

## **Irish Catholic Bishops' Conference Prayer Suggestions**

This is an occasion for all of us – especially in families – to pray more intensely for each other and especially for those who have succumbed to the illness. We should pray also for those at the frontlines – especially doctors, nurses and medical staff and other carers, including clergy – that the Lord will protect them as they place their own wellbeing at risk in the service of all.

Bishops are suggesting that the following prayers be recited at this time:

### ***Extract from Saint Patrick's Breastplate***

Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

### **Lúireach Phádraig – Saint Patrick's Breastplate**

### ***Memorare***

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. Amen.

## **Cuimhnigh**

Cuimhnigh,  
a Mhaighdean Mhuire róghrámhar,  
nár chualathas trácht ar éinne  
riamh a chuir é féin  
faoi do choimirce  
ná a d'iarr cabhair ort  
ná a d'impigh d'idirghuí  
is gur theip tú air.

Lán de mhuinín asat, dá bhrí sin,  
rithimse chugat, a Mhaighdean  
na maighdean is a Mháthair.  
Is chugatsa a thagaim,  
is os do chomhair a sheasaim,  
i mo pheacach bocht atuirseach.  
Ó a Mháthair an Aonmhic,  
ná diúltaigh do m'urnaithe  
ach éist leo go trócaireach agus  
freagair iad. Ámén.

## **Praying at home with Saint Patrick**



The following resource *Praying at Home With Saint Patrick* is offered to you so that, even in the absence of public Mass, you can celebrate Saint Patrick's Day prayerfully, with your family, wherever you are.

If possible, prepare a suitable prayer space with a crucifix, holy picture or even a simple candle.

We hope that, if possible, you might also participate in one of the many Masses being celebrated all over Ireland on webcam, or parish radio.

Click here to download the resource [Praying at Home with St Patrick](#)

## **Novena in Preparation for the Feast of the Annunciation**

(17 March (Evening) to 25 March 2020)

In these days, beginning on the Evening of St. Patrick's Day and leading up to the Feast of the Annunciation, we hope that these Novena Prayers may help you to ponder God's Word, even in the absence of public Mass. If possible, prepare a suitable prayer space with a crucifix, holy picture or even a simple candle. Feel free, if time allows, to add the Rosary after the Gospel and before the Novena prayer given for each day.

Click here to download the [Novena in Preparation for the Feast of the Annunciation](#).

## **An Act of Spiritual Communion**

This is a simple and loving act of Spiritual Communion we are called to make in these times, while we are unable to attend Mass and receive the Eucharist:

### **Spiritual Communion**

My Jesus,

I believe that you are present  
in the Most Holy Sacrament.

I love you above all things,  
and I desire to receive you into my soul.

Since I cannot at this moment  
receive you sacramentally,  
please come spiritually into my heart.

I embrace you now  
as if you were already there  
and I unite myself wholly to you.

Never permit me  
to be separated from you.

Amen.

@catholicbishops