

40 Days of Spiritual Preparation...

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Rosary on the Coast
for Faith, Life and Peace in the British Isles

- Sunday April 29th 2018 at 3pm

***“Let them give glory to the Lord,
and declare his praise in the coastlands.”*** From Is 42

This is an invitation to prayerfully prepare for Rosary on the Coast for these next 40 days with Our Blessed Lady the Sorrowful & Immaculate Heart of Mary, St. Joseph, St. Andrew, St. David, St. George & St. Patrick, & with all the Saints & Martyrs of Wales, Scotland, England & Ireland in a spirit of penance, prayer, mortification & intercession.

**40 Days Spiritual Preparation – Monday 19th
March 2018 to Friday 27th April 2018 followed by a
day to prepare by seeking the Sacrament of Confession**

You may find these guidelines useful or are free to follow the promptings of the Holy Spirit in preparing for this momentous event.

Monday March 19th – Feast of St. Joseph – Invoke the intercession of St. Joseph as patron & protector of the Universal Church for intentions of “Rosary on the Coast”.

Tuesday March 20th - Pray for the Bishops, & especially your Diocesan Bishop, for your Diocese and all its apostolic activity.

Wednesday March 21st - Drink only water throughout the day.

Thursday March 22nd - Pray the Rosary for Our Lady’s intentions for the British Isles & for the protection of the true meaning of Marriage & Family Life.

Friday March 23rd - **(Lenten Friday, Day of Fast and Abstinence)** Pray for the person you most need to forgive - offer a sacrifice/or pray the Stations of the Cross.

Saturday March 24th - Pray the Rosary for the conversion of heart of the peoples of the British Isles & for our peoples to build a culture of Life.

Sunday March 25th – Palm Sunday – Attend Sunday Mass - Pray for your Parish Priest, your Parish and offer a sacrifice.

Holy Week – attend daily Mass if you can & live this week in an intense spirit of mortification & sacrifice. Go to Sacrament of Reconciliation.

Monday March 26th - Fast from what you most like to do, eat or drink.

Tuesday March 27th - Fast from TV, social media, excessive Facebook, & donate some money to Charity or to someone in need.

Wednesday March 28th - Make time for quiet Prayer & reading of the Scriptures.

Sacred Triduum – attend all the Liturgies of the Triduum & prepare and go to the Sacrament of Confession

Thursday March 29th –Holy/Maundy Thursday - Attend Mass of the Last Supper and remain in prayer WATCHING with the Lord for a period of time.

Good Friday, March 30th – Attend the 3pm Liturgy of the Passion and Stations of the Cross if possible in either the morning or evening. Pray Psalm 51 or the Chaplet of Mercy. **Day of strict fast and abstinence.**

Holy Saturday, March 31st – Enter into silence with Our Blessed Lady. Fast from Television, Radio, and social media. “May your sweet presence enlighten us forever, O Virgin of silence. Give us your great peace.”

Attend the Easter Vigil if possible.

Easter Week – Attend Mass where possible in joyful thanksgiving. Eastertide is to be a time of joyful praise & thanksgiving to God.

Easter Sunday, April 1st - **Attend Holy Mass of Easter Sunday** in joy and thanksgiving for all the gifts God has given you throughout your life.

Easter Monday, April 2nd - Surprise a loved one with an unexpected gift.

Easter Tuesday, April 3rd - Pray in thanksgiving for the vocations of all Religious sisters, brothers & priests.

Easter Wednesday, April 4th - Pray for an Outpouring of Easter joy in the power of the Holy Spirit upon all our Bishops, Religious & Clergy. Have a Mass said for the intentions of your Parish Priest.

Easter Thursday, April 5th – Pray for your family & reach out in love to a member in greatest need of support and hope.

Easter Friday, April 6th – Spend time with the Lord praying some of the Easter scriptures.

Easter Saturday, April 7th – Pray a Rosary for the intentions of your Parish Priest.

Divine Mercy Sunday, April 8th – Pray the Chaplet of Mercy/ or spend time in silent prayer for the needs of your Family and the whole World.

Monday April 9th – Feast of the Annunciation – Pray the Angelus and renew your “YES/Fiat” to God this day. Pray the Joyful Mysteries of the Rosary.

Tuesday April 10th - Pray for and offer a sacrifice for our Holy Father, Pope Francis, and for the intentions of the Persecuted Church.

Wednesday April 11th - Invoke the powerful intercession of Our Lady and the saints for the lapsed of your own family.

Thursday April 12th – Pray for the departed souls of all Bishops & Priests.

Friday April 13th – Pray that all unborn babies be cherished and that a Culture of Life will prevail in our National Life. **Friday Day of Fast and Abstinence**

Saturday April 14th – Pray the Rosary for the Peace of the British Isles and for the whole world.

Sunday April 15th - **Attend Sunday Mass** – Pray for the protection and strengthening of all Pro Life Groups and of those who work for peace, social justice & on behalf of the persecuted Church.

Monday April 16th - Create something special within your family this day.

Tuesday April 17th - Pray for the souls of the Faithful departed.

Wednesday April 18th - Offer a sacrifice through Fasting in Reparation for the sins of the Church of the British Isles. Drink only water throughout the day.

Thursday April 19th - Surprise your parish priest with an unexpected, creative & useful gift or act of service.

Friday April 20th - **Friday Day of Fast and Abstinence** - Fast from what you most like to do, eat or drink this day.

Saturday April 21st – Pray for all mothers, fathers and families traumatized by Abortion & for the healing grace of repentance, conversion of heart and reconciliation.

Sunday April 22nd – **Attend Sunday Mass** and reach out to someone you have difficulty with & pray for them.

Monday April 23rd – Pray a Litany invoking some of the saints of the British Isles for the conversion of these Isles. In England especially invoke St. George whose Feast it is today!

Tuesday April 24th - Attend a period of Adoration of the Blessed Sacrament or spend time at home praying the Scriptures.

Wednesday April 25th – **Feast of St. Mark** – Read a passage from the Gospel of St. Mark.

Thursday April 26th – Pray for the release of the Holy Souls in Purgatory. Visit if possible a local graveyard to pray for all souls buried or interred there.

- **Day 40 - Friday April 27th** – **Friday Day of Fast and Abstinence** – and especially so as today is the 50th anniversary (April 27th 1968) of the coming into statute law and practice of the 1967 Abortion Act. Attend Holy Mass & pray the National Prayer of Reparation & Repentance.

Saturday April 28th – Day of preparation in prayer, repentance and penance for “Rosary on the Coast”, and for going to the Sacrament of Confession.

Sunday April 29th 2018 – **Rosary on the Coast of the British Isles - Attend Sunday Mass - & Pilgrimage to an area of Coast of the British Isles at 3pm to pray the Rosary for Faith, Life & Peace.**

Nearer to the time details of additional prayers for use beforehand and on the day itself with the themes of Faith, Life & Peace will be available under the Resources Section of the website.”