

WORLD DAY OF THE SICK PRAYER LEAFLET 2009

World Day of the Sick 11 February 2009

Theme: God alone is my rock and salvation Ps.62

Introduction

We are constantly being told that our world is in crisis, global warming, drugs and alcohol abuse and the aids virus are but a few of the disasters that confront us on a daily basis. The media seem to fuel our anxieties for the future and we can feel powerless and hopeless in the face of these events. There is a great need to be mindful of these anxieties and the pressures they place on our health, as our mind as well as our body needs to be well for wholeness. Too much stress puts us at risk of mental illness. On this special World Day of the Sick, we are mindful of our need for wholeness and where we can turn to for comfort and hope for the future. Jesus brings us back to hope. He is our rock. We are not alone. God the creator of all is in our world. We need to turn to him in our anxieties and place our trust in Him “*who is our rock and our strength*”

Suggested Symbols to Use:

- A lighted Candle in a Centre Piece with Coloured Cloth
- A selection of stones

Action:

1. With music playing in the background invite a person
(*In a small group setting one person; in a large group setting the person on the edge of a row of seats*)
to pick up a stone;
2. Reflect on who and what has been a rock to you during your illness of mind, body or spirit? When you have focused on who/what has been your rock allow a moment to reflect on Jesus our Rock on whom we can rely.
3. Now pass the stone from person to person until everyone has had the opportunity to reflect. When all have reflected the stone(s) are placed at the centre piece to form the shape of a Cross

Opening Prayer

Dear God, Your generous, loving and forgiving Son Jesus shouldered the strain and stress of life. We ask that the healing and sustaining power of Jesus our rock will be shown to us by the care we receive from all who take care of us in our present illness and distress. We pause to give ourselves time to bring to mind the names of those who care for us right now.

Hymn

On Eagles' Wings - (Michael Joncas)

(or other suitable music)

You who dwell in the shelter of the Lord, who abide in his shadow for life, say to the Lord my refuge, my rock in whom I trust.

And he will raise you up on eagles' wings, bear you on the breath of dawn, make you to shine like the sun, and hold you in the palm of his hand.

The snare of the fowler will never capture you, and famine will bring you no fear. Under his wings your refuge, his faithfulness your shield.

You need not fear the terror of the night, nor the arrow that flies by day; though thousands fall about you, near you it shall not come.

For to his angels he's given a command to guard you in all of your ways; upon their hands they will bear you up, lest you dash your foot against a stone.

Scripture: Isaiah 40:28-31

God's Care

Do you not know
or have you not heard?

The Lord is the eternal God,
creator of the ends of the earth.

He does not faint nor grow weary,
and his knowledge is beyond scrutiny.

He gives strength to the fainting;
for the weak he makes vigor abound.

Though the young faint and grow weary,
and stagger and fall,

They that hope in the Lord will renew their strength,
they will soar as with eagle's wings;

They will run and not grow weary,
walk and not grow faint.

Period of silent reflection

Breathe In Me

Breathe in me, O Spirit of God,
and drive all evil away.
Renew my soul and heal my body,

lift my heart this day.
Help me know how close you are
and your great love for me.
Strengthen my faith that whatever comes
I can say, "Let it be!"
For you love me so, that nothing occurs
that lies beyond your will.
So take my chaos, pain and doubt
and bid my storms be still.
Calm my worries, weaken my fears,
change my darkness to light.
For here I stand, the one you made
in whom you take delight.

Intercessory Prayers

Response: *Loving Lord be with us*

When our illness of mind or body threatens to overwhelm us and we can see no way ahead. *Loving Lord be with us.*

In the difficult times when fear threatens to quench our faith and hope. *Loving Lord be with us*

When anxiety and worry are our daily companions. *Loving Lord be with us*

As we face the challenge of each day. *Loving Lord be with us.*

In our efforts to reach out to others who also suffer. *Loving Lord be with us.*

Blessing (John O'Donohoe)

On the day when the weight deadens on your shoulders
And you stumble. May the clay dance to balance you.

And when your eyes freeze behind the grey window and the ghost of loss gets into you.
May a flock of colours, indigo, red green and azure blue
Come to awaken in you a meadow of delight.

When the canvas frays in the currach of thought
And a stain of ocean blackens beneath you.
May there come across the waters a path of yellow moonlight to bring you safely home.
May the nourishment of the earth be yours, may the clarity of light be yours.
May the fluency of the ocean be yours. May the protection of the ancestors be yours.

And so may a slow wind work these words of love around you
And invisible cloak to mind your life.

Concluding Prayer (Saint Augustine)

Watch, O Lord, with those who wake, or watch, or weep tonight,

and give your angels charge over those who sleep.

Tend your sick ones, O Lord Christ.

Rest your weary ones.

Bless your dying ones.

Soothe your suffering ones.

Pity your afflicted ones.

Shield your joyous ones.

And all for your love's sake. Amen.

Final Hymn

Lay Your Hands Gently

OR Lourdes Ave

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LINKS

Bishops' Committee on Bioethics www.healthcare-ethics.ie (catholicbishops.ie)

Catholic Association of Canada www.chac.ca

Department of Health www.dho.ie

Federation of Catholic Voluntary Nursing Homes www.fcvnh.org

Health Information Quality Authority (HIQA) www.hiqa.ie

Health Service Executive (HSE) www.hse.ie

National Association of Hospital Chaplains (NAHC) www.nahc.ie

The Catholic Health Association of the US www.chausa.org

The Vatican www.vatican.va