

## Be Not Afraid

"Let nothing disturb you.  
Let nothing make you afraid.  
All things are passing.  
God alone never changes.  
Patience gains all things.  
If you have God you will want for nothing.  
God alone suffices."

~ St. Teresa of Avila (1515-1582)  
the first woman to be named  
Doctor of the Church



### Let us pray...

Leader: We pray for our communities -  
that snapshot of humanity  
with all ages, backgrounds,  
education, employment status,  
politics and religious viewpoint  
who are our neighbors  
in the streets where we live.

L: We pray for all of them;  
not only those we know by name  
and chat with through the day,  
but also less familiar faces

about whom we know so little  
and pass by with just a smile.

R: All in need of your love at this time.  
Bless their homes and families,  
and let your love and peace  
so shine within this community  
that smiles turn to conversations,  
and strangers become friends.

All: We pray this through Jesus Christ,  
the Prince of Peace. Amen.



**Choral Prayer:** from [faithandworship.com](http://faithandworship.com)

Psalm 38

LORD, do not punish me in your anger;  
in your wrath do not chastise me!  
Your arrows have sunk deep in me;  
your hand has come down upon me.

There is no wholesomeness in my flesh  
because of your anger;  
there is no health in my bones  
because of my sin.  
My iniquities overwhelm me,  
a burden too heavy for me.

Foul and festering are my sores –  
because of my folly.  
I am stooped and deeply bowed;  
every day I go about mourning.

**Song:** "Be Not Afraid"

My loins burn with fever;  
there is no wholesomeness in my flesh.

I am numb and utterly crushed;  
I wail with anguish of heart.  
My Lord, my deepest yearning is before you;  
my groaning is not hidden from you.

My heart shudders, my strength forsakes me;  
the very light of my eyes has failed.  
Friends and companions shun my disease;  
my neighbors stand far off.

Those who seek my life lay snares for me;  
they seek my misfortune, they speak of ruin;  
they plot treachery every day.

But I am like the deaf, hearing nothing,  
like the mute, I do not open my mouth, --  
I am even like someone who does not hear,

who has no answer ready.

LORD, it is for you that I wait;  
O Lord, my God, you respond.  
For I have said that they would gloat over me,  
exult over me if I stumble.

I am very near to falling;  
my wounds are with me always.  
I acknowledge my guilt  
and grieve over my sin.

All: My enemies live and grow strong,  
those who hate me grow numerous  
fraudulently,  
Repaying me evil for good,  
accusing me for pursuing good.  
Do not forsake me, O LORD;  
my God, be not far from me!  
Come quickly to help me,  
my Lord and my salvation!

**Reading:** "Mary With Us During the Pandemic" --Trappist Monks, St. Joseph Abbey, Spencer

*We place ourselves in your keeping, Holy Mother of God. Refuse not the prayer of your children in their distress, but deliver us from all danger, ever Virgin glorious and blessed.*

As the current pandemic frightens and isolates us, as so many throughout the world are afflicted, we trust in the prayers of Our Blessed Lady. She is never far from us, always attentive to our needs. Mary protects us and accompanies us; we trust in her powerful intercession. She is everywhere in the Abbey watching over us, her images and icons in sacred spaces as well as the workplaces.



She is our Mother and our Refuge in all tribulation. We are greatly consoled by her words to Saint Juan Diego in 1531:

*Do listen, do be assured of it, my littlest one, that nothing at all should alarm you, should trouble you, nor in any way disturb your countenance, your heart. For am I not here, I, your mother? Are you not in the cool of my shadow? In the breeziness of my shade? Is it not I that am your source of contentment? Are you not cradled in my mantle, cuddled in the crossing of my arms? Is there anything else you need?*

We commend our friends, relatives, benefactors and all the peoples of our world to the love and protection of the Virgin Mary in these days. We plead for an end to the pandemic and for the healing of the sick, for healthcare workers, doctors, nurses, and all those working in these days to guarantee the smooth functioning of society. We remember the numerous victims of the pandemic, and pray for the consolation and comfort of their families and friends.

## Prayers of Intercession

### Closing Prayer:

Leader:

Bless those whose faith,  
even when tested  
by pain, loss or sorrow,  
still shines through  
the darkness of their lives  
as a witness to you,  
and speaks so clearly  
of your love for them.

All:

Bless them, for their witness  
to your grace and mercy,  
and hold them gently  
in the comfort of your arms.

