

Prayer card of Sr Josephine Healy
for her Diamond Jubilee as an IJ Sister

Dear Jesus

Help me to spread your fragrance everywhere I go.

Flood my soul with Your Spirit and Life.

Penetrate and possess my whole being so utterly that my life may only be a radiance
of You.

Shine through me and be so in me that every soul I come in contact with may feel
Your presence in my spirit.

Let them look up and see no longer me but only Jesus.

Stay with me and I shall begin to shine as You shine as to be a light for others.

The light of Jesus will be all from You, none of it will be mine.

It will be Your shining on others through me.

Let me thus praise You the way that You love best by shining on others around me.

Let me preach You without preaching by words, but by my example, by the catching
force of sympathetic influence of what I do, the evident fullness of the Love my
heart bears to You.

Cardinal Newman

Sr Josephine
1941 - 2001