



Dear St. Alphonsus,
friend of the poor,
and arthritis sufferer,
you are the special
patron of all who
suffer from arthritis
and the pains of many years.



When our joints, hips, arms, legs and knuckles
hurt so much that tears well up in our eyes, help us
to recall the tears, the sweat and the blood that flowed
from our crucified Jesus who bore so much suffering
out of love for each of us.

St. Alphonsus, afflicted with curvature of the spine
and nailed to a wheelchair cross in your final years,
teach us to unite all our pains with those of Jesus,
so our patience and love inspires others to accept
the difficulties of their lives.

We ask you to intercede for us so our pains
will be eased but more so that
we are enabled to be one
with Jesus in his great
act of dying and rising.



Amen.