

A Pilgrim's Guide to **KNOCK SHRINE**



KNOCK
Ireland's International Eucharistic
and Marian Shrine

Guiding You On Your Pilgrim Journey at Knock Shrine

The unique atmosphere at Knock Shrine offers you the opportunity to step away from the busy schedule of your daily life and to make space for prayer and reflection. The contemplative silence of the Knock Apparition continues to draw pilgrims from all over the world, who come to immerse themselves in the sacred peacefulness of the site of the Apparition that took place here on the 21st of August 1879.

*“Help me to remember that we are all pilgrims
on the road to Heaven...”*

– From ‘Prayer to Our Lady of Knock’

Since the earliest days, pilgrims visiting the Shrine have undertaken a traditional station, as they pray the rosary, while walking around the Parish Church. This practice has its origin in the Irish tradition of ‘praying the rounds’ at holy places. The Apparition took place at the gable wall of this historic Church and the site is now encased in the magnificent glass Apparition Chapel.

When you visit Knock Shrine, you follow in the footsteps of the generations of pilgrims who have made this journey before you. You may be here for just a few hours or perhaps you are making your own personal retreat over a number of days. This prayer leaflet is a guide to assist you as you join with your fellow pilgrims today, here at Ireland’s International Eucharistic and Marian Shrine.



The Traditional Station at Knock Shrine

Meditate on The Way of the Cross

The Stations of the Cross, also known as the Way of the Cross, depict the Passion of Jesus Christ on earth, from His condemnation by Pontius Pilate to His entombment. The Stations can be prayed outdoors, adjacent to the Apparition Chapel or on Calvary Hill, weather permitting. In wet weather, they may be performed in the Parish Church or in the Basilica, where you can reflect on the large linen oil paintings by artist Ger Sweeney.

The Stations of the Cross

1. Jesus Is Condemned To Death

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, it was not Pilate alone, but my sins and the sins of all that condemned you to die. I am sorry for the contribution that my sins have made to your sufferings and death.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

2. Jesus Takes Up His Cross

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, help me take up my cross and follow you. That cross may be for my ill-health, financial difficulties or having to suffer from the defects of others. Help me to accept my cross and carry it with you so that my feet may be then surely set on the road to salvation.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

3. Jesus Falls For The First Time

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, it was not the weight of the cross alone but of my sins which caused you to fall. Help me never to fall into serious sin but to watch and pray so that I may be delivered from the power of the evil one.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

4. Jesus Meets His Mother

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Mary, my mother, it was prophesied that Jesus was to be a sign that would be rejected. If I have ever rejected him in any way I now confess my sorrow. Grant me grace to repent of my sins, and to be truly reconciled to the love of your Son.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

5. Simon Of Cyrene Helps Jesus To Carry His Cross

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, your apostle Paul has said: "Bear one another's burdens, and so fulfil the law of Christ." (Gal. 6, 2) Grant that I may always try to bear with the faults of others. May I do all in my power to ease the burden of those who carry the cross after you. Let my sharing in their burdens be the fulfilling of your law.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

6. Veronica Wipes The Face Of Jesus

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, help me to love and serve you in loving and serving the poor, the hungry, the sick and the distressed. Let me remember your words: “As you did it to one of the least of these my brethren, you did it to me.” (Matt. 25, 40)

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

7. Jesus Falls The Second Time

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, if I should fall beneath the cross of suffering or of sorrow, give me the courage to rise again and to follow bravely after you.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

8. The Women Of Jerusalem Weep For Our Lord

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

In your suffering, Jesus, you did not think of yourself, but of those who were to suffer on your behalf. Help me to rid myself of excessive self-love and self-pity.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

9. Jesus Falls The Third Time

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, if I should ever fall into serious sin, grant that I may not remain in that miserable state. May I, like you, rise to my feet and return to be reconciled to your loving forgiveness.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

10. Jesus Is Stripped Of His Clothes

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, fill me with a spirit of true Christian shame and modesty. Grant that I, who am made in your image and likeness and whose body is the temple of your Holy Spirit, may always have respect and reverence for my own body and the bodies of others.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

11. Jesus Is Nailed To The Cross

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, because you were like us in all things but sin, your body was sensitive to the slightest physical pain. When I have to suffer physical pain, help me to bear it by remembering your being nailed to the cross.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

12. Jesus Dies On The Cross

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, death has not been abolished in the world, but by your death, you have transformed it. May your death be for me and for all, the gateway to eternal life. When my life on earth is ended, may I die in your love. Grant that you may receive my soul into your hands.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

13. Jesus Is Taken Down From The Cross

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Mary, my Mother, you suffered with your Son in the work of our Redemption. May that Redemption bear fruit in our lives. May we, like the wheat grain that falls to the ground and dies, yield a harvest rich in works of faith and love.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

14. Jesus Is Placed In The Tomb

V. We adore you, O Christ, and we praise you (Genuflect).

R. Because by your holy cross you have redeemed the world (Rise).

Jesus, you suffered and died, but you rose again on the third day. You said: "I am the Resurrection and the Life." Grant that I, having shared in your suffering and death, may be worthy to share in the joy and the glory of your Resurrection. "Dying you destroyed our death, rising you restored our life."

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

*Acknowledgement: Stations of the Cross by Fr. Richard Gibbons, PP,
Rector of Knock Shrine*



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- 13 Mass Card Office
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- 5 Calvary & Stations of the Cross
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- 2 Parish Church
- 1 Apparition Chapel





KNOCK

Ireland's International Eucharistic
and Marian Shrine

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KEY

Pray The Rosary

On the evening of the Apparition on the 21st of August 1879, the Witnesses joined together in the heavy rain and prayed the Rosary as they gazed in awe at the heavenly vision before them. As we recite the Rosary and contemplate each mystery, the gentle repetition of the words helps us to enter into the silence of our hearts, echoing the silent, contemplative nature of the Knock Apparition.

Traditionally, the Rosary is recited while pilgrims walk around the Parish Church anti-clockwise. If your time at Knock Shrine does not allow for praying all of the Mysteries of the Rosary, the Joyful Mysteries may be prayed on the journey to Knock and the Glorious Mysteries on the way home.

At the end the Rosary, recite the Litany of the Blessed Virgin Mary, followed by the Prayer to Our Lady of Knock.

The Joyful Mysteries

- 1 The Annunciation
- 2 The Visitation
- 3 The Nativity
- 4 The Presentation
- 5 The Finding in the Temple

The Mysteries of Light

- 1 The Baptism in the Jordan
- 2 The Wedding at Cana
- 3 The Proclamation of the Kingdom
- 4 The Transfiguration
- 5 The Institution of the Eucharist

The Sorrowful Mysteries

- 1 Agony in the Garden
- 2 Scourging at the Pillar
- 3 Crowning with Thorns
- 4 Carrying of the Cross
- 5 The Crucifixion

The Glorious Mysteries

- 1 The Resurrection
- 2 The Ascension
- 3 Descent of the Holy Spirit
- 4 The Assumption
- 5 Crowning of Mary

LITANY OF THE BLESSED VIRGIN

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of heaven,

Have mercy on us.

God the Son, Redeemer of the world,

Have mercy on us.

God the Holy Spirit,

Have mercy on us.

Holy Trinity, one God,

Have mercy on us.

Holy Mary,

Pray for Us (repeat after each line)

Holy Mother of God,

“

Virgin most venerable,

“

Holy Virgin of virgins,

“

Virgin most renowned,

“

Mother of Christ,

“

Virgin most powerful,

“

Mother of the Church,

“

Virgin most merciful,

“

Mother of mercy,

“

Virgin most faithful,

“

Mother of divine grace,

“

Mirror of justice,

“

Mother of hope,

“

Seat of wisdom,

“

Mother most pure,

“

Cause of our joy,

“

Mother most chaste,

“

Spiritual vessel,

“

Mother inviolate,

“

Vessel of honour,

“

Mother undefiled,

“

Singular vessel of devotion,

“

Mother most amiable,

“

Mystical rose,

“

Mother most admirable,

“

Tower of David,

“

Mother of good counsel,

“

Tower of ivory,

“

Mother of our Creator,

“

House of gold,

“

Mother of our Saviour,

“

Ark of the covenant,

“

Virgin most prudent,

“

Gate of heaven,

“

Morning star,	“	Queen of Martyrs,	“
Health of the sick,	“	Queen of Confessors,	“
Refuge of sinners,	“	Queen of Virgins,	“
Comfort of Migrants,	“	Queen of all Saints,	
Comforter of the afflicted,	“	Queen conceived without original sin,	“
Help of Christians,	“	Queen assumed into heaven,	“
Queen of Angels,	“	Queen of the most holy Rosary,	“
Queen of Patriarchs,	“	Queen of Families,	“
Queen of Prophets,	“	Queen of Peace.	<i>Pray for Us</i>
Queen of Apostles,	“		

Lamb of God, you take away the sins of the world, *Spare us, O Lord.*

Lamb of God, you take away the sins of the world, *Graciously hear us, O Lord.*

Lamb of God, you take away the sins of the world, *Have mercy on us.*

Let us pray,

O God, whose only begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life, grant we beseech that by meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ, Our Lord. Amen

PRAYER TO OUR LADY OF KNOCK

Our Lady of Knock Queen of Ireland, you gave hope to your people in a time of distress and comforted them in sorrow. You have inspired countless pilgrims to pray with confidence to your Divine Son, remembering His promise; ‘Ask and you shall receive, seek and you shall find.’

Help me to remember that we are all pilgrims on the road to heaven. Fill me with love and concern for my brothers and sisters in Christ, especially those who live with me. Comfort me when I am sick or lonely or depressed. Teach me how to take part ever more reverently in the Holy Mass. Give me a greater love of Jesus in the Blessed Sacrament.

Pray for me now, and at the hour of my death. Amen.

Our Lady of Knock, *pray for us.*

Visit to the Blessed Sacrament

Knock Shrine was elevated to the status of International Eucharistic and Marian Shrine by His Holiness, Pope Francis in 2021. Unique to the Apparition at Knock is the representation of the Eucharist in the appearance of the Lamb of God, standing before a plain Cross on the altar. Here at Knock Shrine, the Blessed Sacrament Chapel is a dedicated place in which to spend quiet time in the presence of the Eucharist.

As part of your pilgrimage, you may visit the Blessed Sacrament in any of the chapels and pray the *Apostles Creed* and the *Prayer to Christ the King*.

Prayers For Your Time At Knock

Hail Holy Queen

(to be prayed after the Rosary)

HAIL, HOLY QUEEN, Mother of Mercy, hail our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord.

Amen.

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.
Inspired by this confidence
I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come,
before thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

Apostles Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayer to Christ the King

O Jesus, I honour you as my king and as king of the whole universe. All that I am and all that I have comes from you. Help me to be loyal and true to you always. Never let me betray you by the smallest sin. Give me the courage, at all times to speak out in defence of you and your Church. May

the peace of your Kingdom, always reign in the hearts of all. O Jesus, I want you to be King of my heart and soul and all and Mary to be my Queen. Amen.

Our Father who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

St. Joseph, chosen by God to be the Husband of Mary, the Protector of the Holy Family, the Guardian of the Church. Protect all families in their work and recreation and Guard us on our journey through life.

(Lamb of God, you take away the sins of the world...)

St. John, beloved Disciple of the Lord, Faithful Priest. Teacher of the Word of God. Help us to hunger for the Word, to be loyal to the Mass and to love one another.

(Lamb of God, you take away the sins of the world...)

PLENARY INDULGENCE FOR PILGRIMS

Pilgrims may gain a plenary indulgence on the Feast of Our Lady of Knock (August 17th), on the anniversary of the Apparition (August 21st) and on one other day of the year, of their choice. To receive the plenary indulgence, pilgrims should make a confession, receive Holy Communion, pray for the intentions of Our Holy Father, the Pope (One 'Our Father', one 'Hail Mary' and one 'Glory') and recite the 'Our Father' and 'Creed' at the Shrine.

The Story of Knock

On the evening of the 21st of August 1879, Our Lady appeared at the gable wall of the Parish Church in Knock, in the company of St. Joseph and St. John the Evangelist. Our Lady was dressed in white, with her hands and eyes raised towards heaven. On her head, she wore a brilliant crown, with a rose at its centre. To her right stood St. Joseph, with His head bowed in prayer. Unique to the Knock Apparition is the representation of the Eucharist in the appearance of the Lamb of God on the altar, standing before a cross. St. John the Evangelist stood between Our Lady and the altar.



The local villagers prayed the Rosary together before this silent Apparition in heavy rain for about two hours. 15 official Witnesses, ranging in age from 5 to 74 years, gave their written accounts of what they had seen that evening to a commission of enquiry in 1879. A second enquiry was held in 1936. Both enquiries found the testimonies of the Witnesses to be trustworthy and satisfactory.

And so began the story of Knock as we know it today. Knock Shrine has been honoured with visits by Pope John Paul II and Pope Francis. In 2021, Pope Francis elevated Knock to the status of International Eucharistic and Marian Shrine.

