

A CONTEMPORARY NORTH AMERICAN  
PRAYER BOOK



William John Fitzgerald

*acta*  
PUBLICATIONS

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# INTRODUCTION

*This prayer book is both “Contemporary” and “North American.”*

*It is contemporary because it tries to use current and inclusive language whenever possible, in ways that reflect the usage of people today. The Bible texts come from modern translations or paraphrases, although they are faithful to the meaning and intent of the Scriptures. It also contains some traditional prayers and hymns, sometimes adapted or revised, and many original contemporary pieces. Part I is a simplified version of the Liturgy of the Hours, one of the oldest continuous prayer forms in the history of Christianity. Part II has a new prayer for each of the main seasons of the liturgical year.*

*This book is North American because it uses the places, persons and history of North America as a basis for prayer and meditation. Included in Part III are thirty virtual pilgrimages based on physical locations in Canada, Mexico and the United States. Part IV has two litanies featuring North American saints and sensibilities.*



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# TUESDAY MIDDAY PRAYER

AS NOON BELLS RING IN OUR HEMISPHERE, PRAY:  
THE HOURS OF NONES AND ANGELUS



## WORDS OF WISDOM

Yesterday is history.  
Tomorrow is mystery.  
Today is a gift.  
That is why it is called “the present.”

*Eleanor Roosevelt*

## SCRIPTURE BEATITUDE

You’re blessed when you’re content  
with just who you are—no more, no less.  
That’s the moment you find yourselves proud owners  
of everything that can’t be bought.

*Matthew 5:5*

## THE HAIL MARY

## SILENCE

Relax for a few moments and let go of the morning. Close your eyes and take several deep breaths until you find your body relaxing.

## NORTH AMERICAN ISLAND RETREAT

*In your imagination, go to an island of peace. Let yourself be present on Prince Edward Island, nestled in the Gulf of St. Lawrence, Canada. Imagine that you are standing along an empty seaside road, stretching before you to the water's edge. Beside it, sea grass waves in the wind, and just beyond, the ocean laps the shore. See in your mind a white lighthouse on the horizon, set against an azure sky, peeking above a stand of fir trees. The only sound you hear is the rhythmic lap of water onto the waiting sand. A cool summer breeze ruffles the grass along the roadside, and you feel its soft, refreshing caress. Be there. Be still.*

## LUNCH BLESSING

O God, help me to be content  
with who I am and what I have.  
Today I have enough to eat;  
I am grateful.  
Bless the efforts of organizations like Bread for the World,  
so that the ill-fed people of our world  
might be nourished as I am.  
Bless my food and bless their need.  
Amen.