



DIOCESE OF  
SHREWSBURY

## A message from Bishop Mark ...

I send this prayer resource to invite you to be united in prayer during this time of global crisis. The resource brings together prayers which have been especially commended to us by the Pope during this pandemic. I hope the words will help us to hold everyone in prayer; frequently renew during the day our acts of spiritual communion and perfect acts of contrition; and constantly entrust ourselves to Our Lady, Help of Christians who has come to the assistance of the people of this Shrewsbury Diocese in every time of need.

With my blessing for you and for all your loved ones,

+ Mark

Bishop of Shrewsbury



## First Prayer from Pope Francis

*This prayer is to be said after the Rosary*

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of the Roman people (*the people of Shrewsbury Diocese*), you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.

*We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.*

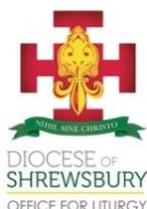
## A Prayer for a Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament of the Altar. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.



## An Act of Contrition

My God, I am sorry for sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy on me.



more prayer resources are  
available here:  
[www.dioceseofshrewsbury.org](http://www.dioceseofshrewsbury.org)