

# 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.