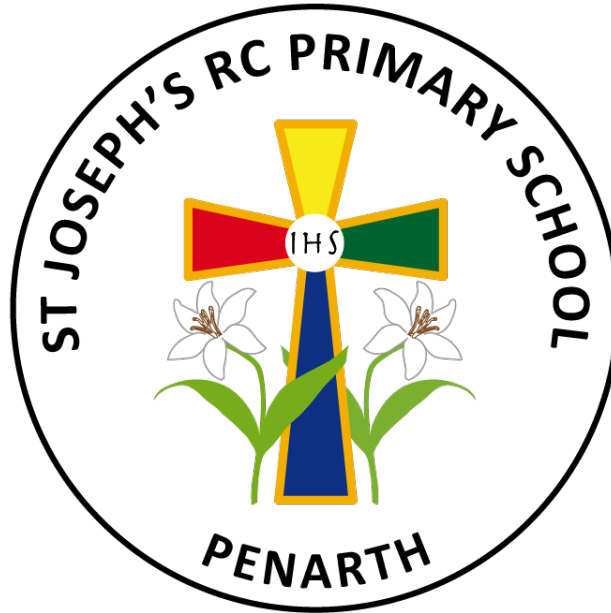


St Joseph's RC Primary School

Prayer and Liturgy Policy



2024

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.
3	June 2024	June 2024	Updated in line with the Prayer and Liturgy Directory 2023.

Headteacher Signature: *L Taylor*

Chair of Governors Signature: *A Rogers*

Our Mission

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

Our Vision

At St. Joseph's Roman Catholic Primary School, our vision is to create a welcoming, loving, and transformative community where Christ is at the centre. Through excellent, rigorous, and inspirational teaching, we are dedicated to ensuring that each child develops in mind, body and spirit. At St Joseph's, pupils receive an ambitious curriculum, which is driven by the Four Purposes and designed to open minds, broaden horizons and develop literacy, numeracy and digital skills. This helps all learners realise their potential and develop a lifelong love of learning.

We are committed to developing and encouraging our pupils and staff members to grow in the virtues outlined in the St. Joseph's Pupil Profile. We prioritise the mental and emotional wellbeing of our pupils, equipping them with the skills and attributes they need to form positive relationships with adults and their peers. We foster in each pupil a sense of Cynefin, Welsh heritage, culture, and the uniqueness and diversity of our community and environment. Our aim is to help pupils live by Jesus' example, becoming beacons of His love and light in the world, while also instilling in them good manners and kindness in their interactions with others.

We recognise the importance of building strong connections between the school, home, parish, and local community. Through active participation in school improvement, community action, and the Global Goals for Sustainable Development, we promote informed citizenship and empower our pupils to make a positive impact on the world.

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 context of this prayer and liturgy policy

Prayer and liturgy in St Joseph's 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.

'The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the school community to become reflective, experience the presence of God and should develop a mature spiritual life.' (Marcus Stock (2012), Christ at the Centre, Catholic Truth Society, 23.)

Legal Requirements

The law requires all maintained Catholic schools to provide an act of daily collective worship (prayer and liturgy) for all pupils (Section 70 of the Education Act 1988) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (Schedule 20 of the School Standards and Framework Act 1998).

The law requires all maintained schools to recognise and respect that parents have the legal right to withdraw their children up to the age of 16 from prayer and liturgy (Schedule 71 (1A) of the School Standards and Framework Act 1998).

The school's provision for prayer and liturgy fulfils pupils' entitlement to experience the range of liturgical treasures of the Church, including a shared repertoire of prayers and liturgical music with which pupils in the school will be familiar.

Prayer and liturgy are not designated curriculum time. In the context of St Joseph's, this means that times of prayer and liturgy are not considered to be part of the allocation of curriculum time for Religious Education.

The Place of Prayer and Liturgy in the Life of St Joseph's RC Primary School

Prayer and liturgy is an integral part of school life and central to the Catholic tradition. Prayer and liturgy at St Joseph's takes into account the religious and educational needs of all who share in it, including:

- 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.

Aims of Prayer and Liturgy

Prayer and Liturgy at St Joseph's RC Primary 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

All acts of prayer and liturgy in St Joseph's RC Primary School will:

- Give glory and honour to God;
- Be a quality activity, fundamental to the life of the school and its Catholic character;
- Enable pupils to develop skills so that they can prepare, organise and lead prayer times;
- Give pupils positive liturgical experiences, appropriate to their age, aptitude and family backgrounds in order to prepare them for the liturgical life of the Church. Celebrations will be appropriate to the age and groupings of the children.

Responsibility

(a) Governance

The governors, as guardians of the Catholic school's life and mission, have a responsibility to ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is a named person(s) who is responsible for prayer and liturgy in the school (the Prayer and Liturgy Coordinator)
- the prayer and liturgy policy is updated regularly and shared with all stakeholders
- the prayer and liturgy budget reflects its centrality to the life of a Catholic school.

(b) Headteacher

The headteacher, as the spiritual leader of the school as a Catholic community, ensures that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- they work in partnership with the leader(s) for prayer and liturgy
- those responsible for prayer and liturgy in the school have been given appropriate training and formation to ensure that all guidance is followed and adhered to
- there are suitable resources for prayer and liturgy in the school.
- there is collaboration with local clergy and parish

(c) Prayer and Liturgy Coordinator

Those responsible for prayer and liturgy ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is an Annual Plan of Provision for prayer and liturgy across the school year which identifies liturgical seasons and key celebrations, as well as opportunities for the celebration of the Sacraments
- there is daily planned prayer for all pupils, appropriate to age and ability, as outlined in the Prayer and Liturgy Directory
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, and delivery of prayer and liturgy according to their age and capacity, and in a manner which facilitates their progressive participation

School Prayer and Liturgy Programme

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

Organisation of daily Prayer and Liturgy

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

	FP	KS2	Leader	Theme
Mon		3.30pm	HT	Sunday Gospel
Tues		3.30pm	Teacher-led liturgy	RE topics, the liturgical year, Old and New Testament, UNCRC, Catholic Social Teaching, Pupil Profile Virtues.
Wed		3.30pm	Teacher-led liturgy	As above.
Thurs		3.30pm	Class-led Liturgy Daily Examen	RED themed liturgy.
Fri		1.30pm	In class liturgy	Pupil-Led, celebration and thanksgiving

See Appendix C for Christian Meditation Guide

See Appendix D for Examen Guide

Children must be involved in the planning, preparation, participation and evaluation of Prayer and Liturgy.

- All Prayer and Liturgy must be planned, using the school pro forma, and a written evaluation completed with comments from the liturgy leader and the participants, e.g. children, parents, parish.
- Bilingualism should be promoted through prayer and liturgy, age and ability appropriate.
- The mission statement could be included in prayer and liturgy where relevant.
- Dates for class and whole school prayer and liturgy 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 Liturgy

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

The resource ensures:

- That meaningful themes linked to the 'RED', 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 prayer and liturgy.

The Welsh Dimension - Liturgy

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 liturgy

sessions. The materials include incidental Welsh language and phrases, and prayers and songs that relate to specific themes and Church seasons.

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 opportunities for prayer and liturgy include collective and spontaneous prayer.

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

Common Prayers introduced at St Joseph's

Age Phase	5-7	7-9	9-11
Prayers	The sign of the Cross Our Father Hail Mary Glory Be Grace before/after meals Morning/Evening Prayer	The Apostles' Creed An Act of Contrition Angel of God Come, Holy Spirit Eternal Rest The Prayer of St Richard	Morning Offering The Rosary The Magnificat Act of Faith Act of Love Act of Hope The Angelus

See Appendix B for Prayers

Prayer Areas

In all classrooms, in the school foyer and in the outdoor Prayer Garden, 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.

Holy Mass

Mass should be seen as an integral part of liturgy 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 Prayer and Liturgy
- Holy Week Liturgies
- Liturgies
- Topic Celebrations (based on Come and See)

- Appeal assemblies, eg.CAFOD
- Voluntary prayer groups.

Equalities

St Joseph's is committed to equality and we do not discriminate, either directly or indirectly, against anyone on the grounds of their gender, race, colour, ethnic origin, religion, ability, disability or any aspect of their social/cultural background. Furthermore, we strive to be an anti-racist school. All the practices and procedures detailed in this policy are designed to be inclusive and we have considered equality implications as part of our obligations under the public sector equality duty when preparing it. The School's Strategic Equality plan can be found here <https://www.stjosephsrc.com/policies-1/>

Every effort is made to ensure that learning and teaching through prayer and liturgy 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.

Resourcing

Prayer and liturgy are central to the school's understanding of itself as a Catholic school, and this is reflected in the annual budget allocation and available resources, including staff time, chaplaincy provision, and dedicated spaces for prayer and liturgy. The Catholic character of the school is reflected in religious artefacts and images on display throughout the building. Dedicated spaces for prayer and liturgy are furnished and maintained as such and updated to reflect the Church's liturgical season. Staff training and formation costs will be funded separately to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.

Training and formation

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as required.

Monitoring and evaluation

Monitoring and evaluation of the quality and impact of prayer and liturgy will take place regularly, and at least annually, and involve all key stakeholders: pupils, parents, staff, clergy, and governors. Areas for development will be identified and issues raised will be actioned and evidenced as appropriate.

Review

The policy will be reviewed as part of the regular cycle of policy review conducted by Prayer and Liturgy Coordinator, whole staff, pupils and governors.

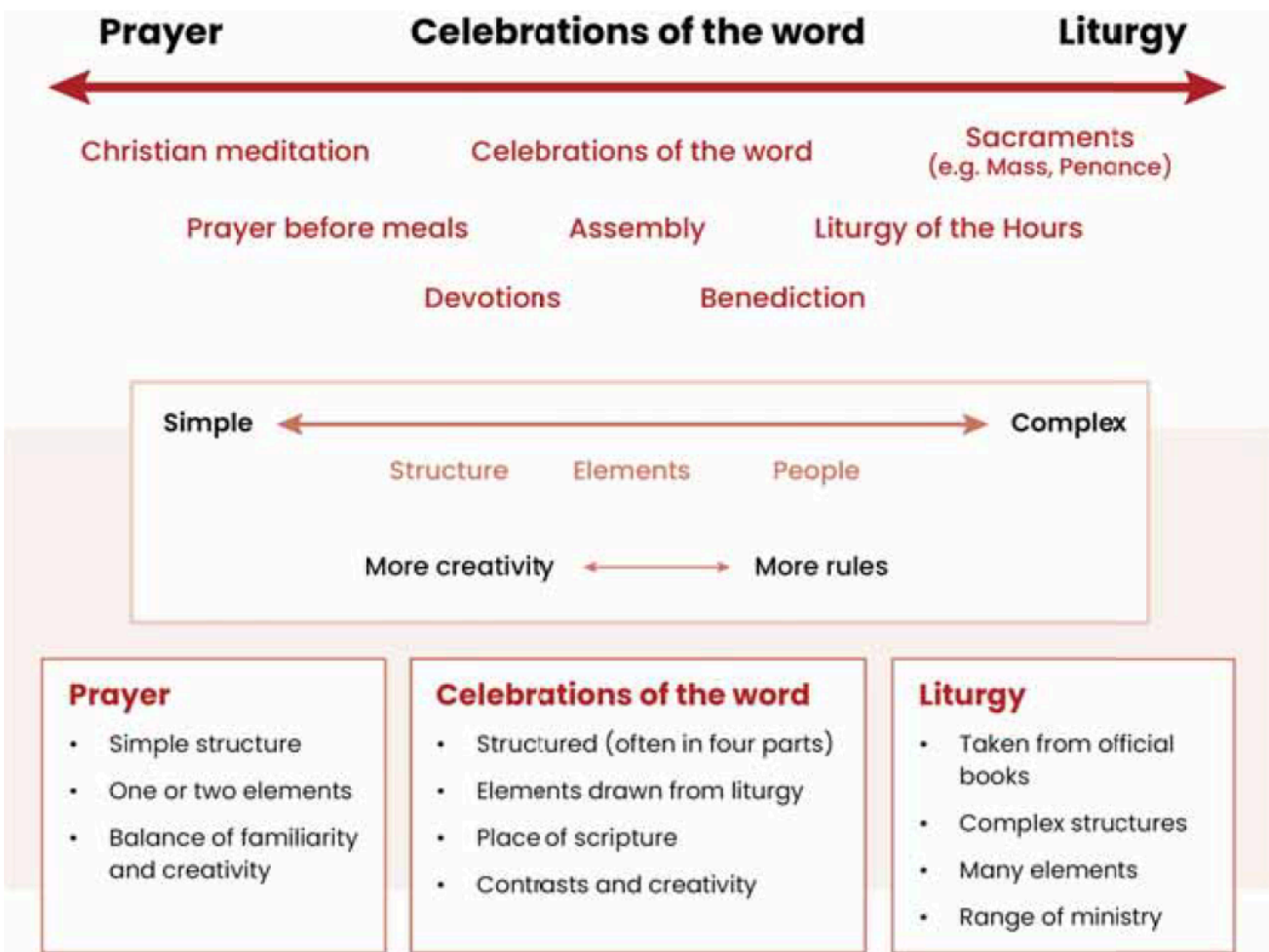
APPENDIX A

Understanding Prayer and Liturgy

In any school there will be a range of prayer and liturgy: classroom prayer, meditation, assemblies, devotions, special services for times in the school year, celebrations of Mass and the Sacrament of Reconciliation. Each form of prayer and liturgy will have its own character dependent on the circumstances, size and age of the group, the place of celebration and its content.

Definition of Terms

Prayer, celebrations of the word, and liturgy form a continuum with silent meditation at one end and a celebration of Mass on a Solemnity of the Church (e.g., Ascension of the Lord) at the other. Of course, there are areas of overlap between the categories. (To love You more dearly: The Prayer and Liturgy Directory 2023)



Structure of Prayer and Liturgy

Prayer and Liturgy in our schools will be:

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

Prayer and Liturgy 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 liturgy 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 Prayer and Liturgy 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 liturgy. 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 liturgy. Parents and family members are always invited to class assemblies, masses and Liturgy and prayer services.

Prayer and Liturgy 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 liturgy
- 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 liturgy 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.

APPENDIX B

Prayers and Responses

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 Lord, and these your gifts
which we are about to receive from your bounty.

Through Christ our Lord.

Amen.

Grace After Meals

We give you thanks, Almighty God,
for all your benefits,
who live and reign, world without end.

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.

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

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 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.

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.

Act of Contrition

O my God,
because you are so good,

I am very sorry that I have sinned against you,
and with the help of your grace
I will not sin again.

Angel of God

Angel of God,
my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

Come Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.
R. And kindle in them the fire of your love.
V. Send forth your Spirit and they shall be created.
R. And you will renew the face of the earth.
Let us pray
O God, who by the light of the Holy Spirit,
did instruct the hearts of your faithful,
grant that by that same Holy Spirit,
we may be truly wise, and ever rejoice in your consolation,
Through Christ our Lord.
Amen.

Prayer of St Richard of Chichester

Thanks be to you, my Lord Jesus Christ,
for all the benefits which you have given me,
for all the pains and insults which you have borne for me.
O most merciful Redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.

Morning Offering

O Jesus,
through the most pure heart of Mary,
I offer you all my prayers,
thoughts, works and sufferings of this day
for all the intentions of your most Sacred heart.

The Rosary

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

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.

Act of Faith

My God, I believe in you
and all that your Church teaches,
because you have said it,
and your word is true.

Act of Hope

My God, I hope in you,
for grace and for glory,
because of your promises,
your mercy and your power.

Act of Love

My God, because you are so good,
I love you with all my heart,
and for your sake,
I love your neighbour as myself.

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.

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.

Apostles' Creed

I believe in God,
the Father almighty
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
At the words that follow, up to and including the Virgin Mary, all bow.
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come 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 life everlasting. 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)

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 place 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.

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.

Hail, Holy Queen (Salve Regina)

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.

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.

Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart and my soul.
Jesus, Mary and Joseph, assist me in my last agony.
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

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

St Ignatius Loyola,	pray for us
St Francis Xavier,	pray for us
St John Vianney,	pray for us
All holy priests,	pray for us
All holy monks and hermits,	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

APPENDIX C

Christian Meditation

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 D

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.