

**PRAYERS TO BE SPIRITUALLY  
UNITED TO THE HOLY SACRIFICE  
OF THE MASS IN OUR HOME**

*St Mark the Evangelist Springfield, St Thomas the Apostle Jobstown, St Aidans  
Brookfield, Church of the Incarnation in Fettercairn*

*March 2020*



Dear Brothers and Sisters in Christ,

You and I find ourselves in extraordinary times. Times that have caused a caseation of the public celebration of the Eucharist around our country, as a result of the treat posed to our health by the COVID-19 Virus.

The following Prayers can be used by families in their homes to be spiritually united to the Holy Sacrifice of the Mass when it is not possible to physically attend. These prayers can be prayed alone or with your family.

The Priests of your parish will continue to celebrate mass, albeit in private, each morning at 10.00am, for your family and our parishes during these difficult and anxious times. And may we suggest that you and or your family begin these prayers at that time, or at a time when you can gather as a family.

Might I suggest three specific prayers that you might like to include, that may be of help to you and your family at this time; pray for the gift of acceptance, pray against worry and pray against anxiety. And in so doing, we place the trust of our minds, souls and bodies to the care of Almighty God.

And as the great priest of Pietrelcina often said; “Pray, Hope and Don’t Worry.” -St. Pio

May God bless and protect you and your family,

Your Parish Team.



*(So, before you begin have your Bible ready with the readings and gospel ready for proclamation and if possible, prepare a suitable place to pray. In addition, place a white cloth (or any bright cloth) on a table along with a Crucifix, statue or image of the saint or saints through which you seek intercessions and light a Candle.)*

## **INTRODUCTION**

*(Make the sign of the cross)*

In the name of the Father, and of the Son and of the Holy Spirit. *Amen*

“For where two or three meet in my name, I am there among them.” Matthew 18:20

Lord our God, you have called us out of darkness to be children of your light, a light which shines in the darkness, and the darkness can never overcome it (John 1:5), be with us now in our hour of need, when our land has been beset by sickness, despair, anxiety, worry and darkness. Help us take authority of our Baptism to live as you have called us to, to be men and women of hope, love, joy and peace.

## **ACT OF PENANCE**

Lord we humbly ask your mercy and love upon us and seek forgiveness for our sins, the times our actions and thoughts became obstacles in your love for us.

*(Pause for a few moments to reflect, then pray the following):*

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen.

## OPENING PRAYER

Lord our God, be pleased, we pray to hear our prayers and petitions at this time, when we are unable to physically receive of living flesh in the Blessed Eucharist. During this time protect and defend us and our loved ones from all forms of adversity. *Amen.*

## LISTENING TO GOD'S WORD

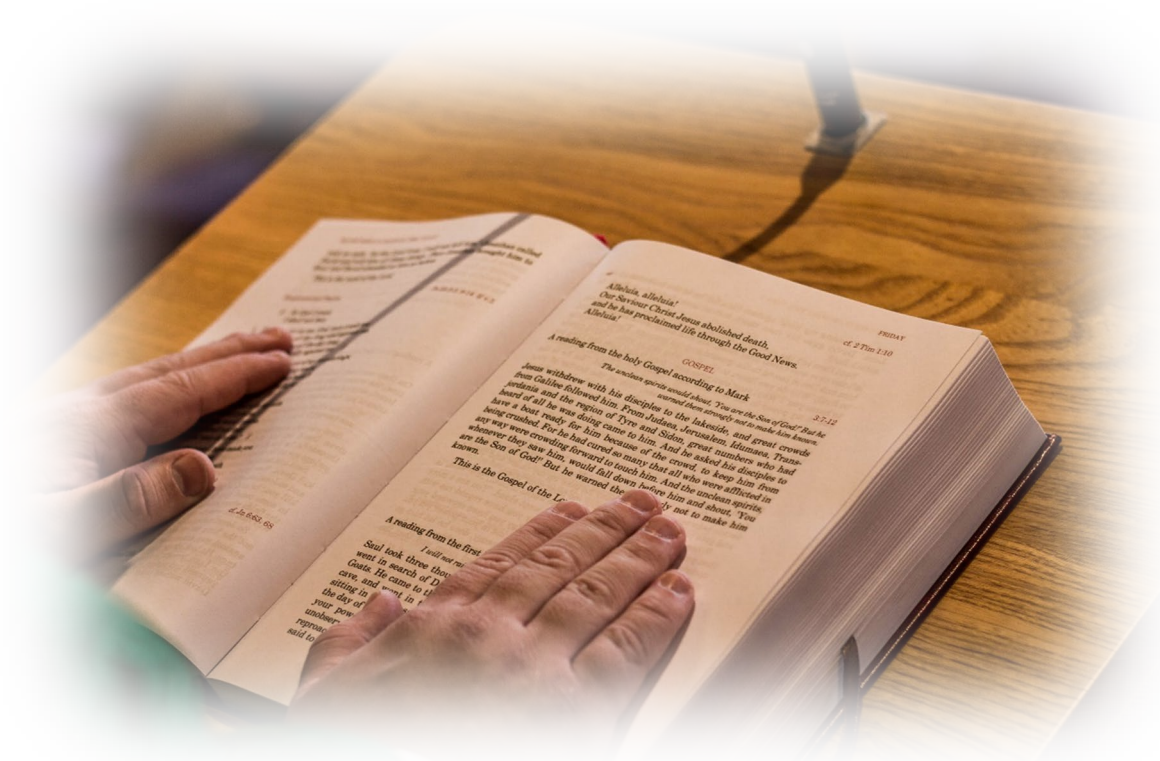
If you have internet connection, it is possible to follow the readings for the day by visiting: [www.catholicbishops.ie/readings/](http://www.catholicbishops.ie/readings/)

Otherwise choose one of these selected Psalms; 23, 142, 85, 91, 130, 16, 87. Or any Psalm of your choice.

## GOSPEL READING

Possible selection of Gospel passages: Mark 4:35-4, Matthew 11:26-29, John 1. Or any Gospel passage of your choice.

*(After the Gospel passage has been read, pause for a moment for silent reflection on the Gospel.)*



## INTERCESSIONS

Lord our God we bring our needs and petitions from our hearts to you;

We pray for our Holy Father Pope Francis, protect and guide him. -*Lord hear us.*

we pray for all those affected by the Coronavirus, give them a quick recovery. – *Lord hear us.*

We pray for our family and friends that they may be sheltered by you. – *Lord hear us.*

We pray for our Priests, Deacon and Pastoral Worker who are still exercising their ministries, bless their work. – *Lord hear us.*

We pray for all our healthcare workers; Lord guide their decisions and work. – *Lord hear us.*

We pray for our grouping of parishes here in Tallaght, bless all the families, our friends and neighbours - *Lord hear us.*

We pray for all those who suffer in mind, spirit and body at this time – *Lord hear us.*

We pray for our Scientists working on a vaccine for Covid-19, bless their work with fruitful results. – *Lord hear us.*

We pray for all those of our loved ones, friends and neighbours who have passed away, may they rest in peace. – *Lord hear us.*

*(Pause for silent prayer).* – *Lord hear us.*

Father we ask you to hear our prayers and we entrust them in the intercessions of our guardian angel and patron saints. And as always through Christ our Lord. *Amen.*



## THE LORD'S PRAYER

As God's family we pray as Jesus lovingly taught us to:

Our Father, who art in Heaven, hallowed be Thy name; Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. *Amen.*

## ACT OF SPIRITUAL COMMUNION

*(While we cannot receive communion physically at this time, we can still make an act of Spiritual Communion in which we express our faith in Jesus and in his presence in the Eucharist and invite him to unite himself with us. The following is a prayer attributed to St. Alphonsus de Liguori, and was also said by Padre Pio many times throughout the day.)*

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. *Amen.*

O Sacrament Most Holy, O Sacrament Divine, all praise and thanksgiving be every moment thine! X3

## CONCLUDING PRAYER

Let us pray, Grant, almighty and merciful God, that you may protect and guide us in our earthy pilgrimage and that we may in truth receive a share in the Resurrection of Christ your Son. We ask this through Christ our Lord. *Amen.*

## WE TURN TO OUR LADY OF KNOCK, QUEEN OF IRELAND

Give praise to the Father Almighty, to His Son Jesus Christ the Lord, to the Spirit who lives in our hearts, both now and forever. Amen. Our Lady of Knock Queen of Ireland, you gave hope to your people in a time of distress, and comforted them in sorrow. You have inspired countless pilgrims to pray with confidence to your Divine Son, remembering His promise, "Ask and you shall receive seek and you shall find". Help me to remember that we are all pilgrims on the road to heaven. Fill me with love and concern for my brothers and sisters in Christ, especially those who live with me. Comfort me when I am sick, lonely or depressed. Teach me how to take part ever more reverently in the Holy Mass. Give me a greater love of Jesus in the Blessed Sacrament. Pray for me now and at the hour of my death. *Amen.*

Lamb of God, you take away the sins of the world: *Have mercy on us.*

Lamb of God, you take away the sins of the world: *Have mercy on us.*

Lamb of God, you take away the sins of the world: *Grant us peace.*

## PRAYER OF BLESSING

St Michael, the Archangel, Protect and Pray for us from the forces of darkness. Amen.

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. *Amen.*

*Make the sign of the cross as you pray:*

In the Name of the Father, and of the Son and of the Holy Spirit. *Amen.*

*(Remember to extinguish the lighting candle)*



## ADDITIONAL PRAYERS

### **Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone Who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

### **The St. Michael Prayer**

St Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God restrain him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast into hell; Satan and with him all the evil spirits who wander through the world seeking the ruin of souls. *Amen.*

### **Pope Francis' Prayer to Our Lady during the Coronavirus Pandemic**

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin. *Amen.*

### **St Patrick's Breastplate**

I arise today , through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's shield to protect me, God's host to save me. *Amen*

*"I am with you always, even to the end of the world." -Matthew 29:20*