

The Cathedral of  
St John the Baptist

FOLLOWING  
THE MASS

*In this booklet, we can follow the prayers of the Mass at home. We may use these prayers alone, or with our families. We may want to make a little altar at home, with a crucifix, and a candle, and an image of Our Lady. We may even want to keep this little shrine in our home all the time to remind us of God.*

*Even though we cannot celebrate the Mass together, nor receive Holy Communion, our parish priests will be celebrating the Mass every day for us, the people of God. We can join our priest in spirit as he celebrates the Mass for us, using these prayers. At this difficult time, we walk through the desert with Israel, towards the Promised Land. But we can use this time fruitfully to rediscover our friendship with God, and our hunger and our thirst for him.*

*Faithful to God's loving kindness, we may confidently approach his throne of grace: we praise him for his glory, we beg pardon for our sins; we thank him for the many gifts and blessings that we have received from his hand, and ask him for our own needs and for the needs of the whole world.*

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# FOLLOWING THE MASS

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**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

¶ Before we meet the Lord Jesus in these holy prayers, we can call to mind our sins and sorrows, and praise him for his mercy, by asking his loving forgiveness.

Lord Jesus, you have revealed yourself as the way to the Father:

Lord have mercy.

You have poured out on your people the Spirit of truth:

Christ have mercy.

You are the Good Shepherd, leading us to eternal life:

Lord have mercy.

*Or*

Lord Jesus, you were lifted up to draw all people to yourself:

Lord have mercy.

You shouldered the Cross, to bear our suffering and sinfulness:

Christ have mercy.

You open for your people the way from death into life:

Lord have mercy.

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

## **Collect**

¶ Read out loud one of the following prayers:

Almighty and merciful God, look with compassion on our affliction and so lighten your children's burden and confirm their faith, that they may always trust without hesitation in your fatherly providence. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Almighty ever-living God, eternal health of believers, hear our prayers for your servants who are sick: grant them, we implore you, your merciful help, so that, with their health restored,

they may give you thanks in the midst of your Church.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

O God, who by the grace of the Holy Spirit  
have filled the hearts of your faithful with gifts of charity,  
grant health of mind and body to your servants,  
for whom we beseech your mercy,  
that they may love you with all their strength  
and, with all their love, do what is pleasing to you.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

O God, whose mercies are without number  
and whose treasure of goodness is infinite,  
graciously increase the faith of the people consecrated to you,  
that all may grasp and rightly understand  
by whose love they have been created,  
through whose Blood they have been redeemed,  
and by whose Spirit they have been reborn.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

O God, who by the Precious Blood of your Only Begotten Son  
have redeemed the whole world,  
preserve us in the work of your mercy,  
so that, ever honouring the mystery of our salvation,  
we may merit to obtain its fruits.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

O God, to whom every heart lies open,  
every desire speaks plainly  
and from whom no secret is hidden,  
cleanse, we pray, the thoughts of our heart  
by the outpouring of the Holy Spirit,

that we may merit to love you perfectly  
and offer you worthy praise.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

## **The Word of God**

*Reflecting on the Word of God, we read with the eyes of faith about his love for all of us, with minds filled with hope about the promises he makes to his children, and with hearts of charity about the love and mercy which he invites us to share with our brothers and sisters.*

*We can reflect on the following reading, or we can find the Gospel reading of the day online ([universalis.com/mass](http://universalis.com/mass)) or in our own private missals. We might also want to use this time as an opportunity to read through one the Gospels, taking a paragraph or a chapter at a time every day.*

A reading from the Holy Gospel according to Matthew  
**Glory to you, O Lord.**

Jesus said to his disciples: “Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. Is there a man among you who would hand his son a stone when he asked for bread? Or would hand him a snake when he asked for a fish? If you, then, who are evil, know how to give your children what is good how much more will your Father in heaven give good things to those who ask him!”

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

Or

A reading from the Holy Gospel according to John  
**Glory to you, O Lord.**

Jesus said to his disciples: “As the Father has loved me, so I have loved you. Remain in my love. If you keep my commandments you will remain in my love, just as I have kept my Father’s commandments and remain in

his love. I have told you this so that my own joy may be in you and your joy be complete. This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. You are my friends, if you do what I command you. I shall not call you servants any more, because a servant does not know his master's business; I call you friends, because I have made known to you everything I have learned from my Father. You did not choose me, no, I chose you; and I commissioned you to go out and bear fruit, fruit that will last; and then the Father will give you anything you ask him in my name. What I command you is to love one another."

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

¶ Spend some time quietly reflecting on the Word of God. Afterwards, make an act of faith by reciting the Apostles' Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## **The Universal Prayer**

*After received from God the nourishment of his Word, we now turn our hearts outwards to the needs of others in the universal prayer. We ask God for the needs of the Church and of the whole world, praying for all the baptised faithful, for our own society and neighbours, for those in need and for the poor, and for those who have died. We can do this in our own words, but we may wish to follow these prayers:*

For the holy Church of God: that all the baptised faithful may remember with God's promises of mercy towards all people, and be given the courage to share that love joyfully with others in their words and in their actions. - Lord, have mercy.

For our own nation, and for all nations: that we may work together for the common good of all people. - Lord, have mercy.

For those who are sick, and for those who care for them: that they may never despair of God's love, and always remember their dignity as his beloved children; that they may be restored to health. - Lord, in your mercy.

For those who suffer in poverty and want: that they may soon be eased of their physical burdens and mental sorrow, and that we ourselves may diligently practice the works of charity. - Lord, in your mercy.

For those who have died: that they may rest in peace, and that those who grieve their loss may be comforted. - Lord, in your mercy.

The Blessed Virgin Mary is the health of the sick, and the refuge of sinners: she always hears her children when we cry to her, saying:

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

Almighty God, graciously hear the prayers of your children, and grant them the grace they need to follow you in faith, hope and charity. Through Christ our Lord. Amen.

## **The Lord's Prayer**

At the Saviour's command, and formed by divine teaching, we dare to say:

**Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.**

Deliver us Lord, we pray, from evil; graciously grant peace in our day. That by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ. For the kingdom, the power and the glory are yours, now and forever. Amen.

## Act of Spiritual Communion

*At this time, we are not able to receive the Lord in Holy Communion. A spiritual communion is an ardent desire to receive Jesus in Holy Communion and to lovingly embrace him as if we had actually received him. We can make these acts whenever we so desire, and many saints have recommended that we make them frequently, so that, when the time comes for us to receive the Lord sacramentally again in Holy Communion, we may do so much more fruitfully, having hungered for him, and expressed our desire for him in ways that we have perhaps never done so before: an act of love does all.*

*We can turn our mind's eye to the Lord in the Tabernacle, who remains, as it were, a prisoner of love in his Holy House, waiting for us to greet him: we can say to him, aloud, or silently:*

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

Or

Lord Jesus, though I may not at this moment receive you in Holy Communion, please come into my heart, your whole Soul and Divinity, and remain there, and keep me safe. I love you Jesus, always. Amen.

¶ We can now spend a few moments in silent prayer with the Lord Jesus:

O Mighty Fire, Thou that dost burn  
To kindle every mind and heart!  
For Thee my frozen soul doth yearn;  
Come, Lord of love, Thy warmth impart;  
If thus to speak too bold appear,  
'Tis love like Thine has banished fear.

O Sweetest dart of love Divine!  
If I have sinned, then vengeance take;  
Come pierce this guilty heart of mine,  
And let it die for His dear sake  
Who once expired on Calvary,  
His heart pierced through for love of me.

Beloved Lord, in Heaven above  
There, Jesus, Thou awaitest me,  
To gaze on Thee with endless love;  
Yes, thus I hope, thus shall it be:  
For how can He deny me Heaven,  
Who here on earth Himself hath given? (St Alphonsus)

May the burning and most sweet power of your love, Lord Jesus Christ, I ask you, absorb my mind, that I may die through love of your love, who was pleased to die through love of my love.

Jesus, my God, my love, strike and inflame this heart of mine, make it all fire for love of you!

Hail to the love of Jesus, our life and our all! Hail to Mary, our Hope! Amen.

## **Conclusion**

¶ We can read out loud one of the following prayers:

May the outpouring of the Holy Spirit cleanse our hearts, O Lord, and make them fruitful by the inner sprinkling of his dew. Through Christ our Lord. Amen.

O God, only support of our human weakness, show the power of your protection over your servants who are sick, that, sustained by your merciful help, they may be restored to your holy Church in good health. Through Christ our Lord. Amen.

## **A prayer to ask God's blessing**

May God bless us with every heavenly blessing,  
make us always holy and pure in his sight,  
pour out in abundance upon us the riches of his glory,  
and teach us with his words of truth;  
may he instruct us in the Gospel of salvation,  
and every endow us with fraternal charity.  
Through Christ our Lord. Amen.

And may the blessing of Almighty God, the Father, and the Son  
and the Holy Spirit come down upon us and remain with us now  
and forever. Amen.

## **A visit to the Blessed Virgin Mary**

¶ We can now turn our mind in thanksgiving to the Mother of God,  
saying:

Hail, Holy Queen, Mother of Mercy,  
Hail, our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this vale of tears!  
Turn, then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.



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