

## Prayers & Resources For the Sick During the COVID19 Pandemic



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### An Act of Spiritual Communion

*For those unable to receive Holy Communion.*

*Spiritual communion needs no special instruction; it only requires the same disposition as the actual reception of the sacrament and a turning to Jesus with the heart. No particular prayer or formulary is required; however, to help focus a proper intention, recitation of a prayer is suggested. One of the most popular is that composed by St. Alphonsus Liguori:*

**M**y Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever be separated from you.

Amen.

### An Act of Contrition

*For those unable to go to Confession.*

*Because Confessions will be curtailed during this time, the following should be noted from The Catechism of the Catholic Church #1452: "When it arises from a love by which God is loved above all else, contrition is called 'perfect' – contrition of charity. Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible."*

*Also, during this COVID-19 pandemic, the Holy Father, Pope Francis, grants a plenary indulgence (full remission of temporal punishment for sin) for those who desire it, especially those unable to receive the Sacrament of Confession and/or the Sacrament of the Anointing of the Sick (the Church providing the customary conditions).*

*– Decree of the Apostolic Penitentiary, March 20, 2020*

*The following prayer may be used by the penitent when Sacrament of Confession is not immediately available:*

**F**ather of mercy, like the prodigal son, I return to you and say: "I have sinned against you and am no longer worthy to be called your child."

Jesus Christ, Savior of the world, I pray with the repentant thief to whom you promised Paradise, "Lord, remember me in your kingdom."

Holy Spirit, fountain of love, I call on you with trust, "Purify my heart, and help me to walk as a child of light."

Amen.

### Prayer For the Sick

*For use by family members, friends, and caregivers in the absence of a priest.*

*During this COVID-19 pandemic, the Holy Father, Pope Francis, grants a plenary indulgence (full remission of temporal punishment for sin) for those who desire it, especially those unable to receive the Sacrament of Confession and/or the Sacrament of the Anointing of the Sick (the Church providing the customary conditions).*

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Leader: Lord Jesus, you healed the sick: Lord, have mercy.  
All: Lord, have mercy.

Leader: Lord Jesus, you forgave sinners: Christ, have mercy.  
All: Christ, have mercy.

Leader: Lord Jesus, you give us yourself to heal us and bring us strength: Lord, have mercy.  
All: Lord, have mercy.

**F**ather, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for our sick *brother/sister*.

May all who suffer pain, illness, or disease realize that they have been chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world.

We ask this through Christ our Lord.

Amen.

Prayer For the Dying

(Commendation of the Dying)

*For use by family members, friends, and caregivers in the absence of a priest.*

Leader: Holy Mary, Mother of God, *pray for him/her.*  
Holy Angels of God, *pray for him/her.*  
St. John the Baptist, *pray for him/her.*  
St. Joseph, *pray for him/her.*  
Sts. Peter & Paul, *pray for him/her.*  
Sts. Damien & Marianne, *pray for him/her.*  
All holy men and women, *pray for him/her.*

**G**o forth, Christian soul, from this world in the name of God the Almighty Father, who created you, in the name of Jesus Christ, Son of the Living God, who suffered for you, in the name of the Holy Spirit, who was poured out upon you, go forth, faithful Christian.

May you live in peace this day, may your home be with God in Zion, with Mary, the Virgin Mother of God, with Joseph, and all the Angels and Saints.

Amen.

Prayer After Death

*For use by family members, friends, and caregivers in the absence of a priest.*

**L**oving and merciful God, we entrust our *brother/sister* to your mercy. You loved *him/her* greatly in this life: now that he/she is freed from all its cares, give *him/her* happiness and peace forever.

The old order has passed away: welcome *him/her* now into paradise where there will be no more sorrow, no more weeping or pain, but only peace and joy with Jesus, your Son, and the Holy Spirit, forever and ever.

Amen.

For Those Who Cannot Attend Mass

List of Local Live-streamed Masses

**OAHU**

**Cathedral Basilica of Our Lady of Peace**

Sundays at 9 AM, Bishop Larry Silva presiding

<https://www.facebook.com/HonoluluCathedralBasilica>

or

<https://hawaiicatholictv.com/>

**Resurrection of the Lord, Waipio-Waikele**

Sundays at 8:00 AM

<https://www.resurrectionhawaii.org>

**Sacred Heart, Punahou**

Sundays at 8 AM

<https://www.facebook.com/sacredheartpunahou>

**St. John Apostle and Evangelist**

Saturdays at 5 PM

<https://www.facebook.com/saintjohnmililani/posts/2859013934135544>

**St. Joseph, Waipahu**

Daily at 7 AM

<https://www.facebook.com/StJosephChurchWaipahu/>

**St. John the Baptist, Kalihi**

Mass in Spanish on Sundays at 8 AM

Para misa en Español, seguir este enlace. Estará disponible el domingo a las 8 AM.

<https://www.facebook.com/kalihicentral/>

For Those Who Cannot Attend Mass

List of Local Live-streamed Masses

**MAUI**

**Christ the King**

Sundays at 9 AM

<https://www.facebook.com/ctkchurchmaui/>

or

Maui radio station 105.5 FM

Other Resources

- Roman Catholic Diocese of Honolulu <https://www.catholichawaii.org/resource-center/covid-19-response/>
- Vatican News regarding special **indulgence** for the sick, quarantined and caregivers:  
<https://www.vaticannews.va/en/vatican-city/news/2020-03/church-grants-special-indulgence-coronavirus-patients.html>  
<https://www.vaticannews.va/en/vatican-city/news/2020-03/cardinal-piacenza-indulgences-a-mantle-of-mercy-in-crisis.html>
- Sacred Space - <https://www.sacredspace.ie/>
- Pray as you go - <https://pray-as-you-go.org/>
- Word on Fire Daily Mass <https://www.wordonfire.org/daily-mass/>
- Pope Francis' Daily Mass <https://www.vaticannews.va/en/pope-francis/mass-casa-santa-marta.html>