

Novena Prayer to St Paul of the Cross

O good St Paul of the Cross,
you revealed the wonders of God's power
by proclaiming the Passion of God's only Son.
By your words and mighty deeds,
you became a spiritual guide and preacher of the
Gospel to a world grown cold to the love of Jesus
Christ. Turn our hearts and minds to the merciful cross
of Jesus. Help us to persevere in faith and love,
and assist us in every need, obtain for us this grace...
(Silent Prayer) By sharing the Passion of Jesus in
this life, may we come to share in the glory He has
promised. Amen.

Novena Prayer to St. Gabriel

O Saint Gabriel, Support us by your prayers all our
days. Protect us in this time of uncertainty and
distress. Sustain and support the anxious and fearful
and lift up all who are brought low; that we may rejoice
in your comfort knowing that nothing can separate us
from the love of the crucified Lord. Remember us in our
trials, remember especially those who are young. And
when this life is done may we join you in heaven in the
company of Jesus and Mary. Amen.

A.C.T.S. of Prayer

One of his disciples said to him, "Lord, teach us to
pray.." Luke 11:1
Are we all that different from his disciples? Are there
not times when we are at a loss as to how to pray?
Here's a helpful acronym when those times hit: A.C.T.S.
Acknowledge the one to whom you are praying, as
well as your concern, your pain.

Contrition: Ask for forgiveness for your wrongdoing,
whatever may have led to your present quagmire.

Thanksgiving: Recall with gratitude the times when the
light dawned after darkness.

Supplication: Humbly ask that your prayers be heard
and met in the way God sees best. Isn't this essentially
what Jesus taught his disciples?

Gracious God, when I have those "dark December kind
of days," help me remember how you taught us to pray.

Prayer composed by St Gemma

Behold me at Your most holy feet, O dear Jesus, to
manifest to you my gratitude for the continual favors
which You have bestowed upon me, and still wish to
bestow upon me. As many times as I have invoked You,
O Jesus, You have made me content; I have often had
recourse to You and You have always consoled me. How
shall I express myself to You, dear Jesus? I thank you!
Yet one more grace I desire of you, O my God, if it would
be pleasing to You (here mention your request). If you
were not omnipotent, I would not make this request. O
Jesus, have pity on me. May your most holy will be done
in all things". Amen



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**To help you spend some
time in the stillness of
His presence...**

*Please feel free to light a candle, or simply
sit. The following suggestions for ways into
prayer may be of use.*

If you wish to pray for others...

Watch now, dear Lord,
With those who wake or watch or weep tonight,
And give your angels charge over those who sleep.
Tend your sick ones; O Lord Christ,
Rest your weary ones,
Bless your dying ones, soothe your suffering ones,
Pity your afflicted ones, shield your joyous ones,
And all for your love's sake. Amen
St. Augustine

If someone has died...

Father of all,
We pray to you for those we love
But see no longer.
Grant them your peace;
Let light perpetual shine upon them;
And in your loving wisdom
And almighty power
Work in them the good purpose
Of your perfect will;
Through Jesus Christ our Lord.
Amen.

If you are grieving...

O God who brought us to birth,
And in whose arms we die,
In our grief and shock
Contain and comfort us;
Embrace us with your love,
Give us hope in our confusion,
And grace to let go into new life
Through Jesus Christ, Amen.

If you are thankful...

Blessed are you, Lord our God, creator of heaven and earth;

You open our eyes to see the wonders around us,
And our hearts and mouths to praise you.

Now give us the grace to serve you with our whole heart;

That in loving service we may joyfully participate in your creation,

To the praise and glory of your name,
Through Jesus Christ our Lord. Amen

If you are feeling troubled...

Be present, Spirit of God, within us,
Your dwelling place our home;
May your light dispel our darkness,
Our troubles calmed by your peace,
All evil redeemed by your love,
All pain transformed in the suffering of Christ,
And all dying glorified in His risen life. Amen

Stewardship Prayer

Lord and source of all gifts,
I rejoice in the fullness of your generosity.
I thank you for those whose lives are visible signs
of your love and blessing to others.
Give me the courage to do the same.
Make me a good steward of all I have received
generously sharing my time, abilities and material
resources to build up your kingdom of love and justice.
We ask this through Jesus Christ,
in whom we begin and end all things. Amen

Do not be afraid...

In despair, Hagar cried.
The Lord said, "Do not be afraid. I am with you,"
and gave her water.
In despair, Moses fled.
The Lord said, "Do not be afraid. I am with you,"
and gave him courage.
In terror, the Israelites cowered by the sea.

The Lord said, "Do not be afraid. I am with you,"
and parted the waters.

In pain, Jesus cried out, "My God, my God,
why have you forsaken me?"

The Lord said, "Do not be afraid. I am with you,"
and brought about resurrection.

God with Hagar, God with Ishmael,
God with each one, through the ages,
Help us to know that you are with us now.
Help us not to be afraid.

Novena Prayer to Our Lady of Hope

Lord, you have given us Blessed Virgin Mary
as Mother of Hope.
Under her protection,
may the Memory of your Passion help us
to embrace the future with total abandonment to God.
And as we come before you
May her intercession grant us these graces ...
(Silent Prayer)
to await the will of the Father and to entrust ourselves
to Your promises. And thus, our hopes may be enriched
with ever new-reasons. Amen.

Novena Prayer to St. Joseph

O Glorious St. Joseph,
You who have power to render
possible things that are for us impossible,
come to our aid in our present trouble and distress.
Take this important and difficult affair
under your particular protection
that it may end happily.
O dear St. Joseph,
all our confidence is in you,
since you are so powerful with Jesus and Mary.
Let it not be said that we would invoke you in vain.
Amen