

SOMEONE I KNOW HAS A RELATIVE OR CLOSE FRIEND IN HOSPITAL...

OR HAS LOST SOMEONE THEY LOVE – WHAT CAN I DO?

- ✦ Add their name and the name of their loved-one to a prayer list – and tell them you have done so. If this is within a prayer-focus, take a photo and message/ email it to them. You could do this even if your prayer-list is stuck to the fridge!
- ✦ Send a card assuring them of your prayer. Include your contact details.
- ✦ Pray the Litany of Supplication (below) for them – and for others in the same position once a day.
- ✦ If you have flowers in your garden, make a posy to leave on their doorstep – with love.
- ✦ Find a small gift online and send it with your love.
- ✦ Drop small food parcels outside their door – with a card popped through the door to offer your love.
- ✦ Prepare a simple meal – easy to heat through thoroughly – and leave on the doorstep. Let them know it is there!
- ✦ Send short texts – emails – or online greetings cards... Don't expect a reply to all of them but these will offer regular and gentle reminders of your solidarity in their anxiety or sorrow.
- ✦ Make occasional phone-calls. Judge the frequency by how many others are likely to be calling – anxiety and grief can be exhausting. Someone without a family would, perhaps, welcome more than someone with a large number of people who will also be calling.
- ✦ If someone has died, find out the time of the funeral and promise to be praying with them at that time. Let them know you will be doing this.
- ✦ Send flowers/ a plant on the day of the funeral or soon after.
- ✦ Make a note of the date of the death and put a reminder in your Calendar/ diary to send a note or card a month on... and beyond if necessary.
- ✦ Parishes might send a card and include the details of a bereavement support group who may be able to offer telephone or Skype support.
- ✦ Keep doing whatever you have chosen to do... this is going to be a long haul.



LITANY OF SUPPLICATION

We adore you, O Lord

True God and true man, truly present in this holy Sacrament.

We adore you, O Lord

Our Saviour, God with us, faithful and rich in mercy

We adore you, O Lord

King and Lord of creation and of history

We adore you, O Lord

Conqueror of sin and death

We adore you, O Lord

Friend of humankind, the Risen One, the Living One who sits at the right hand of the Father.

We adore you, O Lord

We believe in you, O Lord

Only begotten Son of the Father, descended from heaven for our salvation

We believe in you, O Lord

Heavenly physician, who bows down over our misery

We believe in you, O Lord

Lamb who was slain, who offer yourself to rescue us from evil

We believe in you, O Lord

Good Shepherd, who give your life for the flock which you love

We believe in you, O Lord

Living bread and medicine for immortality, who give us eternal life

We believe in you, O Lord

Deliver us, O Lord

From the power of Satan and the seductions of the world

Deliver us, O Lord

From the pride and presumption of being able to do anything without you

Deliver us, O Lord

From the deceptions of fear and anxiety

Deliver us, O Lord

From unbelief and desperation

Deliver us, O Lord

From hardness of heart and the incapacity to love

Deliver us, O Lord

Save us, O Lord

From every evil that afflicts humanity

Save us, O Lord

From hunger, from famine and from egoism

Save us, O Lord

From illnesses, epidemics and the fear of our brothers and sisters

Save us, O Lord

From devastating madness, from ruthless interests and from violence

Save us, O Lord

From being deceived, from false information and the manipulation of consciences

Save us, O Lord

Comfort us, O Lord

Protect your Church which crosses the desert

Comfort us, O Lord

Protect humanity terrified by fear and anguish

Comfort us, O Lord

Protect the sick and the dying, oppressed by loneliness

Comfort us, O Lord

Protect doctors and healthcare providers exhausted by the difficulties they are facing

Comfort us, O Lord

Protect politicians and decision makers who bear the weight of having to make decisions

Comfort us, O Lord

Grant us your Spirit, O Lord

In the hour of trial and from confusion

Grant us your Spirit, O Lord

In temptation and in our fragility

Grant us your Spirit, O Lord

In the battle against evil and sin

Grant us your Spirit, O Lord

In the search for what is truly good and true joy

Grant us your Spirit, O Lord

in the decision to remain in you and in your friendship

Grant us your Spirit, O Lord

Open us to hope, O Lord

Should sin oppress us

Open us to hope, O Lord

Should hatred close our hearts

Open us to hope, O Lord

Should sorrow visit us

Open us to hope, O Lord

Should indifference cause us anguish

Open us to hope, O Lord

Should death overwhelm us

Open us to hope, O Lord

