

**PRAYER SUGGESTIONS AND RESOURCES**  
**MOUNT GAMBIER AND MILLICENT PARISHES**

**FIFTH SUNDAY OF LENT**

**Sunday 29 March 2020**

**What should I do if I can't go to Mass?**

If you are unable to be present at a celebration of the Eucharist, we encourage you to participate in other ways such as spending time in personal and family prayer, reflecting on and praying with the Scriptures (particularly the Mass readings), making a Stations of the Cross, praying the Rosary, making a spiritual communion (see below) and participating in Mass online (see parish bulletin for details).

**What is a spiritual communion and how do I make one?**

Catholics have long been encouraged to partake in the practice of making a “spiritual communion” if they are unable to receive the Eucharist for a particular reason. Simply put, it is coming before God in prayer – expressing our deep desire to be united to Him despite the fact that we are unable to be united to Him in receiving the Eucharist. This spiritual communion can be made in various ways. One common way of doing so involves spending a dedicated time of prayer and reflection on the Mass readings. Another popular way is by reciting the prayer written by St. Alphonsus Liguori below.

**An 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. Amen.*

**Comunione Spirituale**

*Gesù mio,  
io credo che sei realmente presente nel Santissimo Sacramento. Ti amo sopra ogni cosa e ti desidero nell' anima mia. Poiché ora non posso riceverti sacramentalmente, vieni almeno spiritualmente nel mio cuore. Come già venuto, io ti abbraccio e tutto mi unisco a te; non permettere che mi abbia mai a separare da te. Amen.*

### **Prayer to St Joseph**

You were receptive to God working in your life. Help us by your prayers at this time of trial. You kept Jesus and Mary under your watchful care: may your prayers assist our local Church to respond to those in need. You taught the Christ Child your trade and prayers: help us to follow his example of love. You were part of God's plan for all humanity: assist us to be vigilant and responsible this day. You spent your life in service: may we be mindful of others, particularly the elderly and vulnerable, caring for them in these difficult days. You trusted in the clear primacy of God over all history and every situation: help us to grow in faith and pray to the Father. *Thy will be done.*

Amen

### **Pope Francis' prayer to Mary**

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

### **A Prayer for Healthcare Workers during this time of the Coronavirus COVID-19**

Loving God we place into your care all our doctors, nurses and healthcare workers. Give them courage of heart and strength of mind and body. Keep them safe from harm. May they know our deep gratitude for all they are doing to heal and help those affected by the coronavirus.

God of all consolation may they know your protection and peace. Bless them in these challenging days and bless their families. Amen

### **From Saint Patrick's Breastplate**

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

### **Prayer to the Most Holy Redeemer (Anima Christi)**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within thy wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

In the hour of my death call me.

and bid me come to thee,

that with your saints I may praise thee

for age upon age.

Amen.

### **Reflections on the Importance of both Prayer and Action**

“In our Christian life too prayer and action are always profoundly united. Prayer that does not lead to concrete action toward a brother who is poor, sick, in need of help, the brother in difficulty, is a sterile and incomplete prayer. But, in the same way, when in ecclesial service we are only concerned with doing, we give greater weight to things, functions, structures, and we forget the centrality of Christ; we do not set aside time for dialogue with him in prayer, we are in risk of serving ourselves and not God present in our needy brother.” (Pope Francis, *Sunday Angelus*, July 22, 2013)

“People who pray are not wasting their time, even though the situation appears desperate and seems to call for action alone. Piety does not undermine the struggle against the poverty of our neighbours, however extreme. In the example of Blessed Teresa of Calcutta we have a clear illustration of the fact that time devoted to God in prayer not only does not detract from effective and loving service to our neighbour but is in fact the inexhaustible source of that service.” (Pope Benedict XVI, *Deus Caritas Est*, no. 36)

## **BENEDICTUS** (Luke 1:68-79)

1. Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty saviour,  
born of the house of his servant David.

2. Through his holy prophets he promised of old  
that he would save us from our enemies, from the  
hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

3. This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight all the days of our life.

## **MAGNIFICAT** (Luke 1:46-55)

1. My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour  
for he has looked with favour on his lowly servant.

2. From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his name.

3. He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
he has scattered the proud in their conceit.

4. He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

5. He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever.

6. Glory to the Father, and to the Son  
and to the Holy Spirit:

as it was in the beginning, is now,  
and will be forever. Amen.