

"When a severe plague was raging in the city of Trent in 1546, it is reported that the fathers of the Council of Trent devoutly wore certain characters arranged in the form of a cross collected by S. Zacharias, ancient Bishop of Jerusalem.

In fact, they found that wearing and venerating these characters as signs of various devout ancient and spontaneous prayers to ward off the evil of contagion (as described by their explanation), was an advantageous remedy against the plague.

These characters were written down on parchment in ancient times by the sainted bishop, and then found in the Monastery of Frailes in Spain, and placed in veneration with an admirable effect by devout people, who paid tribute to them, brought them back, and said the prayers."

SOURCES:

**Image:** taken from Wikimedia Commons  
([https://commons.wikimedia.org/wiki/File:A\\_plague\\_cross\\_with\\_St.\\_Sebastian,\\_St.\\_Roch\\_and\\_St.\\_John\\_Nep\\_Wellcome\\_V0033364.jpg](https://commons.wikimedia.org/wiki/File:A_plague_cross_with_St._Sebastian,_St._Roch_and_St._John_Nep_Wellcome_V0033364.jpg))

**Latin text:** transcribed from antique leaflet, Wikimedia Commons  
([commons.wikimedia.org/wiki/File:Prayer\\_in\\_Latin\\_for\\_prevention\\_from\\_the\\_plague\\_Wellcome\\_L0063751.jpg](https://commons.wikimedia.org/wiki/File:Prayer_in_Latin_for_prevention_from_the_plague_Wellcome_L0063751.jpg))

**English text:** by Fr. Alek Schrenk ([twitter.com/fraids/status/1236770869621460995](https://twitter.com/fraids/status/1236770869621460995))

**Historical Note:** translated by Fr. Alek Schrenk in the twitter thread above, from the 1831 work "Il tesoro nascosto manifestato per la miracolosa invenzione di s. Maria della Sanità..." available on google books  
([books.google.com/books?id=VI\\_qvCq3hX0C&pg=PA97#v=onepage&q&f=false](https://books.google.com/books?id=VI_qvCq3hX0C&pg=PA97#v=onepage&q&f=false))



✠ O Cross of Christ, save me. **Z.** May zeal for your house free me. ✠ The Cross conquers; the Cross reigns; the Cross rules; by the sign of the Cross free me, O Lord, from this plague. **D.** God, my God, drive this plague away from me, and from this place, and free me. **I.** In your hands, O Lord, I commend my spirit, my heart, and my body. **A.** Before heaven and earth God was; and God is able to liberate me from this plague. ✠ The Cross of Christ will expel the plague from this place and from my body. **B.** It is good to wait for the help of God in silence, that he may drive away this plague from me. **I.** I will incline my heart to performing your just deeds, and I will not be confounded, for I have called upon you. **Z.** I had zeal on occasion of the wicked; seeing the peace of sinners, I have hoped in you. ✠ The Cross of Christ puts demons to flight; corrupt air; and drives away the plague. **S.** I am your Salvation, says the Lord; cry out to me, and I will hear you, and I will liberate you from this plague. **A.** Abyss calls to abyss, and you have expelled demons by your voice; liberate me from this plague. **B.** Blessed the man who hopes in the Lord, and does not look upon vanities, and false extravagances. ✠ May the Cross of Christ, which was once the cause of scandal and indignity, and is now in glory and nobility, be for my salvation, and expel from this place the demon, and corrupt air, and plague from my body. **Z.** May zeal for the honor of God convert me before I die, and in your name, save me from this plague. ✠ May sign of the Cross free the People of God, and those who trust in him, from the plague. **H.** Will this foolish people return to the Lord? Make good on your vows, offering a sacrifice of praise and faith to him, because he is able to liberate this place and me, from this plague; for whoever trusts in him will not be confounded. **G.** If I will not praise you, let my tongue stick to my throat and to my jaws; free those who hope in you; in you I trust; liberate me and this place, O God, from this plague, for your name has been invoked in prayer. **F.** At your death, O Lord, darkness fell over the whole earth; my God, render the power of the devil tenuous and dim, for it is for this that you have come, O Son of the living God: so that you might destroy the works of the devil with your power, drive out from this place and from me, your servant, this plague; and may the corrupt air depart from me into the outer darkness. ✠ Defend us, O Cross of Christ, and expel from this place the plague, and free your servant from this plague, you who are kind, and merciful, and of many mercies, and true. **B.** Blessed is he who does not look upon vanities, and false extravagances; on the day of evil the Lord will free him; Lord, I have trusted in you; free me from this plague. **F.** God has become my refuge; because I have trusted in you, free me from this plague. **R.** Look upon me, O Lord my God, Adonai, from the holy seat of your Majesty, and have mercy on me, and because of your mercy, free me from this plague. **S.** You are my Salvation: heal me, and I will be healed; save me, and I will be saved.

✠ Crux Christi salva me. **Z.** Zelus domus tuae liberet me. ✠ Crux vincit, Crux regnat, Crux imperat per signum Crucis libera me, Domine, ab hac Peste. **D.** Deus, Deus meus, expelle Pestem a me, et a loco isto, et libera me. **I.** In manus tuas, Domine, commendo spiritum meum, cor et corpus meum. **A.** Ante Coelum et Terram Deus erat, et Deus potens est liberare me ab ista Pesta. ✠ Crux Christi potens est ad expellendam Pestem ab hoc loco, et a corpore meo. **B.** Bonum est praestolari auxilium Dei cum silentio, ut expellat Pestem a me. **I.** Inclino cor meum ad facendas justificationes tuas, ut non confundar, quoniam invocavite. **Z.** Zelavi super iniquos, pacem peccatorum videns speravi in te. ✠ Crux Christi fuget Daemones, Aerem corruptum, et Pestem expellat. **S.** Salus tua ego sum, dicit Dominus: clama ad me, et ego exaudiam te, et liberabo te ab hac Peste. **A.** Abyssus abyssum invocat, et voce tua expulisti Daemones; libera me ab hac Peste. **B.** Beatus vir qui sperat in Domino, et non respexit in vanitates, et insanias falsas. ✠ Crux Christi, quae antea fuit in opprobrium, et contumeliam, et nunc in gloriam, et nobilitatem, sit mihi in salutem, et expellat a loco isto Diabolum, et aerem corruptum, et Pestem a corpore meo. **Z.** Zelus honoris Dei convertat me antequam moriar, et in nomine tuo salva me ab ista Peste. ✠ Crucis signum liberet Populum Dei, et a Peste eos, qui confidunt in eo. **H.** Haecine reddis Domino, popule stulte? Redde vota tua offerens, sacrificium laudis et fidei illi, quia potens est istum locum, et me ab hac Peste liberare, quoniam qui confidunt in eo non confundentur. **G.** Gutturum meo, et faucibus meis adhaerat lingua mea si non benedixero tibi; libera sperantes in te; in te confido, libera me Deus ab hac Peste, et locum istum, quo nomen tuum invocatur. **F.** Factae sunt Tenebrae super universam Terram in morte tua, Domine: Deus meus, fiat lubrica, et tenebrosa Diaboli potestas, qui ad hoc venisti, Fili Dei vivi, ut dissolvas opera Diaboli; expelle tua potentia a loco isto, et a me servo tuo Pestem istam; discedat aer corruptus a me in tenebras exteriores. ✠ Crux Christi defende nos, et expelle a loco isto Pestem, et servum tuum libera a Peste ista, qui benignus es, et misericors, et multae misericordiae, et verax. **B.** Beatus qui non respexit in vanitates, et insanias falsas: in die mala liberabit eum Dominus: Domine in te speravi, libera me ab hac Peste. **F.** Factus est Deus refugium mihi: quia in te speravi, libera me ab hac Peste. **R.** Respice in me, Domine Deus meus Adonai de sede sancta Majestatis tuae, et miserere mei, et propter misericordiam tuam ab ista Peste libera me. **S.** Salus mea tu es: sana me, et sanabor: salvum fac salvus ero.