

Pope's Prayer for Protection from Coronavirus

Pope Francis composes a prayer to Our Lady, Health of the Sick, to implore her protection during the Covid-19 coronavirus pandemic.

An English-language translation of the Pope's prayer is below:

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.



Prayer for a Pandemic

By Cameron Wiggins Bellm

May we who are merely inconvenienced
remember those whose lives are at stake.

May we who have no risk factors
remember those most vulnerable.

May we who have the luxury of working from home
remember those who must choose between preserving their health or paying their rent.

May we who have flexibility to care for our children when their schools close
remember those who have no options.

May we who have to cancel our trips
remember those that have no safe place to go.

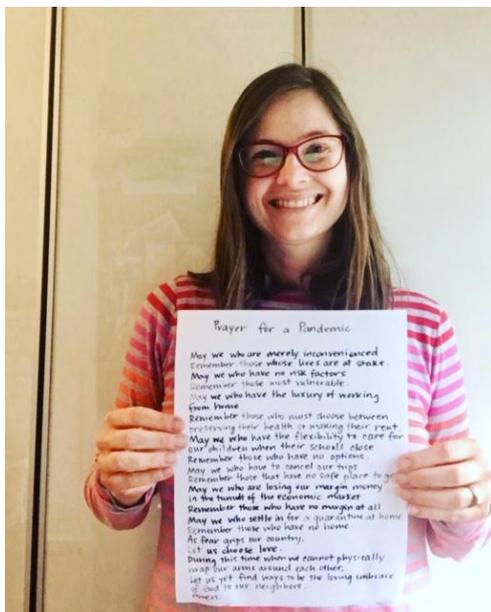
May we who are losing our margin money in the tumult of the economic market
remember those who have no margin at all.

May we who settle in for a quarantine at home
remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbours.

Amen.



Lockdown by Richard Hendrick

(Brother Richard), a Capuchin Franciscan priest-friar in Ireland

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

Pandemic



What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar 11/3/20

Prayer to Our Lord for the Grace of Healing and Protection

Lord Jesus Christ, you travelled through towns and villages curing every disease and illness. At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their health and strength.

Heal us from our fear, which prevents neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Good Lord, healer of all, stay by our side in this time of uncertainty and sorrow.

May those who have died from the virus rest in peace and rise in glory.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with prudence and charity for the well-being of the people they are meant to serve.

Stay with us, Lord, and grant us your peace.

Amen.

Prayer to the Immaculate Heart of Mary

In the Immaculate Heart of Mary I trust.
Look to the Star,
Call upon Mary!
In danger, in difficulty
or in doubt,
think of Mary,
call upon Mary,
Keep her name on your lips,
Never let it pass out of your heart.
Following in her footsteps,
you will not go astray:
praying to her,
you will not
fall into despair:
thinking of her you will not err.
While she keeps hold of your hand,
you will not fall,
you will not grow weary,
you will have no fear.
Enjoying her protection,
you will reach the goal.



A Prayer against Plague from the 17th Century

Grant, we beseech you, almighty God, that we who in your name seek the grace of your protection, through the intercession of Blessed Mary ever-Virgin, your saints Sebastian, Adrian, Anthony, Roch, Benno, and of all the saints, having been freed from plague, and sudden death, may serve you with untroubled minds. Amen.



A Prayer to St Sebastian

Saint Sebastian, guard and defend us, morning and evening, every minute of every hour, and diminish the strength of that vile illness which is threatening us. We put our trust in God, in our Lady, and in you, holy martyr. Be with us always, and by your merits and prayers keep us safe and sound and protect us. Commend us to the Blessed Trinity, so that when we die we may have our everlasting reward: to behold God in the company of all the saints. Amen.

Prayers in time of Epidemic and Plague

(Adapted from Rituale Romanum, Titulus IX, Caput X)

Priest (or whoever is leading the prayers): Deal not with us, Lord, as our sins deserve.

All: Nor take vengeance on us for our transgressions.

P: Help us, O God, our Saviour.

All: And deliver us, O Lord, for your name's sake.

P: Lord, do not keep in mind our former sins.

All: Let us soon know your compassion, for we are exceedingly poor.

P: St. Sebastian, pray for us.

All: That we may be worthy of the promises of Christ.

P: Lord, hear my prayer.

All: And let my cry come before you.

Let us pray.

Hear us, O God, our Saviour, and by the prayers of glorious Mary, Mother of God, and ever-Virgin, of St. Sebastian, your martyr, and of all the saints, deliver your people from the present affliction, and in your bounty let them feel certain of your mercy.

Lord, mercifully heed our supplications, and heal our infirmities of body and soul; so that knowing your forgiveness we may ever rejoice in your blessing.

All: Amen.

Prayers in Time of Any Tribulation

(Adapted from Rituale Romanum, Titulus IX, Caput XII)

Priest (or whoever is leading the prayers): Our Father ... And lead us not into temptation.
All: But deliver us from evil.

Then Psalm 19 (20) is said; or, in place of it, Psalm 90 (91).

After the psalm the priest continues:

P: God is our refuge and our strength.

All: A helper in all tribulations.

P: Lord, save your servants.

All: Who trust in you, my God.

P: O holy God! O holy strong One! O holy immortal

All: Have mercy on us.

P: Help us, O God, our Saviour.

All: And deliver us, O Lord, for the glory of your name.

P: Lord, hear my prayer.

All: And let my cry come before you.

Let us pray.

Almighty God, do not disdain your people who cry to you in their affliction, but for the glory of your name be pleased to help us who are so sorely troubled. Show us, O Lord, your inexpressible mercy and blot out our transgressions.

We entreat you, Lord God, grant us, your servants, the enjoyment of lasting health of body and mind; and by the glorious intercession of blessed Mary, ever-Virgin, free us from present sorrow and give us everlasting joy.

Graciously hear us, O Lord, in our tribulation, and heed the holy prayers of your Church, and grant that we fully obtain whatever we ask for in faith; through Christ our Lord.

All: Amen.

Psalm 19 (20)

¹The LORD answer you in the day of trouble!
The name of the God of Jacob protect you!

²May he send you help from the sanctuary,
and give you support from Zion.

³May he remember all your offerings, and
regard with favor your burnt sacrifices. Selah

⁴May he grant you your heart's desire, and
fulfill all your plans.

⁵May we shout for joy over your victory, and
in the name of our God set up our banners.
May the LORD fulfill all your petitions.

⁶Now I know that the LORD will help his
anointed; he will answer him from his holy
heaven with mighty victories by his right
hand.

⁷Some take pride in chariots, and some in
horses, but our pride is in the name of
the LORD our God.

⁸They will collapse and fall, but we shall rise
and stand upright.

⁹Give victory to the king, O LORD; answer us
when we call.

Psalm 90 (91)

¹ You who live in the shelter of the Most
High,
who abide in the shadow of the Almighty,
² will say to the LORD, 'My refuge and my
fortress;
my God, in whom I trust.'

³ For he will deliver you from the snare of the
fowler
and from the deadly pestilence;

⁴ he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

⁵ You will not fear the terror of the night,
or the arrow that flies by day,

⁶ or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.

⁷ A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

⁸ You will only look with your eyes
and see the punishment of the wicked.

⁹ Because you have made the LORD your
refuge,

¹⁰ the Most High your dwelling-place,
no evil shall befall you,
no scourge come near your tent.

¹¹ For he will command his angels
concerning you
to guard you in all your ways.

¹² On their hands they will bear you up,
so that you will not dash your foot against a
stone.

¹³ You will tread on the lion and the adder,
the young lion and the serpent you will
trample under foot.

¹⁴ Those who love me, I will deliver;
I will protect those who know my name.

¹⁵ When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.

¹⁶ With long life I will satisfy them,
and show them my salvation.