***Some Prayer Resources***

***Prayer to Our Lady Health of the Sick***

O Mary, you shine continuously along our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick, who at the Cross were near to the pain of Jesus, keeping your faith firm.

 Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us, He who took our sufferings upon Himself, and took up our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

(Pope Francis)

***Act of Spiritual Communion***

My Jesus,

I believe that you are present in the Most Holy Sacrament.

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.

(St. Alphonsus de Liguori)

***Extract from Saint Patrick’s Breastplate***

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of everyone who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me.

***Memorare***

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother.

To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer. Amen.

***Gníomh Dóchais***

A Dhia, tá dóchas agama sat go bhfaighidh mé gach grásta atá riachtanach le m’anam a shábháil agus le dul ar neamh, de bhrí go bhfuil do chumhacht, agus do mhaitheas agus do thrócaire gan teorainn, agus de bhrí go gcuireann tú le do fhocal.

***Na Paidreacha Coitianta***

(Foilseacháin Ábhar Spioradálta 2008)

***Salve Regina***

Go mbeannaitear duit, a Bhanríon, a Mháthair na trócaire, ár mbeatha, ár milseacht agus ár ndóchas, go mbeannaitear duit. Is ort a ghlaoimid, clan dhíbheartha Éabha. Is chugat a chuirimid suas ár n-urnaí. Ag caoineadh agus ag gol, i ngleann seo na ndeor. Ar an ábhar sin, ós tú ár n-abhcóide, iompaigh orainn do dhúile atá lán de thrua, agus tar éis na deoraíochta seo taispeáin dúinn Íosa, toradh beannaithe do bhroinne. A Mhaighdean Mhuire cheansa, ghrámhar, mhilis. Guigh orainn a Naomh-Mháthair Dé, ionas go mb’fhiú sinn geallúna Chríost.

***Lúireach Phádraig***

Críost liom,

Críost romham,

Críost i mo dhiaidh,

Críost ionam,

Críost fúm,

Críost os mo chionn,

Críost ar mo lámh dheas,

Críost ar mo lámh chlé,

Críost i leithead,

Críost i bhfad,

Críost in airde.

Críost i gcroí gach duine a smaoiníonn orm,

Críost i mbéal gach duine a labhraíonn liom,

Críost i ngach dúil a fhéachann orm,

Críost i ngach cluas a éisteann liom.

***Muire na nGrás***

A Mhuire na ngrás,

A Mháthair Mhic Dé

Go gcuire tú

Ar mo leas mé.

Go sábhála tú mé

Ar gach uile old;

Go sábhála tú mé

Idir anam is chorp.

Go sábhála tú mé

Ar muir is ar tír;

Go sábhála tú mé

Ar leac na bpian.

Garda na n-naingeal

Os mo chionn;

Dia romham

Agus Dia liom.

***Beannú Tí agus Teaghlach***

Go mBeannaí Dia an teach seo óna bhun go dtí a bharr, go mbeannaí sé gach fardoras, gach cloch is gach clár, go mbeannaí sé an teaghlach, an bord ara leagtar bia, go mbeannaí sé gach seomra i gcomhair sámh chodladh na hoíche. Go mbeannaí sé an doras a osclóimid go fial don stráinséir is don bhoctan chomh maith is dár ngaol, go mbeannaí sé na fuineeoga a ligeann dúinn an leas ó sholas geal na gréine, na gealaí is na réalt, Go mbeannaí sé na frathacha in airde os ár gcionn is fós gach balla daingean atá inár dtimpeallú inniu. Go bhfana síocháin dá réir sin don ár gcomharsan, cion is grá. Go mbeannaí Dia an mhuirear seo agam agus a choimead ó bhaol. Is go stiúra sé sinn uile go dtí a ribhrú féin. Amen.

May God bless this house from top to bottom, May He bless each lintel, each stone and beam of wood, May He bless the household and the table on which we place food. May He bless each bedroom in which we seek a peaceful sleep, May He bless the door we open generously to the stranger and the meek -as well as to our relatives and friends. May He bless the windows through which come the bright beams, of sunlight, moon and stars. May He bless the rafters above our head and each strong wall surrounding us, May peace love and affection dwell herein and flow towards our neighbours. May God bless this gathering and keep us from danger, And May He guide us all together to his Heavenly sanctuary. Amen.

(Traditional Irish Collected by An t-Ath Diarmuid Ó Laoghaire SJ translated by Pádraigín Clancy)

Muire, Críost agus na naoimh eadrainn agus an t-olc, Muire agus a Mac, Pádraig leis an bhachall, Máirtín leis an bhrat, Bríd leis an sciath agus Dia os a gcomhair uile go léir lean láimh dheas láidir.