


To help you spend some time  
in the stillness of  
His presence...



Please feel free to  
light a candle, or simply sit.  
The following suggestions for  
ways into prayer may be of use.

## If you wish to pray for others...

Watch now, dear Lord,  
With those who wake or watch or weep tonight,  
And give your angels charge over those who sleep.  
Tend your sick ones, O Lord Christ,  
Rest your weary ones,  
Bless your dying ones, soothe your suffering ones,  
Pity your afflicted ones, shield your joyous ones,  
And all for your love's sake. Amen

St. Augustine

## If someone has died...

Father of all,  
We pray to you for those we love  
But see no longer.  
Grant them your peace;  
Let light perpetual shine upon them;  
And in your loving wisdom  
And almighty power  
Work in them the good purpose  
Of your perfect will;  
Through Jesus Christ our Lord.  
Amen.

## **If you are grieving...**

O God who brought us to birth,  
And in whose arms we die,  
In our grief and shock  
Contain and comfort us;  
Embrace us with your love,  
Give us hope in our confusion,  
And grace to let go into new life  
Through Jesus Christ, Amen.

## **If you are thankful...**

Blessed are you, Lord our God,  
creator of heaven and earth;  
You open our eyes to see the wonders around us,  
And our hearts and mouths to praise you.  
Now give us the grace to serve you  
with our whole heart,  
That in loving service we may  
joyfully participate in your creation,  
To the praise and glory of your name,  
Through Jesus Christ our Lord. Amen

## **If you are feeling troubled...**

Be present, Spirit of God, within us,  
Your dwelling place our home;  
May your light dispel our darkness,  
Our troubles calmed by your peace,  
All evil redeemed by your love,  
All pain transformed in the suffering of Christ,  
And all dying glorified in His risen life. Amen

# Novena Prayer to St. Joseph

O Glorious St. Joseph,  
You who have power to render  
possible things that are for us impossible,  
come to our aid in our present trouble and distress.  
Take this important and difficult affair  
under your particular protection  
that it may end happily.  
O dear St. Joseph,  
all our confidence is in you,  
since you are so powerful with Jesus and Mary.  
Let it not be said that we would invoke you in vain. Amen

## Do not be afraid...

In despair, Hagar cried.  
The Lord said, "Do not be afraid. I am with you,"  
and gave her water.  
In despair, Moses fled.  
The Lord said, "Do not be afraid. I am with you,"  
and gave him courage.

In terror, the Israelites cowered by the sea.  
The Lord said, "Do not be afraid. I am with you,"  
and parted the waters.  
In pain, Jesus cried out, "My God, my God,  
why have you forsaken me?"  
The Lord said, "Do not be afraid. I am with you,"  
and brought about resurrection.  
God with Hagar, God with Ishmael,  
God with each one, through the ages,  
Help us to know that you are with us now.  
Help us not to be afraid.

# The Memorare

Remember, O most gracious Virgin Mary,  
that never was it known that anyone  
who fled to thy protection,  
implored thy help, or sought thine  
intercession was left unaided.  
Inspired by this confidence, I fly unto 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.  
Amen.

## How long, O Lord?

How long, O Lord?  
How long will you hide your face from us?  
How long will you forget to answer our prayers?  
How long will this virus spread throughout the world,  
and bring sickness, death, and economic ruin?

Look upon us and answer, O Lord our God,  
For our lives have been turned upside down!  
We have lost comfort and certainty,  
activities that bring happiness, the hugs of loved ones,  
and the joy of being in community with your people.

We long for the normal rhythm of life,  
even where normal isn't perfect.  
Homes become prisons, safe but isolated,  
where depression and despair lay in wait.

Exhausted doctors and  
nurses save lives while in fear for their own.  
The dead are piled in trailers, refrigerated,  
and mourners left to grieve, alone.

Millions have lost jobs and pay checks and  
retirement savings;  
Unpaid bills and rent dismantle futures,  
Yet the opening economy gambles lives.  
How are we to choose?  
The injustice of inequality multiplies  
these hardships, big and small,  
and robs us of coming together as one.

Save us, O Lord, from this valley of death,  
lead us again to green pastures and still waters,  
for we trust that in you  
we might find goodness and mercy  
to share all the days of our lives. AMEN.



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