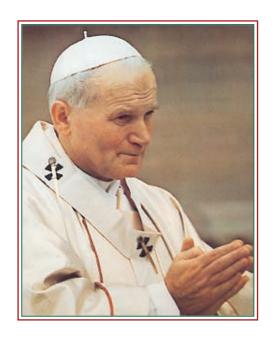
### Prayers from Saint John Paul II





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#### SAINT JOHN PAUL II

(1920 - 2005)

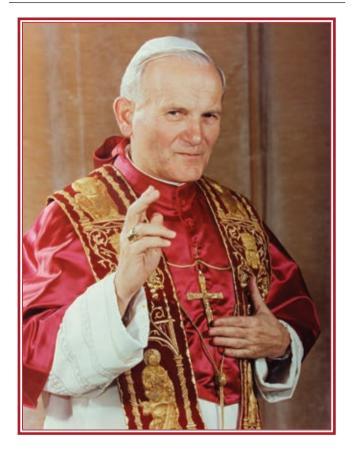
Saint John Paul II was born Karol Józef Wojtyla on May 18, 1920, in Wadowice, Poland. Growing up, young Karol was athletic and enjoyed skiing and swimming. He also showed a strong interest in theatre and poetry after he entered college. He ultimately felt a strong calling to the priesthood, and began his studies in philosophy and theology at a secret seminary in Krakow in the 1940s, in the very hostile environment of the Nazi occupation.

In 1978 he became the first non-Italian to be chosen as the Pope in more than 400 years. As the leader of the Church, John Paul II traveled the world, visiting more than 100 countries to spread his message of faith and peace. A vocal advocate for human rights, he often spoke out about suffering in the world. He held strong positions on many topics, including the right to religious freedom.

An outgoing and charismatic person, John Paul II used his influence to foster political change and he is credited as a very important figure in the fall of Communism. After suffering from Parkinson's disease for over 12 years, he died in 2005. He was beatified in 2011.

The announcement of Pope John Paul Il's canonization came after the Vatican revealed that two miracles had been attributed to the spiritual intercession of the late Pontiff. After a dying French nun, Sister Marie Simon-Pierre Normand, prayed to Pope John Paul II during her battle with Parkinson's disease - the same illness that had contributed to the Pope's death – she was cured.

The second miracle involved a 50-year-old woman, who said she was cured of a brain aneurysm after a photograph of Pope John Paul II spoke to her. These miracles demonstrate the healing power of Saint John Paul II's intercession. He was canonized a Saint in 2014. His feast day is October 22.



#### THE TRADITION OF PRAYING A NOVENA

The word "novena" comes from a Latin word meaning "nine fold." In its traditional form, a Novena is prayed over nine consecutive days.

The spiritual practice of praying Novenas started in Europe as nine days of preparation for celebrating the birth of Christ at Christmas. Nine days were selected to represent the nine months that Jesus lived in the womb of the Blessed Virgin Mary. The practice of praying Novenas was later extended to also celebrating feasts of the Blessed Virgin Mary and the Saints.

Often people praying Novenas have a particular or special intention for which they are seeking the heavenly intercession of a patron saint or a favorite saint. This may include their personal petitions or the urgent needs of family and loved ones.

At the conclusion of your Novena, entrust your petitions and special intentions to God's will. Remember that Almighty God, in His love and goodness, may have His own way of answering your prayers.



#### HEALING NOVENA FOR THE INTERCESSION OF SAINT JOHN PAUL II

Opening Prayer each day:

Merciful God, I pray with thanks and gratitude for the great spiritual gift of Saint John Paul II's apostolic life and mission. Through his heavenly intercession, please grant the following petition(s) . . . Here state your request(s).

Grant also that I may grow in love for You and proclaim boldly the love of Jesus Christ to all people. Through Christ, Our Lord. Amen.

"Through prayer we come to share more deeply in God's life and in His love." Saint John Paul II

# NOVENA PRAYER for Healing (DAY 1)

Dear Saint John Paul, you preached: "The future starts today, not tomorrow." As I start these nine days of prayer with you, I thank you for reminding me that with God's help, I can begin again, but I need to start now, not at some distant point in the future. Your words are encouraging and inspiring to me. Please be with me as I progress through these nine days of prayer with you.

Dear Lord, You are the greatest Healer. You gave Saint John Paul II to the entire world to show us how much You love us. With Your mighty power and through his intercession, we seek healing, not just of our physical body but our emotional, mental, social and spiritual health as well. In keeping with Your greatest commandment, we will love You with all our heart, with all our mind, with all our soul and with all our strength. We will also love our neighbor as we love ourselves. Amen.

Conclude with the Our Father. Hail Mary, and Glory Be prayers.

"Only God loves us perfectly, with an everlasting love. In prayer, we open our hearts and our minds to this God of love."

# NOVENA PRAYER for Healing (DAY 2)

Dear Saint John Paul, you preached: "I plead with you, never, ever give up on hope. Never doubt, never tire, and never become discouraged. Be not afraid." With your help, I will not give up hope. I will be trusting, confident, persistent and unafraid in prayer.

God, our Father, grant us the peace we seek when confronted with different obstacles each day. Guide us so we won't falter in our steps. May peace always reign in our hearts even if there is fear that we might fall flat on our face.

We will not be anxious, but will have faith that is unwavering like that of Saint John Paul II. We will do

whatever is true, honorable, just, pure, lovely and gracious in Your eyes, so that Your peace may abide in our hearts always. Amen.

Conclude with the Our Father. Hail Mary, and Glory Be prayers.

"We are aware of darkness and sin. of poverty and pain. But we know Jesus has conquered sin and passed through His own pain to the glory of the Resurrection."

# for Healing (DAY 3)

Dear Saint John Paul, you preached: "Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am with you and therefore no harm can befall you. All is very, very well. Do this in complete faith and confidence."

What more can I say, but thank you for your confidence in me. Help me to have complete faith in God. Stand with me at all times as my intercessor and spiritual guide until I attain the great treasure of Heaven.

Dear Jesus, Son of the living God, we rejoice because we believe that through the intercession of Saint

John Paul II, our healing is near at hand. We are joyful in our ways and our speech for we know that You will always comfort us as a mother comforts her children.

We thank you for the joy You've given us when You were born into our world, because You became one of us in all things but sin. You endured tremendous suffering for our sake, so that we will be saved from our sins. Turn our mourning into rejoicing because of Your resurrection from the dead. Amen.

Conclude with the Our Father, Hail Mary, and Glory Be prayers.

"Only in Christ do we find real love, and the fullness of life. And so I invite you to look to Christ."

## for Healing (DAY 4)

Dear Saint John Paul, just like St. Paul the Apostle who described his journey as a race, you tell me that life with Jesus is a wonderful adventure. Life is not a sprint for me, but rather a winding marathon with its curves and its ups and downs. Help me by being with me at all times as I struggle in this race toward the fullness of life in Christ.

God the Holy Spirit, grant us wisdom and knowledge as we wait patiently for the healing You promised. May our families be blessed with patience in helping us cope with illness and other problems.

During his lifetime, Saint John Paul was a living testimony of how much

God loves us through his patience in dealing with every religious or political leader around the world, as well as with the severe sicknesses that afflicted him. We believe that as long as love reigns in our hearts each day, we will be healed, for "Love is patient and kind." Amen.

Conclude with the Our Father. Hail Mary, and Glory Be prayers.

"It is Jesus you seek when you dream of happiness. He is waiting for you when nothing else you find satisfies you."

## NOVENA PRAYER for Healing (DAY 5)

Dear Saint John Paul, you preached: "Do not abandon yourselves to despair. We are the Easter people and Hallelujah is our song."

Help me to be joyful in this wonderful adventure of life. Help me always to have true Christian joy in my heart, mind and spirit. Help me always to be faithful to the Will of God in my life.

Through God's loving grace and kindness, we have been blessed with the great kindness shown by the people who take care of us, like our family, friends, relatives, caregivers, physicians, rehabilitation specialists, nutritionists and spiritual advisers.

Saint John Paul II manifested incredible love, kindness and forgiveness to the man who tried to assassinate him. We believe that we will be healed if we forgive those who have wronged us, and if we extend a helping hand to our least sisters and brothers living in distress, poverty and need. Amen.

Conclude with the Our Father. Hail Mary, and Glory Be prayers.

"Remember that you are never alone. Christ is with you on your journey every day of your lives!"

# NOVENA PRAYER for Healing (DAY 6)

Dear Saint John Paul, you preached: "Love your families. Teach them the dignity of life. Teach them the ways of harmony and peace. Teach them the value of faith and prayer and goodness! Help transform the world around you by giving the best of yourselves in the service of others and your country."

Just as Christ taught us, you preached and live the Golden Rule: "Do unto others as you would have them do to you." How simple it is to hear this, but how incredibly difficult, at times, to do this. Be with me, and help me see God in my neighbor and in all those I find difficult to love or accept.

Dear Lord, throughout my lifetime, I have been taught to be a good person and to be a blessing to others. To be good is not just to follow the rules, but more so, to follow You and obey Your commandments. May I bring harmony and peace to others, and spread Your good news to my family, my friends, my community and my country.

Saint John Paul II made Your goodness known throughout the world by welcoming and embracing everyone who sought Your presence, regardless of age, gender or creed. Through Your goodness and mercy, we will receive the healing we seek through the intercession of Saint John Paul II. Amen.

Conclude with the Our Father, Hail Mary, and Glory Be prayers.

## NOVENA PRAYER for Healing (DAY 7)

Dear Saint John Paul, you preached: "The goal and target of our life is He, the Christ who awaits us – each one singly and all together – to lead us across the boundaries of time to the eternal embrace of the God who loves us."

Help me, dear Saint John Paul, to remember that life with God is the highest and greatest of all goals. In every moment of my life, help me to be focused on my relationship with Christ, so that when my earthly journey ends, my eternal life with Jesus will begin.

God the Father, in humility we offer our lives to You in the service of others. May we be like Saint John Paul II in proclaiming our faith and trust in You, so we will be blessed and can fulfill our Christian vocation. It is through our weakness and illness that You have touched our lives, and we now seek Your goodness and mercy to be healed. Amen.

Conclude with the Our Father, Hail Mary, and Glory Be prayers.

"To believe
in Jesus is to
accept what He says,
even when it runs
contrary to what
others are saying."

## for Healing (DAY 8)

Dear Saint John Paul, you preached: "People are made for happiness. Rightly, then, you thirst for happiness. Christ has the answer to this desire of yours. But He asks you to trust Him.

True joy is a victory, something which cannot be obtained without a long and difficult struggle. Christ holds the secret of this victory. . . In order to sing God's praises we must re-learn the language of humility and trust, the language of moral integrity and of sincere commitment to all that is truly good in the sight of the Lord."

Once again, in simple words, you teach us that nothing is more important than life with Christ.

Lord, Jesus Christ, grant me the gift of a humble heart so that I can respond to Your call to take up the Cross and follow You each day as Your disciple. I will strive to preserve the unity in my household through my actions of peace and understanding. Through the intercession of Saint John Paul II, please grant me the gift of healing that I earnestly implore. Amen.

Conclude with the Our Father, Hail Mary, and Glory Be prayers.

"If you really wish
to follow Christ,
if you want your
love for Him to grow
and last, then you must
be faithful to prayer."

## NOVENA PRAYER for Healing (DAY 9)

Dear Saint John Paul, the surest, straightest road to Christ is through His Holy Mother. When I am lost and confused in life, lead me to place myself before Our Blessed Mother, asking her to rescue me to faithfully live the spiritual path that leads to her Divine Son. Teach me to have in my heart the same great love you had for our Blessed Mother.

Dear Lord, You are the Greatest Healer. Everything I have comes from You: my life, my health, my family, my friends, my possessions and all that truly matters. I surrender them all to You as I search for meaning and purpose in all that is happening to me. I claim complete healing of my mind, body, heart and soul. I claim

healing for those who are suffering and are lost. I claim healing for my family. I claim financial blessings so I can be a blessing to others. Grant me the patience to confidently accept Your answer to my prayers, whether it be yes, no or wait. All I ask I place before You in Jesus' name. Amen.

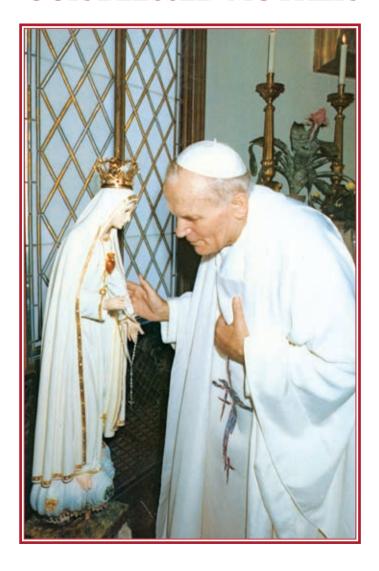
God, the Holy Spirit, help us to be models of good deeds in every respect by being temperate, dignified, self-controlled and sound in faith, love and charity.

May we control our temper and hold our tongue, especially when we grow impatient and are in pain. May we be like Saint John Paul II who was an outstanding model of self-control, dignity and unwavering faith. Amen.

Conclude with the Our Father, Hail Mary, and Glory Be prayers.

End of the Novena

### PRAYERS TO GOD AND OUR BLESSED MOTHER



#### Prayer to the Blessed Trinity

O Blessed Trinity, I thank You for having graced the Church with Saint John Paul II and for allowing the tenderness of Your Fatherly care, the glory of the cross of Christ, and the splendor of the Holy Spirit, to shine through him.

Trusting fully in Your infinite mercy and the maternal intercession of the Blessed Virgin Mary, he gave us a living image of Jesus the Good Shepherd, and has shown us that holiness is the necessary measure of ordinary Christian life and is the way of achieving eternal communion with You.

Grant us by his intercession, and according to Your Holy Will, the graces we implore, hoping that we, too, will be numbered among your saints. Amen.

Let us remember the past with gratitude, live the present with enthusiasm, and look forward to the future with confidence.

#### Prayer to the Holy Spirit

Scripture tells us, "No eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love Him." God has been revealed to us through His Holy Spirit. For the Spirit searches everything, even the depths of God.

Now we have received, not the spirit of the world, but the Spirit which is from God, that we might understand the gifts bestowed on us by God. And we impart this in words not taught by human wisdom but taught by the Spirit. (1 Corinthians 2:9-10,12-13)

May the Holy Spirit, the Spirit of Pentecost, clarify for us what is ambiguous, give warmth to what is indifferent, enlighten what is obscure, so we may be, before all the world, true and generous witnesses of Christ's love, for no one can live without love. Amen.

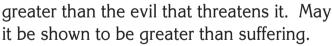
#### Prayer for Healing Beneath the Cross of the Crucified King

Scripture teaches us, "For the message of the cross is complete absurdity to those who are headed for ruin, but to us who are being saved, it is the power of God... We preach Christ crucified... Christ the power of God and the wisdom of God. For the foolishness of God is wiser than men, and the weakness of God is stronger than men.

(1 Corinthians 1:18, 23-25)

Holy God. Holy Mighty One Holy immortal One, have mercy on us.

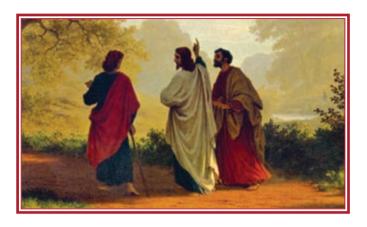
May the power of Your love once more be shown to be



May the power of Your cross, O Christ, be shown to be greater than the author of sin, who is called "the prince of this world."

For by Your blood and Your passion, You have redeemed the world! Amen.





#### **Emmaus Prayer**

Lord Jesus Christ, these words were spoken for the first time by the disciples at Emmaus. Subsequently, in the course of the centuries, they have been spoken an infinite number of times by many of Your disciples.

I speak the same words today. Stay with us and stay, from now on, every day, according to the desire of my heart.

Stay! That I may meet You in prayers of adoration and thanksgiving, in prayers of reparation and petition.

Stay! You who are at one and the same

time veiled in the Eucharistic mystery of faith and are also revealed under the species of bread and wine, which You have assumed in that great Sacrament.

Stay! That Your presence may be constantly reconfirmed, and that all may experience the very source of life and holiness that flows from Your Eucharistic heart.

Lord Jesus reveal Yourself to each one of us. Give us the strength to go out and profess our Christian faith. Show us that You alone can fill our hearts. Help us to accept the freedom of the children of God and embrace Your truth. Lead us to be messengers of the certainty that we have been truly liberated through Your death and resurrection.

May this be the new experience, the powerful experience that will generate, through You, a more just society and a better world. May God bless us all and may the joy of Jesus be with us always! Amen.

#### Saint John Paul II's Prayer to Our Lady of Lourdes

Hail Mary, poor and humble woman, blessed by the Most High! Virgin of hope, dawn of a new era, we join in your song of praise, to celebrate the Lord's mercy, to proclaim the coming of the Kingdom and the full liberation of humanity.

Hail Mary, lowly handmaid of the Lord, glorious Mother of Christ! Faithful Virgin, holy dwelling-place of the Word, teach us to persevere in listening to God's Word.

Hail Mary, woman of sorrows, Mother of the living! Virgin spouse beneath the Cross, the new Eve, be our guide along the paths of the world.

Teach us to experience and to spread the love of Christ, to stand with you before the innumerable crosses on which your Son is still crucified.

Holy Mary, Mother of believers, Our Lady of Lourdes, pray for us. Amen.





#### Saint John Paul II's Prayer to Our Lady of Guadalupe

O Immaculate Virgin, Mother of the true God and Mother of the Church, who from this place reveals your clemency and your pity to all those who ask for your protection, hear the prayers we address to you with filial trust, and present them to your Son Jesus, our Divine Redeemer.

Mother of Mercy, Teacher of hidden and silent sacrifice, to you, who come to meet us sinners, we dedicate all our being and all our love. We also dedicate to you our life, our work, our joys, our infirmities and our sorrows.

Grant peace, justice and prosperity to our peoples, for we entrust to your care all that we have and all that we are, our Lady and Mother. We wish to be entirely yours and to walk with you along the way of complete faithfulness to Jesus Christ and His Church; hold us always with your loving hand.

Virgin of Guadalupe, Mother of the Americas, we pray to you for all the Bishops, that they may lead the faithful along paths of intense Christian life, of love and humble service of God and souls. Contemplate this immense harvest, and intercede with the Lord that He may instill a hunger for holiness in the whole people of God, and grant abundant vocations of priests and religious, strong in the faith and zealous dispensers of God's mysteries.

Grant to our homes the grace of loving and respecting life in its beginnings, with the same love with which you conceived in your womb the life of the Son of God. Blessed Virgin Mary, protect our families, so that they may always be united, and bless the upbringing of our children.

Our Blessed Hope, look upon us with compassion. Teach us to go continually to Jesus and, if we fall, help us to rise again, to return to Him by means of the confession of our faults and sins in the Sacrament of Penance, which gives peace to the soul.

We beg you to grant us a great love for all the holy Sacraments, which are the signs that your Son left us on earth.

Thus, Most Holy Mother, with the peace of God in our conscience. with our hearts free from evil and hatred. we will be able to bring to all true joy and true peace, which come to



us from your son, Our Lord Jesus Christ, who with God the Father and the Holy Spirit, lives and reigns forever and ever. Amen.

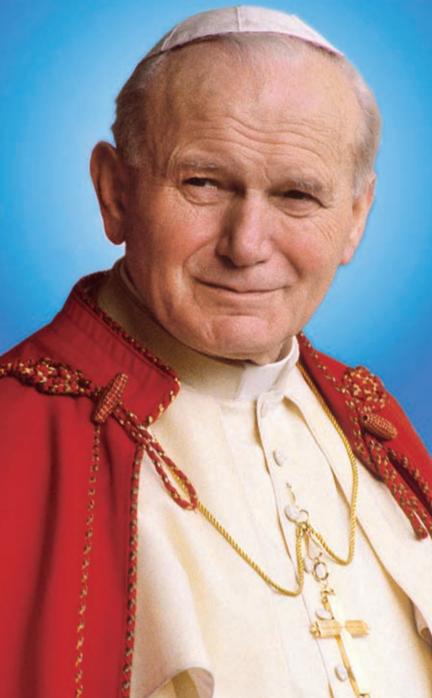
O Saint Pio, teach us, we pray, humility of heart, so that we may be counted among the little ones of the Gospel to whom the Father promised to reveal the mysteries of His Kingdom. Help us to pray without ceasing, certain that God knows what we need even before we ask Him.

Obtain for us the eyes of faith that will help us recognize in the poor and suffering, the very face of Jesus. Sustain us in the hour of trouble and trial and, if we fall, let us experience the joy of the Sacrament of Forgiveness.

Grant us your tender devotion to Mary, mother of Jesus and our Mother.

Accompany us on our earthly pilgrimage toward the blessed homeland, where we too, hope to arrive to contemplate forever the glory of the Father, the Son, and the Holy Spirit. Amen.





# PRAYERS FOR SPECIAL NEEDS

#### **Prayer for Peace**

Lord Jesus Christ, who are called the Prince of Peace, who are Yourself our peace and reconciliation, who so often said, "Peace to you" – please grant us peace.

Make all men and women witnesses of truth, justice and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace.

May all peoples on the earth become as brothers and sisters.

May longed-for peace blossom forth and reign always over us all. Amen.

"Do not be afraid. Open wide the doors for Christ!" Saint John Paul II



#### Prayer For All the Suffering

Jesus said, "My grace is sufficient for you, for My power is made perfect in weakness." I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me. (2 Corinthians 12:9-10)

The sick, the elderly, the handicapped, and the dying teach us that weakness is a creative part of human living, and that suffering can be embraced with no loss of dignity. Without the presence of these people in your midst, you might be tempted to think of health, strength and power as the only important values to be pursued in life.

But the wisdom of Christ and the power of Christ are to be seen in the weakness. of those who share His sufferings.

Let us keep the sick and handicapped at the center of our lives. Let us treasure them and recognize with gratitude the debt we owe them. We begin by imagining that we are giving to them; we end by realizing that they have enriched us.

May God bless and comfort all who suffer. And may Jesus Christ, the Savior of the world and healer of the sick, make His light shine through human weakness as a beacon for us and for all people. Amen.

#### **Prayer for Guidance**

O God, You are our Creator. You are good and Your mercy knows no bounds. To You arises the praise of every creature.

O God, You have given us an inner law by which we must live. To do Your will is our task. To follow Your ways is to know peace of heart. To You we offer our homage.

Guide us on all the paths we travel upon this earth. Free us from all the evil tendencies which lead our hearts away from Your will. Never allow us to stray from You.

O God, judge of all humanity, help us to be included among Your chosen ones on the last day.

O God, Author of peace and justice, give us true joy and authentic love, and a lasting solidarity among peoples. Give us Your everlasting gifts. Amen.



### Prayer for the Healing of Families



Blessed is everyone who fears the Lord, who walks in His ways!
Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

Lo, thus shall the man be blessed who fears the Lord. (Psalm 128:1, 3-4)

Lord, from You every family in heaven and on earth takes its name.

Father, You are Love and Life.

Through Your Son, Jesus Christ, born of a woman, and through the Holy Spirit, the fountain of Divine Charity, grant that every family on earth may become for each successive generation a true shrine of life and love. Amen. Grant that Your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families of the world.

Grant that the young may find in the family solid support for their human dignity and for their growth in truth and love.

Grant that love, strengthened by the grace of the Sacrament of Marriage, may prove mightier than all the weaknesses and trials through which our families sometimes pass.

Through the intercession of the Holy Family of Nazareth, grant that the Church may fruitfully carry out her worldwide mission in the family and through the family.

We ask this of You, who are Life, Truth and Love, with the Son and the Holy Spirit. Amen.

#### Prayer for the Healing of One's Will

At the Wedding Feast of Cana, Mary said to those who were serving: "Do whatever He tells you."

O Blessed Mother, at this solemn moment I hear again, with particular attention, your words: "Do whatever my Son tells you." And I wish to respond to your words with all my heart.

I wish to do what your Son tells me, for He has the words of eternal life. I wish to carry out and fulfill all that comes from Him, all that is contained in the Good News, as our mothers and fathers in faith have done for many centuries.

Open my ears to constantly hear with the proper clarity your motherly voice: "Do whatever my Son tells you." Enable me to persevere with Christ. Enable me, Mother of the Church, to build up His Mystical Body by living the life that He alone can grant from His fullness, which is both divine and human. Amen.

#### Prayer for the Healing of Despair

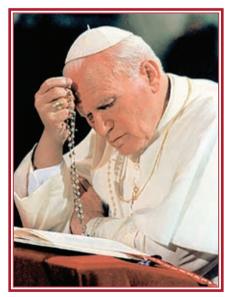
May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope, and heal despair.

Jesus I trust in You!

With God nothing is impossible!

What is especially possible is conversion, which can change hatred into love and war into peace.

And so our prayer becomes all the more insistent and trusting: Jesus. Itrust in You! Amen.



## Prayer for the Healing of the Scourge of Abortion

How precious is Your love, O God! For with You is the fountain of life, and in Your light we see light. (Psalm 36:8,10)

Jesus proclaims that life finds its center, its meaning and its fulfillment when it is given up. We, too, are called to give up our lives for our brothers and sisters, and thus to realize in the fullness of truth the meaning and destiny of our existence.

We shall be able to do this because You, O Lord, have given us the example and have bestowed on us the power of Your Holy Spirit. We shall be able to do this if every day, with You and like You, we are obedient to the Father and do His will.

Grant, therefore, that we may listen with open and generous hearts to every word which proceeds from the mouth of God. Thus shall we learn not only to obey the commandment not to kill human life, but also to revere life, to love it, and to foster it. Amen.

#### Prayer for the American President. **Congress and Supreme Court**

Give the king Thy justice, O God, and Thy righteousness to the royal son! May he judge Thy people with righteousness, and Thy poor with justice! May he defend the cause of the poor of the people, give deliverance to the needy, and crush the oppressor! (Psalm 72:1,2,4)

We pray, Almighty God, that You may grant the gift of wisdom to our president, members of Congress and Supreme Court justices in all their decisions, prudence in their words and actions, and compassion in the exercise of their authority, so that in their noble offices, they will always render true service to Your people, now and always. Amen.



### VATICAN PRAYER TO SAINT JOHN PAUL II

Saint John Paul, from your place now in Heaven, grant us your blessing! Bless the church that you loved and served and guided, courageously inspiring it to bring Jesus to everyone, and everyone to Jesus. Bless the young, who were your great passion. Help them dream big. Help them look high to find the light that illuminates the paths of life here on earth.

May you bless families; bless each family! You warned of Satan's assault against this precious and indispensable divine spark that God lit on earth. Saint John Paul II, through your prayers, protect our families and every life that blossoms from the family.

Pray for the whole world, which continues to be marked by tensions, wars and injustice. You preached against war by invoking dialogue and planting the seeds of love. Pray for us so that we may be tireless sowers of peace.

Saint John Paul, from your place now in Heaven, in union with our Blessed Mother and all the saints, send God's blessing down upon us all. Amen.



Photo by Father Lawrence Lew, O.P.

"In prayer you become one with the source of our true light – Jesus Himself."

Saint John Paul II