

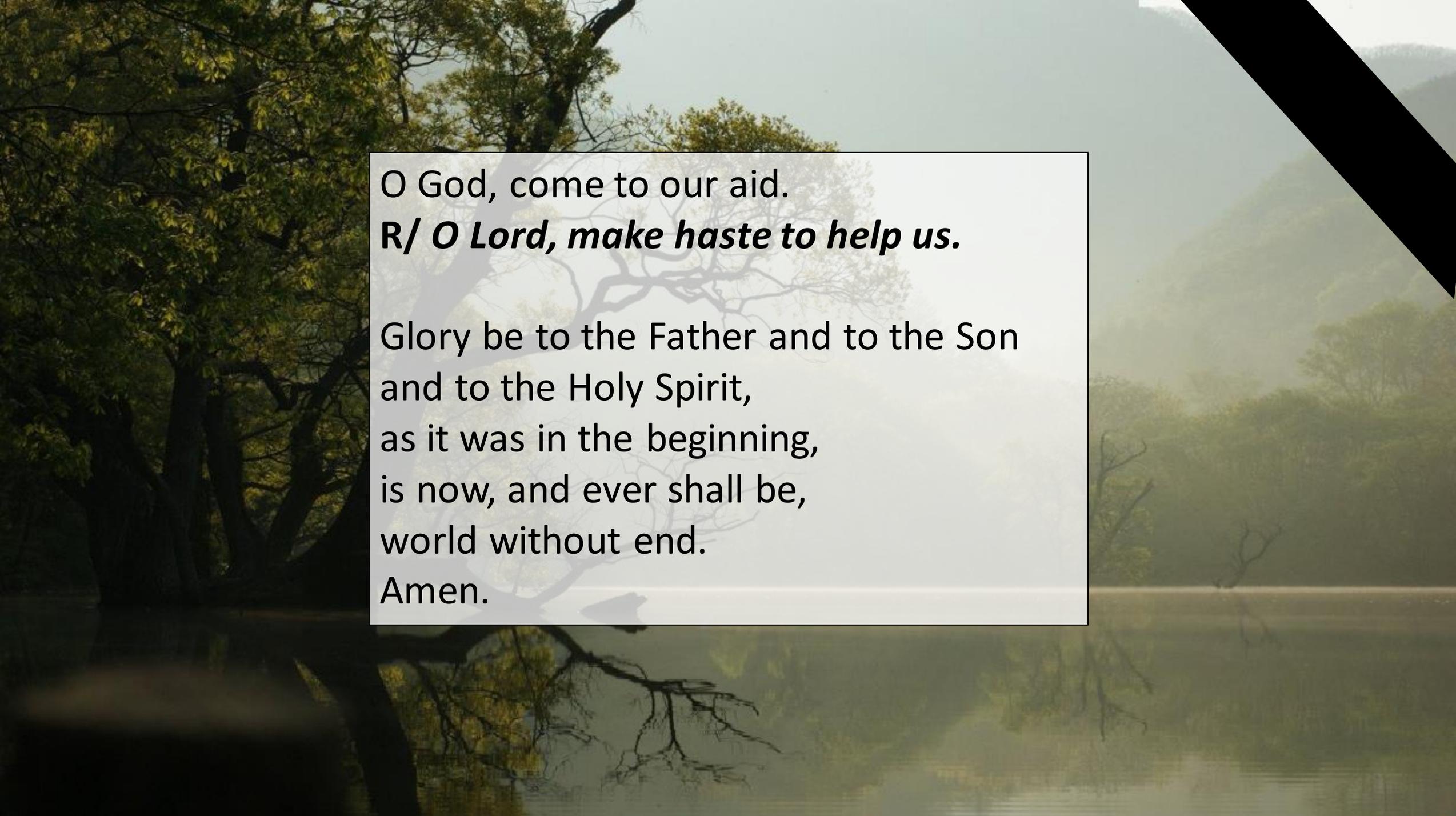


Begin with the
Sign of the Cross



Morning Prayer
Monday 12th September

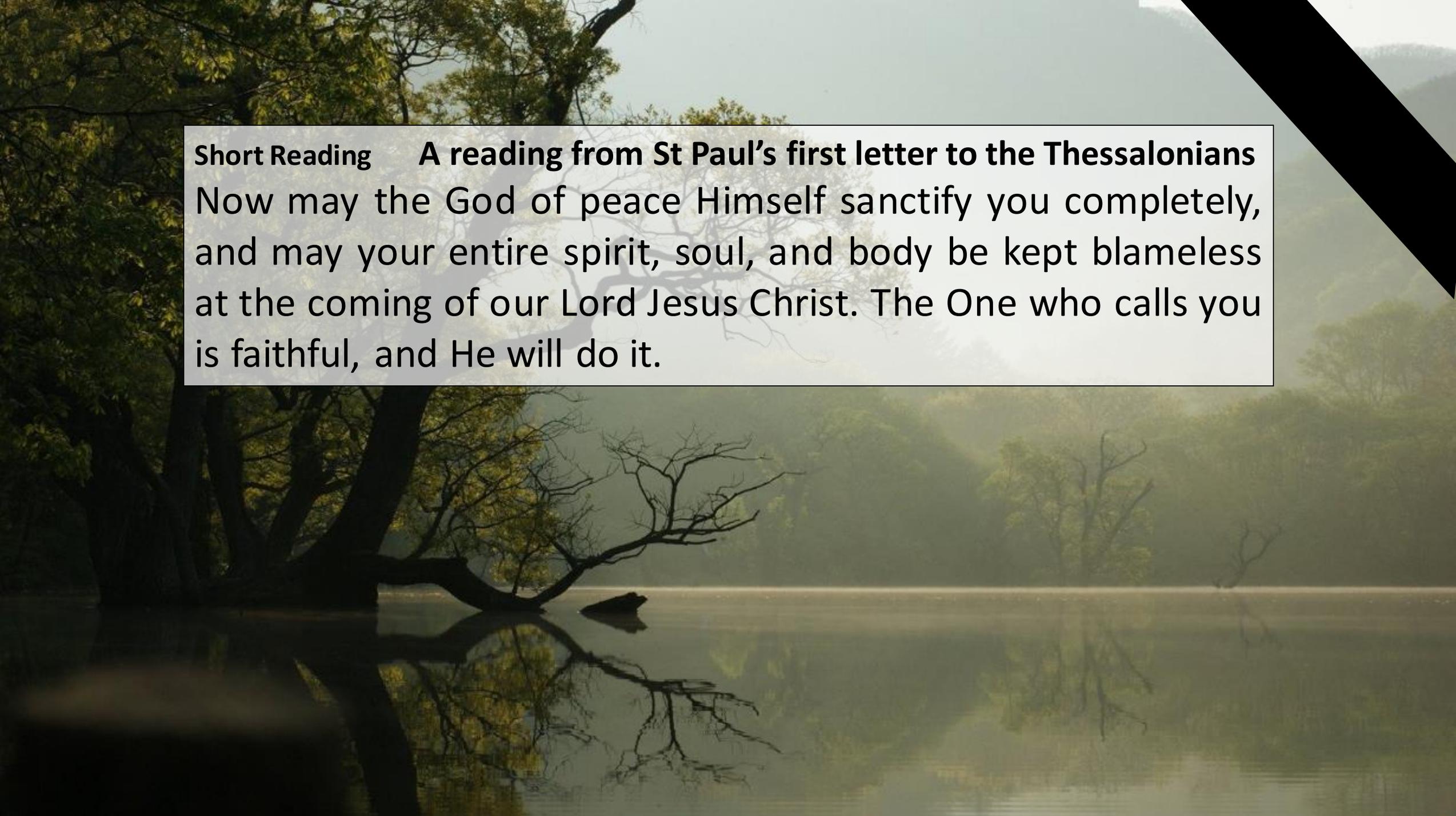




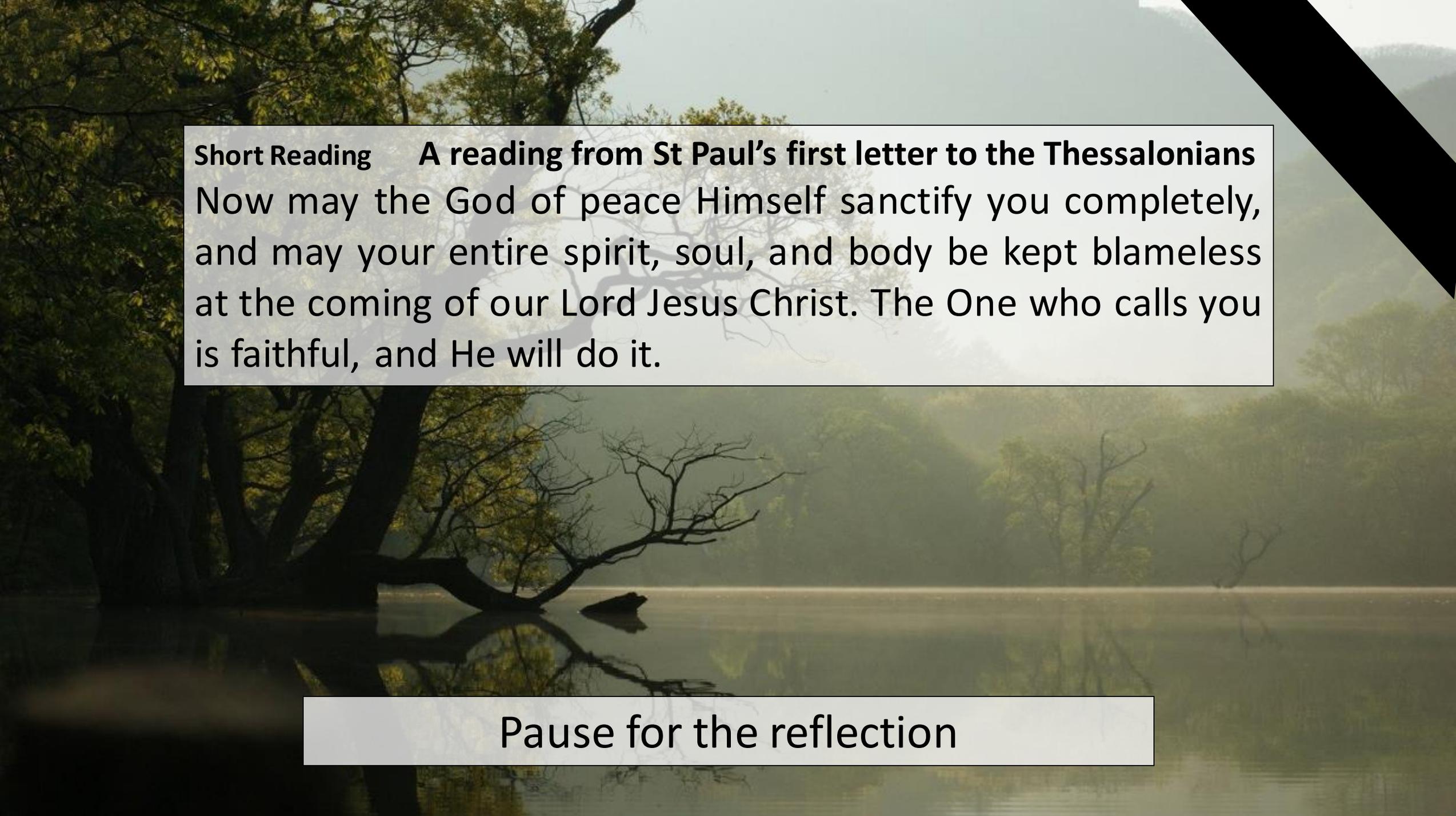
O God, come to our aid.

R/ O Lord, make haste to help us.

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.



Short Reading **A reading from St Paul's first letter to the Thessalonians**
Now may the God of peace Himself sanctify you completely,
and may your entire spirit, soul, and body be kept blameless
at the coming of our Lord Jesus Christ. The One who calls you
is faithful, and He will do it.



Short Reading **A reading from St Paul's first letter to the Thessalonians**
Now may the God of peace Himself sanctify you completely,
and may your entire spirit, soul, and body be kept blameless
at the coming of our Lord Jesus Christ. The One who calls you
is faithful, and He will do it.

Pause for the reflection

Short Reading **A reading from St Paul's first letter to the Thessalonians**

Now may the God of peace Himself sanctify you completely, and may your entire spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful, and He will do it.

Think and reflect...

How often do I feel brave?

Do I allow myself to be held back by fear and anxiety?

Do I trust that God is fighting my battles for me?

Allow a time of silence to reflect on these questions

Intercessions:

Give us peace of mind and generosity of heart; grant us health and strength to do your will.

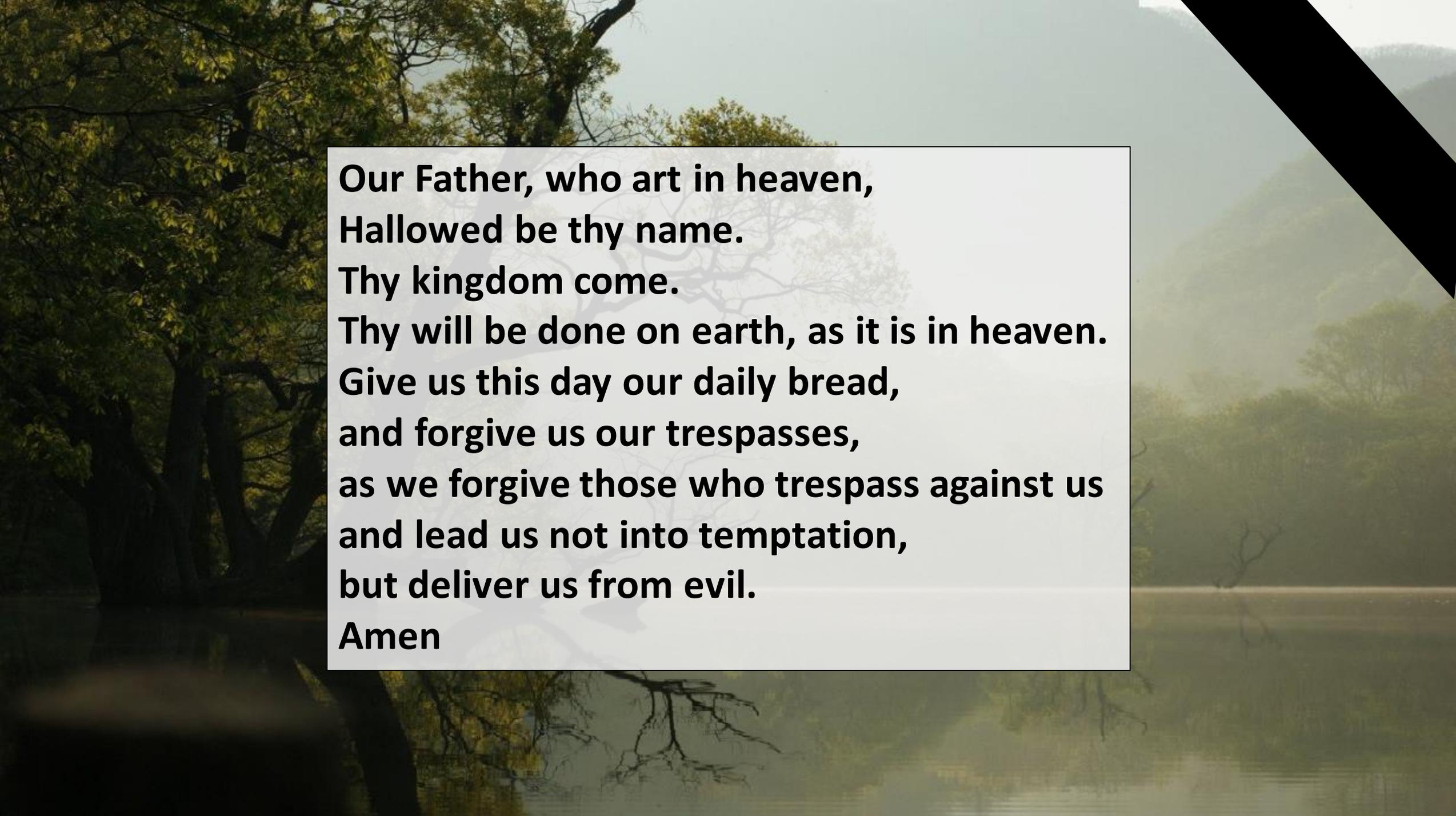
*-Lord hear us. **Lord graciously hear us.***

May your Word be in our minds during the day; guide us in our work.

*-Lord hear us. **Lord graciously hear us.***

Help us to be the face of Christ to all those we meet today.

*-Lord hear us. **Lord graciously hear us.***



**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

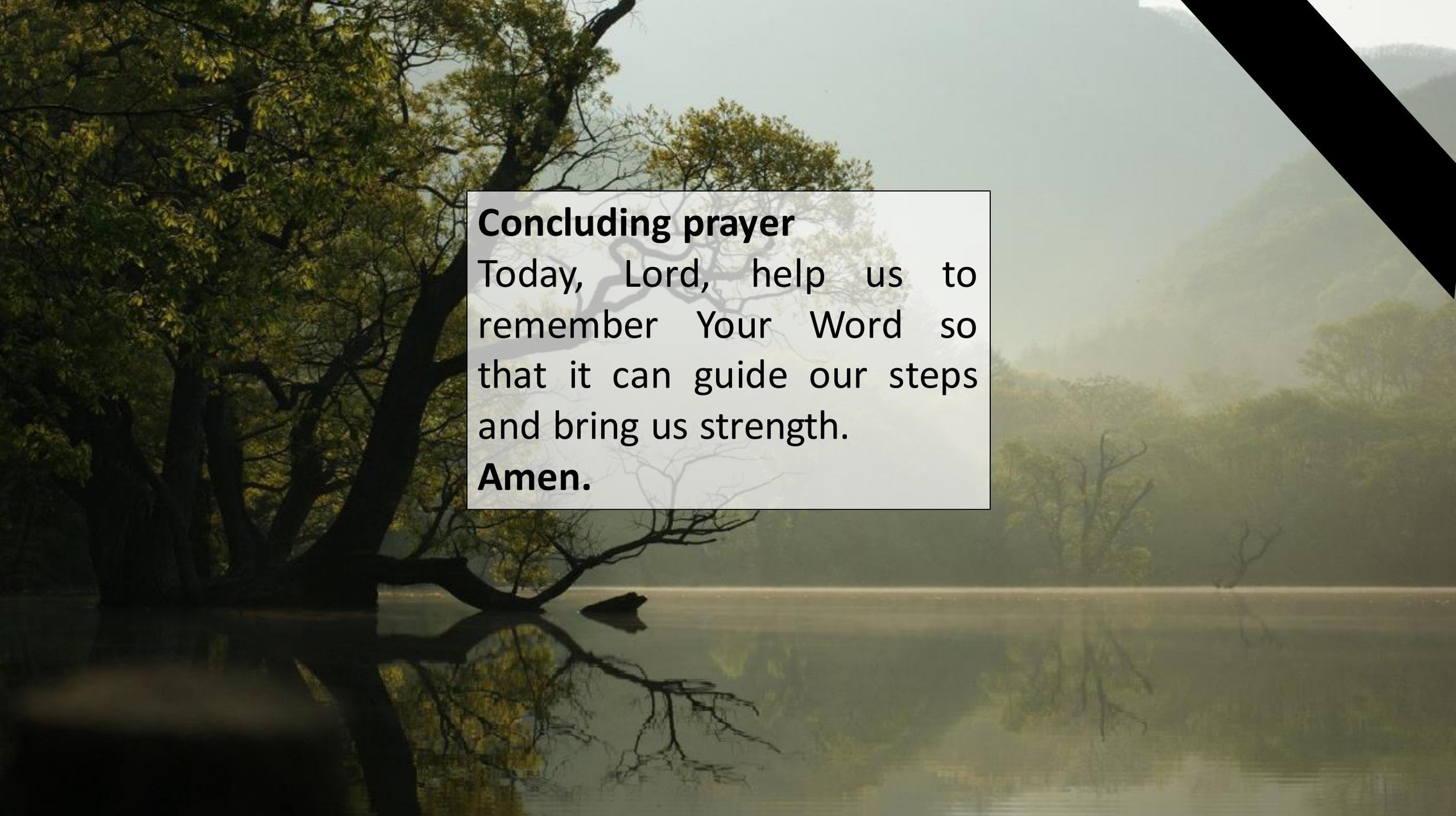
A black and white portrait of Queen Elizabeth II, showing her from the chest up. She has short, curly white hair and is wearing a dark top with a pearl necklace. She is looking slightly to the right of the camera with a gentle expression. The background is dark and out of focus.

**We pray the eternal rest
prayer for Queen Elizabeth II**

Eternal rest grant
unto her, O Lord,
and let perpetual
light shine upon
her.

May she rest in
peace.

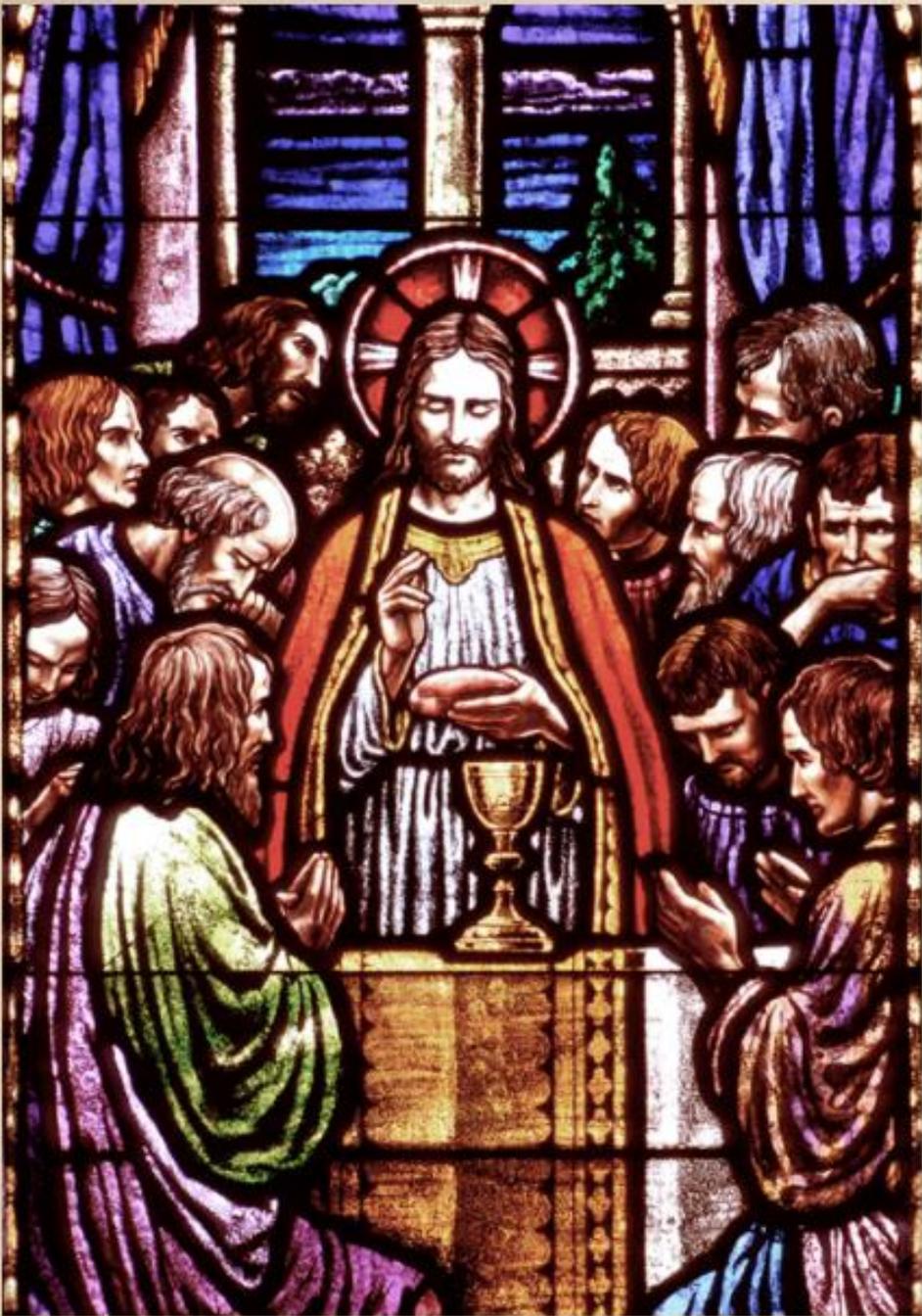
Amen.



Concluding prayer

Today, Lord, help us to remember Your Word so that it can guide our steps and bring us strength.

Amen.



GRACE BEFORE MEALS

BLESS US, OH LORD,
AND THESE THY GIFTS
WHICH WE ARE ABOUT TO
RECEIVE FROM THY
BOUNTY, THROUGH
CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Monday 12th September



Ant. God chose us in his Son and made us his adopted sons.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places.

He chose us in him before the foundation of the world, that we should be holy and blameless before him.

He destined us in love to be his sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace which he freely bestowed on us in the Beloved.

Ant. God chose us in his Son and made us his adopted sons.

**Pause for the
reflection.**

We ask the saints to pray for us:



Lord, Blessed George Haydock gave his life for his belief and service of you. Help us to have courage like him and the passion to stand up for the truth. Blessed George Haydock; Pray for us. Amen

We pray the eternal rest prayer for Queen Elizabeth II

Eternal rest grant unto her, O Lord,
and let perpetual light shine upon her.
May she rest in peace.
Amen.



End with the
Sign of the Cross



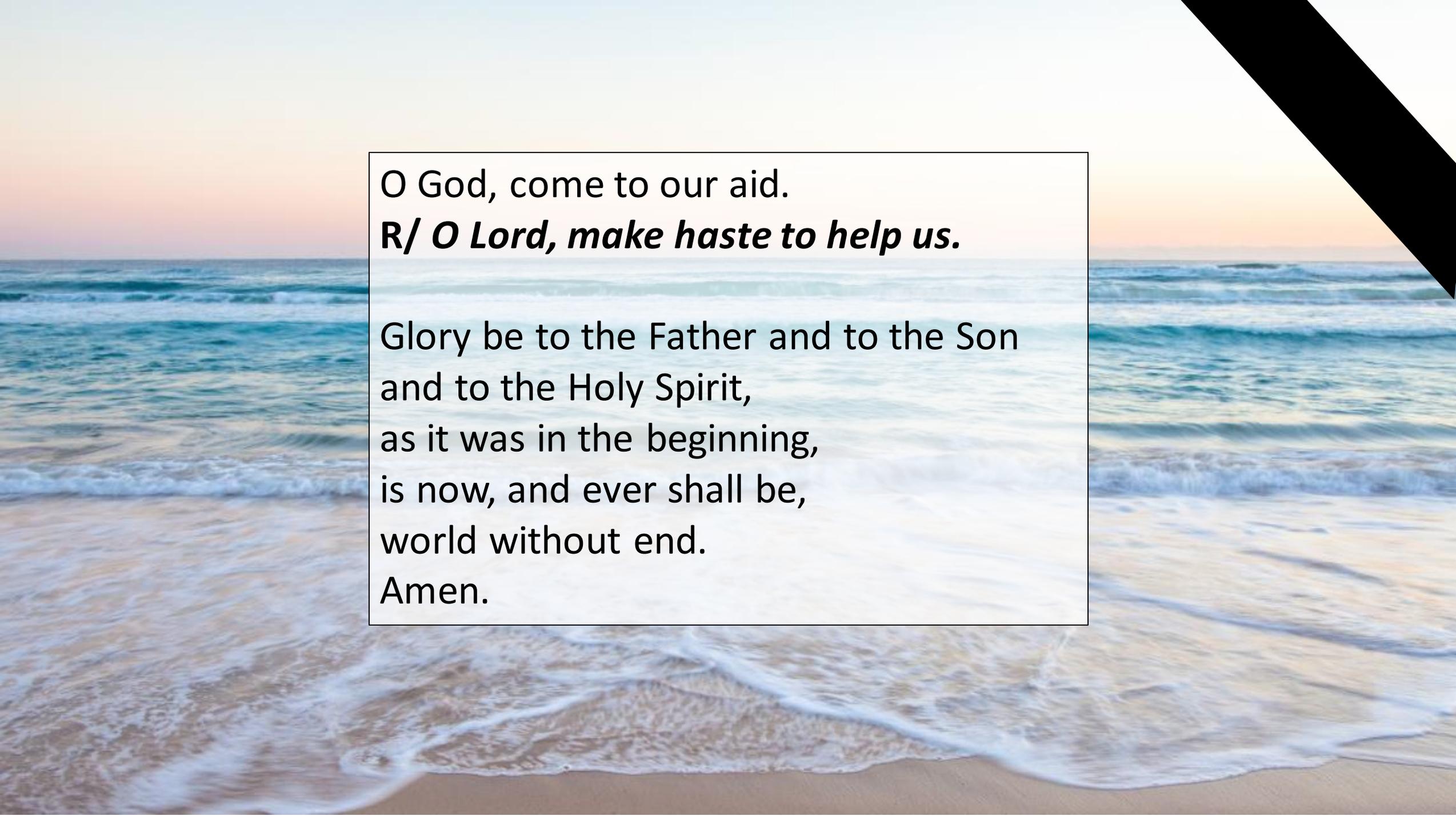
Begin with the
Sign of the Cross



Morning Prayer

Tuesday





O God, come to our aid.

R/ O Lord, make haste to help us.

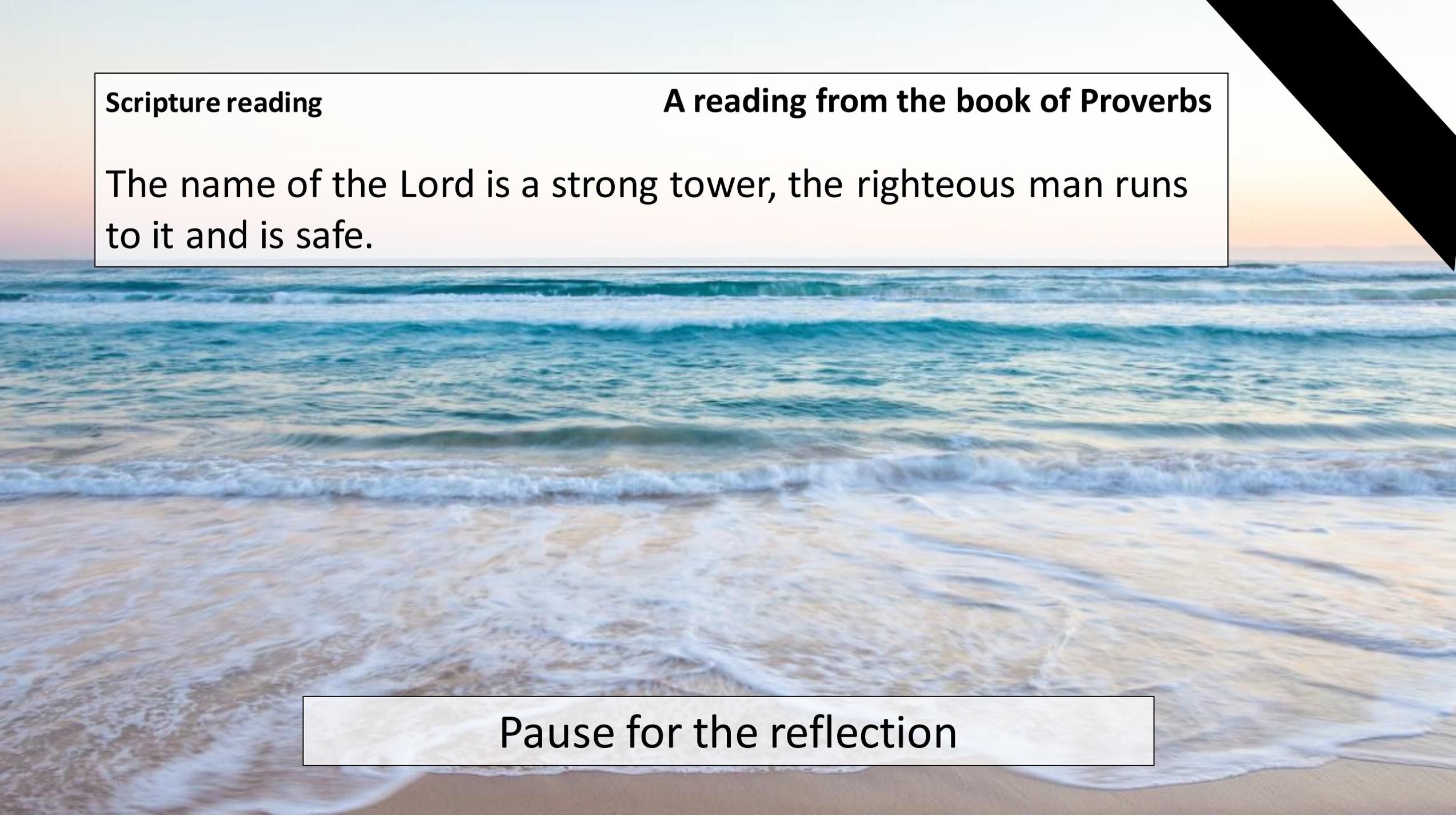
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Scripture reading

A reading from the book of Proverbs

The name of the Lord is a strong tower, the righteous man runs to it and is safe.





Scripture reading

A reading from the book of Proverbs

The name of the Lord is a strong tower, the righteous man runs to it and is safe.

Pause for the reflection

Scripture reading

A reading from the book of Proverbs

The name of the Lord is a strong tower, the righteous man runs to it and is safe.

Think and reflect...

Who in my life do I know I can trust?

What about them makes them trustworthy?

How often do I place my trust in God?

Allow a time of silence to reflect on these questions

Intercessions

Christ, our king and redeemer: help us to know your power and your love.

– *Lord hear us. Lord graciously hear us.*

Christ, our hope: sustain us throughout the day.

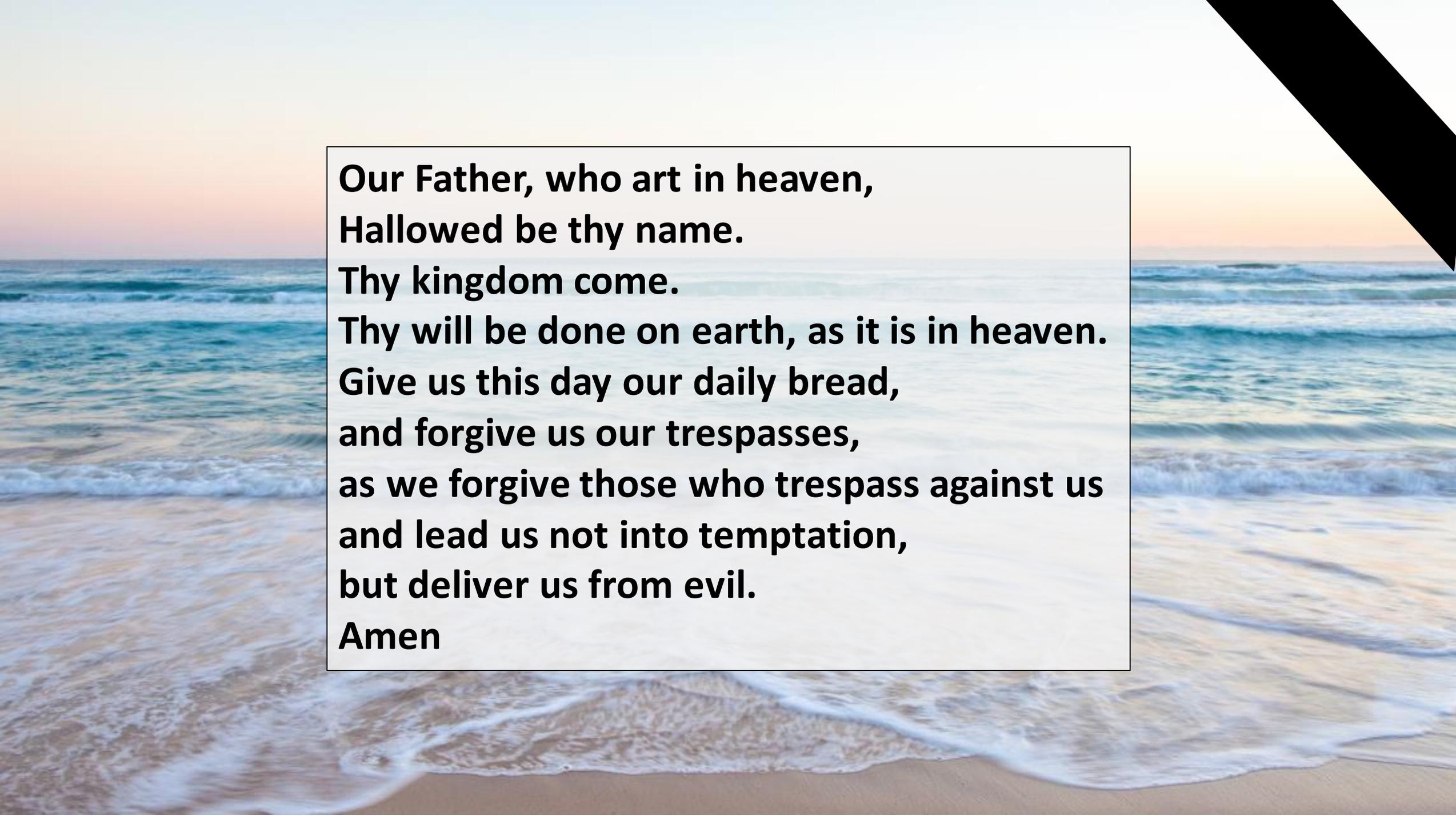
– *Lord hear us. Lord graciously hear us.*

Christ, our fortress: fight with us against our weakness.

– *Lord hear us. Lord graciously hear us.*

Christ, our friend: teach us to be trustworthy.

– *Lord hear us. Lord graciously hear us.*



**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**

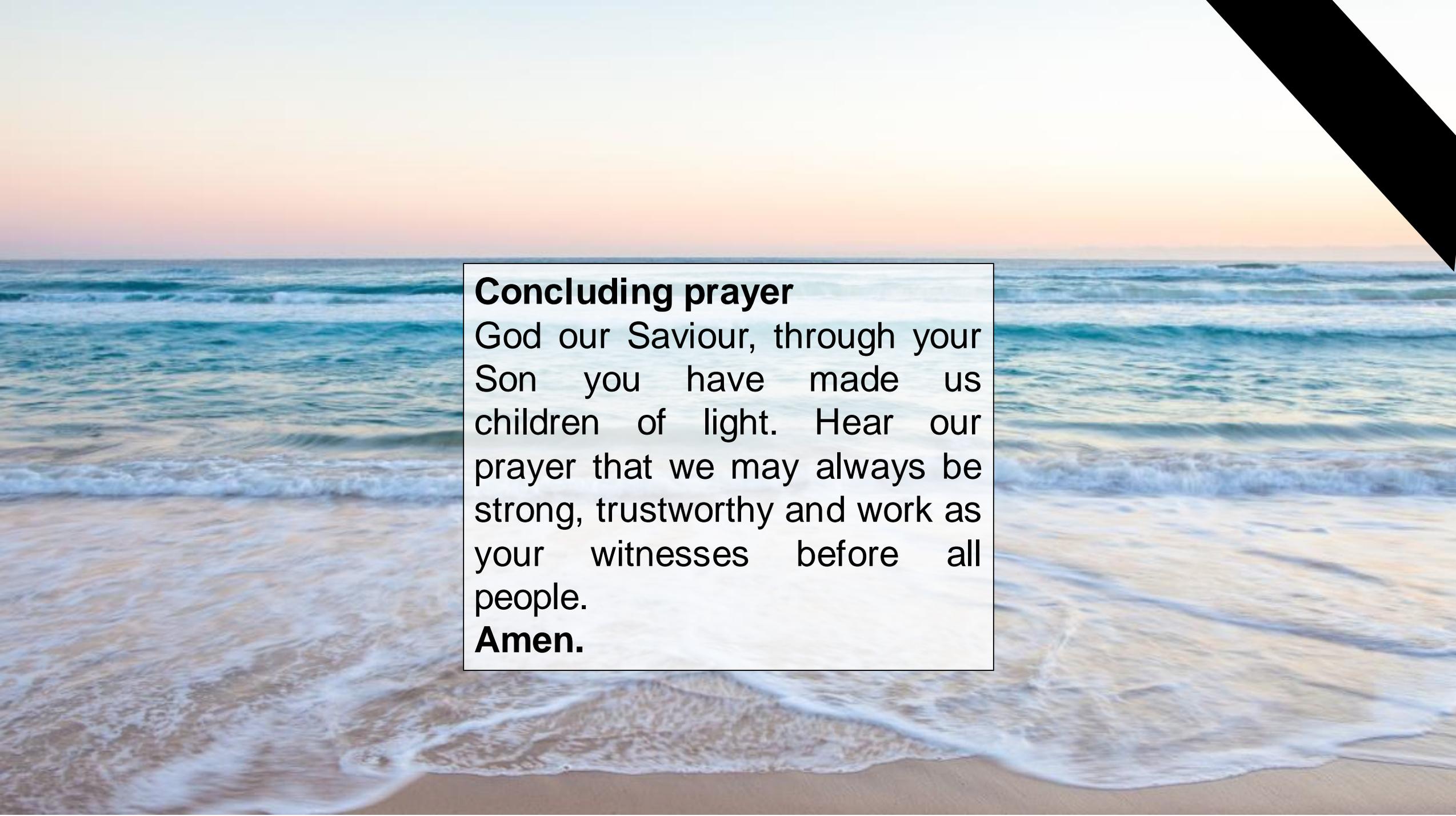
A black and white portrait of Queen Elizabeth II, showing her from the chest up. She has short, curly white hair and is wearing a dark, sleeveless top with a pearl necklace. She is looking slightly to the right of the camera with a gentle expression. The background is dark and out of focus.

**We pray the eternal rest
prayer for Queen Elizabeth II**

Eternal rest grant
unto her, O Lord,
and let perpetual
light shine upon
her.

May she rest in
peace.

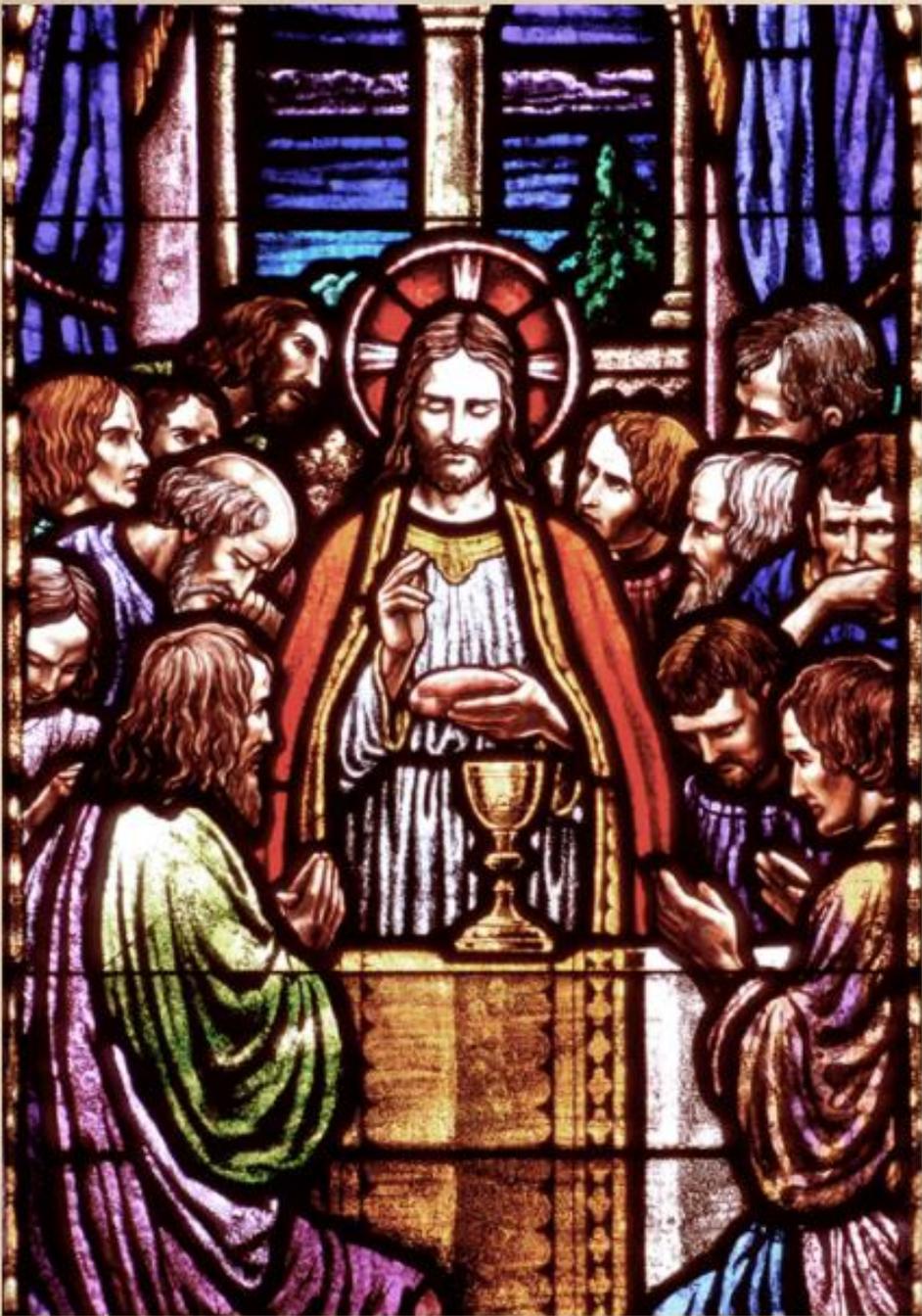
Amen.



Concluding prayer

God our Saviour, through your Son you have made us children of light. Hear our prayer that we may always be strong, trustworthy and work as your witnesses before all people.

Amen.



GRACE BEFORE MEALS

BLESS US, OH LORD,
AND THESE THY GIFTS
WHICH WE ARE ABOUT TO
RECEIVE FROM THY
BOUNTY, THROUGH
CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Tuesday



**Ant. What marvels the Lord worked for us:
indeed we are glad.**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places.

He destined us in love to be his sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace which he freely bestowed on us in the Beloved.

His purpose he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

**Ant. What marvels the Lord worked for us:
indeed we are glad.**



**Pause for the
reflection.**

We ask the saints to pray for us:

Lord, we thank You for giving us St. Margaret Clitherow as an example of courage and holiness. Help us to copy the example of love that she showed in living out her vocation.
St Margaret Clitherow; Pray for us.
Amen

We pray the eternal rest prayer for Queen Elizabeth II

Eternal rest grant unto her, O Lord,
and let perpetual light shine upon her.

May she rest in peace.

Amen.



End with the
Sign of the Cross



Begin with the
Sign of the Cross

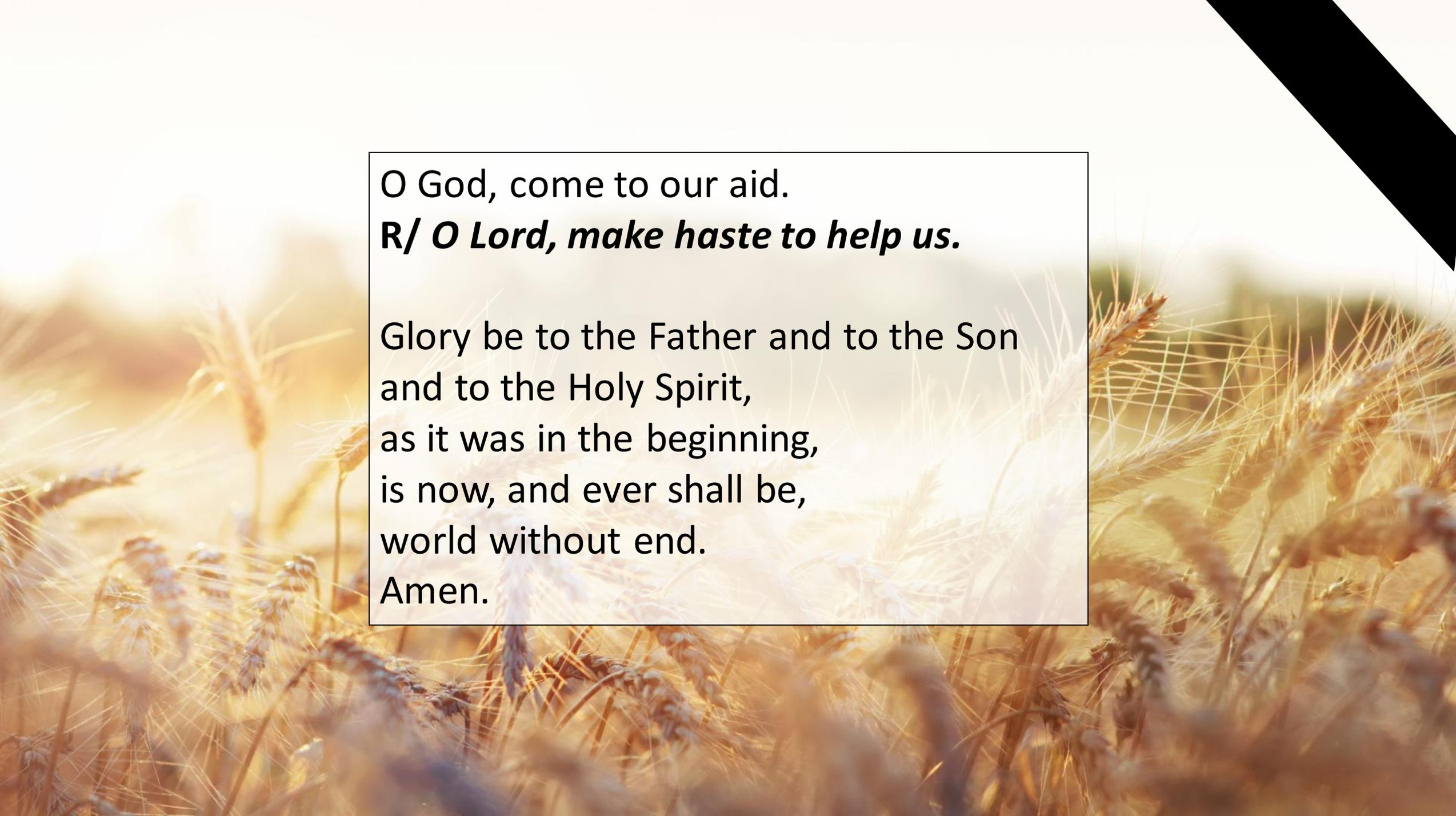


Morning Prayer

Wednesday 14th September

Feast of the Exaltation of the Holy Cross





O God, come to our aid.

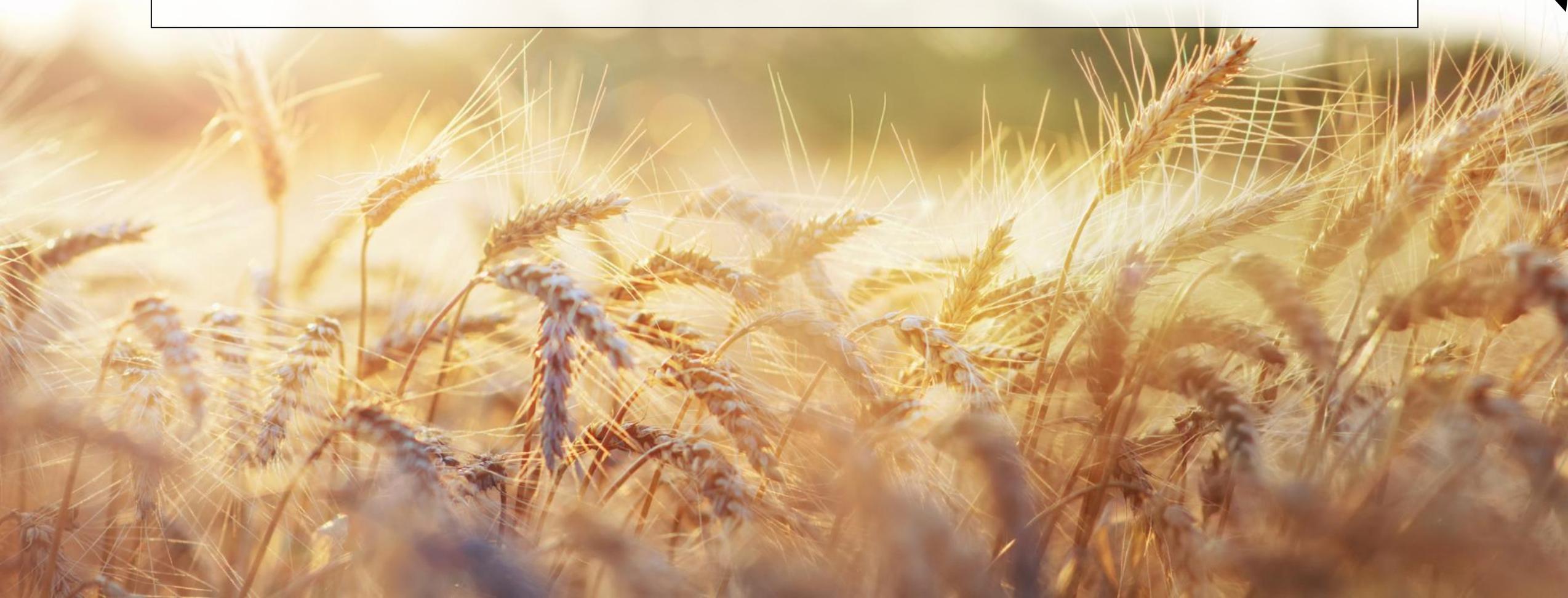
R/ O Lord, make haste to help us.

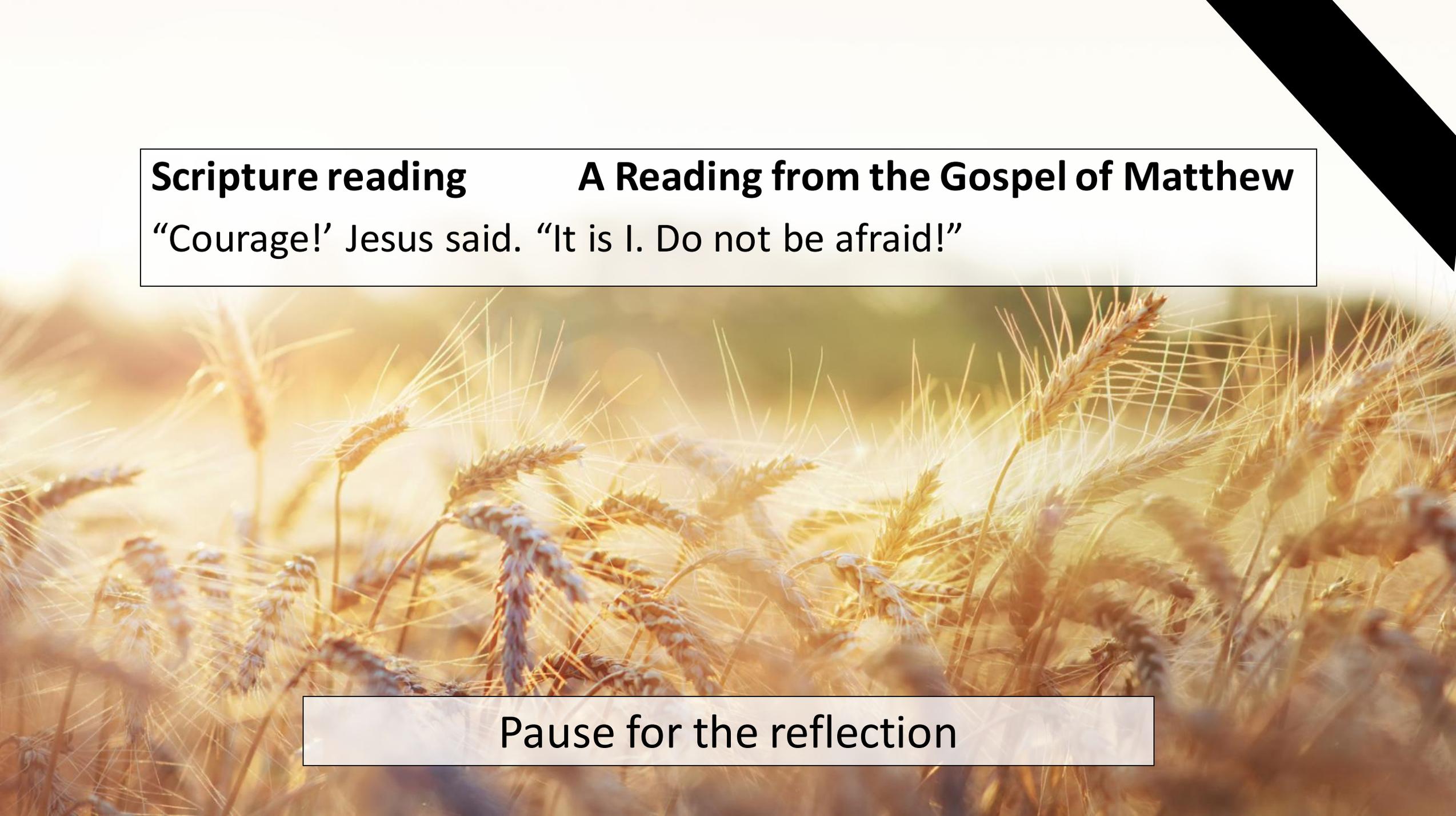
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Scripture reading

A Reading from the Gospel of Matthew

“Courage!’ Jesus said. “It is I. Do not be afraid!”





Scripture reading

A Reading from the Gospel of Matthew

“Courage!’ Jesus said. “It is I. Do not be afraid!”

Pause for the reflection

Scripture reading

A Reading from the Gospel of Matthew

“Courage!” Jesus said. “It is I. Do not be afraid!”

Think and reflect...

Do I open up about how I feel?

Am I honest with myself about how I feel or do I bury my emotions?

How can I entrust how I'm feeling to the Lord today?

Allow a time of silence to reflect on these questions

Intercessions

Loving God, we are sorry for the times we have separated ourselves from you, help us to turn back to you with our whole hearts

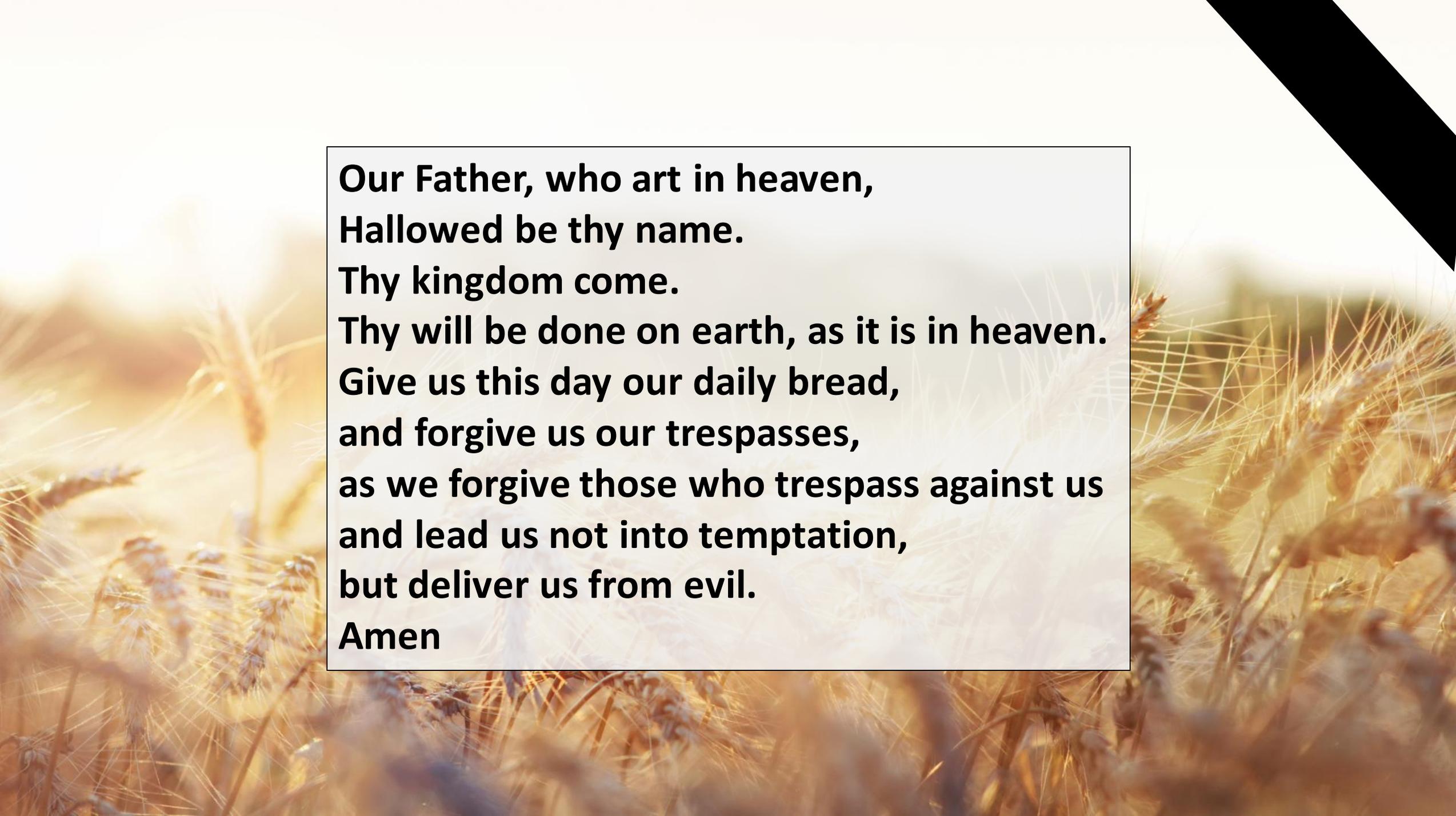
– *Lord hear us. Lord graciously hear us.*

Lord, we pray for an end to injustice, discrimination and hatred. May we always stand up for, and defend those who are persecuted.

– *Lord hear us. Lord graciously hear us.*

Lord, we are all made in your precious image. Help us to see one another with the love and care with which you see us.

– *Lord hear us. Lord graciously hear us.*

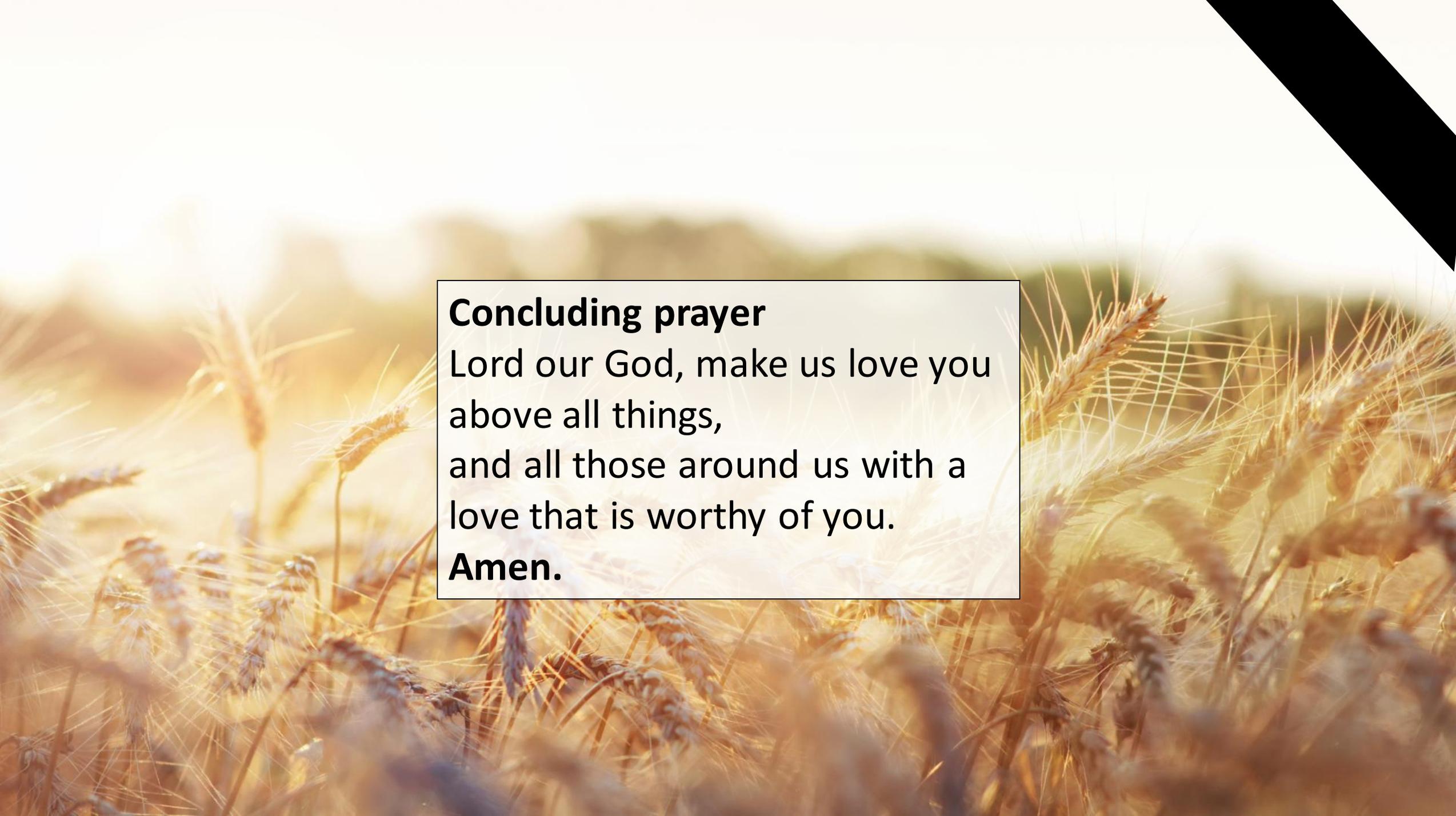


**Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen**



**We pray the Royal Family after
the death of Queen Elizabeth**

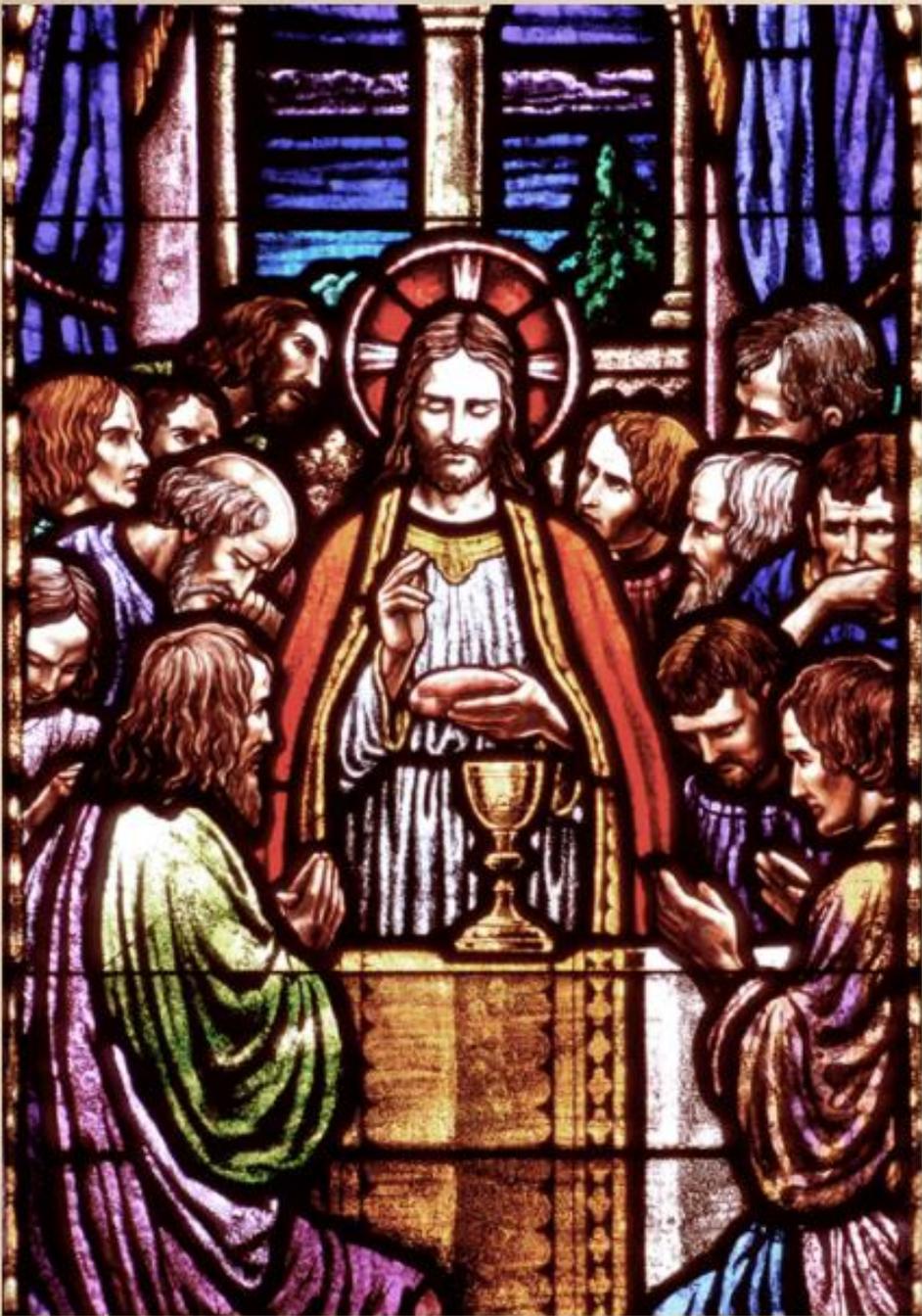
**Almighty God, source of
all consolation, we pray
for the members of the
Royal Family who
mourn the loss of their
mother, grandmother
and great-grandmother.
Let them find in Your
Son, Jesus, comfort in
their sadness and
courage to live through
this hour. Amen**

A close-up photograph of golden wheat stalks in a field, bathed in the warm, soft light of a sunset. The background is a blurred landscape of more wheat under a bright, hazy sky. A solid black triangle is positioned in the top right corner of the image.

Concluding prayer

Lord our God, make us love you
above all things,
and all those around us with a
love that is worthy of you.

Amen.



GRACE BEFORE MEALS

BLESS US, OH LORD,
AND THESE THY GIFTS
WHICH WE ARE ABOUT TO
RECEIVE FROM THY
BOUNTY, THROUGH
CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Wednesday 14th September

Feast of the Exaltation of the Holy Cross





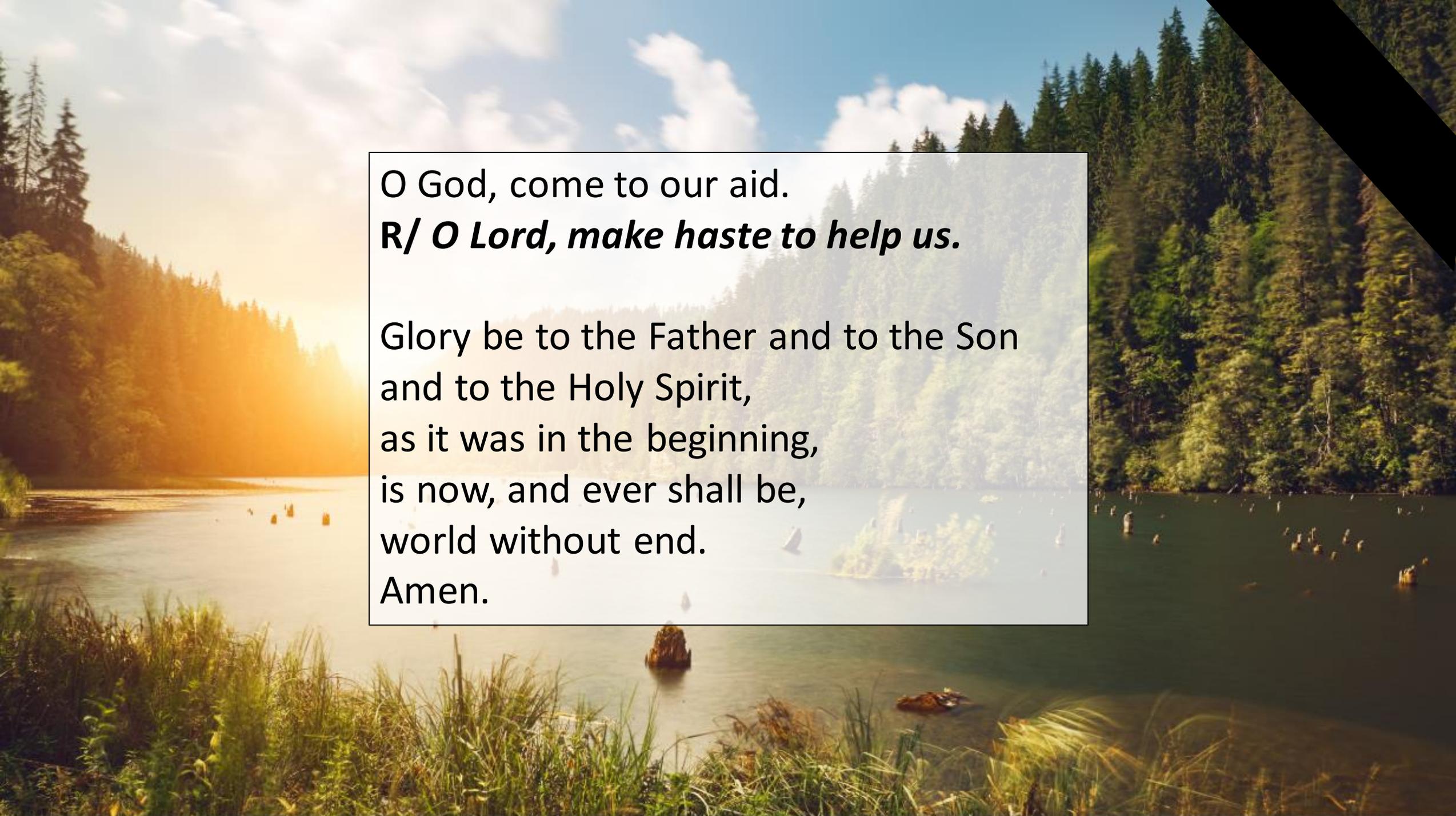
Begin with the
Sign of the Cross



Morning Prayer

Thursday 15th September

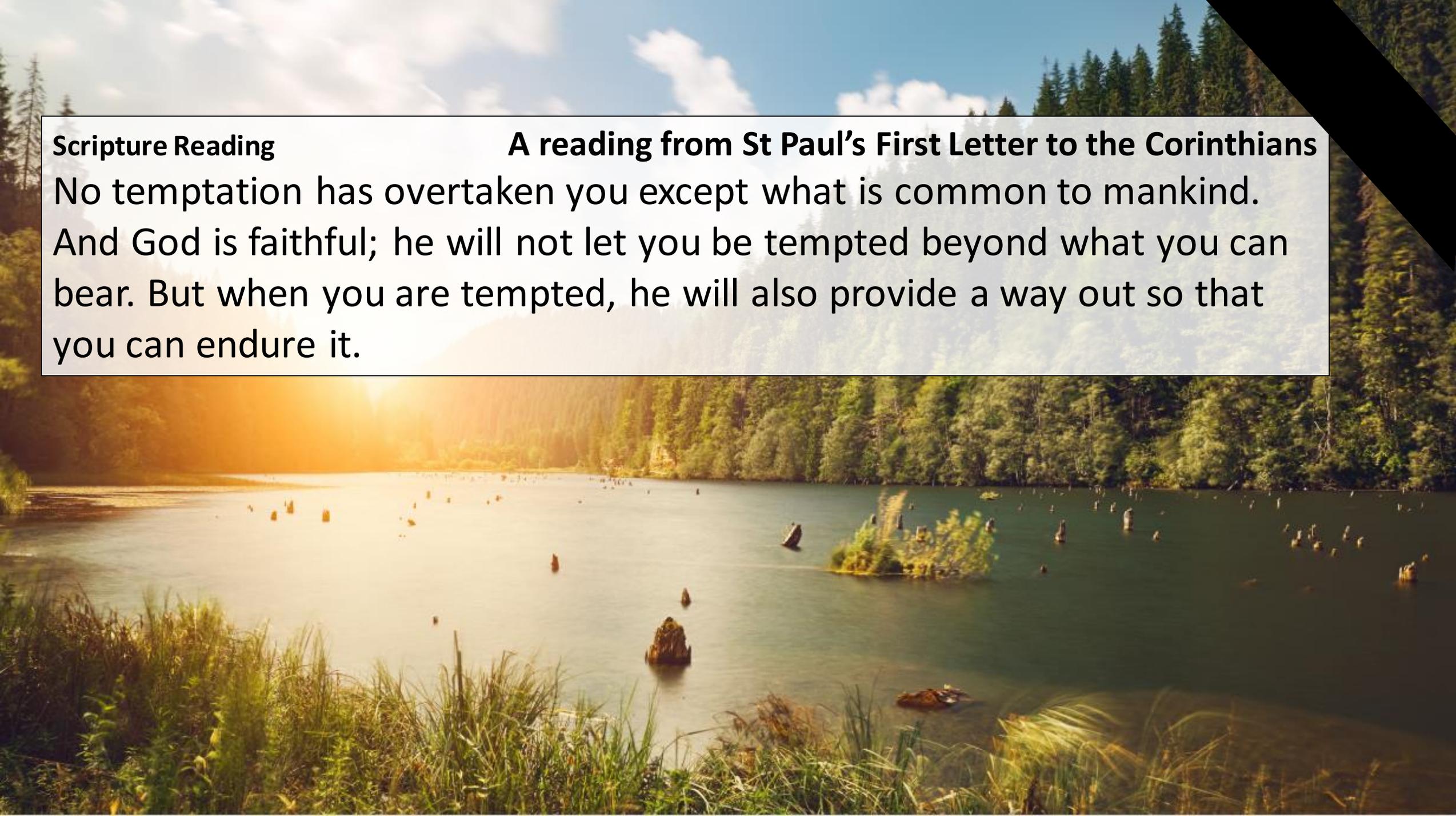




O God, come to our aid.

R/ O Lord, make haste to help us.

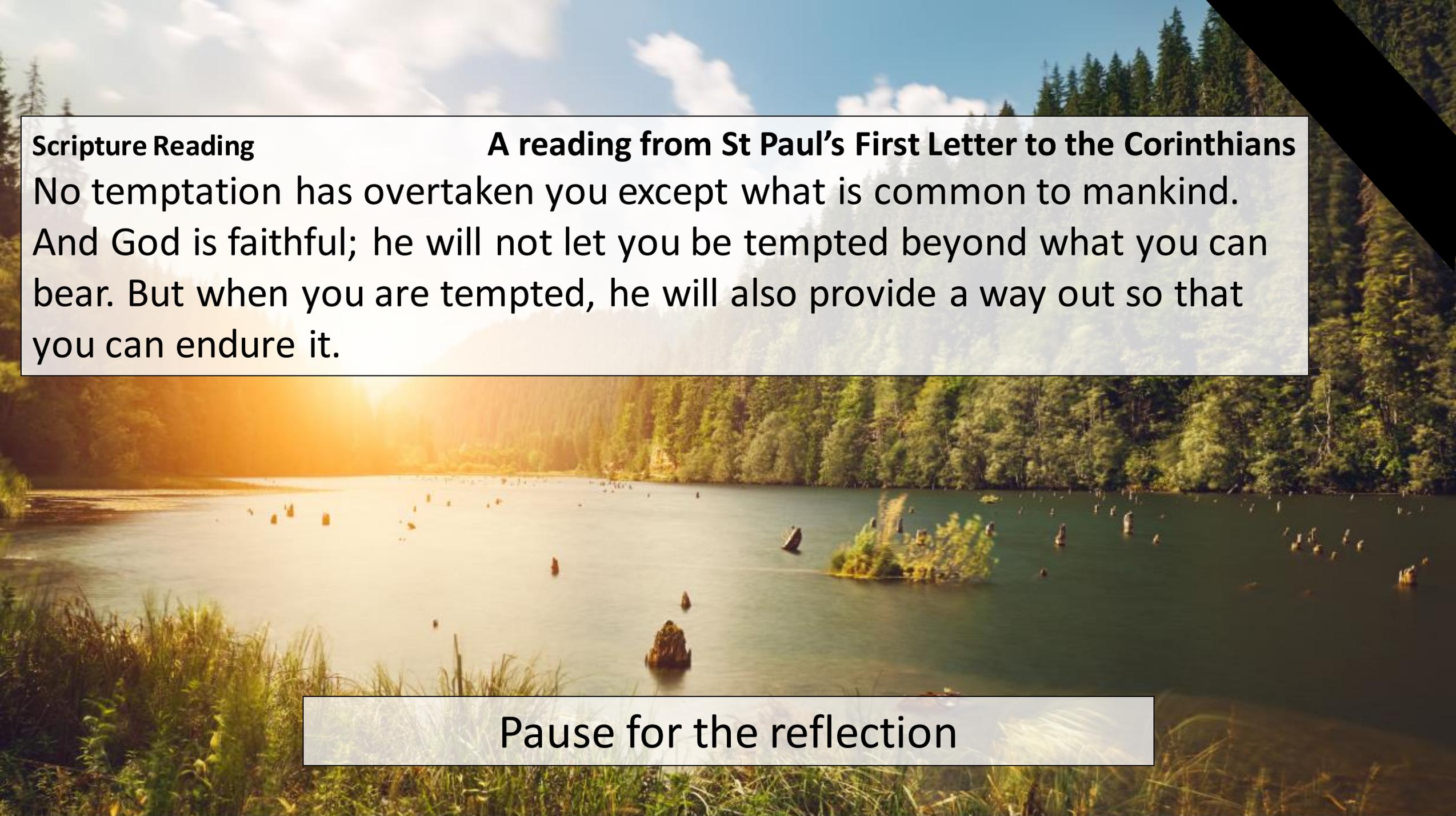
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.



Scripture Reading

A reading from St Paul's First Letter to the Corinthians

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.



Scripture Reading

A reading from St Paul's First Letter to the Corinthians

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Pause for the reflection

Scripture Reading

A reading from St Paul's First Letter to the Corinthians

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Think and reflect...

Do I allow myself to easily give up?

Do I set an example of resilience to others?

Would I like to allow the Holy Spirit to work in and through me?

Allow a time of silence to reflect on these questions

Intercessions

Lord, be with us as we start a new day: move our hearts to seek you and our wills to serve you.

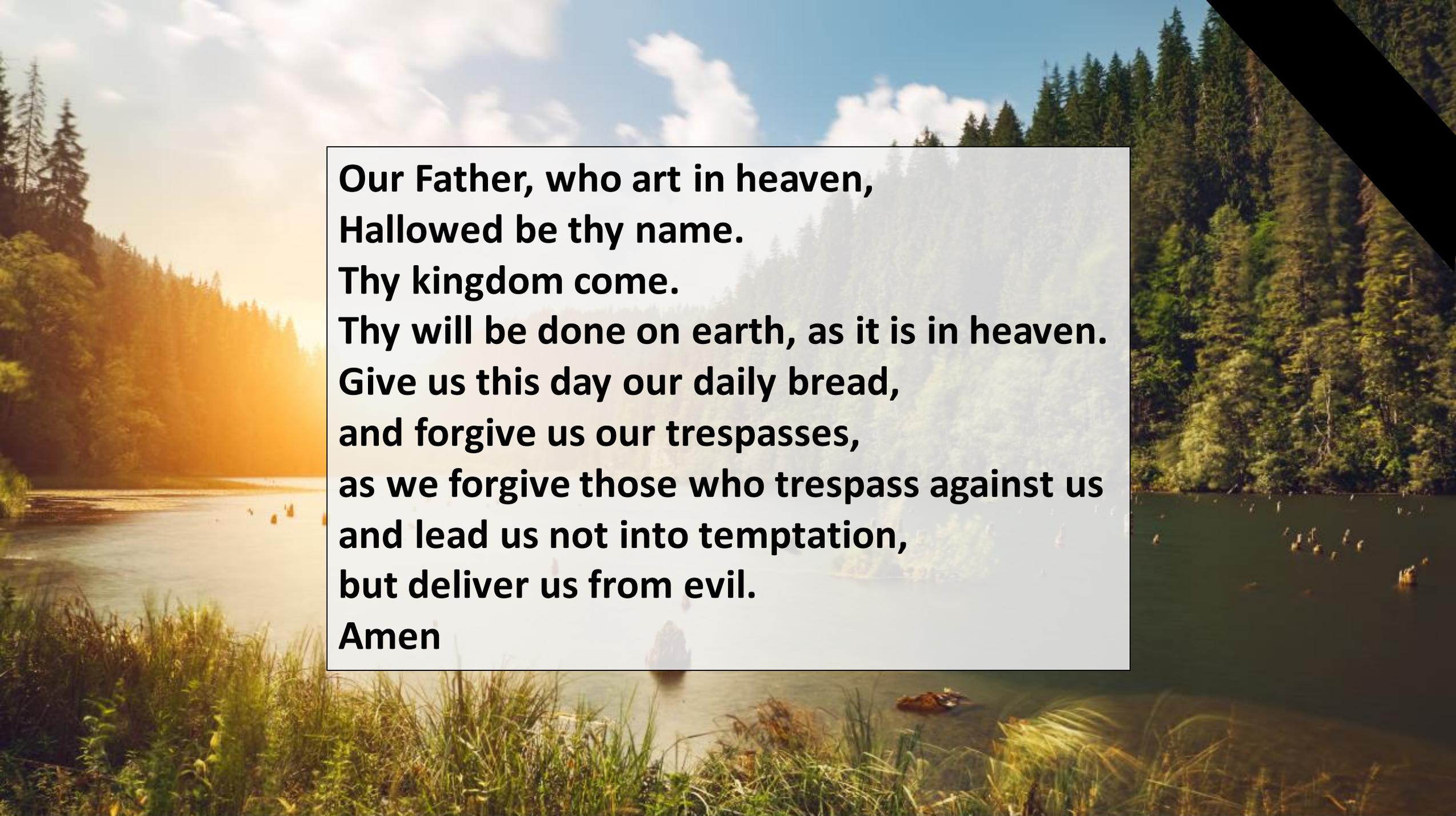
– *Lord hear us, **Lord graciously hear us.***

Deepen our awareness of your presence: teach us to be brave and to stand up for what is right.

– *Lord hear us, **Lord graciously hear us.***

You gave up everything because You love us so much: teach us to try our best every moment of every day.

– *Lord hear us, **Lord graciously hear us.***

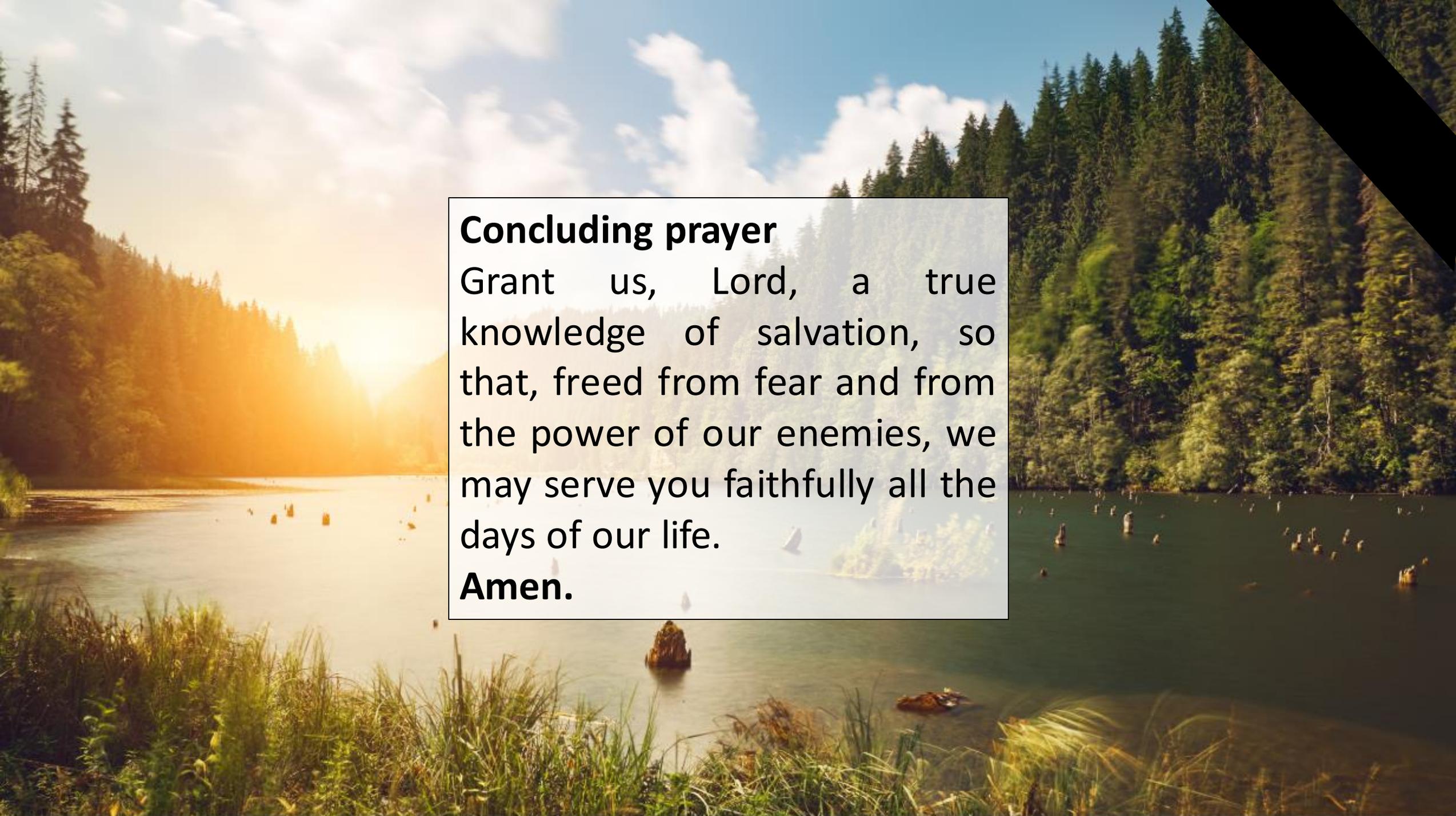


**Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen**



**We pray the Royal Family after
the death of Queen Elizabeth**

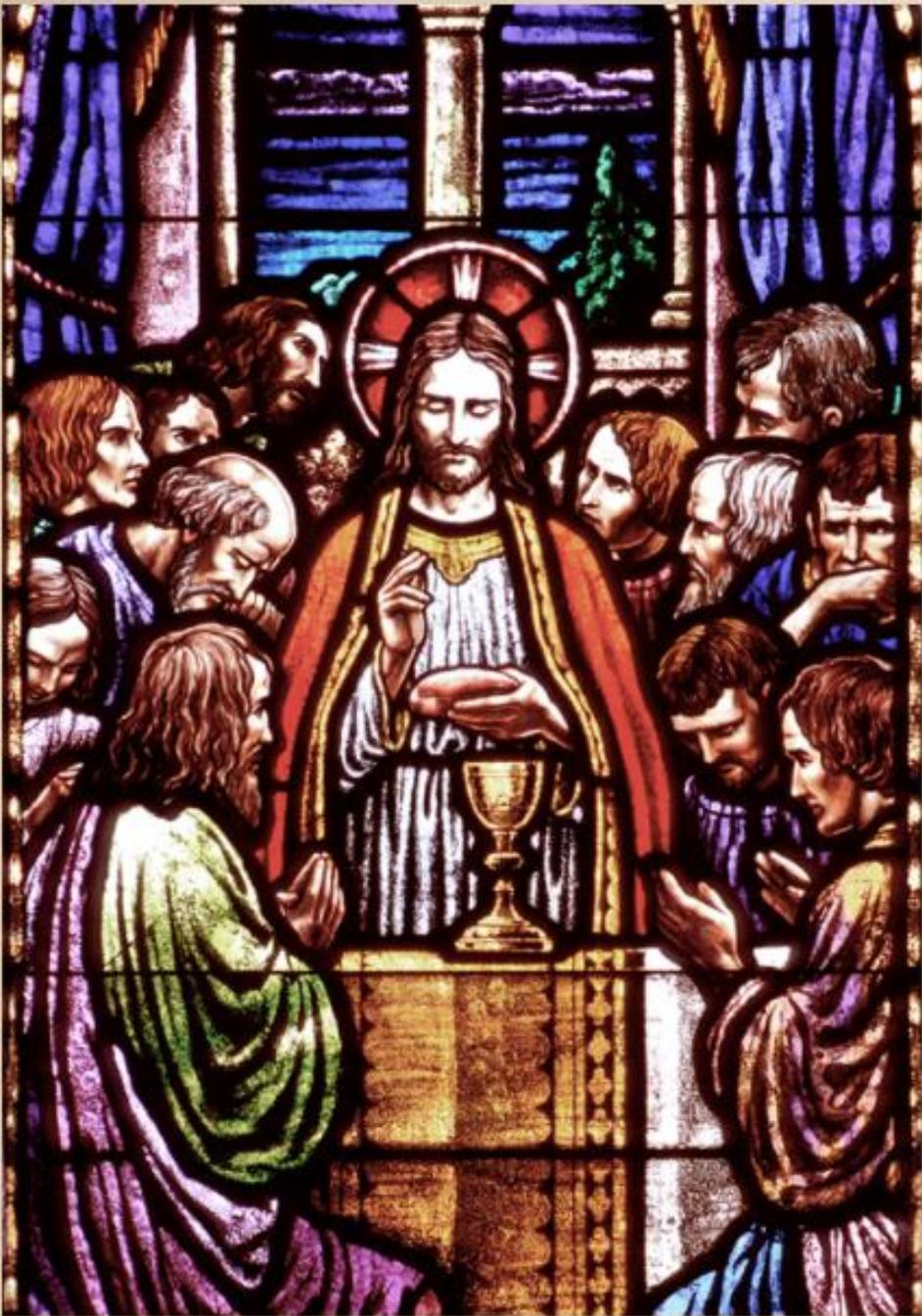
**Almighty God, source of
all consolation, we pray
for the members of the
Royal Family who mourn
the loss of their mother,
grandmother and great-
grandmother. Let them
find in Your Son, Jesus,
comfort in their sadness
and courage to live
through this hour. Amen**

A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees on the right, and a bright sunset or sunrise on the left. The sky is filled with soft, white clouds. In the foreground, there are tall grasses and reeds. The water reflects the light from the sun. A black diagonal shape is visible in the top right corner.

Concluding prayer

Grant us, Lord, a true knowledge of salvation, so that, freed from fear and from the power of our enemies, we may serve you faithfully all the days of our life.

Amen.



GRACE BEFORE MEALS

BLESS US, OH LORD,
AND THESE THY GIFTS
WHICH WE ARE ABOUT TO
RECEIVE FROM THY
BOUNTY, THROUGH
CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Thursday 15th September



Ant. The Lord brought down the mighty from their seats, and raised up the lowly.

My soul glorifies the Lord, my spirit rejoices in God, my Saviour. He looks on his servant in her lowliness; henceforth all ages will call me blessed.

The Almighty works marvels for me. Holy his name!
His mercy is from age to age, on those who fear him.

He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly.

He fills the starving with good things, sends the rich away empty.

Ant. The Lord brought down the mighty from their seats, and raised up the lowly.

Pause for the reflection.

We ask the saints to pray for us:



Lord, Blessed George Haydock gave his life for his belief and service of you. Help us to have courage like him and the passion to stand up for the truth. Blessed George Haydock; Pray for us. Amen

We pray the eternal rest prayer for Queen Elizabeth II

Eternal rest grant unto her, O Lord,
and let perpetual light shine upon her.
May she rest in peace.

Amen.



End with the
Sign of the Cross



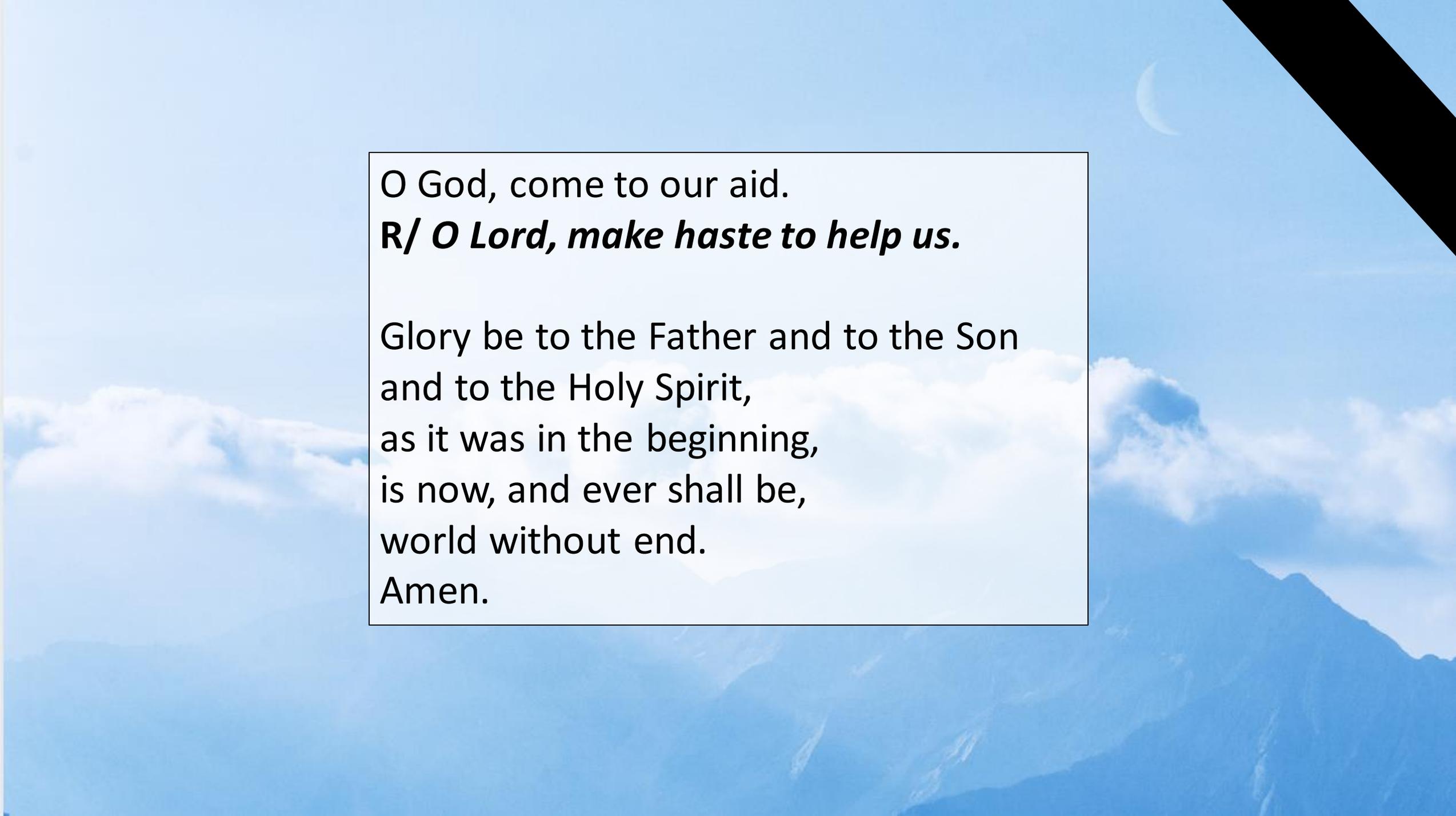
Begin with the
Sign of the Cross



Morning Prayer

Friday 16th September



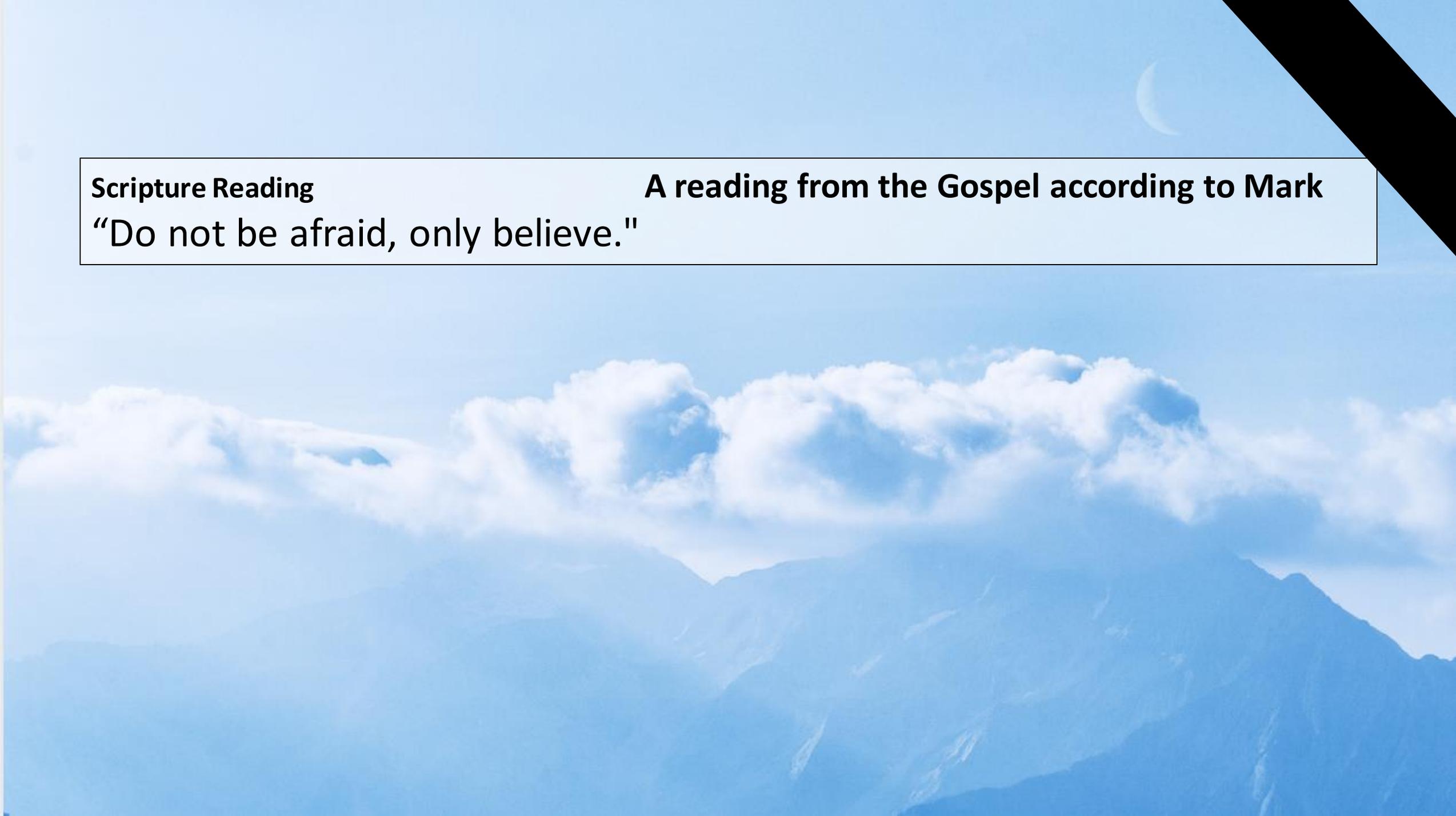


O God, come to our aid.

R/ O Lord, make haste to help us.

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.



Scripture Reading

“Do not be afraid, only believe.”

A reading from the Gospel according to Mark

Scripture Reading

"Do not be afraid, only believe."

A reading from the Gospel according to Mark



Pause for the reflection

Scripture Reading

A reading from the Gospel according to Mark

"Do not be afraid, only believe."

Think and reflect...

Do you experience complete fulfilment in your daily life?

Do you seek peace or do you seek conflict and revenge?

Do you practise your faith and are you open about it with others?

Allow a time of silence to reflect on these questions

Intercessions

Help us to show Your light to all who we meet through our faith.

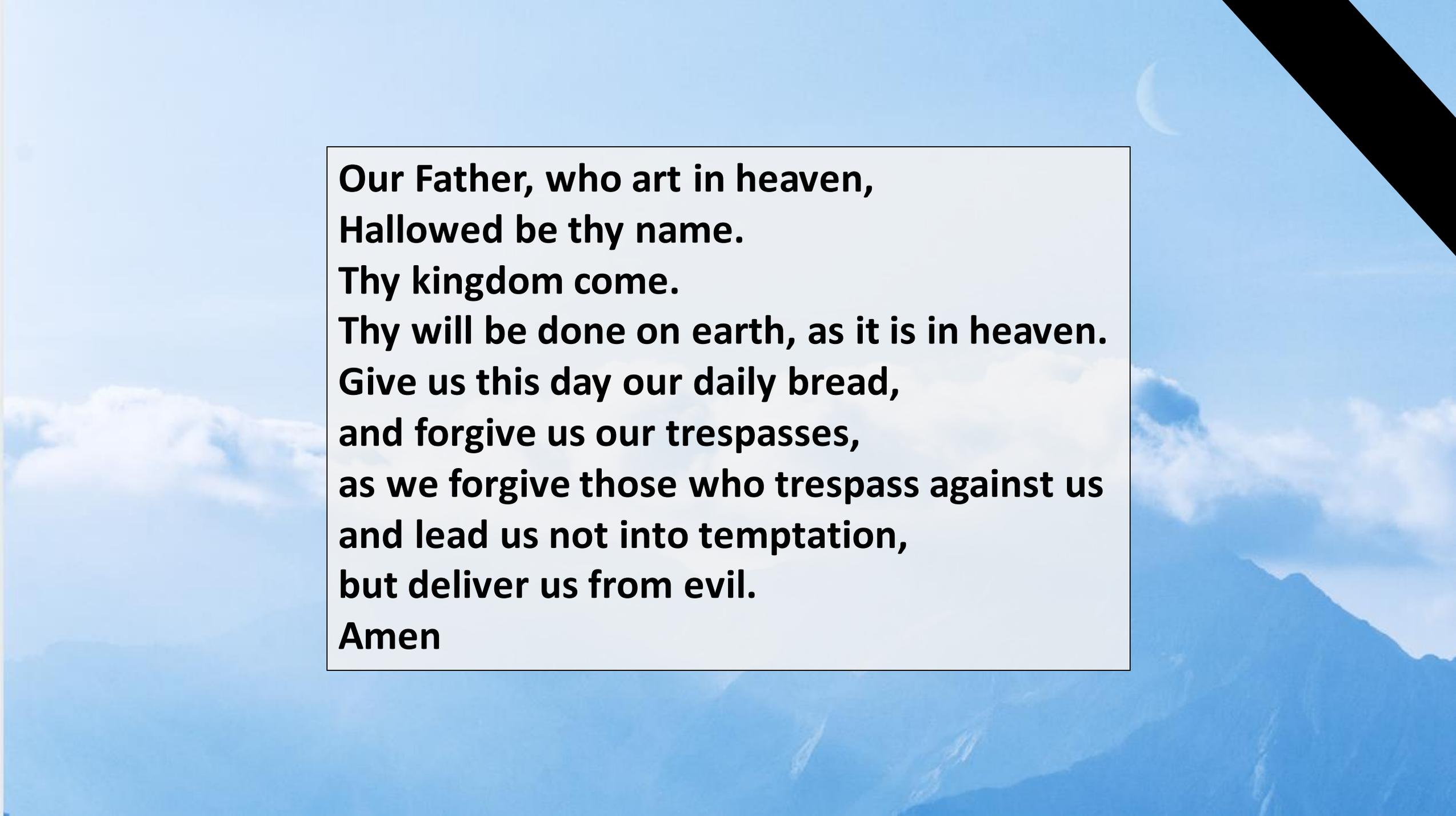
– *Lord hear us, **Lord graciously hear us.***

Guide our thoughts, our words, our actions: so that what we do today may be pleasing to you.

– *Lord hear us, **Lord graciously hear us.***

Help us to be more like St Jose, steadfast in faith.

– *Lord hear us, **Lord graciously hear us.***



**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**

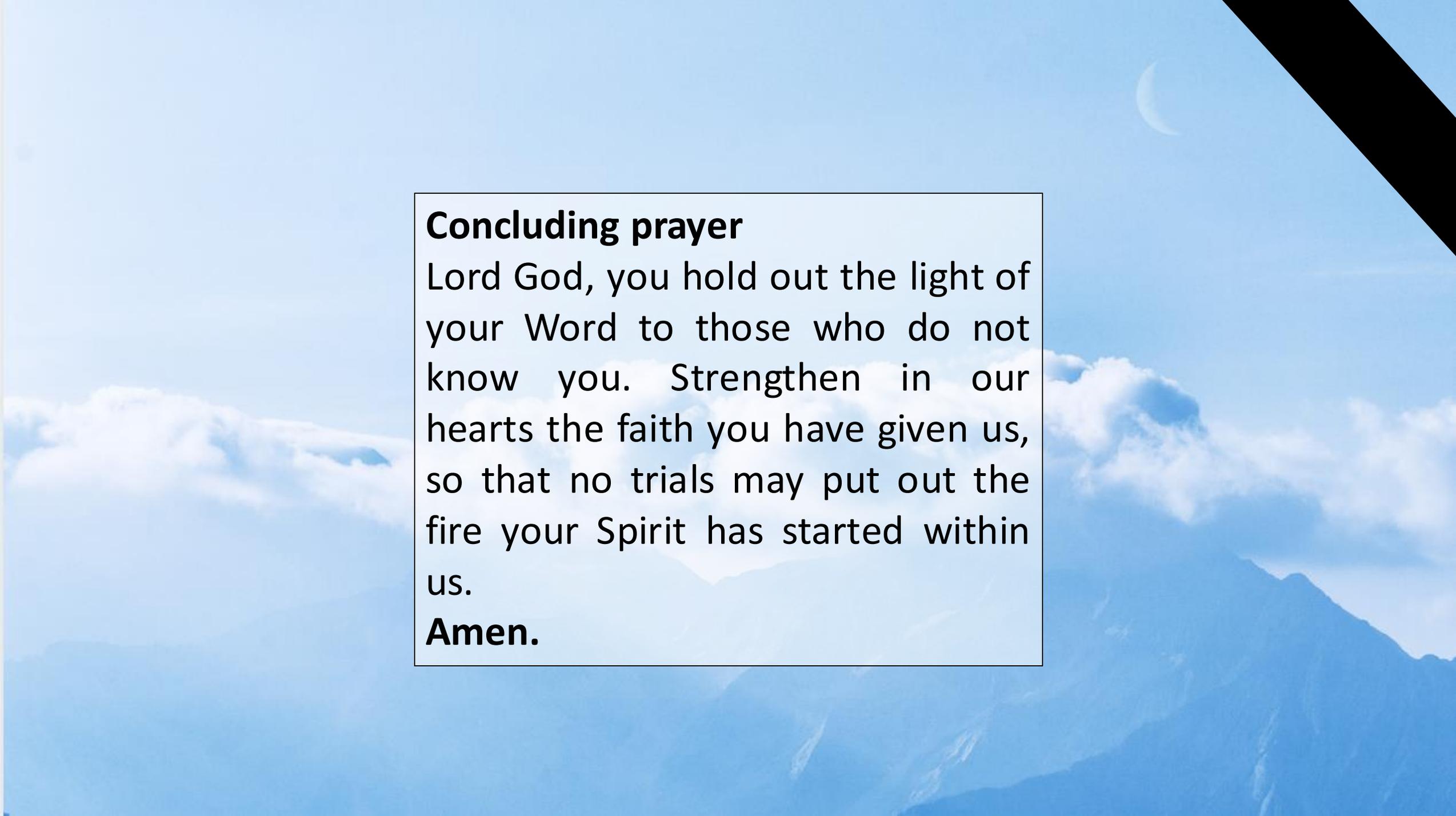


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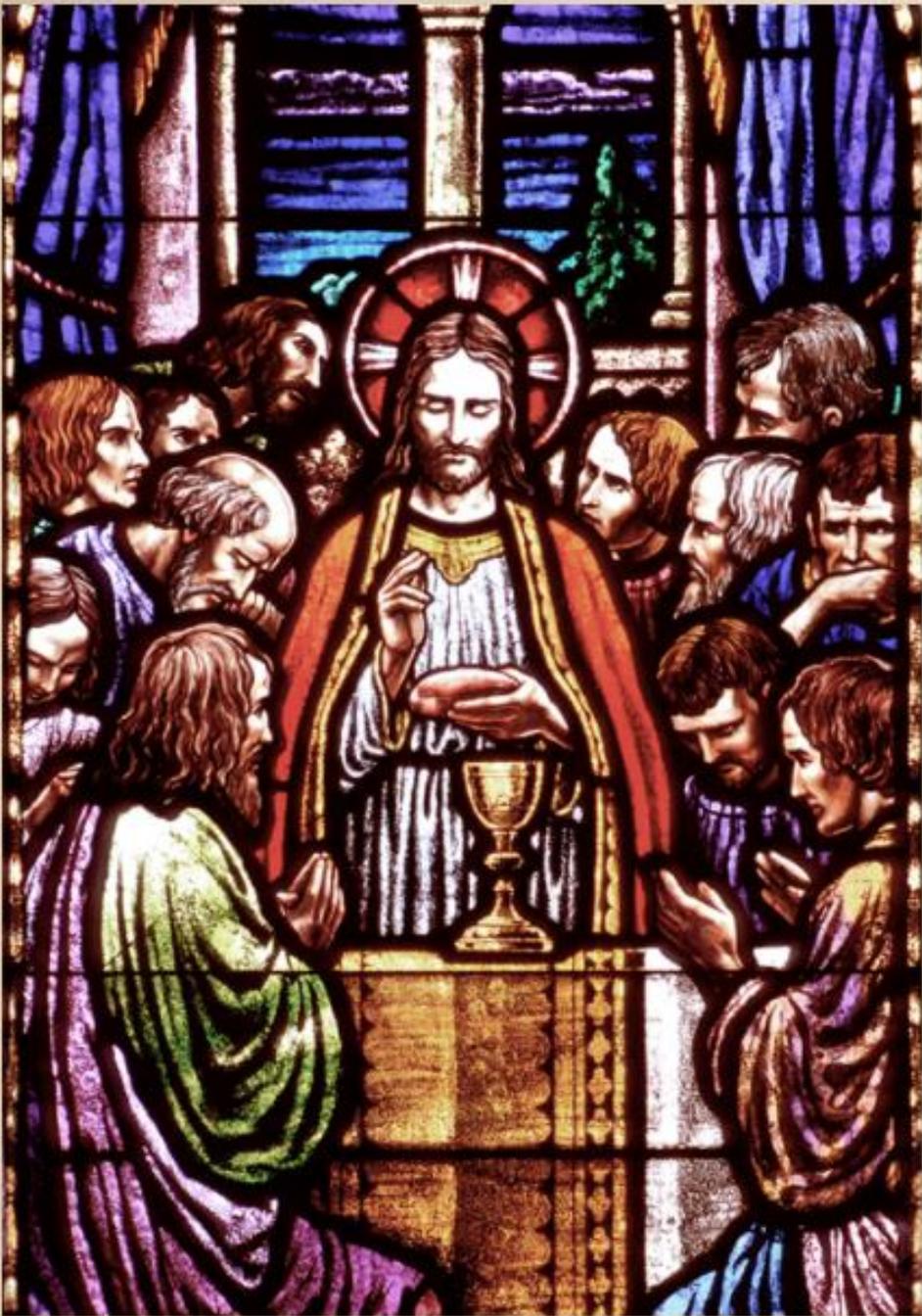
Amen.



Concluding prayer

Lord God, you hold out the light of your Word to those who do not know you. Strengthen in our hearts the faith you have given us, so that no trials may put out the fire your Spirit has started within us.

Amen.



GRACE BEFORE MEALS

BLESS US, OH LORD,
AND THESE THY GIFTS
WHICH WE ARE ABOUT TO
RECEIVE FROM THY
BOUNTY, THROUGH
CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Friday 16th September



Ant: The Lord is great: our God is high above all gods.

*Praise the name of the Lord,
praise him, servants of the Lord,
who stand in the house of the Lord
in the courts of the house of our God.*

Praise the Lord for the Lord is good.
Sing a psalm to his name for he is loving.
For the Lord has chosen Jacob for himself
and Israel for his own possession.

*For I know the Lord is great,
that our Lord is high above all gods.*

Ant: The Lord is great: our God is high above all gods.

**Pause for the
reflection.**

We ask the saints to pray for us:



Lord, you gave St Jose the courage to live out his faith in a time of persecution. Teach us how to show the virtue of fortitude as we stand firm in faith like he did.

St Jose Luis Sanchez del Rio; **Pray for us.**
Amen

We pray for the soul of Queen Elizabeth II

Almighty God, You are the Author and Sustainer of all human life; grant that Your servant, Elizabeth our Queen, may be forgiven her sins and rewarded with the eternal life You won for her. Amen



End with the
Sign of the Cross