



~ Our Lady's Ribbons of Hope Prayer Service ~

Entrusting Loved Ones' Knots to Our Lady, Undoer of Knots & the Divine Mercy of Jesus

This initiative is in response to the "Call to Prayer and Action" for those with mental health illnesses, in accordance with the United States Conference of Catholic Bishops' **Healing and Hope** component of their November 2023 **USCCB National Catholic Mental Health Campaign**, AND in light of the NCCW Resolution entitled **Mental Health Illness and Challenges Awareness**, adopted at the August 2024 NCCW Convention in Oklahoma City.

The USCCB website states, "*Healing and Hope* is a new component of the USCCB's National Catholic Mental Health Campaign, focused on amplifying local engagement on mental health around the United States ... (offering) three elements to engage digitally, in person, and in our churches." For information, visit: www.usccb.org/healing-and-hope

The call to action, advocacy, and prayer is cited in the NCCW's *Mental Health Illness and Challenges Awareness Resolution's* Purpose: "To increase awareness surrounding mental health illness and challenges, advocating for help and effective legislation, and the call to prayer for those who suffer from mental health illnesses". To view this Resolution in its entirety, visit www.nccw.org/protocols. Scroll to Resolutions > 2024 > Mental Health Illness and Challenges Awareness.

Planning for a Ribbons of Hope Prayer Service, invoking the powerful intercession of both Jesus & His Blessed Mother

- Statue, banner or image of Our Lady Undoer of Knots and the Divine Mercy of Jesus
- Ribbons attached to Our Lady that cascade from her and adhere to a wall or stationary objects
- *Hearts of Love*: heart-shaped sticky notes for writing intentions on, then affixing to Our Lady's cascading ribbons
- Divine Mercy Novena & Chaplet prayers: <https://shopmercy.org/divine-mercy-novena-and-chaplet.html>
- Our Lady's Ribbons of Hope handout: www.nccw.org > Login > Members-only Resources > Prayers and Retreats
- Info on: USCCB Healing and Hope initiative & NCCW Mental Health Illness and Challenges Awareness Resolution
- Optional: PowerPoint to guide prayer time; sacred music interspersed between prayers for reflection
- Hearts can also be collected in a "Basket of Hope" for a Mass offering or placed in an Adoration Chapel

Our Lady Undoer of Knots Novena Closing Prayer

*O Virgin Mary, Mother who never refuses to come to the help of your children in need,
Mother whose hands never stop working for the welfare of your children,
moved as they are by the loving mercy and kindness that exists in your Immaculate Heart,
cast your compassionate and merciful eyes on me and see the snarl of knots that exist in my life.
Oh Mother! You know the difficulties, sorrow and pain that I've had because of them.
O loving Mother, I place the ribbons of my life and this knot (these knots) into your loving hands,
hands which can undo even the most difficult knot.
Most holy Mother, come to my aid and intercede for me before God with your prayers.
I cast this knot (these knots) into your hands (mention your intention/need) and beg you to undo them,
in the name of your Son, Jesus Christ, and for the glory of God, once and for all. Amen
Our Lady, Undoer of Knots, pray for us! Jesus, I trust in You!*