

The warmth of the midday sun has restorative powers,
bringing healing and strength to our minds and bodies.
You are invited to pause at midday and pray with confident trust
for our world that is need of healing.
Let us be for our world beacons of hope and trust.

May God bless and strengthen you/us.
Confide all to God.
See how God carries us through the storms. 27.3.1872

Each day of the Novena begin with the appropriate words from St Mary of the Cross

- Day 1 The prayer of a humble heart is a powerful weapon. 26.4.1873
- Day 2 Have good courage for God is so very good to us all. 6.1.1870
- Day 3 Let us never forget that God has done wonders for us and wonderfully protected us in our helplessness. 3.3.1882
- Day 4 Do have courage. 15.1.1872
- Day 5 God has always helped me
and I have more than ever cause to trust in Him. 10.3.1874
- Day 6 God is good and has brought light and help when all was very dark. 18.1.1899
- Day 7 How good God is to me/us and how much reason I/we have to be grateful. 22.2.1899
- Day 8 In God alone I trust. 12.1874
- Day 9 Let us be joyful and thank God. 19.3.1874

Let us pray.
God ever faithful, giver and sustainer of life,
You know the depths of our pain as we journey through
This time of unknowing.

Hear our voices and the cry of our hearts.
Guide us to the most life-giving ways open to us.

St Joseph, Man of courage,
you protected Mary and Jesus when they were in danger.
Cradle us now safely in this same protecting embrace.
May we, like you, extend this care to our world in need.

St Mary of the cross,
You faced difficult times with a heart filled with trust,
Always believing in the watchful presence of God.
Walk with us now in this difficult time,
And may we be for others, examples of confident hope and trust.

St Joseph, and St Mary of the cross
pray with us in this time of need. Amen.

