

Praying for the Synod – A Resource Guide for Parishes

“Without prayer, there will be no Synod” – Pope Francis

SCHEDULE OF THE SYNOD ASSEMBLY

- On **September 30**, an ecumenical vigil of prayer with young adults will take place in St. Peter’s Square.
- On **October 1**, the bishop, clergy, religious, and lay delegates will begin a 3-day retreat.
- On **October 4**, Synod meetings will begin, concluding on **October 29**.

WAYS TO PRAY FOR THE SYNOD IN THE PARISH

The prayer of the faithful people of God is an essential part of the Synod. There are many ways to invite prayer for the Synod in the parish.

Solemn Blessing on October 1. The Vatican has provided a special form of solemn blessing for the Synod, recommended for use at the end of Masses for the Twenty-Sixth Sunday in Ordinary Time (September 30-October 1). Available in English [here](#) and Spanish [here](#).

Mass for the Synod. The Mass for a Council or a Synod can be offered on any ferial weekday. In addition, Archbishop Etienne has granted priests permission to use these Mass prayers on a Sunday, either for the beginning of the Synod (September 30-October 1) or the end (October 28-29). The prayers for this Mass can be found in the Masses for Various Needs and Intentions, #5, For a Council or Synod. These prayers are used with the Preface of the Holy Spirit.

Include the Synod in the intentions for Mass. Be sure to include the Synod in the prayers at Mass. Here is Pope Francis’ official intention for October:

For the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

In addition, the Vatican has prepared two sets of intercessions for the Synod, for use at Sunday or weekday Masses. They are available in several languages, including [English](#) and [Spanish](#). You can use the entire set, or adapt the petitions for regular use on weekdays and Sundays during the month of October.

Use the Adsumus Sancte Spiritus prayer. The prayer Adsumus Sancte Spiritus is an ancient prayer that has been used at Church Councils and Synods for centuries. You might use this prayer before or after Mass, or at meetings during the month of October.

*We stand before You, Holy Spirit,
as we gather together in Your name.
With You alone to guide us,
make Yourself at home in our hearts;
Teach us the way we must go and how we are to pursue it.
We are weak and sinful;
do not let us promote disorder.
Do not let ignorance lead us down the wrong path
nor partiality influence our actions.
Let us find in You our unity
so that we may journey together to eternal life
and not stray from the way of truth and what is right.
All this we ask of You, who are at work in every place and time,
in the communion of the Father and the Son,
forever and ever. Amen.*

Set up a place of prayer in the church. You might consider setting up a special place of prayer for the month of October, and provide copies of the *Adsumus Sancte Spiritus* prayer for people to pray on their own, light a candle, etc.

Novena of prayer. If you'd like to pray more intensively, you could consider offering a novena of prayer at any point during the Synod. An appropriate time might be during the last days of the Synod, October 21-29. You could include the Synod in the Prayer of the Faithful at Mass, and pray the *Adsumus* prayer each day with the assembly. You might designate a special intention for each day, for example:

October 21 – For all who believe in Christ
October 22 – For those on the margins
October 23 – For the poor
October 24 – For young people
October 25 – For catechumens and those who are searching for Christ
October 26 – For non-practicing Catholics
October 27 – For the delegates participating in the Synod, especially Archbishop Etienne
October 28 – For the Holy Father
October 29 – For the Holy Church

RESOURCES

Visit archseattle.org/synod for Q&A and other resources. The best source for news and resources on the Synod is the official website, synod.va. The entire site is available in [English](#) and in [Spanish](#).