



Diocese of
OWENSBORO

DIOCESE OF OWENSBORO PRAYER COMPANION

Even in a time of social distancing, we remain united in prayer. The *Diocese of Owensboro Prayer Companion* is a resource to encourage us all as a diocese to keep striving for union with God, although currently we are being called to do this in ways outside of our communal liturgical prayer. Included here are ways of praying that may or may not be familiar to you. Feel free to utilize this resource in whatever way is most beneficial to you and your family. Let us pray for one another and for our world, remembering that God earnestly awaits to hear our heart-filled prayers.

“When you call to me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart...”—Jeremiah 29:12-13

“But as for me, I will look to the Lord, I will wait for God my savior; my God will hear me!”- Micah 7:7

Prayers for Protection against the Coronavirus

Pope Francis’ Prayer to the Virgin Mary for Protection

*O Mary,
you always shine on 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, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.*

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

Archbishop Gomez's Prayer to Our Lady of Guadalupe

*Holy Virgin of Guadalupe,
Queen of the Angels and Mother of the Americas.
We fly to you today as your beloved children.
We ask you to intercede for us with your Son,
as you did at the wedding in Cana.*

*Pray for us, loving Mother,
and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.*

*For those already afflicted,
we ask you to obtain the grace of healing and deliverance.
Hear the cries of those who are vulnerable and fearful,
wipe away their tears and help them to trust.*

*In this time of trial and testing,
teach all of us in the Church to love one another and to be patient and kind.
Help us to bring the peace of Jesus to our land and to our hearts.*

*We come to you with confidence,
knowing that you truly are our compassionate mother,
health of the sick and cause of our joy.*

*Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
help us always to know the love of your Son, Jesus. Amen.*

Spiritual Communion

In a time when it is impossible to receive Jesus sacramentally in the Eucharist, making a spiritual communion can serve to increase our faith and union with God. Many saints, including St. Thomas Aquinas and St. Padre Pio, encouraged spiritual communion and spoke of its benefits. You can make a spiritual communion any time, and multiple times throughout the day, whether you are watching the Mass on television, or just feel a particular need for closer union with the Lord. This can be done within seconds, by simply asking Jesus to come into your heart in a

special way. Alternatively, you could have a more intentional prayer time, praying an Act of Faith, Hope, and Love, followed by a prayer (such as the one below) asking to receive Jesus spiritually. As Catholics, we know that the source and summit of our faith is the Holy Eucharist, and while spiritual communion is not the same as sacramental communion, we can earnestly pray that it will help to sustain us and increase our love and longing to receive Jesus in the Blessed Sacrament.

*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,
come at least spiritually into my heart. I embrace You as if You were already there and
unite myself wholly to You. Never permit me to be separated from You.
Amen.*

Novena to Our Lady of Monte Berico

A novena is a prayer that is prayed for nine consecutive days, typically for a specific intention. Novenas traditionally end on the feast day of a particular saint, however, they can be prayed at any time. Our Lady of Monte Berico is the patron saint of overcoming pandemics. She appeared to a woman in the early 15th century during an outbreak of the plague, asking her to build a church on a hill to recover the health of the people. Others would not believe her, and the plague continued until finally the church was built and the plague was ended. Below is a prayer that can be prayed for nine days as a novena to Our Lady of Monte Berico as we pray for an end to the Coronavirus pandemic.

*O Most Holy Virgin, Mother of God and my Mother Mary, I thank you that you have
deigned to appear on Monte Berico and I thank you for all the graces you grant here to
those who turn to you. Nobody ever prayed to you in vain. I, too, resort to you and beg
you for the Passion and Death of Jesus and for your pains: welcome me, o' merciful
Mother, under your mantle, which is a maternal mantle; grant me the particular grace
that I ask of You [your petition here] and protect me from all evil and especially from sin
which is the greatest evil.*

*Oh make, oh Mary, my Mother, that I always enjoy your loving protection in life and
even more in death and then come to see you in heaven and to thank and bless you
forever. Amen.*

Madonna of Monte Berico, pray for us.

*O sweet Virgin, pious mother of love,
Like this Ave rising from the heart.
Ave, ave, ave, Maria*

Ave, ave, ave, Maria

*O Virgin, shine as a star in the sky,
Motherly defend your faithful children.*

Ave, ave, ave Maria

Ave, ave, ave, Maria

Lectio Divina

Lectio Divina means “Divine Reading” in Latin. It has been a traditional monastic practice for spiritually reading Holy Scripture, but can be used by anyone. Below are some suggested steps you can take, but you can always simplify by simply asking the Holy Spirit to be present, reading a scripture passage, and prayerfully reflecting on what you read.

- ~ Silencio (Prepare)
 - Pick a few verses of the Bible to read. This can either be the daily readings, or any part of the Bible that you feel drawn to. Then take a moment to ready yourself to be open to the Word of God. Some suggestions include silencing your phone, lighting a candle, or spending a minute in silence. You may wish to offer a prayer to the Holy Spirit to guide this time of devotion (“Come, Holy Spirit...”).
- ~ Lectio (Read)
 - Read the scripture passage through slowly, paying attention to any words or phrases that stand out to you.
- ~ Meditatio (Reflect)
 - Read through the passage again. Spend a few minutes in silence and reflect on the scripture passage by asking yourself what God might be saying to you. It may be helpful to imagine yourself in the scene. Or if that is not applicable, you could imagine sitting with Jesus (maybe on a beach!) while he speaks with you about the scripture you just read.
- ~ Oratio (Pray)
 - Read through the passage again. Talk to God. Has someone been put on your heart to pray for and feel lead to intercessory prayer? Are you feeling called to a prayer of repentance, praise, or thanksgiving? You also may wish to journal this prayer or some of the insights that you have gleaned through reading and reflection.
- ~ Contemplatio (Rest)
 - “Be still and know that I am God.” (Psalm 46:10) Be still and let God’s peace rest on you.

Encouraging Verses from Scripture

- ~ Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.—Joshua 1:9
- ~ Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.—Isaiah 41:10
- ~ “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”—Matthew 11:28-30
- ~ Peace I leave you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.—John 14:27
- ~ May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.—Romans 15:13
- ~ And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.—1 Peter 5:10

Other Helpful Prayers

Saint John of the Cross Prayer

O blessed Jesus, give me stillness of soul in You. Let your mighty calmness reign in me. Rule me, O King of Gentleness, King of Peace.

Prayer for Families

*We bless your name, O Lord,
for sending your own incarnate Son,
to become part of a family,
so that, as he lived its life,
he would experience its worries and its joys.*

*We ask you, Lord,
to protect and watch over this family,
so that in the strength of your grace
its members may enjoy prosperity,
possess the priceless gift of your peace,
and, as the Church alive in the home,
bear witness in this world to your glory.
We ask this through Christ our Lord.
Amen.*

(Borrowed from “Catholic Household Blessings and Prayers,” USCCB)

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.*

Live Mass Schedule

Diocesan:

St. Stephen Cathedral at 9 AM : www.facebook.com/ststephencathedral/live

Brescia University at 10 AM: <https://livestream.com/accounts/19227302/bresciamass>

St. Joseph in Leitchfield at 11 AM: <https://stjosephch.org/live-streaming>

St. Thomas More in Paducah at 9 AM: <https://www.stmore.org/live-mass>

St. Mary in Franklin at 11 AM: <https://www.facebook.com/St-Mary-Catholic-Church-Franklin-KY-466339790185934/>

Ursuline Sisters of Mount Saint Joseph at 11 AM: <https://www.facebook.com/ursulinesmsj/>

Non-diocesan:

Local EWTN Mass times can be found here: <https://www.ewtn.com/tv/channel-finder>

<https://www.watchthemass.com/>

<http://www.catholictv.org/masses/catholictv-mass>

<https://thesundaymass.org/>

<https://www.wordonfire.org/daily-mass/>

Liturgy of the Word

Liturgy is our public and ordered prayer as a Church. However, in times of social distancing we are asked in a special way to recognize the importance of the Domestic Church, that is, your family as baptized Christians are a part of the Body of Christ and called to pray together. Liturgy of the Word is a part of the Mass, but can be celebrated outside of the Mass as well. During this time when we are not able to celebrate Mass within our parish communities on Sundays, you may wish to consider celebrating a Liturgy of the Word within your family as a way to pray in a different way on Sunday (although you can pray this way any time of the week). Ordinarily, a Priest or Deacon leads liturgical prayer, if present, but laypersons may also lead prayer.

Each week that there is no public celebration of the Sunday Eucharist, there will be made available a Liturgy of the Word for use at home. It will be in the form of a script that tells you how to pray and will include some of the prayers you would have heard at Mass during the Liturgy of the Word. You can access it here: www.owensborodiocese.org/worship.

Additional Free Resources

During this time, many are offering free resources for prayer. Here is a list of a few currently being offered:

- ~ *Resources for Prayer and Engagement* by the USCCB: <https://catholiccurrent.org/covid19/>
- ~ *Give Us This Day* by Liturgical Press: <https://giveusthisday.org/Digital>
- ~ *Magnificat*: <https://us.magnificat.net/free>
- ~ *Living with Christ* by Bayard: <http://www.livingwithchrist.us/#covid>
- ~ *Faith@Home eResource Bundle* by The Pastoral Center: <https://pastoral.center/faith-at-home-bundle>