

to intercede on your behalf to help it to be realized. Your prayer can be as simple as "St. Jude, please help me with (insert your request)", or if you prefer, choose one from a pamphlet of Novena prayers for a particular saint. After saying your particular novena prayers, you should conclude by saying 3 Our Fathers, 3 Hail Mary, and 3 Gloria prayers. Although not required, many people also find that meditating and/or some type of fasting during the nine days provide extra comfort and strength when saying the novena prayers.

### WHAT SHOULD I EXPECT TO HAPPEN?

A novena to St. Jude has never been known to fail for those who maintain a strong posture of faith that God is ALWAYS working behind the scenes for us. For some people, by the end of the 9 days, they will see some visible, concrete proof that their request has been granted. For others, they may receive something that is not what they asked for, but turns out to be what they REALLY needed at this point in their lives. And for others, they may experience a newly-found feeling of hope and peace of spirit, that brings with it the sense that they ARE NOT GOING THROUGH THEIR DIFFICULTY ALONE. The beautiful power of the St. Jude novena is that people can have their requests answered in ways or times they may not have expected. The important thing is to believe that you WILL experience a change, and don't despair if you do not receive an instant answer. Often the path to finding true healing of mind, body, or spirit is a process that will only be fully visible and appreciated after an extended period of time. Praying to St. Jude or any of the many saints is the first step in that process. **\*\***(excerpted from: [www.catholicdoors.com](http://www.catholicdoors.com))

There are many novenas available. To mention a few:

**NOVENAS TO :** THE SACRED HEART OF JESUS, THE PRECIOUS BLOOD, THE HOLY FACE, THE HOLY NAME, THE INFANT OF PRAGUE, CHRIST THE KING, DIVINE MERCY, ST. FRANCIS OF ASSISI, ST. ANTHONY OF PADUA, ST. THERESE OF LISIEUX, ST. PIO OF PIETRELCINA (PADRE PIO), ST. RITA OF CASCIA, ST. PHILOMENA, ST. DYPHNA, ST. ANNE, ST. JOSEPH, THE ANNUNCIATION, ST. PATRICK, ST. BENEDICT: THERE ARE JUST TOO MANY TO MENTION IN THIS PAMPHLET...

FROM TIME TO TIME WE WILL PUBLISH A PAMPHLET WITH  
A NOVENA TO A PARTICULAR SAINT...  
KEEP YOUR EYES PEELED TO THE PAMPHLET RACK.

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# NOVENAS

(Explained)



**\*... ACCORDING TO SCRIPTURE,  
AFTER JESUS' ASCENSION INTO HEAVEN,  
HE TOLD HIS DISCIPLES TO PRAY TOGETHER IN THE UPPER ROOM  
AND DEVOTE THEMSELVES TO CONSTANT PRAYER (ACTS 1: 14).  
DOCTRINE PROPOSES THAT THE APOSTLES, BLESSED VIRGIN MARY,  
AND OTHER FOLLOWERS OF JESUS PRAYED TOGETHER  
FOR NINE CONSECUTIVE DAYS, CONCLUDING IN THE  
DESCENT OF THE HOLY SPIRIT ON PENTECOST...**

**\***(excerpted from: [en.wikipedia.org](http://en.wikipedia.org))

# NOVENAS

\*Its name deriving from the Latin word "novem," meaning "nine," a novena is nine days' of private or public devotion in the Catholic Church in order to obtain special graces. Though they are not part of our liturgy they remain as "popular devotions." Novenas have been prayed since the very beginning of the Church - - and even before its official beginning: Mary and the Apostles prayed from Our Lord's Ascension to Pentecost, a period of nine days (Acts 1). A nine-day period of supplication was also a pagan Roman and Eastern practice, so novenas were easily accepted by the earliest converts in these lands.

The Christian and Jewish meaning of the number "9" also entered into Christian thinking on this matter. The number "9" was associated with suffering, grief, and imperfection, this is a fitting number for when "man's imperfections turned in prayer to God" (Catholic Encyclopedia). St. Jerome wrote that "the number nine in Holy Writ is indicative of suffering and grief" (Ezechiel, vii, 24).

Novenas, often, but not necessarily, have about them a sense of "urgency"; they are typically made for a special intention, one's own or another's ("I'll make a novena for you"). Novenas to certain Saints are often made according to that Saint's patronage. For example, because of his New Testament letter encouraging Christians to persevere in the face of persecution, St. Jude is the patron of desperate situations and "hopeless" causes. A person who finds himself or a loved one in a difficult situation might make a novena to St. Jude. After making a novena to St. Jude, it is traditional to make a public expression of your gratitude. This is the reason for those mysterious thank you notes to St. Jude that you might see in your local newspaper's classified section.

There are four main types of novenas  
(a novena may fit into more than one category):

- ◆ Novenas of mourning, such as the novena during the novendiales-the nine day period following the death of a Pope
- ◆ Novenas of preparation, or "anticipation," such as the Christmas or Easter Novenas
- ◆ Novenas of prayer
- ◆ The indulgenced novenas

**When a novena is prayed in anticipation of a Feast, it is typically begun so that it ends the day *before* the Feast. In order to know when to start a Novena, in anticipation of a Feast, count 10 days back from the Feast, with the Feast itself counting as "one."**

Any Novena instructions that include words such as, "say this prayer for 9 consecutive days and your wish will be granted to you," or that describe the Novena as "never fail" in some sense that would lead one to believe that we have God at our beck and call rather than *our* being *His* humble servants- - well, while the prayers themselves might (or might not) be OK, such instructions should be absolutely rejected.

\*(excerpted from: fisheaters.com)

## **\*\*TO ANSWER A FEW MOST COMMONLY ASKED QUESTIONS**

### **WHAT IS A NOVENA?**

A Novena is the reciting of powerful prayers and devotions for a special request over nine consecutive days. Traditionally, a novena included praying, fasting, and meditating.

### **HOW OFTEN AND FOR HOW LONG SHOULD THE NOVENA BE SAID?**

Traditionally, the novena prayer is said for nine days. The nine days signifies the 9 days the early Apostles prayed together during the time between the Ascension of Jesus, and Pentecost, when they experienced the powerful presence of the Holy Spirit. However, there is no hard and fast "rule" for praying; it is best if you adopt a series of prayers and a rhythm for saying them that is comfortable for you and allows you to open a dialogue with God.

### **What prayers should I say? How do I say them?**

Your goal when praying is to focus your heart, mind, and body on communicating with the particular saint for whom you are requesting to intercede on your behalf, during this novena. Praying is best done alone and in a quiet environment. Start by closing your eyes, then describe your special need, and make a heartfelt request for (the saint)