferings. However we can at least pray sincerely for them, hoping that Allah will relieve them as He has power over all things. We also pray that Allah may give us the will and the ability to help others in whatever way we can.” Source:www.al-islam.org/ramadhan (Duaa #2)

**In the name of Allah the Beneficent the Merciful.**

- O Allah bless Muhammad and the family of Muhammad.
- O Allah, gladden the people of the graves,
- O Allah, enrich every poor person,
- O Allah, satisfy every hungry one,
- O Allah, clothe every unclothed one,
- O Allah, help every debtor pay his debts,
- O Allah, relieve every distressed one,
- O Allah, return every traveller (to his home),
- O Allah release every prisoner,
- O Allah, correct every wrong in the affairs of the Muslims,
- O Allah, cure every sick one,
- O Allah, ease our poverty by Your wealth,
- O Allah, change our evil state to a good one  
through Your excellent state,
- O Allah, relieve us of our debts, and help us against poverty,  
Surely You have power over all things.