

**St Teresa of Calcutta  
Multi Academy Company (MAC)**



**Holy Trinity Catholic School**



# **Prayer and Liturgy Policy**

Version	Version 1
Policy commencement and end date	1 <sup>st</sup> September 2025- 31 <sup>st</sup> August 2026
Planned review date	May 2026
Date approved by St Teresa of Calcutta MAC Board of Directors	12 <sup>th</sup> June 2025
Date reviewed by Local Governing Body	February 2025

## Our School's Mission Statement

Holy Trinity Catholic School serves the local community; Christ is at the centre of our school and our greatest example. Our school is a place where uniqueness and diversity is celebrated and respected because we know and believe that we are united as children of God and created in His image. Through acts of love and learning, we grow in knowledge and spirituality, we are inspired to become successful citizens and are understanding, compassionate and loving to all of humanity.

This policy outlines the principles, structures, and expectations for prayer and liturgy within St Teresa of Calcutta MAC and **Holy Trinity Catholic School** community. It has been developed in alignment with the *Prayer and Liturgy Directory*, ensuring that our practice reflects the vision, requirements, and recommendations set out by the Catholic Church in England and Wales.

Rooted in the life and mission of the Church, this policy supports pupils and staff in developing a deeper relationship with God through meaningful opportunities for prayer, celebration of the word and liturgical celebration. It provides a framework for planning, delivering, and evaluating high-quality experiences of prayer and liturgy that are inclusive, engaging, and appropriate for the age and stage of our pupils.

Through this policy, we aim to nurture a culture of prayer and liturgy that is at the heart of school life, fostering spiritual growth and a sense of belonging within a Catholic community.

### The context of this prayer and liturgy policy

*'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.)

Just as Our Lord Jesus Christ is at the heart of all our prayer and liturgy, so too He is at the centre of every Catholic school. His Gospel is the reference point for a Catholic school's ethos and values; He offers the definitive example of the educator. Joining Christ in praise of the Eternal Father and united by the Holy Spirit in making intercession for the world through prayer and liturgy lies at the heart of the daily life of the school. The quality of the prayer and liturgy in Holy Trinity Catholic School not only gives honour to God but forms the spiritual and ethical life of pupils and staff alike.

The prayer and liturgy that takes place in all Catholic schools forms part of the life of prayer and liturgy of the whole Church, but celebrated in a manner that is appropriate for the distinct educational setting of a school. It is not an alternative to, nor can it replace, the prayer and liturgy celebrated in our local parishes.

**The community of Catholic schools within St Teresa of Calcutta MAC are inclusive of people who are not Catholics or Christians - they may be of other faiths or of no faith.** This context provides our Catholic schools with a unique opportunity to present, in an authentic way, our tradition of Catholic prayer and liturgy, while at the same time providing a welcoming environment for all pupils and staff. In order to respond to this most fruitfully, we are called, aided by the Prayer and Liturgy Directory and this policy, to understand the tradition of the Catholic faith and to maintain an approach that **respects the integrity of all members of our school community**

Each Catholic school in St Teresa of Calcutta MAC has its own story of how it came to be and how it gained its name. Catholic schools were usually built by a Catholic community whose vision for the education of their children they sought to make a reality in their local area. This policy aims to support schools to strengthen their unique spiritual heritage, as part of the rich breadth of Catholic education.

# **The context of prayer and liturgy in Holy Trinity Catholic School**

The staff and pupils who form our Holy Trinity Catholic School community are drawn from a variety of cultural backgrounds and religious traditions. Holy Trinity Catholic School is enriched daily by the diverse experiences and breadth of perspectives they bring. Our respectful recognition of the common humanity which we all share is the foundation for our life together. That recognition is expressed, above all, in a profound respect for the dignity and uniqueness of each human person – which itself is rooted in the fundamental Christian belief that all human beings are created in the image and likeness of God. And it is our shared humanity in which Jesus shared.

As a Catholic school we aim to educate the whole person in body, mind, and soul and to help develop the unique gifts and talents of each individual. For Catholic members of our community, it helps them to live their Catholic life to the full, sharing in the mission of the Church. Holy Trinity Catholic School plays a key role in nurturing the discipleship of all its Christian staff and pupils. More broadly, Holy Trinity Catholic School accompanies all its members as each person walks her or his spiritual journey, whatever its starting point.

Within St Teresa of Calcutta MAC, we ensure that all school leaders have a thorough knowledge and understanding of the various religious traditions represented within their school communities. They are equipped to facilitate listening and dialogue among all staff, fostering a culture of respectful openness and mutual understanding throughout the entire school community.

## **Statement of requirement**

The law requires all maintained Catholic schools to provide an act of daily collective worship (prayer and liturgy) for all pupils, including those in the sixth form (Section 70, 1988 Education Act) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (School Standards and Framework Act 1998, schedule 20; Instrument of Government, clause 2). Academies in England are required by their funding agreement and Articles of Association to comply with similar requirements (The Mainstream Academy and Free School: Supplemental Funding Agreement, December 2020; Model Articles for Catholic Academies, February 2019).

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 (School Standards and Framework Act 1998, s.71(1A)). Sixth-form pupils can choose to withdraw themselves from prayer and liturgy (School Standards and Framework Act 1998, s.71(1B)).

The school's provision for prayer and liturgy will fulfil 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 the Catholic school, this means that times of prayer and liturgy are not considered to be part of the allocation of curriculum time for Religious Education.

## **Responsibility**

### **Governance**

Directors and 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
- there is a budget for prayer and liturgy that reflects its centrality to the life of a Catholic school.

## **CEO**

The CEO, as the spiritual leader of St Teresa of Calcutta MAC, ensures that:

- prayer and liturgy are central to the Catholic life of schools within the MAC and therefore is in line with the guidance set out by the Prayer and Liturgy Directory
- they work in partnership with school leader(s) for prayer and liturgy to ensure that all guidance is followed and adhered to
- there are suitable resources allocated within school budgets for prayer and liturgy in all MAC schools.

## **School Improvement Central Team**

Members of the MAC school improvement central team play an important role in supporting schools across St Teresa of Calcutta MAC in developing and sustaining high-quality prayer and liturgical life. Their responsibilities include:

- Providing strategic guidance to school leaders to ensure that prayer and liturgy are rooted in the teachings of the Catholic Church and fully aligned with the Prayer and Liturgy Directory.
- Facilitating professional development and training, aimed at enhancing staff confidence, knowledge, and skills in planning and leading prayer and liturgy.
- Supporting the evaluation and ongoing improvement of prayer and liturgical practices through reflective dialogue, constructive feedback, and the sharing of effective practice.
- Encouraging pupil voice and leadership, enabling young people to actively shape and contribute to the prayer life of their school.
- Promoting inclusivity and respect for the diverse religious traditions represented within the school community, nurturing a welcoming and faith-filled environment for all.
- Liaising with clergy and parish communities to strengthen the relationship between schools and the wider Church.

## **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.

## **Prayer and Liturgy Coordinator**

In our secondary schools, the chaplaincy lead will fulfil the role of Prayer and Liturgy Coordinator.

In our secondary schools, the Chaplaincy Lead fulfils the role of **Prayer and Liturgy Coordinator**, playing a central part in promoting and sustaining the Catholic life of the school through high-quality prayer and liturgical experiences.

Those responsible for prayer and liturgy ensure that:

- **Prayer and liturgy are central to the Catholic life of the school**, in accordance with the guidance set out in the *Prayer and Liturgy Directory*.
- **An Annual Plan of Provision** is in place, outlining prayer and liturgical opportunities throughout the school year, including the liturgical seasons, key feast days, and opportunities for the celebration of the Sacraments.
- **Daily planned prayer is provided for all pupils**, appropriate to their age and ability, as outlined in the *Prayer and Liturgy Directory*.
- **Pupils are supported in their liturgical formation**, taking an active role in the planning, preparation, and delivery of prayer and liturgy, appropriate to their age and stage of development, and enabling progressive participation.
- **Resources for planning and delivering prayer and liturgy** are suitable, high-quality, and readily available to both staff and pupils.
- **Induction on prayer and liturgy** is provided for all new staff to ensure understanding and confidence in supporting the school's Catholic life.
- **Ongoing training and formation opportunities** are available to staff to enhance their liturgical and spiritual development.
- **Monitoring and evaluation of prayer and liturgy** take place regularly, informing future planning and improvement.
- **Findings from monitoring and evaluation** are reported to the Headteacher and Governing Body to support whole-school development and the Catholic life of the school.
- **Collaboration with local clergy and parish communities** is maintained and encouraged to strengthen the school's link with the wider Church.
- **Participation in MAC-wide initiatives** is actively supported to enhance prayer and liturgy across the Trust.
- **Liaison with the Diocesan Advisory Service and other relevant bodies** is sustained, ensuring alignment with current best practice and diocesan expectations

## Understanding Prayer and Liturgy

*'For where two or three are gathered in my name, I am there among them'* (Matthew 18:20). This familiar saying of Jesus provides the starting point for understanding prayer and liturgy within **Holy Trinity Catholic School**.

The Catholic tradition encompasses many different forms of prayer and liturgy. These range from times of reflective prayer and devotion to services built around the scriptures, to the celebration of Mass. In Holy Trinity Catholic School and in all St Teresa of Calcutta MAC schools, there will be a range of prayer and liturgy: classroom prayer, meditation, assemblies, devotions, special services for times in the school year, and 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 key terms:

**Prayer:** Within Holy Trinity Catholic School prayer is described as 'lifting up of the hearts and minds to God', which means it involves the whole person – head as well as heart. In this definition we fundamentally understand that God is concerned and interested about what goes on in our lives; is due our expression of thanksgiving and gratitude; and responds to us when we express our needs. This basic dynamic of

recognition, thanksgiving, and intercession forms the core of all prayer and liturgy in all St Teresa of Calcutta MAC schools

When planning and preparing for prayer, we ensure there is variety and scope for creativity: we believe varying the focus and the format according to the liturgical year reinforces the essential Catholic focus of Holy Trinity Catholic School while providing opportunities for pupil engagement.

Celebrations of the word: As the time allotted to prayer lengthens and the number of people involved grows, we believe there is a corresponding need for more formal structures. The term 'celebrations of the word' is used in the Prayer and Liturgy Directory for celebrations which are created for the school community and not directly taken from the liturgical books of the Church.

In Holy Trinity Catholic School these celebrations take many forms, but the common element is the proclamation of scripture. These include assemblies, carol services, and other gatherings of all or part of the school community for special times and occasions. Our celebrations of the word may draw upon elements of the liturgy, such as its texts, symbols, and gestures, which help to reinforce our Catholic nature.

Liturgy: The most familiar forms of the liturgy celebrated in St Teresa of Calcutta MAC schools are the Mass and the Sacrament of Reconciliation. Holy Trinity Catholic School will use liturgical books, such as the Roman Missal and the Lectionary, as the structure to be followed, the words to be spoken, the gestures to be performed, and the symbols to be used when celebrating a liturgy. Other liturgies may include the celebration of parts of the Liturgy of the Hours, such as Morning Prayer, and Exposition of the Blessed Sacrament

While there is the possibility for some creativity and adaptation, this will be within the parameters authorised by the liturgical books

In (Holy Trinity Catholic School our fundamental structure for prayer and liturgy is one of call and response: God speaks to his people in his word (the scriptures), and they respond. Response may take many different forms: it could be praise, thanksgiving, or acknowledgement of the need to change. We follow a four-part structure which we express as:

- Gather
- Word or Listen
- Response
- Send

## **Overview of prayer and liturgy provision at Holy Trinity Catholic School**

This section of the policy provides an overview of prayer and liturgy provision in Holy Trinity Catholic School. It outlines when prayer and liturgy take place, and the daily and weekly pattern of prayer and liturgy offered in Holy Trinity Catholic School. It indicates when Mass is celebrated across the year, when there are opportunities for the Sacrament of Reconciliation, and when there are special liturgies.

### **“Prayer is the raising of one's mind and heart to God” - St. John Damascene**

Collective worship at Holy Trinity is concerned with the prayer and liturgy that is at the core of Roman Catholic tradition. Prayer and Liturgy both celebrate God's gifts and His presence in our lives. The Catechism of the Catholic Church clearly defines prayer as a "vital and personal relationship with the living and true God" (Catechism of the Catholic Church, no. 2558). Whereas liturgy refers to public worship, the work of Christ and that of the Church; the Body of Christ.

**As stated in our Mission Jesus Christ is at the centre of our community and all we do. This is especially true in our prayer and liturgy. It is focussed on giving praise and glory to God and is our response to his love and grace.**

At Holy Trinity, our primary concern is the holistic and personal development of our pupils, this includes their spiritual development. Therefore, prayer and liturgies are accessible to everyone in our school community and are inclusive of all. Pupils of different faith traditions are supported to pray in fidelity to their own commitments. Those who have no faith affiliation are encouraged to engage spiritually and in solidarity with and as part of, the whole school community.

### **The pattern of prayer**

Holy Trinity has a thriving programme of prayer and liturgy which fully complies with all expectations set out in Canon Law, the Bishops Conference of England and Wales and the prayer and liturgy directory; "To love You more dearly". Holy Trinity has an embedded pattern of daily prayer, facilitating at least one opportunity for worship each day in school at 08:50. Prayer and liturgies are planned to offer engaging experiences that reflect the richness of Catholic tradition with each day being different. Each week in their tutor groups pupils will reflect upon the Sunday Gospel, on a weekly theme which is linked to the liturgical calendar and faithfully reflects the rhythm and prayer life of the Church, they will also compose their own prayers and reflections delivering these to their peers, form tutors also lead prayer once a week and finally there is a weekly assembly of which prayer is an important part.

The school is fully committed to pupils planning and leading worship. Pupils are keen to do so and provide a wonderful contribution to the prayer life of school. Strong evidence of this is seen in our Student Chaplaincy Team, a wonderful and growing school choir and the eagerness with which pupils volunteer to carry out ministries and participate in mass and other liturgies. Although percentages of Catholic pupils are small, all acts of worship are participated in reverently, respectfully and beautifully by the whole school community. Seeing this respect and participation is a sight to behold and a great living example of Christ's unifying presence active in Holy Trinity.

In addition to daily prayer, all formal exams start with a prayer. Celebration of the Sacraments of the Eucharist and Reconciliation are a regular part of school life. Each year group will celebrate Mass in honour of their Year Group Patron Saint. This Mass is usually on the feast day or as close to it as

possible. Whole school Masses take place at times including Advent, near Trinity Sunday, the end of the year and on other holy days of obligation. There are special voluntary services in November for the deceased and during the month of the Rosary, there is an emphasis on having this special prayer a fabric of school life. Penitential services take place during Advent and Lent. Special liturgies take place on Ash Wednesday and before the school breaks for Easter.

As stated, Holy Trinity provides all pupils with opportunities to develop spiritually. The school celebrates shared understanding of faith and supports all pupils and staff in their journey to find God. Prayer facilities and other resources are provided for our large group of Muslim pupils and staff who pray daily and more devotedly each Friday. There is a special focus to support Muslim pupils in prayer during the blessed month of Ramadan. Holy Trinity is a remarkable example of community cohesion with Christians, Muslims, and people of other faiths and no faiths, working alongside each other to fully develop in shared a vision of love, peace, tolerance and respect.

Since last year the school has restarted its an active programme of retreats for pupils which had been effected by COVID-19, this had in the past been a part of the core offering of prayer and liturgy at Holy Trinity for a large number of years and we are glad to be offering this again.

As role models and guardians of the Catholic faith, staff prayer is an integral part of school life. Different staff lead briefing prayers on a Monday, Tuesday and Friday. Prayers will either be formulaic in line with themes

of the week or extempore based upon a personal situation or devotion to God. Voluntary staff prayer takes place in the chapel every Friday before school and again this is led by different staff. All meetings in school begin with a prayer or reflection. Opportunities for adoration of the Blessed Sacrament, The Rosary and Stations of the Cross are also provided for staff during the year. Each department has its own prayer in school and it provides staff with the inspiration to fulfil Christ's mission in their work.

Holy Trinity's highly effective Chaplaincy Team ensures that prayer and worship is at the heart of the school practice and improvement. The team is supported strategically by an active link governor who supports with regular quality assurance. Quality assurance of provision features consistently in school practice with all information and areas to develop communicated to governors. Governors have started to complete an audit of provision annually and have found this to be a valuable reflective exercise in ensuring improvement. Pupil, parent and staff voice take place throughout the year with tutor time and assembly provision also evaluated formally during the academic year. It is this practice that led to our provision being judged as 'Outstanding' in our last Section 48 inspection in 2020.

"Collective Worship is one the many outstanding strengths at Holy Trinity. All acts of worship are respectful, inclusive, spiritual and sincere. Pupils display great reverence during worship, which further adds to the spirituality of prayer." - Section 48 inspection report 202

## Training and formation

All staff joining (**Holy Trinity Catholic School**) are supported through a thorough induction process and ongoing professional development to ensure they fully understand their responsibility in leading and participating in prayer and liturgy within their specific role. Any individual training needs are identified and addressed through targeted training and formation opportunities.

At (**Holy Trinity Catholic School**), we also prioritise the development of existing staff, ensuring they have the **knowledge, understanding, and confidence** to lead and contribute to high-quality prayer and liturgical experiences. Dedicated time is allocated for this purpose during **INSET days** and regularly within staff meetings.

In addition, **all staff within St Teresa of Calcutta MAC** are offered an annual opportunity for spiritual formation, supporting a consistent and mission-led approach across all our MAC family of schools.

## Monitoring and evaluation

Effective monitoring and evaluation of prayer and liturgy are essential to ensuring that they remain central to the Catholic life and mission of the school and are of the highest quality. This process allows for reflection, improvement, and the sharing of best practice across the school and the wider MAC.

Those responsible for prayer and liturgy will ensure that:

- **Prayer and liturgical provision is regularly reviewed**, including the quality, frequency, and inclusivity of opportunities for pupils and staff.
- **Observations, pupil voice, staff feedback, and self-evaluation tools** are used to gather evidence and inform development.
- **Findings from monitoring and evaluation** are used to shape future planning, ensuring prayer and liturgy are meaningful, engaging, and appropriately challenging.
- **Reports are provided to the Headteacher, MAC Directors and Governing Body**, highlighting strengths, areas for development, and actions taken to enhance the prayer life of the school or the wider MAC.
- **Evaluative practice is aligned with the expectations set out in the *Prayer and Liturgy Directory*** and contributes to the wider evaluation of the school's Catholic life.
- **Good practice is shared** within and across schools in the MAC, fostering collaboration and continuous improvement.

This ongoing process ensures that prayer and liturgy continue to be dynamic, inclusive, and reflective of the spiritual needs of the Holy Trinity Catholic School community.

## **Review**

Our Prayer and Liturgy Policy will be reviewed annually and will be informed by the outcomes of our monitoring and evaluation, and other schools within St Teresa of Calcutta MAC and will be informed by guidance from the Catholic Education Service and the Birmingham Diocesan Education Service. Updated policies will be approved the St Teresa of Calcutta MAC Directors and reviewed by governors.

## Appendix 1: Common Prayers

This list is introduced in section 9.5 'Common prayers' of the Prayer and Liturgy Directory, Pgs72-78 and is aligned to Birmingham Diocesan expectations.

Age Range	Prayer
4-5 (EYFS)	<p>The Sign of the Cross</p> <p>The Lord's Prayer</p> <p>Hail Mary</p>
5-7 (KS1)	<p>Morning offering – KS1version</p> <p>Grace before meals – KS1 version</p> <p>Grace after meals – KS1version</p> <p>Prayer at the end of the day – KS1 version</p> <p>Glory Be</p>
7-9 (Lower KS2)	<p>Morning offering – KS2 version</p> <p>Grace before meals – KS2 version</p> <p>Grace after meals – KS2 version</p> <p>Prayer at the end of the day – KS2 version</p> <p>The Apostles' Creed</p> <p>An Act of Contrition</p> <p>Angel of God</p> <p>The Prayer of St Richard of Chichester</p> <p>Act of Faith</p> <p>Act of Hope</p> <p>Act of Love</p>
9-11 (Upper KS2)	<p>The Rosary</p> <p>The Magnificat</p> <p>Come, Holy Spirit</p>
11-14 (KS3)	<p>The Benedictus</p> <p>The Angelus</p> <p>Hail Holy Queen</p> <p>The Memorare</p> <p>Jesus, Mary and Joseph, I give you</p> <p>Eternal Rest</p> <p>Diocesan Prayer for Vocations</p>

Prayer name	The prayer words	Prayer notes
The Sign of the Cross	In the name of the Father and of the Son and of the Holy Spirit. Amen.	<i>The sign of the cross is both an action and a statement of faith. A physical reminder of our redemption in the cross and an expression of faith in the Trinity.</i>
The Lord's Prayer	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	<i>The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)</i>
The 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	<i>The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.</i>
Morning Prayer - KS1	Father in heaven, you love me, you are with me night and day. I want to love you always in all I do and say. I'll try to please you, Father, bless me through the day. Amen.	
Grace before meals – KS1	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 meal – KS1	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 day – KS1	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.	

Glory be	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 doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.
Morning prayer – KS2	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.	
Grace before meals – KS2	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 – KS2	We give you thanks, Almighty God, for all your benefits, who live and reign, world without end. Amen	
Prayer at the end of the day – KS2	<p>Lord Jesus Christ, As we come to the end of this school day, Help us to reflect and to pray:</p> <p>For the difficulties I have known, I ask for your help. For the blessings I have received; I thank you. May I seek to be an instrument of your peace in my home today.</p> <p>Each day is a gift. May I look forward to a new start tomorrow.</p> <p>May the journey of my life be an experience of your love, your compassion, your forgiveness and your peace</p> <p>Amen.</p>	
The Apostles' Creed	<p>I believe in God, the Father almighty Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, <i>At the words that follow, up to and including the Virgin Mary, all bow.</i> 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.</p>	<i>Based on baptismal documents of the 8th century but related to texts of an earlier origin</i>
Act of Contrition	<p>O my God, because you are so good,</p> <p>I am very sorry that I have sinned against you, and with the help of your grace, I will not sin again</p>	<i>One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.</i>

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.	<i>The prayer is based on one by Reginald of Canterbury in the early 12<sup>th</sup> century.</i>
Come, Holy Spirit	V. Come, Holy Spirit, fill the hearts of your faithful. <b>R. And kindle in them the fire of your love.</b> V. Send forth your Spirit and they shall be created. <b>R. And you will renew the face of the earth.</b> V. 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.	This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.
Prayer of St Richard of Chichester	Day by day, O dear Lord, three things I pray: to see you more clearly, love you more dearly, follow you more nearly, day by day, by day, by day. Amen.	
Act of Faith, Hope and Love	Jesus, I believe in you. Jesus, I hope in you. Jesus, I love you	

<p>The Rosary</p>	<p><i>For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.</i></p> <p>For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.</p> <p><b>The Joyful Mysteries (Recited Monday and Saturday)</b></p> <p><b>The Mysteries of Light (Recited Thursday)</b></p> <p><b>The Sorrowful Mysteries (Recited Tuesday and Friday)</b></p> <p><b>The Glorious Mysteries (Recited Wednesday and Sunday)</b></p> <p>The Joyful Mysteries (<i>Recited Monday and Saturday</i>)</p> <ol style="list-style-type: none"> <li>1. The Annunciation (Luke 1:26–38)</li> <li>2. The Visitation (Luke 1:39–45)</li> <li>3. The Nativity (Luke 2:1–7)</li> <li>4. The Presentation in the Temple (Luke 2:22–35)</li> <li>5. The Finding in the Temple (Luke 2:41–52)</li> </ol> <p>The Mysteries of Light (<i>Recited Thursday</i>)</p> <ol style="list-style-type: none"> <li>1. The Baptism of Jesus (Matthew 3:13–17)</li> <li>2. The Wedding Feast of Cana (John 2:1–12)</li> <li>3. The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)</li> <li>4. The Transfiguration (Luke 9:28–36)</li> <li>5. The Institution of the Eucharist (Matthew 26:26–29)</li> </ol> <p>The Sorrowful Mysteries (<i>Recited Tuesday and Friday</i>)</p> <ol style="list-style-type: none"> <li>1. The Agony in the Garden (Mark 14:32–42)</li> <li>2. The Scourging at the Pillar (Matthew 27:15–26)</li> <li>3. The Crowning with Thorns (Matthew 27:27–31)</li> <li>4. The Carrying of the Cross (John 19:15–17; Luke 23:27–32)</li> <li>5. The Crucifixion (Luke 23:33–38, 44–46)</li> </ol> <p>The Glorious Mysteries (<i>Recited Wednesday and Sunday</i>)</p> <ol style="list-style-type: none"> <li>1. The Resurrection (Matthew 28:1–8)</li> <li>2. The Ascension (Acts 1:6–11)</li> <li>3. The Descent of the Holy Spirit (Acts 2:1–12)</li> <li>4. The Assumption (1 Thessalonians 4:13–19)</li> <li>5. The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)</li> </ol> <p><b>Prayer concluding the Rosary</b> [Hail, Holy Queen, etc. as below]</p> <p>V. Pray for us, O holy Mother of God.</p> <p>R. That we may be made worthy of the promises of Christ.</p> <p><b>Let us pray.</b> O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen</p>
-------------------	--

Magnificat	<p>My soul glorifies the Lord, My spirit rejoices in God, my Saviour. He looks on his servant in her loneliness; henceforth all ages will call me blessed.</p> <p>The Almighty works marvels for me. Holy his name! His mercy is from age to age, on those who fear him.</p> <p>He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly.</p> <p>He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever. Amen</p>	Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55). It is sung daily at Evening Prayer
Prayer to the Holy Spirit	<p>O Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit we may be always truly wise and ever rejoice in his consolation. Amen.</p>	
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.	

Benedictus	<p>Blessed be the Lord, the God of Israel;  he has come to his people and set them free.  He has raised up for us a mighty saviour,  born of the house of his servant David.  Through his holy prophets he promised of old  That he would save us from our enemies,  From the hands of all who hate us.</p> <p>He promised to show mercy to our fathers  and to remember his holy covenant.  This was the oath that he swore to our father Abraham:  To set us free from the hands of our enemies,  Free to worship him without fear,  Holy and righteous in his sight all the days of our life</p> <p>You, my child, shall be called the prophet of the Most High;  for you will go before the Lord to prepare his way,  to give his people knowledge of salvation  by the forgiveness of their sins.  In the tender compassion of our God  the dawn from on high shall break upon us,  to shine on those who dwell in darkness and the shadow of death,  and to guide our feet 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.</p>	The Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79). It is sung daily at Morning Prayer.
Hail, Holy Queen (Salve Regina)	<p>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.</p>	The Salve Regina is one of the Marian Anthems sung at Night Prayer.

The Angelus	<p>The Angel of the Lord declared to Mary: <b>and she conceived of the Holy Spirit.</b></p> <p>Hail Mary... <b>Holy Mary...</b></p> <p>Behold the handmaid of the Lord: <b>be it done to me according to your word.</b></p> <p>Hail Mary... <b>Holy Mary...</b></p> <p>And the Word was made flesh: <b>and dwelt among us</b></p> <p>Hail Mary... <b>Holy Mary...</b></p> <p>Pray for us, O holy Mother of God <b>that we may be made worthy of the promises of Christ.</b></p> <p><b>Let us pray:</b>  <b>Pour forth, we beseech you, O Lord,</b>  <b>your grace into our hearts,</b>  <b>that we to whom the incarnation of Christ, your Son,</b>  <b>was made known by the message of an angel,</b>  <b>may be brought by his passion and cross</b>  <b>to the glory of his resurrection,</b>  <b>through Christ our Lord. Amen.</b></p>	The Angelus is traditionally said in the Catholic Church three times a day: at 6am, 12 noon, and 6pm.
The Memorare	<p>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.</p> <p>Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother.</p> <p>To thee do I come, before thee I stand, sinful and sorrowful.</p> <p>O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me.</p> <p>Amen.</p>	A 16th-century version of a longer 15th-century prayer.
Jesus, Mary and Joseph	<p>Jesus, Mary and Joseph, I give you my heart and my soul.</p> <p>Jesus, Mary and Joseph, assist me in my last agony.</p> <p>Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.</p>	<p><i>The origin of this prayer to the Holy Family for help in death is unknown.</i></p> <p><i><a href="#">Prayers-Time-Death.pdf</a></i>  <i><a href="http://liturgyoffice.org.uk">liturgyoffice.org.uk</a></i></p>
Eternal Rest	<p>Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.</p> <p>May they rest in peace. Amen.</p>	Based on the Entrance Antiphon of the Mass for the Dead

<p>Diocesan Prayer for Vocations</p>	<p>Heavenly Father, we ask you to send labourers into your harvest.</p> <p>Inspire, in the hearts of your people, vocations to the priesthood, diaconate and religious life.</p> <p>Bless our families with a spirit of generosity, so that those whom you call have the courage to give themselves to your Church in faith.</p> <p>Through Christ our Lord. Amen.</p>	
<p>Additional Prayers</p>		

Prayer of St Francis	<p>Lord, make me an instrument of your peace:  where there is hatred, let me sow love;  where there is injury, pardon;  where there is doubt, faith;  where there is despair, hope;  where there is darkness, light;  where there is sadness, joy.  O divine Master, grant that I may not so much seek  to be consoled as to console,  to be understood as to understand,  to be loved as to love.  For it is in giving that we receive,  it is in pardoning that we are pardoned,  and it is in dying that we are born to eternal life.  Amen.</p>	
Act of Sorrow	<p>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.</p>	
Prayer of Thanksgiving after Communion	<p>O Sacrament most holy!  O Sacrament divine!  All praise and all thanksgiving  be every moment thine.</p>	
Prayer to the Guardian Angel	<p>Angel sent by God to guide me,  be my light and walk beside me;  be my guardian and protect me;  on the paths of life direct me.</p>	
Nunc Dimittis	<p>Now, Lord, you have kept your word:  let your servant go in peace.  With my own eyes I have seen the salvation  which you have prepared in the sight of every people:  a light to reveal you to the nations  and the glory of your people Israel.  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.</p>	
Regina Caeli	<p>Queen of Heaven, rejoice. Alleluia!  For he whom you were made worthy to bear. Alleluia!  Has risen as he said. Alleluia!  Pray for us to our God. Alleluia!  Rejoice and be glad, O Virgin Mary. Alleluia!  For the Lord has risen indeed. Alleluia!  Let us pray;  God, who through the resurrection of your Son, our Lord Jesus  Christ,  has made glad the whole world, grant us, we pray,  that through the intercession of the Virgin Mary, his mother,  we may attain the joys of everlasting life.  Through the same Christ our Lord.  Amen.</p>	

