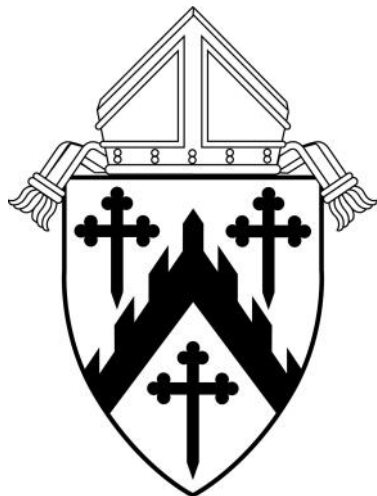


# Sunday Prayer at Home



For Those Unable to Join  
the Community for Mass  
and

In the Event Masses are Cancelled

Diocese of Davenport

March 2020

Dear Sisters and Brothers in Christ,

If you have this prayer booklet in front of you, it means that because of an infectious disease or other crisis Masses have been cancelled or you are unable to make it to those Masses which are being celebrated. Please know that all of you are in my daily prayers.

As Catholics, the Sunday Eucharist is at the heart of who we are. So to miss gathering with our brothers and sisters, to not be able to listen to the word proclaimed, and to not be able to receive the Eucharist is deeply painful. Yet, we are a people of hope. And the ties that bind us together transcend time and space.

So, in this time, I invite all of us to join together in prayer. Take advantage of Masses which are televised, streamed on-line, or broadcast by radio. Use this booklet, whether as individuals or households, to unite yourself with other Catholics around our diocese.

Above all else, do not despair. You are not alone. The Church is with you. And, most importantly, God our compassionate Father, Christ our Savior, and the Consoler, the Spirit, is with you.



With my prayers,

+Thomas R. Zinkula, JD, JCL  
Bishop of Davenport

## Gathering Rite

*All make the Sign of the Cross:*

Leader: +In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: Let us bless the Lord, who cares for the sick, comforts those who are afraid, and accompanies the dying. Blessed be God forever.

All: Blessed be God forever.

*If desired, all can make an act of penitence:*

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,

*And, striking their breast, they say:*  
through my fault, through my fault,  
through my most grievous fault;

*Then they continue:*  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

Leader: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All: Amen.

# Liturgy of the Word

*Ideally, the readings are taken from the Mass of the Day.*

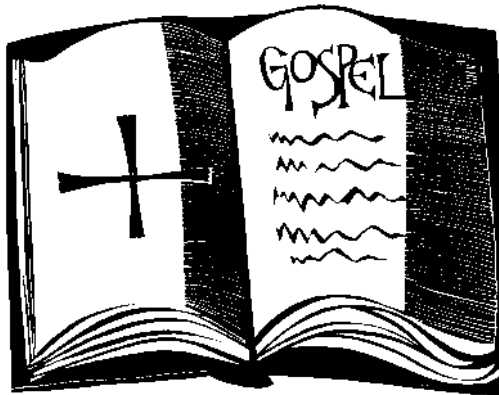
*These can be found on the USCCB website:*

<http://www.usccb.org/bible/index.cfm>

*If access to the Internet is not available, these or other readings may be used:*

2 Cor 1:3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.



Psalm 62:2-3, 6-9

R. Trust in God at all times.

For God alone my soul waits in silence;  
from him comes my salvation.  
He alone is my rock and my salvation,  
my fortress; I shall never be shaken.

R. Trust in God at all times.

For God alone my soul waits in silence,  
for my hope is from him.  
He alone is my rock and my salvation,  
my fortress; I shall not be shaken.

R. Trust in God at all times.

On God rests my deliverance and my honour;  
my mighty rock, my refuge is in God.  
Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.

R. Trust in God at all times.

Matthew 11:28-30

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

Scripture quotations are from the New Revised Standard Version Bible: Anglicized Edition, copyright © 1989, 1995 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved worldwide.

*We join the Church in professing our common faith:*

I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation he came down from heaven,

*At the words that follow, up to and including and became man, all bow.*

and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven and is seated  
at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

Intercessions (adapted from the *Book of Blessings*)

Leader: The Lord Jesus loves our brothers and sisters who are ill or afraid. With trust let us pray to him that he will comfort them, and us, with his grace, saying:

Response: Lord, give us all the comfort of your presence.  
(repeat after each petition)

Leader: Lord Jesus, you came as healer of body and spirit, in order to cure our ills:

You were a man of suffering, but it was our infirmities that you bore, our sufferings that you endured:

You chose to be like us in all things, in order to assure us of your compassion:

At the foot of the cross your Mother stood as companion in your sufferings, and in your tender care you gave her to us as our Mother:

Be with all those who are sick or afraid because of this epidemic; and be with ministers, scientists, health professionals, public officials, and all who are serving the common good in this difficult and uncertain time:

All: Our Father...

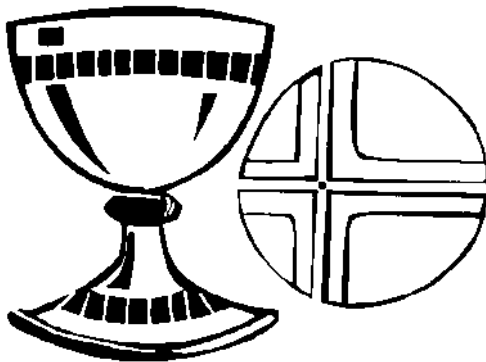
## Spiritual Communion

*Those who are unable to share in the Eucharist may make an act of spiritual communion, expressing their desire for the Sacrament.*

*As Pope St. John Paul II reminded us, using the words of St. Teresa of Jesus: “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.”*

*The following prayer, by St. Alphonsus Liguori, may be used to make an act of spiritual communion:*

My Jesus,  
I believe that You are in the Blessed Sacrament.  
I love You above all things,  
and I long for You in my soul.  
Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.  
As though You have already come,  
I embrace You and unite myself entirely to You;  
never permit me to be separated from You.  
Amen.





## Concluding Rite

Leader: Almighty ever-living God,  
eternal health of believers,  
hear our prayers for your servants who are sick:  
grant them, we implore you, your merciful help,  
so that, with their health restored,  
they may give you thanks  
in the midst of your Church.  
Through Christ our Lord.  
Amen.

OR

Almighty and merciful God,  
look with compassion on our affliction,  
and so lighten your children's burden  
and confirm their faith,  
that they may always trust without hesitation  
in your fatherly providence.  
Through Christ our Lord.  
Amen.

*All make the Sign of the Cross as the leader prays:*

Leader: +May the Lord bless us,  
protect us from all evil,  
and bring us to everlasting life.

All: Amen.

## **Prayer for a Pandemic**

May we who are merely inconvenienced  
remember those whose lives are at stake.

May we who have no risk factors  
remember those most vulnerable.

May we who have the luxury of working from home  
remember those who must choose between preserving their health  
or making their rent.

May we who have the flexibility to care for our children when their  
schools close  
remember those who have no options.

May we who have to cancel our trips  
remember those that have no place to go.

May we who are losing our margin money in the tumult of the eco-  
nomic market  
remember those who have no margin at all.

May we who settle in for a quarantine at home  
remember those who have no home.

During this time when we cannot physically wrap our arms around  
each other, let us yet find ways to be the loving embrace of God to  
our neighbors.

Amen.

*This prayer was shared by Fr, Larry Tensi, and is used with permission.  
It was written by a member of the Interfaith Hospitality Network in the  
Cincinnati area.*

# Prayer of Pope Francis

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.

(translation by Catholic News Service)

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## **ON-LINE RESOURCES**

### **English Masses**

#### [CatholicTV](#)

Live Mass from the Basilica of the Sacred Heart at Notre Dame's campus in South Bend, Indiana.

10:00 AM ET every Sunday  
9:30 AM ET Monday-Friday

#### [St. Patrick's Cathedral](#)

Live Mass from St. Patrick's Cathedral in New York.  
10:15 AM ET every Sunday

### **Spanish Masses**

#### [CatholicTV](#)

8:00 AM, 5:30 PM, 10:00 PM ET every Sunday

#### [San Fernando Cathedral](#)

Live from San Fernando Cathedral in San Antonio, Texas.  
8:00 AM, 12:00 PM every Sunday

### **Prayer Resources**

#### [Liturgy of the Hours](#)

Find morning, daytime, evening and night prayers online.

#### [Pray the Rosary](#)

Pray along with videos for all of the mysteries of the Rosary.

#### [Light a candle online](#)

Light a digital candle and share your prayer intentions from your home.

See:

<https://www.ocp.org/en-us/blog/entry/resources-from-home>