

PRAYERS AND REFLECTIONS

B. FORMAL AND DEVOTIONAL PRAYERS

Sign of the Cross

In the name of the Father,

and of the Son,

and of the Holy Spirit. Amen.

(Said at the beginning and end of prayers)

THE OUR FATHER

(SEE ALSO PAGES 94-97 FOR REFLECTION ON THE 'OUR FATHER')

The Our Father (Traditional Version)

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;
lead us not into temptation,
but deliver us from evil.

The Our Father (Ecumenical Version)

Our Father in heaven
Hallowed be your name
Your kingdom come
Your will be done on earth as in heaven
Give us today our daily bread
Forgive us our sins as we forgive those who sin against us
Save us from the time of trial
And deliver us from evil.

Pause....

For the kingdom the power and the glory are yours
Now and forever. Amen.



A REFLECTION ON THE 'OUR FATHER'

Let us pray the 'Our Father' by letting the words challenge us as they question our real response to the challenge given by Christ.

Our Father in Heaven

Where do I find you in my life?

Do I find you present in this world?

Hallowed be your name

How do I want to honour your name?

Do I try to keep your name holy?

Your Kingdom come

How can I work towards the coming of your Kingdom?

Your Will be done

What is your Will for me today?

Do I really seek out your Will in my life?

Give us our daily bread

What do I need to help me cope with the day today?

How do I ensure others get their daily needs?

Forgive us our sins

For what do I need to be forgiven?

Whom do I need to forgive?

Save us from the time of trial and deliver us from evil

What trials and temptations are in my life at present?

From what do I need your protection, Lord?

OUR FATHER

God is our Father, Lover of Life.
God is Creator of all that is.
Because we are all God's children,
we are brothers and sisters.
We belong to God and God is ours.
God is our father. Lover of life.

WHO ART IN HEAVEN,

God is in heaven, yes; but God is on
earth as well.
God is everywhere!
God is here.
God is in each of our hearts.
God is heaven.
Every time someone or something
reminds us of God, we get a taste of
heaven.

BLESSED BE YOUR NAME:

Your name, O God, is holy.
To call out Your name is to pray.
To call out Your name is to make us
aware that You are present with us
here and now.
To speak Your name, O God, is to
make contact with You.
That's Holy!

YOUR KINGDOM COME;

Jesus tells us, 'the kingdom is within
you,' the 'kingdom is among you'.
All we have to do is **SEE** that God is
within us and among us.
The life of God in us is as real as the
very air we breathe.

YOUR WILL BE DONE

When we do God's will, life flourishes
and grows.
When we try to run the world according
to **OUR** will, there is death and
destruction.
We don't know enough.
We can't see far enough.
We don't love deeply enough to run the
world by ourselves.
We need God!



ON EARTH AS IT IS IN HEAVEN.

If heaven is being with God, being one with God, then our will and God's will become **ONE AND THE SAME.**

We want what God wants.

That can happen before we actually die and go to heaven.

While here on earth, we can be so in love with God that we want only what God wants.

Life, right here and now, can be heavenly!

GIVE US THIS DAY OUR DAILY BREAD;

We ask You, God, to be with us today, to nourish us, and to give us life.

We thank You for Jesus, who is '**THE BREAD OF LIFE.**'

You have gifted us with the presence of Your Son on this and every day of our lives.

AND FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US

We ask you, God, to forgive us for the times when we have done wrong, for the times we have failed to see You in our lives and for the times we have hurt ourselves or others.

AND LEAD US NOT INTO TEMPTATION

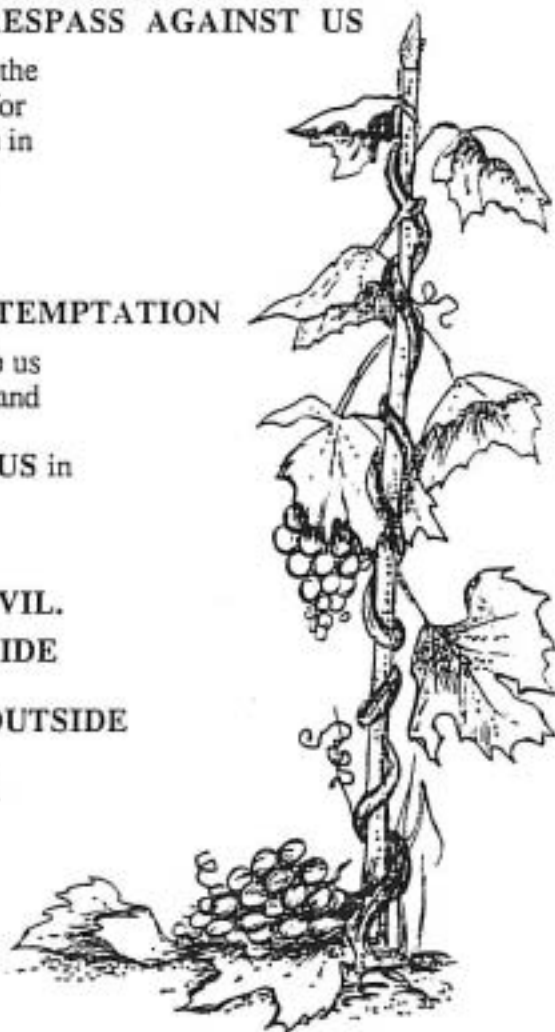
We pray, O God, that You will help us to avoid the dangers of selfishness and hatred.

For we are **HOLY** and **PRECIOUS** in your sight, O God.

BUT DELIVER US FROM EVIL.

Save us, O God, from the evil **INSIDE** us: worries, fears, troubled hearts.

Deliver us, O God, from the evil **OUTSIDE** us: violence, war, those who do evil; fires, accidents, storms, and other disasters.



**FOR THE KINGDOM AND THE POWER AND THE
GLORY ARE YOURS, BOTH NOW AND FOREVER.**

O God, all of life is in **YOUR** hands, not
OURS.

You have the power over life and death.

To you belongs all honour and glory.

Amen.

**So be it. We agree with all that has
been said:**

God is OURS and we are GOD'S.

by Sister Martha Alken, OP
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PRAYER OF PRAISE (Gloria)

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.

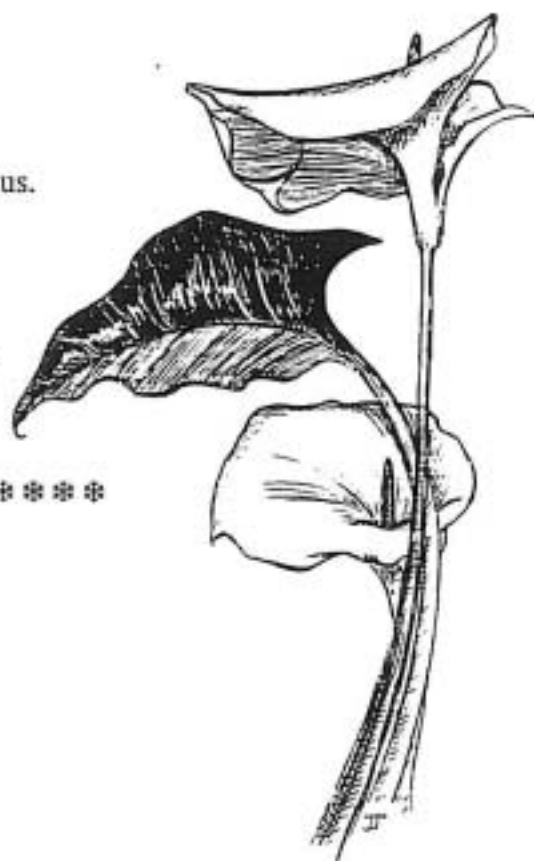
Amen.

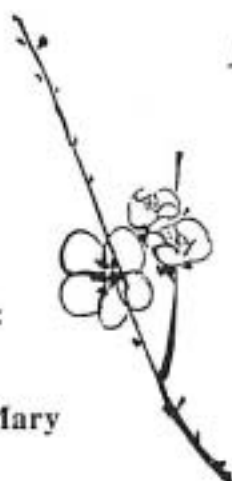


HAIL MARY (See also page 99 for Liturgical Dance based on the Hail Mary)

Hail Mary, full of grace.
The Lord is with you.
Blessed are you amongst women,
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.





LITURGICAL DANCE

THE HAIL MARY

Begin:

Stand in circle. Join hands with neighbour.

Hail Mary

Sweep right arm over to left.

Full of grace

Continue circle with right arm over head to join with left hand in 'prayer' position under chin.

The Lord is with you

Extend arms to the sides, palms up, at about chest height.

Blessed are you among women

Bring extended arms to the front, palms down - still at chest height.

Blessed is the fruit of your womb Jesus

Bring arms into a crossed position over chest, head bowed.

Holy Mary, Mother of God

Kneel on one knee, arms extended to floor, palms outward, head up.

Pray for us sinners

Remain kneeling, cross arms over and bow head.

Now and at the hour of our death

Kneel on two knees, join hands with one another and lift heads.

Amen

Bow to the ground. Bring hands back to prayer position.

MORNING OFFERING

The morning offering is a prayer recited each morning upon rising, which offers the day and all that we do in it, to God.

Some suggestions are:

*Almighty God, I thank you for your past blessings.
Today I offer myself, whatever I do, say or think —
to your loving care. Continue to bless me, Lord.*

or

*Jesus, I offer you this new day. I thank you for bringing
me to this day and ask that you be with me in all that I do
and am throughout the day.*

EVENING PRAYER

*Lord God, I thank you for this day and all that has happened in it.
Forgive me when I have caused hurt, especially when.....
Thank you for the people who are special to me, especially.....
Be with me as I rest this night and in the day tomorrow.*

or

*Thank you Jesus for this day, for all the blessings you've given me,
for the people I've met, the work I've done, the fun I've enjoyed.
Be with me as I rest tonight, and with me in all I do tomorrow.*





Use other forms of Faith, Hope, Love and Contrition that students know. They could also compose their own. A source for common traditional prayers is: **The Pope's Family Prayer Book** — E J Dwyer © 1976. Australia.

The following acts of Faith, Hope, Love and Contrition serve well for morning and night prayers.

Act of Faith

O my God I believe in you
and in all that you teach
through your holy Church
because you have said it
and your word is true.
I believe, help my unbelief.

Act of Hope

O my God
relying on your promises,
I hope that
through the infinite merit
of Jesus Christ
you will grant me pardon of my sins
and the graces necessary
to serve you in this life
and to obtain eternal happiness
in the next. Amen.

Act of Charity

O my God, I love you
above all things
because you are infinitely good,
and for your sake
I love my neighbour as myself.



Act of Contrition

- a) My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

or

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

or

- c) Any spontaneous prayer that tells God you are sorry, that you will mend your ways and avoid what leads to sin, is a good Act of Contrition.

COME, HOLY SPIRIT (Prayer for Guidance)

Come, Holy Spirit.

Response: Fill the hearts of your faithful and make the fire of love burn within them.

Send forth your spirit and creation will be renewed.

Response: And you shall renew the face of the earth.

Let us pray: O God, you have instructed the hearts of your faithful by the light of the Holy Spirit. Grant that through the same Holy Spirit we may always be truly wise and rejoice in his help. Through Christ our Lord. Amen.

**GRACE BEFORE & THANKSGIVING AFTER MEALS**

Bless us, O Lord, and these your gifts,
which we are about to receive from your bounty,
through Christ, Our Lord. Amen.

We give thanks for all your benefits, Almighty God, who lives and reigns forever.
May the souls of the faithful departed, through the mercy of God,
rest in peace. Amen.

(Spontaneous prayers may also be used at mealtime.)



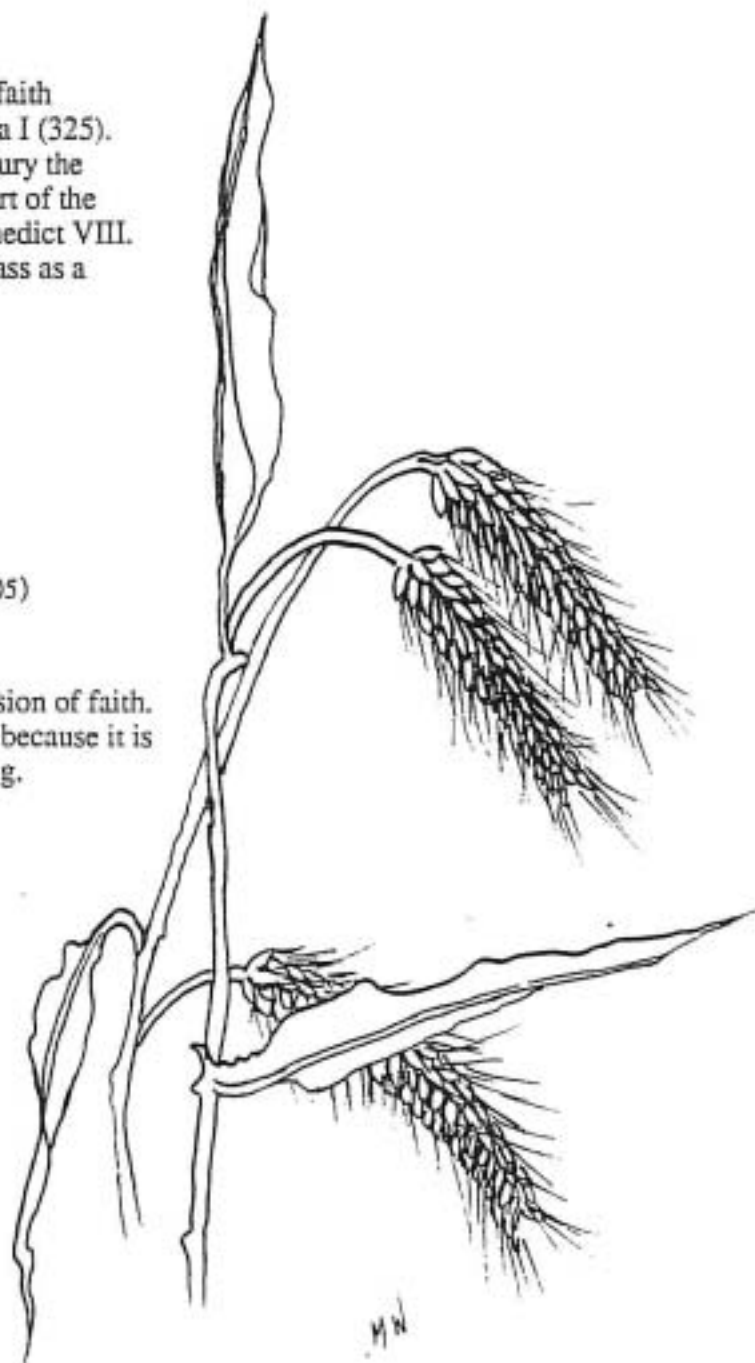
HISTORICAL BACKGROUND FOR CREEDS

NICENE CREED (page 104)

The Nicene Creed is a profession of faith agreed upon by the Bishops at Nicaea I (325). At the beginning of the eleventh century the Nicene Creed was officially made part of the Roman rite of the Mass by Pope Benedict VIII. The Creed is still in the rite of the Mass as a profession of faith.

APOSTLES CREED (page 105)

The Apostles Creed is a profession of faith. It is named the Apostles Creed because it is a summary of apostolic teaching.



*THE NICENE CREED**Priest and People:*

*We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us men and for our salvation
he came down from heaven:*

*All bow at the following words up to: and was made man
by the power of the Holy Spirit
he became incarnate from the Virgin Mary, and
was made man.
For our sake he was crucified under Pontius Pilate:
he suffered death and was buried.
On the third day he rose again
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.*

*We believe in the Holy Spirit, the Lord, the giver of
life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshipped and
glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of
sins.
We look for the resurrection of the dead,
and the life of the world to come.*

AMEN

THE APOSTLES' CREED

*I believe in God, the Father almighty,
creator of heaven and earth.*

*I believe in Jesus Christ, his only son, our
Lord.*

*He was conceived by the power of the
Holy Spirit
and born of the Virgin Mary.*

*He suffered under Pontius Pilate,
was crucified, died, and was buried.*

He descended to the dead.

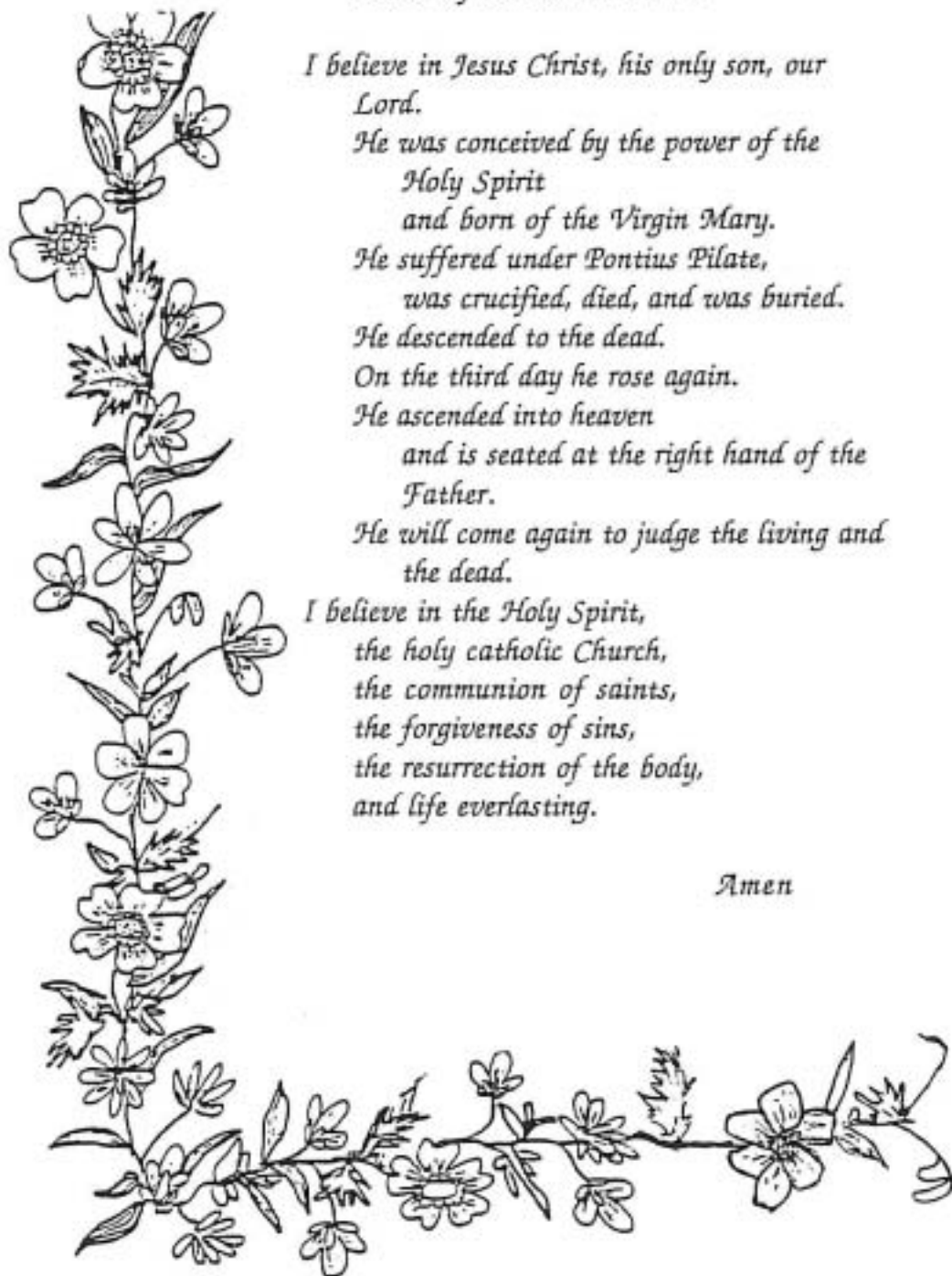
On the third day he rose again.

*He ascended into heaven
and is seated at the right hand of the
Father.*

*He will come again 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



THE MAGNIFICAT

Refer: Luke 1:46-55

THE BENEDICTUS

Refer: Luke 1:67-79

THE BEATITUDES

Refer: Matthew 5:3-10

ANGELUS (Refer to p. 27 for background to this prayer)

The angel of the Lord declared unto Mary.

Response: And she conceived of the Holy Spirit. (Hail Mary)

Behold the handmaid of the Lord.

Response: May it be done unto me according to your word. (Hail Mary)

And the Word was made flesh.

Response: And dwelt among us. (Hail Mary)

Pray for us, O Holy Mother of God.

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

Let us pray: O Lord, it was through the message of an angel that we learned of the incarnation of Christ, your Son. Pour your grace into our hearts, and by his Passion and Cross bring us to the glory of his resurrection. Through Christ, Our Lord. Amen.

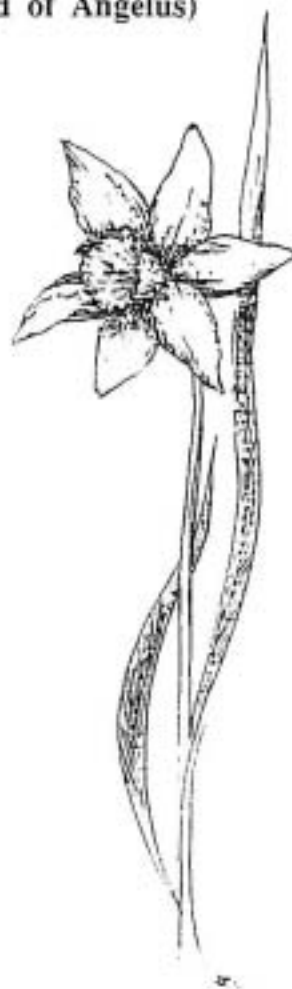
QUEEN OF HEAVEN (Regina Coeli)

Queen of Heaven is a title given to the Blessed Virgin Mary. The poem by this name was composed in the twelfth century and is a traditional hymn of the Easter Season.

QUEEN OF HEAVEN (Prayer at Eastertime instead of Angelus)

Leader: Queen of heaven, rejoice.
All: Alleluia.
Leader: The Son whom you were privileged to bear.
All: Alleluia.
Leader: Has risen as he said.
All: Alleluia.
Leader: Pray to God for us.
All: Alleluia.
Leader: Rejoice and be glad, Virgin Mary.
All: Alleluia.
All: For the Lord has truly risen. Alleluia.
Leader: Let us pray:

O God, it was by the Resurrection of your Son, our Lord Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, his Mother, we may attain the joy of eternal life. Through Christ, Our Lord. Amen.



HAIL HOLY QUEEN (Salve Regina)

The text of this antiphon has been attributed to several writers — St Bernard of Clairvaux (1090-1153), Adhemar of Puy (Bishop of de Puy from 1080), Bishop Peter of Compostela (952-1002) and Hermanus Contractus of Reichenau (1013-1054).

It was probably developed as early as the late 11th Century. One of the earliest liturgical uses was as a processional chant at Cluny (1135). It has a history of being part of the daily prayer of a number of different religious orders — the Cistercian Order sang it as a processional chant from 1218 and after daily Compline from 1251. The Dominicans had the same practice and included it as a prayer for the dying. The Franciscans had accepted it into daily Compline by 1249, whilst the Carmelite rite at one time replaced the last Gospel of the Mass with it.

Leo XIII prescribed it as one of the prayers for recitation after every public and private Mass of the Roman rite, a practice continued from 1884 to 1964.

The 'Hail Holy Queen' is not an integral part of the Rosary. It was the custom of confraternities to sing it on Saturdays and feasts of Our Lady and through this practice it became linked with the recitation of the Rosary.

HAIL, HOLY QUEEN

Hail, holy queen, mother of mercy, hail our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet virgin Mary.

Pray for us, O holy Mother of God.

Response: **T**hat we may be made worthy of the promises of Christ.

Let us pray: **O** God, whose only begotten Son, by his life, death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon 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.

Note for the Teacher:

It is important to keep in mind that this traditional prayer to Mary was composed round about the 11th century and therefore uses the language of prayer customary at that time.

The prayer is an expression of faith, not philosophy. The images "...*poor banished children of Eve*" ... "*this valley of tears,*" ... "*after this our exile,*" speaks of a nostalgia for our true homeland, heaven, the "patria". [See John 14:1-4] St Paul speaks movingly in a similar way of our "exile". [See 2 Cor.5:1-7; Rom.8:18-23; Phil.3:8-16]

MEMORARE (Composed by St Bernard of Clairvaux [1090-1153])

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession was left unaided. Inspired with this confidence, I fly to you, O virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.

WE FLY TO YOUR PATRONAGE

WE FLY TO YOUR PATRONAGE,
O HOLY MOTHER OF GOD.
DESPISE NOT OUR PRAYERS IN OUR NECESSITIES,
BUT DELIVER US FROM ALL DANGERS,
O EVER GLORIOUS AND BLESSED VIRGIN.

(C.300, OLDEST KNOWN PRAYER TO MARY)



Say ten "Hail Marys"

Announce the third mystery
then say the "Our Father"

Say the "Glory be to the Father"

Say ten "Hail Marys"

Announce the second mystery;
then say the "Our Father"

Say the "Glory be to the Father"

Say Ten "Hail Marys"

Announce the first mystery; then
say the "Our Father"

Say the "Glory be to the Father"

Say three "Hail Marys"

Say the "Our Father"

Make the "Sign of the Cross" and
say the "Apostles' Creed"

The Joyful Mysteries:

1. The messenger of God announces to Mary that she is to be the Mother of God. (*Humility*)
2. Mary visits and helps her cousin Elizabeth. (*Love of Neighbour*)
3. Mary gives birth to Jesus in a stable in Bethlehem. (*Spirit of Poverty*)
4. Jesus is presented in the Temple. (*Obedience to God's Will*)
5. Jesus is found in the Temple. (*Fidelity to Vocation*)

See also pp.17-20 for historical background and other ways of praying the rosary

HOW TO SAY THE ROSARY

Say the "Glory be to the Father"

Announce the Fourth Mystery;
then say the "Our Father"

Say ten "Hail Marys"

Say the "Glory be to the Father"

Announce the fifth mystery;
then say the "Our Father"

Say ten "Hail Marys"

Say the "Glory be to the Father"
and concluding prayers.

The Sorrowful Mysteries:

1. Jesus undergoes his agony in the Garden of Gethsemane. (*Spirit of Prayer*)
2. Jesus is scourged at the pillar. (*Modesty and Purity*)
3. Jesus is crowned with thorns. (*Courage*)
4. Jesus carries the cross to Calvary. (*Patience in Suffering*)
5. Jesus dies on the cross for our sins. (*Self-denial*)

The Glorious Mysteries:

1. Jesus rises from the dead. (*Faith*)
2. Jesus ascends into heaven. (*Hope*)
3. The Holy Spirit comes to the apostles and the Blessed Mother. (*Wisdom, Love, Zeal, Fortitude*)
4. The Mother of Jesus is taken into heaven. (*Eternal Happiness*)
5. Mary is crowned queen of heaven and earth. (*Devotion to Mary and Final Perseverance*)

(Begin Here)

PRAYER TO YOUR GUARDIAN ANGEL

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

PRAYER FOR THE FAITHFUL DEPARTED

ETERNAL REST GRANT UNTO THEM, O LORD.

RESPONSE: AND LET PERPETUAL LIGHT SHINE UPON THEM.

MAY THEIR SOULS AND THE SOULS OF ALL THE FAITHFUL
DEPARTED, THROUGH THE MERCY OF GOD, REST IN PEACE.

RESPONSE: AMEN.



INTERCESSIONS

Let us pray to God who never deserts those who trust:
For those tempted to despair, that they may not lose hope.

Lord hear us.

Lord, hear our prayer.

That we realise sin is a moral failure - alienation from God,
ourselves, one another and the environment.

Lord hear us.

Lord, hear our prayer.

That God's care may touch hearts
cast down by anxiety and the cares of life.

Lord hear us.

Lord, hear our prayer.

That people who rely on material things will learn that
'no one lives on bread alone'.

Lord hear us.

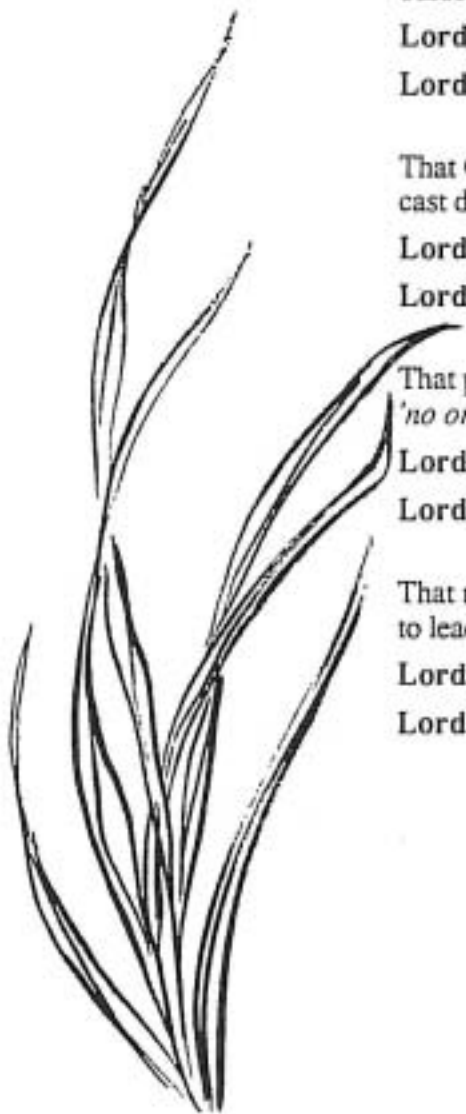
Lord, hear our prayer.

That men and women with moral weakness may receive the grace
to lead better lives.

Lord Hear us.

Lord, hear our prayer.

from **Speak Lord** by Nicholas Howlett
Marist Brothers Publication, 1986
Used with permission of the publishers.



INTERCESSIONS

If '*nothing is impossible with God*', with confidence we can make our prayer for the world, through the powerful intercession of Mary, model of faith and hope:

For people with problems who no longer believe that the 'Good News' can be for them.

Lord hear us.

Lord, hear our prayer.

For those who trust in the Lord that they may not lose heart, but be renewed in faith, no matter what they suffer.

Lord hear us.

Lord, hear our prayer.

For those who have become lukewarm in their faith, that the Spirit given in their baptism will rekindle faith and love in their hearts.

Lord hear us.

Lord, hear our prayer.

That the tragedies caused by nature or human cruelty will not weaken our faith.

Lord hear us.

Lord, hear our prayer.

That we might respond wholeheartedly in faith as Mary did.

Lord hear us.

Lord, hear our prayer.



from *Speak Lord* by Nicholas Howlett
Marist Brothers Publication, 1986.

INTERCESSIONS

A. Response is - '*Lord, hear our prayer*'.

1. Lord bring justice to our world, that we, your people, may live in the joy of your peace.
Lord hear us.
2. Lord, bring us into your Kingdom, that we may know and love you forever.
Lord hear us.
3. Give to our parents and all families the strength of your peace, the guidance of your Will and the grace to live together in constant love.
Lord hear us.
4. Be the reward of all who have given us their help, and grant them peace and happiness.
Lord hear us.
5. Have mercy on our relatives who have died and receive them into your eternal rest.
Lord hear us.

B. Response is - '*Lord, our Saviour, give us life*'.

1. Lord Jesus, enlighten our hearts today and show us your way.
Lord hear us.
2. Lord of the Universe, we thank you for the gift of today, help us to live in your resurrection today.
Lord hear us.
3. Lord, lead us by your Spirit to do your Will, guide and protect us by your Wisdom.
Lord hear us.
4. Lord, nourish us by your Word and by your body.
Lord hear us.
5. Lord, grant us your gifts, though we are unworthy.
Lord hear us.

C. Response is - '*Lord, we need your care*'.

1. Jesus Christ is the shepherd of his flock; he loves and cares for his people. We turn to him in trust and say.
Lord hear us.
2. Christ our Lord, you are pastor of all ages, protect our Bishops and all the priests of your Church.
Lord hear us.
3. Lord be with those who are persecuted for their faith, and those cut off from the support of the Church; in their pain and isolation may they know you care.
Lord hear us.
4. Lord, we remember those who make our laws and those who apply them. Give them wisdom and discernment.
Lord hear us.

D. Response is - *'Lord, in your mercy hear our prayer'.*

1. Guide the leaders of New Zealand, give them wisdom in all their dealings. **Lord hear us.** [Repeat pattern throughout]
2. Give courage and strength to us young people. Help us to choose our future work, and to make right decisions for our way of life.
3. Give patient tolerance to all who are no longer young. Help them to allow us young people to show them love and understanding.
4. Teach us to see you, Lord, present in all people, especially the people we live and work with.

E. Response is - *'Lord show your love to all people'.*

1. May our lives today be filled with your compassion; give us the spirit of forgiveness and a generous heart.
2. Remember this College of yours, keep us free from evil and make us all sharers in your love.
3. Keep us mindful of those whose work is hard and unrewarding, may we give each person the respect which is their right.
4. Bless all our families, grant them this day real peace and happiness.

F. Response is - *'Lord accept and bless our work today'.*

1. Lord we begin this new school day with you, thanking you for all you have done for us, we ask you to bless us and our school today.
2. Lord you are gentle and humble of heart; teach us to receive others as you do: help us not to see gentleness as something weak, but as something strong and really human.
3. As each day begins may your light rise in our hearts; may it shine out in love to all we meet.
4. Show your mercy to those who are sick; may this day increase their trust and love in you.

G. Response is - *'Lord, our trust is in you'.*

1. May the unity of the school be formed by love and understanding; gather us all together through the power of your Holy Spirit.
2. Help us to create in this school a community where justice and peace may flourish; be with us this day.
3. Guide our thoughts, our words, our actions; so that what we do today may be pleasing to you.
4. Help us to avoid wrongdoing; give us the strength of your Holy Spirit.