

ACT OF SPIRITUAL COMMUNION

SAINT ALPHONSUS LIGOURI

My Jesus,
I believe that you are truly present
in the Most Blessed Sacrament.
I love You above all things
and I desire to possess You within my soul.
Since I am unable at this moment
to receive You sacramentally,
come at least spiritually into my heart.
I embrace You as being already there,
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

Saint Thomas Aquinas described Spiritual Communion as an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him at a time or in circumstances when we cannot receive him in Sacramental Communion.

PRAYER TO SAINT ROCH

O Blessed Saint Roch, patron of the sick, have pity on those who lie upon a bed of suffering. Your power was so great when you were in this world, that by the Sign of the Cross, many were healed of their diseases. Now that you are in heaven, your power is not less. Offer, then, to God our sighs and tears and obtain for us that health we seek. Through Christ our Lord. Amen.

Repeat the following three times:

Saint Roch, pray for us, that we may be preserved from all diseases of body and soul.

As a young man, Saint Roch made a pilgrimage from France to Rome. On his way there, he encountered a plague-stricken town. He stayed to care for the sick and cured many of them with the Sign of the Cross. He did the same in several other cities. The plague seemed to disappear before his miraculous power. Later, during the Council of Constance in 1414, the plague broke out in that city. The Fathers of the Council ordered public prayers and processions in honor of Saint Roch, and the plague ceased immediately.

USCCB PRAYER TO OUR LADY OF GUADALUPE
PATRONESS OF THE AMERICAS

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.

JOHN 16:33

In the world you will have trouble, but take courage, I have conquered the world. ~ *New American Bible Revised Edition*

In the world you have tribulation; but be of good cheer, I have overcome the world. ~ *Revised Standard Version: Catholic Edition*

PRAYER TO SAINT ROSALIE

O God, our Father, mercifully look upon Your people who come to You and grant through the intercession of Saint Rosalie, who turned away from earthly delights to the joys of contemplation, that we may be delivered from all harm here on earth and one day be welcomed into the Kingdom of Heaven.

Saint Rosalie, confessor and virgin, we pray to God for our families and friends. Through your powerful prayers, may we obtain health, life, and eternal salvation.

I also pray today for this special need and intention (*make your intention known*). O glorious virgin and confessor, Saint Rosalie, I promise henceforth to remember and follow your example of faith and love. Pray for me and mine. Amen.

In 1625 the city of Palermo on the Island of Sicily was suffering a period of plague. Saint Rosalia appeared in a vision to a hunter near a cave just outside of the city. Based on the vision the hunter went into the cave and discovered her remains. Her relics were paraded through the streets of the city and three days later the plague miraculously ended. Her intercession was credited with saving the city and she was declared the Patroness of Palermo.

COMPLETE TRUST IN GOD

SAINT FRANCIS DE SALES

Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in his love enable you to profit by them. He has guided you thus far in life. Do you but hold fast to his dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in his arms. Do not look forward to what may happen tomorrow. The same Eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either He will shield you from suffering or He will give you unfailing strength to bear it. Be at peace then, and put aside all useless thoughts, all vain dreads, and all anxious imaginations.

PRAYER OF POPE FRANCIS TO MARY

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.

PRAYER OF SAINT TERESA OF AVILA

Let nothing disturb you. Let nothing frighten you. All things pass away. God does not change. Patience obtains everything. Whoever has God lacks nothing. God alone suffices.

Nada te turbe. Nada te espante. Todo se pasa. Dios no se muda. La paciencia todo lo alcanza. Quien a Dios tiene nada le falta: Sólo Dios basta.