Prayer Letter for October 2026

POPE'S PRAYER INTENTIONS

Every month, the Pope entrusts his Prayer Network with prayer intentions that reflect his deep concerns for humanity and the mission of the Church. His monthly prayer intention serves a global call to transform our prayers into "concrete actions" and as a transformation of the heart; it acts as a compass for a mission of compassion for the world. It proposes a path to mobilize us each month, through prayer and service, to build a more humane and caring world and to cultivate a personal and communal attitude that transforms our environment.

Pope's Prayer Intention, October 2026:

For mental health ministry:

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

MONTHLY PRAYER, OCTOBER 2026

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen**.

God of life,
You know the innermost depths of our hearts—
the light and shadows within us,
the silent wounds that sometimes no one sees.

Today we bring before you our brothers and sisters
who suffer from mental illness,
who struggle in solitude with anxiety, depression, or fear.
You call them by name, with tenderness,
and in You they find dignity and hope.

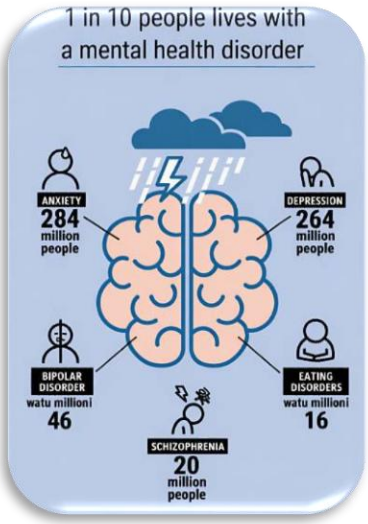
Forgive us for the times we have looked the other way,
feeding stigma and indifference.
May your Church be an open house,
a safe space where everyone has a place—
a community that accompanies and never excludes,
that listens without judging and draws near without fear.

We pray to you, Lord, for those who care:
professionals, family members, volunteers—
men and women who, with patience and love,
build bridges of understanding and comfort.
Give them strength and compassion to sustain others.

Send your Spirit upon us,
that we may learn to integrate mental health
into our community and pastoral life,
and so become a sign of your mercy,
which never abandons and always restores. **Amen**.

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OUR FOCUS IN OCTOBER 2026



This month the pope is asking us to pray that the mental health ministry be established throughout the Church. We should not that there are still many places where even the Church has not fully become aware of the challenges we face in the field of mental health.

The Pope has urged us to confront this reality head-on. The global number of people who die by suicide reaches 700,000, according to the WHO. For every completed suicide, it is estimated that there are between 20 and 30 suicide attempts. Most of these are related directly and indirectly to mental health. Yet, the stigma surrounding mental health issues remains a barrier to early diagnosis and treatment. More than simply adopting these treatments, our communities must help foster dialogue and embrace these realities, thus overcoming all discrimination. Prayer for those who dedicate time and love to this effort is an irreplaceable support.

DAILY OFFERING PRAYER

Good Father, I know you are with me.

Here I am on this new day.
Place my heart once more with the Heart of your Son Jesus,
who gives himself for me and who comes to me in the Eucharist.
May your Holy Spirit make me his friend and apostle,
available for his mission of compassion.

I place in your hands my joys and hopes, my works and sufferings,
everything that I am and have,
in communion with my brothers and sisters of this Worldwide Prayer Network.

With Mary,
I offer you my day for the mission of the Church and for
the prayer intentions of the Pope [and my Bishop] for this month. **AMEN**.

THE POPE'S WORLDWIDE PRAYER NETWORK: WHO ARE WE?

The Pope's Worldwide Prayer Network is a Pontifical Work entrusted to the Society of Jesus. We are present in over 90 countries, forming a spiritual community of more than 22 million people who seek to live each day with availability to God's mission. At the center of our life are the monthly prayer intentions of the Pope, which invite us to focus on the pressing challenges facing humanity and the Church. These intentions help us to see, to feel, and to serve with a heart like Jesus'.

We grow together through a spiritual path called The Way of the Heart, which helps us to know Jesus more intimately, listen to the world with compassion and offer our lives with greater depth and freedom.

Through prayer, service, and spiritual formation, we connect hearts across continents, growing in compassion and solidarity. **YOU** are welcome in this family.

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