

What is a Spiritual Bouquet?

Spiritual Bouquets are prayers or devotional acts that someone (the giver) has or will offer for someone else (the recipient). The idea is that each prayer is like a flower and that the group is like a bouquet mystically offered as a gift to God for a particular intention. “Spiritual bouquets” are often organized for particular purposes, such as for the intentions of the Pope in honor of his birthday or offered for a particular period of time in honor of the Holy Father. Those who participate promise a certain amount of prayers and devotions for the intention and then the list is compiled and given to the person whose intentions are being remembered in prayer.

All benefit from prayer. One significant aspect of this ministry is that it can be done communally or alone, at church or at home. Many of our homebound are devoted to “prayer,” making them a special gift to this ministry.

What kind of prayers should we pray?

Prayers can include the number of Masses attended, Holy Communions offered, rosaries and/or other prayers said. The Liturgy of the Hours is a wonderful way to pray for the Holy Father. Some may choose to spend time reading Scripture or in Adoration of the Blessed Sacrament. Some devotions include the rosary or Stations of the Cross.

What kind of good works should we do?

The corporal works of mercy are especially worthy ways to remember the Holy Father. A person could volunteer at a food pantry or a homeless shelter. Some may visit those who are sick or in prison or who live alone. Likewise, the spiritual works of teaching, advising, consoling, and comforting are encouraged. Financial contributions to groups that help the poor or to your local parish also serve to honor the Holy Father.

How will the prayers and good works be presented?

The recipient may be presented a card identifying the giver and the collection of prayers and good works. It may include a narration describing some of the prayers and good works offered for the Holy Father. Traditionally, the number and kind of prayer and good work are recorded. The list is simply an indication of what is offered for the Holy Father’s intentions.

Sample 1:

**A spiritual Bouquet
Is being sent your way
To let you know we care.**

**You are in our thoughts,
You are in our hearts,
And especially in our prayers.**

Sent to: _____

Sent by: _____

Your spiritual bouquet consists of: _____

Spiritual Life Committee—20__

Sample 2:

I said a prayer for you today
and I know God must have heard.
I felt the answer in my heart
although he spoke no words.

I prayed that He'd be near you at the start of each day,
to grant you health and blessings
and friends to share your way.
I asked for happiness for you in all things great and small,
but it was for his loving care I prayed for most of all.

On your behalf, I will offer up (fill in the blank with what you plan to do),

_____ Rosaries

_____ Holy hours

_____ Days of fasting

_____ Days of abstaining from meat, candy, conveniences, etc.

_____ Acts of charity

