



Our Lady of Lourdes Church, Est. 1914
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Our Lady of Lourdes Church in West Orange has prepared this list of prayers and verses for the staff of health care facilities and hospitals in our area. We pray for all those in the healing profession of medicine, surgery, emergency room care, in acute, long-term and rehabilitation settings, in light of the COVID-19 crisis.

We offer you some biblical verses for your prayer and reflection, for those working in a health care. We also offer these verses to those who cannot visit and may have loved ones in hospital or in another facility.

Your witness and your faith matter even though others may not be able to see you.

Your faith, now hidden "sheltering in place" matters! It matters to your family and friends, your neighbors. It matters on days when we can come to church, to our places of worship, and days we cannot.

In The Little Prince, by Antoine de Saint-Exupéry, we read: "The most beautiful things in the world cannot be seen or touched, they are felt with the heart."

Please continue to pray, for health care professionals, nurses, medical assistants, physicians, cleaning staff all those who are working to care for us "seen and unseen". Each one takes up the cross each day. We pray for our own West Orange police,

firefighters, EMS and first responders everywhere.

It is beautiful that we can pray together even if we cannot see each other doing so. Your witness matters to our world and helps to build up the Body of Christ in the world.

In the New Testament we read: "faith is the realization of what is hoped for and the evidence of things not seen." (Hebrews 11:1)

Psalms of Comfort

Psalm 9:9 – "The Lord also will be a refuge for the oppressed, a refuge in times of trouble."

Psalm 22:24 – "For He has not despised nor abhorred the affliction of the afflicted; nor has He hidden His face from Him; but when he cried to Him, He heard."

Psalm 23:4 – "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me."

Psalm 27:1 – "The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"

Psalms for Dark Times

Psalm 30:5 – "... Weeping may endure for a night, but joy comes in the morning."

Psalm 34:17-18 – "The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."

Psalm 40:1-2 – "I waited patiently for the Lord; and He inclined to me, and heard my cry; He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps."

Psalm 46:1 – “God is our refuge and strength, a very present help in trouble.”

Psalm 55:22 – “Cast your burden on the Lord, and He will sustain you; He will never permit the righteous to be moved.”

Psalms for Times of Anxiety

Psalm 56:3-4 – “Whenever I am afraid, I will trust in You. In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?”

Psalm 70:20-21 – “You, who have shown me great and severe troubles, shall revive me again, and bring me up again from the depths of the earth. You shall increase my greatness, and comfort me on every side.”

Psalm 71:21 – “You shall increase my greatness, and comfort me on every side.”

Psalm 86:17 – “Show me a sign for good, that those who hate me may see it and be ashamed, because You, Lord, have helped me and comforted me.”

Psalm 91:2-4 – “I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.” Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge...”

Psalm 94:19 – “In the multitude of my anxieties within me, Your comforts delight my soul.”

An Excerpt of Paul’s Letter to the Romans Chapter 8

We know that all things work for good for those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he might be the firstborn among many brothers. And those he predestined he also

called; and those he called he also justified; and those he justified he also glorified.

What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Who will bring a charge against God’s chosen ones? It is God who acquits us.

Who will condemn? It is Christ [Jesus] who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us.

What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword?

As it is written: “*For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered.*”

No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:28-39)

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*Notre-Dame de Lourdes,
priez pour nous!*

Our Lady of Lourdes, pray for us!

Prayer for this time of COVID-19 Crisis

By Father Joseph McShane, S.J., President of Fordham University, New York City

GOD OF ALL MERCIES, GRANT:

TO OUR FAMILIES AND COMMUNITIES, SAFETY AND GOOD HEALTH;

TO THOSE AFFLICTED WITH COVID-19, SWIFT HEALING;

TO HEALTH-CARE PROVIDERS, STRENGTH AND STAMINA;

TO OUR LEADERS, WISDOM AND COMPASSION;

TO OUR NATION, UNITY AND PURPOSE;

TO THE DYING, COMFORT; TO THE DEAD, ETERNAL LIFE;

TO ALL BELIEVERS, STRONG FAITH IN YOU;

TO THE CHURCH, THE GIFT OF SERVICE;

TO THE WHOLE HUMAN FAMILY, UNITY OF HEART;

AND TO US, YOUR SERVANTS,

THE REWARD OF KNOWING THAT WE ARE DOING YOUR WILL
WHEN WE SPEND OURSELVES IN LOVING SERVICE OF OTHERS.

MAY THE GOD OF ALL CONSOLATION WALK WITH US

THROUGH THESE DIFFICULT TIMES.

AND MAY GOD FIND US WORTHY OF THE CALL

TO BE A HEALING AND RECONCILING PRESENCE IN A WOUNDED WORLD.

AMEN.

Fr. Joseph M. McShane, S.J., president of Fordham University in New York City, shared this prayer in a letter to the Fordham community over the weekend. We here at Vibrant Faith would like to share it with you (with a minor adaptation) and hope it gives you comfort and strength.