

Saint Alban's,
Saint Hugh's and the Church on Oakwood.

Prayers for use 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 churches.

You are encouraged to pray the following prayers at the normal time for the celebration of Mass on Sunday or a Weekday or at any other suitable time. 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:

Lord Jesus, you came as a light in the darkness, and the darkness cannot overpower (*Jn: 1:5*) – enlighten our hearts and minds to your presence in our midst.

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 our burden and confirm our faith 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

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. **(Psalm 23)**

A Reading from the Holy Gospel according to Matthew

This Gospel could be replaced by the relevant one of the day if you choose.

²⁵ At that time Jesus said, 'I thank^[a] you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶yes, Father, for such was your gracious will.^[b] ²⁷All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. **(Mt 11: 25-29)**

The Gospel of the Lord

Praise to You Lord Jesus Christ.

Take a moment to reflect on the words of the Gospel.

Intercessions

We bring our needs and prayers before our heavenly Father. (Pause for silent prayer)

We pray for our world at this time.

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

(Pause)

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 the anxious. (Pause)

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

We pray for all who suffer at this time – the poor, the hungry, the depressed, lonely or sad. (Pause)

Lord help them in their need.

We pray for our own families and friends (Names)

Lord protect them and look after them.

We pray for a spirit of charity among our brothers and sisters. (Pause)

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

We pause to pray our own private intentions,

(Pause)

Lord hear my prayer.

We pray for loved ones who have died. (Pause)

Lord enfold them ever more closely in your loving embrace.

Father, we ask you to hear the prayers we offer, for we make them in faith, love and trust through Christ our Lord. Amen.

The Lord's Prayer

As God's family we pray as Jesus himself taught us:

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.

Amen.

While we cannot receive the Eucharist 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 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.

(Pause for silent prayer)

O sacrament Most Holy, O Sacrament Divine, all praise
and thanksgiving be every moment thine!

(Repeat 3 times.)

Concluding Prayer

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.

Prayer of Blessing

St Michael, the Archangel, Protect and pray for us.
Amen.

The Lord bless us and keep us;
The Lord make his face to shine upon us and be gracious
to us;
The Lord turn his face toward us and give us his peace
both now and forever.
Amen.

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

Please remember to extinguish your candle.

Additional Prayers

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.

Pope Francis' prayer to Our Lady during the Coronavirus Pandemic.

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee,

joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love,

to conform ourselves to the Father's will

and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us,

through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.