

A vibrant, lush green forest scene. A stream flows through the center, cascading over large, moss-covered rocks. The water is clear and bright, creating a sense of movement. The surrounding trees are dense and full of green leaves, with sunlight filtering through the canopy. A fallen log lies horizontally across the upper part of the stream. The overall atmosphere is peaceful and natural.

Lift Up
Your Hearts
to the
Lord



Lift Up Your Hearts To The Lord

**A book of prayers for the sick
and for those who care for them**

Catholic Health Alliance of Canada



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CONTENTS

I. INTRODUCTION	1
There is a Season for Everything	5
II. PRAYERS	7
On Entering the Hospital	9
For Trust in God	10
In Times of Anxiety	15
In Times of Fear and Confusion	17
Magnificat of Desolation	22
In Times of Anger	24
Prayer for Love	25
In Times of Loneliness	27
In Suffering	30
Prayer of Offering	33
In Thanksgiving	34
Mary's Prayer	36
Prayer of Praise	37
Magnificat of Resurrection	38
For Others Who are Suffering	40
For Friends and Loved Ones	42
For Medical Teams	42
For Pastoral Care Ministers	44
By the Health Care Team	46
Morning Prayer	47
Morning Offering	48
Night Prayer	52



CONTENTS (*continued*)

III. PRAYERS FOR SPECIAL NEEDS	55
For Expectant Mothers	58
For a Newborn	59
On Children	60
Before Surgery & After Surgery	62
Litany for Healing	63
Looking to the Past	65
For Elderly People	67
When Facing Death	68
For a Loved One Who Has Died	69
On the Death of a Child	70
Magnificat of Grief	71
IV. GENERAL PRAYERS	73
Our Father — The Lord's Prayer	75
Hail Mary	75
Spirit of Christ (<i>Anima Christi</i>)	76
Glory Be to the Father	76
Come Holy Spirit	77
The Angelus	76
Act of Contrition	79
Prayer of St. Francis	80
The Memorare	81
Acts of Faith, Hope, Love	82



CONTENTS (*continued*)

V. SHORT PRAYERS	83
On Going Home	88
VI. COMMUNION OF THE SICK	89
VII. LITURGY OF ANOINTING OF THE SICK	95
Permissions and Acknowledgements	102







INTRODUCTION






The Scriptures are the revelation of GOOD NEWS, the revelation of God's infinite love as manifested through Jesus. During his life among us, Jesus showed this love through healing, forgiveness, setting free. In the Synagogue he described his mission as he read from the Prophet Isaiah:

The spirit of the Lord has been given to me,
for he has anointed me.
He has sent me to bring
the good news to the poor,
to proclaim liberty to captives
and to the blind new sight,
to set the downtrodden free,
to proclaim the Lord's year of favor.

Luke 4:18-19

At every stage in our lives, we have need of this GOOD NEWS. But, at no time is it more meaningful than during times of pain, sickness, loss, and at that very special stage in our journey when we experience the immediacy of death — our own or that of a loved one.

Prayer is a turning to God, a lifting up of the mind and heart to God. Each of us is unique; each of us has something unique to lift up to God, a personal way of prayer; but we also belong to a human



family which shares in joy and celebration, in pain and suffering, in anguish and death. In a sense the prayer of each person is the prayer of all people. This is especially true of the Psalms which represent all that flows through the human heart.

This prayer book is intended to help us get in touch with God's infinite love for us, and with our personal dependency on God's healing spirit. It offers reflections and prayers which may help us express what is deep in our minds and hearts — our love, our fears, our anxieties, and even our despondency. During times of acute stress and suffering, it is not unusual for us to become confused, depressed, and to experience feelings of anger and resentment. Prayer helps us to accept these feelings, to focus them, and to submit them to the healing rays of God's love.

For some, these prayers may serve as a way to initiate reflection and dialogue with God. For others, they may serve as a supplement to personal prayer. For everyone, they can be a reminder that we are precious in God's sight and called to a deeper relationship with God.



THERE IS A SEASON FOR EVERYTHING

There is a season for everything,
a time for every occupation under heaven:
A time for giving birth,
a time for dying;
a time for planting,
a time for uprooting what has been planted.
A time for killing,
a time for healing;
a time for knocking down,
a time for building.
A time for tears,
a time for laughter;
a time for mourning,
a time for dancing.
A time for throwing stones away,
a time for gathering them up;
a time for embracing,
a time to refrain from embracing.
A time for searching,
a time for losing;
a time for keeping,
a time for throwing away.
A time for tearing,
a time for sewing;
a time for keeping silent,
a time for speaking.

A time for loving,
a time for hating;
a time for war,
a time for peace.

Ecclesiastes 3:1-8





PRAYERS







ON ENTERING THE HOSPITAL

Well, here I am, God. I didn't expect to be here and it's good to find you waiting, as I turn to you in this time of need. Help me to face these days of illness. Give me faith and patience and whatever endurance circumstances may demand.

With you by my side, I can conquer my fears, my doubts — all things.

Thank you for your presence and the promise of your strength and peace. Amen.



Do not be afraid,
for I have redeemed you;
I have called you by your name,
you are mine.
Should you pass through the sea,
I will be with you;
or through rivers,
they will not swallow you up.
Should you walk through fire,
you will not be scorched
and the flames will not burn you.
For I am the Lord, your God ...
Do not be afraid, for I am with you.

Isaiah 43:1-3, 5



FOR TRUST IN GOD

The Lord is my shepherd;
there is nothing I shall want.

Fresh and green are the pastures
where he gives me repose.

Near restful waters he leads me,
to revive my drooping spirit.

He guides me along the right path;
he is true to his name.

If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff;
with these you give me comfort.


You have prepared a banquet for me
in the sight of my foes.

My head you have anointed with oil;
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.

In the Lord's own house shall I dwell
for ever and ever.

Psalm 23



O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength.

Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us. For living close to you, we shall see your hand, your purpose, your will through all things.

St. Ignatius of Loyola


To you, O Lord, I lift up my soul.
I trust you, let me not be disappointed;

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth,
and teach me
for you are God my savior.

In you I hope all day long
because of your goodness, O Lord.
Remember your mercy, Lord,
and the love you have shown from of old.
Do not remember the sins of my youth.
In your love remember me.

My eyes are always on the Lord;
for he rescues my feet from the snare.
Turn to me and have mercy
for I am lonely and poor.

Relieve the anguish of my heart
and set me free from my distress.
See my affliction and my toil
and take all my sins away.



Preserve my life and rescue me.
Do not disappoint me,
 you are my refuge.
May innocence and uprightness
 protect me,
for my hope is in you, O Lord.

extracts from Psalm 25

Creator God,
You made me.
You know me better
than I know myself.

In being sick, I have found out how much
I don't understand all that happens
within my very own body!

I am a mystery to myself.

Things happen without me controlling them
without me even thinking about them
the beating of my heart,
the movement of my muscles,
my breathing
how my entire body works!

How much more a mystery You must be!

I pray that I may trust that it is You
who gives and cares for my life,
that knows all that is happening
within me.

Let me trust You by trusting myself.

Sr. Valerie Lesniak, CSJ



IN TIMES OF ANXIETY

Jesus said:

“Do not let your hearts be troubled.
Trust in God still, and trust in me.”

“I have told you all this
so that you may find peace in me.
In the world you will have trouble,
but be brave:
I have conquered the world.”

John 14:1; 16:33




Heal me, O Lord. My limbs tremble. I know not
what the future will bring. Weary am I with
groaning and weeping.

The coming days may hold danger for me. I need
that strength which has its source in you. While I
pray with an anxious heart, I need guidance. Let
difficulties not dishearten me, nor those who
attend me. Give me strength so that I may master
life, and not be mastered by it.

Through your light, show me answers to my
questions, some assurances for my doubts, some
hope for renewal — soon.

Amen.



Father, I find it hard to accept this illness.
I am impatient. I find it hard to speak to anyone.
I find it hard to talk to you. I am wrapped up in
pity and worry for myself. I worry over my
health. I worry about the things I would like to
do, ought to do, but now I can't.

At a time like this I find it hard to believe in you,
to trust in you, to love you. And yet I
want to believe, to trust, to love. I know you
really care for me. I cast all my care upon you.
I leave myself entirely in your kind hands.
Not my will, but yours be done.

Lord Jesus, I think of the pains you endured for
me, the great sadness of the garden, your
scourging and crowning, your cross, your death.
You had to suffer to enter into your glory. The
sufferings of this time are not to be compared to
the glory that is to come. In the strength of your
Spirit I join my sufferings to yours for the
redemption of the world.

Lord Jesus Christ, Son of God and savior,
have mercy on me, a sinner.



IN TIMES OF FEAR AND CONFUSION

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness —
for this we revere you.

My soul is waiting for the Lord.
I count on his word.
My soul is longing for the Lord
more than those who watch for daybreak.
(Let the watchers count on daybreak
and Israel on the Lord.)

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

from Psalm 130



Eternal God,

 speak to me the words of assurance:

 “FEAR NOT, FOR I AM WITH YOU.”

Put such a spirit of trust within me

 that all fears shall be cast out.

Let quietness and confidence be my strength.

Help me to remember that you do not

 give to anyone the spirit of fearfulness,

 but rather, the spirit of faith and love.

So I pray for courage, confidence, and

 an untroubled heart.



And he woke up and rebuked the wind and said to the sea, “Quiet now! Be calm!” And the wind dropped, and all was calm again.

Then he said to them,

“Why are you so frightened? How is it

that you have no faith?”

They were filled with awe and said to one

another, “Who can this be?

Even the wind and the sea obey him.”

Mark 4:39-41

God, you know my feelings.
You see me lying down, or sitting.
You read my thoughts by day or at night,
In rest, or waking.
You know my strength and my weakness.

Before I can guess what the day will bring
You already know how I will respond.
You are with me, around me,
 stretching out a helping hand.

It's you who created me
 with all my thoughts and feelings.
You put me together as a human being.
For this mystery — mind, body, spirit,
I thank you —
For being simply me, and
For the wonders of all that you have made.

Lord, it's hard sometimes to find a
 meaning in suffering, life, and death.
There are so many ways of looking at it,
And, then, in the end, what's left?
My own experience and you.


Lord, help me to know you
 in all that I sense and think and feel.
Lead me along ways of doing good
And guide me to joyful rest in you.

Crosspoint Communications

Dear Lord, in the midst of much inner turmoil and restlessness, there is a consoling thought: maybe you are working in me in a way I cannot yet feel, experience or understand. My mind is not able to concentrate on you, my heart is not able to remain centered, and it seems as if you are absent and have left me alone. But in faith I cling to you. I believe that your Spirit reaches deeper and further than my mind or heart, and that profound movements are not the first to be noticed.

Therefore, Lord, I promise I will not run away, not give up, not stop praying, even when it all seems useless, pointless, and a waste of time and effort. I want to let you know that I love you even though I do not feel loved by you, and that I hope in you even though I often experience despair. Let this be a little dying I can do with you and for you as a way of experiencing some solidarity with the millions in this world who suffer far more than I do. Amen.

A Cry for Mercy by Henri Nouwen



Lord, I am all confused.
I cannot see the meaning of this suffering
and I don't know how to pray.
Lord, give me light to see your will
in this time of pain.
I worry, and I know it doesn't help me.
Give me peace of mind, Lord,
and the grace to put myself
trustfully in your hands.
You care for me, so I need not be afraid, Lord.
Just hold my hand,
and give me strength to accept
these days of weakness and uncertainty.

Crosspoint Communications




MAGNIFICAT OF DESOLATION

My soul seeks out Yahweh in the secret places
of my heart,
my spirit roams the empty spaces
of my prayer, sighing,
“My savior ... my savior.”
I am forsaken and cast down.
Will there be a tomorrow?
Will there be generations to come
who call the name of Yahweh?
What does it mean to be called blessed?
Why does the Almighty stand aside now
in these hard times?

Hidden is the face of God.
Concealed the mercy which has flowed
from age to age.
I am afraid.

The strong ones of Yahweh are routed
and scattered,
the arms of the proud have struck with power.

The prince of Yahweh's promise
is pulled down beneath his crushing burden;
he is pressed onto the tree
and lifted up beyond our comforting,
and the oppressors walk with a light step,
jesting among themselves,
mindless of our pain.



The hungry are without desire,
and they regret having eaten at your table;
the rich consume the food of God's people.

Where are you who never desert
those who seek you?
remembering you are our stronghold
— according to the promise
you have made to me, your helpmate,
and to your faithful ones. . .
remembering you are our stronghold
when times are hard.
Come back, Yahweh, rescue us!
Save us if you love us,
for in death there is no remembrance of you:
who can sing your praises in Sheol?

Miryam of Nazareth by Ann Johnson



IN TIMES OF ANGER

Jesus then went into the Temple and drove out all those who were selling and buying there; he upset the tables of the money changers and the chairs of those who were selling pigeons.

“According to scripture,” he said, “my house will be called a house of prayer; but you are turning it into a robbers’ den.”

Matthew 21:12-13



Holy Father I have shown my anger to you. I have confronted you and tried to be truthful. Now, I beg you, replace this anger, which I have tried to shed, with that peace which the world cannot give, with that awesome gratitude that I owe you for the days you have given me, and with that trust which comes only to those who ask for the free gift of the Holy Spirit.

The Hospital Prayer Book by J.M. Ford



PRAYER FOR LOVE

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. . .

In short, there are three things that last:
faith, hope and love;
and the greatest of these is love.

1 Corinthians 13:1-7,13

Dear Lord, I bring before you all the people who experience failure in their search for a creative, affectionate relationship. Many single people feel lonely and unable to sustain a friendship for a long period of time; many married people feel frustrated in their marriage and separate to go different ways; many children cannot speak to their parents; and many parents have become afraid of their children. All around me I see the hunger for love and the inability to experience it in a deep and lasting way.

O Lord, look with favor on us, your people, and impart your love to us — not as an idea or concept, but as a lived experience. We can only love each other because you have loved us first. Let us know that first love so that we can see all human love as a reflection of a greater love, a love without conditions and limitations.

A Cry for Mercy by Henri Nouwen



IN TIMES OF LONELINESS

When the sixth hour came there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?” which means, “My God, my God, why have you deserted me?”

Mark 15:33-34



Jesus, you realize what it is to be forsaken at the hour of your greatest need, and yet Peter stayed with you for a time, and John and your Blessed Mother with a few friends and relatives remained at the foot of the cross. Remember now your feeling of rejection and please give me what you had — a small handful of friends to support and accept me. Also let me be like you, ministering to them in some way as you ministered to the thief on the cross. Lord, I am lonely. Grant me your saving presence. Amen.

The Hospital Prayer Book by J.M. Ford

Lord, it is dark.

Lord, are you here in my darkness?

Your light has gone out,
and so has its reflection on all
the people and things around me.

Everything seems grey and somber
as when a fog blots out the sun
and enshrouds the earth.

Everything is an effort,
everything is difficult,
and I am heavy-footed and slow.

Every morning I am overwhelmed
at the thought of another day.

I long for the end,
I yearn for the oblivion of death.

I should like to leave,
Run away, Flee, Anywhere, Escape.

Escape what?

You Lord, others, myself,
I don't know, But leave, Flee.

It wouldn't matter,
except that I am alone.
I am alone.

You have taken me far, Lord;
trusting, I followed you,
and you walked at my side.

And now, in the middle of the desert,
at night,
suddenly you have disappeared.

I call, and you do not answer.
I search, and I do not find you.
I have left everything,
and now am left alone.
Your absence is my suffering.

Lord, it is dark.
Lord, are you here in my darkness?

Where are you, Lord?
Do you love me still?
Or have I wearied you?
Lord, answer me, Answer!

It is dark.



IN SUFFERING

“Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.”

Matthew 11:28-30



O Jesus, you suffered and died for us;
You understand suffering;
Teach me to understand my suffering as you do;
To bear it in union with you;
To offer it with you to atone for my sins
And to bring your grace to souls in need.
Calm my fears; increase my trust.
May I gladly accept your holy will
 and become more like you in trial.
If it be your will restore me to health
 so that I may work for your honour and glory
 and the salvation of all.
Amen.

A Book of Catholic Prayers

Comfort me and ease my mind:
Lord, make me well again.

Strengthen me in my weakness:
Lord, make me well again.

I'm afraid:
Lord, make me well again.

Help me to rest:
Lord, make me well again.

Give me hope:
Lord, make me well again.

I depend on you:
Lord, make me well again.

Let me know your love:
Lord, make me well again.

Fill me with new life:
Lord, make me well again.

Thank you for your goodness:
Lord, make me well again.

Sr. Judith Kubish, CSJ

Sometimes,

it's very hard to pray, God,
when I feel so absorbed
in my pain
and in not knowing
what all this means.

I can't help but ask why?
 why me?
 why now?

In searching for these answers,
I somehow feel you are near,
helping me to cope
with all the changes I experience.

Gentle God,
help me to be patient.
Let me feel that in being sick,
I am coming to know you better.
Let me care for myself
and allow others to care for me
so that I may gain strength of spirit
once again.

Sr. Valerie Lesniak, CSJ



PRAYER OF OFFERING

God my Father,
I praise you for all that you are,
and thank you for all that you
do for me
through your son Jesus.
In Jesus' name, Father,
I place myself entirely in your care.
I hand over to you my self — my mind,
memory, will, emotions, body,
sexuality.
I hand over to you every person in my life,
every situation, every relationship,
every concern.
I trust you to care for me and others
in the most loving way.
As I have emptied myself, and handed
everything to you, I ask you, Father,
to fill me with your Holy Spirit
and all the gifts and fruits
of your Spirit.
I ask this through Jesus
your son and my brother,
in the power of the Holy Spirit.
Amen.

Rev. M.B. McNally



IN THANKSGIVING

I will praise you, Lord,
you have rescued me. . .

O Lord, I cried to you for help
and you, my God, healed me.
O Lord, you have raised my soul from the dead,
restored me to life
from those who sink into the grave.

Sing psalms to the Lord,
you who love him,
give thanks to his holy name.
The Lord listened and had pity.
The Lord came to my help.
For me
you have changed my mourning
into dancing,
you removed my sackcloth
and girdled me with joy.

So my soul sings psalms to you
unceasingly.
O Lord my God,
I will thank you for ever.

extracts from Psalm 30

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.
When the poor cry out the Lord hears them
and rescues them from all their distress.

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
They are happy who seek refuge in him.

The Lord turns his eyes to the just
and his ears to their appeal.

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

extracts from Psalm 34



MARY'S PRAYER

And Mary said:

“My soul proclaims the greatness of the Lord
and my spirit exults in God my savior;
because he has looked upon his lowly handmaid.

Yes, from this day forward
 all generations will call me blessed,
for the Almighty has done great things for me.

Holy is his name,
and his mercy reaches from age to age
 for those who fear him.
He has shown the power of his arm,
he has routed the proud of heart.

He has pulled down princes from their thrones
 and exalted the lowly.
The hungry he has filled with good things,
 the rich sent empty away.

Luke 1:46-53



PRAYER OF PRAISE

Thank you, Lord Jesus Christ,
for all the benefits and blessings
 which you have given me,
for all the pains and insults
 which you have borne for me.

Merciful friend, brother and redeemer,
 may I know you more clearly,
 love you more dearly,
 and follow you more nearly,
 day by day.

St. Richard of Chichester



MAGNIFICAT OF RESURRECTION

My soul sings and
my spirit delights and rejoices,
O Faithful God,
because you have removed the stone which was
rolled over our hearts and
we are risen.

Yes, from this day forward all generations
will call us blessed
for the Almighty has called us forth from death
and we have responded.

Holy is the name of God,
and compassion reaches from age to age
for those who walk hand in hand
with the Everlasting One.

You have shown power over death.
You have humiliated those who believed
they could destroy your living Word.

You have enfeebled those who would rule
by their own might and
empowered the simple people who trust in you,
O God who creates and companions.

The anguished of heart are stilled and
made whole again by this good news,
and the arrogant are reduced
to eternal confusion.

You have come to the help of Israel,
your faithful one,
Israel who remembers
you are the God who saves.
... according to the history
of our time with you ...

Israel who remembers you are the God
who saves us from bondage,
from faithlessness.
and from ultimate violence.
You are the Forever Living One,
the Shatterer of Death.

Miryam of Nazareth by Ann Johnson



FOR OTHERS WHO ARE SUFFERING

God

I put my trust in you.

You made me. You know me. You promise
you are near.

I put my trust in You. You provide
whatever we need.

You are the source of healing.

Hear my prayer for people who are
suffering.

God, be with them in their pain, anxiety or fear.

Accept their tears. Comfort their hearts.

Remind them that you never stop loving them.

Let them feel your presence and know
that they are precious in your sight.

You are with us all our lives.

You give us reason to hope.

You help us to change when it is necessary
and to accomplish everything we do.

Show your daughters and sons your plans
for them now

— plans for peace, wholeness and joy.

Hide them in the shelter of your presence
and let them rest in your arms.

I believe that you are with us through all
that happens to us.

I believe that you lead us to good
and that you want fullness of life for us.

Lead us now, God, we will let you,

Sr. Judith Kubish, CSJ

Thank you God,

For those who are ministering to
the needs of my body just as you
are ministering to the needs of my spirit;
for my physicians and nurses who
are agents of your healing powers;
for those aides and attendants who
assist me in so many ways and who
help keep me comfortable and clean;
for my family and friends whose
visits, calls, and communications
remind me that I am in their thoughts;
for the food and drink that give my
body strength;
for the medications that combat my illness.

Thank you!

Looking Up. . . While Lying Down
by John E. Biegert



FOR FRIENDS AND LOVED ONES

O God, who are present in every place: we pray you to protect with your loving care our dear ones who are away from us. Let your fatherly hand direct them; prosper them in your way; grant them daily strength for their daily needs; and inspire in them an unwavering faith in you, that they may live always to your honour and glory, through Jesus Christ our Lord. Amen.

*adapted from Prayers in Large Print,
ed. Sr. Constance, SSJD*



O Loving Father, we commend to your gracious keeping all who are near and dear to us, and to you. Have mercy upon any who are sick, and comfort those who are in pain, anxiety, or sorrow. Awaken all who are careless about eternal things. Bless those who are young and in health, that they may give the days of their strength to you. Comfort the aged and infirm, that your peace may rest upon them. Make holy all family relationships, that we may help, and not hinder, one another in all such good works as you have prepared for us. We make this prayer through Jesus Christ our Lord. Amen.

*adapted from Prayers in Large Print,
ed. Sr. Constance, SSJD*



FOR MEDICAL TEAMS

Father.

I thank you for the gift of
physicians, nurses and all those
who practice the art of healing.
I thank you that I live in a country
where these gifted people and their
services are available.
Though I would rather not be ill
and in a hospital, help me to be
blest by this experience.

Bless my doctors, nurses and
everyone who cares for me.
Give them the continued support of
your wisdom, your gentleness and
your healing power.
Help them to respect each person as
one of your earthen vessels.
Help me to work together with them
for your honor and glory. Amen.

*adapted from The Hospital Prayer Book
by J.M. Ford*




FOR PASTORAL CARE MINISTERS

Lord Jesus,
Bless all who share
in your pastoral ministry,
 All who minister
 to the sick and lonely,
 to the tired and depressed,
 to those in pain,
 to those who suffer the anguish
 of loss and bereavement.

Give all pastoral workers
your spirit of compassion
so they may fearlessly
 enter places of pain,
 to be with others in suffering
 with a presence that comforts,
 sustains,
 heals.

Help pastoral workers
 In accepting their own brokenness
 to share in the brokenness of others;
 In acknowledging
 their own needs for healing
 to become for others,
 wounded healers;



In experiencing
the depths of your love,
to be witnesses of that love
for those who do not yet know it
or find it hard to accept.

Help all pastoral workers
To know daily
their dependency on you,
and to experience
the rich blessing
of a Christian community of healers,
a community of faith and love,
who support one another in ministry,
and who are a sign and hope
of your presence among them.

Sr. Simone Roach, CSM

BY THE HEALTH CARE TEAM

In John's gospel Jesus says:
"You did not choose me,
no, I chose you;
and I commissioned you
to go out and to bear fruit,
fruit that will last."

We thank you, Father,
for counting us worthy
to share in the healing mission
of your Church.

Where there is sickness, let us bring health;
Where there is injury, aid;
Where there is suffering, ease;
Where there is sadness, comfort;
Where there is despair, hope;
Where there is death, acceptance and peace,

For it is in giving of ourselves
that we heal;
It is in listening that we comfort.
And in dying,
that we are born to eternal life.

*adapted from a Prayer for Peace
by St. Francis of Assisi*



MORNING PRAYER

Like the deer that yearns
for running streams,
so my soul is yearning
for you, my God.

*(Refrain): Like a deer that longs for running
streams, my soul longs for you, my God.*

My soul is thirsty for God,
the God of my life;
when can I enter and see
the face of God? *(R)*

These things will I remember
as I pour out my soul;
how I would lead the rejoicing crowd
into the house of God.
amid cries of gladness and thanksgiving,
the throng wild with joy. *(R)*

Why are you cast down, my soul,
why groan within me?
Hope in God; I will praise him still,
my savior and my God. *(R)*

extracts from Psalm 42



MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary,
I offer you all my prayers, works,
joys and sufferings of this day:
for all the intentions of your Sacred Heart,
in union with the holy sacrifice of the Mass
throughout the world,
in reparation for all my sins,
for the intentions of all our associates,
and in particular, for the intention of our
Holy Father. Amen.

A Book of Catholic Prayers



BREATHE ON ME, BREATH OF GOD

Breathe on me, breath of God,
fill me with life anew,
That I may love the things you love,
and do what you would do.

Breathe on me, breath of God,
Until my heart is pure,
Until with you I have one will,
To live and to endure.

Breathe on me, breath of God,
My soul with grace refine,
Until this earthly part of me
Glow with your fire divine.

Breathe on me, breath of God,
So I shall never die,
But live with you the perfect life
In your eternity.

Edwin Hatch

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.
So i gaze on you in the sanctuary
to see your strength and your glory.

*(Refrain): My soul is thirsting for you,
O Lord my God.*

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy. (R)

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast. (R)

from Psalm 63

O Lord,
give me the peace of your presence.
Let me know you are near
in this time of sickness
when I cannot pray.
Hold me in your love and heal me
in my body and my soul.
Help me to accept each day
and what it brings
and to trust in you fully.



O God,
take from me today all fear for myself,
and all worry about others.
Give me patience and give me cheerfulness.
Help me to be relaxed in body,
and at peace in mind. Amen.



God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.

Sarum Primer



NIGHT PRAYER

Preserve me God, I take refuge in you.
I say to the Lord: "You are my God.
My happiness lies in you alone..."



I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep you Lord ever in my sight:
Since you are at my right hand,
I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand, happiness for ever.

from Psalm 16


O heavenly Father, you give your people
sleep for the refreshing of soul and body.
Grant me this gift, I pray; keep me in that
perfect peace which you have promised to those
whose minds are fixed on you; and give me such
a sense of your presence, that in the hours of
silence I may enjoy the blessed assurance of
your love; through Jesus Christ our savior.
Amen.



Lord, as the evening ends,
keep in your care
my family and friends;
Lord, hear my prayer.

All who must work tonight,
All who are ill tonight,
All who need you tonight,
Father, keep in your care.

Sisters of St. John the Divine



O God,
Bless all the people in this hospital tonight;
those who are on the mend;
those for whom life is drawing to its close;
those who will sleep well;
those who will lie awake, tense and nervous;
nurses who will be on duty all night;
doctors who will be called out
when things go wrong.


And bless me.

Help me to sleep well.



Help me not to worry about those I love,
But to leave them and myself in your hands.

This I ask for your love's sake.

Amen.



PRAYERS
FOR SPECIAL
NEEDS





“Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. Is there one among you who would hand his child a stone when he asked for bread? Or would hand him a snake when he asked for a fish? If you, then, who are evil, know how to give your children what is good, how much more will your Father in heaven give good things to those who ask him!”

Matthew 7:7-11



People were bringing little children to him, for him to touch them. The disciples turned them away, but when Jesus saw this he was indignant and said to them. “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. I tell you solemnly, anyone who does not welcome the kingdom of God like a little child will never enter it.” Then he put his arms around them, laid his hands on them and gave them his blessing.

Mark 10:13-16



FOR EXPECTANT MOTHERS

Father we thank you for your marvelous gift; you have allowed us to share in your divine parenthood. During this time of waiting, we ask you to protect and nurture these first mysterious stirrings of life. May our child come safely into the light of the world and to the new birth of baptism. Mother of God, we entrust our child to your loving heart. Amen.

The Pope's Family Prayer Book



Lord, hear my loving prayer for the welfare of the child which you have granted me to conceive. Guard this work you have begun, from all disease or harm. Let your merciful hand assist my delivery and bring my child forth safely. Let it be born again in holy baptism, grow up to serve you in all things, and so come to life everlasting with you.
Through Christ our Lord. Amen.



FOR A NEWBORN

Father, we thank you with all our heart for the child you have given us. We consecrate him (her) to you; let us remember he (she) is yours as well as ours. Help us to bring up our child to be a source of your blessing. Amen.

from The Pope's Family Prayer Book



Lord Jesus Christ, you are the Son of the living God, not only by your generation in eternity but also by your human birth at Bethlehem. You love the innocence of childhood, and you tenderly embraced and blessed the little children who were brought to you. Look now to the needs of this child (N.) by your gentle blessings, and let no evil ever distort his/her mind. Advancing in age and wisdom and grace, may he/she live always to please you: who reign with the Father and the Holy Spirit, for ever and ever. Amen.




ON CHILDREN

And a woman who held a baby against
her bosom said,
“Speak to us of children.”

And he said:
“Your children are not your children.
They are the sons and daughters
of Life’s longing for itself.
They come through you but not from you,
and though they are with you
yet they belong not to you.

“You may give them your love
but not your thoughts,
for they have their own thoughts.
You may house their bodies
but not their souls,
for their souls dwell
in the house of tomorrow,
which you cannot visit,
not even in your dreams.
You may strive to be like them,
but seek not to make them like you.
For life goes not backward
nor tarries with yesterday.
You are the bows



from which your children
as living arrows are sent forth.

“The archer sees the mark
upon the path of the infinite.
and he bends you with his might
that his arrows
may go swift and far.

“Let your bending in the archer's hand
be for gladness;
For even
as he loves the arrow that flies,
so he loves also
the bow that is stable.”

The Prophet by Kahlil Gibran



BEFORE SURGERY

Lord Jesus, I come to you for help in this hour of need. I am facing surgery, and my mind is filled with anxiety. I ask you, Lord, to please replace these thoughts with the assurance of your presence. Help me to go into the operating room unafraid, because you are with me. I commit my body, my soul and my life into your hands, for you have redeemed me. Amen.

AFTER SURGERY

Blessed savior, I thank you that this operation is safely past, and now I rest in your abiding presence, relaxing every tension, releasing every care and anxiety, receiving more and more of your healing life into every part of my being. In moments of pain I turn to you for strength; in times of loneliness I feel your loving nearness; grant then that your life and love and joy may flow through me for the healing of others in your name.



LITANY FOR HEALING

Lord, God of creation, master of our lives,
we come to you as the leper and the centurion
came to Jesus your son.

Be not far from us, and hear our prayers.

For the healing of our hands,
that we may extend them
in love to strangers, we pray:


(R) LORD, HAVE MERCY.

For the healing of our hearts,
that we may delight in you
and the work of our hands, we pray: *(R)*

For the healing of our arms,
that we may fashion
a world of hope, we pray: *(R)*

For the healing of our legs,
that we may help carry
the burdens of the oppressed, we pray: *(R)*

For the healing of our lips,
that we may always speak
your praise, we pray: *(R)*



For the healing of our knees,
that we may bend them
before your majesty, we pray: *(R)*

For the healing of our feet,
that we may carry
the message of your peace
to the high mountains, we pray: *(R)*

God our Father, come to us today heal and
heal the ills of our lives. Amen.

Prayers of the Sick



LOOKING TO THE PAST

Thank you, Father,
for the wonderful gift of life
that you have seen fit
to share with us.


Thank you
for the happy days of childhood,
for all games and friends.

Thank you
for the excitement of learning
and for the knowledge of this earth.

Thank you
for the strength of mature years,
for the work that we did,
the places we saw,
the people we helped.

Thank you
for opening our hearts to love,
for the special people who loved us,
and for surrounding us
with our families and yours.

Thank you
for letting us live in exciting days.



Give your blessing
to all our acts, past and present,
that they may lead to a happier world
when we are gone.

Thank you, Father,
for pain, for suffering,
for tears, for laughter,
for the air, the rain,
the sky, and the earth.

Thank you
for the lives we have lived
and for the life
we will live in heaven
with you forever. Amen.

*by Donald Brophy in The Large Type Prayer Book.
ed. Peters and Young*



FOR ELDERLY PEOPLE

In you, O Lord, I take refuge;
let me never be put to shame.
In your justice rescue me, free me:
pay heed to me and save me...

It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth,
from my mother's womb you have been my help.
My hope has always been in you.

My lips are filled with your praise,
with your glory all the day long.
Do not reject me now that I am old:
when my strength fails
do not forsake me.

But as for me, I will always hope
and praise you more and more.
My lips will tell of your justice
and day by day of your help.

You have burdened me
with bitter troubles
but you will give me back my life;
you will raise me
from the depths of the earth;
you will exalt me and console me again.

extracts from Psalm 71



WHEN FACING DEATH

“Do not let your hearts be troubled.
Trust in God still, and trust in me.
There are many rooms
in my Father's house;
if there were not,
I should have told you.
I am going now
to prepare a place for you,
and after I have gone
and prepared you a place,
I shall return to take you with me;
so that where I am
you may be too.
You know the way
to the place where I am going.”

John 14:1-4



I love you Lord, and I always thought I longed to see you face to face, but now that I am dying I want to cling to life. Help me to overcome the fear of relinquishing this life, and to remember that when I do I will live more fully with you. Be close to me in this difficult time. Amen.



**PRAYERS FOR A LOVED ONE
WHO HAS DIED**


Jesus said,
“I am the resurrection.
If anyone believes in me,
even though he dies he will live,
and whoever lives and believes in me
will never die.
Do you believe this?”

John 11:25-26



For I am certain of this:
neither death nor life,
no angel, no prince,
nothing that exists,
nothing still to come,
not any power,
or height or depth,
nor any created thing,
can ever come between us
and the love of God
made visible in Christ Jesus our Lord.

Romans 8:38-39

—  —

We commend our brother (sister) (*N*)
to you, Lord.
Now that he (she) has passed
from this life,
may he (she) live on in your presence.
In your mercy and love,
forgive whatever sins
he (she) may have committed
through human weakness.
Grant this through Christ our Lord.
Amen.

Catholic Funeral Rite (ICEL)

ON THE DEATH OF A CHILD

God of our destiny,
 into your hands
 we commend our little child,
We are confident that he/she
 will live with Christ for ever.

Give us the courage to carry our cross
and help us to comfort each other
until we all meet in Christ
to be with you and with our child.

We ask this through Christ our Lord.
Amen.



MAGNIFICAT OF GRIEF


I come to you, Adonai
because you wait for me.
I know that at daybreak
you will listen for my voice
and at dawn I will hold myself
in readiness for you,
because you are the one I have relied upon.

Yes, from this day forward
I am alone,
and all generations will call me
the one who sorrows,
for the Almighty has asked
great things from me.

I do not understand the way of the Holy One
Your mercy seems far away
and present only in the memory of our people.

I am brought low by the power of this moment.
My confidence in you,
my sureness of what is just,
is confounded.



You have allowed my beloved to die.
People in the town go about this evening
of preparation
as though it was just the same
as any other evening.





My mind and my spirit are hungry
for the nourishment that only the presence
of my lost love could give.
I watch others from a distance
feeding on the touch of their families
and I hunger more.

Listen to my cry for help,
my hope and my God,
remember how you have loved me
... according to the promises you made
in that simple love-filled stable room
so long ago ...
remember how you have loved me
and touch me again.

Miryam of Nazareth by Ann Johnson



GENERAL
PRAYERS







OUR FATHER – THE LORD’S PRAYER

Our Father in heaven, hallowed be your name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.

For the kingdom,
the power,
and the glory are yours
now and forever.

(ICET)



HAIL. MARY

Hail, Mary, full of grace,
the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

SPIRIT OF CHRIST (ANIMA CHRISTI)

Soul of Christ, sanctify me.

Body of Christ, heal me.

Blood of Christ, drench me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

In your wounds shelter me.

From turning away keep me.

From the evil one protect me.

At the hour of my death, call me.

Into your presence lead me,

to praise you with all your saints

for ever and ever. Amen.

attributed to St. Ignatius of Loyola

GLORY BE TO THE FATHER

Glory be to the Father,

and to the Son, and to the Holy Spirit:

as it was in the beginning,

is now, and will be for ever. Amen.

(ICET)



COME, HOLY SPIRIT

- V. Come, Holy Spirit,
fill the hearts of your faithful.
- R. And kindle in them the fire of your love.
- V. Send forth your Spirit
and they shall be created.
- R. And you will renew
the face of the earth.

Let us pray.

Lord,
by the light of the Holy Spirit,
you have taught the hearts of your faithful.
In the same Spirit
help us to relish what is right
and always rejoice in your consolation.
We ask this through Christ our Lord. Amen.

A Book of Prayers (ICEL)



THE ANGELUS

V. The Angel spoke God's message to Mary,
R. and she conceived of the Holy Spirit.

Hail, Mary ...

V. "I am the lowly servant of the Lord.
R. Let it be done unto me
according to your word."

Hail, Mary ...

V. And the word became flesh
R. And lived among us.

Hail, Mary ...

V. Pray for us, holy Mother of God,
R. that we may become worthy
of the promises of Christ.

Let us pray.

Lord,
fill our hearts with your grace:
once, through the message of an angel
you revealed to us the incarnation of your Son;
now, through his suffering and death
lead us to the glory of his resurrection.
We ask this through Christ our Lord. Amen.

A Book of Prayers (ICEL)



ACT OF CONTRITION

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Saviour Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

A Book of Prayers (ICEL)



A PRAYER FOR SERENITY

O God, give me the serenity
to accept what cannot be changed,
Give me the courage
to change what can be
And the wisdom
to know the one from the other.
Amen.

Reinhold Niebuhr



PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace.
Where is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O, divine Master,
grant that I may not so much seek
to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying
that we are born to eternal life.



THE 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 unto 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 me. Amen.

A Book of Catholic Prayers



ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine son became man, died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.



ACT OF HOPE

O My God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.



ACT OF LOVE


O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen.



SHORT
PRAYERS







Jesus, Mary, and Joseph, I give you my
heart and my soul.

Jesus, Mary, and Joseph, assist me
in my last agony.

Jesus, Mary, and Joseph,
may I breathe forth my soul
in peace with you.



Jesus, meek and humble of heart,
make my heart like your heart.



Lord Jesus Christ,
Son of the living God,
have mercy on me, a sinner.



O God, grant me courage,
gaiety of spirit
and tranquillity of mind.



Lord, give me
what you are requiring of me.



Come, Lord Jesus.

Revelations 22:20



“Abba (Father)!” he said.

“Everything is possible for you”

Mark 14:36



Lord, without you I can do nothing.



“Father, into your hands I commit my spirit.”

Luke 23:46



My God and my all.

Saint Francis of Assisi




“My God, my God, why have you deserted me?”

Matthew 27:46



Jesus, I trust you.



May your love be upon us, O Lord,
as we place our hope in you.

from Psalm 33



“Happy those who mourn:
they shall be comforted.”

Matthew 5:5



“I do have faith.
Help the little faith I have!”

Mark 9:25



“My Lord and my God!”

John 20:28



Unload all your worries on to him,
since he is looking after you.

1 Peter 5:7



“Come to me, all you who labor
and are overburdened,
and I will give you rest.”

Matthew 11:28



ON GOING HOME

Lord, I'm going home.

Hopeful of your continued presence
with me.

joyful for your care of me
grateful for those who served me
with diligence and patience,
in the spirit of your Son,
who went about doing good,
healing all manner
of diseases among the people.

Help me in the days ahead
to gain strength and to love
and serve you at all times,
in all ways,
through Jesus Christ our Lord. *Amen.*



I do nobody harm,
I say none harm,
I think none harm,
but wish everybody good.
And if this be not enough
to keep a man alive;
in good faith
I long not to live.

St. Thomas More



COMMUNION
OF THE
SICK







INTRODUCTORY RITES

The minister greets the sick person and the others present. A formal greeting may be given, with the following response:

People: *And also with you.*

The minister places the blessed sacrament on the table, and all join in adoration. (The priest or deacon may sprinkle the sick person(s) and those present with holy water, calling to mind the healing water of baptism.)

Penitential Rite

The minister invites the sick person and all present to reflect in silence on their sins and to seek pardon and peace from God.

LITURGY OF THE WORD

The scriptural word of God, centered on Christ, is proclaimed by one of those present or by the minister. A brief period of silence may then be observed, after which the minister may give a brief explanation of the reading.



General Intercessions

The general intercessions may be said. With a brief introduction, the minister invites all those to pray. It is preferable that the petitions be read by someone other than the minister.

LITURGY OF HOLY COMMUNION

The Lord's Prayer

The minister invites those present to pray to the Father as Jesus taught us.

All: *Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. Amen.*

Communion

The minister, holding the Eucharist for all, to see, proclaims it to be the Bread of Life, the Cup of Salvation, the Lamb of God who takes away our sins. The following response is made:

People: *Lord, I am not worthy to receive you, but only say the word and I shall be healed.*

The minister gives communion in the usual *manner to the sick, and to others present who wish to receive*, saying:

The body (blood) of Christ.

Communicant: *Amen.*



A period of silence may be observed after communion.

CONCLUDING PRAYERS



The minister offers a prayer in the name of all present and invokes a final blessing upon the gathering.







LITURGY
OF
ANOINTING
OF THE
SICK







INTRODUCTORY RITES

The priest greets the sick person and the others present. A formal greeting may be given, with the following response:

People: *And also with you.*

The priest may sprinkle the sick person(s) and those present with holy water, calling to mind the healing water of baptism. Then he addresses all present, briefly introducing the rite of anointing.

Penitential Rite

The priest invites the sick person and all present to reflect in silence on their sins and to seek pardon and peace from God.

LITURGY OF THE WORD

The Word of God is proclaimed by one of those present or by the priest. A brief period of silence may then be observed, after which the priest may give a brief explanation of the reading by means of a homily.

Response: (All reflect in silence for a moment)



LITURGY OF ANOINTING

Litany

Priest: My brothers and sisters, in our prayer of faith let us appeal to God for our brother/sister (N). Come and strengthen him/her through this holy anointing:

(R): *Lord, have mercy.*

Priest: Free him/her from all harm:

(R): *Lord, have mercy.*

Priest: Free him/her from sin and all temptation:

(R): *Lord, have mercy.*

Priest: Relieve the sufferings of all the sick (here present):

(R): *Lord, have mercy.*

Priest: Assist all those dedicated to the care of the sick:

(R): *Lord, have mercy.*

Priest: Give life and health to our brother/sister (N), on whom we lay our hands in your name:

(R): *Lord, have mercy.*



Laying on of Hands

The priest lays his hands on the head of the sick person while all join hands in silent prayer.

Prayer over the Oil

Priest: Praise to you, God, the almighty Father.
You sent your Son to live among us and
bring us salvation.

People: *Blessed be God who heals us in Christ.*

Priest: Praise to you, God, the only-begotten
Son. You humbled yourself to share in
our humanity and you heal our infirmities.

People: *Blessed be God who heals us in Christ.*

Priest: Praise to you, God, the Holy Spirit, the
Consoler. Your unfailing power gives us
strength in our bodily weakness.

People: *Blessed be God who heals us in Christ.*

Priest: God of mercy, ease the sufferings and
comfort the weakness of your servant
(N), whom the Church anoints with this
holy oil.

We ask this through Christ our Lord.

People: *Amen.*



Anointing

The priest takes the oil, and anoints the sick person on the forehead and hands saying:

Priest: Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit.

People: *Amen.*

Priest: May the Lord who frees you from sin save you and raise you up.

People: *Amen.*

Prayer after Anointing

The priest invites all to pray for a moment in silence.

The Lord's Prayer

The priest invites all to pray as Jesus taught us,

People: *Our Father. . .*

COMMUNION

If the sick persons (and others) are to receive communion, the prayers beginning on page 92 are used.



CONCLUDING PRAYER

Priest: Father in heaven
through this holy anointing
grant (N.) comfort in his/her suffering.
When he/she is afraid, give him/her
courage; when afflicted, give him/her
patience; when dejected, afford him/her
hope; and when alone, assure him/her of
the support of your holy people.

People: *Amen.*

BLESSING

The priest blesses the sick person and all present.



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