

ACT OF SPIRITUAL COMMUNION

MY Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou were already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen.

St. Alphonsus Maria de Ligouri (1696-1787)

A CORONAVIRUS PRAYER

Jesus Christ,

you travelled through towns and villages curing every disease and illness.

Come to our aid now, in the midst of the coronavirus pandemic.

Heal those who are sick.

May they regain their strength and health.

Heal us from our fear,

which prevents nations from working together
and neighbours from helping one another.

Heal us from our pride,

which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ,

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

Be with those who have died from the virus. Grant them rest in your eternal peace.

Be with families of those who are sick or have died as they worry and grieve.

May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected by the virus and who put themselves at risk in the process.

May they also know your protection and peace.

Be with the leaders of all nations.

Give them the foresight to act with concern for the people they serve.

Give them wisdom to invest in solutions that will prepare for
or prevent future outbreaks.

Jesus Christ,

stay with us as we endure and mourn, persist and prepare.

In place of our anxiety, give us your peace.

Amen