

*Sacred Heart
Catholic Church
Sheffield*



Community Prayer Sheet

April 2020

SACRED HEART COMMUNITY PRAYER

If possible, light a candle to focus on during this community prayer time. The candle reminds us that Jesus is the light of the world, our Saviour and our guide. Read the following prayers aloud, slowly and reflect on their meaning.

Let us begin with the Sign of the Cross – a particular reminder of Christ's suffering as we move nearer to Holy Week:

**In the name of the Father and of the Son and of the Holy Spirit
Amen**

Pope Francis' Prayer to Mary during the coronavirus pandemic

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.

Extract 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.

A Prayer in this time of challenge

God of Love, we the people of the Sacred Heart Parish turn to you with prayerful hearts and with confidence in your loving presence among us now and in every moment of our lives. We stand before you as a people of hope, trusting in your care and protection. May we be comforted by your love in these anxious times.

Generous and Merciful God, fill us with compassion and concern for others, young and old; that we may look after each other in these challenging times, especially those among us who are vulnerable. May your example give us the courage we need to go to the margins, wherever they may be. Heal us of our fear.

Healing God, bring healing to those who are sick with the Coronavirus and be with their families and neighbours. We pray especially for those who are isolated, that they may know your love. Stay by our side in this time of uncertainty and sorrow.

God of Strength, accompany all those who serve us with such love and generosity in the medical profession and in all our healthcare facilities. We give thanks for their continued work in the service of people. We ask you to bless them, strengthen them and guide them with your abundant goodness.

God of Wisdom, we ask you to guide the leaders in healthcare and governance; that they may make the right decisions for the wellbeing of people.

O God of creation and God of life, we, your people, place ourselves and our world in your protection and love. May your peace be with us and enfold us today, tomorrow and during the time ahead.

We make our prayer through the intercession of Mary our Mother, and all the saints.

A Coronavirus Prayer

Loving and healing God,
we, turn to you in prayer, confident that you are with us and with all people in every moment.

We stand before you as people of hope, trusting in your care and protection.

May your faithful love support us and soothe the anxiety of our hearts.

Generous God,
fill us with compassion and concern for others, young and old,
that we may look after one another in these challenging days.
Bring healing to those who are sick with the virus and be with their families.

May those who have died rest in your eternal embrace.

Comfort their family and friends.

Strengthen and protect all medical professionals caring for the sick and all who work in our medical facilities.

Give wisdom to leaders in healthcare and governance that they may make the right decisions for the well-being of people.
We pray in gratitude for all those in our country who will continue to work in the days ahead in so many fields of life for the sake of us all.

Bless them and keep them safe.

O God of creation and life,
we place ourselves in your protection.

May the mantle of your peace enfold us this day and tomorrow.

May all the saints of God, pray for us. Amen.

**A Prayer for Healthcare Workers during this time of the
Coronavirus**

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.

**A Prayer for our Priests as they exercise their ministry during this
time of the Coronavirus COVID-19**

Eternal God,
Be with our priests this day as they seek
to minister to your people.
May you be a guiding and protective presence with them
as they bring the consolation and hope of Your word
and the grace and nourishment of Eucharist
to those entrusted into their care.
Grant them the strength of mind and body,
keep them safe to do your will,
And give them the courage and peace
to face each day with trust and confidence in You.
Into your hands O God, we commend them;
fill them with your grace and healing. Amen

Lockdown – A Reflection by Brother Richard Hendrick
OFM Cap

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.

Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession was left unaided.
Inspired with this confidence,
I fly to you, O Virgin of virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in your mercy, hear and answer. Amen.

This beautiful prayer was written by an Italian priest who is self-isolating at the moment and very sadly lost his own brother a few days ago to Covid-19...

I'm staying at home, Lord!

I'm staying at home, Lord! And today, I realise, you taught me this, remaining obedient to the Father, for thirty years in the house of Nazareth, waiting for the great mission.

I stay at home, Lord, and in Joseph's studio, your keeper and mine, I learn to work, to obey, to round the corners of my life and prepare you a work of art.

I'm staying at home, Lord! And I know that I am not alone because Mary, like any mother, is in the next room, doing chores and preparing lunch for all of us, God's family.

I'm staying at home, Lord! And I do it responsibly for my own good, for the health of my city, for my loved ones, and for the good of my brother, whom you have put beside me, asking me to take care of him in the garden of life.

I'm staying at home, Lord! And in the silence of Nazareth, I pledge to pray, to read, study, meditate, be useful for small jobs, in order to make our home more beautiful and more welcoming.

I'm staying at home, Lord! And in the morning, I thank you for the new day you give me, trying not to spoil it and welcome it with wonder, as a gift and an Easter surprise.

I'm staying at home, Lord! And at noon I will receive the greeting of the angel, I will make myself useful for love, in communion with you who have made you flesh to live among us; and, tired of the journey, thirsty, I will meet you at Jacob's well, and thirsty for love on the Cross.

I'm staying at home, Lord! And if the evening takes me melancholy, I will
invoke you like the disciples of Emmaus: stay with us, the evening has
arrived and the sun sets.

I'm staying at home, Lord! And in the night, in communion of prayer
with the many sick, the lonely and all the caregivers, I will wait for the
dawn to sing your mercy again and tell everyone that, in the storms,
you have been my refuge.

I'm staying at home, Lord! And I don't feel alone and abandoned,
because you told me: I'm with you every day. yes, and especially in
these days of confusion, O Lord, in which, if my presence is not
necessary, I will reach everyone, only with the wings of prayer.

Amen.

Pope Francis - Easter Vigil Homily 2013

Let the risen Jesus enter your life,
welcome him as a friend, with trust:
He is Life !

If up till now you have kept him at a
distance, step forward. He will receive
you with open arms.

If you have been indifferent, take a risk:
you won't be disappointed.

If following him seems difficult, don't be
afraid, trust him, be confident that he
is close to you, he is with you and he
will give you the peace you are
looking for and the strength to live as
he would have you do.

Amen.