

April 2, 2020

Dear Brothers and Sisters in Christ,

I hope that this letter finds you well. You and your loved ones are in my prayers in this difficult time. I am writing to you about prayer in this time of pandemic.

Bishop McManus has asked that each parish in our diocese take one day - one 24 hour period - during which, from *home*, one or more of our parishioners would pray for an end to the Coronavirus pandemic, the healing of the sick, the salvation of the dead and the protection of healthcare workers and those who keep the necessities of life flowing in our nation and throughout the world.

Our Parish has picked **April 9<sup>th</sup>, Holy Thursday**, as our day to pray in this particular way. We will have Adoration of the Blessed Sacrament from 10:00 AM to 2:00 PM at St. Anne Church. We are inviting those who are able, to join us and spend some time in prayer in front of the Blessed Sacrament but please be aware of the

*10-person limit*

. Moreover, I am asking you to consider taking one hour on that day to pray  
*from home*

. It could be by yourself or with your family. Some prayer suggestions follow. If you are able to take an hour on that day, please reply to me by email or Flocknotes with the hour you choose.

This time of pandemic must also be a time of prayer. As Catholics, our part is not just isolating ourselves through social distancing, adapting and carrying on with the duties of our state in life. As Catholics, our part is also to unite ourselves in prayer for the sick, our nation and the world.

Circumstances prevent us from physically uniting around the altar to celebrate the sacraments but they don't prevent us from prayer. May our fervent prayer unite us as one flock under one Shepherd --- the crucified and Risen Lord who is the hope of us all.

In Christ,  
Fr. Alex, AA  
Pastor

## SUGGESTIONS FOR PRAYER IN A TIME OF PANDEMIC

### **The Holy Rosary**

<http://www.kofc.org/en/resources/cis/devotionals/4772.pdf>

<https://www.youtube.com/watch?v=JgtJ-sFzWww>

### **The Divine Mercy Chaplet**

<https://www.thedivinemercy.org/message/devotions/pray-the-chaplet>

<https://divinemercy.life/chaplet-of-divine-mercy/>

### **Prayer to Virgin Mary for Protection, Pope Francis**

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.

### **A Prayer in Time of Pandemic**

O God, whose Only Begotten Son bore the weight of human suffering for our salvation,

Hear the prayers of your Church for our sick brothers and sisters

And deliver us from this time of trial.

Open our ears and our hearts to the voice of your Son: *Be not afraid, for I am with you always.*

Bless all doctors and nurses, researchers and public servants;

Give us the wisdom to do what is right and the faith to endure this hour,

That we might gather once again to praise your name in the heart of your Church,

Delivered from all distress and confident in your mercy.

Through Christ our Lord. Amen

## Scripture

## Psalms

Psalms 6, 34, 41, 73, 107

**Accounts of Christ's Healing Miracles**

Matthew 8: 5-13;

Mark 5: 25-34;

Luke 17: 11-19;

John 5: 5-9