



The Catholic Parish  
of Corinda Graceville

# My Church @ Home



*God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.*

*Amen*



### **A Prayer for Stress Relief**

Gracious Lord, You know what is on my plate right now. You know everything I've said yes to, everything I need to accomplish and everything that's on my mind. I ask that your hand would come down and touch my restless, anxious heart. Help me rest in you as I do the work I need to do.

### **Prayer of Trust**

My Lord God  
I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
Nor do I really know myself,  
And the fact that I think that I am following  
your will, does not mean that I am actually doing so.  
But I believe that the desire to please you  
does in fact please you.  
And I hope I have the desire in all that I am doing,  
I hope that I will never do anything apart from that desire.  
And I know that if I do this, you will lead me by the  
right road, though I may know nothing about it.  
Therefore will I trust you always though I may  
Seem to be lost and in the shadow of death,  
I will not fear for you are ever with me and  
You will never leave me to face my troubles alone.

*Thomas Merton*

The Lord is my shepherd; I shall not want.  
He makes me to lie down in green pastures;  
He leads me beside the still waters.  
He restores my soul; he leads me in the paths of  
righteousness for His name's sake.  
Even though I walk through the valley of the shadow of  
death, I will fear no evil, for You are with me; Your rod and  
Your staff they comfort me.  
You prepare a table before me in the presence of my  
enemies; You anoint my head with oil; My cup overflows.  
Surely goodness and loving kindness shall follow me all the  
days of my life; And I will dwell in the house of the Lord for  
ever. *Psalms 23*

### **Prayer for the Sick**

Father God, we pray for all those who are facing sickness  
in their bodies. We ask that you would restore their  
health, soothe their pain, and ease their worry. Give them  
your peace and comfort as they wait. In Jesus' name,  
*Amen!*

### **Prayer of Healing and Protection during the Corona Virus**

God of love and mercy,  
Whose son Jesus came as friend and healer of the sick,  
Wrap us in your tender care at the time of epidemic.  
Protect all people, especially those most vulnerable to  
illness.

Heal all those who are ill,  
And give strength and protection to those providing care  
and frontline services.  
Send your Holy Spirit  
to comfort those who are anxious,  
and to stir in all of us a new patience and care for our  
neighbours,  
so that love will be our guide, through and beyond the  
crisis.  
St Raphael the archangel, pray for us.  
Mary, help of the sick, pray for us.  
Through Christ our Lord. *Amen*

### **Pandemic**

What if you thought of it  
as the Jews consider the Sabbath –  
the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those  
to whom you commit your life.  
Centre down.  
And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.  
Promise this world your love –  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

*Lynn Ungar*

### **Prayers for the Dying**

Go 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*

- Set up you Bible at Home for all to have access to.
- Pray together as a family and with friends, either by phone, or by Skype.

Here are some helpful links to keep in touch with our parish and your faith.

<http://www.corindagracevilleparish.org.au/>

<http://www.vatican.va/content/vatican/en.html>

<https://www.catholic.org.au/>

<https://www.catholic.org/prayers/>

<https://brisbanecatholic.org.au/>

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/catholic-prayers>

<https://www.ourcatholicprayers.com/>

[https://www.taize.fr/en\\_rubrique12.html](https://www.taize.fr/en_rubrique12.html)

## **PRAYER IN THIS TIME OF CRISIS**

Almighty and all-merciful God,  
lover of the human race, healer of all our wounds,  
in whom there is no shadow of death,  
save us in this time of crisis;  
grant wisdom and courage to our leaders;  
watch over all medical people  
as they tend the sick and work for a cure;  
stir in us a sense of solidarity beyond all isolation;  
if our doors are closed, let our hearts be open.  
By the power of your love destroy the virus of fear,  
that hope may never die  
and the light of Easter, the triumph of life,  
may shine upon us and the whole world.  
Through Jesus Christ, the Lord risen from the dead,  
who lives and reigns for ever and ever.  
Amen.

Holy Mary, health of the sick, pray for us.  
St Joseph, guardian of us all, pray for us.

*Archbishop Mark Coleridge*