

United in Prayer

Spring 2020

Compiled by the Diocese of Limerick

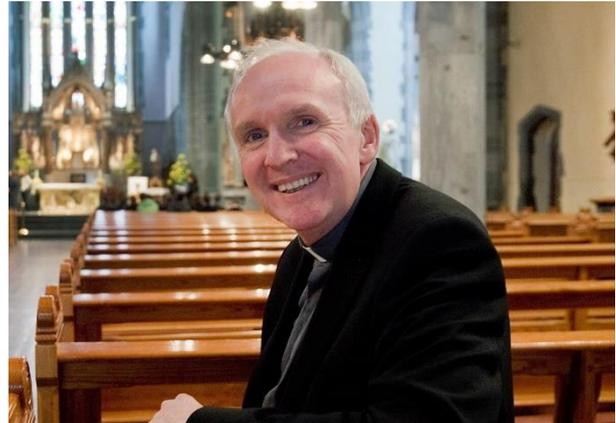


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A Message from Bishop Brendan Leahy

This Prayer Book is a treasure-trove of prayers and I hope you enjoy discovering them. I love Pope Francis' Five Finger prayer! It is so important to pray. Mahatma Gandhi used to say prayer is like oxygen for the soul. We need to pray just like we need to breathe!

It does us good to remember we're not on our own. God is with us, Mary, Our Mother in Heaven, is with us, the saints are with us. To pray keeps us standing even on the days we feel we're getting knocked down by bad news or difficulties.



This Book gives plenty of choices of prayers so enjoy them, use them and, above all, spend time saying these prayers.

+ Brendan Leahy

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Bishop of Limerick

◆ With gratitude to Fr. Chris O'Donnell, who compiled these prayers.

We invite you to visit the website of the
Diocese of Limerick
for more information & resources.
www.limerickdiocese.org

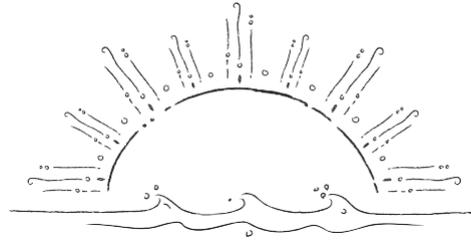


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Morning Prayers



The morning light is breaking, Lord, another day is here
Life's problems must again be met, with heart and vision clear.
Strength for today I ask, dear Lord, strength only for today;
Renew my faith, my hope revive, illumine my skies of grey.
For yesterday is past, dear Lord, tomorrow I ne'er may see,
Today alone lies in my grasp, to use or lose for eternity.
Help me to lend a helping hand, to dry the falling tear,
To give to all whose lives touch mine, some comfort or good cheer.
Help me to forget myself, my longings, hopes and fears,
In service to my fellow-man, all through this vale of tears. Amen

Prayer of Abandonment - *Blessed Charles de Foucauld*

Father, I abandon myself into your hands; do with me what you will.

Whatever you may do, I thank you: I am ready for all, I accept all.

Let only your will be done in me, and in all your creatures.

I wish no more than this, O Lord. Into your hands I commend my soul;

I offer it to you with all the love of my heart, for I love you, Lord,

and so need to give myself, to surrender myself into your hands,
without reserve, and with boundless confidence, for you are my Father.

Lord, Thank You for the Gift

Lord thank you for the gift of yet another day,

Full of possibilities that I must not wish away.

If I'm busy or apprehensive, feeling tired strained or stressed,

Help me to remember the many ways in which I'm blessed.

If the day is quiet and offers time and space to breathe,

May I live it lightly, laugh dance, sing and read.

Worrying about the future or trawling through the past,

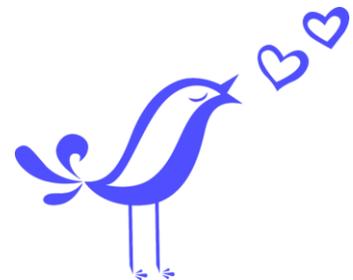
May mean I miss this moment and live it far too fast.

So help me to find purpose in the work that is at hand,

Trusting in your presence and all that you have planned.

I only have this moment, I only have this day,

Don't let me waste it Lord or wish my life away.



One Liner Prayers for Busy People

God, have mercy on me a sinner. - *Tax Collector* (Luke 18:13)

You must increase, I must decrease. - *St John the Baptist* (John 3:30)

Lord, direct me.

Lord, for tomorrow and its needs, I do not pray,
but keep me, guide me, love me, Lord, just for today

Lord help me to have hard hands
and hard feet and a soft heart' - *Jackie Pullinger*

O Lord, forgive what I have been,
sanctify what I am, and order what I shall be. - *T. Wilson*

O Lord, you know how busy I must be this day.
If I forget you, do not forget me.
- *Sir Jacob Astley* (Before the Battle of Edgehill,)

Lord, when I am wrong, make me willing to change;
when I am right, make me easy to live with. - *Pauline H. Peters*

May God who understands each need, who listens to every prayer,
bless you and keep you in His tender loving care.

Lord grant that the fire of my heart
may melt the lead in my feet. - *Anonymous*

I'm not what I ought to be. I'm not what I want to be.
But thank God, I'm not what I used to be! - *John Newton*

Keep me in your presence today,
O Lord, no matter what befalls me. - *Patricia Wilson*

Good morning Jesus, this day is for you,
Bless all that I think, all I say and all I do.

Lighting a Candle

"I light a candle and suddenly the
world around me changes. I am reminded
yet again that one small flame
is all it takes to let the darkness know that it cannot win."



For Situations That Seem Hopeless

Lord, it's me again, I'm sorry I always
seem to be asking for something
In the midst of this great worry and sadness, it's difficult to be hopeful
We might get overwhelmed Lord but nothing can overwhelm you
as you hold the fullness of time
Things seem desperate and it's hard to see them improve
Yet hope is only really hope when things seem hopeless
Faith is only really faith when things seem difficult
In the midst of the improbable, unlikely and even impossible
Surprise us with a miracle because we have to trust and believe
that nothing is impossible to you Lord.
Only say the word and our souls shall be healed
Pour your grace, light and love into this sorry situation
May it bring healing and resolution but if it can't bring resolution
may it bring acceptance, peace, hope and strength for the future.
I ask this through Christ our Lord.
Amen

Prayers for the Sick and Dying and those who Care for Them

Prayer for the Sick

Lord, draw near to those who are sick.
May they sense your presence, light and love at this difficult time.
I place them in your hands Lord and I ask you to let the light,
warmth and comfort of your healing love flow through them. Amen



A Prayer for Healthcare Workers



Loving God, we place into your care,
all our doctors, nurses and healthcare workers.
Give them courage of heart and strength of mind and body.
Keep them safe from harm.
May they know our deep gratitude for all they are doing
to heal and help those affected by (_____).
God of all consolation may they know your protection and peace.
Bless them in their challenging work and bless their families. Amen.

May you be tranquil among those who care for you.
May your going be sheltered and your welcome assured.
May you smile in the embrace of your Anam Cara.
- *John O'Donnoghue*

A Prayer for the Dying

I pray that you will have the blessing of being consoled and sure about your death.
May you know in your soul there is no need to be afraid.
When your time comes may you have every blessing and strength that you need.
May there be a beautiful welcome for you in the home you are going to.
You are not going somewhere strange, merely back to the home you have never left,
May you live with compassion and transfigure everything negative within you
and about you. When you come to die may it be after a long life.
May you be tranquil among those who care for you.
May your going be sheltered and your welcome assured.
May you smile in the embrace of your Anam Cara. - *John O'Donnoghue*

Prayer of Commendation

Go forth dearupon your final journey.
Go from this world and rest in peace.
in the presence of God the Father who created you,
in the love of Jesus who died for you,
and in the peace and warmth of the Holy Spirit who shone through you.
Go in friendship with God's saints;
carried by his holy angels and as you are reunited
and embraced by those you have loved and lost,
may you rest this day and always in the peace,
love and warmth of your eternal home.

May he support us all the day long,
till the shades lengthen, and the evening comes,
and the busy world is hushed, and the fever of life is over,
and our work is done.
Then in his mercy may he give us a safe lodging, and a holy rest,
and peace at last.

- *Saint John Henry Newman*





Lockdown - Brother Richard Hendrick, 13 March 2020

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.

LIMERICK COVID-19
COMMUNITY RESPONSE

Those in need of assistance such as daily provisions, prescriptions, or information are asked to call

1 800 832 005

If you or someone you know is in need of assistance please do not hesitate to call.



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