

The Sign of the Cross

right hand



1

In the name of the Father



2

and of the Son

left shoulder

right shoulder



3

and of the Holy Spirit



4

Amen.

Morning Prayer

We thank you for our school,
staff, children, one and all.
We pray Lord that you be at our centre,
our guide, our tutor and our mentor.
Help us to work hard in our learning,
Be good friends, be fair and caring,
to be the very best we can in all we do and say,
growing together in your love and care each day.

Amen.

Prayer before Lunch

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.

Prayer after Lunch

Thank you God
for the food we have eaten.

Thank you God
for all our friends.

Thank you God
for everything.

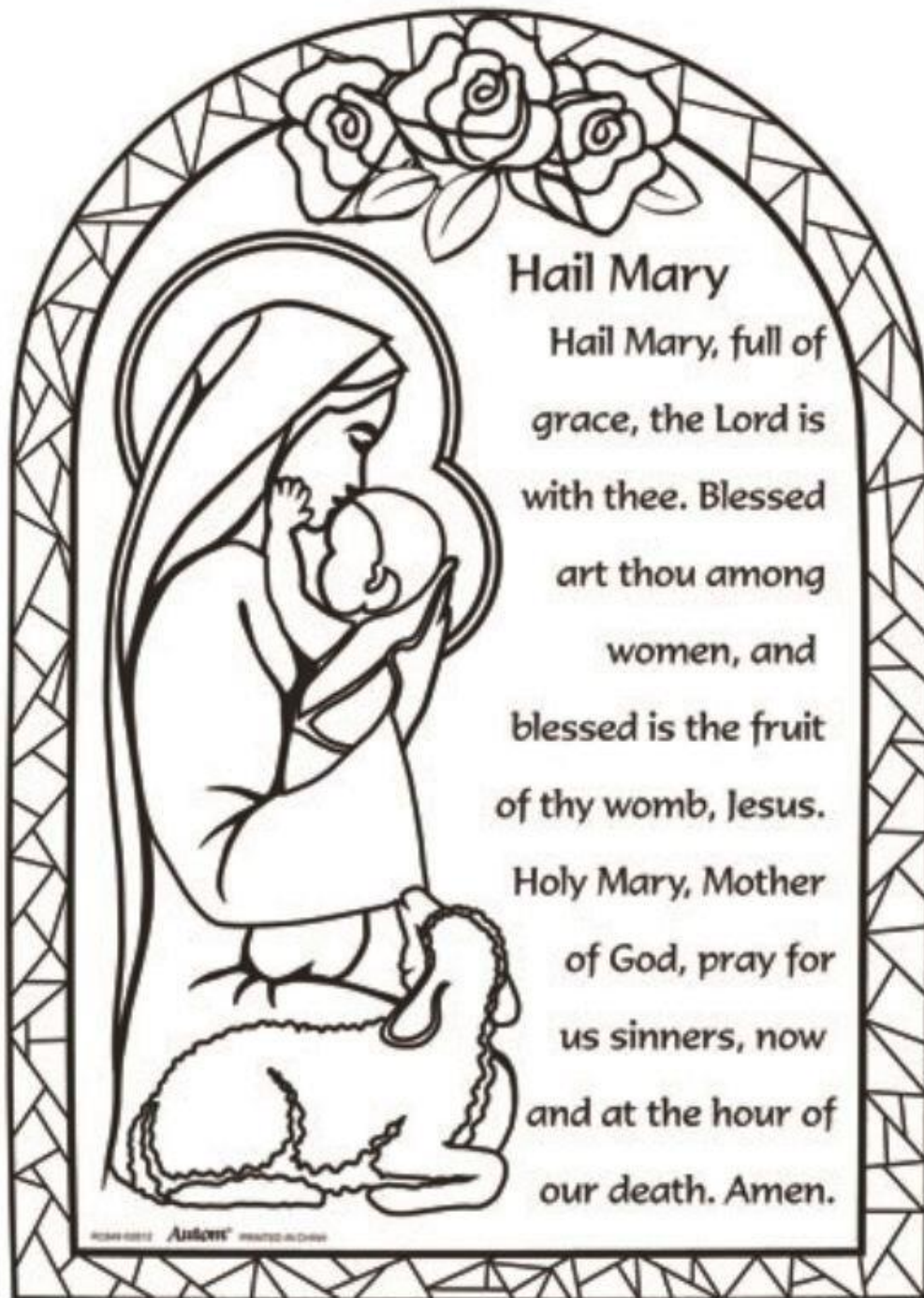
Thank you God.

Amen.

Prayer at the end of the day

At the end of the day we
kneel and say,
Thank you Lord for our
work and play,
We try to be good,
We know that we should,
That's my prayer at the end
of the day.

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.

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.

A decorative flourish consisting of symmetrical, swirling lines that curve upwards and outwards from a central point, resembling a stylized floral or scrollwork design.

Advent Prayer

*The world was in darkness
and nobody knew
the way to the Father
as you and I do.*

*They needed a light
to show them the way,
and the great light shone
on Christmas Day.*

Lenten Prayer

I want to follow in your footsteps
so I trust in you
as slowly I discover your path
and move forward
closer to you.



Guardian Angel Prayer

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



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.



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



Act of Contrition

O my God, because you are so
good,
I am very sorry that I have sinned
against you and with your help.
I will try not to sin again.

Amen



The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord: Be it
done unto me according to Thy word.

Hail Mary...

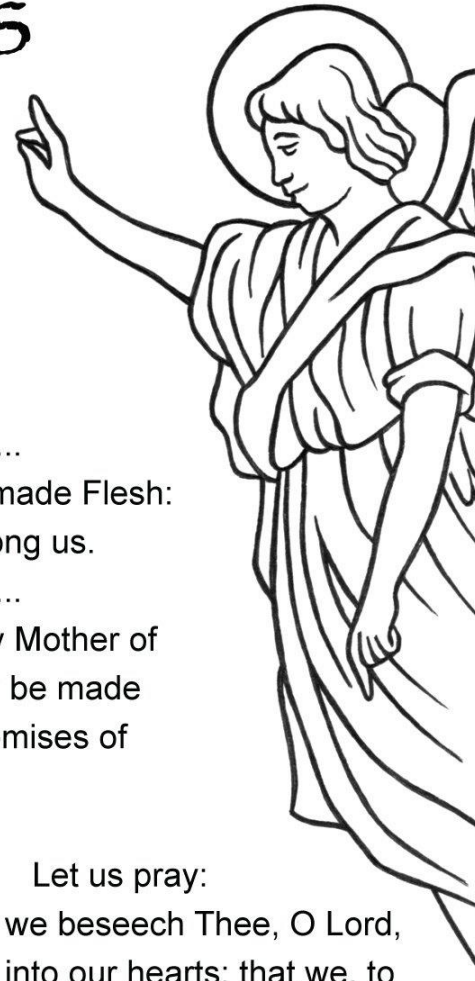
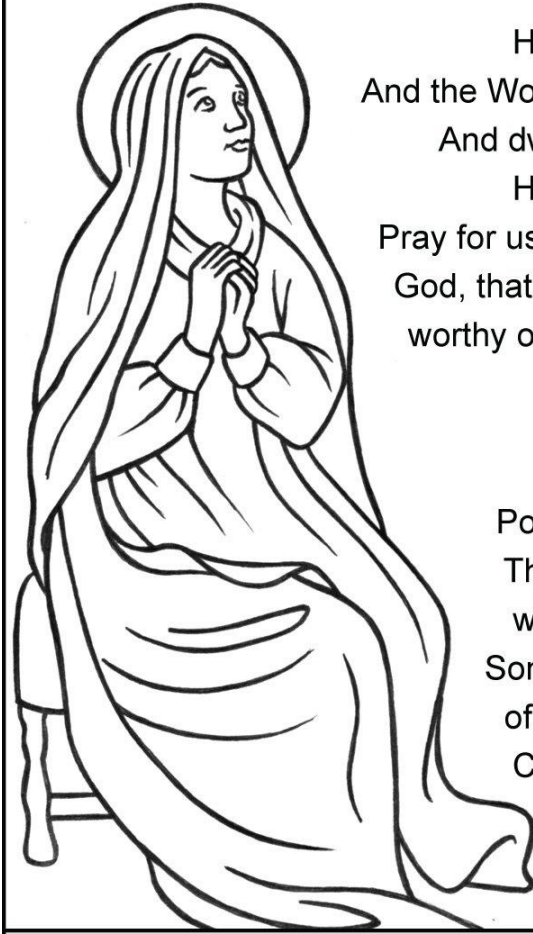
And the Word was made Flesh:
And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of
God, that we may be made
worthy of the promises of
Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord,
Thy grace into our hearts; that we, to
whom the incarnation of Christ, Thy
Son, was made known by the message
of an angel, may by His Passion and
Cross be brought to the glory of His
Resurrection, through the
same Christ Our Lord. Amen.

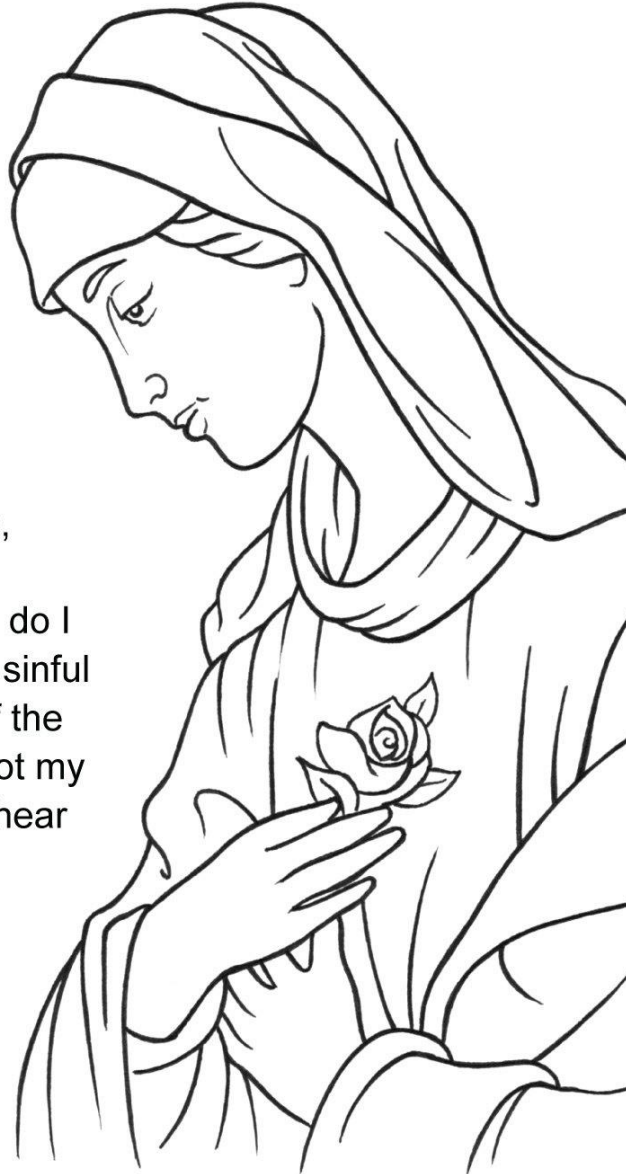


The Memorare

Remember, O most
gracious Virgin Mary,
that never was it known
that anyone who fled to
thy protection, implored
thy help, or sought thine
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.



The Sorrowful Mysteries



1. The Agony in the Garden

MEDITATION: Jesus went with them to a place called Gethsemani. He advanced a little and fell prostrate in prayer. "My Father, if it is possible, let this cup pass me by."

Matthew 26:36 & 39



2. The Scourging at the Pillar

MEDITATION: The people said, "Let His blood be upon us and upon our children." At that, he released Barabbas to them. Jesus, however, he first had scourged.

Matthew 27:25-26



3. The Crowning with Thorns

MEDITATION: They stripped off His clothes and wrapped Him in a scarlet cloak. Weaving a crown out of thorns, they fixed it on His head and began to mock Him.

Matthew 27:28-29



4. The Carrying of the Cross

MEDITATION: Jesus was led away, and carrying the cross by Himself, went out to what is called the Place of the Skull. There they crucified Him.

John 19:17-18



5. The Crucifixion and Death

MEDITATION: The curtain in the sanctuary was torn in two. Jesus uttered a loud cry and said, "Father, into Your hands I commend my spirit." After this, He expired.

Luke 23:45-46