

Liturgy Alive of Feria

Saint Agnes, Virgin and Martyr

Memorial

January 21

Introduction

Few saints have been as popular in Rome as the twelve or thirteen-year old girl martyr St. Agnes. At a time of massive defections from the faith, in 305 she endured torture with idealism and patient faithfulness. Even the young can make hard decisions. As her name comes either from *Gr. agnos* (pure) or from *L. agnus* (lamb), she is celebrated today by the pope blessing unblemished lambs from whose wool the pallium (liturgical vestment of archbishops) will be woven.

Opening Prayer

God our Father,
youth and innocence are no obstacle
to understand the message of your Son
and to follow him with courage.
Let the quiet strength of St. Agnes inspire us
not to be ashamed of your Son
and of his message of life and freedom
even in the face of contradiction.
As we bear the name of your Son,
help us to be ever faithful to him.

for he is our Lord for ever.

Prayer over the Gifts

God our Father,
with bread and wine we remember
how your Son laid down his life
for us, his friends.
Let him fill us with fresh courage
to go his way and to be close to him
in life and in death.

for he is our Lord for ever.

Prayer after Communion

Lord, almighty God,

by what is young and frail
you put to shame those who think
they are experienced and strong.
By the word and the body of Jesus Christ
give us the courage to live up
to the demands of the gospel.
Like to St. Agnes,
may your Son mean so much to us
that he is our life even in death
and that with him we rise
above pain and sorrow.

for he is our Lord for ever.