

## Don't React in Fear—Respond in Prayer!

- Pray on your own, with your family, and on the phone with friends. Feel free to use the following prayer resources as guides to pray for the sick, for an end to the coronavirus, and for all those affected; Please also see information on the Act of Spiritual Communion for those times we are unable to gather for Mass.
- Watch Sunday Mass from home online or on TV through services offered by EWTN and Catholic Television Network of Detroit (CTND). For Mass times and details, visit: [www.aod.org/livemasses](http://www.aod.org/livemasses) .
- Read and reflect on Father Charles Fox's spiritual and practical advice for Catholics during the COVID-19 crisis: '[My peace I give to you': Gaining peace of heart in a time of high anxiety](#) .
- Visit our parish website and social media pages regularly, and sign up for our email blasts to stay updated and encouraged!

### Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to 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 of Pope Francis through the intercession of 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 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. 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. Amen.



### Acts of Spiritual Communion...

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting one's self in prayer with Christ's sacrifice and worshipping Him in His Body and Blood.

The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.



### Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

## A prayer for those suffering because of the coronavirus...

Loving God, You sent Your Son Jesus Christ to heal the sick—and *Jesus Christ is the same yesterday, today, and forever!* (Hebrews 13:8) We ask You to come to our aid in the midst of the coronavirus crisis that we too may experience Your healing power and love. We ask You to heal those who are sick, and be their strength and hope. Receive those who have died into Your heavenly kingdom, and comfort their loved ones. Calm those who are living in fear, be their assurance and solid rock. *You have not given us a spirit of fear, but a spirit of power, love, and a sound mind!* (2 Timothy 1:7)

Please provide for all who lose income or jobs due to the virus, and continue to meet their needs. Watch over children who may be home alone; and bless teachers, Catechists and Youth Group leaders with creative technology to keep our youth fruitfully engaged. Give strength and flexibility to parents who need to work while schools are closed.



Bring Good Samaritans into the lives of seniors who may feel isolated or have unmet needs. Console families who are separated by geography, and orchestrate their joyful reunions. And most especially, please bless our Church with an increased faith, safe opportunities for worship and fellowship, and a constant awareness of Your presence.

We thank You that *we know that all things work together for good for those who love God, who are called according to His purpose!* (Romans 8:28) We know whatever the enemy meant for harm, You will use for good. We thank You in advance for drawing families closer together, moving Your people back to prayer, and bringing strangers together to do Your good work. We place our trust in You! In the mighty name of Jesus, Amen.

## A prayer for an end to the coronavirus crisis...

Loving God, we come before You in our time of need. We lay before You our concerns and fears over the spread of the coronavirus. We know that You are mightier than all our fears and that the name of Jesus is the name above all other names! Lord Jesus Christ, our Divine Physician, we ask You to guard and protect us from coronavirus COVID-19. We ask that You stop the spread of the coronavirus, and heal all those who are infected. Direct the paths of those who may be carriers, that they would not come into contact with those who are vulnerable to catch it.

Please inspire and enlighten health professionals in their healing work as they search for remedies, administer tests, provide treatment, and develop medicines that reduce symptoms or prevent the virus all together. Be a shield to all those who are working directly with those who have the coronavirus, so they may stay healthy and able to continue helping.

Guide national leaders to lead and make wise decisions—for the good of the whole—in accordance with Your will. We know that nothing is too hard for You; we resolve to praise You in this storm, and we are thanking You ahead of time!

We ask this in the mighty name of Jesus, Amen!

