

He is Risen!



Some reflections, prayers and ideas to help us through this time of lockdown.



A little while ago I saw this request from a nurse in Wiltshire for knitted hearts - <https://www.bbc.co.uk/news/av/uk-england-wiltshire-52165537/laura-kirby-deacon-says-the-hearts-will-help-those-who-lose-loved-ones>.

I posted a batch to them last week.



If you're a knitter, you may wish to make some as well. If you're not a knitter yet, this online video may inspire you.



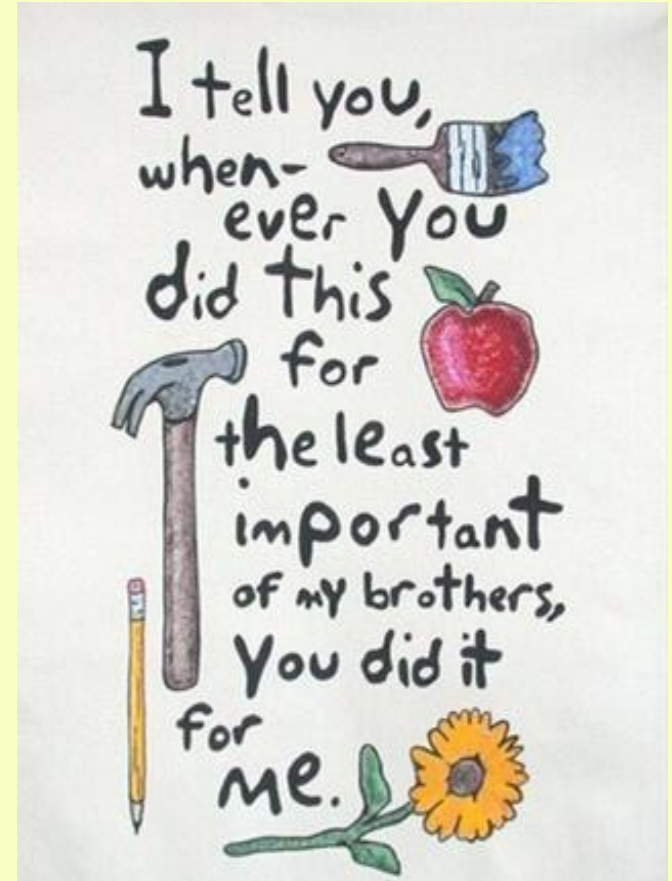
If you know of local hospitals which might like some knitted hearts, do please let me know, together with the postal address to which to send them.

Hearts need to be sealed in plastic and dated. I put mine in sandwich bags which I then dated and sealed with sellotape. The date is important as they need to be left for 72 hours, to ensure they're virus free, before they can be used.

If you take a photo of your completed hearts, we could put together a photo collage of our joint effort.

A little effort from us could make a big difference to someone in great need. Remember Matthew 25:40, "whatever you did for one of the least of these brothers and sisters of mine, you did it for me".

Keep safe and happy knitting!
Marie x



Prayer for the summer term, Eastertide 2020.

Compassionate God, you gave new life to Jesus at Easter; grant that we may also rise again beyond this time of suffering.

Remind us that You are always present whenever we seek You.

Thank You for walking alongside us even in our most difficult days.

Hold our loved ones ever close to You and welcome those who have died into Your healing presence.

As we begin this new term inspire us to fully embrace our studies, and to be open to your Holy Spirit of wisdom.

May we use our talents for the good of all about us, and to honour you.

Guide us that we might benefit fully from this time of home learning.

We pray for those who are unwell, frail or vulnerable: bring them to healing, peace, and safety.

We pray for all who work to heal and end injustice in our world:

sustain and support them when they tire and bless the success of their labours.

We place all that we are, and all that we will become, our families, friendships, communities, and the world, into the tender care of Jesus Christ, Your son and our friend and brother.



Prayer for a Pandemic

by Cameron 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 making their rent.

May we who have the 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.

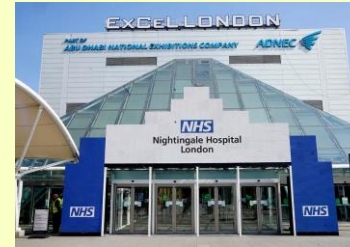
May we who are losing our margin money
in the tumult of the economic market
Remember those who have no margin at all.

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.



When praying is difficult...

...often no words are possible, no words are needed.

Click on the image to play the video.



A prayer for protection



The ancient fresco of *Madonna del Soccorso* (Our Lady of Help) in St. Peter's Basilica was restored with the support of the Knights of Columbus to mark the Year of Faith (2012-2013). Photo courtesy of Fabbrica di San Pietro/M. Falconi.

O Mary,
you always brighten 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
while remaining steadfast in faith.

O loving Mother,
you know what we need,
and we are confident you will provide for us
as at Cana in Galilee.

Intercede for us with your Son Jesus,
the Divine Physician,
for those who have fallen ill,
for those who are vulnerable,
and for those who have died.

Intercede also for those charged with
protecting the health and safety of others
and for those who are tending to the sick
and seeking a cure.

Help us, O Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who took upon himself our
sufferings and carried our sorrows,
so as to lead us, through the Cross,
to the glory of the Resurrection. Amen.

*Under thy protection we seek refuge,
O Holy Mother of God.*

*In our needs, despise not our petitions,
but deliver us always from all dangers,
O glorious and blessed Virgin. Amen.*

Adapted from the prayer of Pope Francis

Spiritual Communion – The Prayer of St Alphonsus

My Jesus,
I believe that you are present in this
Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive
you into my soul.
Since I cannot now receive you
sacramentally,
come spiritually into my soul so that
I may unite myself wholly to you
now and forever.
Amen.





**St. Angela Merici,
Patron of the sick**

Pray for us