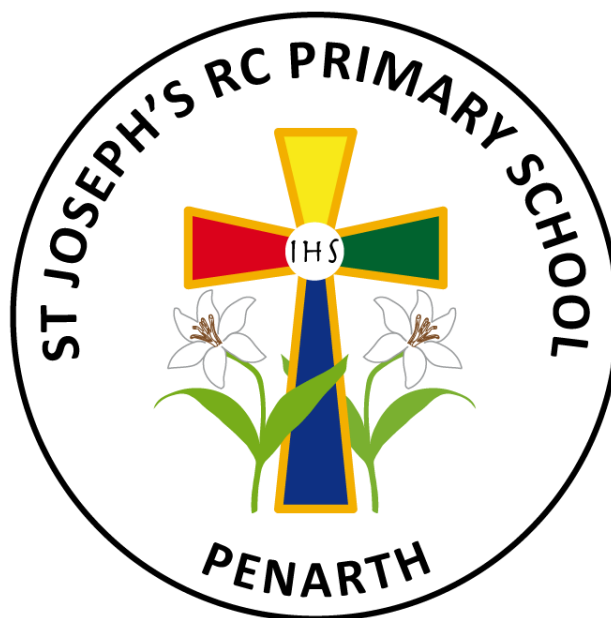


# St Joseph's RC Primary School

## Collective Worship and Prayer Policy



**2023**

### Document Version History

Version Number	Date Review Approved	Date Published	Summary of Amendments
1	February 2015	February 2015	N/A
2	October 2023	October 2023	Updated to reflect current provision.

## **Our Mission**

Jesus: in our hearts, in our minds, in our living and in our learning.

## **Our Vision**

The vision of St Joseph's Roman Catholic Primary School is to provide a welcoming, loving and transforming community where the spirit of Christ lives. We support and guide our pupils in mind, body and spirit to live the Gospel as beacons of light to the world. Through excellent, rigorous and inspirational teaching, we aim to help all learners to realise their potential and develop a lifelong love of learning, enabling them to be happy, successful and fully rounded human beings.

## **Our School Aims**

- To ensure that each child receives an ambitious curriculum driven by the Four Purposes and designed to open minds, broaden horizons and allow the whole person to be developed fully.
- To develop and encourage pupils and staff members to grow in the virtues of the St Joseph's Pupil Profile.
- To support pupils mental and emotional wellbeing equipping them with the skills and attributes they need to form positive relationships with adults and their peers.
- To help pupils to live by Jesus' example so that they are beacons of His love and light in the world.
- To support parents and carers to instill in pupils good-manners and kindness in dealing with others.
- To build strong connections between the school, home, parish and local community.
- To promote informed citizenship through pupil participation in school improvement, community action and work towards the realisation of the Global Goals for Sustainable Development.
- To develop each pupil's literacy, numeracy and digital skills in preparation for a successful life and the world of work.
- To foster in each pupil a sense of Cynefin, Welsh heritage, culture and the uniqueness and diversity of their environment.
- To support parents and carers in the formation of their children in mind, body and spirit, so that they are healthy and confident individuals.

## **The Nature of Collective Worship**

*"The nobility of the task to which teachers are called demands that in the imitation of Christ...they reveal the Christian message not only in words but also by every gesture of their behaviour."*

We do this in a variety of ways, which are both implicit and explicit.

Implicitly it is the way by which we try to live our lives. We are trying to live according to the Gospel values we hold.

There are times when we want to explicitly show those values to each other and show our love for Almighty God and these occasions we call our 'Collective Act of Worship'

We believe that Christian worship in a Catholic School is concerned with giving glory, honour, praise and thanks to God. It is our loving response, in word and action, to God's invitation to enter into a relationship with him.

The worshipping nature of the school will be expressed in a variety of ways such as prayer, liturgies, Masses and assemblies.

We believe that Christian worship in a Catholic school names and celebrates God's presence in our lives. It is concerned with giving glory, honour, praise and thanks to God. It is our loving response, in word and action, to God's invitation to enter into a relationship, made possible through the work of Jesus Christ and the witness of the Holy Spirit.

### **Legal Requirements**

We acknowledge the legal requirement that there must be a daily Act of Worship for all pupils. This can take place at any time during the school day and can be either a single act of worship for all pupils, or separate acts of worship in school groups. We understand that simply holding an assembly that includes prayer, said either by the teacher or everyone present, does not fulfill this requirement. We also acknowledge that collective worship and assembly are distinct activities. They may sometimes form part of the same gathering, but the difference between the two will always be made clear.

The act of worship is not designated curriculum time under regulations and will not be subsumed under any part of the curriculum, including Religious Education.

Parents have a right to withdraw their child from Collective Worship. However, given the importance of Collective Worship in a Catholic School, parents and prospective parents must be aware of the fact that it can never be confined to 'timetabled slots', but may take place in a variety of contexts other than those which are specifically structured.

### **The place of Collective Worship in the Life of our School**

We believe that Collective Worship takes into account the religious and educational needs of all who share in it:

- those who form part of the worshipping community in church
- those for whom school may be their first and only experience of church
- those from other Christian traditions – or none
- those from other faith backgrounds.

It will be an experience to which all can contribute and from which all can gain.

Worship in this School is more than just a legal requirement. It is an integral part of school life and central to the Catholic tradition and ethos of the school.

### **Aims of Collective Worship**

We believe that Collective Worship in our school aims to provide opportunity for all pupils and staff to:

- contemplate something of the mystery of God
- reflect on spiritual and moral issues
- understand that life involves choices of belief, attitude and behaviour
- experience a sense of awe, wonder and mystery
- explore their own beliefs
- respond to and celebrate the meaning, purpose and value of life
- grow in liturgical understanding and development
- deepen and widen a child's emotional response
- develop a sense of self worth and the value of others
- reinforce prayers which are part of the Catholic tradition
- contribute to a sense of unity and community
- participate fully

- enrich religious experience

### **Principles of Collective Worship**

All Acts of Worship in St Joseph's RC Primary School will:

- Give glory and honour to God
- Give children positive liturgical experiences, appropriate to their age, aptitude and family backgrounds in order to prepare them for the liturgical life of the Church
- Include a range of experiences offered in a variety of groupings and settings.

### **Organisation of Collective Worship**

In Lower Primary pupils will lead a:

- Nativity Concert in Autumn term
- A Holy Week Liturgy in Spring term
- Class Collective Worship twice in the year.

In Upper Primary pupils will lead:

- Advent Service
- A Holy Week Liturgy in Spring term
- Class Collective Worship twice in the year.
- Holy Mass
- Feast Day and other Masses

### **Coordinators for Collective Worship**

Mrs Laura Taylor and Mrs Natalie Lawrence are responsible for the planning of whole school Acts of Worship and giving advice for stage and class worship if necessary.

### **Sacramental Preparation**

Sacramental preparation for St Joseph's, Penarth and St Mary's, Dinas Powys, Reconciliation and First Holy Communion, takes place in the parish churches when pupils are in Year 3 or above.

### **Planning, Content and Delivery of Collective Worship**

Collective worship in our schools will be:

- properly planned
- adequately resourced
- recorded
- monitored
- evaluated

Collective worship should invoke in our pupils a:

- sense of beauty
- sense of wonder and awe
- feelings of pride in personal/human achievement
- sensitivity to the feelings and sufferings of others

- sense of peace
- sense of growing awareness of their own spirituality
- sense of thankfulness
- sense of stillness and thoughtfulness in juxtaposition to our hectic lives.

The age of the pupils involved in the acts of worship will be taken into consideration when planning.

Class assembly topics should be a reflection of the scheme of work for the class or liturgical year, and not a separate entity. Topics selected could be taken from any curricular area being studied and exploring cross-curricular opportunities. It need not be overtly concerning a religious topic. It must always endorse positive viewpoints when challenging issues.

Class teacher assemblies are intended to extend the teachers professional development and offer an opportunity for each teacher to give witness to their faith and their own personal perspective.

Each class will display an interactive prayer table which will reflect the RE topic or Liturgical year each term. This table should be updated at least termly and should encourage pupils in spontaneous prayer.

At St Joseph's, we believe that in order to enable children to enter fully into an act of collective worship they need to be more than passive listeners or attendees. Good practice will involve children as much as possible in activities which make up the worship. The following are examples of participation:

- Role-play; drama; mime.
- Questioning; sharing feelings; ending a story.
- Singing; making music.
- Silent participation; stilling.
- Encouraging empathy with characters in a story.
- Respond with prayers.
- Class presentations.

Music, candles, and crosses are regularly used to set the scene. Seating arrangements are carefully considered, producing an environment and ethos which is conducive to worship. Parents and family members are always invited to class assemblies, masses and Liturgy and prayer services.

Collective Worship is planned:

- Following a structure with reference to Gospel readings, the Church's seasons, 'Come and See', significant dates, and the curriculum. Scripture will be the focus in most acts of worship
- Involving consultation with appropriate parties (including the school chaplain) and reference to school aims and policies
- To enable the children to reflect on matters of importance
- With flexibility to respond to changing situations within the school and the wider community
- To develop pupil skills that enable them to prepare, organise and lead worship rather than always participating or contributing.
- To include the following elements: Gather, Word, Response, Going Forth.
- To say thank you, to praise, to hope for and to request.
- To respond through a variety of activities, songs, music making, hymns, drama, role-play, the visual arts, silent thought, prayer, and discussion.

## School Collective Worship Programme

The programme is reviewed annually in discussion with staff and pupils to ensure a variety of Acts of Worship that meet the needs of the school.

### Organisation of daily Collective Worship

	FP	KS2	Leader	Theme
Mon	3.30pm		HT	Sunday Gospel
Tues	3.30pm		Teacher-led worship	RE topics , the liturgical year and Old Testament.
Wed	3.30pm		Teacher-led worship	RE topics , the liturgical year and Old Testament.
Thurs	3.30pm		Class-led Worship Daily Examen	Come and See and themed worship.
Fri	1.30pm		In class worship	Celebration and Thanksgiving

*See Appendix B for Christian Meditation Guide*

*See Appendix C for Examen Guide*

Christian meditation takes place in all classes, daily at 1.30pm.

Children must be involved in the planning, preparation, participation and evaluation of collective worship.

- All collective worship must be planned, using the school pro forma, and a written evaluation completed with comments from the worship leader and the participants, e.g. children, parents, parish.
- Bilingualism should be promoted through acts of worship, age and ability appropriate.
- The mission statement could be included in collective worship where relevant.
- Dates for class and whole school Acts of Worship are set at the start of a term; parents and governors should be informed of the dates and invited to attend.
- Throughout the year, all classes will also attend daily Mass at St Joseph's Church.

### Pupil Led Worship

In order to fulfil the expectation that pupils plan and lead their own acts of worship in the classroom, we use Archdiocesan support material, 'Gweddiwn: Let Us Pray'. This resource provides the children with appropriate tools and ideas for quality worship and also supports them in understanding the different aspects (Gather, Word, Response, Mission) that make up an act of worship.

The resource ensures:

- That meaningful themes linked to 'Come and See', the 'Pupil Profile virtues' and the Church's seasons are covered
- That a form of prayer is used
- That a Welsh element is included

The children's age and ability will determine how much independence they have when planning, delivering and evaluating their own acts of worship.

## **The Welsh Dimension - Worship**

The Archdiocese have developed 'Canllaw Addoliad i Ysgolion Catholig- A Worship Resource for Catholic Schools' that is used to support teachers and pupils in their use of Welsh language during prayer and collective worship sessions. The materials include incidental Welsh language and phrases, and prayers and songs that relate to specific themes and Church seasons.

## **Resources**

Resources are stored either in class or centrally in Year 3 or the Upper Primary corridor. A variety of books, religious art, artefacts, prayers and suitable music are readily available.

## **Prayer**

At St Joseph's RC Primary School, prayer is an important part of our daily life. We believe it to be the lifting of the mind and heart to God, to help us form a personal relationship with Him. For this personal relationship with God to develop we must encourage and foster our children's prayer life in a variety of ways. The presence of an adult during prayer time is important as children are helped to pray by the example of the adult.

## **Come and See**

In each topic there are opportunities for children to participate in community worship in an 'active, conscious and genuine' way (SC,14). They explore the human values and symbols involved in celebration. (Directory on Children's Masses, 9)

In *Come and See* during *the reflection on significance in Explore* the children will have the opportunity to engage in and experience the skills of reflection. In *Reveal*, in the sacramental themes in particular; the children are given the opportunity to reflect upon the scripture passages and prayer which form part of the rite of each of the sacraments.

In the *Respond* stages in each topic, there are opportunities for children to participate in community worship and this is a foundation for a fuller participation in the celebration of the sacraments. Through active participation in the preparation and celebration of *Rejoice*, children will be introduced to symbol, gestures and actions of liturgy and worship. They begin to experience the symbolism of water, light, food and gesture in preparation for their celebration in liturgy and sacraments. (*Directory on Children's Masses 9*)

## **Words for Prayer**

Informal words for prayer: the ordinary, everyday language of praising, thanking, asking and saying sorry are provided in the stories and activities used in class and acts of collective worship.

Formal words for prayer are introduced gradually throughout the programme.

Children will become familiar with them:

- By hearing them said and joining in with them
- By singing them
- By focusing on prayer phrases that are incorporated into the 'Come and See' topic work when and where this is appropriate. For example, in the Eucharist topics, focus is on the Eucharistic Prayers and in the Reconciliation topics; the Penitential Rites are a focus.

## **The Use of Visuals for Prayer**

In order to enhance the experience of prayer visual resources such as images, art, candles, flowers and statues are used.

### **Daily Prayers**

Each school day begins with a shared prayer in the classroom.

From Monday to Thursday each day ends with a shared prayer in the classroom and on Fridays the evening prayer is said as a whole school community in the school hall.

Daily acts of worship include collective prayer.

Grace before meals and grace after meals is said in the classroom.

### **Prayer Areas**

In all classrooms, in the school foyer and in the RE Room there are prayer areas that help facilitate moments of reflection, silence, and prayer for individuals and groups. Children, staff members and the wider school family are invited to share their prayer intentions in these areas. There is also the outdoor reflection area in the school grounds by the garden of spirituality.

### **Personal Prayer**

This encourages the children to pray in their own words spontaneously in order:

- to praise
- to thank
- to say sorry
- to ask.

### **Meditative Prayer**

This seeks to provide conditions for the children to think and communicate with God privately in silence. A 'focus for reverence' is offered in each 'Come and See' topic. This will enable the children to explore their feelings, thoughts and attitudes in a quiet and prayerful atmosphere and to respond in a variety of ways.

### **Hymns**

Psalms and poetry are also expressions of prayer and can be taken from traditional or modern sources. 'He who sings prays twice' (St Augustine).

### **Traditional Prayer**

At St Joseph's we teach prayers progressively, each year building on what has been taught previously. The list of prayers included is taken from the 'Come and See' files and is used to ensure coverage of prayers relevant to each age group.

This suggested 'scheme' for the introduction to traditional prayer pre-supposes some learning has taken place in the previous year – but as individuals vary greatly in their ability to learn or remember, it is not being suggested that every child will know or remember being introduced to everyone of the list of given prayers at any given stage.

## **Writing Prayers**

There are opportunities for children to write class, group and personal prayers in Religious Education sessions. A variety of forms of prayer are taught and prayer writing frames used to support the teaching of prayer writing.

More guidance on prayer is found on 'How to deliver the programme' section of Come and See. Also 'Let the Sea roar'.

## **Holy Mass**

Mass should be seen as an integral part of worship within the school. Governors, families, parishioners, and members of the community are invited to participate in all these celebrations. The following Masses are held:

- Welcome Mass
- St Joseph's Feast Day Mass
- End of year, Leavers' Mass
- Weekday Mass at St Joseph's RC Church

Other celebrations including prayer are:

- Nativity Concerts
- Advent Service
- Lenten Services
- May Procession
- Class-led Collective Worship
- Holy Week Liturgies
- Liturgies
- Topic Celebrations (based on Come and See)
- Appeal assemblies, eg.CAFOD
- Voluntary prayer groups.

**Prayer Development Grid - in line with Come and See**

<b>Year Group</b>	<b>Traditional Prayer</b>	<b>Mass/Sacraments (as introduced in Come and See)</b>	<b>Welsh Prayer</b>
Reception	The sign of the Cross Morning/Evening Prayer Grace before/after meals Hail Mary	Prayers from Baptismal Promises Develop Prayer Table	Diolch i ti am y byd. Diolch am ein bwyd bob pryd. Diolch am yr haul a'r glaw.
Year 1	Our Father Glory Be	Baptismal Promises Children's Eucharistic Prayers	Diolch Dduw am bobeth ddaw. Amen.
Year 2	Simple Examination of Conscience Eternal Rest	Children's Eucharistic Prayers Simple Mass Responses	
Year 3 and Year 4	Simple Act of Contrition The Rosary Gloria/Glory to God Hail Holy Queen The Confiteor: The Creed Way of the Cross	Children's Eucharistic Prayers Penitential Rite Preparation for the Sacrament of Reconciliation Offertory Prayers Sign of Peace Entrance Antiphon First Holy Communion Scripture Reading	
Year 5 and Year 6	The Magnificat The Confiteor: The Apostles Creed The Angelus	Litany of Saints Fourth Eucharistic Prayer Blessing of Ashes Acclamation from Rite of Baptism Opening Prayers for Advent Prayers after Communion	

*See Appendix A for Prayers*

## **Home – School - Parish Links**

Education is a collaborative task shared by home, school and parish and among these three there should be dynamic interaction, since we are all chiefly responsible for the development of the whole person. At St Joseph's we place the greatest importance in developing close and effective partnerships between the home, school and parish.

## **Differentiation**

See Differentiation Policy.

## **Equalities**

Every effort is made to ensure that learning and teaching through Collective Worship and Prayer is designed to provide equal entitlement for all children who attend St Joseph's irrespective of ethnicity, faith, gender, age, disability and language. Sensitivity and fairness is emphasised during monitoring and assessment to take into account equality of opportunities.

Teachers plan Collective Worship and Prayer sessions to meet the learning needs of all children. Our teaching celebrates diversity in Wales; challenges racial prejudice and stereotypes and fosters pupils' critical awareness of bias, inequality and justice.

## **Additional Learning Needs (ALN)**

If a child has a special need, our school does all it can to meet these individual needs. Early identification of children's needs are essential. We comply with all the requirements set out in the ALN Code of Practice in providing for children with special needs.

All children on the special needs register have an Individual Development Plan (IDPs) that will include targets for improvement, which are carefully monitored, and reviewed/revised 3 times per year.

Carefully planned differentiation ensures ALN pupils are supported in Religious Education. Provision is made for pupils with physical or sensory needs using appropriate methods.

## **More Able and Talented (MAT)**

At St. Joseph's RC Primary School we recognise that we have more able and talented children. Individual children should be encouraged to develop their attributes, skills and potential within a learning environment that embraces equality of opportunity and provision.

Carefully planned differentiation ensures MAT pupils are sufficiently challenged through using material in ways that extend breadth and depth of study and opportunities for independent learning.

## **English as an Additional Language (EAL)**

For children who come to our school with very little or no English, we plan opportunities for them to develop their English. Their ability to participate in Collective Worship and Prayer may be in advance of their communicative skills in English. Staff encourage children to transfer their knowledge, skills and understanding of one language to another.

## **Bilingualism**

The Welsh language is used in all areas of school, including learning and teaching activities. Staff and children should use incidental Welsh, e.g. greetings, instructions, in all sessions.

The Archdiocese have developed 'Canllaw Addoliad i Ysgolion Catholig- A Worship Resource for Catholic Schools' that is used to support teachers and pupils in their use of Welsh language in Collective Worship and Prayer. The materials include incidental Welsh language patterns and phrases, and prayers and songs that relate to specific themes and Church seasons. In 2015, all staff members will receive training in the use of this resource to ensure all children are becoming increasingly bilingual.

## **The Role of the Lead for Collective Worship**

The role of the Lead for Collective Worship is to:

- Formulate a written policy for Collective Worship & Prayer
- Ensure that there is a development plan for Collective Worship & Prayer which may at times form part of the school development plan.
- Ensure that Collective Worship & Prayer is appropriate to the age, aptitudes and family backgrounds of pupils
- Ensure that Collective Worship & Prayer takes account of the religious and educational needs of all who share in it and is rooted in the principles of the 'Directory for Masses with Children'
- Organise themes for Worship
- Assist the governors and headteacher to carry out their legal responsibilities with regard to Collective Worship & Prayer.
- To support the Chaplaincy Team in providing guidance, monitoring and their role as advocates for Collective Worship.

The school gives subject leaders Leadership and Management time to support them in carrying out the necessary duties involved in their role.

## **Monitoring and Review**

The role of the Lead for Collective Worship is to:

- Maintain and develop effective procedures and documentation
- Observe, on occasions, an Act of Collective Worship & Prayer
- Inform the headteacher of standards and developments in Collective Worship & Prayer

The Religious Education Link Governor meets with the Subject Leader at least annually, to discuss and consider the subject policy, action plan, self-evaluation reports and standards.

## **Communication**

The role of the Lead for Collective Worship is to:

- Communicate to members of the school community the significance and content of Acts of Collective Worship
- Report to and consult with the governors and headteacher regarding matters of concern and development
- Act as consultant to colleagues
- Encourage positive attitudes towards Collective Worship & Prayer
- Inform newly appointed colleagues of school policy regarding Collective Worship & Prayer

- Communicate with parents, governors and the parish community
- Liaise with the parish priest
- Liaise with the Diocesan RE Centre

#### **Professional development / Ongoing formation**

- Lead and organise in-service training and ongoing formation for Collective Worship
- Attend appropriate in-service courses and reporting back
- Keep up to date by personal reading

#### **Resources**

- Evaluate existing resources
- Develop the resources available for Collective Worship & Prayer including visual aids, artefacts, drapes, music, visitors, leaders, new and relevant books, posters etc.

## APPENDIX A

### Prayers and Responses

#### **Reception**

##### **Sign of the Cross**

In the name of the Father and of the Son and of the Holy Spirit.

Amen

Yn enw'r Tad, A'r Mab, A'r Ysbryd Glan.

Amen

##### **Morning Prayer**

Good morning, Lord.

We praise your Holy name.

And thank you for giving us this lovely new day.

##### **Grace Before Meals**

Bless us, O God as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us O God.

Amen.

##### **Grace After Meals**

Thank you, God for the food we have eaten.

Thank you, God for all our friends.

Thank you, God for everything.

Thank you, God.

Amen.

or

Diolch i ti am y byd.

Diolch am ein bwyd bob pryd.

Diolch am yr haul a'r glaw.

Diolch Dduw am bobeth ddaw.

Amen.

##### **Evening Prayer**

God Our Father, I come to say,

Thank you for your love today.

Thank you for my family, and all the friends you give to me.

Guard me in the dark of night,

and in the morning send your light.

Amen.

##### **Hail Mary** (is introduced)

Hail, Mary, full of grace, the Lord is with thee: blessed art thou among 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.

## **Year 1**

*The aforesaid prayers plus:*

### **Our Father**

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**

Hail, Mary, full of grace, the Lord is with thee: blessed art thou among 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**

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.

### **Mass Responses**

The Lord be with you.

And with your spirit.

Lord hear us.

Lord graciously hear us.

The peace of the Lord be with you always.

And with your spirit.

Simple Litanies will also be written and said by the children.

## **Year 2**

*The aforesaid prayers plus:*

### **Simple Litany to Our Lady**

Holy Mary

Mother of God                      The response to each is

Mother of Christ                Pray for Us

Queen of Peace

Our Lady of Lourdes

### **Eternal Rest**

Eternal rest grant unto them, O Lord. And let perpetual light shine upon them. May they rest in peace.  
Amen.

### **Mass Responses**

Penitential Rite

Lord have mercy.                Lord have mercy.

Christ have mercy.              Christ have mercy.

Lord have mercy.                Lord have mercy.

### **Simple Examination of Conscience**

Lord Jesus, I am sorry I did not show love when I.....

### **The Eucharistic Prayer with Children 3**

The children will have an awareness of the prayers and be taught the response for the Eucharistic Prayer for Children.

They will also be taught how, when, where and why to genuflect.

### **Year 3**

*The aforesaid prayers plus:*

#### **Simple Act of Contrition**

O my God, I thank you for loving me. I am sorry for all my sins. For not loving others and not loving you. Help me to live like Jesus and not sin again. Amen.

Some experience of:

#### **The Joyful Mysteries of the Rosary**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation of Jesus in the Temple
5. The Finding of the Child Jesus in the Temple

#### **The Glorious Mysteries of the Rosary**

1. The Resurrection
2. The Ascension of Christ into Heaven
3. The Descent of the Holy Spirit on the Apostles
4. The Assumption
5. The Coronation of the Blessed Virgin Mary in Heaven and the glory of all Saints

#### **The Sorrowful Mysteries of the Rosary**

1. The Prayer and Agony in the Garden.
2. The Scourging at the Pillar.
3. The Crowning with Thorns.
4. The Carrying of the Cross.
5. The Crucifixion and Death of our Lord.

#### **The Way of the Cross**

- I Jesus is condemned to death
- II Jesus receives His cross
- III Jesus falls for the first time
- IV Jesus is met by his Blessed Mother.
- V The cross is laid upon Simon of Cyrene.
- VI Veronica wipes the face of Jesus.

#### **Mass Responses**

##### **I Confess**

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;

therefore I ask blessed Mary, ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

### **Holy, Holy**

Holy, holy, holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is He who comes in the name of the Lord.  
Hosanna in the highest.

### **Words of Consecration**

Take this, all of you, and eat of it,  
for this is my body, which will be given up for you.

Take this, all of you, and drink from it,  
for this is the chalice of my blood,  
the blood of the new and eternal covenant,  
which will be poured out for you, and for many,  
for the forgiveness of sins.  
Do this in memory of me.

### **The Mystery of Faith I**

We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.

### **Lamb of God**

Lamb of God, you take away the sins of the world:  
have mercy on us.

Lamb of God, you take away the sins of the world:  
have mercy on us.

Lamb of God, you take away the sins of the world:  
grant us peace.

### **Concluding Rite**

The Lord be with you.  
And with your spirit.

## **Year 4**

*The foregoing plus:*

### **Mass Responses**

An acquaintance with:

#### **The Gloria**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you, we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sin of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

#### **Nicene Creed**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
He suffered death and was buried;  
and rose again on the third day in accordance with the scriptures;  
He ascended into heaven

and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the Prophets.

I believe in one, Holy, Catholic and Apostolic Church.  
I confess one Baptism for the forgiveness of sins  
And I look forward to the resurrection of the dead,  
and the life of the world to come.  
Amen.

#### **Offertory Prayers and Responses**

Response: Blessed be God for ever.

Response: May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his holy Church.

#### **The Mystery of Faith II**

When we eat this Bread and drink this Cup,  
we proclaim your death, O Lord,  
until you come again.

#### **Reception of Communion**

Body of Christ.....Amen.

(The significance of this response)

## **Year 5**

*Review foregoing plus an acquaintance with:*

### **The Angelus**

The angel of the Lord declared to Mary:

Response: And she conceived of the Holy Spirit

Hail Mary, etc.

Behold the Handmaid of the Lord:

Response: Be it done to me according to your word.

Hail Mary, etc.

And the word was made flesh:

Response: And dwelt among us.

Hail Mary, etc.

Pray for us, O Holy Mother of God.

Response: That we may be made worthy of the promises of Christ.

Lord, fill our hearts with your love,  
and as you revealed to us by an angel  
the coming of your son as man.  
So lead us through his suffering and  
death to the Glory of his resurrection,  
for he lives and reigns with you and the  
Holy Spirit, one God, for ever and ever. Amen.

### **The Way of the Cross, stations 7 – 14 titles only**

VII. Jesus falls the second time.

VIII. The women of Jerusalem mourn for our Lord.

IX. Jesus falls for the third time.

X. Jesus is stripped of his garments.

XI. Jesus is nailed to the cross.

XII. Jesus dies on the cross.

XIII. Jesus is taken down from the cross.

XIV. Jesus is placed in the sepulcher.

### **Mass Responses**

#### **The Mystery of Faith III**

Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.

## **Year 6**

*Review of all the foregoing plus an acquaintance with:*

### **The Magnificat**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favour on his lowly servant.

From this day all generations will call me blessed: the Almighty has done great things for me. His name is holy; from one generation to another, he shows mercy to those who honour him.

He has stretched out his mighty arm and scattered the proud with all their plans.

He has brought down mighty kings from their thrones and lifted up the lowly.

He has filled the hungry with good things and sent the rich away with empty hands.

He has kept the promise he made to our ancestors, and has come to the help of his servant Israel.

He has remembered to show mercy to Abraham and to all his descendants forever!  
(Luke 1:46-55)

### **The Benedictus**

Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.  
He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.  
So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.  
As for you, little child,  
You shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

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.

### **The Litany of the Saints**

Lord, have mercy:	Lord, have mercy
Christ, have mercy:	Christ, have mercy
Lord, have mercy:	Lord, have mercy
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
Holy Mother of God,	pray for us
Holy Virgin of virgins,	pray for us
St Michael,	pray for us
St Gabriel,	pray for us

St Raphael,  
All holy angels and archangels,  
St John the Baptist,  
St Joseph,  
All holy patriarchs and prophets,  
St Peter,  
St Paul,  
St Andrew,  
St John,  
St James,  
St Philip,  
St Bartholomew,  
St Matthew,  
St Simon,  
St Thaddeus,  
St Matthias,  
St Barnabas,  
St Luke,  
St Mark,  
All holy apostles and evangelists,  
All holy disciples of our Lord,

pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
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pray for us  
pray for us  
pray for us

All holy innocents,  
St Stephen,  
St Ignatius,  
St Lawrence,  
St Vincent,  
St Fabian and Sebastian,  
St John and Paul,  
St Cosmas and Damian,  
St Gervase and Protasius,  
All holy martyrs,

pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us

St Leo,  
St Gregory,  
St Ambrose,  
St Augustine,  
St Jerome,  
St Martin,  
St Nicholas,  
All holy bishops and confessors,  
All holy doctors,

pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us

St Anthony,  
St Benedict,  
St Dominic,  
St Francis,  
St Ignatius Loyola,  
St Francis Xavier,  
St John Vianney,  
All holy priests,  
All holy monks and hermits,

pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us  
pray for us

St Mary Magdalen,	pray for us
St Agatha,	pray for us
St Lucy,	pray for us
St Agnes,	pray for us
St Cecilia,	pray for us
St Catherine,	pray for us
St Anastasia,	pray for us
St Teresa,	pray for us
St George,	pray for us
St David,	pray for us
St Patrick,	pray for us
All holy virgins and widows,	pray for us
All holy saints of God,	make intercession for us

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

God our Father, your nature is always to have mercy: receive our petitions that we and all your children may through your compassion and goodness be cleansed from our sins and attain to eternal salvation; through Christ our Lord.

**Prayers from the Sacramental Rites, principally Baptism, First Confession and First Communion and Confirmation**

## Christian Meditation



Open my eyes Lord, help me to see your face,  
Open my ears Lord, help me to hear your voice,  
Open my heart Lord, help me to love like you.

Maranatha – Come Lord Jesus

Sit in a comfortable position- sit still, sit upright, with a straight back.

Close your eyes.

Listen to the noises outside the room, listen to the sounds inside the room, accept the noises and let them go.

Quiet your bodies. Quiet your mind.

Become aware that you are in God's presence.

God is around you now in this room. God is also inside of you.

Think about your breath going in and going out - breathe in, breathe out, calm and regular.

Repeat the mantra or prayer word (MA-RA-NA-THA – Come Lord -in the language of Christ) - Say it quietly in your mind, say it lovingly within your heart, listen to yourself saying it

Clear your mind so you can just be with the Lord.  
Be still. Be with God.

#### APPENDIX C

#### Examen

#### Examen

Helping us to be **attentive** and **discerning**



1. We begin by using our 'stilling exercise' to help us place ourselves in God's presence

Place your hands in your lap.

Close your eyes (Caewch ein llygaid).

Concentrate on your breathing. Feel yourself gently breathing.

(Breathe in slowly through your nose and breathe out slowly through your mouth)

As you inhale, say the words 'Help me to become attentive and discerning'.

As you exhale, say the words, 'Thank-you'.

(Play some gentle music)

2. Look back on your day and notice the things that you are grateful for and that made you happy. Picture them in your mind. Give thanks to God!
3. Look back on the day and notice the things that make you sad and sorry. Picture them in your mind. These are the times you did not do God's will. Tell God you are sorry.
4. Face up to the things that went wrong and ask God's help for the future.
5. Once more, give thanks to God for his love and look forward to walking with confidence in his presence in the future.

Help me Lord God to grow in the virtues of being **attentive** and **discerning**. Amen.