

God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can
and the wisdom to know the difference.

Prayer for Families

[Each line can be led by a parent and repeated by the rest of the family]

God, our Father,
we are brothers and sisters in Jesus your Son,
one family, in the Spirit of your love.
Bless us with the joy of love.
Make us patient and kind,
gentle and generous,
welcoming to those in need.
Help us to live your forgiveness and peace.
Protect all families with your loving care,
especially those for whom we now pray:

[We pause to pray for family members in silence]

Increase our faith,
Strengthen our hope,
Keep us safe in your love,
Make us always grateful
for the gift of life that we share.
This we ask, through Christ our Lord. Amen.

*[This prayer was prepared for the World Meeting of Families in 2018.
It has taken on extra significance during these days of "cocooning"
and as families, health professionals and volunteers work
to contain and to limit the effects of the COVID-19 pandemic]*

Recommendations from Pope Francis during the World Meeting of Families 2018

It is important to pray together as a family;
speak of good and holy things,
and let our Mother Mary into your life
and the life of your family.

No family can grow if it forgets its roots.

Children will not grow in love if they do not learn how to
converse with their grandparents. So let your love sink
deep roots! Let us never forget that "all the blossoms on
the tree draw life from what lies buried beneath."

Prayer to our Lady of Perpetual Help

O Mother of Perpetual Help,
with the greatest confidence
we come before your holy picture
to be inspired by the example of your life.

We think of you at that moment when,
full of faith and trust,
you accepted God's call
to be the mother of his Son.
Help us, your children,
to accept with joy our own calling in life.

When you learned that your cousin Elizabeth
was in need, you immediately went
to serve her and offer your help.
Help us, like you, to be concerned for others.

We think of you, Mother, at the foot of the cross.
Your heart must have bled to see your Son in agony.
But your joy was great when he rose from the dead,
victorious over the powers of evil.

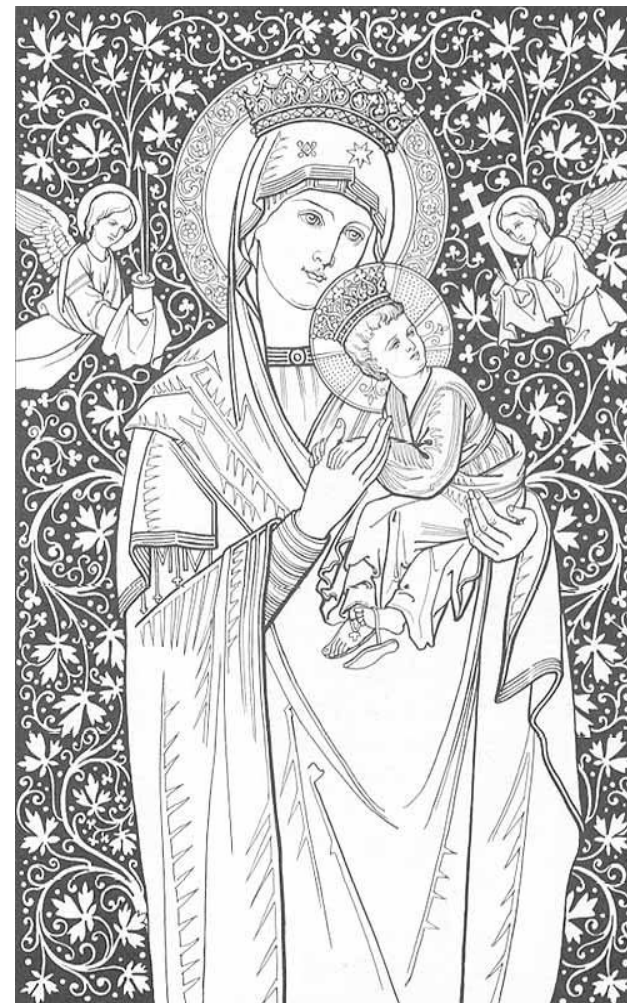
Mother of Sorrows, help us through the trials
and disappointments of life.
Help us not to lose heart.

May we share with you and your Son
the joy of having courageously
faced up to all the challenges of life. Amen.

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*Families are invited to keep in contact via webcam
with their parish community or a neighbouring
parish community while Mass is being celebrated
at this time without a congregation.*

*Details of broadcasts and updates will be included
on a weekly basis via www.dioceseofmeath.ie*



**"The voice of prayer
is never silent"**

**Resources for prayer in homes
of the diocese of Meath**

March 2020

A Spiritual Communion

(when unable to receive the Blessed Eucharist)

My Jesus, I believe that you are present
in the Most Blessed Sacrament.
I love You above all things and
I desire to receive You into my soul.

Since I cannot now 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.

St Patrick's Breastplate

(for protection & strength)

Christ be beside me, Christ be before me,
Christ be behind me, King of my heart.
Christ be within me, Christ be below me,
Christ be above me, never to part.

Christ on my right hand, Christ on my left hand,
Christ all around me, shield in the strife.
Christ in my sleeping, Christ in my sitting,
Christ in my rising, light of my heart.

Christ be in all hearts thinking about me,
Christ be on all tongues telling of me.
Christ be the vision in eyes that see me,
In ears that hear me, Christ ever be.

Demorare

(attributed to St Bernard)

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.

Prayer to Our Lady

Take my hand, O Blessed Mother,
Hold it firmly lest I fall,
I am nervous when I'm walking,
so to thee I humbly call.
Guide me over every crossing,
Watch me when I'm on the stairs,
Help me with my undertakings,
Lessen many of my cares.
Then when darkness falls around me,
And I fear to be alone,
Take my hand O Blessed Mother;
Once again and guide me home.

The image on this prayercard shows Our Lady cradling a worried infant Jesus. He is frightened by the angels who are holding the instruments of Crucifixion. In a reflex action of shock, he has kicked the sandal from one of his feet. Mary's reflex action is to hold him even closer to her heart as she opens her hand to steady his trembling hands. We do the same when we entrust our cares in prayer to Our Lady.

Prayer during Illness

Lord, at this time
I have plenty of time to reflect and pray.
Grant me the strength
to move my focus from my anxieties.
Deepen my sense of appreciation
for all who are nursing me
and those who support my family.
Bless those around me whose illness
and anxiety is more serious than mine.
May they gain peace and strength
from family, friends and nursing staff.
Lord Jesus, stay with me at this difficult time,
I really need you now. Amen.

Prayer of St John Henry Newman

May the Lord support us all the day long
until the shadows lengthen
and the evening come,
and the busy world is hushed
and the fever of life is over and our work is done.
Then, in His mercy, may He grant us
a safe lodging, and a holy rest
and peace at last. Amen.

Let the day come, Lord.

(based on a prayer by Lucien Deiss)

Let the day come, Lord
when our worry will find your mercy.
Let the day come, Lord,
when our poverty will find your riches.
Let the day come, Lord
when our path will find the way to your house.

Let the day come, Lord
when our sickness will find your healing.
Let the day come, Lord
when our tears will find your smile.
Let the day come, Lord
when our joy will find your heaven.

Let the day come, Lord
when our Church will find the Kingdom.
May you blest, Father for that day
when our eyes will find your face!
You have never ceased to walk before us,
in your Son Jesus Christ,
our Saviour and our brother who
lives and reigns for ever and ever.
Amen.

***“You shall love the Lord your God with all
your heart, with all your soul, with all your
strength and with all your mind and
your neighbour as yourself.” (Matthew 22:37)***

Seanfhocail Words by which to live

Is giorra cabhair Dé ná an doras
[God's help is nearer than the door]

***Níl aon uasal ná iseall nach mbíonn
thuas seal agus thíos seal***
[The rich and the poor have their own ups and downs]

***Health is a crown worn by those who are well
but only admired by those who are ill***

***Kindness is the language which even
the blind can see and the deaf can hear.***