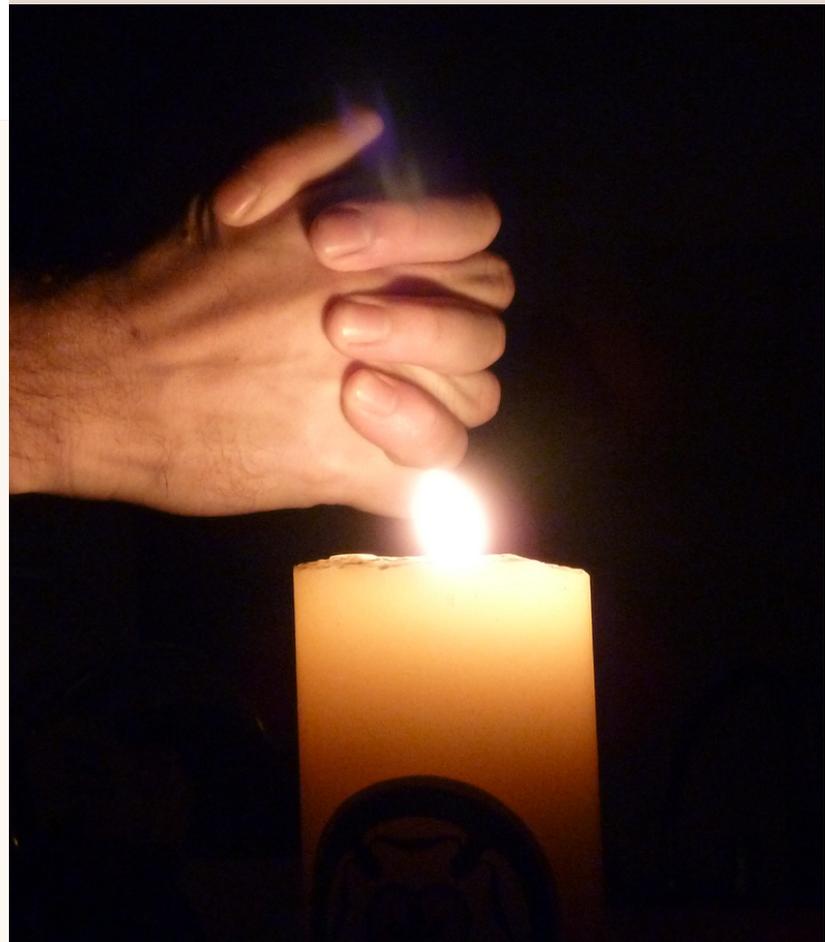


St. Dymphna Novena

For nine days, join in praying the St. Dymphna novena for someone you may know who is affected by mental illness, and for our community's special intentions.

St. Dymphna is the patroness of those who experience mental affliction. Her feast day is on May 15.



DAY 1

For those who
experience
mental illness

Loving God, we humbly beseech
you through your servant,
St. Dymphna, to grant relief to
those who experience mental
afflictions and other mental health
challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who
experience mental affliction, pray
for us.

Our Father...

Hail Mary ...

Glory Be...

Loving God, we humbly beseech
you through your servant,
St. Dymphna, to grant relief to
those who experience mental
afflictions and other mental health
challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who
experience mental affliction, pray
for us.

Our Father...

Hail Mary ...

Glory Be...

DAY 2

For those who struggle with
depression and anxiety



DAY 3

For those with
addictions
and mood disorders

Loving God, we humbly beseech you through your servant, St. Dymphna, to grant relief to those who experience mental afflictions and other mental health challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who experience mental affliction, pray for us.

Our Father...

Hail Mary ...

Glory Be...

Loving God, we humbly beseech you through your servant, St. Dymphna, to grant relief to those who experience mental afflictions and other mental health challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who experience mental affliction, pray for us.

Our Father...

Hail Mary ...

Glory Be...

DAY 4

For those experiencing profound loneliness and isolation



DAY 5

For those who feel
trapped in mental
anguish

Loving God, we humbly beseech
you through your servant,
St. Dymphna, to grant relief to
those who experience mental
afflictions and other mental health
challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who
experience mental affliction, pray
for us.

Our Father...

Hail Mary ...

Glory Be...

Loving God, we humbly beseech
you through your servant,
St. Dymphna, to grant relief to
those who experience mental
afflictions and other mental health
challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who
experience mental affliction, pray
for us.

Our Father...

Hail Mary ...

Glory Be...

DAY 6

For those who experience
thoughts of self-harm



DAY 7

For providers who offer mental, spiritual, psychological, and physical healthcare to persons living with mental illness

Loving God, we humbly beseech you through your servant, St. Dymphna, to grant relief to those who experience mental afflictions and other mental health challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who experience mental affliction, pray for us.

Our Father...

Hail Mary ...

Glory Be...

Loving God, we humbly beseech you through your servant, St. Dymphna, to grant relief to those who experience mental afflictions and other mental health challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who experience mental affliction, pray for us.

Our Father...

Hail Mary ...

Glory Be...

DAY 8

For family members and friends of people living with mental illness



DAY 9

For faith communities to be welcoming spaces for people living with mental illness to encounter and experience the hope and healing of Christ

Loving God, we humbly beseech you through your servant, St. Dymphna, to grant relief to those who experience mental afflictions and other mental health challenges, especially

(Name of person you pray for)

St. Dymphna, Patroness of all who experience mental affliction, pray for us.

Our Father...

Hail Mary ...

Glory Be...

CONCLUDING PRAYER

We ask you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant patience in suffering, hope in despair, strength in trial, and companionship in loneliness to all those for whom we pray. Please fill them with consolation, and grant them the healing of Jesus Christ, our Prince of Peace.
Amen.

Let us always remember:



"Whoever suffers mental illness always bears God's image and likeness, and has an inalienable right to be considered a person and treated as such."

St. Pope John Paul II