

**A Form of Prayer to be used  
when Mass cannot be Celebrated Publicly**

The Lord is my light and my salvation;  
whom then shall I fear? :  
the Lord is the stronghold of my life;  
of whom shall I be afraid?

These words from Psalm 26 were penned by David in the twilight of his life. Having experienced many ups and downs as King of Israel, he reflects on the one steadfast thing, the love of God for him.

In these difficult times when our world can seem to be upside down and the familiar patterns of life are removed from us, we turn to God and rely on his mercy and loving compassion for us all.

This leaflet has been provided as a help for prayer when the Mass is not available to us.

Our priests will continue to offer Mass for the Church and the world at this time, and we can unite ourselves to their celebrations through a spiritual communion.

St Thomas Aquinas described Spiritual Communion as, "an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him"

As our pattern of life changes, we should endeavour to keep a pattern of prayer and praise in our days, and this is one way we can unite ourselves in prayer to our Lord and his world.

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

*Take a moment to reflect.*

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love.

Lord Jesus, you have revealed yourself as the way to the Father:

Lord, have mercy.

You have poured out on your people the Spirit of truth:

Christ, have mercy.

You are the Good Shepherd, leading us to eternal life:

Lord, have mercy.

The Word of God

The readings for the Mass of the day from the Weekday / Sunday Missal,  
or online Universalis [[universalis.com/mass.htm](http://universalis.com/mass.htm)]

(If the readings for the day are not available:

Psalm 85 (1-6, 11, 15-16)

Turn your ear, O Lord, and give answer

for I am poor and needy.

Preserve my life, for I am faithful:

save the servant who trusts in you.

You are my God, have mercy on me, Lord,

for I cry to you all the day long.

Give joy to your servant, O Lord,

for to you I lift up my soul.

O Lord, you are good and forgiving,

full of love to all who call.

Give heed, O Lord, to my prayer

and attend to the sound of my voice.

Show me, Lord, your way  
so that I may walk in your truth.  
Guide my heart to fear your name.  
You, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

Gospel (St Mark 4:35-41)

On that day, when evening had come, Jesus said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you so afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

*Pause for a time of silent reflection.*

Intercessions

Pray for family and loved ones that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus.

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable. Lord, in your mercy, hear our prayer.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering. Lord, in your mercy, hear our prayer.

For the Church: may she offer prayers and consolation for all those affected. Lord, in your mercy, hear our prayer.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours. Lord, in your mercy, hear our prayer.

Our Fatherí

Spiritual Communion Prayer of St Alphonsus

Lord Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Prayer for those around us

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live here, and my family, neighbours and friends. Amen.

The Walsingham Prayer to Our Lady

O Mary, recall the solemn moment when Jesus, your divine Son, dying on the cross, confided us to your maternal care. You are our Mother, we desire ever to be your devout children. Let us therefore feel the effects of your powerful intercession with Jesus Christ. Make your name again glorious in this place once renowned throughout our land by your visits, favours, and many miracles.

Pray, O holy Mother of God, for the conversion of England, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed.

O blessed Mary, Mother of God, Our Lady of Walsingham, intercede for us. Amen.