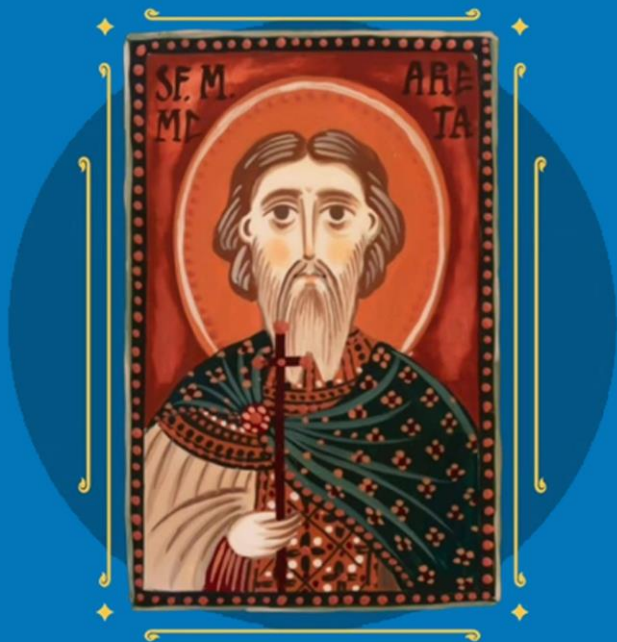


*Prayers of the
pilgrimage of Saint
Arethas and Companions*



Prayers of the pilgrimage of Saint Arethas and Companions

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1. The Holy Door:

Reflection: The Holy Scripture informs us about the gate of garden of Eden and the Psalms which were joyfully sung with the sound of harps in temple at Jerusalem: “King of glory, come open the gates.” Jesus himself told us that he is the gate for the sheep fold. Entering through this holy gate means entering into a personal relationship with the Lord Jesus and with the Church, his mystical body which is the entire community of faithful. When Jesus’s heart was pierced by the lance, he made that wound a gate of divine mercy. Entering through the holy gate also signifies our desire to seek the mercy of God, which is poured out upon us through our Lord Jesus Christ.

Intention: We ask you, Jesus, the Good Shepherd, to always lead us to your fold, so that we may follow you, carrying our crosses with joy and courage, because you are our way to the Father. Take us from our paths and lead us back to the Father’s house, to the feast of your heavenly banquet.



**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**



Prayer: O heavenly Father, you who opened the gate of heaven by the incarnation of your Son Jesus and by His baptism in river Jordan, and when the curtain of the temple sanctuary was torn into two from top to bottom at the time of his death on the cross, you made it a gate, of mercy and forgiveness for us, so that we may live eternally. We ask you now to touch our hearts and to draw us closer to you with the power of the Holy Spirit, so that we may begin this pilgrimage by opening our hearts to receive your abundant grace, through the intercession of St. Arethas and his companions and our mother Mary, lady of the Arabian Peninsula. Amen.

Hymn: In this Place

We are all Hungry People
We need Shelter and Strength
We are one in our Hurting
We are one in our Pain.



<https://youtu.be/IQaSFKRICv4>





2. Icon of the Saint Arethas:

Reflection: The Holy Scripture tells us that God created us in his image and that the Word incarnate is the image of God and his essence, who was crucified for us on the cross and became a man of sorrows, the only acceptable sacrifice to the heavenly Father, which includes and contains all the persecuted for righteousness and for the sake of his holy name. He is the slaughtered lamb who whitens the garments of all the martyrs, including Arethas and his companions. Meditating on the icon means standing before the reflection of an eternal light that nourishes and strengthens our faith, so that today we follow Christ by being a live witness and by carrying our crosses.

Intention: We ask you, Jesus, to imprint your image in us by your Holy Spirit, you who are the icon of the Trinity. Lord, accept the sacrifices of all the martyrs and all the persecuted for the sake of your name, strengthen them with your holy grace as you did for the martyr St. Arethas and companions.

**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**





Prayer: O God the Father, we praise You and thank You for giving us St. Arethas and companions. We ask You to bless us with the same faith and courage they had fifteen hundred years ago, to proclaim Your Good News. Through the merits of their martyrdom, may all peoples see Jesus Christ in us, so that all may feel Your love and come to Know You as God. Protect and guide us. Listen to our prayers and send us the Holy Spirit that we, Your Church in the Arabian Peninsula, may always seek to do Your will, grow in faith, and be attentive to the needs of others. We ask this in the name of Jesus Christ our Lord, through the intercession of Our Lady of Arabia. Amen.



**St. Arethas and companions,
pray for us!**

Hymn: St. Arethas and companions

Through the sufferings which your holy martyrs,
Arethas and his companions endured for your sake,
O Lord, we beseech you, O lover of mankind,
Heal all of our infirmities.

<https://youtu.be/3zTUBEAKkpU>





3. The Virgin Mary, Lady of Arabia:

Reflection: At the Annunciation of the Angel Gabriel to the Virgin Mary, the mystery of the Word incarnate was revealed and humanity received the prince of peace. By the very mystery of his incarnation, she became the temple of the Holy Trinity and the sanctuary of the Holy One, thus becoming the mother of son of God, and she transcends all celestial beings. In and through this, Mary became the queen of heaven and earth, and for us here she has become the lady of the Arabian Peninsula. She is our mother, as Jesus gave her to us on the cross and she is our intercessor in the Arabian Gulf. We listen to her advice and we become messengers of peace, carrying the word of salvation by implementing the teachings of her Son, our Lord Jesus.

Intention: We ask you, Jesus, who took our nature from the Virgin Mary, to look upon all families, abused women, and all those who have difficulty in conceiving to have mercy on them so that they may know your holy and righteous will.



**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**



Prayer: Heavenly Father, you who overshadowed the Virgin Mary with your mighty right hand, to be the tabernacle of your son Jesus and made her the bride of your Holy Spirit, we humbly ask that through her maternal intercession we grow in faith.

Angelus



Hymn: Our Lady of Arabia

Our lady of Arabia
We pray unto you
Great light of the dessert,
our help and our need.
Ave Maria, Ave Maria.

https://youtu.be/vYoGbzOxyGo?si=_ZCn4XN2JEiL-6_d





4. The Baptismal Font:



Reflection: The four Evangelists inform us about the baptism of the Lord Jesus in River Jordan. There, the heavens were opened and the voice of the Father was heard. Jesus began his mission by His baptism which by its symbolism and reality became the liturgical expression of His incarnation, death and resurrection. Through the foundation of the first church, we were granted a new life by the means of the baptismal font in the form of the womb and cross together. Upon baptism we have clothed ourselves with Christ, became children of God and temples of the Holy Spirit. These three steps symbolize the Holy Trinity. The first, traditional place of the baptismal font in the early church was at the main door because no one could enter the church, and reach the Holy of Holies, unless they had been baptized first.

Intention: O Jesus, we ask You, to renew our baptismal vows and to give us the light of the Holy Spirit, so that we may know your true identity in us, renew all Christians through the vows of the holy baptism, so that we may truly be Your mystical body in the world.



**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**



Prayer: O heavenly Father, you who have shadowed the Virgin Mary with Your mighty right hand, to make her the new tabernacle for Your Son Jesus and the bride of Your Holy Spirit, through her maternal intercession we ask that you make us truly yours. Amen.

Apostle's creed



Hymn: River of Glory

River of glory, springs of our birth.
Flood of God's riches poured on the earth.
We are born from the darkness and clothed in the light.
We are bathed in the glory of God.

https://youtu.be/l8_4Rcy2oJI





5. The Holy Altar:



Reflection: The Holy Scriptures inform us that Abraham took his son Isaac to the mountain that God showed him, to offer him as a sacrifice. In ancient religions, sacrifices were offered on the top of the mountains, due to its close proximity to heaven and God. In the Jewish faith, sacrifices came to be offered in the temple of Jerusalem, symbolizing the presence of God among His people. With the incarnation of our Lord Jesus, his death on the cross, and His resurrection, all ancient sacrifices were abolished, the mountain, the temple and the altar became the cross of the Lord Jesus Christ. Therefore, we see the cross at the center of the altar and the two candles symbolizing the angels who were present at the tomb to announce to the women that the Lord Jesus Christ had risen from the dead. The altar represents the manger where Jesus was born, the cross where He died, the tomb where He rose, and the mountain where He ascended. It is the Holy of Holies and the central part of the Church.

Intention: We ask you, O Jesus who takes away the sins of the world to accept our prayers and petitions that we lift up to you along with your intercession to the Heavenly Father. We ask you to unite the sacrifices and wounds of all people with your sacred wounds.



Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.



Prayer: Heavenly Father, who desired to save the world through the death of your Son Jesus Christ, making His cross the altar of salvation, grant us in His holy name to be worthy to receive the Holy communion with sincere repentance, pure hearts, and fervent faith, so that we may love you with the power of the Holy Spirit and glorify you, the Holy Trinity, one God forever and ever. Amen.

Act of Spiritual Communion: My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace You as if you were already there, and I unite myself wholly to You. Never permit me to be separated from You. Amen.
(Saint Alphonsus Liguori)

Hymn: Gather the People

Gather the people, Enter the feast!
All are invited the greatest and the least.
The banquet is ready, now to be shared.
Join in the heavenly feast that God has prepared.



<https://youtu.be/PkOrYl5xtog>



6. Iconography Mural:

Reflection: The psalm says, “The heavens declare the glory of God, and the sky above proclaims his handmade.” When we look at the book of nature, we see the touch and care of God, when we look at humanity, we see the love of God and when we think of the history of salvation, where God walked among us, we see His mercy revealed to us. In the history of the early Church, we see the icons on the walls of the churches, perfectly parallel to the manuscripts of the Holy Scriptures. Therefore, by looking at the holy icons the Holy Spirit enables us to meditate on God’s plan of salvation according to the depicted and portrayed event before us.

Intention: O Jesus, you came to heal the sick, so heal us from our spiritual illnesses and lead us to you. We ask you, O Lord, to open the eyes of our hearts to meditate on your redemptive words.



**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**





Prayer: Heavenly Father, who has shown us his care, love and mercy, make us true icons for each other, by being a witness to your love, so that we may be brothers to one another as Jesus commanded us, we ask this in Jesus' name who reigns with you forever and ever, Amen.

Reflection:

The history of salvation depicted in 16 distinctive icons.

Hymn: All to Jesus I Surrender

All to Jesus, I surrender.
All to thee I freely give.
I will ever love and trust you.
In your presence daily live.

<https://youtu.be/SW8EA7DEQ2M>





7. The Bishop's Chair:



Reflection: The Lord Jesus said to Simon, “You are Peter, and on this rock, I will build my church.” The Lord made Peter the element of unity for the Church and the assembly of the apostles. He assigned him to be his representative and delegate. The Holy Church has preserved this trust, expressed by Saint Ignatius of Antioch: “Where the bishop is, there will be the Church.” When we stand before the bishop’s chair, we remember three things: First, the apostolic succession through the laying of hands. Second, in the tradition of the fathers, where they built altars and anointed them with oil to remember encountering God at the place of the event. The bishop’s chair reminds us of what the Lord has done for His Holy Church. Third, the unity of the local church, represented by the cathedral as the mother of all parish churches or the apostolic vicariate.

Intention: O Jesus, in your prayer to your Father, you asked him to make the disciples one. We ask you to make us one through our union with the leader of your Church. O Lord, we ask you, to protect our Holy father Pope Francis and our bishops, and all bishops in their holy service with faith, integrity, and love.





Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.

Prayer: Heavenly Father, you who desire to establish the priesthood of your only begotten Son, our Lord Jesus Christ on earth through your holy Church, may you bestow your spiritual blessings upon the entire world through our Holy father Pope Francis and all the bishops, we ask this in the name of our Lord Jesus Christ who lives and reigns with you forever and ever, Amen.

Prayer of the Our Father for the intentions of the Holy Pope.

Hymn: Make me the Channel of your Peace

Make me channel of your peace.

Where there is hatred, let me bring your love.

Where there is injury, your pardon Lord.

And where there is doubt, true faith in you.

<https://youtu.be/fYz14jEoaeU>





8.

Confessional:



Reflection: The confessional firstly expresses the place where we receive the infinite mercy of God. Here we express our sincere remorse, because repentance means acknowledging our sins, shortcomings and weaknesses based on the love of Jesus, revealing to us the blessings which we have not utilized. Secondly, at the time of confession, we acknowledge that we are naked due to our sins but covered by the mercy of God. Our true remorse is expressed with sincerity, noble intention and will power so that so we acknowledge our sins not because of guilt but because of our faith that the Lord came not to condemn us but to show mercy to us. Thirdly, we experience the power of healing and reconciliation through the authority of absolving sins. We are given wise spiritual counseling to act according to God's will. It suffices us to contemplate on the return of the prodigal son, the repentance of the sinful woman, and Jesus's forgiveness on the cross, so that we may accept the Lord's forgiveness through the sacrament of reconciliation.

Intention: We who are sinners, ask you Lord Jesus, to grant us the courage and repentance so that we may proceed to meet you in the sacrament of reconciliation. We ask you, O Lord, to bring back the distant ones to your mercy, and that we may bear witness to your forgiveness in all our deeds.



**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**



Prayer: O heavenly Father, who reconciled with us through your Son Jesus Christ, and called us to reconcile with one another according to your love, grant us the spirit of repentance and remorse so that we may return to your Son Jesus Christ and our mother the “Church”, so we can be renewed by the gifts of your Holy Spirit, who reigns with you and your Son, forever and ever, Amen.

Act of Contrition: My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Hymn: Father I have sinned (The Prodigal Son)

Father, I have sinned, help me find my way.

Remember not my sins, just let me hear you say,

I forgive you; I love you; you are mine, take my hand.

(song no. 1)

https://youtu.be/y9dbe21_F8w





9. Tabernacle:



Reflection: Jesus told us: “My flesh is real food,” affirming that He is truly present with us in the sacrament of the Holy Eucharist until the end of time. Understanding God’s mystery in His essence surpasses our intellect and only faith through love helps us to experience the divine presence in the sacrament of the Eucharist. Here, we encounter the power of prayer in adoration and worship, therefore we find joy and peace in our hearts. The sacrament of the Eucharist is the highest expression of God’s love for us. It is enough for us to bow with reverence, faith and love, and to turn directly to Jesus, by speaking to Him from heart to heart in silence and humility.

Intention: We ask you, Jesus, to open the eyes of our hearts as you did for the disciples on the road to Emmaus, so that we may recognize your presence in the Holy Eucharist. Grant us O Lord, to reciprocate your love with love, just as you give yourself to us daily in the sacrament of the Eucharist.

**Accept our supplication through the intercession
of our blessed Mother Mary
and the martyr St. Arethas and companions.**





Prayer: O heavenly Father, you who have invited us to the wedding feast of the Lamb, we beseech you to grant us the grace of worshiping you in spirit and truth, so that when we approach the body of your Son, our Lord Jesus Christ, we may recognize your gift. Therefore, we praise you and glorify you through the power of your Holy Spirit, Amen.



May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.

Amen.

Hymn: O Sacrament Most Holy

O sacrament most holy
O sacrament divine
All praise and all thanks giving,
Be every moment thine.



<https://youtu.be/RbNENIa8Gew>

