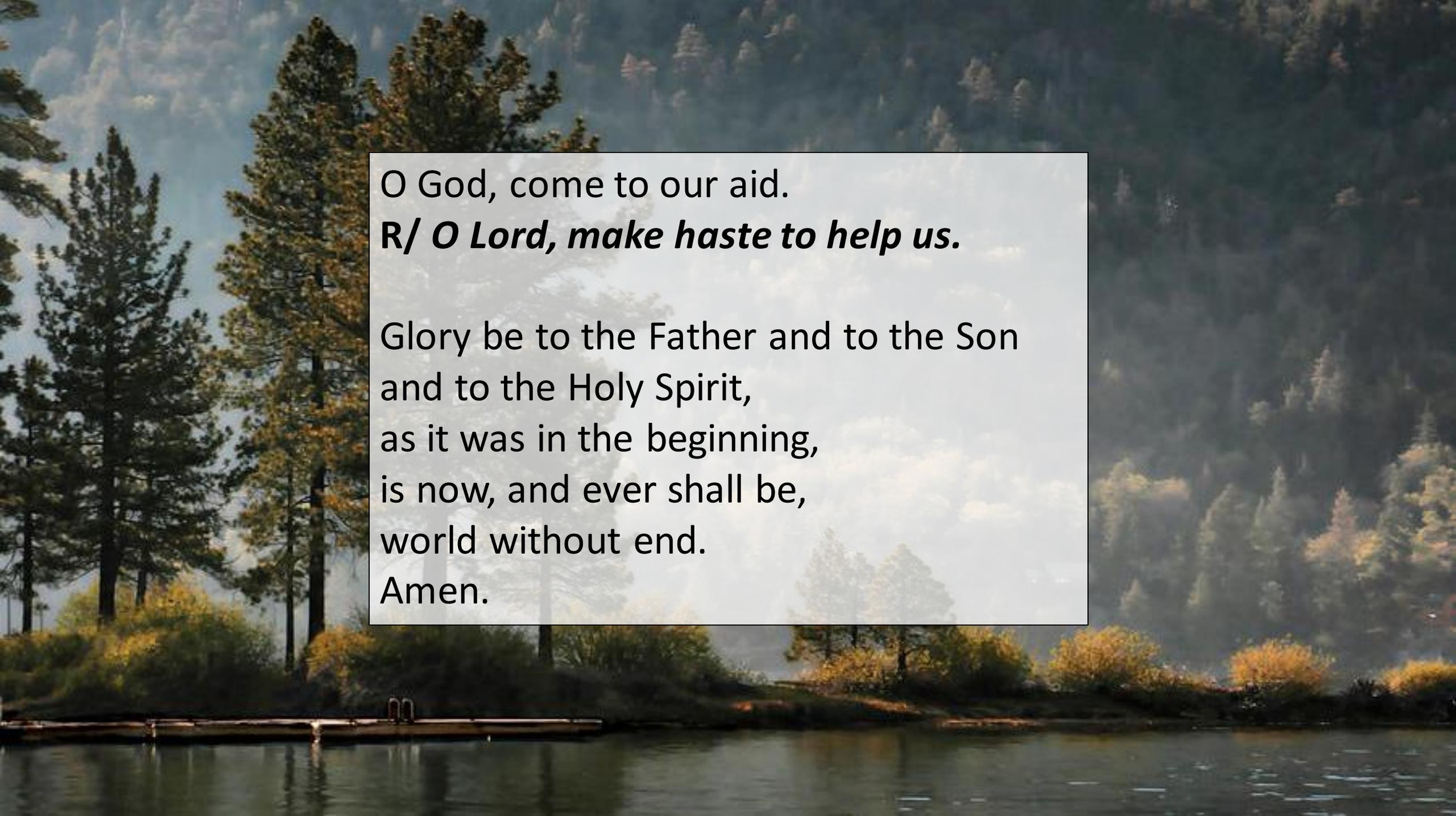


Begin with the
Sign of the Cross

Morning Prayer

Tuesday 20th September



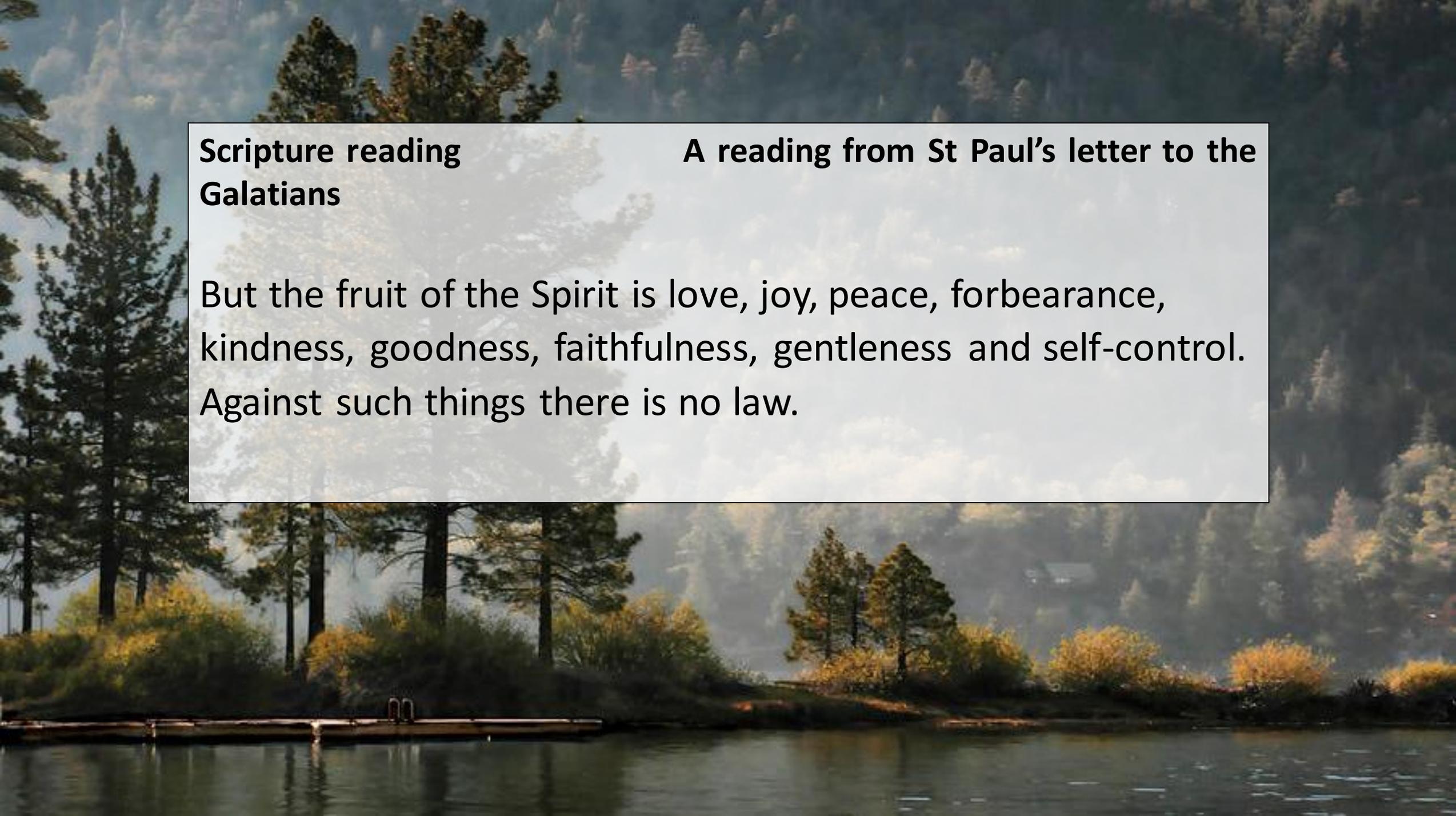


O God, come to our aid.

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.

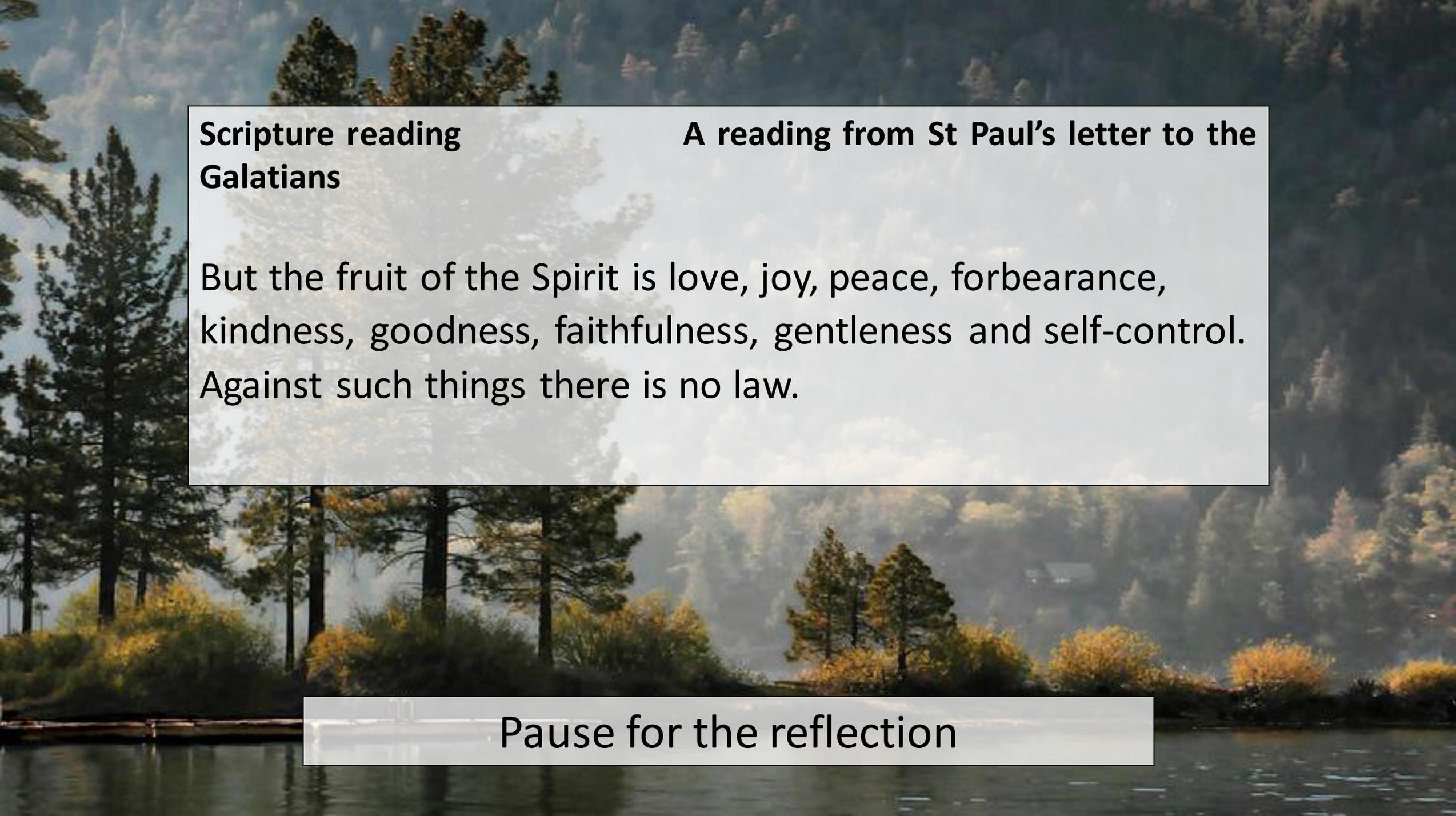
Amen.



**Scripture reading
Galatians**

A reading from St Paul's letter to the

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.



Scripture reading
Galatians

A reading from St Paul's letter to the

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Pause for the reflection

Scripture reading
Galatians

A reading from St Paul's letter to the

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Think and reflect...

Am I aware of my desires and emotions?

Do I let those desires affect my behaviour?

What area of my life do I need the Holy Spirit to help me with?

Allow a time of silence to reflect on these questions

Intercessions

Help us to keep your commandments; so that through your Holy Spirit we may dwell in you, and you in us.

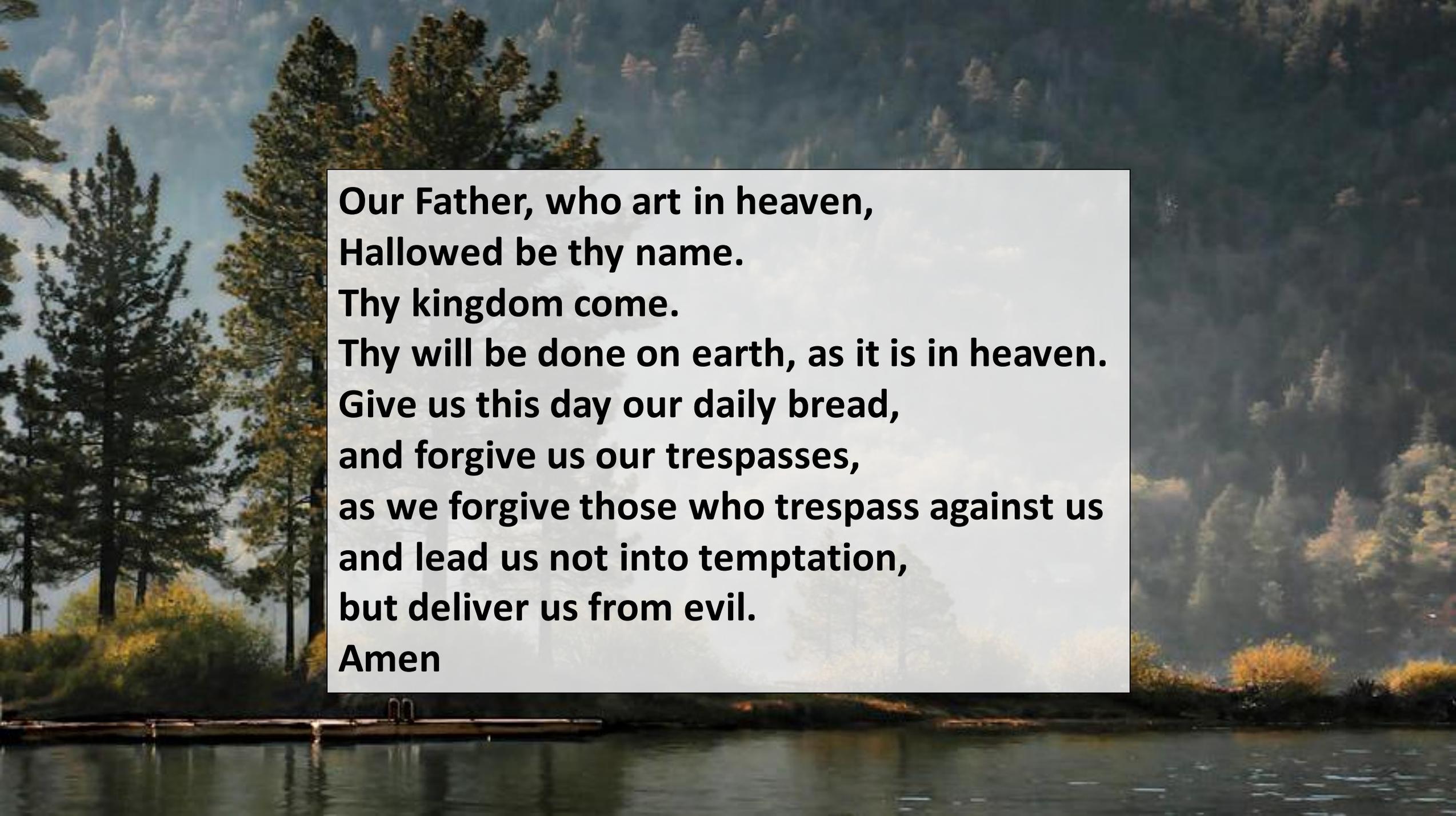
– *Lord hear us. **Lord graciously hear us.***

Everlasting Wisdom, come to us: dwell with us and work in us today.

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

Help us to be considerate and kind; grant that we may bring joy, not pain, to those we meet.

– *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**

Concluding prayer

Almighty God, to whom this world with all its goodness and beauty belongs, give us grace joyfully to begin this day in your name and to fill it with an active love for you and our neighbour. Through our Lord Jesus Christ.

Amen.





Begin with the
Sign of the Cross

Grace before meals

Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy bounty. Through Christ, our Lord.

Amen



Ant. Lord, you made us a kingdom and priests to serve our God.

Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.

Worthy is the Lamb who was slain to receive power and wealth and wisdom and might and honour and glory and blessing.

Ant. Lord, you made us a kingdom and priests to serve our God.

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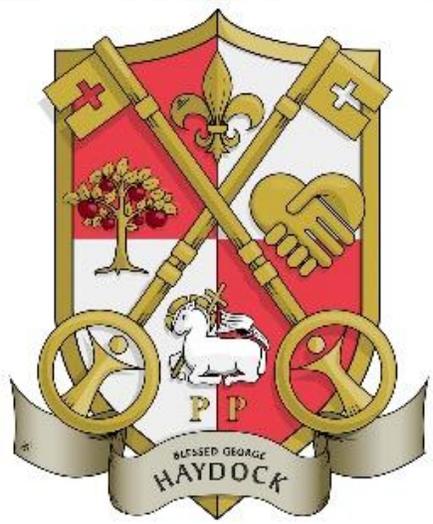
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Worthy is the Lamb who was slain to receive power and wealth and wisdom and might and honour and glory and blessing.

Ant. Lord, you made us a kingdom and priests to serve our God.

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



End with the Sign of the Cross



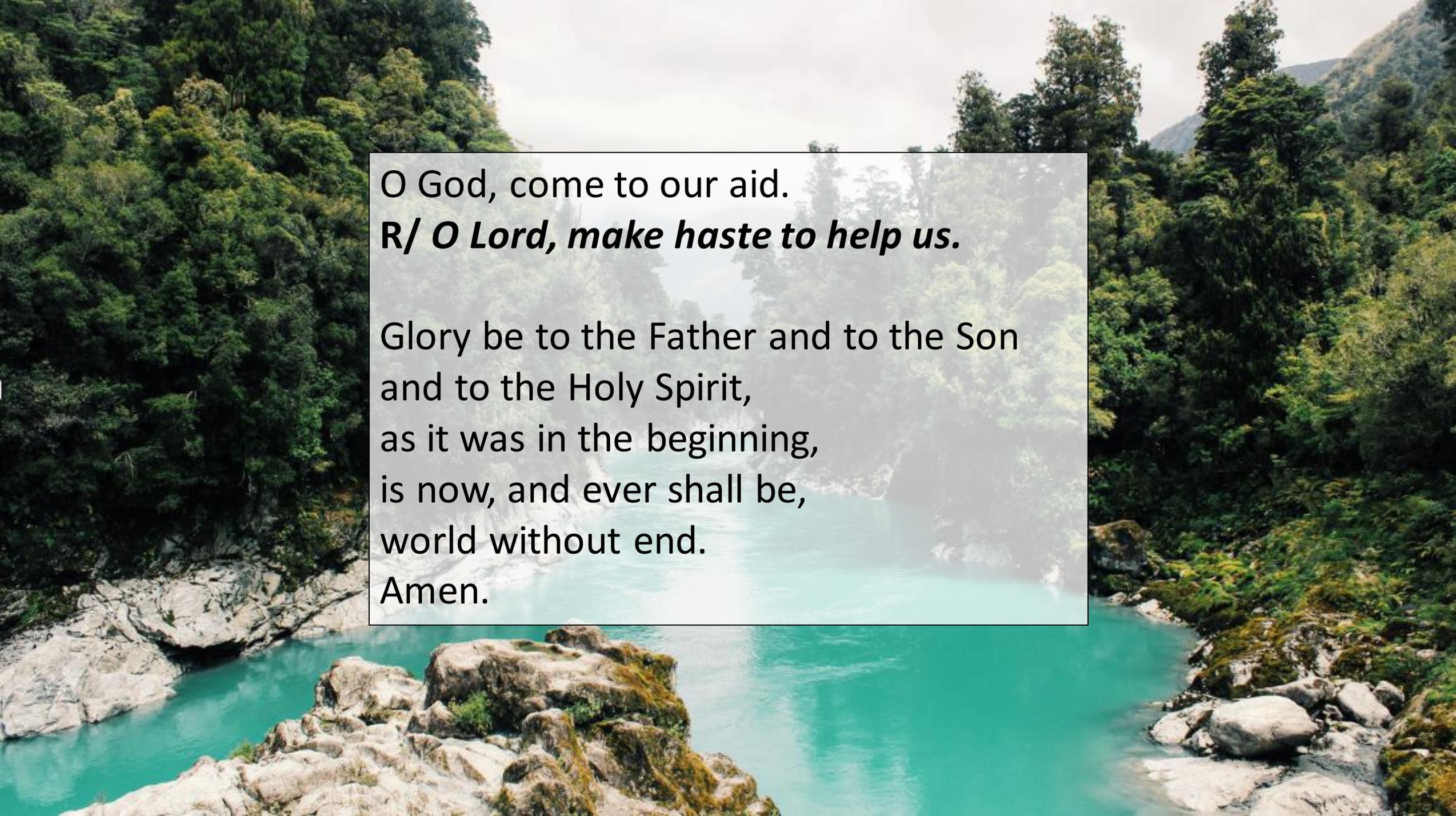
Begin with the
Sign of the Cross



Morning Prayer

Wednesday 21st September



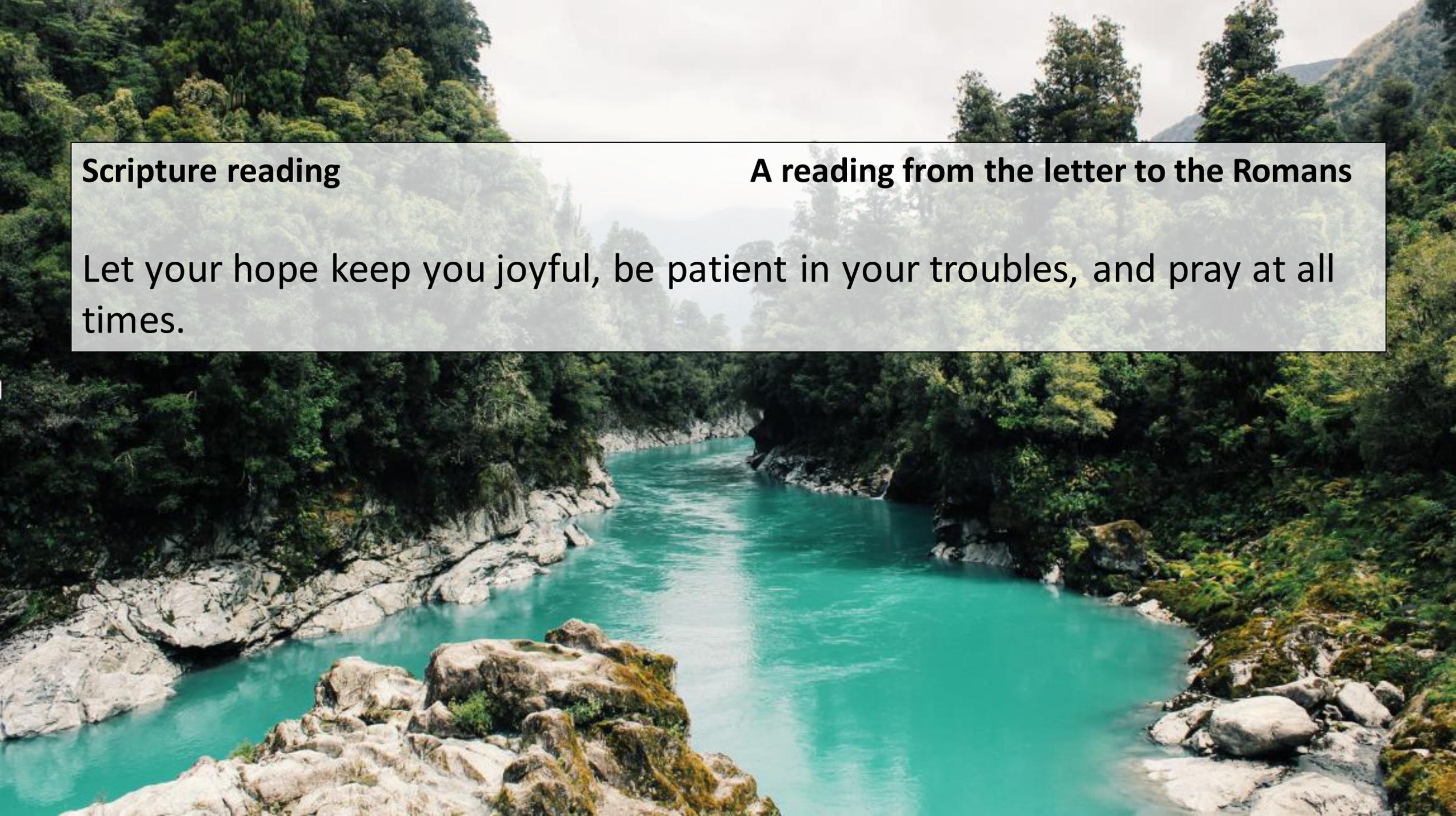


O God, come to our aid.

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.

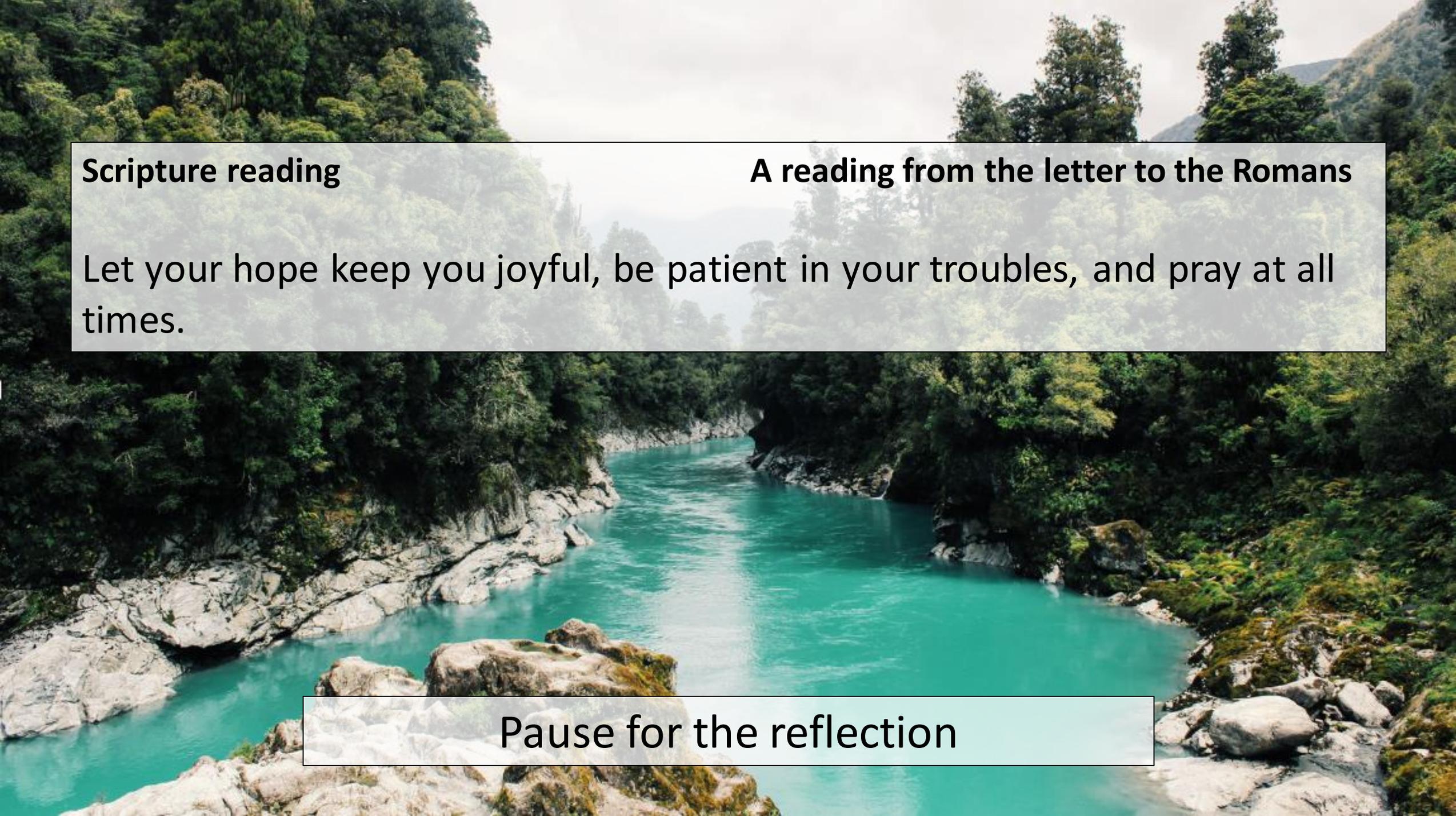
Amen.



Scripture reading

A reading from the letter to the Romans

Let your hope keep you joyful, be patient in your troubles, and pray at all times.



Scripture reading

A reading from the letter to the Romans

Let your hope keep you joyful, be patient in your troubles, and pray at all times.

Pause for the reflection

Scripture reading

A reading from the letter to the Romans

Let your hope keep you joyful, be patient in your troubles, and pray at all times.

Think and reflect...

Who could I love more patiently?

Who should I encourage or congratulate, being happy that they have received or achieved something?

Who do I need to see differently, to notice the good in them?

Allow a time of silence to reflect on these questions

Intercessions

Father, you pour out your love upon us regardless of whether or not we love you in return; help us to love others as selflessly and to serve without expecting any reward

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

Jesus, you showed us the way to live and love perfectly; may we learn from you and follow your example.

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

Holy Spirit, you make it possible for us to be filled with and understand love; increase the capacity of our hearts so that we can receive more of your love and share it more freely with those we meet.

*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**



Concluding prayer

Lord, faithful to your promise,
you sent your Spirit to bring
together people divided by sin.
Give us the grace to foster unity
and peace among men.

Amen.



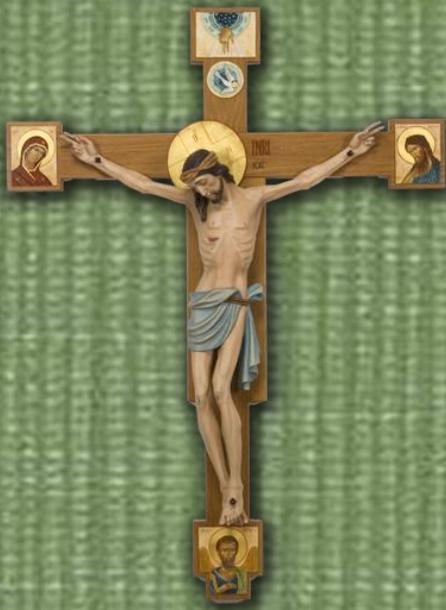


Begin with the
Sign of the Cross

Grace before meals

Bless us, O Lord, and these, Thy
gifts, which we are about to
receive from Thy bounty. Through
Christ, our Lord.

Amen

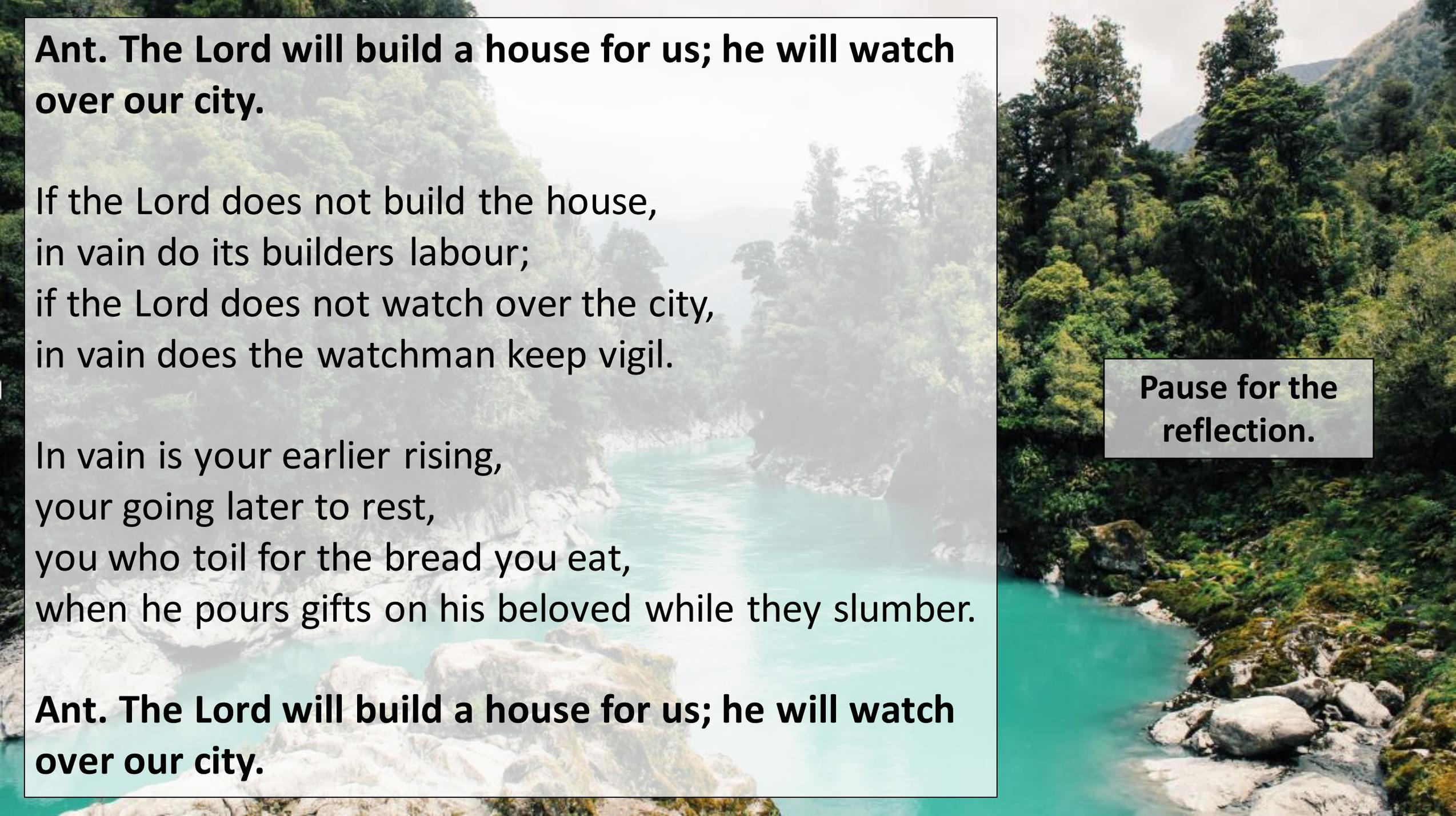


Begin with the
Sign of the Cross



Afternoon Prayer
Wednesday 21st September





Ant. The Lord will build a house for us; he will watch over our city.

If the Lord does not build the house,
in vain do its builders labour;
if the Lord does not watch over the city,
in vain does the watchman keep vigil.

In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat,
when he pours gifts on his beloved while they slumber.

Ant. The Lord will build a house for us; he will watch over our city.

Pause for the reflection.

We ask the saints to pray for us:



Lord, St Augustine is such a wonderful example of true change of heart. Help us to be self aware like him and recognize our faults, and to have the passion to stand up for the truth.

St Augustine; Pray for us.

Amen



End with the
Sign of the
Cross



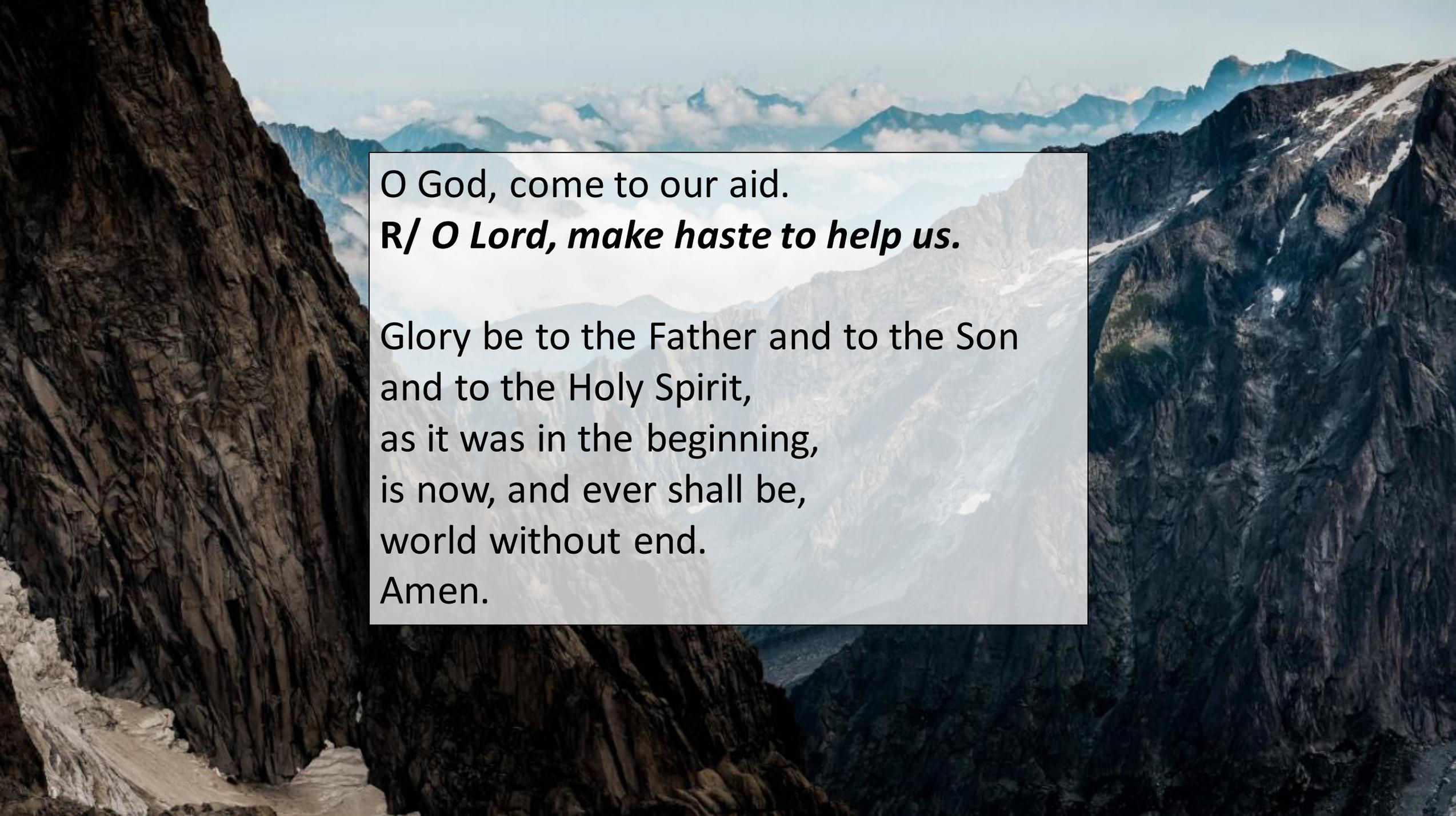
Begin with the
Sign of the Cross



Morning Prayer

Thursday 22nd September

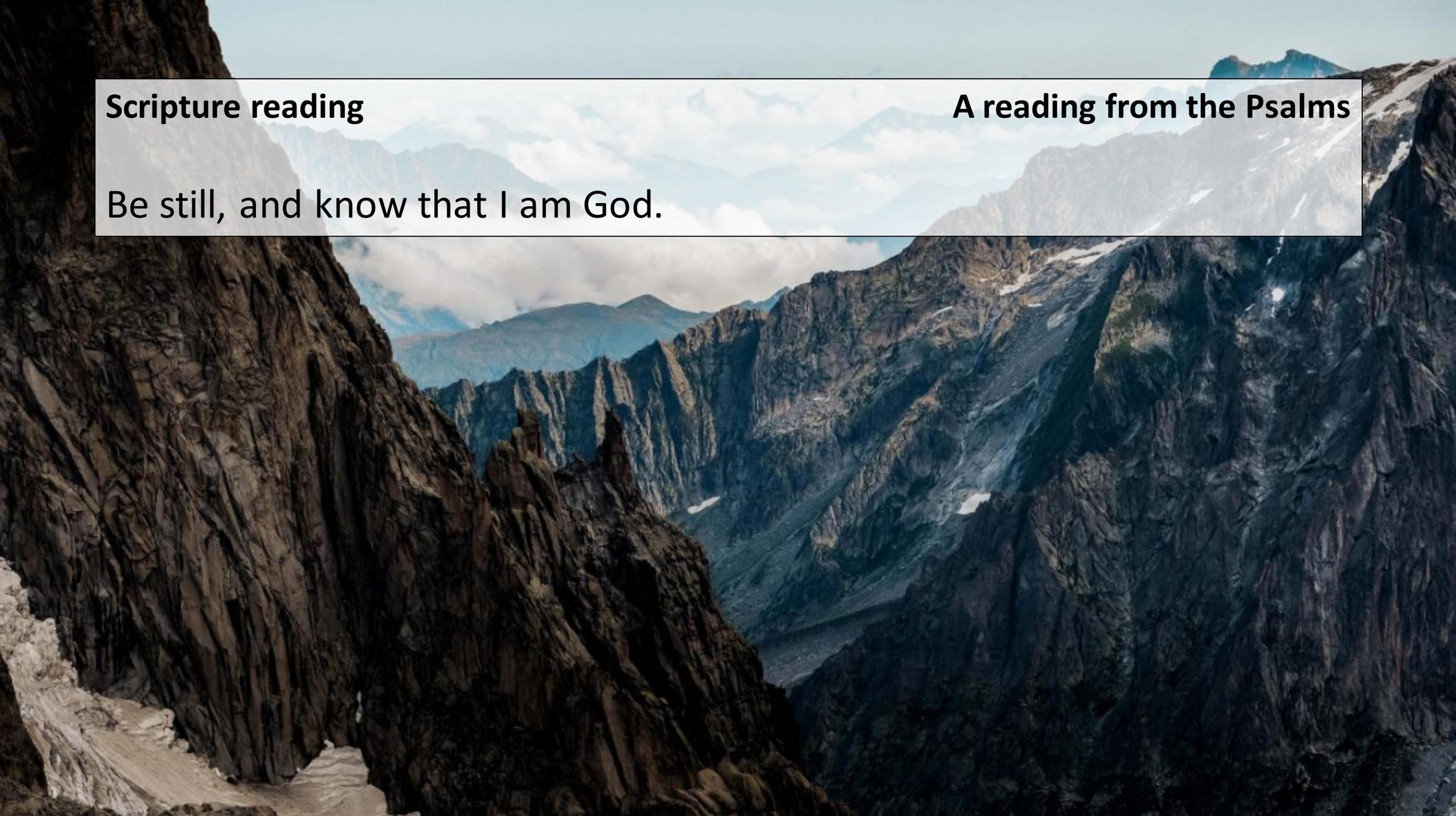




O God, come to our aid.

R/ O Lord, make haste to help us.

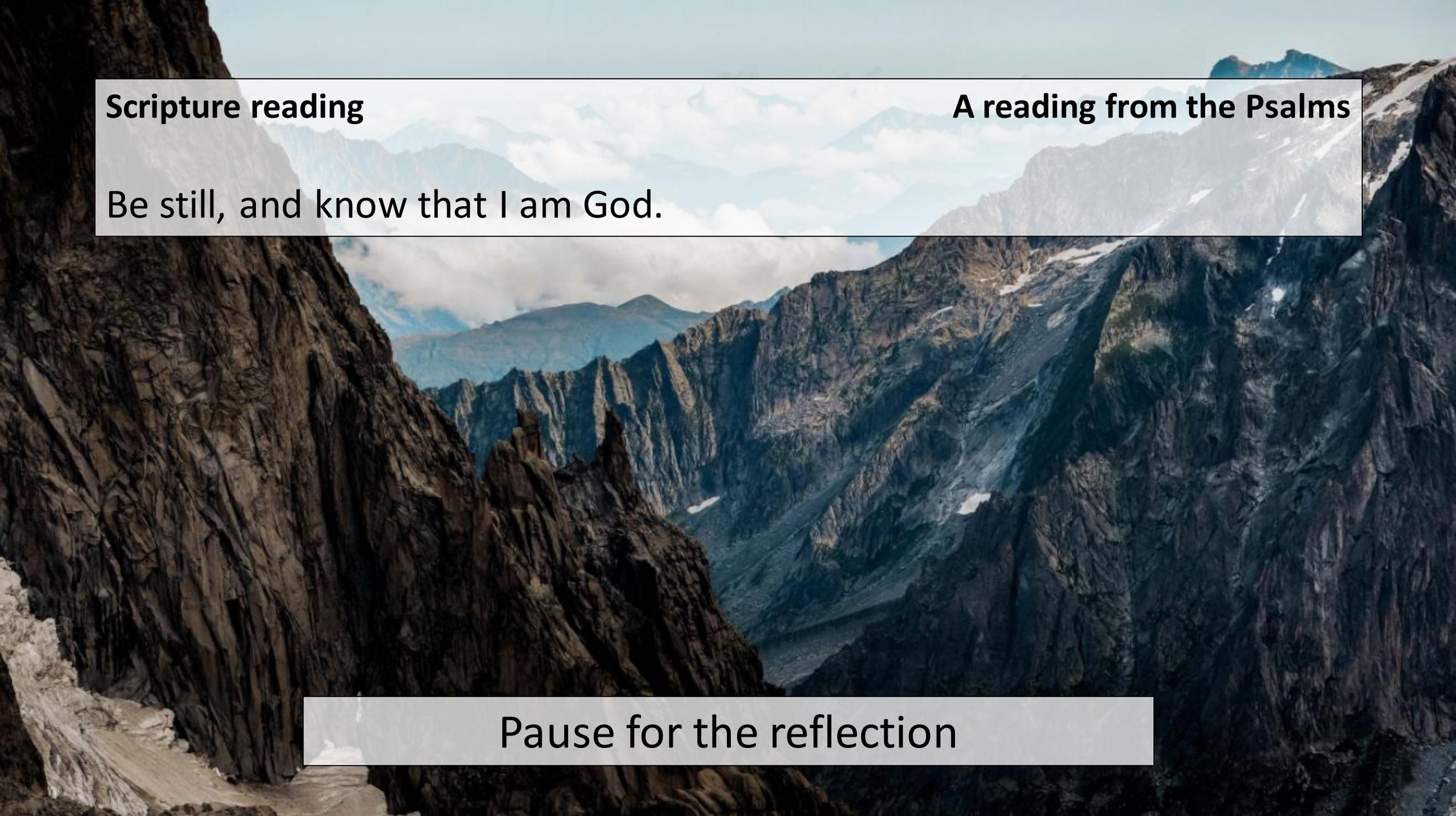
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.



Scripture reading

A reading from the Psalms

Be still, and know that I am God.



Scripture reading

A reading from the Psalms

Be still, and know that I am God.

Pause for the reflection

Scripture reading

A reading from the Psalms

Be still, and know that I am God.

Think and reflect...

What is my biggest hope?

Do I feel hopeful or nervous about the future?

How can I invite God into my life to teach me to be more hopeful?

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.

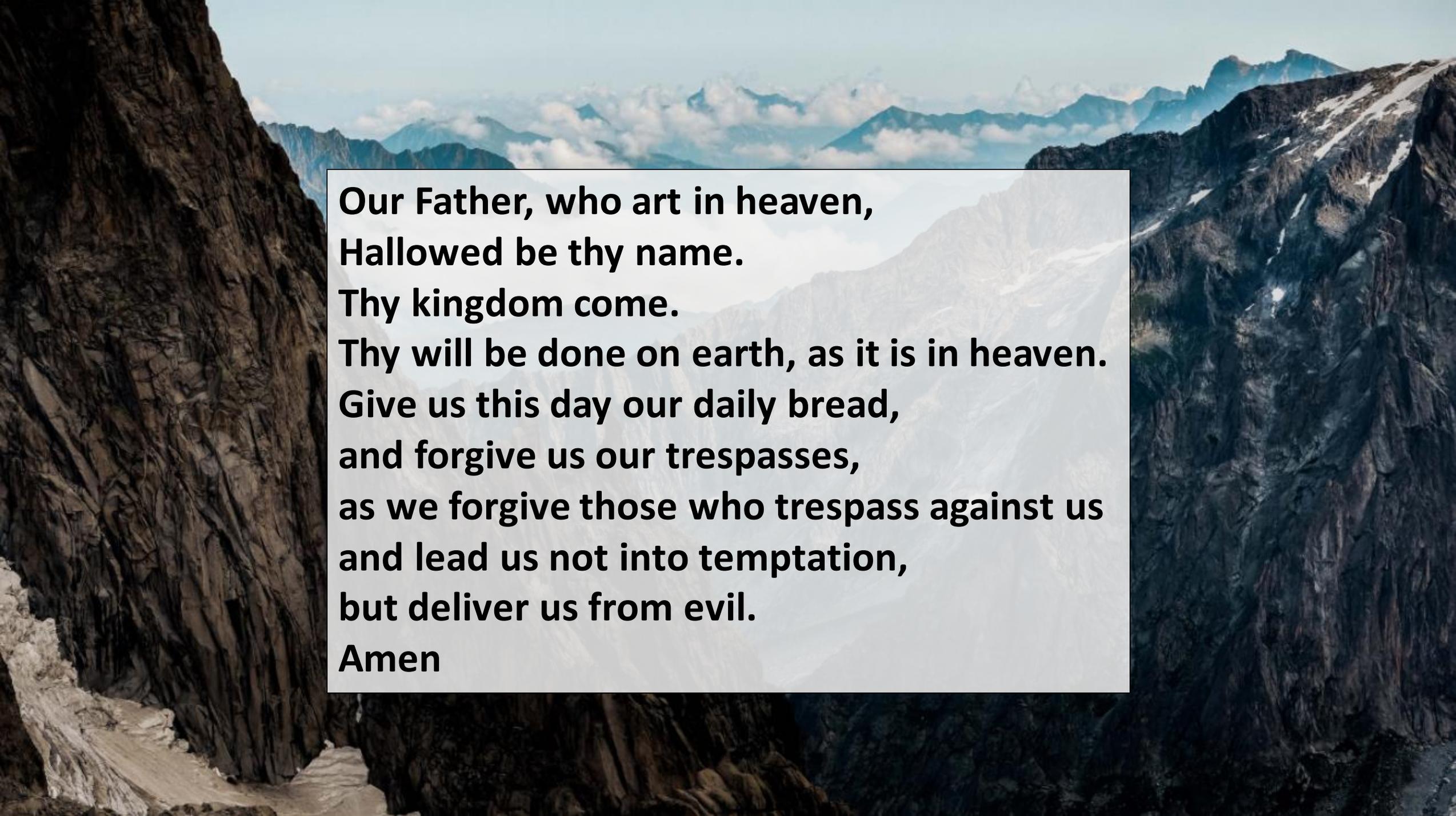
– *Lord hear us, **Lord graciously hear us.***

Deepen our awareness of your presence: teach us to be hopeful and joy-filled.

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

To know you is to love those you created: let our lives and our work be of service to our brothers.

– *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**

Concluding prayer

Almighty, ever-living God, shed the light of your glory on the peoples who are living in the shadow of death, as you did long ago, when our Lord Jesus Christ, the Sun of Justice, came among us from on high.

Amen.





Begin with the
Sign of the Cross

Grace before meals

Bless us, O 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 22nd September



Ant. Lord, I cried to you for help and you have healed me: I will thank you for ever.

I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, I cried to you for help and you, my God, have healed me.

The Lord came to my help. For me you have changed my mourning into dancing, you clothed me with joy. So my soul sings psalms to you unceasingly. O Lord my God, I will thank you for ever.

Ant. Lord, I cried to you for help and you have healed me: I will thank you for ever.

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



End with the Sign of the Cross