

God, grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can  
and the wisdom to know the difference.

## Prayer for Families

*[Each line can be led by a parent and repeated by the rest of the family]*

**God, our Father,  
we are brothers and sisters in Jesus your Son,  
one family, in the Spirit of your love.  
Bless us with the joy of love.  
Make us patient and kind,  
gentle and generous,  
welcoming to those in need.  
Help us to live your forgiveness and peace.  
Protect all families with your loving care,  
especially those for whom we now pray:**

*[We pause to pray for family members in silence]*

**Increase our faith,  
Strengthen our hope,  
Keep us safe in your love,  
Make us always grateful  
for the gift of life that we share.  
This we ask, through Christ our Lord. Amen.**

*[This prayer was prepared for the World Meeting of Families in 2018.  
It has taken on extra significance during these days of  
“cocooning” and as families, health professionals and volunteers  
work to contain and to limit the effect of COVID-19*

### *Recommendations from Pope Francis during the World Meeting of Families 2018*

It is important to pray together as a  
family; speak of good and holy things,  
and let our Mother Mary into  
your life and the life of your  
family.

No family can grow if it forgets its roots.

Children will not grow in love if they do not  
learn how to converse with their grandparents.  
So let your love sink deep roots! Let us never  
forget that “all the blossoms on the tree draw life  
from what lies buried beneath.”

## Prayer to our Lady of Perpetual Help

**O Mother of Perpetual Help,  
with the greatest confidence  
we come before your holy picture  
to be inspired by the example of your life.**

**We think of you at that moment when,  
full of faith and trust,  
you accepted God’s call  
to be the mother of his Son.  
Help us, your children,  
to accept with joy our own calling in life.**

**When you learned that your cousin Elizabeth  
was in need, you immediately went  
to serve her and offer your help.  
Help us, like you, to be concerned for others.**

**We think of you, Mother, at the foot of the cross.  
Your heart must have bled to see your Son in  
agony. But your joy was great when he rose from  
the dead, victorious over the powers of evil.**

**Mother of Sorrows, help us through the trials  
and disappointments of life.  
Help us not to lose heart.**

**May we share with you and your Son  
the joy of having courageously  
faced up to all the challenges of life. Amen.**

.....

*Families are invited to keep in contact via webcam  
with their parish community or a neighbouring  
parish community while Mass is being celebrated  
at this time without a congregation.*

*Details of broadcasts and updates will be included  
on a weekly basis via [www.enniskerryparish.ie](http://www.enniskerryparish.ie)*



**“The voice of  
prayer is never  
silent”**

***Resources for prayer in homes***

***March 2020***

## Spiritual Communion

*When unable to receive the Blessed Eucharist)*

**My Jesus, I believe that you are present  
in the Most Blessed Sacrament.  
I love You above all things and  
I desire to receive You into my soul.**

**Since I cannot now 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.**

## St Patrick's Breastplate

*for protection & strength)*

Christ be beside me, Christ be before me, Christ  
be behind me, King of my heart.  
Christ be within me, Christ be below me,  
Christ be above me, never to part.

Christ on my right hand, Christ on my left hand,  
Christ all around me, shield in the strife.  
Christ in my sleeping, Christ in my sitting,  
Christ in my rising, light of my heart.

Christ be in all hearts thinking about me,  
Christ be on all tongues telling of me.  
Christ be the vision in eyes that see me, in  
ears that hear me, Christ ever be.

**Memorare** *(attributed to St Bernard)*

**Remember, O most gracious Virgin Mary,  
that never was it known that anyone  
who fled to thy protection, implored thy help, or  
sought thine intercession was left unaided.  
Inspired by this confidence, I fly unto thee,  
O Virgin of virgins, my mother; to thee do I come,  
before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions, but in thy mercy, hear  
and answer me.  
Amen.**

## Prayer to Our Lady

Take my hand, O Blessed Mother,  
Hold it firmly lest I fall,  
I am nervous when I'm walking, so  
to thee I humbly call.  
Guide me over every crossing,  
Watch me when I'm on the stairs,  
Help me with my undertakings,  
Lessen many of my cares.  
Then when darkness falls around me, And I  
fear to be alone,  
Take my hand O Blessed Mother,  
Once again and guide me home.

The image on this prayer card shows Our Lady cradling a worried infant Jesus. He is frightened by the angels who are holding the instruments of Crucifixion. In a reflex action of shock, he has kicked the sandal from one of his feet. Mary's reflex action is to hold him even closer to her heart as she opens her hand to steady his trembling hands.

## Prayer During Illness

Lord, at this time  
I have plenty of time to reflect and pray.  
Grant me the strength  
to move my focus from my anxieties.  
Deepen my sense of appreciation for  
all who are nursing me  
and those who support my family. Bless  
those around me whose illness and  
anxiety is more serious than mine. May  
they gain peace and strength from  
family, friends and nursing staff.  
Lord Jesus, stay with me at this difficult time, I  
really need you now. Amen.

## Prayer of St John Henry Newman

May the Lord support us all the day  
long until the shadows lengthen  
and the evening come,  
and the busy world is hushed  
and the fever of life is over and our work is  
done. Then, in His mercy, may He grant us a  
safe lodging, and a holy rest  
and peace at last. Amen.

## Let the day come, Lord.

*(based on a prayer by Lucien Deis)*

Let the day come, Lord  
when our worry will find your mercy.  
Let the day come, Lord,  
when our poverty will find your riches.  
Let the day come, Lord  
when our path will find the way to your house.

Let the day come, Lord  
when our sickness will find your healing.  
Let the day come, Lord  
when our tears will find your smile.  
Let the day come, Lord  
when our joy will find your heaven.

Let the day come, Lord  
when our Church will find the Kingdom.  
May you blest, Father for that day  
when our eyes will find your face!  
You have never ceased to walk before us. in  
your Son Jesus Christ,  
our Saviour and our brother who lives  
and reigns for ever and ever.  
Amen.

***“You shall love the Lord your God with  
all your heart, with all your soul, with all  
your strength and with all your mind and  
your neighbour as yourself.”*** (Matthew 22:37)

## Seanfhocail... Words by which to live

***Is giorra cabhair Dé ná an doras***  
*[God's help is nearer than the door]*

***Níl aon uasal ná iseall nach mbíonn***  
***thuas seal agus thíos seal***  
*[The rich and the poor have their own ups and downs]*

***Health is a crown worn by those who are  
well but only admired by those who are ill***

***Kindness is the language which  
even the blind can see and the deaf***  
*can hear*