



JUBILEE OF CONSOLATION

The Jubilee of Consolation is an invitation for those who are experiencing a time of pain and affliction, due to illness, bereavement, violence or abuse together with their families and friends.

PRAYER

Blessed Mary, Mother of Consolation,
I ask you to pray with me now
as I come before you as your child.
Kindly be with me, dear Mother;
guide me in your gentle way.

Blessed Queen of Heaven,
you are the chosen one of our most loving Father.
You are the Blessed Mother of God,
our Savior, Jesus.
You are most close to His heart.
Please join your prayers to mine.

Pray with me, Mary, for my intentions,
these needs that are on my mind and in my heart.

Above all, dear Mother,
keep me always as your devoted child.
May I ever strive to hold in my heart
the teaching of your most blessed Son,
my Lord Jesus Christ.

Amen.

(From the [Missionary Society of St Columban](#))



TEACHING

From [Pope Francis' Catechesis on Discernment: Consolation](#) (2022):

“What is spiritual consolation? It is an experience of *interior joy*, that lets [us] see God’s presence in all things. It strengthens faith and hope, and even the ability to do good. The person who experiences consolation never gives up in the face of difficulties because he or she always experiences a peace that is stronger than the trial. It is, therefore, a tremendous gift for spiritual life and for life in general... and to live this interior joy.

“Consolation is an interior movement that touches our depths. It is not flashy but soft, delicate, like a drop of water on a sponge (cf. St. Ignatius of Loyola, *Spiritual Exercises*, 335). The person feels enveloped in God’s presence in a way that always respects his or her own freedom. It is never something out of tune that tries to force our will; neither is it a passing euphoria. On the contrary, as we have seen, even suffering — caused for example by our own sins — can become a reason for consolation.

“Consolation is that type of peace, but not one in which we remain sitting there enjoying it, no.... It gives you peace and draws you toward the Lord and sets you off on a journey to do things, to do good things. In a moment of consolation, when we are consoled, we want to do so much good, always. Instead, when there is a moment of desolation, we feel like closing in on ourselves and doing nothing. Consolation spurs us forward in service to others, society, other people.”

[From the Office of Readings – Memorial for Wednesday in the 30th week of Ordinary Time: Second Reading – From A Spiritual Canticle by St John of the Cross:](#)

“Would that men might come at last to see that it is quite impossible to reach the thicket of the riches and wisdom of God except by first entering the thicket of much suffering, in such a way that the soul finds there its consolation and desire. The soul that longs for divine wisdom chooses first, and in truth, to enter the thicket of the cross.

“The gate that gives entry into these riches of his wisdom is the cross; because it is a narrow gate, while many seek the joys that can be gained through it, it is given to few to desire to pass through it.”

From [‘Sayings of Light and Love’ by St John of the Cross:](#)

“4. It is better to be burdened and in company with the strong than to be unburdened and with the weak. When you are burdened, you are close to God, your strength, who abides with the afflicted. When you are relieved of the burden, you are close to yourself, your own weakness; for virtue and strength of soul grow and are confirmed in the trials of patience.

“64. See that you are not suddenly saddened by the adversities of this world, for you do not know the good they bring, being ordained in the judgments of God for the everlasting joy of the elect.

“87. Crucified inwardly and outwardly with Christ, you will live in this life with fullness and satisfaction of soul and possess your soul in patience.

“92. Let Christ crucified be enough for you, and with him suffer and take your rest, and hence annihilate yourself in all inward and outward things.

“94. Have great love for trials and think of them as but a small way of pleasing your Bridegroom, who did not hesitate to die for you.”





Good Samaritan (Olga Bakhtina). For information about purchasing, please visit: <https://olqabakhtina.com/>



TESTIMONY

“I would not be able to get out of bed if it wasn’t for my faith. Because of my faith, because of the way I’ve been raised, because what I believe to the core of my heart and soul is that Jesus died and rose again... faith gets me up because I know one day we’re going to be reunited.



“In a tragedy... you can go both ways. You can turn your back and say ‘God, how could you do this?’, or you can say ‘God, life is about suffering, I now understand’. Jesus suffered, mother Mary suffered... My relationship with the cross has completely changed, because I understand the pain.

“There’s so many different forms of grief... what I really learnt from day one, when I went to drive to Rookwood Cemetery to pick Veronique’s plot... is that you do grieve alone but you heal together. When I got there, there was a lady called Patricia Thomas from Grief Care, they’re part of Catholic Cemeteries and Crematoria Rookwood, and she said ‘I’m here to accompany you’.

“Grieving together, healing together is very powerful, and I have found that through the accompaniment of Patricia and Grief Care, through my family and through the community, I’ve been able to walk through that grief journey a lot better.”

- Bridget Sakr, Archdiocese of Sydney (From [Shalom World](#); image from [The Catholic Weekly](#))

PRAYERS OF INTERCESSION

For those who suffer from illness and pain, that they may know the Lord’s healing touch.

We pray: God of consolation, hear our prayer.

For our faith community: that with care and compassion, we may truly follow the way of Christ, the Consoler and Prince of Peace.

We pray: God of consolation, hear our prayer.

ADDITIONAL RESOURCES

[Pope Francis – General Audience: Catechesis on Discernment. 9. Consolation \(23 November 2022\).](#)



RITUAL PLANNING

To celebrate the Jubilee of Consolation, we encourage you to consider planning a simple prayer ritual, as outlined below. Prepared by Fr Andrew Doohan, Ms Lisa McKerr and Ms Sophy Morley for the National Liturgical Council.

HOSPITALITY

During your planning for the Jubilee of Consolation, you may consider the following:

- invite other parishes in your deanery/region to collaborate with your parish in the preparation and celebration of the liturgy
- have an ecumenical liturgy and invite the other Christian communities in your town to join with you in prayer and worship
- promote the liturgy through your faith community networks, including parish and regional Catholic schools, other Catholic agencies etc. via parish and diocesan notices, social media and parish bulletin notices
- be attentive to having welcomers at the church - some people may not be comfortable about arriving at an unfamiliar venue
- organise ushers to assist people to their seats
- organise liturgical ministers: priests & deacons or lay presiders, musicians and singers, readers etc
- offer refreshments and fellowship following the liturgy

GATHERING HYMN

Hymn suggestions:

- *Amazing Grace* (John Newton /AOV1 29/CWB2 450/GA 437/TIS 129)
- *Be Still My Soul* (Jean Sibelius, *Finlandia*/CWB2 142/ TIS 123)
- *Eagle's Wings - I Have Carried You On Eagle's Wings* (Frank Andersen/Eagle's Wings/[MSC Music Individual score downloads](#))
- *I'll Be Always Loving You* (Trish Watts /AOV1 82)
- *Strong and Constant* (Andersen/AOV1 110/CWB2 515/Eagle's Wings [MSC Music](#))
- *You Know the Way for Me/Prayer of Trust* (Herry/ CWB2-650/ Marist Music sheet music and audio download [Marist Music digital download](#))
- *On Eagle's Wings - You Who Dwell in the Shelter of the Lord* (Michael Joncas/AOV1 153/CWB2 654/GA 452)



SIGN OF THE CROSS AND INTRODUCTION

Sign of the Cross

Recognising that we are people of faith, hope, and love, we gather together, aware of our sisters and brothers experiencing illness, bereavement, violence, abuse, addiction, or any other situation that brings pain and affliction.

As we gather (today/tonight) in this Year of Jubilee, we are aware that the only true source of peace and consolation is our God, the One who has gathered us and the One who impels us to care for those in need.

We welcome all those who seek God's consolation and peace, together with their families, friends, and those who support them, to the Jubilee event.

OPENING PRAYER

O God, source of all hope and consolation,
who rescue those in need,
be attentive, we pray, to our petitions
and grant peace and tranquillity
to all those burdened by the cares of this world,
that we may find rest, joy and consolation
and exult in your presence.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

INTRODUCTION TO THE PROCESS OF LECTIO DIVINA

The Leader will direct the process of Lectio Divina.

Lectio Divina, is a way of listening deeply to God's Word. This is not just a reading, but an encounter with Christ, where we are invited to meditate, pray, and live more fully in communion with him.

As we prepare to listen, let us open our hearts to God's voice, allowing the Holy Spirit to guide us through this encounter with the living Word.

Short period of silence.



SCRIPTURE

Avoid displaying the Scripture text, either on the screen or in orders of service, as the Word is meant to be heard with the assembly invited to listen deeply.

Communities may adapt the Lectio Divina process to suit their needs.

Reader 1 *proclaims the Scripture, allowing for pauses between the verse or phrases if appropriate.*

Romans 8:31-39

A reading from St Paul's Letter to the Romans

What then are we to say? If God is for us, who is against us?

He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else?

Who will bring any charge against God's elect? It is God who justifies.

Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us.

Who will separate us from the love of Christ?

Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

OR

John 19:25-27

A reading from the holy Gospel according to John

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that moment the disciple made a place for her in his home.

Leader Let us take a moment of silence, allowing the Word we have just heard to resonate within us.

Silence

Invitation to Reflection

We will now enter a time of sacred reading of the Word, Lectio Divina. As we hear the passage again, let the Holy Spirit highlight a word or phrase that speaks personally to your heart. Simply listen for God's voice.

Reader 2 *proclaims the Scripture again, allowing for pauses between the verse or phrases if appropriate.*



Meditation

After the second reading or moment of silence, encourage reflection on the meaning of the words that resonated with them:

Take a moment to meditate on the word or phrase that caught your attention. Ask yourself:

What is God saying to me through this?

How does this speak to my life right now?

Invitation to Prayer

Now, let us respond in prayer. Speak to God from your heart about what you have heard. Offer God your thoughts, your desires, and your prayers.

Contemplation

Finally, invite the congregation into silent contemplation, resting in God's presence:

As we enter into a time of contemplation, resting in God's presence, allow God's love and grace to fill you in this silence.

After a brief period of silence:

Let us hold this Word in our hearts, continuing to reflect on its meaning for our lives as we move forward in prayer and listen to teaching/word in action.

PSALM RESPONSE

We respond with the Word of God.

The psalm may be used in various ways:

- *Ideally the psalm is sung, either responsorially, or through-composed.*
- *The psalm response may be sung by the assembly and the verses recited by a reader.*
- *The psalm may be arranged as for Morning or Evening Prayer (Liturgy of the Hours) with antiphon recited before and after the psalm, with the left and right side of the gathered assembly alternating in reciting the verses*
- *The reader recites the psalm verses and the assembly responds with the spoken psalm response.*

Suggested Psalms

- Ps 27: The Lord is my light and my salvation.
- Ps 34: The Lord hears the cry of the poor. Blessed be the Lord.
- Ps 91: Be with me, Lord, when I am in trouble.
- Ps 147: Bless the Lord, my soul, who heals the brokenhearted.
- Ps 23: The Lord is my shepherd: there is nothing I shall want.



Music Settings

Single psalms - digital download available from

[Willow Publishing](#)

[Marist Music](#) (Br Michael Herry fms)

[GIA Music](#)

[OCP Music](#)

or other Catholic sources e.g. As One Voice, Catholic Worship Book or Gather Australia.

HOMILY OR REFLECTION

Aim to have your reflection limited to 3-5 minutes

See **Additional Resources** (below) for quotes and authors to assist local preparation.

SILENCE

Spend some moments reflecting on what we have heard.

TESTIMONY

Sharing our story with others:

- a personal reflection by local person
- a published reflection
- a reflection from pastoral associate or another lay minister

Please include images, if possible.

SILENCE

Spend some moments reflecting on what we have heard.



RITUAL ACTION

Inviting people to a ritual action

- lighting a taper from the Paschal candle,
 - laying your burden down at the foot of the cross, with pebble
 - placing a flower in a large flat bowl of water.
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MUSIC

One of the following songs or other suitable selection may be played and sung while the ritual action is taking place. This can be continued to provide some prayerful meditation, when everyone is seated again.

- *A Touching Place* (John Bell & Graham Maule, Iona Community/GA 469/RS/TIS 677/[GIA Music Digital Download/](#))
 - God of Mercy Chant (Monca O'Brien/Gina Ogilvie/ Willow Publishing www.willowpublishing.com.au/product/mercy-chant/)
 - *Be Still and Know that I Am God – 4 verses* (Iona Community/ GA 401)
 - *Be Still and Know – ostinato chant* (Iona Community/ AOV2-54, [Willow Publishing digital download](#))
 - *I heard the Voice of Jesus Say* (AOV1 54/CWB2 512/GA 468/TIS 585)
 - *O Lord, hear my prayer* (Taizé chant/AOV1-017/GA 431/TIS 401)
 - *Shelter Me* (Michael Joncas, [GIA Music Digital sheet music and audio. https://giamusic.com/](#))
 - *Trust in God, Hope in God* (Bernard Kirkpatrick/CWB2 128)
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BIDDING PRAYER

Leader:

Together with Christ, who “offered up prayer and entreaty, aloud and in silent tears” (Heb 5:7), we bring before our God all those in need.

PRAYER OF INTERCESSION

- 1) For those who suffer from illness and pain: may they know the Lord’s healing touch.
(pause) We pray:

God of consolation, hear our prayer.



- 2) For those in pain from separation from loved ones through distance or fractured relationships: may they experience God's tender love. (pause) We pray:

God of consolation, hear our prayer.

- 3) For those who are caught up in the conflict and displacement of war and for refugees: may they be assisted to find a safe haven and that they may know true peace. (pause)
We pray:

God of consolation, hear our prayer.

- 4) For those escaping violence in the home or from abusive relationships: may they be looked after with compassion and respect. (pause) We pray:

God of consolation, hear our prayer.

- 5) For our First Nations people, especially those who live with the intergenerational trauma of the Stolen Generations: may they be accorded respect and dignity as we learn from them and hear their stories. (pause) We pray:

God of consolation, hear our prayer.

- 6) For those who mourn the passing of loved ones: that they may know the joyful hope of being with them in the Eternal Kingdom. (pause) We pray:

God of consolation, hear our prayer.

- 7) For our faith community: that with care and compassion, we may truly follow the way of Christ, the Consoler and Prince of Peace. (pause) We pray:

God of consolation, hear our prayer.

JUBILEE PRAYER

Leader: Let us pray together.

**Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.**

**May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity
and the whole cosmos in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.**



May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.
Amen.

SIGN OF PEACE

As a symbol of our unity in Christ, let us offer each other a sign of peace.

BLESSING AND DISMISSAL

Let us pray.

Merciful Lord,
you know the anguish of the sorrowful,
you are attentive to the prayers of the humble.
Hear your people
who cry out to you in their need,
and strengthen their hope in your lasting goodness.
We ask this through Christ our Lord.

Amen.

Prayer Over the People from the Rite of Committal from Order of Christian Funerals (n.223)

MUSIC

Jubilee Hymn – sheet music and audio

<https://www.iubilacum2025.va/en/giubileo-2025/inno-giubileo-2025.html> or click [here](#)

Pilgrims of Hope

Original text: Pierangelo Sequeri. English translation: Andrew Wadsworth

Refrain: Like a flame my hope is burning,
 may my song arise to you:
 Source of life that has no ending,
 on life's path I trust in you.



1. Ev'ry nation, tongue, and people
find a light within your Word.
Scattered fragile sons and daughters
find a home in your dear Son. R.
2. God, so tender and so patient,
dawn of hope, you care for all.
Heav'n and earth are recreated
by the Spirit of Life set free. R.
3. Raise your eyes, the wind is blowing,
for our God is born in time.
Son made man for you and many
who will find the way in him. R.

**Like a flame my hope is burning,
may my song arise to you:
Source of life that has no ending,
on life's path I trust in you.**

ADDITIONAL RESOURCES

Below are several writers who have explored the theme of consolation.

1. Fr Ron Rolheiser

A Meta Narrative of Consolation

The peace that the world can give to us is not a negative or a bad peace. It is real and it is good, but it is fragile and inadequate.

What Jesus offers is a peace that is not fragile, that is already beyond fear and anxiety, that does not depend upon feeling healthy, secure, and loved in this world. What is this peace?

[A Meta Narrative of Consolation](https://ronrolheiser.com/) or visit <https://ronrolheiser.com/>

2. Sr Joyce Rupp OSM

Sister Joyce Rupp is well known for her work as a spiritual writer, international retreat leader, and conference speaker. She is the author of numerous bestselling books, including *Praying Our Goodbyes*, *Out of the Ordinary*, *Open the Door*, and *Fragments of Your Ancient Name*. *Fly While You Still Have Wings* is among her publications earning an award in the spirituality books category from the Catholic Press Association.

[Prayer for Those Who Have Been Bereaved](#) in *Out of the Ordinary: Prayers, Poems and Reflections for Every Season, 2011*.

3. Thomas Merton

Thomas Merton was a Trappist monk and spiritual writer, who addressed the theme of consolation in the context of prayer and contemplation.



He writes that consolation is a gift from God, often found in the quiet, inner depths of prayer rather than in external circumstances.

"Consolation is the momentary awareness of the Divine presence, a glimpse of God's light, but not the fullness. It is a signpost on the journey, not the destination." (Adapted from New Seeds of Contemplation, 1962)

4. Fr Henri Nouwen

Fr Henri Nouwen, a Dutch Catholic priest and author, wrote about spiritual consolation in the context of suffering and vulnerability. He noted that true consolation is found in recognising God's presence amid pain.

"Consolation comes when we dare to embrace our brokenness and open it up to the healing presence of God. It is in this encounter that we find peace and the strength to continue." (From The Return of the Prodigal Son, 1994)

5. St. Teresa of Ávila

St. Teresa of Ávila, a Doctor of the Church, wrote about the experience of consolation in her spiritual journey, often linking it to mystical prayer and union with God.

"Consolation in prayer is a gift, a sign that God is near, but we must also be prepared for times of dryness when the Lord teaches us to love Him without seeking comfort." (Adapted from The Interior Castle, 1577)

6. C.S. Lewis

The famous writer and lay theologian C.S. Lewis offers some powerful reflections on consolation in the Christian life. In **A Grief Observed**, Lewis talks about finding consolation in God after the death of his wife. He wrestles with the tension between grief and the consolation of faith, where he found peace recognising that God's love is present even in suffering.

"The real consolation is not to be found in the alleviation of suffering, but in the encounter with God in the midst of it." (A Grief Observed, 1961)

MUSIC SOURCES

AOV As One Voice Willow Publishing www.willowpublishing.com.au

CWB 1 & 2 Catholic Worship Book

GA Gather Australia

RS Ritual Song

TIS Together in Song

Many music publishers now offer single song purchase & print downloads. Please order sufficient copies for your musicians and choir, to comply with church music copyright obligations.

Please report usage of all hymns through your church's copyright licensing agency.

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