



ARCHDIOCESE OF KOTA KINABALU

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To all Catholics in the Archdiocese of Kota Kinabalu:

Dear brothers and sisters in Christ,

Rosary and Prayer during Pandemic, Peace and Stability in Sabah & Malaysia

“You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak.” (Mat 26: 41).

These are words of the Lord himself to his three most beloved disciples, on the night he was betrayed, when his soul was most troubled as he prepared himself to enter into his passion for our salvation.

The whole world has been devastated and re-set by the Covid-19 pandemic. In our beloved country Sabah, and our nation Malaysia, many people of good will, already distressed by the pandemic, are further troubled by the political upheaval and turmoil in the last months. They are confused, even scandalized by the extreme and polarized ways politicians have used to grab power; many are tempted to lose hope for a decent Malaysian future.

We need to pray. Pray for ourselves, our fellow countrymen, our politicians. Our flesh is weak.

To help us pray daily, personally, or together in the family whenever possible, even at fixed times, we have proposed a simple set of prayers (below) around the rosary. We may use it for as long as we need it. Remember, we always pray in the name of Jesus, in communion with all the angels and saints, and above all in the company of Mary the Mother of the Church.

Yours prayerfully,

Archbishop John Wong

17th August 2020

ROSARY AND PRAYER

1. Opening Hymn: Hail Queen of Heaven

Hail Queen of Heaven, the Ocean Star,
Guide of the wand'rer here below,
Thrown on life's surge, we claim thy care
Save us from peril and from woe.
Mother of Christ, Star of the Sea,
Pray for the wanderer, pray for me.

2. Sign of the Cross

3. Opening Prayer (together)

Abba Father, we thank you for giving us Jesus who prayed constantly and taught us to pray always like him.

We thank you for the Holy Spirit who comes to our help when we do not know how to pray.

In this very troubled and confusing time of the pandemic and political uncertainties in our country, we ask you to send forth your Holy spirit, so we may stay with you, pray, and not lose heart.

Enlighten and protect our people and our political leaders in Sabah and Malaysia. Lead and turn us into steadfast instruments of your truth, justice and peace for the common good of all.

May your Spirit take us to pray in the company of Mary our Mother, with all the saints and angels.

Through Christ our Lord. Amen.

4. Gospel Reading, Mt 26: 34-41 (read by a leader)

A reading from the Gospel according to Matthew.

Then Jesus came to a small estate called Gethsemane; and he said to his disciples, 'Stay here while I go over there to pray'. He took Peter and the two sons of Zebedee with him. And sadness came over him, and great distress. Then he said to them, 'My soul is sorrowful to the point of death. Wait here and keep awake with me.' And going on a little further he fell on his face and prayed. 'My father,' he said 'if it is possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.' He came back to the disciples and found them sleeping, and he said to Peter, 'So you had not the strength to keep awake with me one hour? You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak.'

V. The Gospel of the Lord.
R. Praise to you Lord Jesus Christ.

5. Recitation of the Holy Rosary, Intention for each of the five decades of the Rosary.

The rosary is recited as usual. At the beginning of each decade, the leader reads one of the five intentions. For the mysteries of the rosary, below.

(1st Decade) We pray for all nations, peoples, governments, families and individuals, who are suffering from financial, political, social and spiritual distress brought about by the pandemic. May the Spirit of God, the Spirit of love, cooperation, and peace rule again in their hearts.

(2nd Decade) For our Holy Father Pope Francis, our Bishop John and all leaders of God's People, that they may be given greater wisdom and courage to shepherd the People of God in these bewildering and trying times when many are deprived of the sacraments.

(3rd Decade) We pray for our beloved Sabah and all Sabahans, particularly for our politicians. May God enlighten their minds, remove evil from their heart, bend their will to serve God and for the common good of Sabah.

(4th Decade) For all political leaders, parties, and their supporters in our nation Malaysia. May God remove the poison of division, greed for money and power. May they be converted, work together for justice, unity and prosperity in our multi-cultural and multi-religious nation.

(5th Decade) For us who are praying. May we ourselves remain faithful and firm, trusting in God's mercy and providence. May we dare to stand up as lively witnesses of faith and hope in these confusing and discouraging times.

The rosary is concluded as usual with 'Hail Holy Queen...' after which:

V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the promises of Christ.
V. Our Lady Queen of the Rosary R. Pray for us.
V. St Joseph R. Pray for us.
V. St Michael the Archangel R. Pray for us.

V. All you Angels and Saints of God R. Pray for us.
V. All you Angels and Saints of God R. Pray for us.

Let us pray.

O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that meditating on these Mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

6. The “Memorare” Prayer

REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

7. Prayer to St. Michael the Archangel

St. Michael the Archangel,
defend us in battle;
be our defence against the wickedness and snares of the devil.
May God rebuke him, we humbly pray;
and do thou O Prince of the heavenly hosts,
by the power of God thrust into hell Satan
and all the evil spirits who prowl about the world
seeking the ruins of souls.

V: Most Sacred Heart of Jesus

R: Have mercy on us.

V: Most Sacred Heart of Jesus

R: Have mercy on us.

V: Most Sacred Heart of Jesus

R: Have mercy on us. Amen.

8. Sign of The Cross

9. Concluding Hymn: Hail, Queen of Heaven.

O gentle, chaste and spotless maid,
We, sinners make our prayer through thee,
Remind thy Son that He has paid,

The price of our iniquity,
Virgin most pure, Star of the Sea,
Pray for the sinner, pray for me.

END

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THE MYSTERIES OF THE HOLY ROSARY

The Five Joyful Mysteries (Mondays & Saturdays)

The Annunciation
The Visitation
The Nativity
The Presentation in the Temple
The Finding of the Child Jesus in the Temple

The Five Sorrowful Mysteries (Tuesdays & Fridays)

The Prayer and Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion and Death

The Five Glorious Mysteries (Wednesdays & Sundays)

The Resurrection
The Ascension of Christ into Heaven
The Descent of the Holy Spirit
The Assumption
The Coronation of the Blessed Virgin Mary

The Five Luminous Mysteries (Thursdays)

The Baptism of the Lord
The Wedding at Cana
The Proclamation of the Kingdom of God and the Call to conversion
The Transfiguration
The Institution of the Eucharist

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