



Holy Virgin of Guadalupe,
Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.

Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.

For those already afflicted,
we ask you to obtain the grace of healing and deliverance.
Hear the cries of those who are vulnerable and fearful,
wipe away their tears and help them to trust.

In this time of trial and testing,
teach all of us in the Church to love one another and to be
patient and kind.
Help us to bring the peace of Jesus to our land and to
our hearts.

We come to you with confidence,
knowing that you truly are our compassionate mother,
health of the sick and cause of our joy.

Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
help us always to know the love of your Son, Jesus.
Amen.



A Litany of Blessing in Time of Grief

Before we breathed our first, O God,
you etched our names upon your hands,
like stretchmarks on our mother's skin.
And those same hands that bear our lives
will carry us home as we breathe our last.

So even in our grief, O God,
let every breath we carry within
announce your goodness with praise unending.
For you have made us to be your own,
a people of your Spirit with blessing on our lips.

Therefore:

Sun and moon: *Bless the Lord!*
Stars of the sky: *Bless the Lord!*
Depths of ocean: *Bless the Lord!*
Birds of air: *Bless the Lord!*
Let all creation: *Bless the Lord!*

Blessed be God for doctors and nurses: *Blessed be God forever!*
For scientists and researchers: *Blessed be God forever!*
For pharmacists and technicians: *Blessed be God forever!*
For social workers and caregivers: *Blessed be God forever!*
For all who endeavor to keep us safe: *Blessed be God forever!*

Blessed be God for grocery clerks and janitors: *Blessed be God forever!*
For restaurant chefs and fast-food workers: *Blessed be God forever!*
For farmers and delivery drivers: *Blessed be God forever!*
For field laborers and postal carriers: *Blessed be God forever!*
For all who feed and care for us: *Blessed be God forever!*

Blessed be God for pastoral staffs: *Blessed be God forever!*
For clergy and religious who pray for us daily: *Blessed be God forever!*
For catechists teaching in creative new ways: *Blessed be God forever!*
For liturgical ministers tackling technology: *Blessed be God forever!*
For all who serve the domestic church: *Blessed be God forever!*

Blessed be God for teachers and parents: *Blessed be God forever!*
For those who sing and those who dance: *Blessed be God forever!*
For musicians, artists, composers, and poets: *Blessed be God forever!*
For comedians, actors, and story-tellers: *Blessed be God forever!*
For all who inspire and sustain our hearts: *Blessed be God forever!*

And blessed be God for the human spirit: *Blessed be God forever!*
That strives to live in more gentle ways: *Blessed be God forever!*
That connects with others while staying apart: *Blessed be God forever!*
That weeps and laughs and sits in silence: *Blessed be God forever!*
For the human family in deeper communion: *Blessed be God forever!*

In faith and love, we ask you, God, let not this virus consume our world.
But breathe your Spirit in us again that we may praise you unceasingly
with Christ our Lord, from whom all good things come.

Prayers of Trust

Father, who can describe your trustworthiness, your love, your delight in being loved by your tiny unworthy creatures? Your blessed Spirit moves in us, and we catch a vision, a presence, a joy that pulls us forward to a complete abandonment to you: such that even in darkness and pain and doubt, we can never turn from you or withdraw from you or forget your name.
(Fr Francis Martin)

We have gathered some prayers on the theme of this Sunday's Gospel, which could be used during the week and beyond.

O God,
our refuge and our shield,
even when we walk in the shadow of death you are there at our side.
Be with your people in this time of danger: bring strength to the afflicted
and protection to those untouched by disease.
Give us love and courage,
that we may trust in your power to save and reach out to all who need our care.
Through Christ our Lord.
Amen.

PRAYER OF TRUST IN JESUS

O sacred heart of Jesus, I place my trust in thee,
Whatever may befall me, Lord, though dark the hour may be;
In all my woes, in all my joys, though nought but grief I see,
O sacred heart of Jesus, I place my trust in thee.
When those I loved have passed away, and I am sore distressed,
O sacred heart of Jesus, I fly to thee for rest.
In all my trials, great or small, my confidence shall be
Unshaken as I cry, dear Lord, I place my trust in thee.
This is my one sweet prayer, dear Lord, my faith, my trust, my love,
But most of all in that last hour, when death points up above,
O sweet Saviour, may thy face smile on my soul all free.
Oh may I cry with rapturous love, I've placed my trust in thee.

PRAYER OF SAINT IGNATIUS OF LOYOLA

O Christ Jesus,
when all is darkness
and we feel our weakness and helplessness,
give us the sense of your presence,
your love, and your strength.
Help us to have perfect trust
in your protecting love and strengthening power,
so that nothing may frighten or worry us,
for, living close to you,
we shall see your hand,
your purpose, your will through all things.

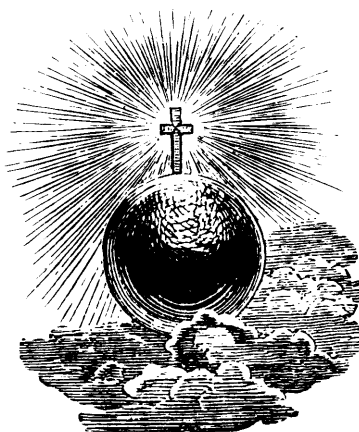
PRAYER OF SAINT JOHN HENRY NEWMAN

O Mother of Jesus, and my mother,
let me dwell with you, cling to you and love you
with ever-increasing love.
I promise the honor, love, and trust of a child.
Give me a mother's protection,
For I need your watchful care.

FROM THE END OF THE TE DEUM

May your mercy always be with us, Lord,
For we have hoped in you.
In you, Lord we put our trust:
we shall not be put to shame.

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.
(*Saint Teresa of Ávila*)



PRAYER FOR JESUS TO COME TO US

My Jesus, I long ardently
For you to come to me this day;
Without you life is misery.

Come to me soon, I pray.

Without the fervor that you bring,
O Love, I languish night and day;
And do you not desire my love?
Inflame my heart, I pray.

Good Shepherd, bear your lost sheep
home
Within your arms, whene'er I stray;
From ravening wolves that round me roam
Oh, keep me safe, I pray.

O bread of Life, for you I sigh,
Give me yourself without delay;
For otherwise my soul must die.
Give me to eat, I pray.

O fount of living waters clear,
How long and weary is the way;

Refresh my soul which thirsts for you.
Give me to drink, I pray.

O loving Lord, my soul is chilled
By icy winds that round me play;
O fire of love, let me be filled
With warmth from you, I pray.

Like the blind man who cried to you:
Have mercy on me, Lord, I say,
O Mary's Son, that I may see;
Increase my faith, I pray.

Lord, I am sick beyond all cure,
But with a word you can display
Your power; without you death is sure.
O heal me, Lord, I pray.

My Lord, I knock upon your door;
Your favors I can ne'er repay,
Yet in my want I beg for more.
Fulfill my needs, I pray.

I am not worthy, Lord, that you
Should come into my house today
As heavenly food; say but the word
And heal my soul, I pray.

Lord, you alone are my true friend,
My treasure which can ne'er decay;
All earthly joys do you transcend.
Do visit me this day.

Saint Louis Grignion de Montfort

The above prayer is from
Prayers for the Moment
which is available for purchase at
www.magnificat.com/bookstore

LITANY OF COMPASSION FOR THE SICK

We pray with special love and concern for all those who are ill or infirm, asking the Lord for his consoling grace to strengthen the sick in times of trial.

R Lord, be close to give your comfort.

- When pain or distress is overwhelming: *R*
- When the healing process goes slower than hoped: *R*
- When terrified by treatments or therapy: *R*
- When it's hard to let go of long-held plans: *R*
- When the feeling of alienation arises: *R*
- When worn out and weary: *R*
- When troubled by impatience and negativity: *R*
- When loneliness adds to anxiety: *R*
- When sickness makes it difficult to communicate: *R*
- When discouragement or despondency sets in: *R*
- When fear makes it impossible to face the future: *R*
- When the ravages of disease attack self-esteem: *R*
- When anger and resentment assail: *R*
- When beset by worry or fretfulness: *R*
- When it's hard to rely on others for care: *R*
- When envy arises toward those who are healthy: *R*
- When pessimism or cynicism holds sway: *R*
- When anguish is intensified by the need for reconciliation: *R*
- When sickness is mistaken for punishment: *R*
- When loved ones are far away: *R*
- When sickness causes financial hardship that leads to worry or despair: *R*

- When afflicted by the feeling of nothing to hope for: *R*
- When weakness makes it impossible even to think: *R*
- When friends draw back, fearful of disease: *R*
- When illness makes those who are suffering moody or irritable: *R*
- When haunted by regret and the shame of past sins: *R*
- When it's difficult to sleep: *R*
- When there's loss of appetite: *R*
- When there's resistance to necessary change: *R*
- When tempted by denial: *R*
- When nobody seems to understand: *R*
- When bound to home or when restricted in movement: *R*
- When listlessness and apathy threaten: *R*
- When medication seems to make things worse: *R*
- When all that's needed is a caring touch: *R*
- When it's impossible to maintain familiar routines: *R*
- When it's hard to find the strength to go on: *R*
- When it becomes difficult to pray: *R*
- When suffering of any sort becomes hard to bear: *R*
- When death draws near: *R*

CLOSING PRAYER

MOST MERCIFUL FATHER, your beloved Son showed special compassion to lepers, tenderness to those long sick, and healing to the infirm laid before him. We place before you all those who are ill and in need of healing grace. May the love and mercy of the Divine Physician raise up all who suffer from sickness and restore them to health and peace. We ask this in the name of Jesus.

The above prayer is from
Blessing Prayers: Devotions for Growing in Faith
 which is available for purchase at
www.magnificat.com/bookstore

The Corporal and Spiritual Works of Mercy During the COVID-19 Pandemic

"Often it is the people closest to us who need our help.

We should not go out in search of some unknown business to accomplish.

It is better to begin with the simplest, which the Lord tells us is the most urgent."

– Pope Francis General Audience (10/12/2016)

The Corporal Works of Mercy

The Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others, as if they were Christ in disguise; they "are charitable actions by which we help our neighbors in their bodily needs" (*U.S. Catholic Catechism for Adults*).

FEED THE HUNGRY

- Check in with your parish community to see if there are parishioners who cannot (or should not) go grocery shopping themselves.
- Check in with your parish to see if the food pantry is adequately stocked.
- Organize a network of volunteers in each parish/community to grocery shop for parishioners in need, especially the more vulnerable populations in our community.

GIVE DRINK TO THE THIRSTY

- Do not purchase or hoard more water than you need.
- While handwashing is vitally important, make an effort not to waste water—in solidarity with our brothers and sisters in Christ who do not have access to clean water and suffer from the lack of this basic necessity.

SHELTER THE HOMELESS

- Consider donating toiletries and sanitary items to a local shelter since those who suffer homelessness—and the facilities that minister to them—are especially vulnerable at this time.
- Financially support organizations that are working to support the homeless population in your community.

VISIT THE SICK

- While in-person visits are not advisable during this time, please invest time in reaching out via phone/video call or by sending a letter or card to those who may feel particularly isolated during this time.
- Offer to assist caregivers of chronically sick family members by grocery shopping or cooking for them so they do not have to risk exposure.
- Reach out to health care workers in your community who may be overworked, burdened, or in need of specific support at this time.

VISIT THE PRISONERS

- Explore whether your parish or diocese has a prison ministry and, if so, check whether they are in need of supplies or support.
- Given that people in prison can be especially isolated and vulnerable during this pandemic, consider how to support those who are ministering to them and bringing them the Word of God.

BURY THE DEAD

- Now that funerals may be limited or restricted, reach out with cards or phone calls to those who have recently lost a loved one.
- If possible, visit the cemetery to pray for those you have lost—and to ask their intercession on behalf of all those facing death today.

GIVE ALMS TO THE POOR

- Reach out to those who may have been especially burdened during this pandemic, especially those whose occupations make them more vulnerable to economic instability.
- Remember that the lack of public celebration of Masses may result in parishes struggling financially in the next few months; be sure to continue your support and if possible, increase offerings for those who cannot donate due to recent financial hardship or inability to work.
- Remember that Catholic Relief Services continues to serve the most vulnerable and consider making a donation or praying for them as you are able.

The Spiritual Works of Mercy

The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history; just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to “help our neighbor in their spiritual needs” (U.S. Catholic Catechism for Adults).

COUNSELING THE DOUBTFUL

- Reassure and support those who may be especially anxious during this time.
- If someone asks you for advice, orient your response to Christ, who is the Way, the Truth, and the Life.

INSTRUCTING THE IGNORANT

- With public celebration of Masses unavailable, learn and/or teach someone else how to make a [Spiritual Communion](#).
- Take this time to recommit to your own study and formation and, for those home with children, take advantage of this time to reflect on the faith as a family.

ADMONISHING THE SINNER

- Being confined in close quarters for long periods of time with families or housemates can test us in more ways than one, so be supportive in helping others find their way and correct their mistakes.
- Recognize the reality of spiritual warfare in daily interactions and strive to cultivate the corresponding virtues needed to resist your personal temptations.

COMFORTING THE SORROWFUL

- Write a letter or send a card to someone who is suffering and let them know you are thinking of them.
- Remember that a few moments of your day may make a lifetime of difference to someone who is going through a difficult time.
- Consider sharing links to spiritual resources with those who may be isolated, such as livestreamed Masses, so that they can participate in community worship from home.

FORGIVING INJURIES

- For families, this time may maximize opportunities to exercise forgiveness, so take this

time to model the importance of forgiveness both for this life and the next.

- If the sacrament of Reconciliation is not available in your parish at this time, commit to making a regular [examination of conscience](#).
- Learn and/or teach your family members the [Examen prayer](#) and/or the [Divine Mercy Chaplet](#).

BEARING WRONGS PATIENTLY

- Practice developing and strengthening the virtues of temperance, prudence, fortitude, and justice.
- When frustrated with someone, step away from the situation, take a few deep breaths, and pray the Our Father, asking God for patience.
- Commit to praying the [Stations of the Cross](#) once a week.

PRAYING FOR THE LIVING AND THE DEAD

- Pray the rosary with family members, via video conference or conference call if needed, for all those who are suffering from the effects of this pandemic.
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers, and let people know that you are praying for them.
- Ask a friend or family member if there is anything you can pray for them about.