

Act of Spiritual Communion

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.

Prayer to Mary

During The Coronavirus Pandemic

O Mary, you shine continuously along our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of Sick, who at the Cross were near to the pain of Jesus, keeping your faith firm.

You, Salvation of us all, know what we need, and we trust that you will provide for those needs so that, as at Cana of Galilee, joy and celebration may return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us, He who took our sufferings upon Himself, and took up 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.

-----Pope Francis

Prayer for a Pandemic

May we who are merely inconvenienced, remember those whose lives are at stake.

May we who have no risk factors, remember those most vulnerable.

May we who have the luxury of working from home, remember those who must choose between preserving their health or earning their rent.

May we who have flexibility to care for our children when their schools close, remember those who have no options.

May we who have to cancel our trips, remember those who have no safe place to go.

May we who are losing our margin money in the tumult of the economic market, remember those who have no margin at all.

May we who settle in for a quarantine at home, remember those who have no home.

As fear grips our hearts, let us choose love during this time when we cannot physically wrap our arms around each other.

Let us yet find ways to be the loving embrace of God to our neighbours.

Amen.

Prayer for Protection

The Light of God Surrounds me
The Love of God enfolds me
The Power of God protect me
The Presence of God watches over me
The Mind of God guides me
The Laws of God directs me
The Power of God abides within me
The Joy of God uplifts me
The strength of God renews me
The beauty of God renews me
Wherever I am, God is.

-----James Freeman

A Prayer to Combat the Coronavirus Pandemic

Most merciful and Triune God,
We come to you in our weakness.
We come to you in our fear.
We come to you with trust.
For you alone are our hope.

We place before you the disease present in
our world.
We turn to you in our time of need.

Bring wisdom to doctors.
Give understanding to scientists.
Endow caregivers with compassion and
generosity.
Bring healing to those who are ill.
Protect those who are most at risk.
Give comfort to those who have lost a
loved one.
Welcome those who have died into your
eternal home.

Stabilize our communities.
Unite us in our compassion.
Remove all fear from our hearts.
Fill us with confidence in your care.

Jesus, I trust in you.
Jesus, I trust in you.
Jesus, I trust in you.
Amen.

Prayer for Medical Scientists

God of wisdom,
Bless medical scientists and researchers
around the world
With insight and skill, dedication and
fortitude,
As they combat coronavirus,
So that their work yields knowledge and
understanding,
Speedily finding a vaccine, treatments and
deterrents to its spread.

Source of life,
Grant public health and government
officials
The strength to act swiftly and decisively,
With compassion and understanding,
In service to humankind,
Fighting this outbreak
And the other diseases that still plague the
planet,
Diseases threatening the lives of our
brothers and sisters,
Nations and communities,
Young and old.

Rock of Ages,
Bring an end to disease and suffering,
So that all may know
Your compassion and Your grace.

--- Alden Solovy

Prayer during Pandemic

God our Father, Creator of the world, almighty and merciful, out of love for us You sent your Son into the world as the doctor of our souls and our bodies, look upon your children who, in this difficult time of confusion and dismay in many regions of Europe and the world, turn to you seeking strength, salvation and relief, deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy and reward to our doctors, nurses and volunteers, eternal life to the dead. Do not abandon us in the moment of trial but deliver us from all evil.

We ask this of Thee, who with the Son and the Holy Spirit, live and reign for ever and ever. -----bishop's conference

Amen.

Prayer for Protection and Peace

Lord of love and compassion,

Be with us in this stressful and fearful time,

Comfort those who are experiencing isolation and suffering from Coronavirus,

Remove the fear and anxiety and bestow your peace in our hearts,

Protect us and keep us safe especially those at high risk,

Provide the strength and confidence to face the challenge,

Give wisdom to those who govern, may they make right and sensible decisions to stop spreading the virus and provide best service to people in need.

Guide the medical teams, may they find the best solutions in this situation.

Kindle the hope and lift our hearts to know you are the healer and have confidence to win the battle.

Lord Jesus we put all our trust in you.