

SACRAMENTS FOR THE SICK



Any one of you who is ill should send for the priests of the church, and they must anoint the sick person with oil in the name of the Lord and pray over him. The prayer of faith will save the sick person and the Lord will raise him up again; and if he has committed any sins, he will be forgiven. (James 5:14-15)

You should understand the following Sacraments. Your Parish Priest will be able to explain them, or you can ask the hospital chaplain about them when he visits you in hospital:

- The **Sacrament of the Sick** before an operation, or if seriously ill;
- The **Sacrament of Confession/Reconciliation** for the sick;
- The **Sacrament of the Eucharist** for the sick;
- The **Sacrament of the Eucharist as Viaticum** for the gravely ill;
- The **Last Rites** for the Dying:
 - ◊ prayers for the dying,
 - ◊ sacrament of the sick,
 - ◊ sacrament of the Eucharist as Viaticum (where possible)
 - ◊ the sacrament of Confession/Reconciliation,
 - ◊ the Apostolic pardon

The **Last Rites** for those who have Died.

Please Note !

- The Sacraments are **for the living and not for the dead**.
- Therefore, the Sacrament of the Sick is not given to those who have been dead for over an hour.
- The Sacrament of the Sick is not **just** given to those who are dying.
- If you have **a grave illness or are about to have an operation**, you can be given the Sacrament of the Sick after suitable preparation.

The Catholic Church offers the following **Sacraments of Healing** to those who are sick:

- the **Sacrament of the Anointing of the Sick**,
- the **Sacrament of Reconciliation** (traditionally called Confession)
- the **Sacrament of the Eucharist**.



1. The Sacrament of Anointing of the Sick

Unfortunately, there is a great misunderstanding surrounding this sacrament, so we need to be clear about three points:

1. All the Sacraments are for the living. The Sacrament of the Sick used to be called the Sacrament of Extreme Unction, but the Second Vatican Council made it clear that this Sacrament should be for **all who are seriously ill** - and so it has become known as the **Sacrament of the Sick**, or the **Anointing of the Sick**. So this is not a Sacrament just for the dying and definitely not one for the dead.
2. If you are going into hospital for an operation, or have a major illness, you can ask for this Sacrament. It is always given by a Catholic Priest – never by a lay person, a nun, or a minister/vicar of another denomination.
3. The Sacrament can be given during a parish Mass (Sundays or weekdays) before you enter hospital. If you are too ill to ask for this Sacrament, someone else may ask the parish priest to do this for you.



2. The Sacrament of Confession/Reconciliation

Human beings are not just bodies who are sent into hospital to be fixed. **Sin** can affect our whole person and prevent the healing process. A good conscience, in someone whose sins are forgiven, can help that person come to terms with their suffering and it can also help to heal the person. Sin can affect our relationships and vice-versa. This is why it is important for a sick person to receive the **Sacrament of Reconciliation**. You can receive this Sacrament only from a Catholic Priest.

Human beings are very complex. We consist of body, heart, mind, will and soul. The Sacrament of Reconciliation can help with psychological, moral and spiritual counselling and direction, as well as social and personal support. So you can ask for moral and spiritual guidance.



3. The Sacrament of the Eucharist for the Sick

Every Sunday, a group of lay people called ***Extraordinary Ministers of Holy Communion*** are sent from their churches to bring Holy Communion to the sick. This is an ancient tradition and has been recently revived.

Holy Communion is offered to those ***in full communion with the Catholic Church***. Someone who has been away from the Catholic Church and has been reconciled with the Church through the Sacrament of Reconciliation can also receive Holy Communion. Note that this is offered and not imposed, ***as it does require a person to be reconciled to the church or in full communion with the Church***. If you are not clear about this, do not be afraid to ask your Parish Priest, the chaplain, or one of the Catholic Chaplaincy visitors.



Healing Services

These are organised about four times a year in the Parish and deal with themes like:

- healing of the family tree
- marriage
- family

Healing services can help to ***heal the whole person*** in heart, mind, body and soul. This is a healing in the Spirit that comes from the Lord Jesus and it also includes healing our relationships with others, our social circumstances and the baggage of our personal history.

Prayers for those who are sick

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Examination of Conscience followed by an act of contrition:

*O my God because you are so Good, I am truly sorry that I have sinned against you,
but with the help of your grace, I will not sin again.*

Request for Healing from the Divine Mercy:

O my Jesus, I trust in you.

Through your sinless humanity transfigure my ailing humanity.

Enlighten my mind with your mind in which is all truth.

Transform my sinful heart by your heart in which Divine Mercy is found.

Heal my body with your body in which there is the promise of resurrection.

Sanctify my soul with your soul through which all grace flows.

Our Father; Hail Mary; Glory be

Litany for the Sick

O God the Father, bless me.

O God the Son, save me.

O God the Holy Spirit, heal me.

Our Lady, Health of the sick, pray for me.

St Raphael, the Healer, pray for me.

St Peter and St Paul, pray for me.

St Luke, pray for me.

St Lucy, pray for me.

St Catherine of Siena pray for me.

St Camillus, pray for me.

St Bernadette of Lourdes, pray for me.

St Faustina, pray for me.

St. (your Christian/Confirmation name), pray for me.

St (Patron of your parish), pray for me.

Request of the Guardian Angel

*Guardian angel, my guardian dear,
to whom God's love commits me here:
ever this day/night be at my side,
to light and guard, to rule and guide.*

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.