

Additional Prayers

Pope Francis' prayer to the Virgin Mary for protection

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.

Prayer of Protection (St Patrick's Breastplate)

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Prayer for the Household

Hear us, Lord, and send your angel from heaven
to visit and protect, to comfort and defend
all who live in this house. Amen.

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When Mass cannot be celebrated publicly

“Let my prayer come before you like incense.”

In this disturbing time for the world and for the Church, we feel the need more than ever to “lift up our hands in prayer.” Even when the Mass is not available or we are confined to home or hospital, we can still bring ourselves, and our hopes and fears, before the Lord, asking for his strength and consolation. We can remain part of the worldwide prayer of the Church, asking the Father to deliver us from our current evils, and through the practice of spiritual communion unite ourselves to the Eucharistic Sacrifice our priests will be offering privately. We can still keep the Lord's Day holy.

The prayers in this booklet are offered to help us do this. Surely our voice will be heard.

With every blessing,
+ Hugh Gilbert OSB,
Bishop of Aberdeen, President of the Bishops' Conference of Scotland

Introduction

Some will find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross

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

Examen

Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do?

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying:

Lord Jesus, you have revealed yourself as the way to the Father:

Lord, have mercy. Lord, have mercy.

You have poured out on your people the Spirit of truth:

Christ, have mercy. Christ, have mercy.

You are the Good Shepherd, leading us to eternal life:

Lord, have mercy. Lord, have mercy.

The Word of God

The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day.

Psalm 85

(1-6, 11, 15-16)

Turn your ear, O Lord, and give answer
for I am poor and needy.

Preserve my life, for I am faithful:
save the servant who trusts in you.

You are my God, have mercy on me, Lord,
for I cry to you all the day long.

Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.

Give heed, O Lord, to my prayer
and attend to the sound of my voice.

Show me, Lord, your way
so that I may walk in your truth.

Guide my heart to fear your name.

You, God of mercy and compassion,
slow to anger, O Lord,
abounding in love and truth,
turn and take pity on me.

Gospel

Mark 4:35–41

On that day, when evening had come, Jesus said to them, 'Let us go across to the other side.' And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, 'Teacher, do you not care that we are perishing?' And he awoke and rebuked the wind and said to the sea, 'Peace! Be still!' And the wind ceased, and there was a great calm. He said to them, 'Why are you so afraid? Have you still no faith?' And they were filled with great fear and said to one another, 'Who then is this, that even the wind and the sea obey him?'

Silent reflection

Pause for a moment of silent reflection.

Prayers

Intercessions

Pray for family and loved ones so that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus. Pray for the protection of medical professionals who care for the sick and for their families. Pray for the sick, departed and bereaved.

If the following intentions are said in a family or other group you may wish to conclude each one with the response:

Lord, in your mercy. **Hear our prayer.**

For those in authority:
may they offer advice with care and integrity,
may they seek to protect the poor and vulnerable.

For all who work in healthcare:
give strength to all who look after sick
so that they may bring comfort and relief to the suffering.

For the Church:
may she offer prayers and consolation for all those affected.

For our local community and all for those in need:
may those who are isolated know the support
and service of their neighbours.

Lord's Prayer

Our Father...

Spiritual Communion

Prayer of St Alphonsus

My Jesus,
I believe that you are present in the Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.

Conclusion

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