



DIOCESE OF PITTSBURGH

www.diopitt.org

DEPARTMENT FOR WORSHIP

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MEMO

To: All Priests and Deacons
From: Erica Gamberro
Date: March 20, 2020
RE: Diocesan Day of Fasting and Diocesan Day of Prayer

In prayerful and sacrificial response to the COVID-19 pandemic, Bishop Zubik has called for a diocesan Day of Fasting to take place on Tuesday, March 24, 2020 and a diocesan Day of Prayer on Wednesday, March 25, 2020, the Solemnity of the Annunciation of the Lord.

DIOCESE OF PITTSBURGH
DAY OF PRAYER
SOLEMNITY OF THE ANNUNCIATION OF THE LORD
WEDNESDAY, MARCH 25, 2020

HOW TO CONTACT YOUR PARISHIONERS

Get the word out about the Diocesan Days of Fasting and Prayer:

- Parish social media accounts – Facebook, Twitter, Instagram, YouTube
- Email blasts through PDS, Flocknote, OptionC, etc.
- Parish website

AS A DIOCESE:

Join parishes in the diocese by ringing your church bells for five minutes at 3:00 p.m. in an act of solidarity and hope. Tell your parishioners to listen for the bells and to pray the Divine Mercy Chaplet.

Suggestions for Parishes:

VIRTUAL

These suggestions can be livestreamed (YouTube, Facebook Live, Instagram Live) or recorded and uploaded onto a website or social media platform.

- Holy Mass
- Holy Hour with or without Vespers
- Rosary
- Vespers
- Divine Mercy Chaplet (livestream bell ringing followed by the chaplet)

- Intentions:
 - Post an image of Christ or Blessed Mother Mary to social media and ask parishioners to post prayer intentions in the comments. In the post, tell them that their parish priest will offer their intentions to God during their next Holy Mass or Holy Hour.
 - During a livestreamed Mass or Hour Holy, allow comments to be made. At the beginning of the Mass or Holy Hour, ask viewers to post their intentions in the comments section of the livestream. Add, “For all the intentions mentioned in our online comments” during the intercessions at Mass or at some point during Holy Hour.

MORE IDEAS FOR YOUR PARISH

- Ask your parishioners/families to recite the Rosary at a particular time so the parish is praying together.
- Suggest each household set aside an hour of prayer (if there are young children at home, break up the hour and spread it throughout the day).
- Encourage Lectio Divina with a reading from The Solemnity of the Annunciation of the Lord (readings are attached to this memo). Instead of Lectio, families with children can read one of the readings and then offer prayers of petition to God.
- Add song to prayer with Marian hymns (words can be found online and attached to this memo): Immaculate Mary, Sing of Mary Pure and Lowly, Hail Holy Queen, etc.

RECITED PRAYERS

These prayers may be used during a Holy Hour without vespers or sent out to parishioners via email blast to pray at home. They can also be posted to social media.

Prayer to Our Blessed Mother During Coronavirus Pandemic

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.

-Pope Francis

Prayer to Our Lady of Guadalupe During Coronavirus Pandemic

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.
-Archbishop Gomez, President - USCCB

Litany to the Divine Mercy

Divine Mercy, gushing forth from the bosom of the Father,
I trust in You.
Divine Mercy, greatest attribute of God,
I trust in You.
Divine Mercy, incomprehensible mystery,
I trust in You.
Divine Mercy, fountain gushing forth from the mystery of the Most Blessed Trinity,
I trust in You.
Divine Mercy, unfathomed by any intellect, human or angelic,
I trust in You.
Divine Mercy, from which wells forth all life and happiness,
I trust in You.
Divine Mercy, better than the heavens,
I trust in You.
Divine Mercy, source of miracles and wonders,
I trust in You.
Divine Mercy, encompassing the whole universe,
I trust in You.
Divine Mercy, descending to earth in the Person of the Incarnate Word,
I trust in You.
Divine Mercy, which flowed out from the open wound of the Heart of Jesus,
I trust in You.
Divine Mercy, enclosed in the Heart of Jesus for us, and especially for sinners,

I trust in You.
Divine Mercy, unfathomed in the institution of the Sacred Host,
I trust in You.
Divine Mercy, in the founding of the Holy Church,
I trust in You.
Divine Mercy, in the Sacrament of Holy Baptism,
I trust in You.
Divine Mercy, in our justification through Jesus Christ,
I trust in You.
Divine Mercy, accompanying us through our whole life,
I trust in You.
Divine Mercy, embracing us especially at the hour of death,
I trust in You.
Divine Mercy, endowing us with immortal life,
I trust in You.
Divine Mercy, accompanying us every moment of our life,
I trust in You.
Divine Mercy, shielding us from the fire of hell,
I trust in You.
Divine Mercy, in the conversion of hardened sinners,
I trust in You.
Divine Mercy, astonishment for Angels, incomprehensible to Saints,
I trust in You.
Divine Mercy, unfathomed in all the mysteries of God,
I trust in You.
Divine Mercy, lifting us out of every misery,
I trust in You.
Divine Mercy, source of our happiness and joy,
I trust in You.
Divine Mercy, in calling us forth from nothingness to existence,
I trust in You.
Divine Mercy, embracing all the works of His hands,
I trust in You.
Divine Mercy, crown of all God's handiwork,
I trust in You.
Divine Mercy, in which we are all immersed,
I trust in You.
Divine Mercy, sweet relief for anguished hearts,
I trust in You.
Divine Mercy, only hope of despairing souls,
I trust in You.
Divine Mercy, repose of hearts, peace amidst fear,
I trust in You.
Divine Mercy, delight and ecstasy of holy souls,
I trust in You.
Divine Mercy, inspiring hope against all hope,
I trust in You.

Let us pray:

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become

despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

-St. Faustina Kowalska's Diary

Litany of the Sacred Heart of Jesus

Lord, have mercy

Christ, have mercy

Lord, have mercy

God our Father in heaven

God the Son, Redeemer of the world

God the Holy Spirit

Holy Trinity, one God

Heart of Jesus, Son of the eternal Father

Heart of Jesus, formed by the Holy Spirit in
the womb of the Virgin Mother

Heart of Jesus, one with the eternal Word

Heart of Jesus, infinite in majesty

Heart of Jesus, holy temple of God

Heart of Jesus, tabernacle of the Most High

Heart of Jesus, house of God and gate of
heaven

Heart of Jesus, aflame with love for us

Heart of Jesus, source of justice and love

Heart of Jesus, full of goodness and love

Heart of Jesus, well-spring of all virtue

Heart of Jesus, worthy of all praise

Heart of Jesus, king and center of all hearts

Heart of Jesus, treasure-house of wisdom
and knowledge

Heart of Jesus, in whom there dwells the
fullness of God

Heart of Jesus, in whom the Father is

Well pleased

Heart of Jesus, from whose fullness we
have all received

Heart of Jesus, desire of the eternal hills

Heart of Jesus, patient and full of mercy

Heart of Jesus, generous to all who turn
to you

Heart of Jesus, fountain of life and holiness

Heart of Jesus, atonement for our sins

Heart of Jesus, overwhelmed with insults

Heart of Jesus, broken for our sins

Heart of Jesus, obedient even to death

Lord, have mercy

Christ, have mercy

Lord, have mercy

have mercy on us

have mercy on us

have mercy on us

have mercy on us

have mercy on us

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Heart of Jesus, pierced by a lance	have mercy on us
Heart of Jesus, source of all consolation	have mercy on us
Heart of Jesus, our life and resurrection	have mercy on us
Heart of Jesus, our peace and reconciliation	have mercy on us
Heart of Jesus, victim of our sins	have mercy on us
Heart of Jesus, salvation of all who trust in you	have mercy on us
Heart of Jesus, hope of all who die in you	have mercy on us
Heart of Jesus, delight of all the saints	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us
Lamb of God, you take away the sins of the world	have mercy on us
Jesus, gentle and humble of heart.	Touch our hearts and make them like your own.

Let us pray.

Father, we rejoice in the gifts of love we have received from the heart of Jesus your Son. Open our hearts to share his life and continue to bless us with his love. We ask this in the name of Jesus the Lord. Amen.

The Chaplet of The Divine Mercy

Optional Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.
O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus as a
fountain of Mercy for us, I trust in You!

Our Father, Hail Mary and the Apostle's Creed

For each of the five decades *(On each "Our Father" bead of the rosary, pray)*

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly
Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole
world.

(On each of the 10 "Hail Mary" beads, pray)

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Concluding prayer *(Repeat 3 times)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole
world.

Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible,
look kindly upon us and increase Your mercy in us, that in difficult moments we might
not despair nor become despondent, but with great confidence submit ourselves to Your
holy will, which is Love and Mercy itself.

Solemnity of the Annunciation of the Lord
Lectionary: 545

Reading 1 IS 7:10-14; 8:10

The LORD spoke to Ahaz, saying:
Ask for a sign from the LORD, your God;
let it be deep as the nether world, or high as the sky!
But Ahaz answered,
“I will not ask! I will not tempt the LORD!”
Then Isaiah said:
Listen, O house of David!
Is it not enough for you to weary people,
must you also weary my God?
Therefore the Lord himself will give you this sign:
the virgin shall be with child, and bear a son,
and shall name him Emmanuel,
which means “God is with us!”

Responsorial Psalm 40:7-8A, 8B-9, 10, 11

R. (8a and 9a) **Here I am, Lord; I come to do your will.**

Sacrifice or oblation you wished not,
but ears open to obedience you gave me.
Holocausts or sin-offerings you sought not;
then said I, “Behold I come.”

R. **Here I am, Lord; I come to do your will.**

“In the written scroll it is prescribed for me,
To do your will, O my God, is my delight,
and your law is within my heart!”

R. **Here I am, Lord; I come to do your will.**

I announced your justice in the vast assembly;
I did not restrain my lips, as you, O LORD, know.

R. **Here I am, Lord; I come to do your will.**

Your justice I kept not hid within my heart;
your faithfulness and your salvation I have spoken of;
I have made no secret of your kindness and your truth
in the vast assembly.

R. **Here I am, Lord; I come to do your will.**

Reading 2 HEB 10:4-10

Brothers and sisters:
It is impossible that the blood of bulls and goats
take away sins.
For this reason, when Christ came into the world, he said:

“Sacrifice and offering you did not desire,
but a body you prepared for me;
in holocausts and sin offerings you took no delight.
Then I said, ‘As is written of me in the scroll,
behold, I come to do your will, O God.’”

First he says, “Sacrifices and offerings,
holocausts and sin offerings,
you neither desired nor delighted in.”
These are offered according to the law.
Then he says, “Behold, I come to do your will.”
He takes away the first to establish the second.
By this “will,” we have been consecrated
through the offering of the Body of Jesus Christ once for all.

Verse Before The Gospel JN 1:14AB

The Word of God became flesh and made his dwelling among us;
and we saw his glory.

Gospel LK 1:26-38

The angel Gabriel was sent from God
to a town of Galilee called Nazareth,
to a virgin betrothed to a man named Joseph,
of the house of David,
and the virgin’s name was Mary.
And coming to her, he said,
“Hail, full of grace! The Lord is with you.”
But she was greatly troubled at what was said
and pondered what sort of greeting this might be.
Then the angel said to her,
“Do not be afraid, Mary,
for you have found favor with God.
Behold, you will conceive in your womb and bear a son,
and you shall name him Jesus.
He will be great and will be called Son of the Most High,
and the Lord God will give him the throne of David his father,
and he will rule over the house of Jacob forever,
and of his Kingdom there will be no end.”
But Mary said to the angel,
“How can this be,
since I have no relations with a man?”
And the angel said to her in reply,
“The Holy Spirit will come upon you,
and the power of the Most High will overshadow you.
Therefore the child to be born
will be called holy, the Son of God.
And behold, Elizabeth, your relative,
has also conceived a son in her old age,
and this is the sixth month for her who was called barren;
for nothing will be impossible for God.”

Mary said, "Behold, I am the handmaid of the Lord.
May it be done to me according to your word."
Then the angel departed from her.

Immaculate Mary
[The Lourdes Hymn]

Immaculate Mary, your praises we sing.
You reign now in Heaven with Jesus our King.

Ave, Ave, Ave, Maria! Ave, Ave, Ave, Maria!

In Heaven the blessed your glory proclaim;
On earth we your children invoke your sweet name.

Ave, Ave, Ave, Maria! Ave, Ave, Ave, Maria!

We pray for our Mother, the Church upon earth,
And bless, Holy Mary, the land of our birth.

Ave, Ave, Ave, Maria! Ave, Ave, Ave, Maria!

Sing of Mary, Pure and Lowly

Sing of Mary, pure and lowly,
Virgin mother undefiled,
Sing of God's own Son most holy,
Who became her little child.
Fairest child of fairest mother,
God the Lord who came to earth,
Word made flesh, our very brother,
Takes our nature by his birth.

Sing of Jesus, son of Mary,
In the home at Nazareth.
Toil and labour cannot weary
Love enduring unto death.
Constant was the love he gave her,
Though he went forth from her side,
Forth to preach, and heal, and suffer,
Till on Calvary he died.

Glory be to God the Father;
Glory be to God the Son;
Glory be to God the Spirit;
Glory to the Three in One.
From the heart of blessed Mary,
From all saints the song ascends,
And the Church the strain reechoes
Unto earth's remotest ends.

Hail, Holy Queen Enthroned Above

Hail, holy Queen enthroned above, O Maria.
Hail, Queen of mercy and of love, O Maria.

Triumph, all ye cherubim, Sing with us, ye seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve Regina!

Our life, our sweetness, here below, O Maria!
Our hope in sorrow and in woe, O Maria!

Triumph, all ye cherubim, Sing with us, ye seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve Regina!

To thee we cry, poor sons of Eve, O Maria!
To thee we sigh, we mourn, we grieve, O Maria!

Triumph, all ye cherubim, Sing with us, ye seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve Regina!

Turn then most gracious Advocate, O Maria!
Toward us thine eyes compassionate, O Maria!

Triumph, all ye cherubim, Sing with us, ye seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve Regina!

The cause of joy to men below, O Maria!
The spring through which all graces flow, O Maria!

Angels, all your praises bring, Earth and heaven, with us sing,
All creation echoing:
Salve, salve, salve Regina!