

## 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**

