

Spiritual exercises for the home or apartment. **Saturday at 7pm**, the Catholic Diocese of Memphis and all of west Tennessee will be praying together.

Saturday –

Pray for the intercession of the Blessed Mother

Prayerfully read Romans 5:5, then ask the Holy Spirit to allow you to enter into the adoration of the Word of God. After you have called on the Spirit and rested in a minute or two in silent prayer (eyes closed, heart opened), read the scriptures slowly, knowing that the Lord will speak to you through this Word.

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

Annunciation: Luke 1: 26-38

Nativity: Matthew 1.18-2.12

Luke 2: 1-20

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in the mercy hear and answer me. Amen

Our Lady of Guadalupe

Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas. We fly to you today as your beloved children. We ask you to intercede for us with your Son, as you did at the wedding in Cana.

Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels, that we may be spared the worst of this illness.

For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust.

In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy.

Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your son, Jesus.

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