

## Invocation of Our Lady

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 me.  
Our Lady of Lourdes, pray for us.

## Prayer of St Ignatius

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.  
You have given all to me.  
To you, Lord, I return it.  
Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.

## Prayer for the Household

Hear us, Lord, and send your angel from heaven  
to visit and protect, to comfort and defend  
all who live in this house.  
Amen.

## Prayers during a time of 'flu and illness

*Information about how the Church is responding practically to Coronavirus can be found here: [www.cbcew.org.uk/coronavirus-guidelines](http://www.cbcew.org.uk/coronavirus-guidelines) This information is kept up to date and should be checked regularly.*



**W**hen Jesus entered Peter's house, he saw his mother-in-law lying sick with a fever. He touched her hand, and the fever left her, and she rose and began to serve him. That evening they brought to him many who were oppressed by demons, and he cast out the spirits with a word and healed all who were sick. This was to fulfil what was spoken by the prophet Isaiah: 'He took our illnesses and bore our diseases.' Matthew 8:14-17

## General Prayer for Health

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

## Prayer for those in Authority

Loving God, in Christ Jesus, the servant of all,  
you call us to the service of others.  
Grant to those who govern the community  
the skill to recognise its urgent needs  
and the strength to pursue the common good.  
Endow us all with patience and courage,  
that we may care for the suffering,  
feed the hungry, shelter the homeless, and sustain the needy.  
Through Christ our Lord.  
Amen.

## Prayer for Health Staff

Wondrous God, author of life,  
you fashioned us in your likeness  
and breathed into us  
the life which is your own.

Be with those whose special care  
is the health of mind and body.  
Fill their hearts with awe  
for the life which is your gift  
and sustain them daily in your service,  
that their hands may bring to others  
the comfort of your healing touch.  
Through Christ our Lord.  
Amen.

## Prayer for those Affected

Merciful God,  
come to the help of your people.  
Be our shelter in this time of peril  
and strengthen the bonds of our community.  
Bring healing to all who suffer  
the ravages of disease  
and assist those whose skill and art  
can put an end to this affliction.  
Through Christ our Lord.  
Amen.



O God,  
our refuge and our shield,  
even when we walk in the shadow of death  
you are there at our side.  
Be with your people in this time of danger:  
bring strength to the afflicted  
and protection to those untouched by disease.

Give us love and courage,  
that we may trust in your power to save  
and reach out to all who need our care.  
Through Christ our Lord.  
Amen.

## Spiritual Communion

*There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ.*  
(cf. Celebrating the Mass 212)

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.

based on a prayer of St Alphonsus Liguori

## Self-Isolation

*If there is a chance that a person has Coronavirus healthcare professionals may advise self-isolation for up to 14 days. Government advice should be followed.*

*Those who are self-isolated may wish to spend some of the time in prayer. Use might be made of websites such as **Pray as you go** [<https://pray-as-you-go.org>] or **Universalis** [[www.universalis.com](http://www.universalis.com)] — to follow the readings at Mass each day or to join in the Prayer of the Church. Parishes will find ways of supporting people through prayer, communication (phone or social media) and practical support (food etc.).*

## Phrases from Scripture

O Lord, come to my rescue,  
Lord, come to my aid. Ps 39:14  
Heal me, O Lord, and I shall be healed;  
save me, and I shall be saved, for you are my praise. Jer 17:14  
Lord, save me Matt 14: 30  
Amen, Come, Lord Jesus. Rev 22:20