

# When Mass cannot be celebrated publicly

*The Lord is my light and my salvation;  
whom then shall I fear? :  
the Lord is the stronghold of my life;  
of whom shall I be afraid?*

These words from Psalm 26 were penned by David in the twilight of his life. Having experienced many ups and downs as King of Israel, he reflects on the one steadfast thing, the love of God for him. In these difficult times when our worlds can seem to be upside down and the familiar patterns of life are removed from us, we turn to God and rely on his mercy and loving compassion for us all. This booklet has been provided as a help for prayer when Mass is not available to us. Our priests will continue to offer Mass for the Church and the world at this time, and we can unite ourselves to their celebrations through a spiritual communion. St Thomas Aquinas described Spiritual Communion as, 'an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him'. As our pattern of life changes, we should endeavour to keep a pattern of prayer and praise in our days, and this is one way we can unite ourselves in prayer to our Lord and his world.

Be assured of my prayers for you all at this time.

Cardinal Vincent Nichols

President

Catholic Bishops' Conference of England and Wales

## The Word of God

*The readings for the Mass of the Day can be found in a People's Missal or online Universalis [https://universalis.com/mass.htm]. Either read all the texts or choose just to read the Gospel of the Day.*

### Psalm 85

(1-6, 11, 15-16)

Turn your ear, O Lord, and give answer  
for I am poor and needy.  
Preserve my life, for I am faithful:  
save the servant who trusts in you.  
You are my God, have mercy on me, Lord,  
for I cry to you all the day long.  
Give joy to your servant, O Lord,  
for to you I lift up my soul.  
O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.  
Show me, Lord, your way  
so that I may walk in your truth.  
Guide my heart to fear your name.  
You, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

### Gospel

Mark 4:35-41

On that day, when evening had come, Jesus said to them, 'Let us go across to the other side.' And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, 'Teacher, do you not care that we are perishing?' And he awoke and rebuked the wind and said to the sea, 'Peace! Be still!' And the wind ceased, and there was a great calm. He said to them, 'Why are you so afraid? Have you still no faith?' And they were filled with great fear and said to one another, 'Who then is this, that even the wind and the sea obey him?'

### Silent reflection

*Pause for a moment of silent reflection.*

## Prayers

### Intercessions

*Pray for family and loved ones so that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus.*

*If the following intentions are said in a family or other group you may wish to conclude each one with the response:*

Lord, in your mercy. Hear our prayer

For those in authority:

may they offer advice with care and integrity,  
may they seek to protect the poor and vulnerable.

For all who work in healthcare:

give strength to all who look after the sick  
so that they may bring comfort and relief to the suffering.

For the Church:

may she offer prayers and consolation for all those affected.

For our local community and all for those in need:

may those who are isolated know the support  
and service of their neighbours.

### Lord's Prayer

Our Father...

## Spiritual Communion

### Prayer of St Alphonsus

My Jesus,

I believe that you are present in this Holy Sacrament of the altar.

I love you above all things

and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and forever.

Amen.

## Conclusion

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.