

## FROM 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 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.

*CNS translation of the prayer Pope Francis recited by video  
March 11 asking Mary to protect Italy and the world during the  
coronavirus pandemic.*

## SPIRITUAL COMMUNION

What is spiritual communion? St. Thomas Aquinas described it 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. With the absence of public Masses in the Diocese of Honolulu, the opportunity for receiving spiritual communion is particularly appropriate.

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:

*My 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.*



ROMAN CATHOLIC CHURCH IN THE STATE OF HAWAII  
**DIOCESE OF HONOLULU**  
WITNESS TO JESUS

## PRAYERS DURING THE TIME OF THE CORONAVIRUS DISEASE

These suggested prayers are for the faithful of the Diocese to join together in solidarity. We pray for all the sick, the caregivers, the dead, and for all those effected in so many different ways by this pandemic.

This guide includes prayers that you can recite at any time, either alone or in a group.

We have also included how to make a spiritual communion for those who will watch Mass on TV or live streamed and wish to partake more fully in the Eucharist.

## **PRAYER TO OUR LADY OF GUADALUPE**

by Archbishop Gomez, Archbishop of Los Angeles

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.

## **DIOCESE OF HONOLULU**

### **PRAYER FOR THE COVID-19 CORONAVIRUS PANDEMIC**

[by Bishop Larry Silva; March 12, 2020]

Dear God of all the living, you sent your Son Jesus to  
heal us from illness and sin. We turn to his healing  
power in this time of anxiety over the pandemic of  
this potentially deadly virus.

St. Damien and St. Marianne Cope dedicated their  
lives to service of those who had an infectious  
disease. St. Marianne Cope said, "I am not afraid of  
any disease," because she was confident of your  
power to save. At the same time, she took prudent  
precautions of hygiene to assure that she and her  
Sisters would not be infected.

Let us learn from this example to put our trust in you  
to save us from the ravages of disease and to take  
prudent measures to prevent its spread. Guide us to  
know when to isolate ourselves from the possibility of  
infection, but never let anyone be left without the  
care and concern of others in the community.

As our Diocese of Honolulu has been dedicated to the  
Divine Mercy, we pray with confidence,  
"Jesus, I trust in you."

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 economic 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.

*From the Interfaith Hospitality Network in Cincinnati*