

**Reflection:**

**A PRAYER FOR HEALING**



God, hear my prayer,  
And let my cry come to You.  
Do not hide from me in the day of my distress  
Turn to me and speedily answer my prayer.  
Eternal God, Source of healing,  
Out of my distress I call upon You.  
Help me sense Your presence  
At this difficult time.  
Grant me patience when the hours are heavy;  
In hurt or disappointment give me courage.  
Keep me trustful in Your love.  
Give me strength for today,  
And hope for tomorrow.  
To Your loving hands I commit my spirit  
When asleep and when awake.  
You are with me, I shall not fear. Amen.



*Lord Jesus, we ask you to bring  
your healing touch to those  
whom we know to be sick,  
afraid or worried.  
Bring them your peace and  
healing. Amen.*



**Always remember to forget  
The troubles that passed away,  
But never forget to remember  
The Blessings that come each day.**



**Ballinhassig Parish**

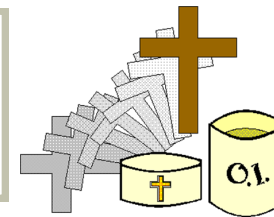
for church areas of  
Ballygarvan, Ballyheada and Goggins Hill



**Mass of the Sick  
&  
Healing and Light**



*Jesus says:  
"I have come that  
You may have Life  
and have it  
To the full"*



Sacrament of Anointing

Lord, be merciful  
to those who ask  
for healing in your  
name. May they  
never cease to  
praise you for the  
wonders of your  
saving power.

**Reflection:-**

**Courage** doesn't always roar.  
Sometimes courage is  
**The quiet voice**  
At the end of the day saying,  
**"I will try again tomorrow"**  
When everything seems like an uphill **struggle**,  
Just think of the **view** from the **top**. (anonymous)



**Marian Hall, Ballinhassig  
Monday May 23rd, 2016**

## Opening Hymn

### Address of Welcome



### Procession and Prayer Over the Oil

May the Lord be with you to protect you. ® *Amen.*

May he guide you and give you strength. ® *Amen.*

May he watch over you, keep you in his care, and bless you with his peace. ® *Amen.*

May almighty God bless you, the Father, and the Son, and the Holy Spirit, come upon you and remain with you for ever. ® *Amen.*

### Liturgy of the Word:-

#### A reading from the letter of St. James



If any one of you is in trouble, he should pray; if anyone is feeling happy, he should sing a psalm. If one of you is ill, he should send for the elders of the church, and they must anoint him with oil in the name of the Lord and pray over him. The prayer of faith will save the sick persons and the Lord will raise them up again.

#### The Word of the Lord

All: *Thanks be to God*



### Responsorial Psalm

® *The Lord is my light and my help*

The Lord is my light and my help; whom shall I fear?

The Lord is the stronghold of my life; before whom shall I shrink? ®

When evil-doers draw near to devour my flesh,  
it is they, my enemies and foes, who stumble and fall ®

For there he keeps me safe in his tent in the day of evil.

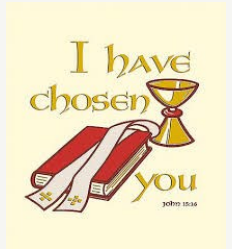
He hides me in the shelter of his tent, on a rock he sets me safe. ®



### Gospel Acclamation

Alleluia, Alleluia.

The healing hand of Christ is a sign of the presence of God; that same hand is extended to us in this sacrament now, to console and strengthen us. Alleluia.



### Gospel:

#### A reading from the Holy Gospel according to Matthew

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

#### The Gospel of the Lord

® *Praise to you Lord, Jesus Christ*

### Prayers of Intercession:-



### Offertory Procession:-

#### Post Communion Reflection

##### The Way To God

If my days were untroubled and my heart always light,  
Would I seek that fair land where there is no night?  
If I never grew weary with the weight of my load,  
Would I reach for God’s Peace at the end of the road?

If I never knew sickness and never felt pain,  
Would I search for a hand to help and sustain?  
If I walked not with sorrow and lived without loss,  
Would my soul seek sweet solace at the foot of the cross?



If all I desired was mine day by day,  
would I kneel before God and earnestly pray?

*I ask myself this and the answer is plain;*  
If my life were all pleasure and I never knew pain  
I’d seek God less often and need Him much less,  
For God’s sought more often in times of distress.  
*And no one knows God or sees Him as plain,*  
As those who have met him on the ‘Pathway of Pain’ Amen.

Concluding Prayer .....

