



Novena for Help, Hope and Healing

May 1, 2020 – May 9, 2020

ST. Mary of The Expectation

Watch Over Us
Protect Us
Pray For Us



Mary, Help of Christians

“Have faith in the Blessed Sacrament and Mary, Help of Christians and you will see what miracles are.” Those are the words of St. John Bosco, well-known for his devotion to Mary, Help of Christians. He saw her profound influence as protector and patroness and attributed the founding of the Salesians, a religious order with a focus on helping poor children and educating boys to the priesthood, to her intercessions.

Churches, ministries and organizations around the world have been founded under Mary’s protection and so the title, “Mary, Help of Christians” refers to the special role of Mary throughout the trials of the Church. The title dates back to 1571, when Christianity was saved by Mary, Help of Christians when Catholics throughout Europe prayed the Rosary and had a decisive victory of Christianity over Islamic aggressors from the Ottoman Empire.

Today, as the Church and the entire world suffer through the trial of the COVID pandemic, we again turn to Mary, Help of Christians, and seek her help and protection.

Day 1: Family and Loved Ones



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today the care and protection of our **Family and Loved Ones**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: Matthew 6:24-26

“No one can serve two masters. He will either hate one and love the other or be devoted to one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?”

Reflection: F Claydon

Meditation Song

Litany for Help, Hope and Healing

Let us pray...

Lord, have mercy, **Christ, have mercy.**

Lord, have mercy. Christ hear us, **Christ graciously hear us.**

God the Father of heaven, **have mercy on us.**

God the Son, Redeemer of the world, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy Trinity, one God, **have mercy on us.**

Response: Pray For Us

Holy Mary...**Pray For Us**

Holy Mother of God...**Pray For Us**

Queen of Heaven...**Pray For Us**

Star of the Sea...**Pray For Us**

Star of the New Evangelization...**Pray For Us**
Comforter of the Afflicted...**Pray For Us**
Health of the Sick...**Pray For Us**
Refuge of Sinners...**Pray For Us**
Helper of Christians...**Pray For Us**

Response: Mary Help Us

In times of worry,...**Help Us.**
In times of sickness,...**Help Us.**
In times of pandemics,...**Help Us.**
In times of sorrow,...**Help Us.**
In times of confusion,...**Help Us.**
In times of anxiety,...**Help Us.**
In times of fear,...**Help Us.**
In times of weakness,...**Help Us.**
In times of discernment,...**Help Us.**
In times of despair,...**Help Us.**

Response: Mary Help Them

For our Family and Loved Ones...**Mary Help Them.**
For our First Responders, Healthcare and Other Frontline Workers...**Mary Help Them.**
For our Youth and their Families...**Mary Help Them.**
For our Parish Staff...**Mary Help Them.**
For our Parish Ministries and its Volunteers...**Mary Help Them.**
For our Protection from this Virus and Our Health in General...**Mary Help Them.**
For our World Leaders and Authorities...**Mary Help Them.**
For our Clergy...**Mary Help Them.**
For the Universal Church...**Mary Help Them.**
For others in need our prayers...**Mary Help Them.**
For our those who are unemployed,...**Mary Help Them.**
For those struggling to make ends meet,...**Mary Help Them.**
For those who are homeless,...**Mary Help Them.**
For those who are sick,...**Mary Help Them.**
For those near death,...**Mary Help Them.**
For all members of the Body of Christ,...**Mary Help Them.**

Lamb of God, Who takes away the sins of the world, **Spare us, O Lord.**
Lamb of God, Who takes away the sins of the world, **Graciously hear us, O Lord.**
Lamb of God, Who takes away the sins of the world, **Have mercy on us.**
Pray for us, O holy Mother of God, **That we may be made worthy of the promises of Christ.**

Novena for Help, Healing and Hope

Let us pray, Remember, Most Holy Virgin Mary, that it has never been heard that someone sought your protection, begged your patronage and asked for your help, and was abandoned. With this confidence, we turn to you, Mother, Virgin of the virgins. We come to you, tears in our eyes, guilty of so many sins, we bow down to your feet and ask for mercy. Do not despise our supplication, O Mother of the Word, but listen to us with kindness and hear us. Amen.

The Lord be with you.

R. And with your spirit.

May the blessing of Almighty God, Father, Son + and Holy Spirit, descend on you and remain with you forever.

R. Amen.

Day 2: First Responders, Healthcare and Other Frontline Workers



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today the care and protection of all **First Responders, Healthcare and Other Frontline Workers**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: Romans 8:22-24

“We know that all creation is groaning in labor pains even until now; and not only that, but we ourselves, who have the first fruits of the Spirit, we also groan within ourselves as we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees?”

Reflection:

St. Paul says, “Who hopes for what one sees?” If what we hope for is what is yet to be seen, then in the midst of this pandemic, what is the “unseen” that you hope for? Filled with news that seems to delay the sign of any hopes for normalcy, what is the “unseen” that you look forward to experiencing?

While labor pains are not necessarily something that can be looked forward to, they are the experience of the final steps of a creation realized by God’s marvelous hands. As we struggle still to adapt to the current state of living that we are in due to the pandemic, each adjustment we have to make can be a pain and a cause for groaning in us. However, we can choose to look with hope, instead of despair, at each of these challenges. We can look at them with the hope that through the Holy Spirit, we can bear good fruit in us through each opportunity. Our frustration with the lack of certain products at the grocery store for example, can instead be turned into a sense of compassion for the workers in the stores struggling to keep up with demand or those being treated ill by customers dealing with our same frustration.

Meditation (Brief Period of Silence)

Let us pray...to Jesus in the Blessed Sacrament:

O Most Sweet Jesus, You delight in being with the children of men and being the food of their souls. Grant we beseech You that through the merits of St. John Bosco who did so much to spread the love of frequent union with You in the Sacrament of Your Love among youth and Christian peoples we may receive what we humbly implore with all the fervor of our souls.

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 3: Our Youth and their Families



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today the care and protection of all **Our Youth and their Families**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: James 1:2-4

“Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance. And let perseverance be perfect, so that you may be perfect and complete, lacking in nothing.”

Reflection:

Since the beginning of this pandemic, how many more prayers have you said? How many rosaries recited? How many different means of calling out for an end to this have you tried? And while we may be hanging in there with our faith, there is no denying this pandemic can be a testing of our faith which thus, according to our scripture should lead to perfect perseverance. But what does that mean?

Perfect perseverance is not to persevere in prayer until we see the end result we are seeking or at least one we are content with as being an acceptable result of the Father’s will. Perfect perseverance is to show a continuous commitment to prayer despite difficulties, delayed success, or even what in our eyes seems to be failure. When we continue to hope in the Lord beyond what we can accept then we gain perseverance that is closer in perfection, lacking in nothing because our prayers and our faith are truly selfless and without condition.

Sounds attainable? If you think there is a struggle, now imagine our youth and their families. Add to your prayers that they be given the gift of greater perseverance, the gift of greater hope in what is to come, so that in their dark situation they hold on to at least a glimmer of hope to keep them strong in their faith.

Meditation (Brief Period of Silence)

Let us pray...to Jesus in the Blessed Sacrament:

O Most Sweet Jesus, You delight in being with the children of men and being the food of their souls. Grant we beseech You that through the merits of St. John Bosco who did so much to spread the love of frequent union with You in the Sacrament of Your Love among youth and Christian peoples we may receive what we humbly implore with all the fervor of our souls.

Let us pray...to Mary Help of Christians:

O Most Holy Virgin, Help of Christians, who, through St John Bosco did work and still continues to work so many wonders, grant we beseech you that through your own motherly goodness and through his merits, we poor sinners may receive the graces we beg with all the fervor of our souls.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. Through Christ Our Lord. Amen.

May the Lord bless us, protect us from all evil and lead us to everlasting life. Amen.

Day 4: Parish Staff



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today the care and protection of all the **Parish Staff**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: Matthew 5:14-16

“You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

Reflection:

As volunteers, we have the blessing of being able to share of our faith, even if for just a brief period. How many times have we wondered to ourselves, “Am I making a difference?” These questions are fair and may then lead to the question of “How can I offer more?”

While it is true that we only have a brief moment to bring the light of Christ we strive to shine forth, there is another group of people that shine their light for an even more extensive period of time. They are men and women are the staff of our Parish. As we desire for the light of Christ to shine in us, let us keep in mind and pray for the light within those whose light shines more often.

Let us pray that each day the light of Christ burns brightly in our Parish Staff. May their love for Christ transcend all obstacles and struggles they face in their individual roles so together they can help foster the same values and morals we hope to imitate as well as the little Christ’s that we are created to be.

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 5: Parish Ministries and Its Volunteers



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today the care and protection of our **Parish Ministries and Its Volunteers**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: 3 John 2-4

“Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. I rejoiced greatly when some of the brothers came and testified to how truly you walk in the truth. Nothing gives me greater joy than to hear that my children are walking in the truth.”

Reflection:

We are in a trying time. Professionally, personally, and spiritually we have been thrown into disarray and left seeking answers. And, as if finding answers for ourselves were not enough, we may have unanswered questions about the future of our family, and friends. Each day brings its challenges and brings about new questions.

However, the reading from James brings up two important points. The first is the verse, “Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.” If the hope is that our health prospers as well as our soul, then how well is our soul doing? Have we taken the time to feed ourselves spiritually in the absence of some of our traditional means of worship and prayer in order to combat the trials we are undergoing?

The second is this. John says, “Nothing gives me greater joy than to hear that my children are walking in the truth.” The greatest joy is to walk in the truth is to walk with Christ who is the **TRUTH**, the way and life. When we walk with Christ, our soul will prosper. How often are you walking with Christ?

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 6: Our Protection from this Virus and Our Health in General



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today for **Our Protection from this Virus and Our Health in General**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: Mathew 9:1-8

“He entered a boat, made the crossing, and came into his own town. And there people brought to him a paralytic lying on a stretcher. When Jesus saw their faith, he said to the paralytic, “Courage, child, your sins are forgiven.” At that, some of the scribes said to themselves, “This man is blaspheming.” Jesus knew what they were thinking, and said, “Why do you harbor evil thoughts? Which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? But that you may know that the Son of Man has authority on earth to forgive sins”—he then said to the paralytic, “Rise, pick up your stretcher, and go home.” He rose and went home. When the crowds saw this, they were struck with awe and glorified God who had given such authority to human beings.”

Reflection:

The faith of the friends of the paralytic man shows how strong their faith was in Jesus by them bringing him to Jesus. They firmly believed that Jesus could and would heal the man. Faith is truly trusting God even in the darkest of times, that He is present through it and present with us and that he is a loving God that does not want His children to suffer.

During these difficult times our faith and the faith of our loved ones can be challenged. Like the friends of the paralytic man it is up to us to lift each other up and take each other to Jesus. While there are many suffering from the physical effects of the virus, others are suffering from mental, financial and spiritual damage because of these times. Through it all, Jesus waits for us to come to Him so that we can have healing and pick up our mats. How has your faith been strengthened during this time? What more could you do to strengthen your faith? How can you help others to grow in their faith?

Meditation (Brief Period of Silence)

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 7: World Leaders and Authorities



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today for Our World Leaders and Authorities. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: 1 Timothy 2:2-4

“First of all, then, I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone, for kings and for all in authority, that we may lead a quiet and tranquil life in all devotion and dignity. This is good and pleasing to God our savior, who wills everyone to be saved and to come to knowledge of the truth.”

Reflection:

During “normal” times our government leaders and those of authority have a lot on their shoulders, and during these troubling times the pressure has to be almost unbearable for them. We all notice that when a man becomes president he has rich black hair, but by the time he finishes, he usually has a full head of gray hair. The pressure has got to be enormous.

Now more than ever we need to recognize the challenges and stress that our leaders are going through. And now more than ever they need our prayers so that they can make the right decision and that they use Godly Wisdom to keep those that they are responsible for safe. It is not just governmental leaders, but others in authority such as teachers, employers, parents, etc., that need our support and prayers. Besides prayer what are some other things that you can do to support world leaders and other in authority?

Meditation (Brief Period of Silence)

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 8: Clergy



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

Most loving Mary, you were given to all Christians as their help and protector in the most difficult times in the life of Christians and the life of the Church. We implore you today for your help and protection during this pandemic, placing before you the intentions that we hold in our hearts and most especially today for our **Clergy**. Mary Help of Christians, Pray for us! Amen.

Scripture Reading: Acts 20:28

“Keep watch over yourselves and over the whole flock of which the Holy Spirit has appointed you overseers, in which you tend the church of God that he acquired with his own blood.”

Reflection:

During this time our clergy face even more difficulties trying to assist in the spiritual needs of those they serve? Watching mass on television can only go so far. Many are yearning to return to church attendance and many pastors are yearning to see and minister to their parishioners. Celebrating mass within an empty church and preaching to a church full of empty pews can be difficult and discouraging. Then there are the clergy that are also faced with additional challenges as those they serve may have the need for face to face ministering such as confessions, anointing, feeding the needy or going to those in juveniles’ facilities and jails. They have to draw their strength from the Lord.

What have you done to support the clergy in your life during this time? Have you called them or shown appreciation to them or even sent them a letter or card of encouragement? What can you do to support the clergy so that they may lead during this time and assist those that God has called them to minister to?

Meditation (Brief Period of Silence)

Let us pray...to Mary:

And You, O Mary our Mother, offer our prayers to Jesus and together with the grace we implore grant that through your intercession we may obtain an ever-increasing love for Jesus in the Most Holy Sacrament. Amen.

Almighty and everlasting God, Who by the cooperation of the Holy Spirit did prepare the body and soul of the glorious Virgin Mother Mary to become a worthy dwelling for Your Son, grant that as we rejoice in her commemoration, we may, by her loving intercession, be delivered from present evils and from everlasting death. May the Lord bless us, protect us from all evil and lead us to everlasting life. Through Christ Our Lord. Amen.

Day 9: The Universal Church



Let us pray. Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, and sought thy intercession, was left unaided, inspired with this confidence [we] fly unto thee; O Virgin of virgins, [our] Mother! To thee do [we] come, before thee [we] stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not [our] petitions, but in thy mercy hear and answer [us]. Amen.

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Scripture Reading: Galatians 6:9-10

“Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith.”

Reflection: Deacon Russ Carroll

Meditation Song

Litany for Help, Hope and Healing

Let us pray...

Lord, have mercy, **Christ, have mercy.**

Lord, have mercy. Christ hear us, **Christ graciously hear us.**

God the Father of heaven, **have mercy on us.**

God the Son, Redeemer of the world, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy Trinity, one God, **have mercy on us.**

Response: **Pray For Us**

Holy Mary...**Pray For Us**

Holy Mother of God...**Pray For Us**

Queen of Heaven...**Pray For Us**

Star of the Sea...**Pray For Us**

Star of the New Evangelization...**Pray For Us**

Comforter of the Afflicted...**Pray For Us**

Health of the Sick...**Pray For Us**

Refuge of Sinners...**Pray For Us**
Helper of Christians...**Pray For Us**

Response: Mary Help Us

In times of worry,...**Help Us.**
In times of sickness,...**Help Us.**
In times of pandemics,...**Help Us.**
In times of sorrow,...**Help Us.**
In times of confusion,...**Help Us.**
In times of anxiety,...**Help Us.**
In times of fear,...**Help Us.**
In times of weakness,...**Help Us.**
In times of discernment,...**Help Us.**
In times of despair,...**Help Us.**

Response: Mary Help Them

For our Family and Loved Ones...**Mary Help Them.**
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For our Protection from this Virus and Our Health in General...**Mary Help Them.**
For our World Leaders and Authorities...**Mary Help Them.**
For our Clergy...**Mary Help Them.**
For the Universal Church...**Mary Help Them.**
For others in need our prayers...**Mary Help Them.**
For our those who are unemployed,...**Mary Help Them.**
For those struggling to make ends meet,...**Mary Help Them.**
For those who are homeless,...**Mary Help Them.**
For those who are sick,...**Mary Help Them.**
For those near death,...**Mary Help Them.**
For all members of the Body of Christ,...**Mary Help Them.**

Lamb of God, Who takes away the sins of the world, **Spare us, O Lord.**
Lamb of God, Who takes away the sins of the world, **Graciously hear us, O Lord.**
Lamb of God, Who takes away the sins of the world, **Have mercy on us.**
Pray for us, O holy Mother of God, **That we may be made worthy of the promises of Christ.**

Novena for Help, Healing and Hope

Let us pray, Remember, Most Holy Virgin Mary, that it has never been heard that someone sought your protection, begged your patronage and asked for your help, and was abandoned. With this confidence, we turn to you, Mother, Virgin of the virgins. We come to you, tears in our eyes, guilty of so many sins, we bow down to your feet and ask for mercy. Do not despise our supplication, O Mother of the Word, but listen to us with kindness and hear us. Amen.

The Lord be with you.

R. And with your spirit.

May the blessing of Almighty God, Father, Son + and Holy Spirit, descend on you and remain with you forever.

R. Amen.

Novena for Help, Healing and Hope