



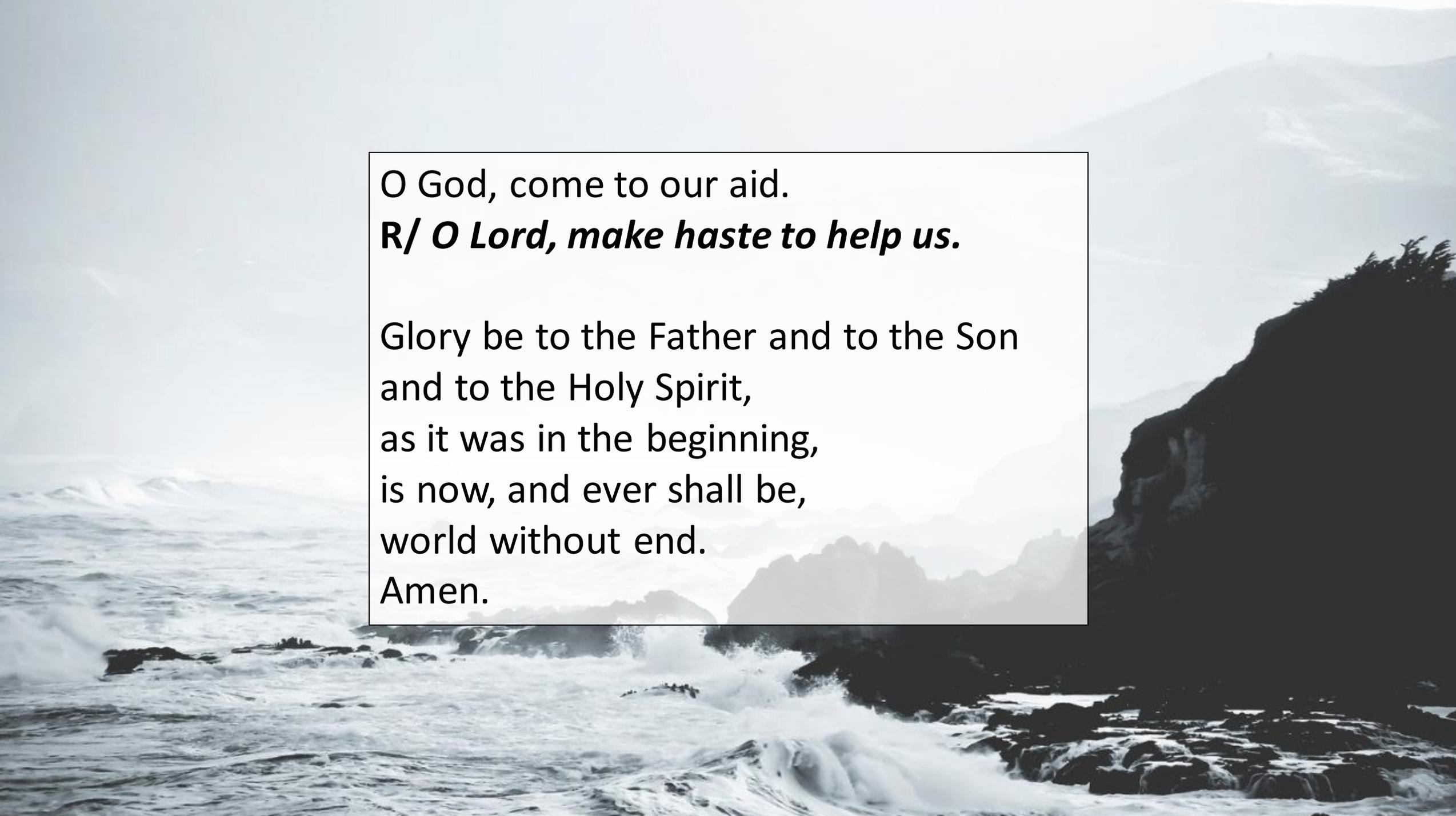
Begin with the  
Sign of the Cross



# Morning Prayer

Tuesday 27th September





O God, come to our aid.

***R/ O Lord, make haste to help us.***

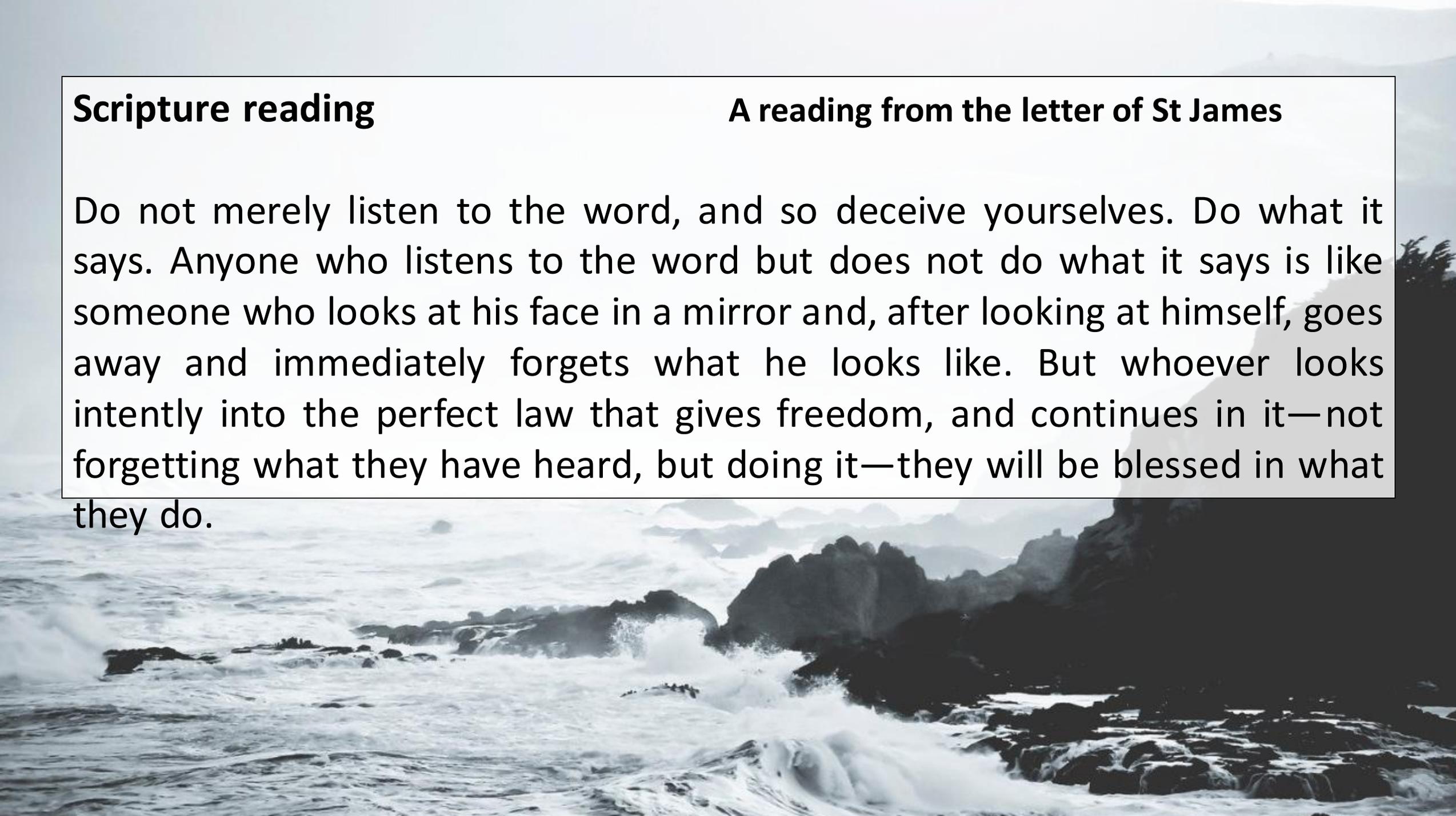
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

## Scripture reading

## A reading from the letter of St James

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.



## Scripture reading

## A reading from the letter of St James

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

Pause for the reflection

## Scripture reading

## A reading from the letter of St James

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

*Think and reflect...*

***Do I take time to notice how other people feel?***

***Do I ever reflect on my actions and thoughts?***

***How could I practice the virtue of Prudence by using the gift of wisdom alongside my reflection today ?***

Allow a time of silence to reflect on these questions

## Intercessions

Lord of the universe, the shepherds found you in a manger: save us from selfishness in the way we live.

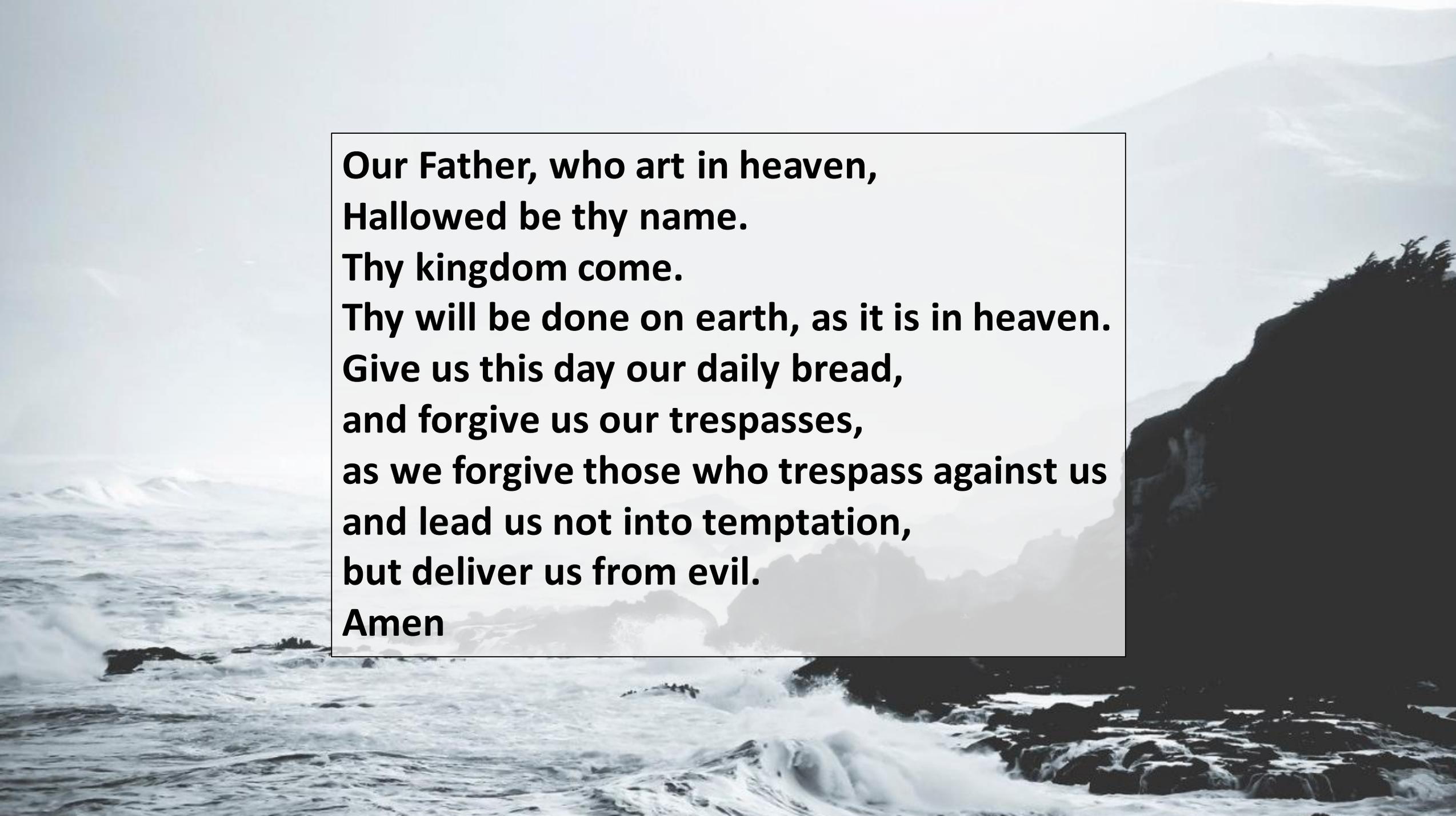
– *Lord hear us, **Lord graciously hear us.***

You so loved us in all our weakness that you came to be our Saviour; help us to respect the dignity of every person.

– *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.***



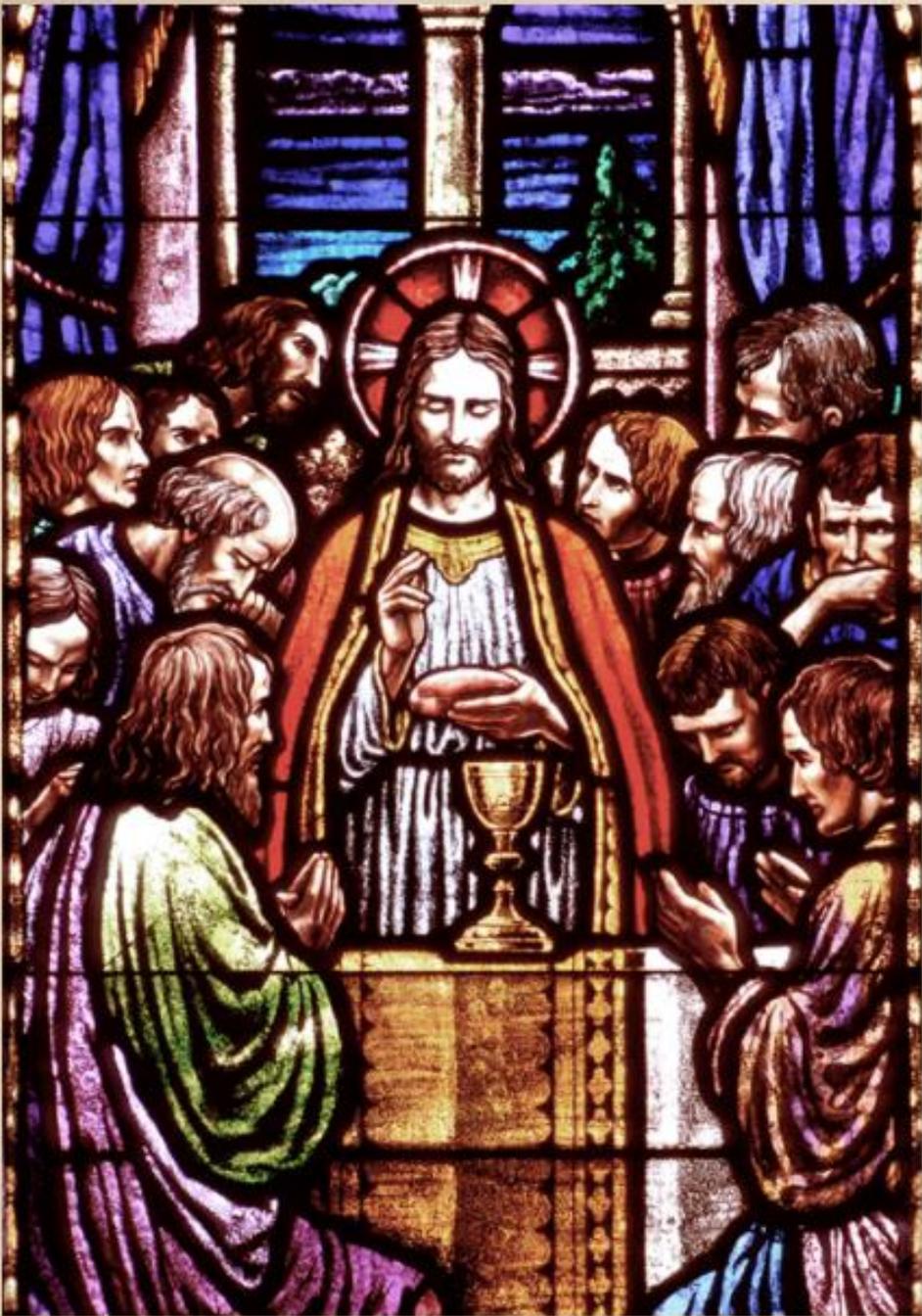
**Our Father, who art in heaven,  
Hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us  
and lead us not into temptation,  
but deliver us from evil.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

## **Concluding prayer**

Look with favour on our morning prayer, Lord, and in your saving love let your light come into the hidden places of our hearts.

**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 27<sup>th</sup> September



***Ant. O Lord, you will show me the fullness of joy in your presence. Alleluia.***

*Preserve me, God, I take refuge in you. I say to the Lord: 'You are my God. My happiness lies in you alone.'*

And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay.

You will show me the path of life, the fullness of joy in your presence, at your right hand happiness for ever.

***Ant. O Lord, you will show me the fullness of joy in your presence. Alleluia.***

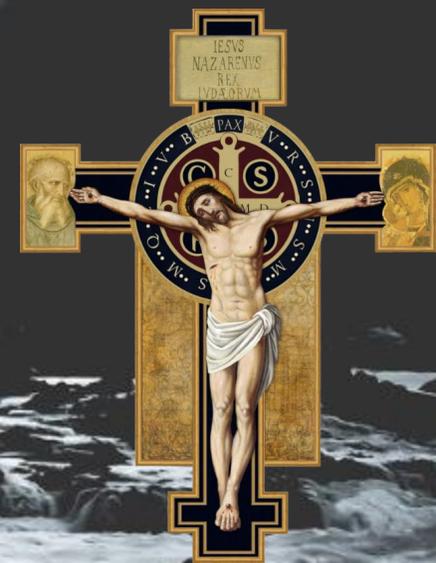
**Pause for the reflection.**

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





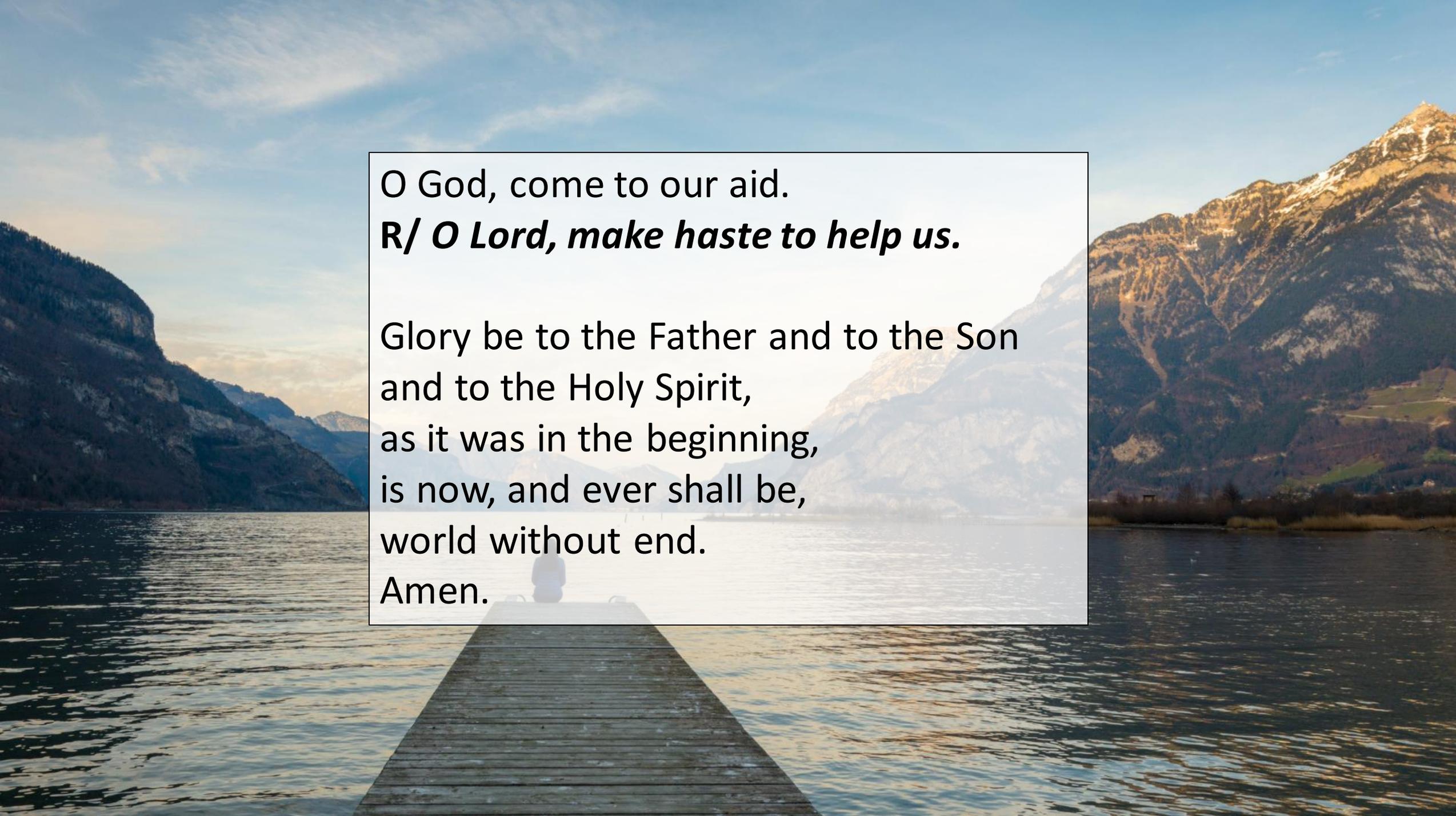
Begin with the  
Sign of the Cross



# Morning Prayer

Wednesday 28<sup>th</sup> September





O God, come to our aid.

***R/ O Lord, make haste to help us.***

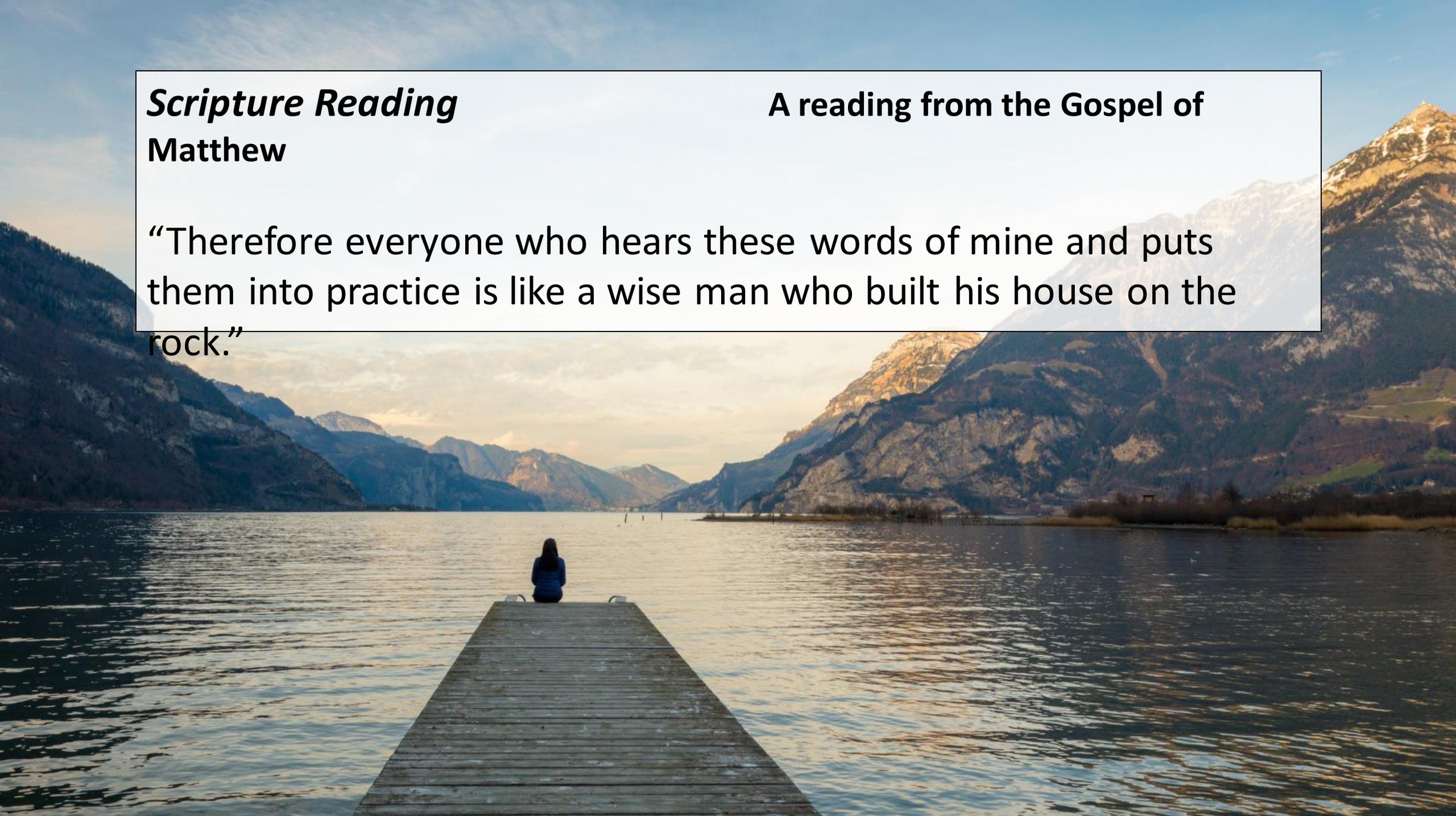
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

***Scripture Reading***  
**Matthew**

**A reading from the Gospel of**

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”



***Scripture Reading***  
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“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Pause for the reflection

***Scripture Reading***

A reading from the Gospel of Matthew

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

*Think and reflect...*

**Who do I respect and listen to?**

**Are there people who I don't respect at all? Why not?**

**Is my life built upon a firm foundation of truth or do I get easily shaken when challenged?**

Allow a time of silence to reflect on these questions

## Intercessions

Every day is a proof of your love:  
as you bring us to this new day, make us new in mind and in heart.

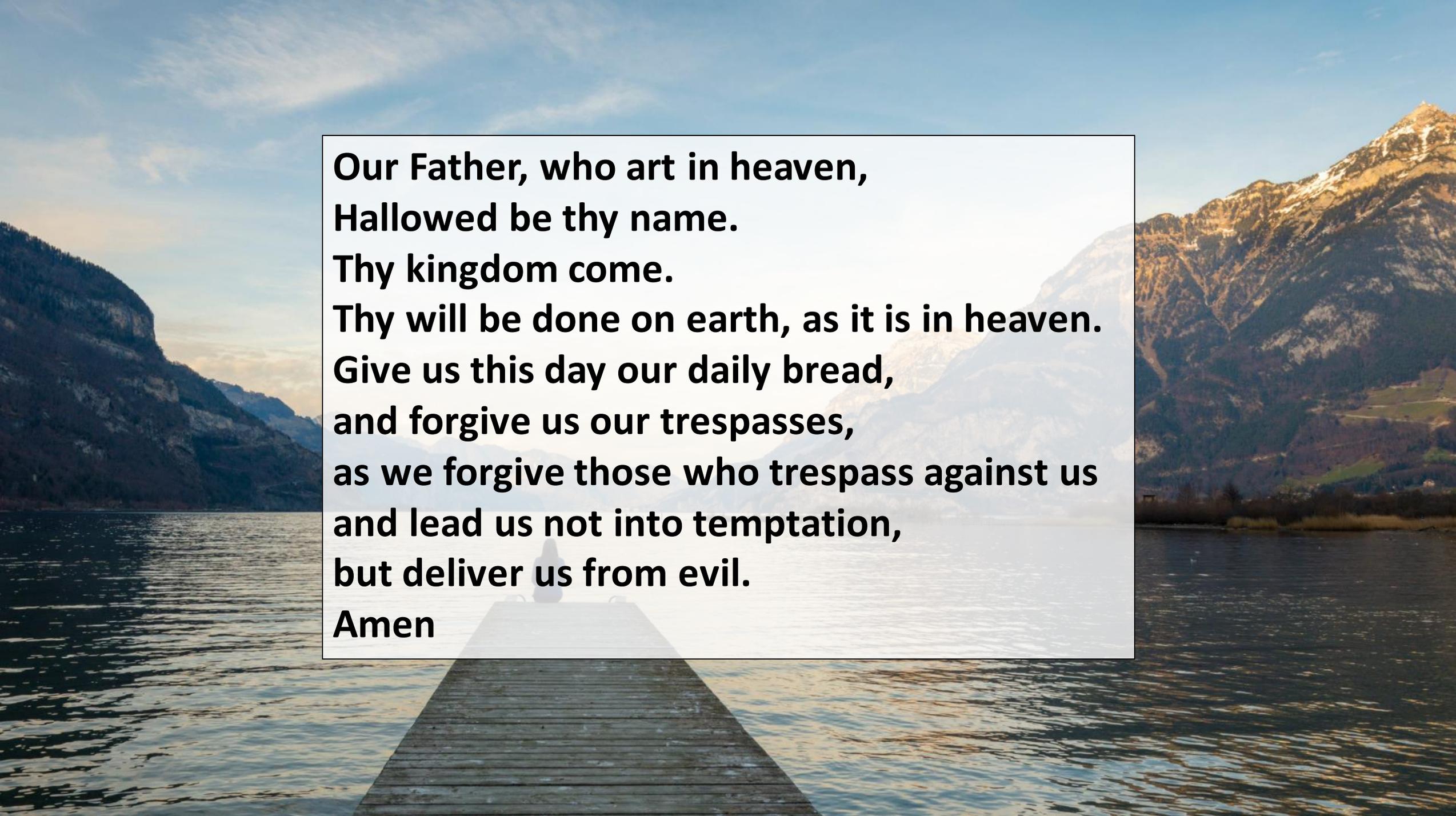
– *Lord hear us, **Lord graciously hear us.***

Teach us to see you present in all men;  
help us to recognize you most of all in those who suffer.

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

May our lives today be filled with your compassion;  
give us the spirit of forgiveness and a generous heart.

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

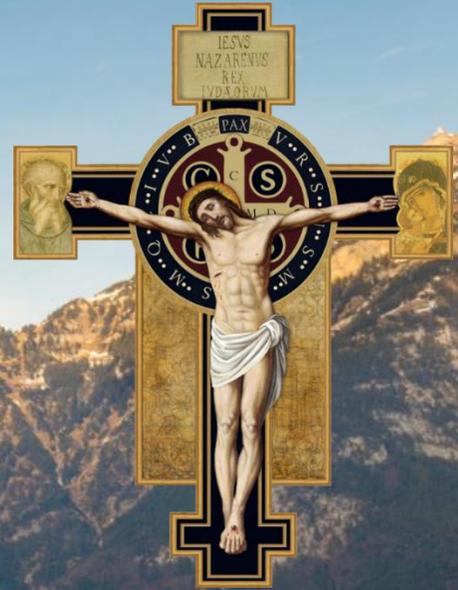
A scenic landscape featuring a wooden pier extending into a calm lake. The background is dominated by majestic mountains with patches of snow and sparse vegetation. The sky is a clear, light blue with soft, wispy clouds. The overall atmosphere is peaceful and serene.

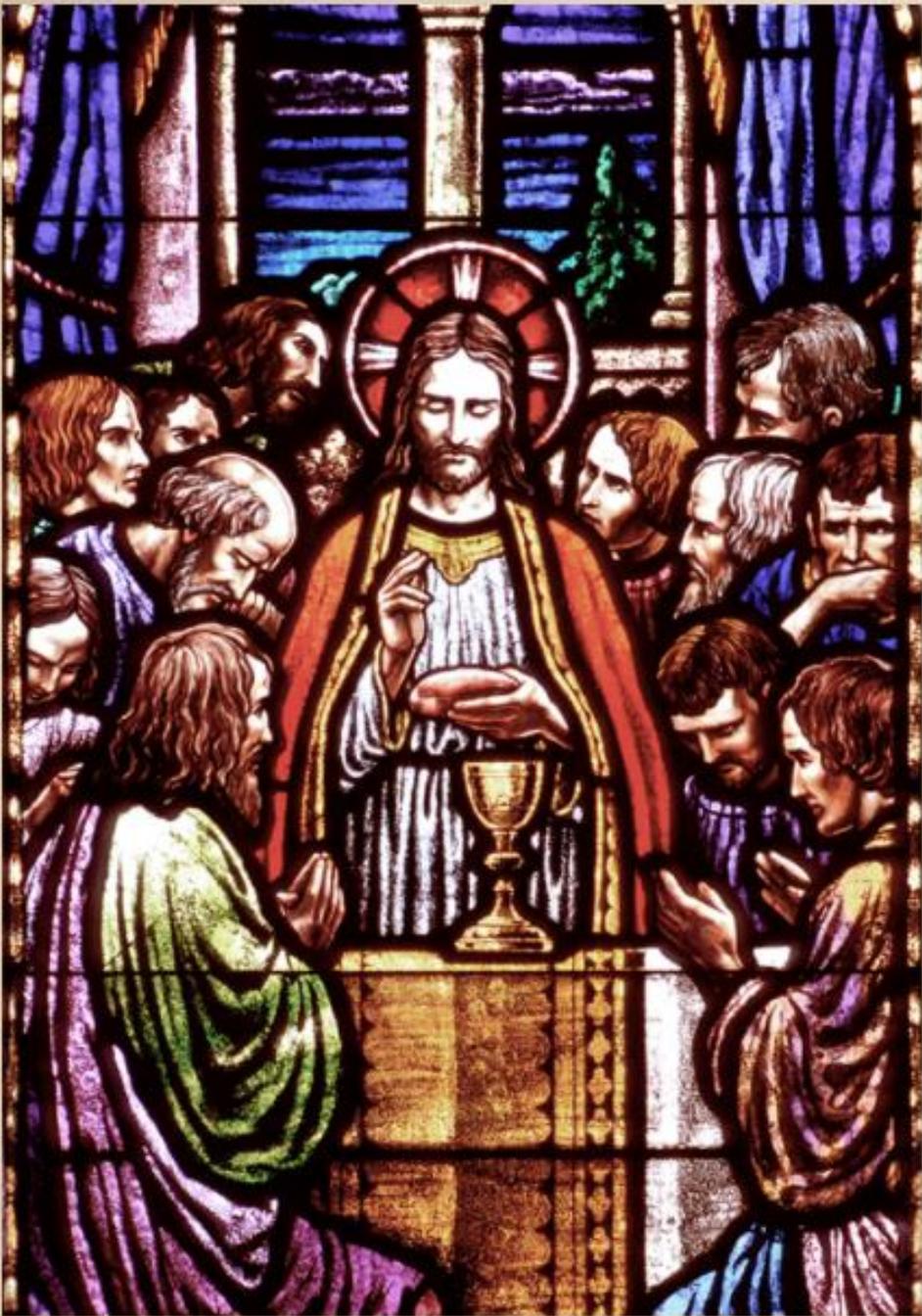
**Our Father, who art in heaven,  
Hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us  
and lead us not into temptation,  
but deliver us from evil.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

## Concluding Prayer

Lord God, may we serve you with a pure love. Then our joy will be full as we receive from your loving hand all that we desire and ask.

**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 28<sup>th</sup> September



**Ant. The Lord will save the poor; from oppression he will rescue their lives.**

For he shall save the poor when they cry and the needy who are helpless.

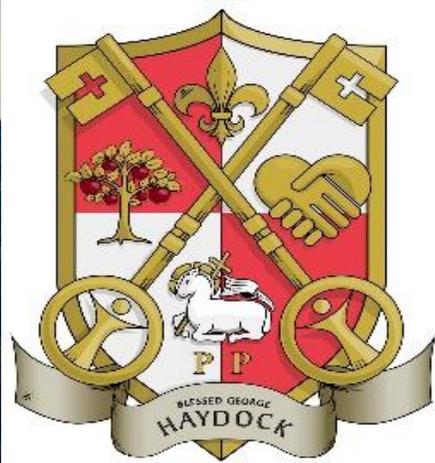
He will have pity on the weak and save the lives of the poor. From oppression he will rescue their lives, to him their blood is dear.

May his name be blessed for ever and endure like the sun. Blessed be the Lord, God of Israel, who alone works wonders, ever blessed his glorious name.

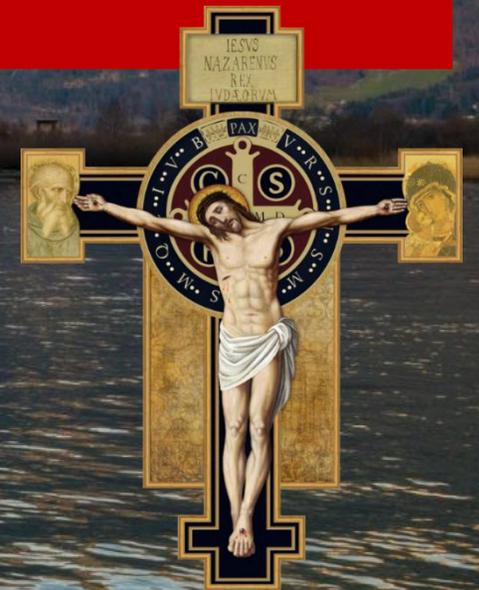
**Ant. The Lord will save the poor; from oppression he will rescue their lives.**

**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**





Begin with the  
Sign of the Cross



### ST. MICHAEL ARCHANGEL

MEANS "WHO IS AS GOD?"

He is one of the main angels. His name is a battle cry; both shield and weapon in the struggle against the enemy.



### ST. RAPHAEL ARCHANGEL

MEANS "DIVINE HEALER"

He is friend of the walkers and doctor of the sick both physically and spiritually.



### ST. GABRIEL ARCHANGEL

MEANS "STRENGTH OF GOD"

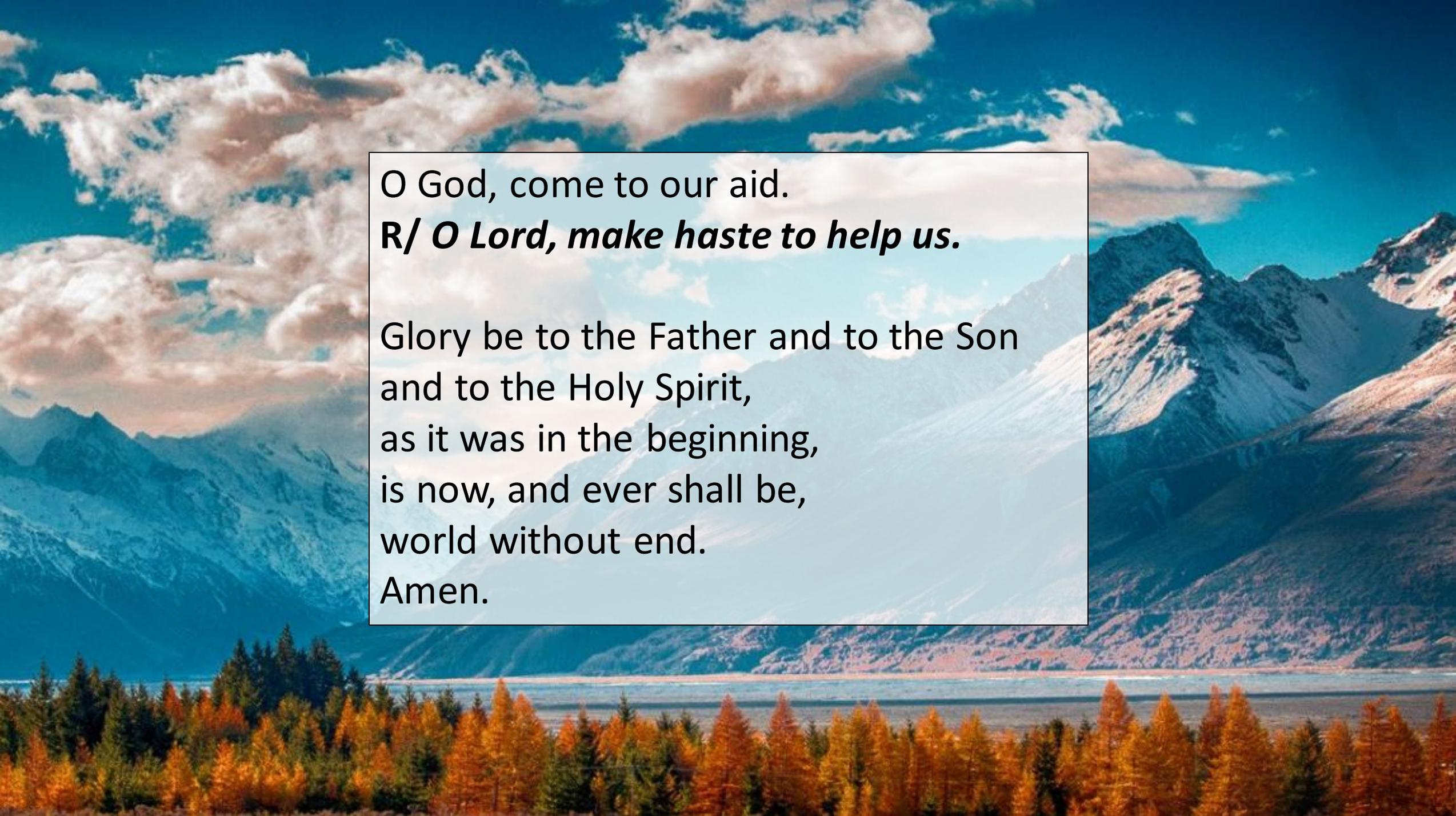
He had one of the most important missions: announcing Virgin Mary that she would be the Mother of the Messiah.

# Morning Prayer

Thursday 29<sup>th</sup> September

Feast of Ss Michael, Gabriel and Raphael, Archangels





O God, come to our aid.

***R/ O Lord, make haste to help us.***

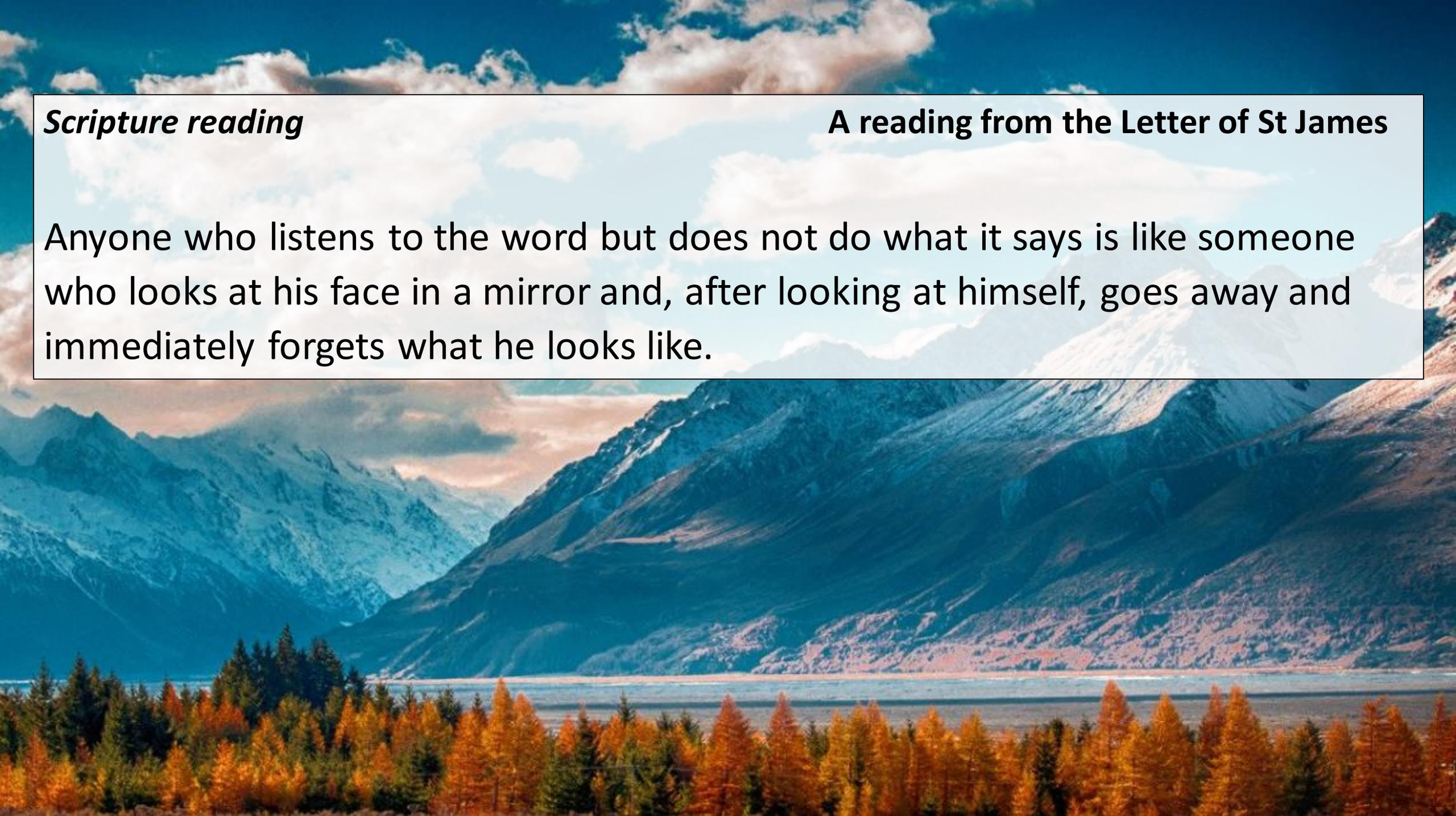
Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

***Scripture reading***

**A reading from the Letter of St James**

Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.



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Pause for the reflection

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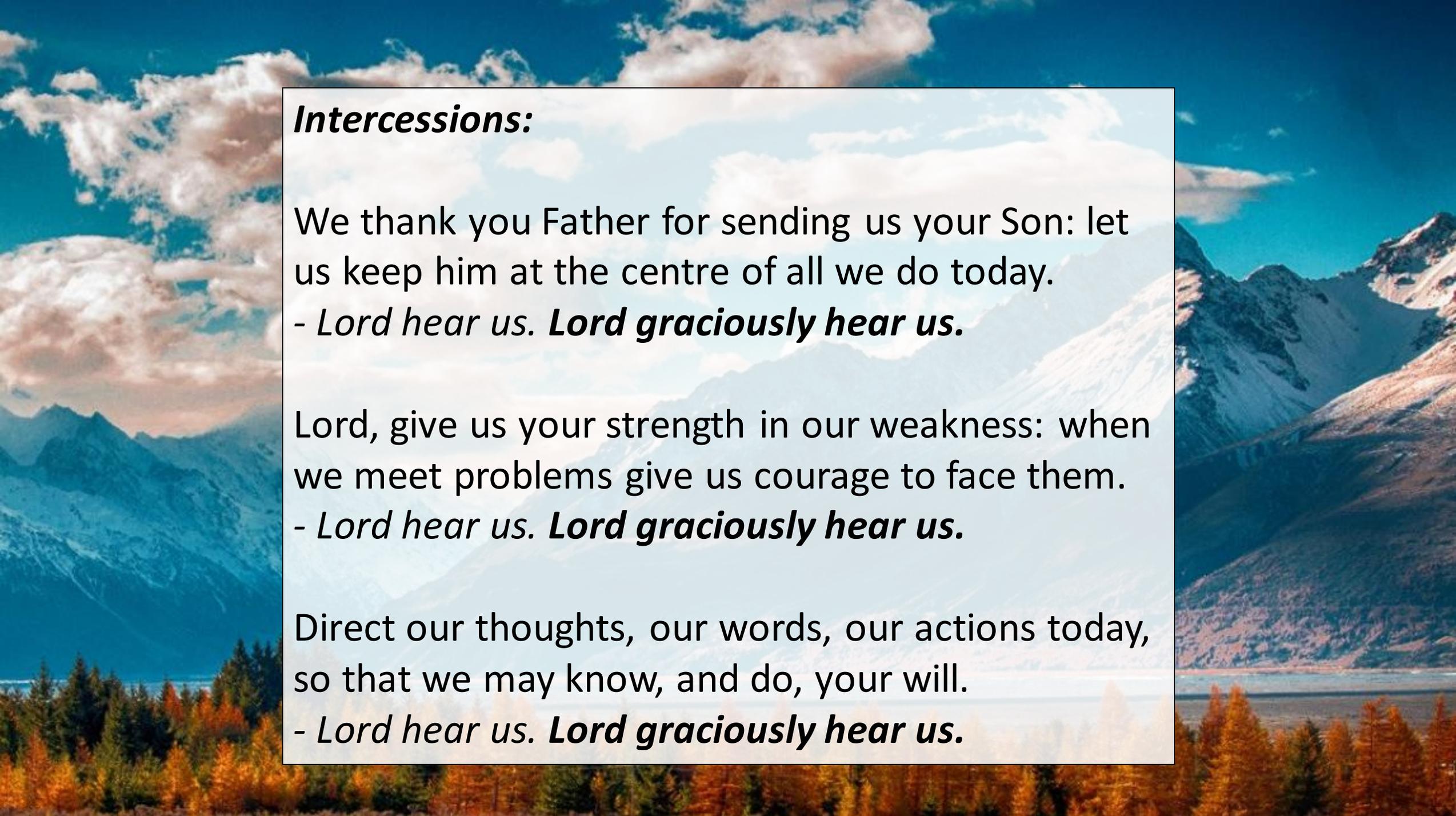
*Think and reflect...*

***Do I take time to reflect on my day?***

***Do I keep making the same mistakes over and over again?***

***How can I invite God in to help me not make these mistakes?***

Allow a time of silence to reflect on these questions



***Intercessions:***

We thank you Father for sending us your Son: let us keep him at the centre of all we do today.

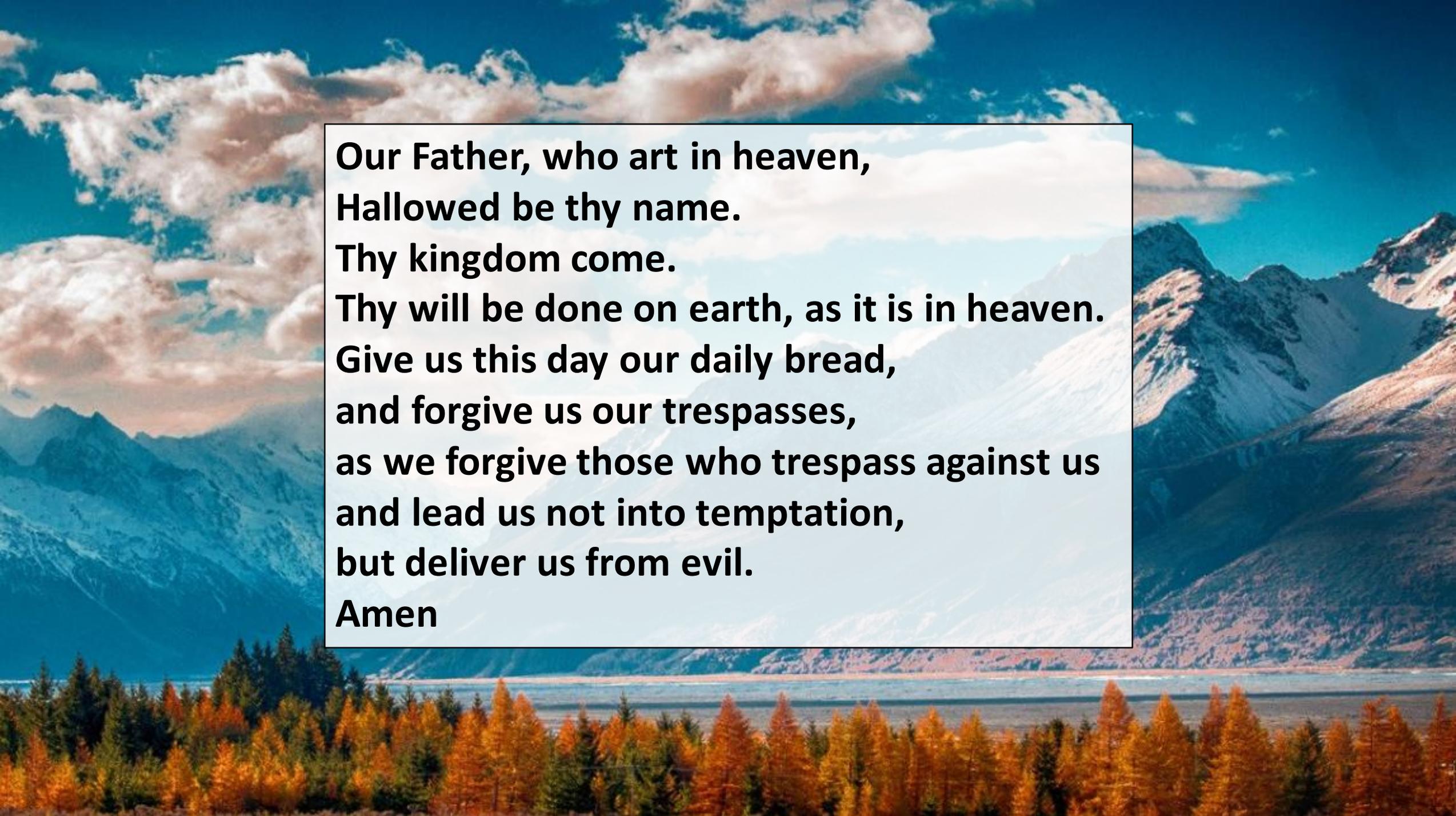
- *Lord hear us. **Lord graciously hear us.***

Lord, give us your strength in our weakness: when we meet problems give us courage to face them.

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

Direct our thoughts, our words, our actions today, so that we may know, and do, your will.

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



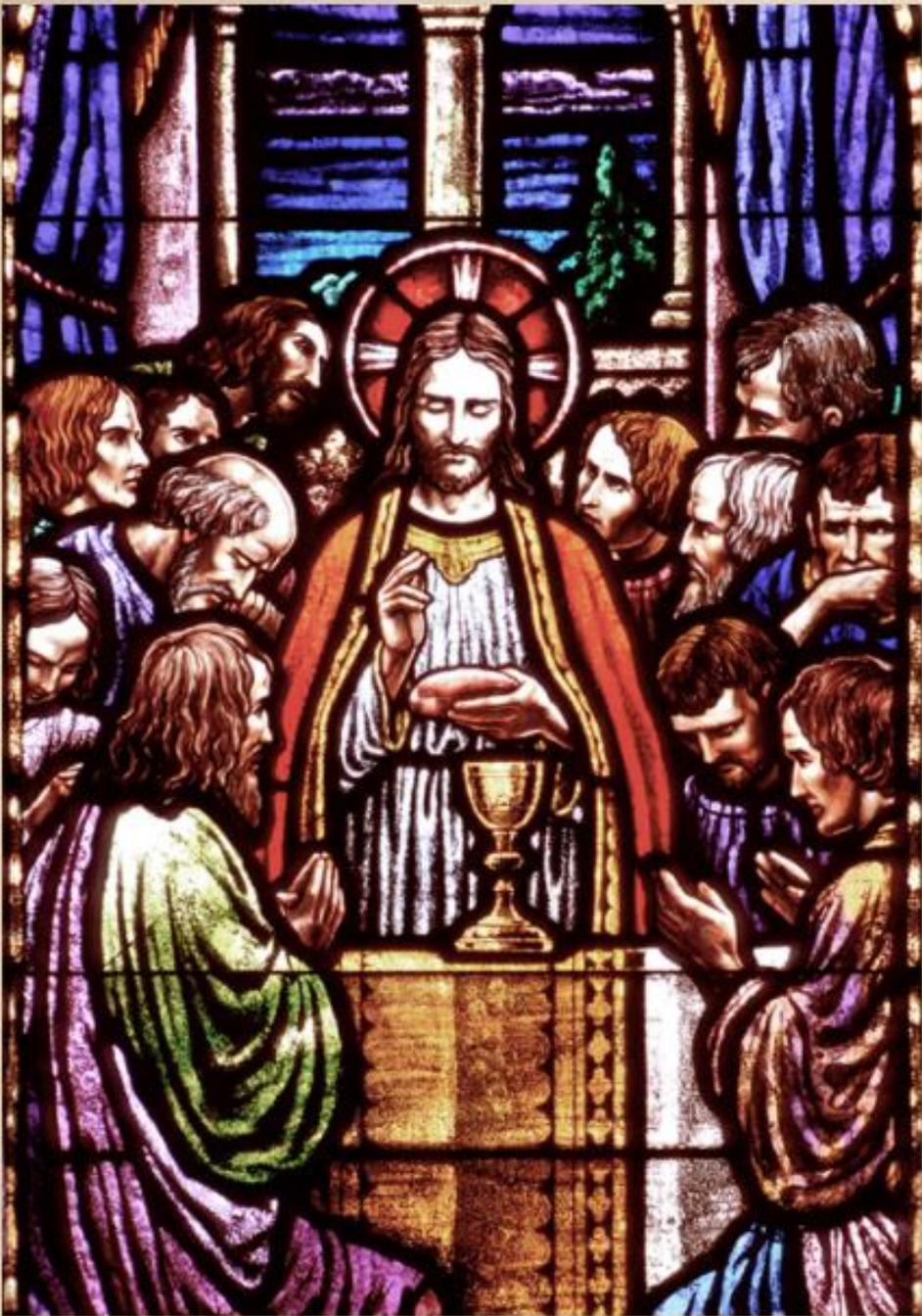
**Our Father, who art in heaven,  
Hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us  
and lead us not into temptation,  
but deliver us from evil.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

## Concluding prayer

Lord, may the radiance of your glory light up our hearts and bring us through the shadows of this world until we reach our homeland of everlasting light.

**Amen.**





# GRACE BEFORE MEALS

BLESS US, OH LORD,  
AND THESE THY GIFTS  
WHICH WE ARE ABOUT TO  
RECEIVE FROM THY  
BOUNTY, THROUGH  
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MEANS "WHO IS AS GOD?"

He is one of the main angels. His name is a battle cry; both shield and weapon in the struggle against the enemy.



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He had one of the most important missions: announcing Virgin Mary that she would be the Mother of the Messiah.

# Afternoon Prayer

Thursday 29<sup>th</sup> September

Feast of Ss Michael, Gabriel and Raphael, Archangels



**Ant. The angel of the Lord is encamped around those who revere him, to rescue them.**

*I will bless the Lord at all times, his praise always on my lips.  
The humble shall hear and be glad.*

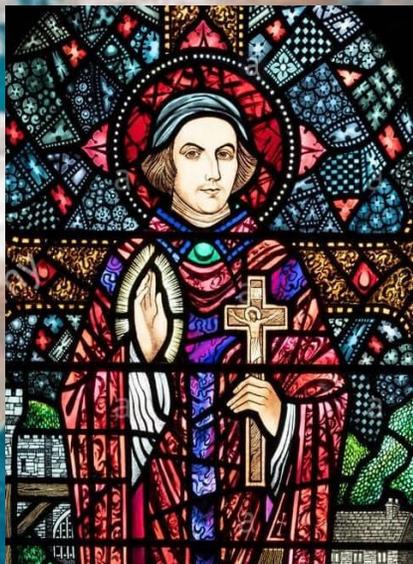
Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.

*Look towards him and be radiant; let your faces not be ashamed. This poor man called, the Lord heard him and rescued him from all his distress.*

**Ant. The angel of the Lord is encamped around those who revere him, to rescue them.**

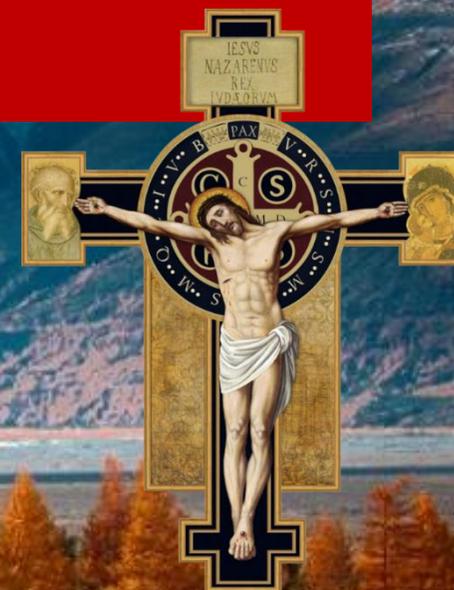
**Pause for the  
reflection.**

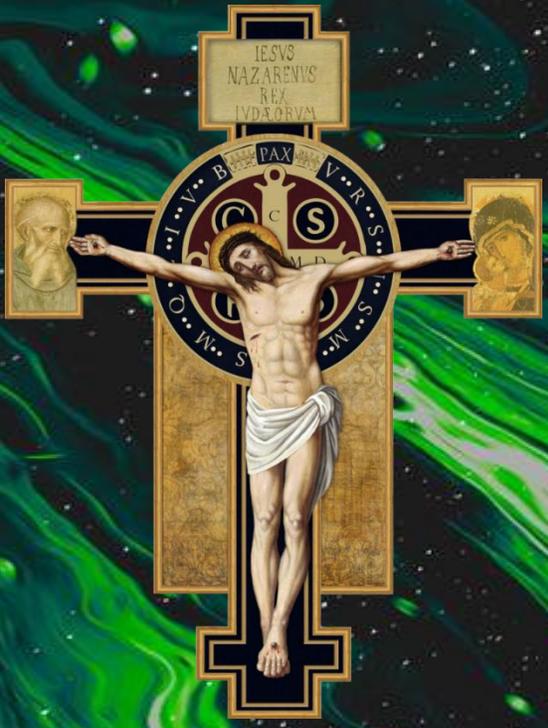
We ask the saints to pray for us:



Lord, you gave St Edmund Arrowsmith the courage to live out his faith in a time of persecution. Help us to practice the virtue of Justice and to stand for truth and dignity. St Edmund Arrowsmith; Pray for us.

Amen



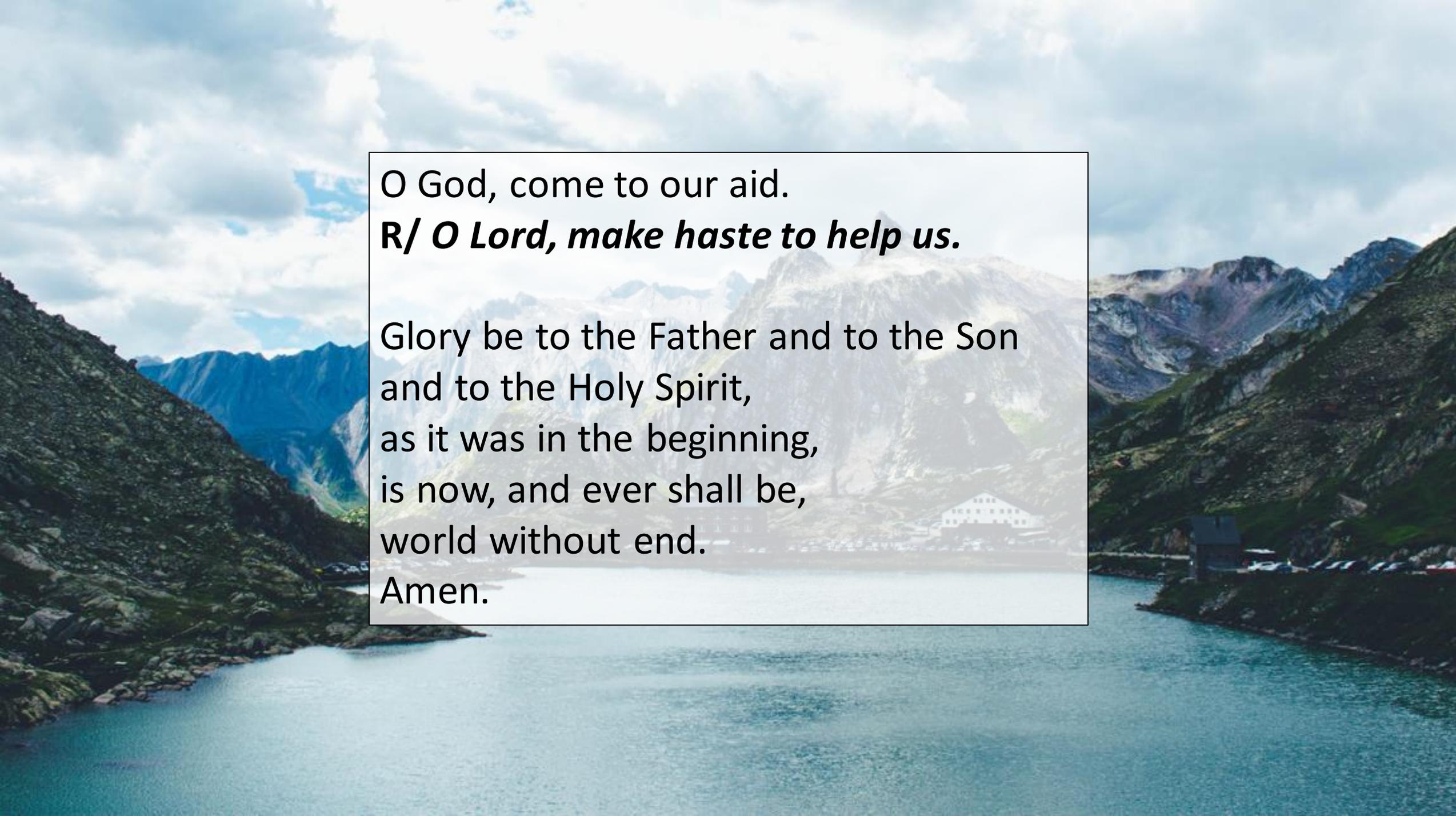


Begin with the  
Sign of the Cross

# Morning Prayer

Friday 30<sup>th</sup> September





O God, come to our aid.

***R/ O Lord, make haste to help us.***

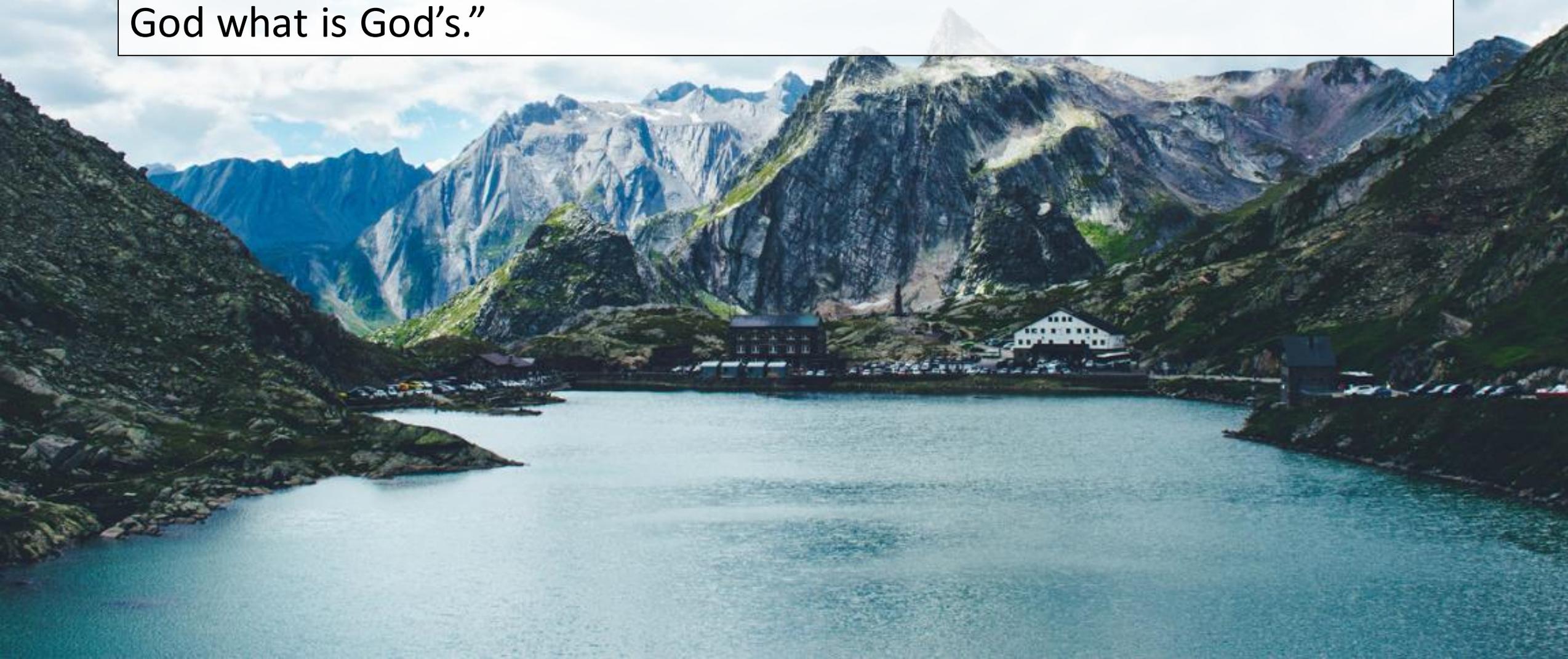
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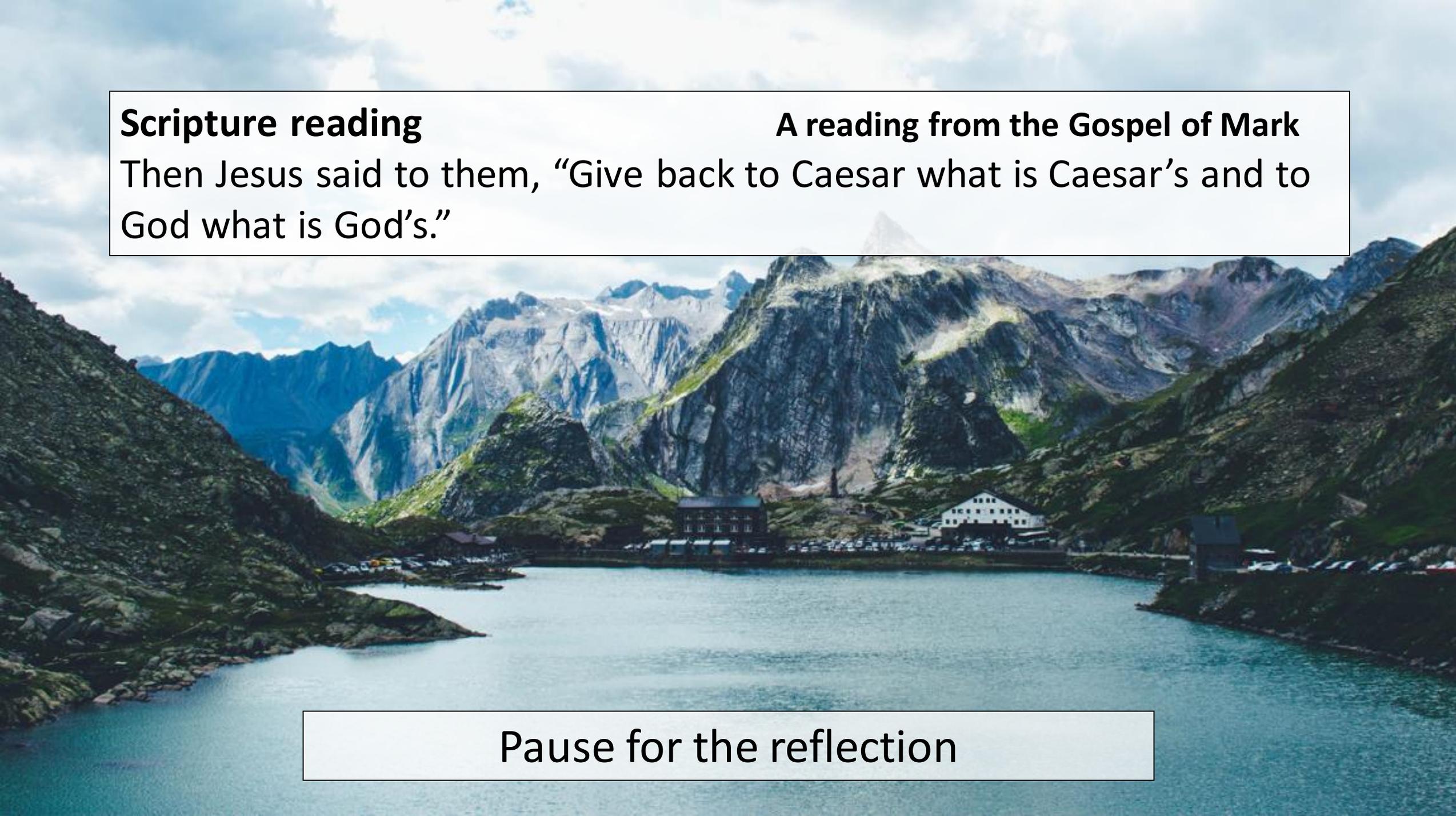
Amen.

## **Scripture reading**

Then Jesus said to them, “Give back to Caesar what is Caesar’s and to God what is God’s.”

## **A reading from the Gospel of Mark**



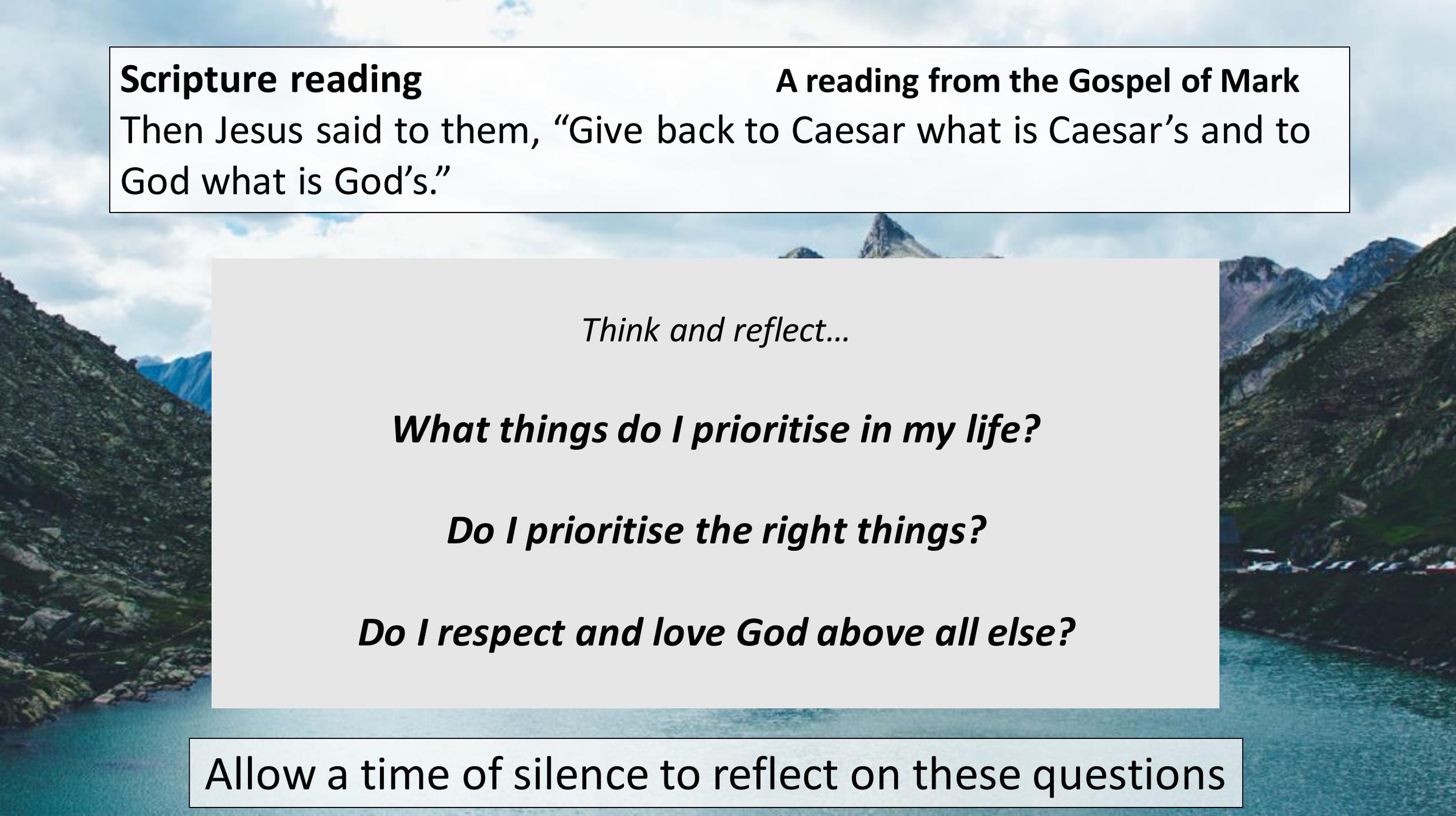
A scenic view of a mountain lake with a small village and a large mountain peak in the background. The lake is a vibrant blue-green color, surrounded by steep, rocky slopes. In the distance, a large, jagged mountain peak rises against a cloudy sky. A small village with several buildings is visible on the shore of the lake.

## Scripture reading

Then Jesus said to them, “Give back to Caesar what is Caesar’s and to God what is God’s.”

A reading from the Gospel of Mark

Pause for the reflection

The background of the entire slide is a scenic photograph of a mountain valley. In the foreground, a clear, turquoise river flows through a rocky bed. To the right, a paved road with a guardrail runs along the edge of the valley. The middle ground shows steep, rocky slopes with sparse green vegetation. In the distance, jagged mountain peaks are visible under a sky filled with soft, white clouds.

## **Scripture reading**

**A reading from the Gospel of Mark**

Then Jesus said to them, “Give back to Caesar what is Caesar’s and to God what is God’s.”

*Think and reflect...*

***What things do I prioritise in my life?***

***Do I prioritise the right things?***

***Do I respect and love God above all else?***

Allow a time of silence to reflect on these questions

## Intercessions

We accept this new day as your gift, Lord; help us to accept the gift of your forgiveness too.

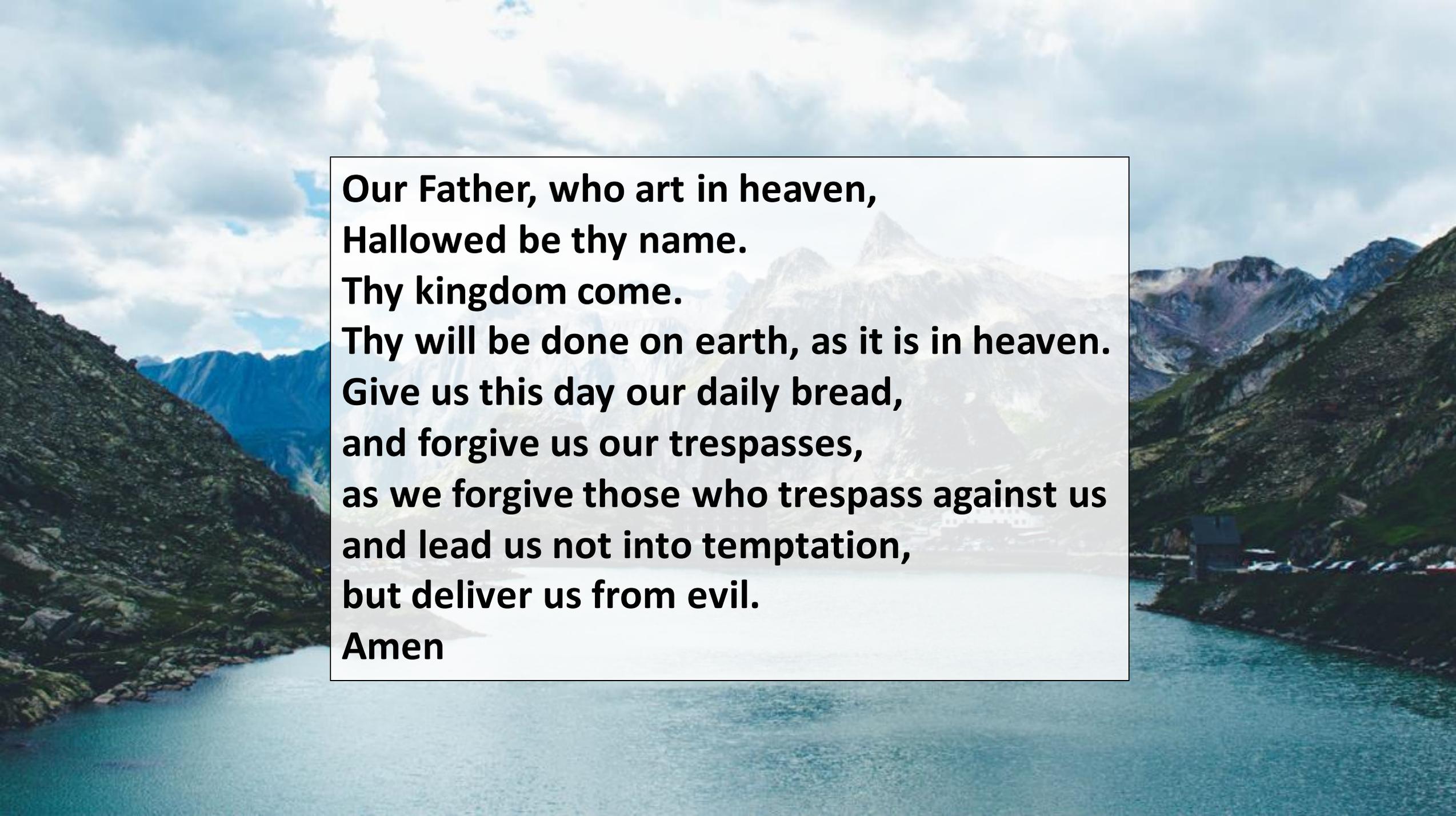
*Lord hear us. **Lord graciously hear us.***

You made all things, and love all you have created; give us the wisdom to see every person as you see them.

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

Lord, give us your strength in our weakness: when we meet problems give us courage to face them with love.

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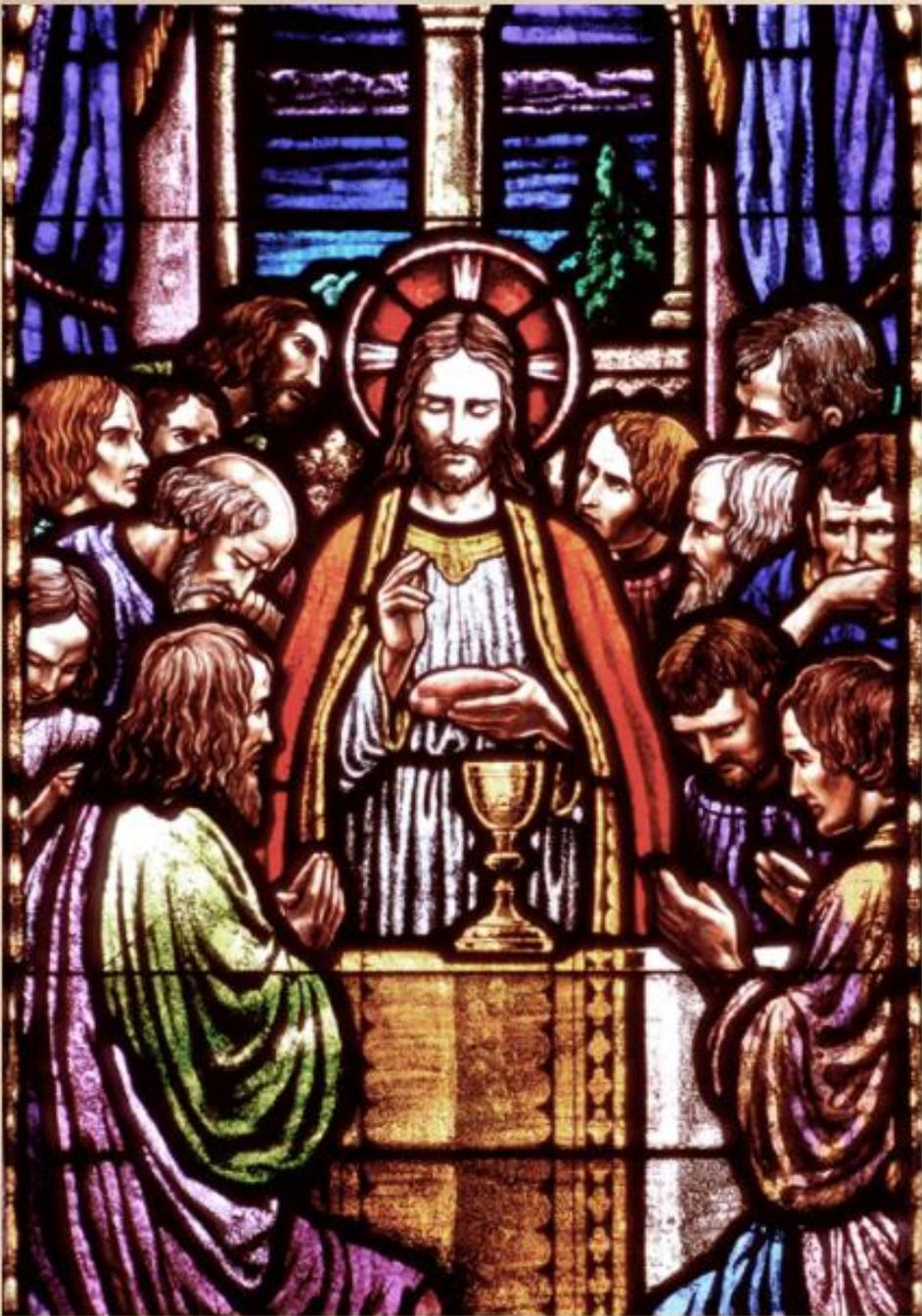
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Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us  
and lead us not into temptation,  
but deliver us from evil.  
Amen**

## **Concluding prayer**

Lord 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 quench the fire your Spirit has started within us.

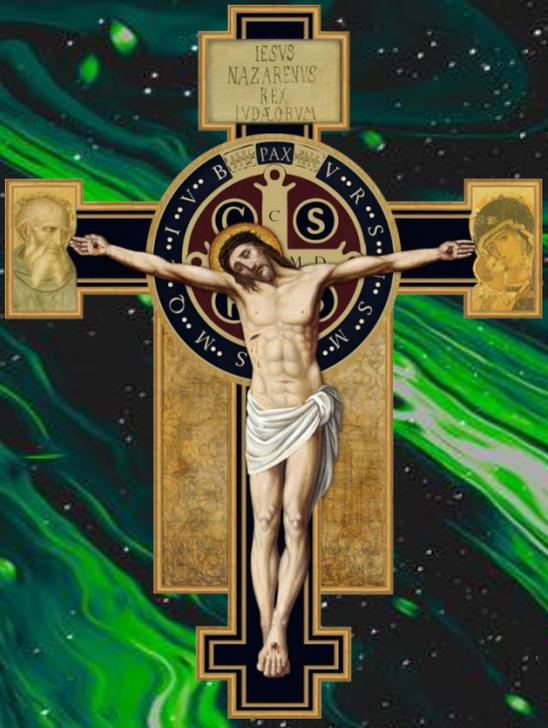
**Amen.**





# 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 30<sup>th</sup> September



**Ant. My help shall come from the Lord, who made heaven and earth.**

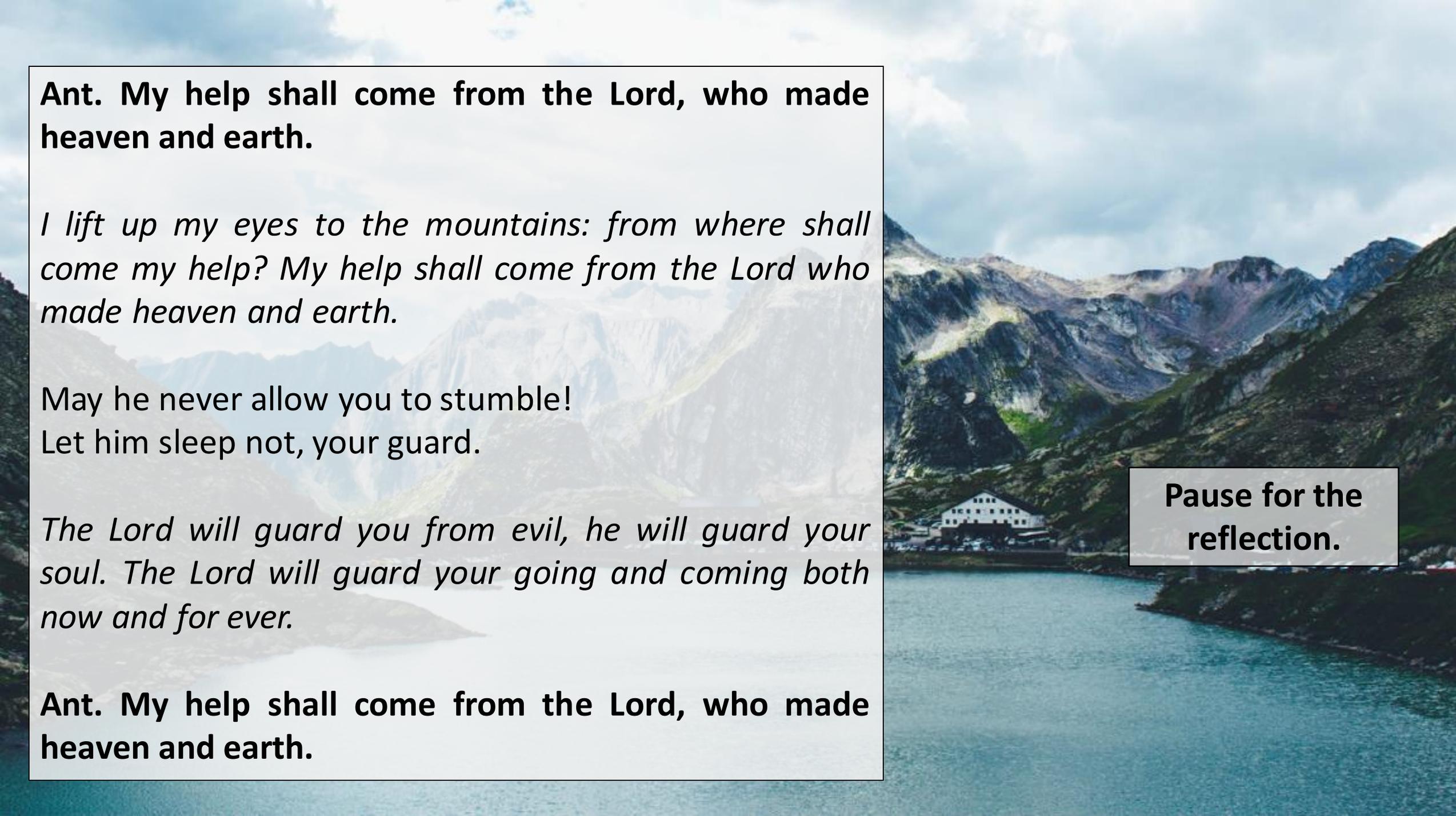
*I lift up my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth.*

May he never allow you to stumble!  
Let him sleep not, your guard.

*The Lord will guard you from evil, he will guard your soul. The Lord will guard your going and coming both now and for ever.*

**Ant. My help shall come from the Lord, who made heaven and earth.**

**Pause for the reflection.**



We ask the saints to pray for us:



Lord, you gave St Thomas More the courage to stand up for his faith. Help us to practice the virtue of Prudence and to put God as a priority in our lives. St Thomas More; Pray for us.

Amen

