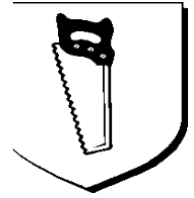




THE PARISH OF  
SAINTS PHILIP & JAMES  
UP HATHERLEY



## PRAYERS AT HOME

when gathering for Mass is not possible



In these extraordinary times when we cannot gather as a Christian Community to celebrate Mass, let us unite ourselves spiritually to the Mass as it is being celebrated in our Church.

You are encouraged to use the following prayers at the same time as the Mass is being celebrated. These prayers can be prayed alone or with your family.

If possible, prepare a suitable prayer space with a crucifix, holy picture or even a simple candle.

## INTRODUCTION

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

*In truth I tell you once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I am there among them.'*

*Mt: 18:19-20*

*As you light the candle pray:*

## ACT OF PENANCE

For the times when we have failed to love God  
and to love each other we ask for God's forgiveness.

Lord have mercy, Christ have mercy, Lord have mercy.

We pray (*Pause for Silent Prayer*)

Almighty and merciful God  
look with compassion on our affliction,  
and so lighten your children's burden and confirm our faith  
that we may always trust without hesitation  
in your fatherly providence.  
Through our Lord Jesus Christ your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God for ever and ever. Amen.

## LISTENING TO GOD'S WORD

### Psalm 23

The Lord is my shepherd, there is nothing I shall want.  
Fresh and green are the pastures where he gives me repose.  
Near restful waters he leads me to revive my drooping spirit.  
He guides me along what he knows to be right.  
If I walk in the darkness, no evil would I fear.  
I know that he will be there, with his crook and with his staff.  
The Lord has prepared, such a banquet for me.  
Surely goodness and kindness shall follow after me.  
In the Lord's own house shall I dwell all the days of my life.

## **A reading from the Gospel of Matthew**     *Matthew 11:26-29*

At that time Jesus exclaimed, I bless you, Father,  
Lord of heaven and of earth, for hiding these things  
from the learned and the clever and revealing them  
to little children.

Yes, Father, for that is what it pleased you to do.  
Everything has been entrusted to me by my Father;  
and no one knows the Son except the Father,  
just as no one knows the Father except the Son  
and those to whom the Son chooses to reveal him.  
'Come to me, all you who labour and are overburdened,  
and I will give you rest.

Shoulder my yoke and learn from me,  
for I am gentle and humble in heart,  
and you will find rest for your souls.  
Yes, my yoke is easy and my burden light.'

*Pause for a moment of silent reflection on the Gospel.*

## **INTERCESSIONS**

We bring our needs and prayers before our heavenly Father...

### **We pray for The Church**

Lord, help church leaders faced with the challenges of social distancing: to creatively imagine how to minister to their congregations in every parish, community, town and city.

May your Holy Spirit inspire all Christians to pray, to give, to love, to serve, and to proclaim the gospel, that the name of Jesus Christ might be glorified around the world.

### **We pray for our world at this time** *(Pause for silent prayer)*

Lord, grant healing and comfort to those who are afflicted by the Coronavirus. We pray for our health professionals, our carers, and clergy who are working with those who are sick.

Lord protect them and strengthen them as they care in your name.

**We pray for our civil leaders** *(Pause)*

Lord inspire them to make wise decisions in these days.

**We pray for our Scientists** *(Pause)*

Lord enlighten them as they work to understand what is happening – guide their work as they strive to find ways to treat and protect us.

**We pray for those who are anxious in these days** *(Pause)*

Lord ease their fears and grant them the consolation of your presence.

**We pray for those who suffer in any way at this time** – the poor, the hungry, the homeless – those who suffer from persecution, war, violence – those who are depressed, lonely or sad *(Pause)*

Lord help them in their need.

**We pray for our families and friends** *(by name)* –

Lord protect them and look after them.

**We pray for a spirit of charity among all people** *(Pause)*

Lord, at this time of national crisis, help the people of Great Britain to be generous and to look out for and care for each other.

**We pray for those who have died** *(Pause)*

Lord enfold them ever more closely in your loving embrace.

We join our prayers with those of our Blessed Lady as we pray...

Hail Mary, full of grace, the Lord is with thee.  
Blessèd art thou amongst women,  
and blessèd is the fruit of thy womb Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the time of our death. Amen.

Father, we ask you hear these our prayers  
which we make in faith, love and trust  
through Christ our Lord. Amen.



## THE LORD'S PRAYER

Our Father,  
who art in Heaven, hallowed be thy name;  
Thy Kingdom come, Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, the power and the glory,  
for ever and ever. Amen.

*While we cannot receive communion at this time we can still make an act of Spiritual Communion in which we express our faith in Jesus and in his presence in the Eucharist and invite him to unite himself with us.*

## ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the Most Holy Sacrament.  
I love you above all things, and 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. (S. Alphonsus de Liguori)

## CONCLUDING PRAYERS

Let us pray (*Pause for Silent Prayer*)

Merciful Lord, you know the anguish of the sorrowful,  
you are attentive to the prayers of the humble.  
Hear your people who cry out to you in their need,  
and strengthen their hope in your lasting goodness;  
we ask this through Christ our Lord. Amen.

## **PRAYERS DURING THE CORONAVIRUS PANDEMIC**

O God, our Shield and our Defender,  
guide and protect my neighbour in this time of health emergency;  
deliver them from all harm and may your love and care ever grow  
in this place. Through Jesus Christ, Our Lord, Amen.

Keep us, good Lord, under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful, and lift up all who are brought low;  
that we may rejoice in your comfort knowing that nothing can separate us from your love  
in Christ Jesus our Lord. Amen.

Merciful God, we entrust to your tender care those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold them safe.  
Comfort and heal them, and restore them to health and strength;  
through Jesus Christ our Lord. Amen.

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.

(from S. Patrick's Breastplate)

Please contact Father Mark if you require any  
pastoral support during this crisis on **01242 704837**