



**'When you pass through the waters,**



**I will be with you.'**

Isaiah 43:2

**Helpful information, tips and prayers for this time of Coronavirus**

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## Where to get help during Coronavirus

If you are self-isolating and you do not have friends or family who live locally and can help, please try the relevant help number in the table below, or alternatively ring Catholic Care.

**Catholic Care Community Response Service:** Ring **0113 3885400**

For older people and families—telephone support & shopping,

*Please note that the information below was collated from the internet and has not been tested out as to effectiveness at present.*

Council Area	To get help
Leeds	<b>0113 378 1877</b>
Bradford & District	<b>01274 431000</b>
Wakefield	<b>0345 8 506 506</b> or Community Hub
North Yorks	<b>01609 780780</b>
Kirklees	<b>01484 226919</b>
Calderdale	Fill in online form on Calderdale Council website, Coronavirus page
Lancashire (Pendle)	<b>01282 661743</b> Pendle Community Hub
East Riding	<b>01482 393919</b>

For more information visit the relevant Council website for your area.

## A Coronavirus Prayer

Loving and healing God,  
We turn to you in prayer, confident that you are with us  
and with all people in every moment.

We stand before you as a people of hope,  
trusting in your care and protection.

May your faithful love support us  
and soothe the anxiety of our hearts.

Generous God,  
fill us with compassion and concern for others,  
young and old,  
that we may look after one another  
in these challenging days.

Bring healing to those who are sick  
and all who work in our medical facilities.  
Give wisdom to leaders in healthcare and governance  
that they may make the right decisions  
for the well-being of people.

We pray in gratitude for all those in our country  
who will continue to work in the days ahead  
in so many fields of life for the sake of us all.

Bless them and keep them safe.

O God of creation and life,  
we place ourselves in your protection.  
May the mantle of your peace  
enfold us this day and tomorrow.  
May all the saints of God, pray for us.  
Amen.



*Adapted from a prayer from the Diocese of Kildare and Leighlin, Ireland.*

## Riding the ups and downs of lockdown

One day I'm fine, the next day I feel anxious, down and irritable



At a time of crisis and uncertainty It is **completely natural** for us all to have changes of mood, different reactions and unexpected feelings.

### Tips:

**Try keeping a diary** of thoughts and feelings; when feeling down, read back over the better days to see what helped you, and use these strategies again—e.g. going for a walk, ringing a friend, not expecting too much of yourself.

What if...

- ..I or my family get infected...
- ..I can't get the medical treatment I am waiting for in time
- ..elderly relatives & friends suffer emotionally
- ..someone dies and I can't go to the funeral
- ..finance becomes an issue for people I know

I wish I could..

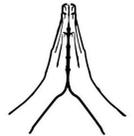
- ..help others more
- ..go out more
- ..get motivated to do things



These and many others **fears and longings** are real and present for us at this time, but think back to times you have been through in the past and **how you got through** them. As we get older we can realise that we have **come through a lot in life** and can hold what we have experienced from the good times and the challenging experiences, at the same time. We have built a degree of **resilience**, even though there are days when it doesn't feel like it!

### Tips:

- ✓ If it is helpful, for you, build a routine for each day and week—you have probably already done this, but change it if need be
- ✓ Identify things to occupy you and give you a sense of achievement and/or joy, but also leave space for rest and reflection
- ✓ Make sure you connect with others regularly to talk through your thoughts and see that you are not alone— phone, email, Whatsapp, video call
- ✓ Make a point of calling people who are on their own or in isolation
- ✓ Pray at a regular time each day, but also whenever you feel the need; pray for others, pray your sadness, pray and thank God for the little things
- ✓ Stop for a moment and look out of the window— what do you see? What are you thankful for? What memories come to mind?
- ✓ Plan little treats for yourself and those you live with — maybe chocolate? A glass of wine? Looking through photo albums? Playing your favourite music? Have a dance?
- ✓ Start planning for things you really want to do when this is all over, having something to look forward to gives us hope and expectancy.



For many helpful suggestions on how to **take care of your mental well-being**, please see the **Mindwell** website [www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub](http://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub)

**Most importantly let's remember this time will pass.**  
**There will be a calming of the storm,**  
**light breaking through the darkness.**

## When we can't go to Mass..

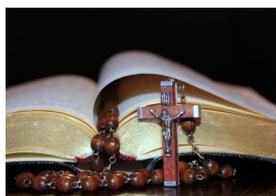


We are all feeling the loss of not being able to attend Mass in person, receive the sacraments and gather with others in worship and fellowship. If you have the internet, the best way to access Mass and prayers at the moment is **online** through live-streams, online radio, recordings or written texts, BUT there are other ways.

### Telephone Service 'Daily Hope ' 0800 804 8044

This new national telephone line offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line 24 hours a day. Just dial up whenever you like.

### Use your prayer books, Bible and hymnal



Maybe you can find copies at home of the People's Missal, the Liturgy of the Hours, Hymnals and your Bible; just reading and meditating on a section each time will bring encouragement.

**Texts of the Liturgy of the Hours** are also available online at

**Universalis** [universalis.com/](http://universalis.com/)

### Online Catholic Radio



## Live streams and recordings of Mass



### Leeds Cathedral

Search for '**Leeds Cathedral**' or type in the web address:

[www.dioceseofleeds.org.uk/cathedral/](http://www.dioceseofleeds.org.uk/cathedral/)



### Mass with Pope Francis

For English versions, look on Youtube for the **Vatican News—English** channel, or go to **CatholicTV** (USA)

For other online resources, see **The Tablet** website and the **Catholic Bishops Conference** of England and Wales website [www.cbcew.org.uk](http://www.cbcew.org.uk)

## Act of Spiritual Communion

*There are times when people are unable to receive the Body and Blood of Christ..... The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ. (cf. Celebrating the Mass 212)*



**My Jesus,  
I believe that you are present in this Holy Sacrament of the altar.  
I love you above all things  
and I passionately desire to receive you into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and forever. Amen.**

based on a prayer of St Alphonsus Liguori

Words taken from a leaflet from the Liturgy Office, England and Wales, see [www.cbcew.org.uk](http://www.cbcew.org.uk)

## Prayers and Scripture

**'They who wait for the LORD shall renew their strength, they shall mount up with wings like eagles.'**  
Isaiah 40:31

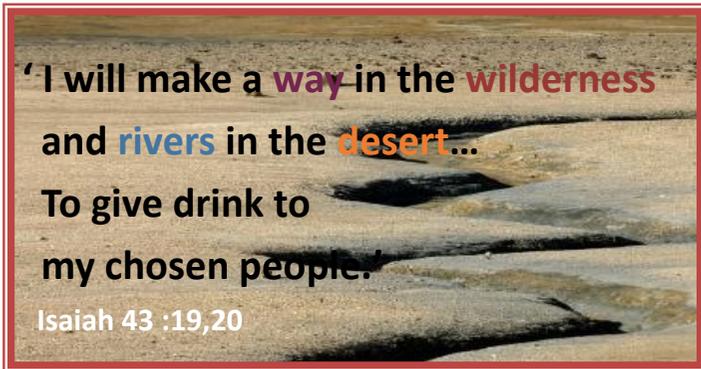


### A Prayer of St Patrick

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.



**'I will make a way in the wilderness and rivers in the desert... To give drink to my chosen people.'**  
Isaiah 43 :19,20



### The Serenity Prayer (Reinhold Niebuhr)

God grant me the serenity to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

## Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.



**'I am the Lord, I have called you in righteousness, I have taken you by the hand and kept you.'**  
Isaiah 42:6



## A Poem

*And the people stayed home.  
And read books, and listened,  
and rested,  
and exercised, and made art,  
and played games,  
and learned new ways of being,  
and were still.  
And listened more deeply.  
Some meditated, some prayed, some danced.  
Some met their shadows.*

*And the people began to think differently.  
And the people healed.  
And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways,  
the earth began to heal.*

*And when the danger passed,  
and the people joined together again,  
they grieved their losses,  
and made new choices,  
and dreamed new images,*



*and created  
new ways to live  
and heal the earth fully,  
as they had been healed.*

**Kitty O'Meara Mar 2020**

Kitty O'Meara is a retired teacher from the city of Madison, in Wisconsin; she turned to writing in an effort to curb her own anxiety amid the nerve-wracking news of the COVID-19 pandemic. The result, which she posted to her personal Facebook, has been widely read across the world offering hope that something good can come out of this collective state of "together. apart."

## A Blessing

On the day when the weight  
deadens on your shoulders  
and you stumble,  
may the clay dance  
to balance you.  
And when your eyes freeze behind  
the grey window  
and the ghost of loss gets in to you,  
may a flock of colours,  
indigo, red, green, and azure blue  
come to awaken in you  
a meadow of delight.  
When the canvas frays  
in the currach of thought  
and a stain of ocean  
blackens beneath you,  
may there come across the waters  
a path of yellow moonlight  
to bring you safely home.



May the nourishment of the earth  
be yours,  
may the clarity of light be yours,  
may the fluency of the ocean  
be yours,  
may the protection of the ancestors  
be yours.  
And so may a slow wind work  
these words of love around you,  
an invisible cloak  
to mind your life.

**John O'Donohue**

Beannacht/Blessing (for Josie, my mother), Echoes of Memory.

We sincerely hope this booklet has been of some help to you at this uncertain time.

### **Contact us..**

We would love to hear from you– feel free to contact our **Project Development Officer, Rhoda Wu** through one of the methods below:

**Email:** [growing.old.gracefully@dioceseofleeds.org.uk](mailto:growing.old.gracefully@dioceseofleeds.org.uk)

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**For more useful information visit our website: [www.growingoldgracefully.org.uk](http://www.growingoldgracefully.org.uk)**

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