

Begin with the
Sign of the Cross



Morning Prayer

Monday 10th October

1st Joyful Mystery of the Rosary: The Annunciation





What is the Rosary?

The Rosary honours Our Lady through meditative prayer, and reflects on the life of Jesus through “mysteries”.

Over the next two weeks, we will travel through the life of Jesus using the Rosary as a tool, as October is the Month of the

Rosary!

**Ant: Mary, you are the most blessed of all women,
and blessed is the fruit of your womb.**

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

**Ant: Mary, you are the most blessed of all women,
and blessed is the fruit of your womb.**

Scripture reading

A reading from the Gospel according to Luke

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin whose name was Mary. He went in and said to her, 'Rejoice, you who enjoy God's favour! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Look! You are to conceive in your womb and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High.

Mary said to the angel, 'But how can this come about, since I have no knowledge of man?' The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God.

Mary said, 'You see before you the Lord's servant, let it happen to me as you have said.' And the angel left her.

Scripture reading

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The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin whose name was Mary. He went in and said to her, 'Rejoice, you who enjoy God's favour! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Look! You are to conceive in your womb and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High.

Mary said to the angel, 'But how can this come about, since I have no knowledge of man?' The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God.

Mary said, 'You see before you the Lord's servant, let it happen to me as you have said.' And the angel left her.

Pause for the reflection

'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God.

Mary said, 'You see before you the Lord's servant, let it happen to me as you have said.' And the angel left her.

Think and reflect...

Have you ever received news that seemed scary but that turned out to be amazing?

Have you ever considered that God has a plan for your life?

Do you want to cooperate with God?

Fortitude

Don't give up even when it is hard.

Courage

Faith

Strength

Be brave

Resilience

"Do not be afraid!"

Allow a time of silence to reflect on these questions

Intercessions

Mary received the joyful message from the angel.

O God, let us receive Jesus in the same generous spirit.

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

Mary was obedient to your Word. Give us the grace to do your will too.

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

Mary was troubled by what she heard but trusted that God would only ever do good. Help us to trust God's goodness too and see Him at work in our own lives.

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

**We bring all our prayers together
and ask Mary to pray for us...**

**Hail Mary full of grace
The Lord is with thee
Blessed art thou among women
And blessed is the fruit of thy
womb, Jesus.**

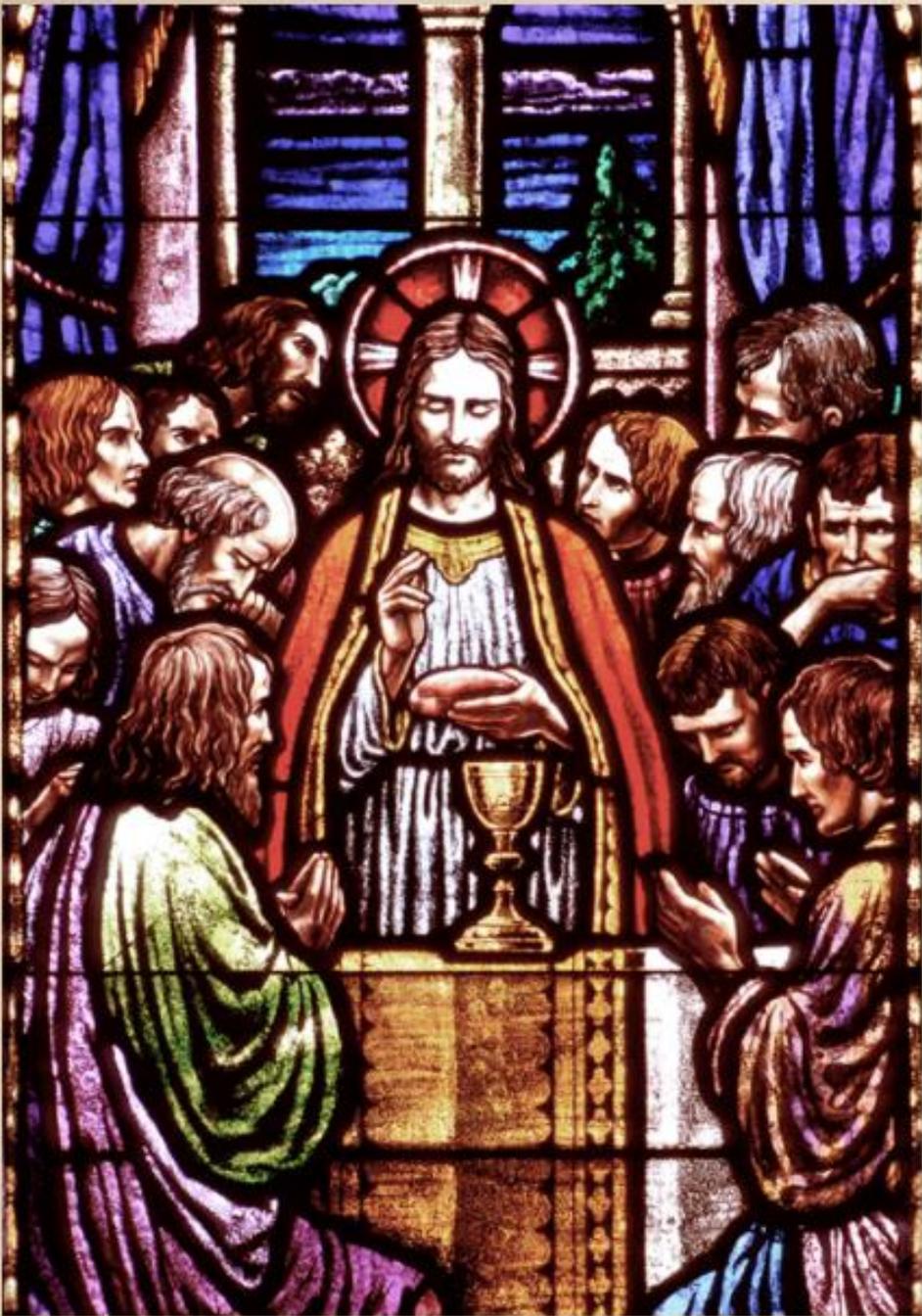
**Holy Mary, Mother of God
Pray for us sinners now and at
the hour of our death
Amen**

Concluding prayer

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.

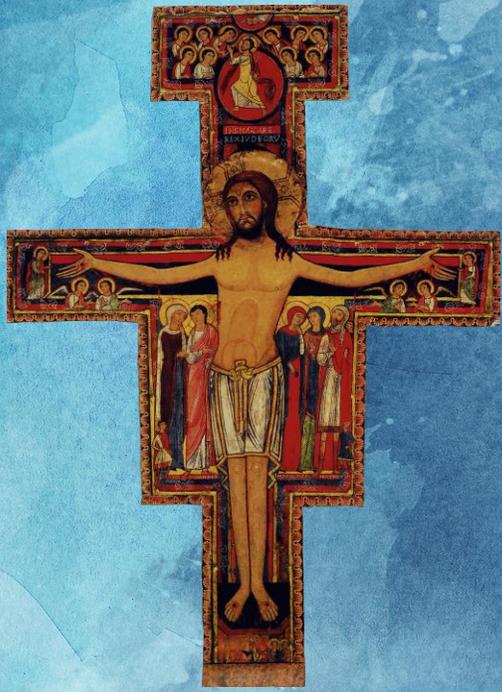
Amen.





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 4th October



Ant. Mary, you are the most blessed of all women, and blessed is the fruit of your womb.

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.

Ant. Mary, you are the most blessed of all women, and blessed is the fruit of your womb.

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

Tuesday 11th October

3rd Joyful Mystery of the Rosary: The Nativity

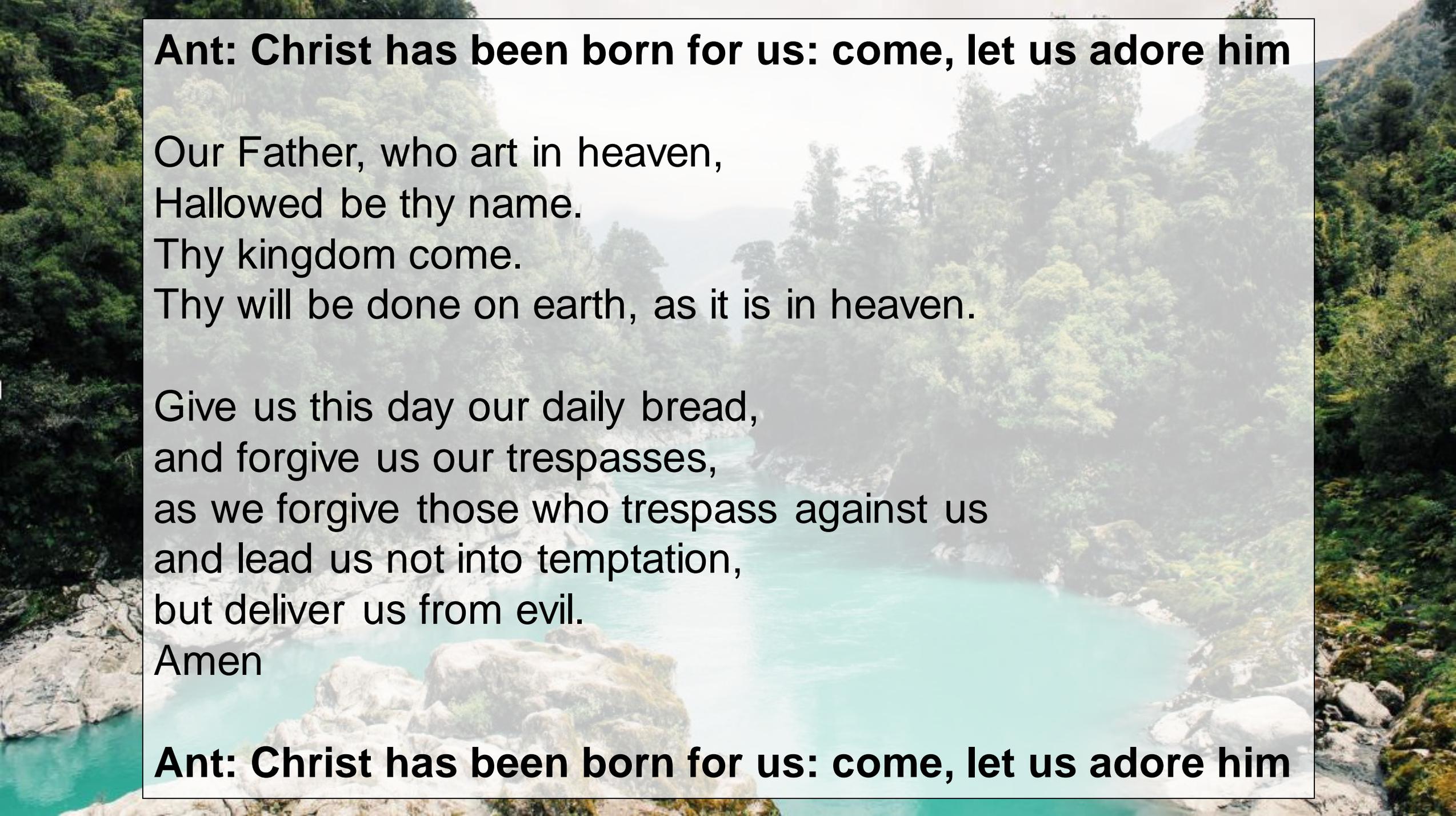




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Over the next two weeks, we will travel through the life of Jesus using the Rosary as a tool, as October is the Month of the Rosary!



Ant: Christ has been born for us: come, let us adore him

Our Father, who art in heaven,
Hallowed be thy name.

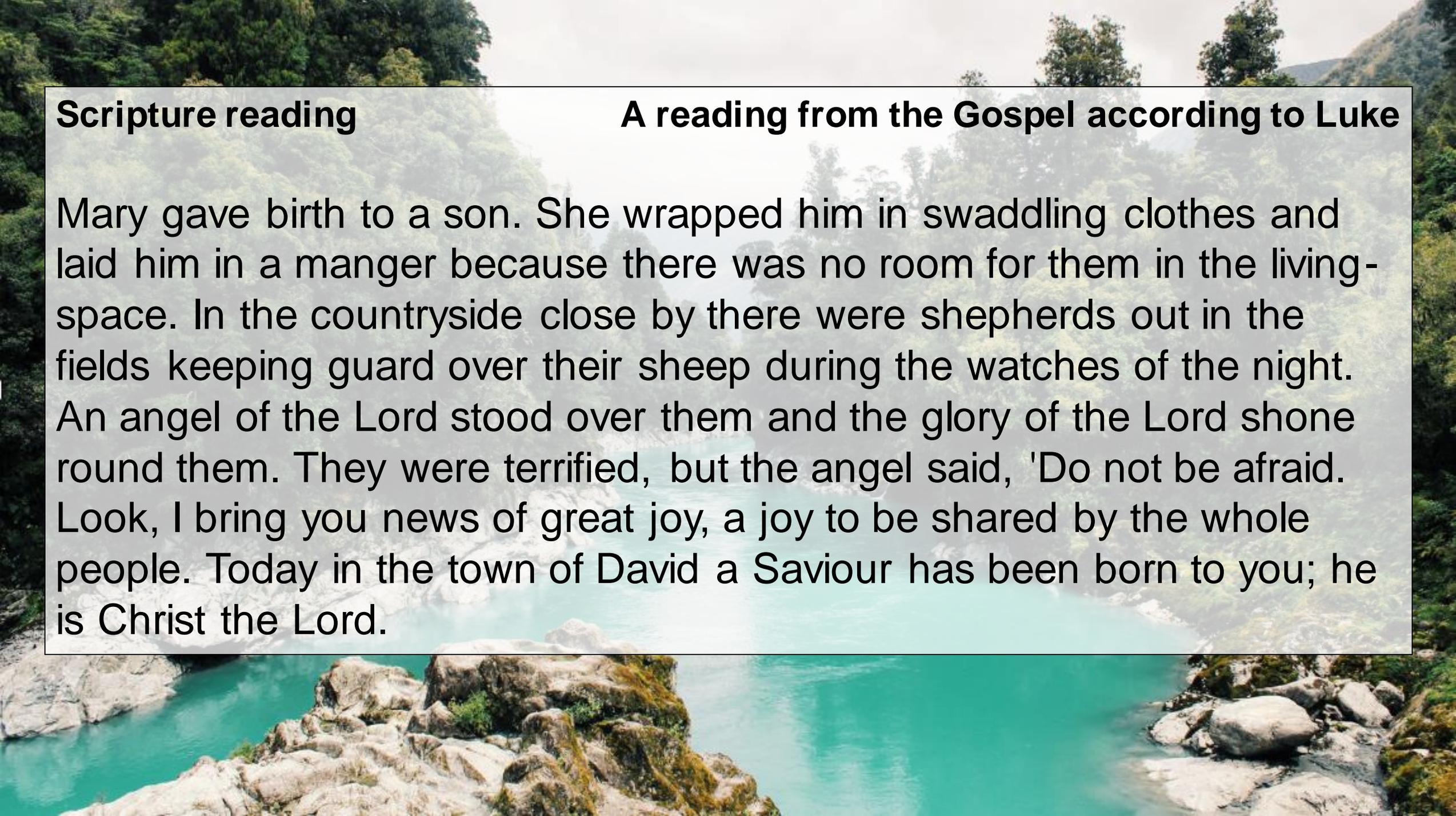
Thy kingdom come.

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

Ant: Christ has been born for us: come, let us adore him



Scripture reading

A reading from the Gospel according to Luke

Mary gave birth to a son. She wrapped him in swaddling clothes and laid him in a manger because there was no room for them in the living-space. In the countryside close by there were shepherds out in the fields keeping guard over their sheep during the watches of the night. An angel of the Lord stood over them and the glory of the Lord shone round them. They were terrified, but the angel said, 'Do not be afraid. Look, I bring you news of great joy, a joy to be shared by the whole people. Today in the town of David a Saviour has been born to you; he is Christ the Lord.'

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Think and reflect...

Do I ever stop to consider who Jesus is?

Am I grateful for the love God shows me?

Do I share the Good News of Jesus with others?

Prudence

Think before you act.

Respect

Obedience

Wisdom

Discernment

Reflection

***"Be still and know that
I am God."***

Allow a time of silence to reflect on these questions

Intercessions

Jesus' birth bound heaven to earth in harmony and peace.
Establish that same peace among nations and humankind today.

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

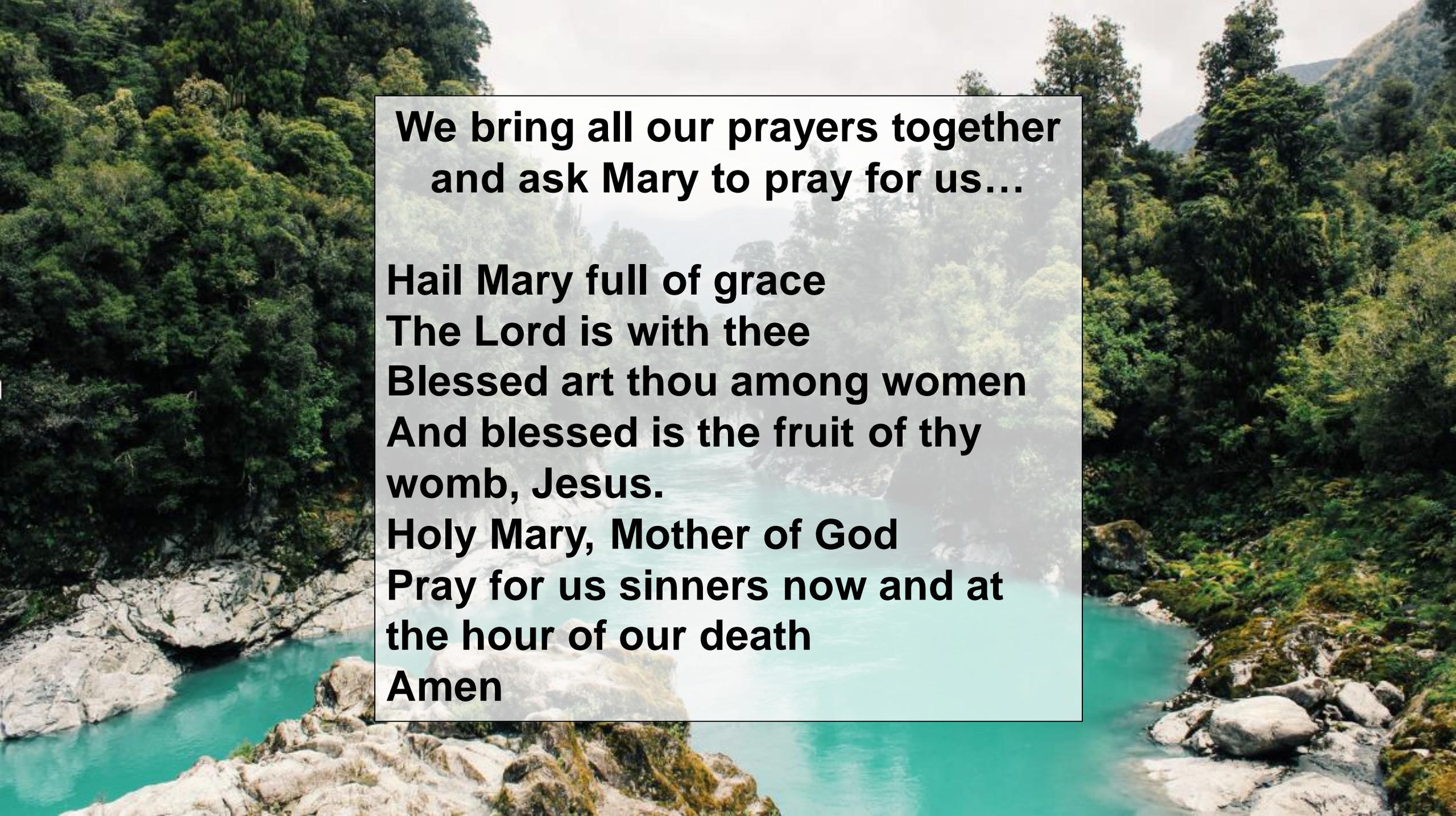
With Mary and Joseph we rejoice in the birth of Jesus.
May we welcome Christ into our lives as they did.

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

Jesus has come to us and made the Kingdom of God accessible to us.

May we recognise Him in our day to day activities.

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



**We bring all our prayers together
and ask Mary to pray for us...**

**Hail Mary full of grace
The Lord is with thee
Blessed art thou among women
And blessed is the fruit of thy
womb, Jesus.**

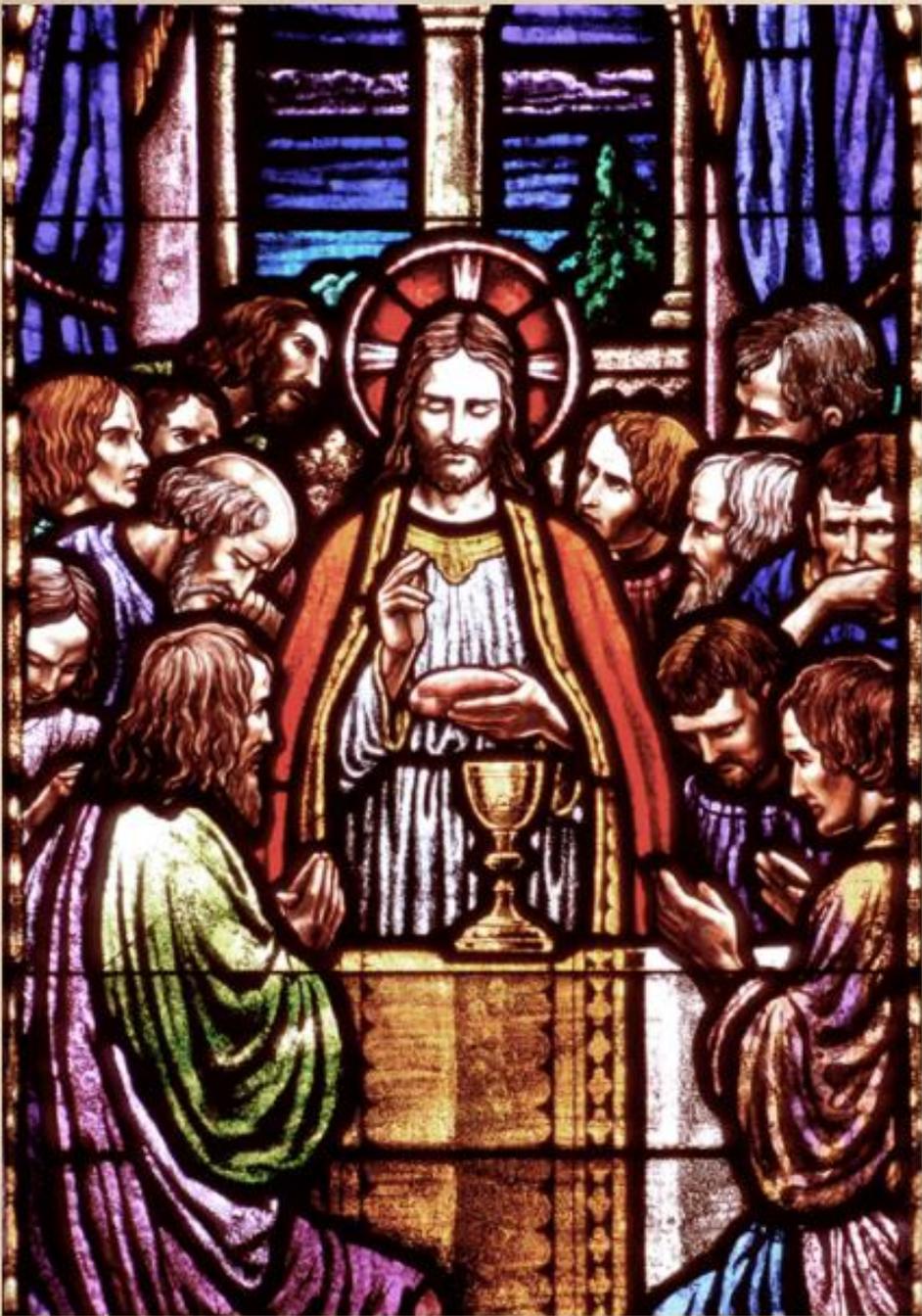
**Holy Mary, Mother of God
Pray for us sinners now and at
the hour of our death
Amen**

Concluding prayer

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.





GRACE BEFORE MEALS

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



Begin with the
Sign of the Cross

Afternoon Prayer

Tuesday 11th October



Ant: Christ has been born for us: come, let us adore him

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

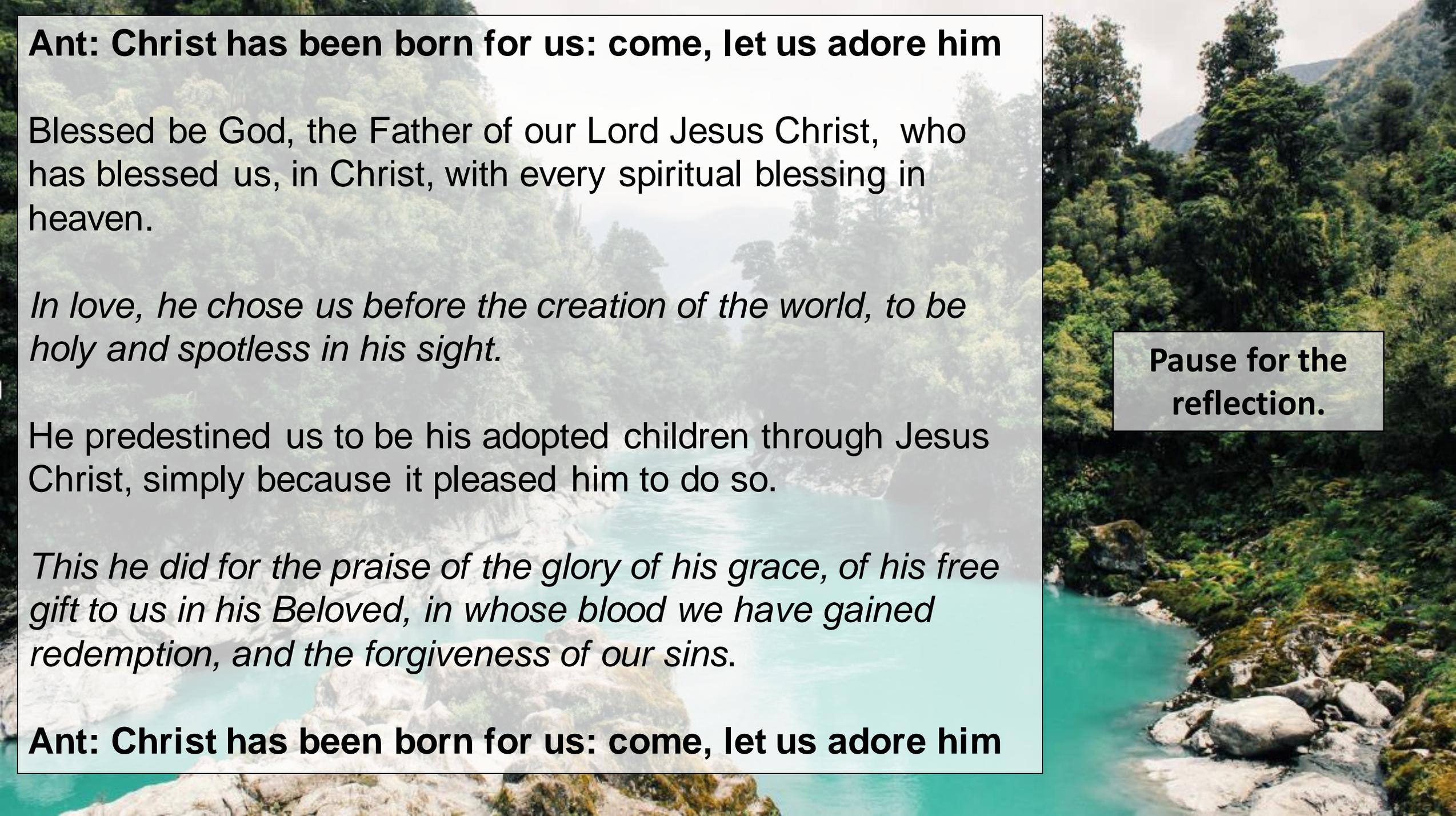
In love, he chose us before the creation of the world, to be holy and spotless in his sight.

He predestined us to be his adopted children through Jesus Christ, simply because it pleased him to do so.

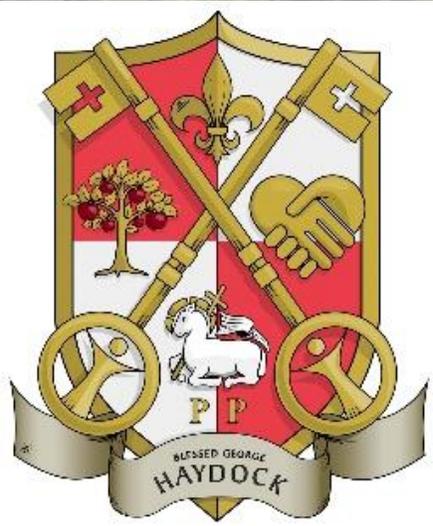
This he did for the praise of the glory of his grace, of his free gift to us in his Beloved, in whose blood we have gained redemption, and the forgiveness of our sins.

Ant: Christ has been born for us: come, let us adore him

Pause for the reflection.



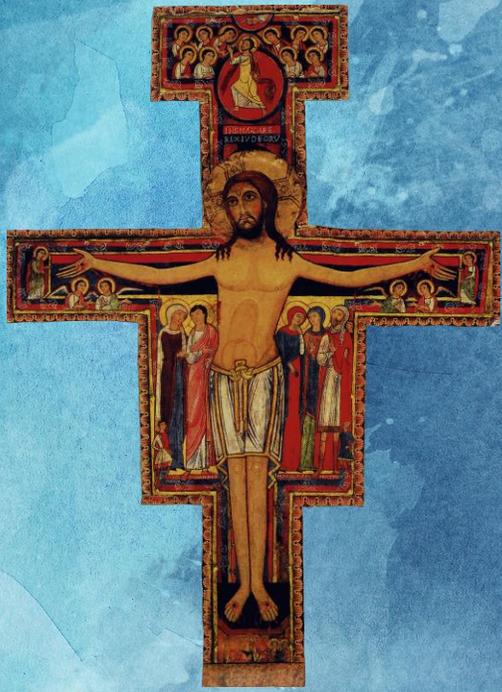
We ask the saints to pray for us:



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



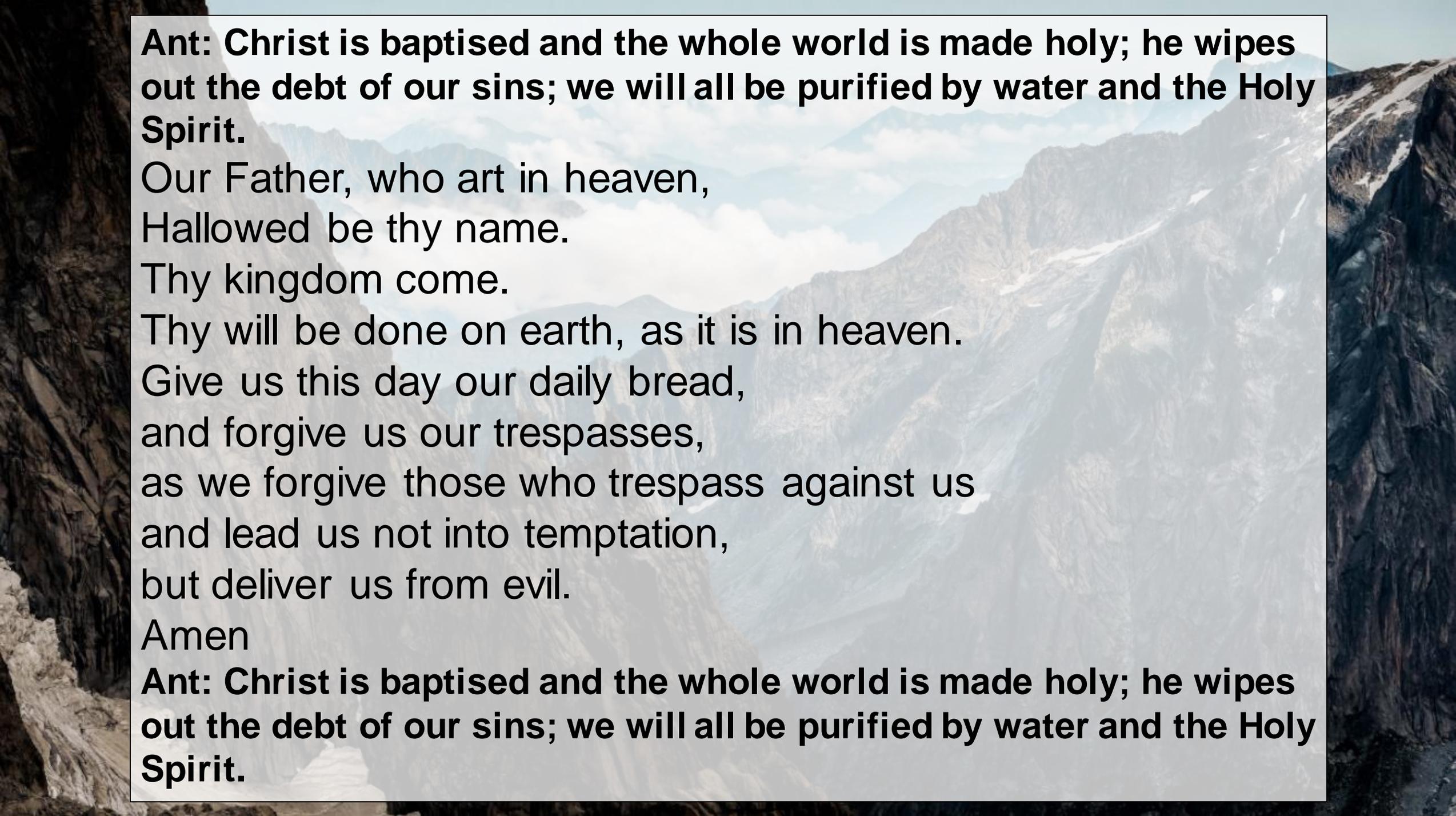
Begin with the
Sign of the Cross

Morning Prayer

Wednesday 12th September

1st Luminous Mystery of the Rosary: Baptism of the Lord





Ant: Christ is baptised and the whole world is made holy; he wipes out the debt of our sins; we will all be purified by water and the Holy Spirit.

Our Father, who art in heaven,
Hallowed be thy name.

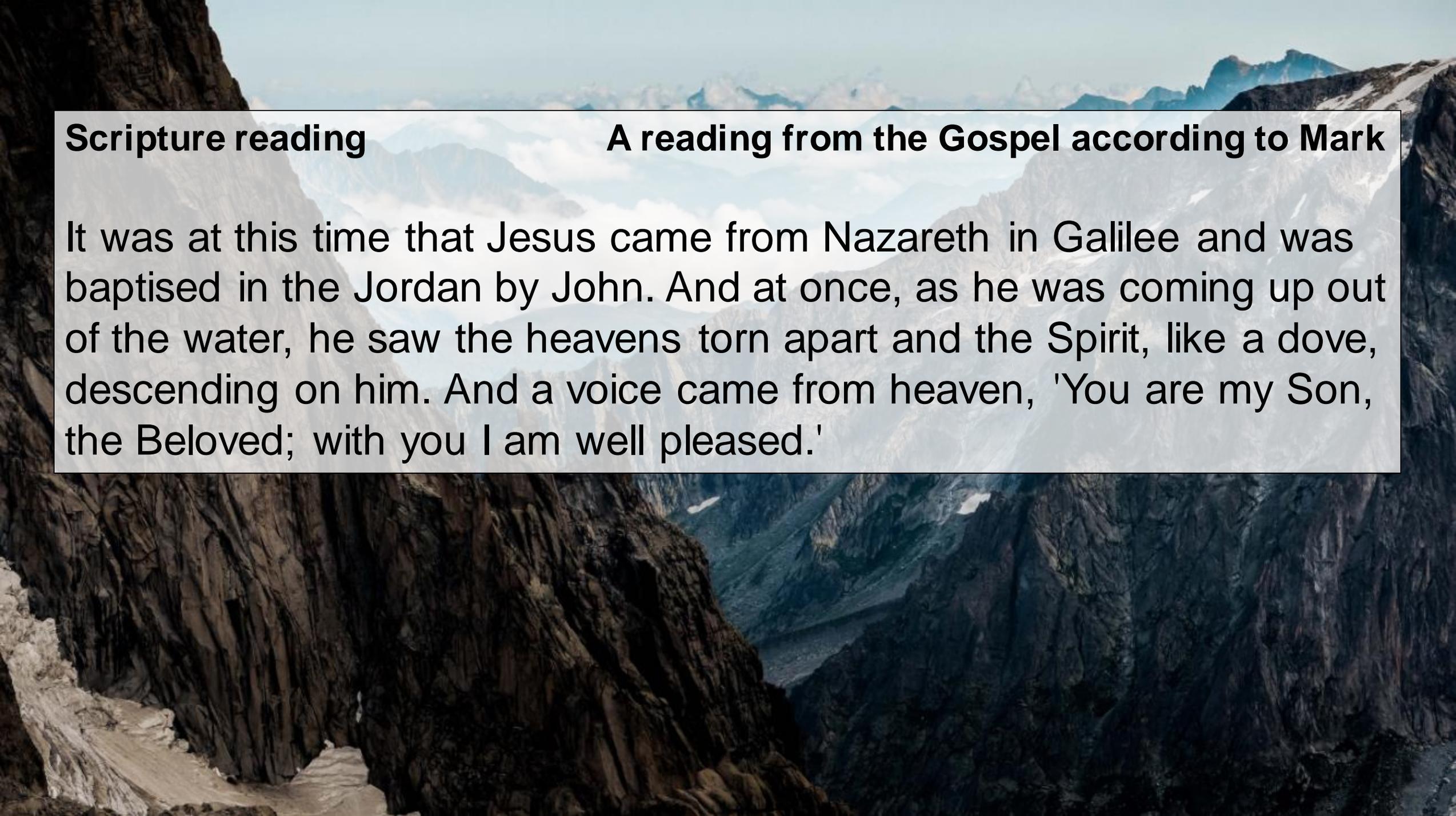
Thy kingdom come.

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

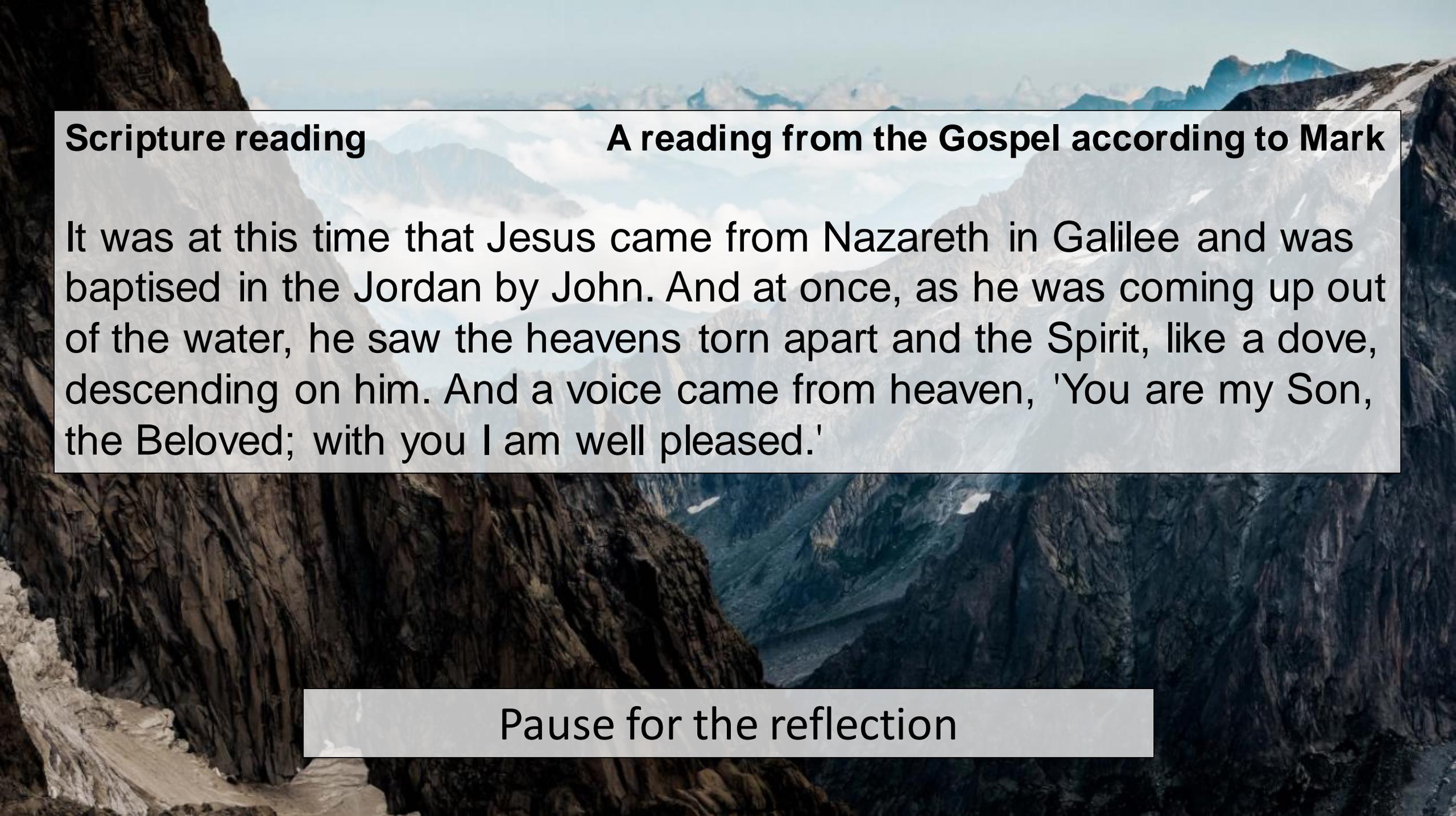
Ant: Christ is baptised and the whole world is made holy; he wipes out the debt of our sins; we will all be purified by water and the Holy Spirit.



Scripture reading

A reading from the Gospel according to Mark

It was at this time that Jesus came from Nazareth in Galilee and was baptised in the Jordan by John. And at once, as he was coming up out of the water, he saw the heavens torn apart and the Spirit, like a dove, descending on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'



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Think and reflect...

Do I believe I am a precious child of God?

Do I believe God is pleased with me?

What mission does God have in mind for me?

Prudence

Think before you act.

Respect

Obedience

Wisdom

Discernment

Reflection

**"Be still and know that
I am God."**

Allow a time of silence to reflect on these questions

Intercessions

Christ, our Lord, you taught us how to live;
help us to share in your saving mission and give ourselves for others.

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

Your baptism has made us children of the Father:

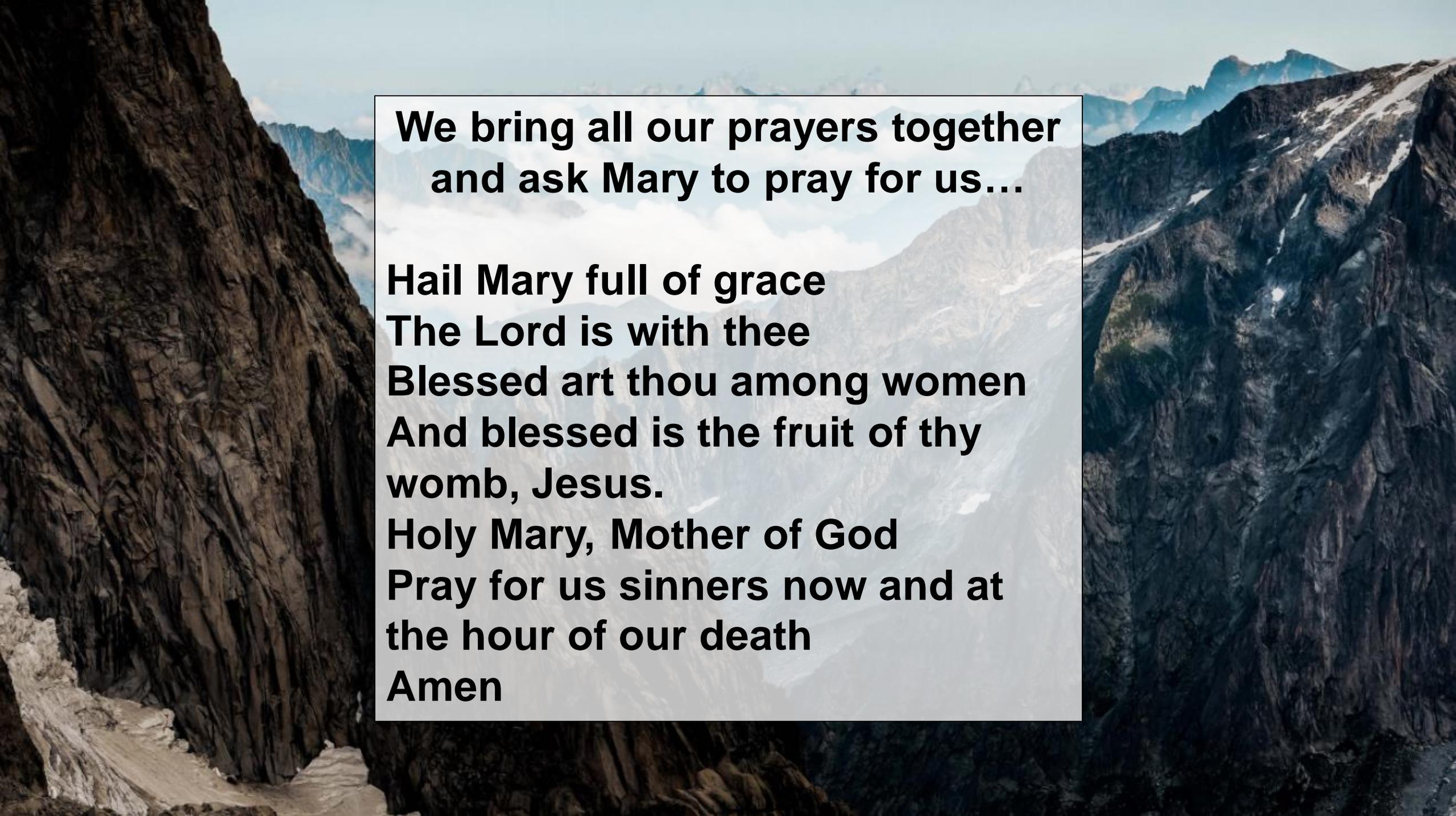
Help us to take up our place as heirs to the Kingdom and all You have won for us

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

Your baptism has revealed to us the three persons of the Holy Trinity:

Help us to have a relationship with each person of the Trinity so we can know you as you want to be known.

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



**We bring all our prayers together
and ask Mary to pray for us...**

**Hail Mary full of grace
The Lord is with thee
Blessed art thou among women
And blessed is the fruit of thy
womb, Jesus.**

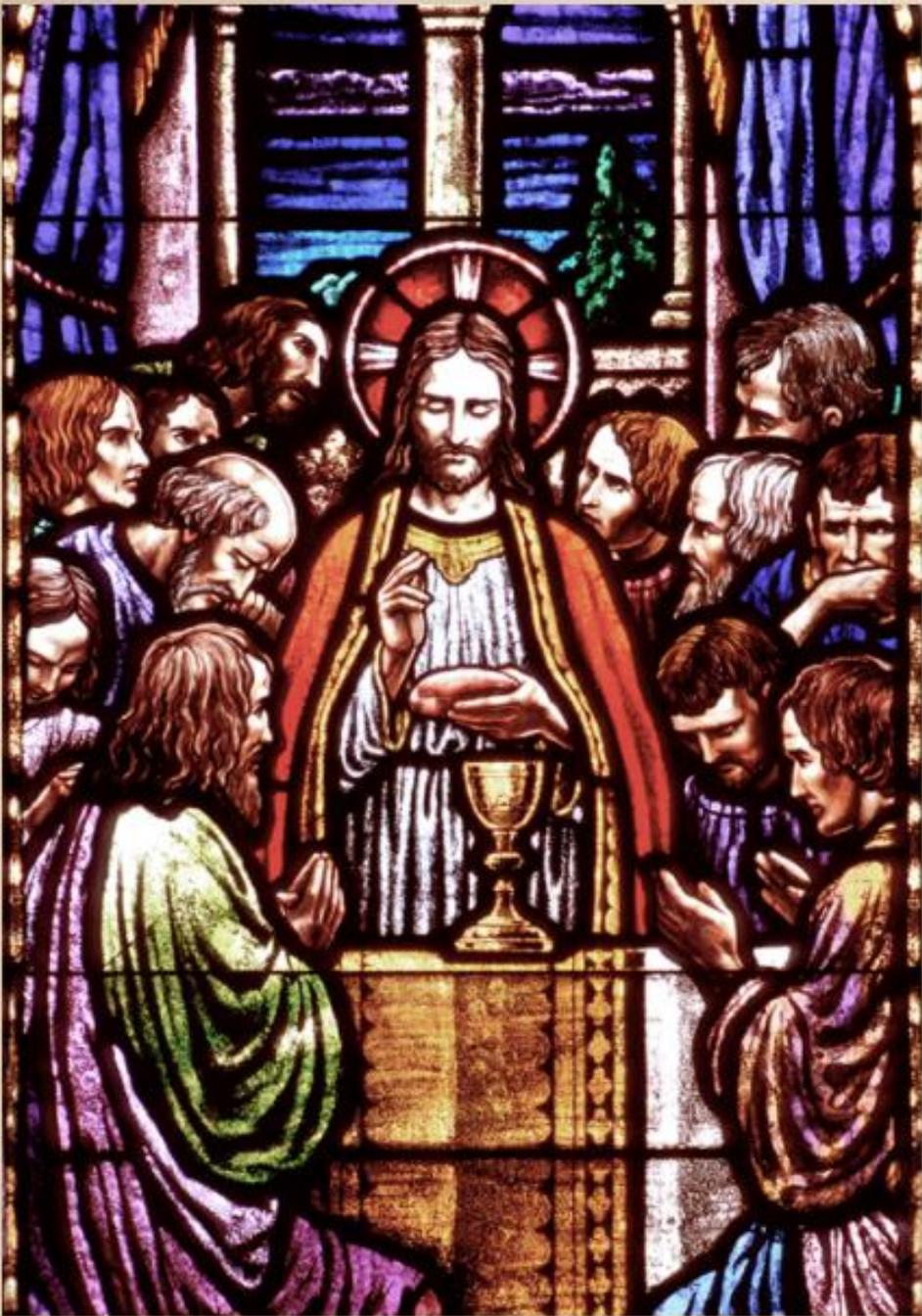
**Holy Mary, Mother of God
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Amen**

Concluding prayer

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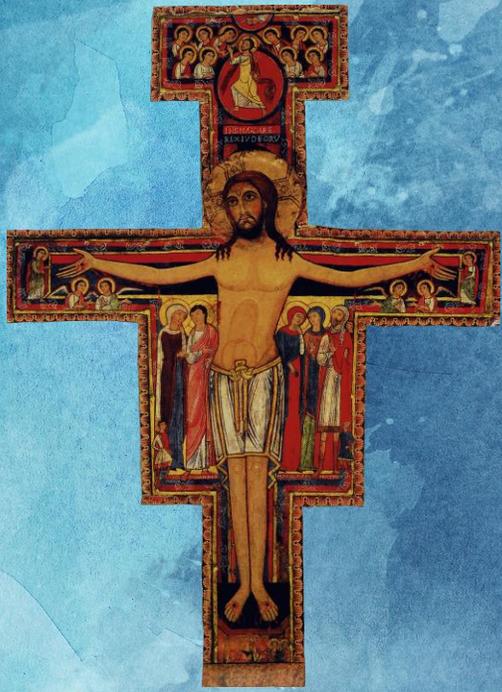
Amen.





GRACE BEFORE MEALS

BLESS US, OH LORD,
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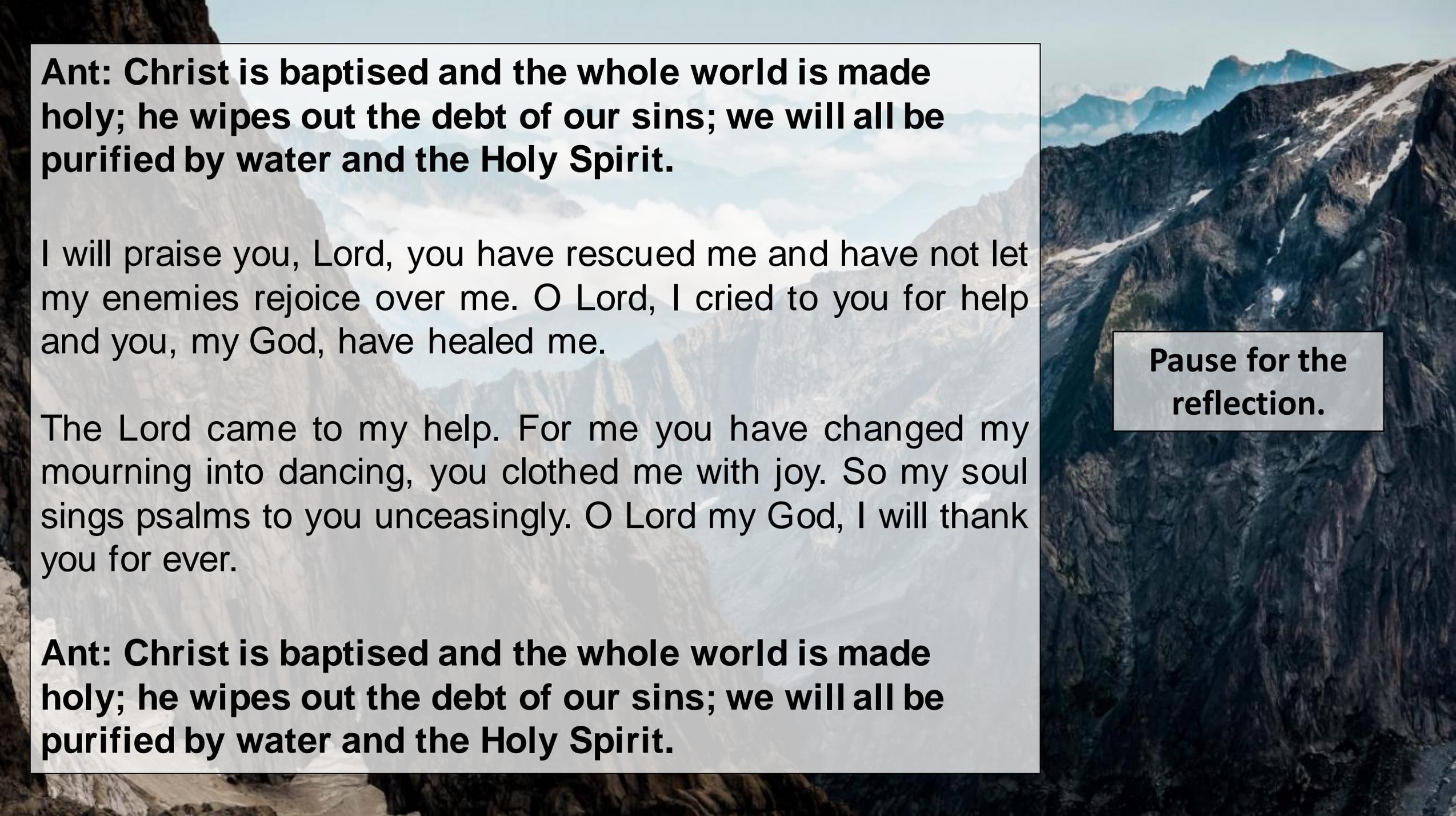
Begin with the
Sign of the Cross



Afternoon Prayer

Wednesday 12th October





Ant: Christ is baptised and the whole world is made holy; he wipes out the debt of our sins; we will all be purified by water and the Holy Spirit.

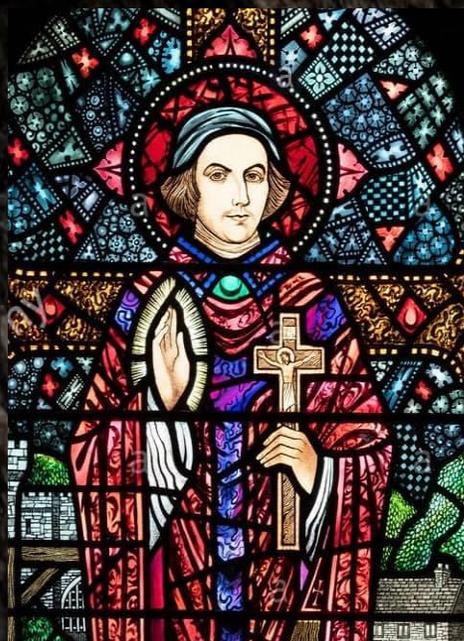
I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, I cried to you for help and you, my God, have healed me.

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: Christ is baptised and the whole world is made holy; he wipes out the debt of our sins; we will all be purified by water and the Holy Spirit.

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



End with the
Sign of the Cross



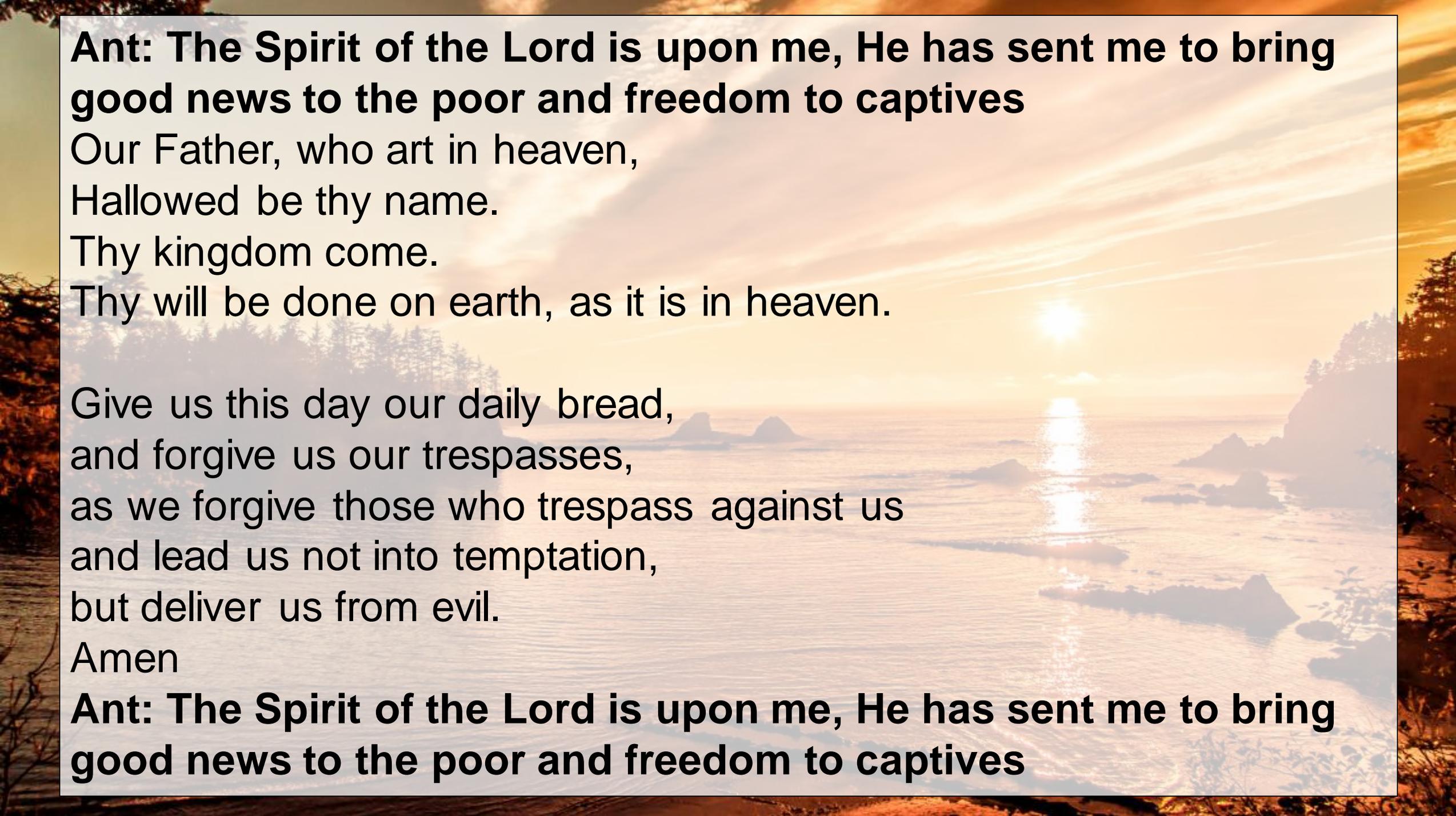
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Morning Prayer

Thursday 13th October

3rd Luminous Mystery of the Rosary:
Proclamation of the Kingdom





Ant: The Spirit of the Lord is upon me, He has sent me to bring good news to the poor and freedom to captives

Our Father, who art in heaven,
Hallowed be thy name.

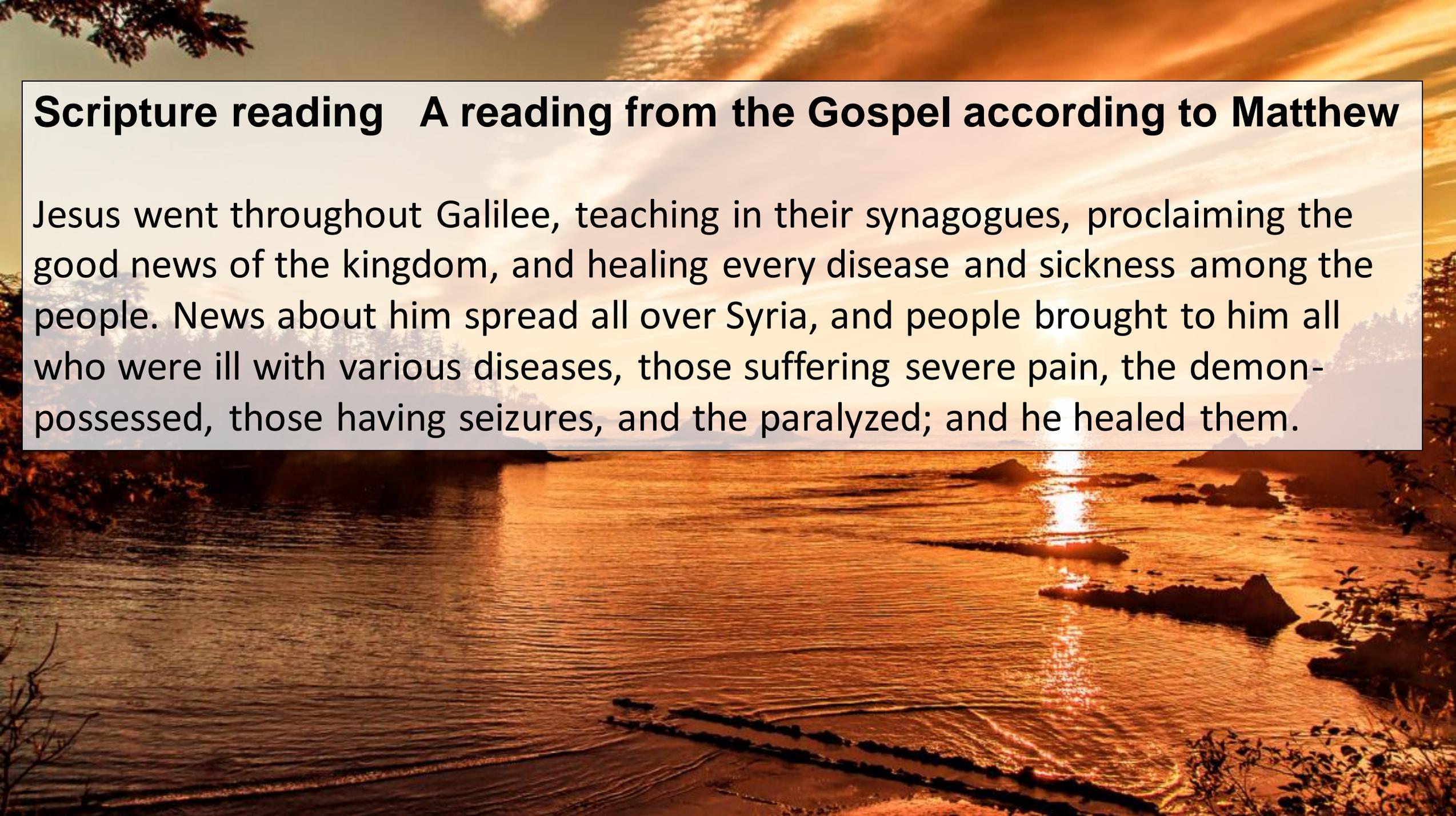
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and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.

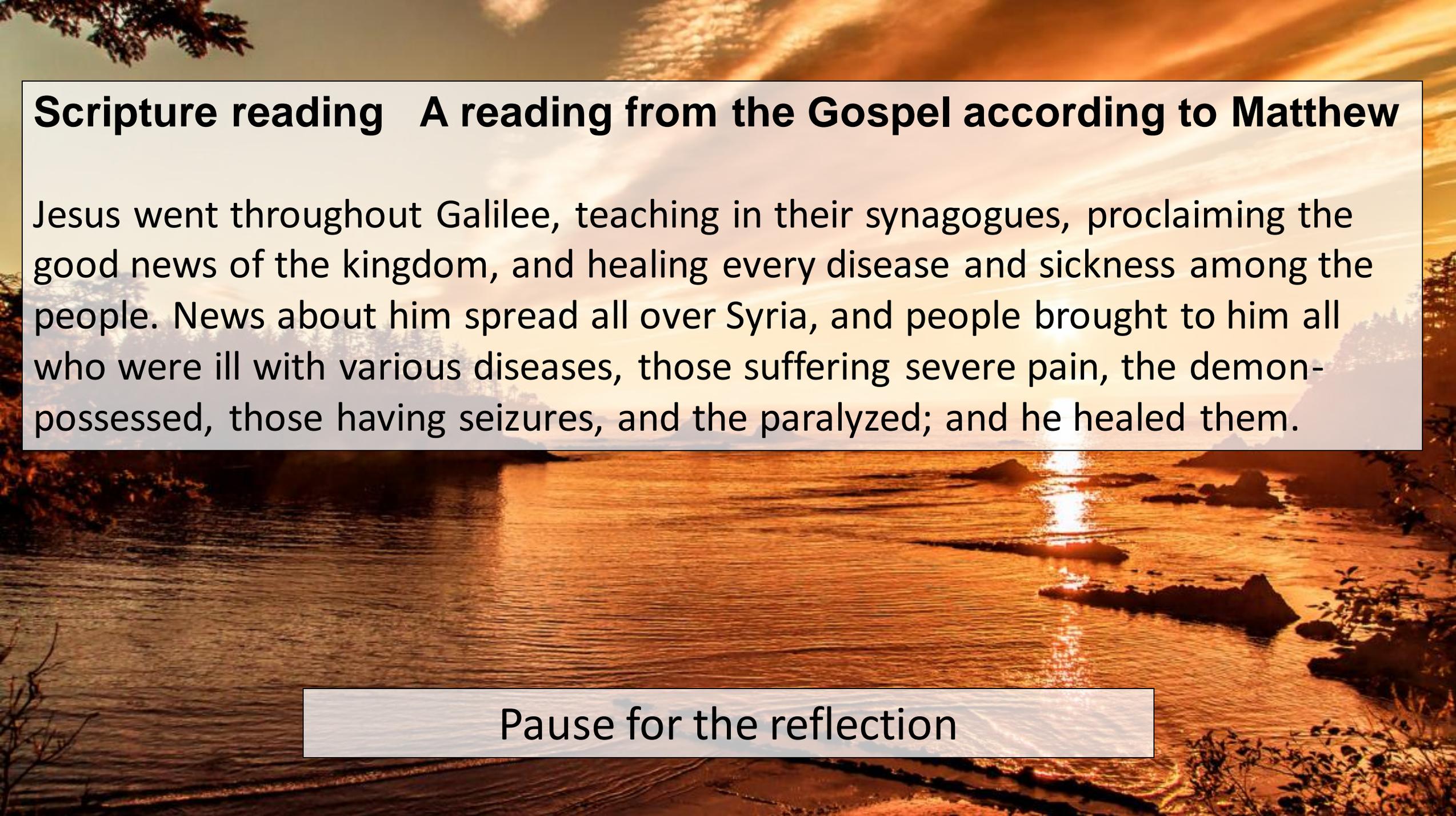
Amen

Ant: The Spirit of the Lord is upon me, He has sent me to bring good news to the poor and freedom to captives

A scenic sunset over a body of water, likely a lake or a wide river. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The sky is filled with soft, golden light, and the water reflects this light, creating a warm, orange glow. The foreground shows the dark silhouettes of trees and bushes, framing the scene. A white text box is overlaid on the upper portion of the image, containing the text.

Scripture reading A reading from the Gospel according to Matthew

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them.

A scenic sunset over a body of water, with the sun low on the horizon, casting a golden glow across the sky and reflecting on the water's surface. The sky is filled with soft, orange and yellow clouds. The water is calm, with gentle ripples. In the foreground, there are some dark, silhouetted branches and leaves. A white rectangular text box is overlaid on the upper portion of the image.

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Think and reflect...

What do I need healing from today?
(sadness, pain, worries, sickness)

Do I try to see God's Kingdom around me?

Who could I bring to Jesus now in my prayers to ask Him to help them?

Justice

Always tell the truth.

Love

Fairness

Charity

Gratitude

Truth

Forgiveness

"Love one another."

Allow a time of silence to reflect on these questions

Intercessions

Lord, you said 'Let any man who thirsts come to me and drink': give your Spirit now to those who thirst for you.

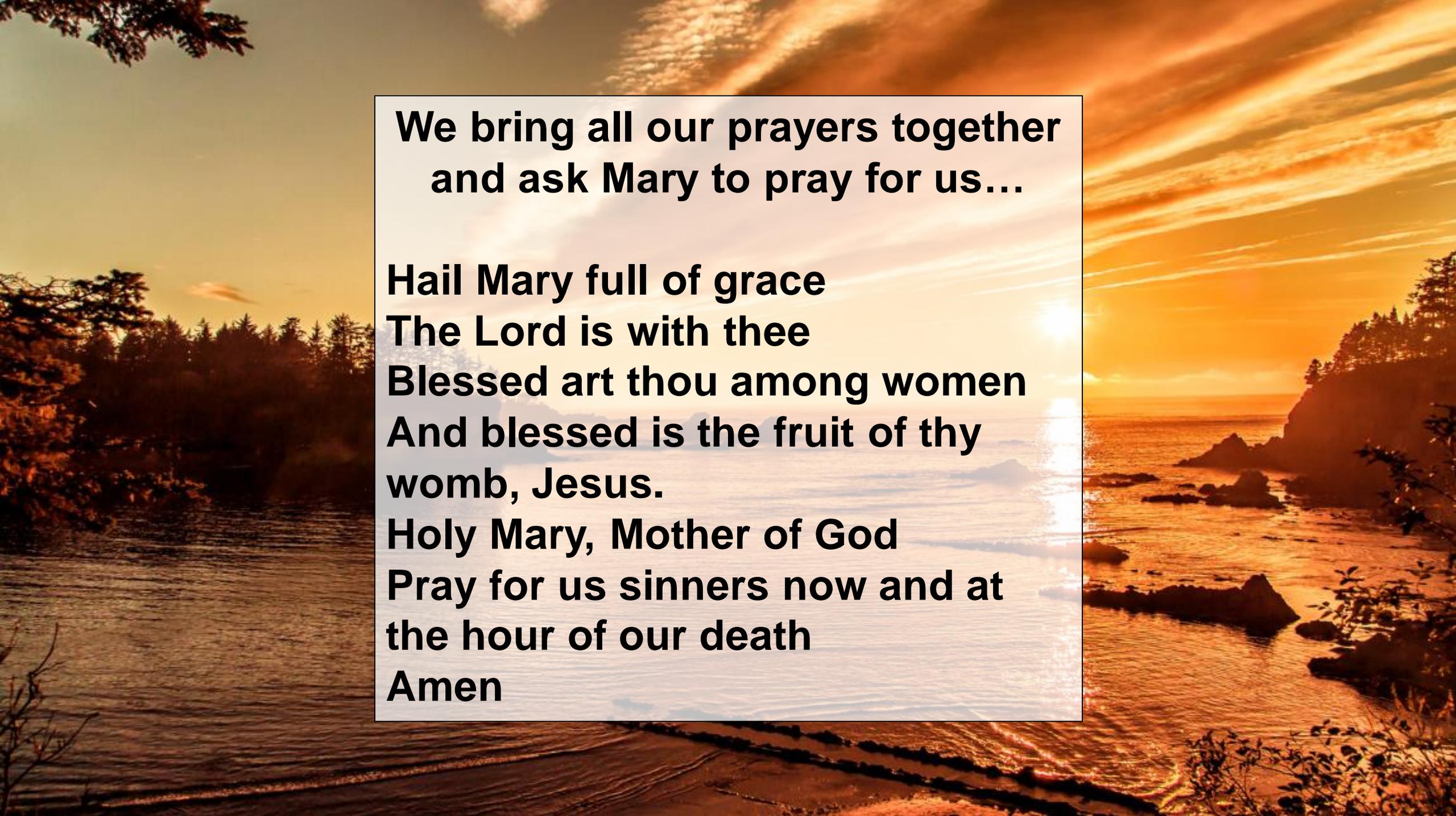
– *Lord hear us, **Lord graciously hear us.***

Jesus, you performed many miracles to show us who you are and to improve the lives of those you met. Help us to see your miracles in the world around us.

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

Lord, you were willing to give your blood on the cross to show us how much you love us. Help us to show our love to you in some small way today.

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



**We bring all our prayers together
and ask Mary to pray for us...**

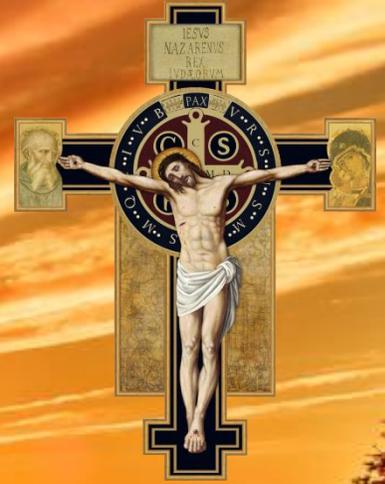
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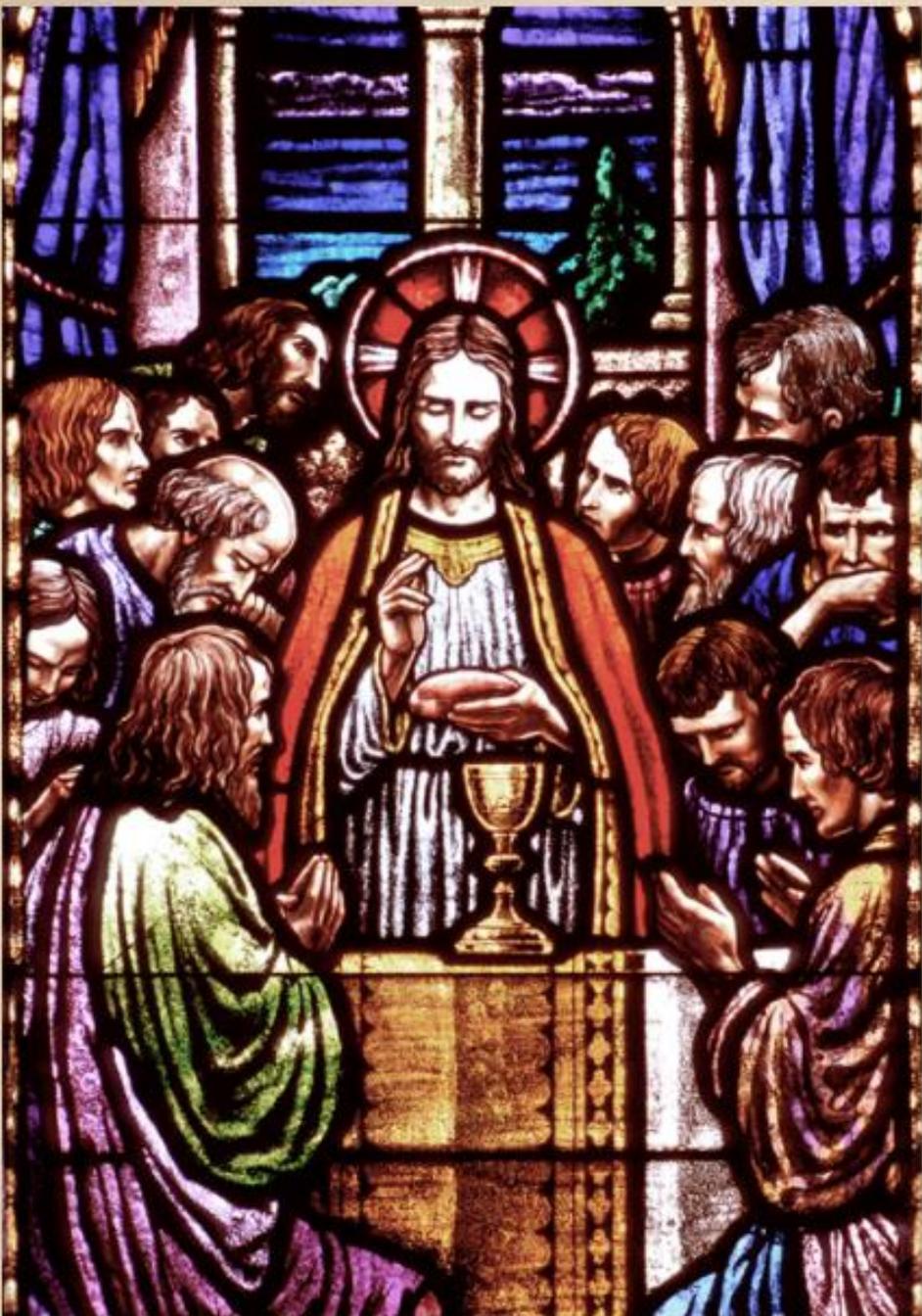
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Pray for us sinners now and at
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Amen**

Concluding prayer

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and to the Holy Spirit. As it was in the
beginning is now and ever shall be,
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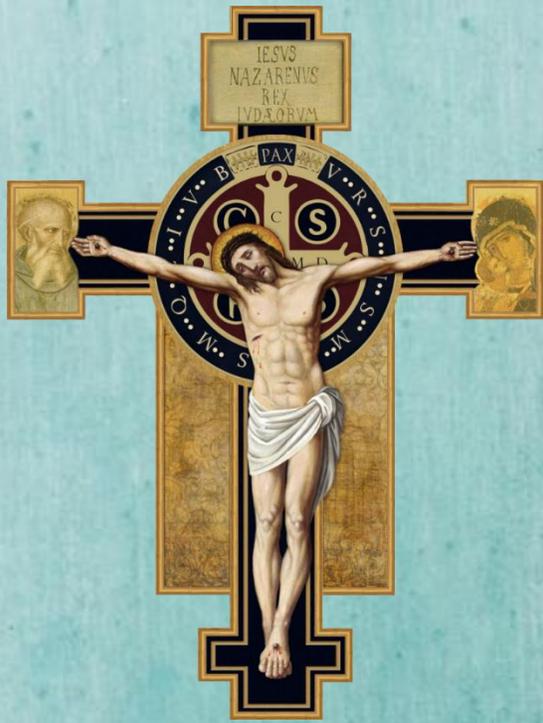
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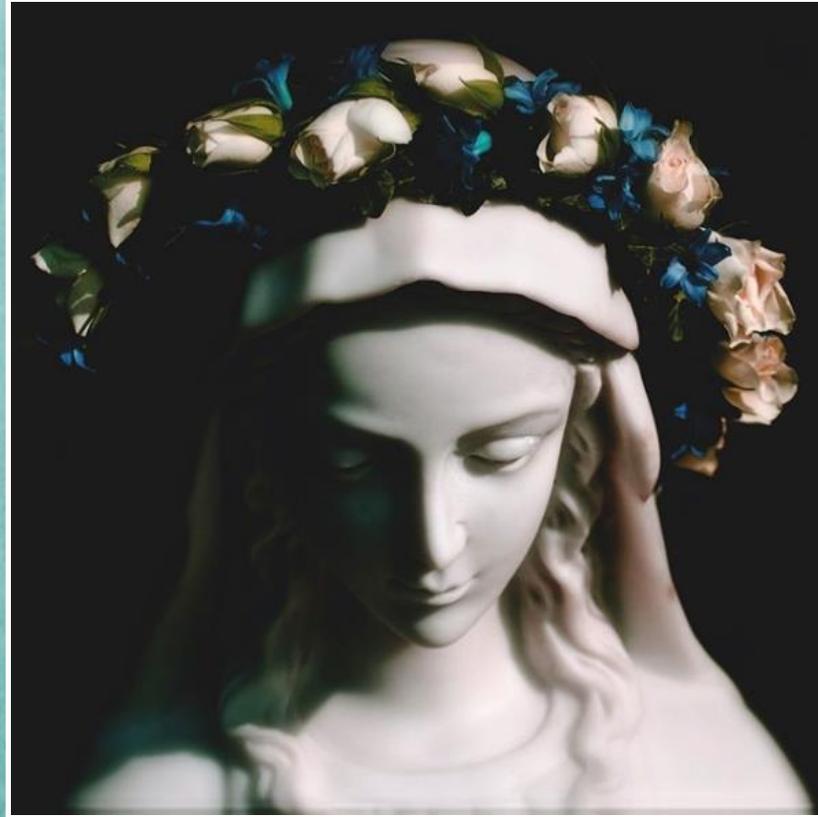


GRACE BEFORE MEALS

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Begin with the
Sign of the Cross



Afternoon Prayer

Thursday 13th October



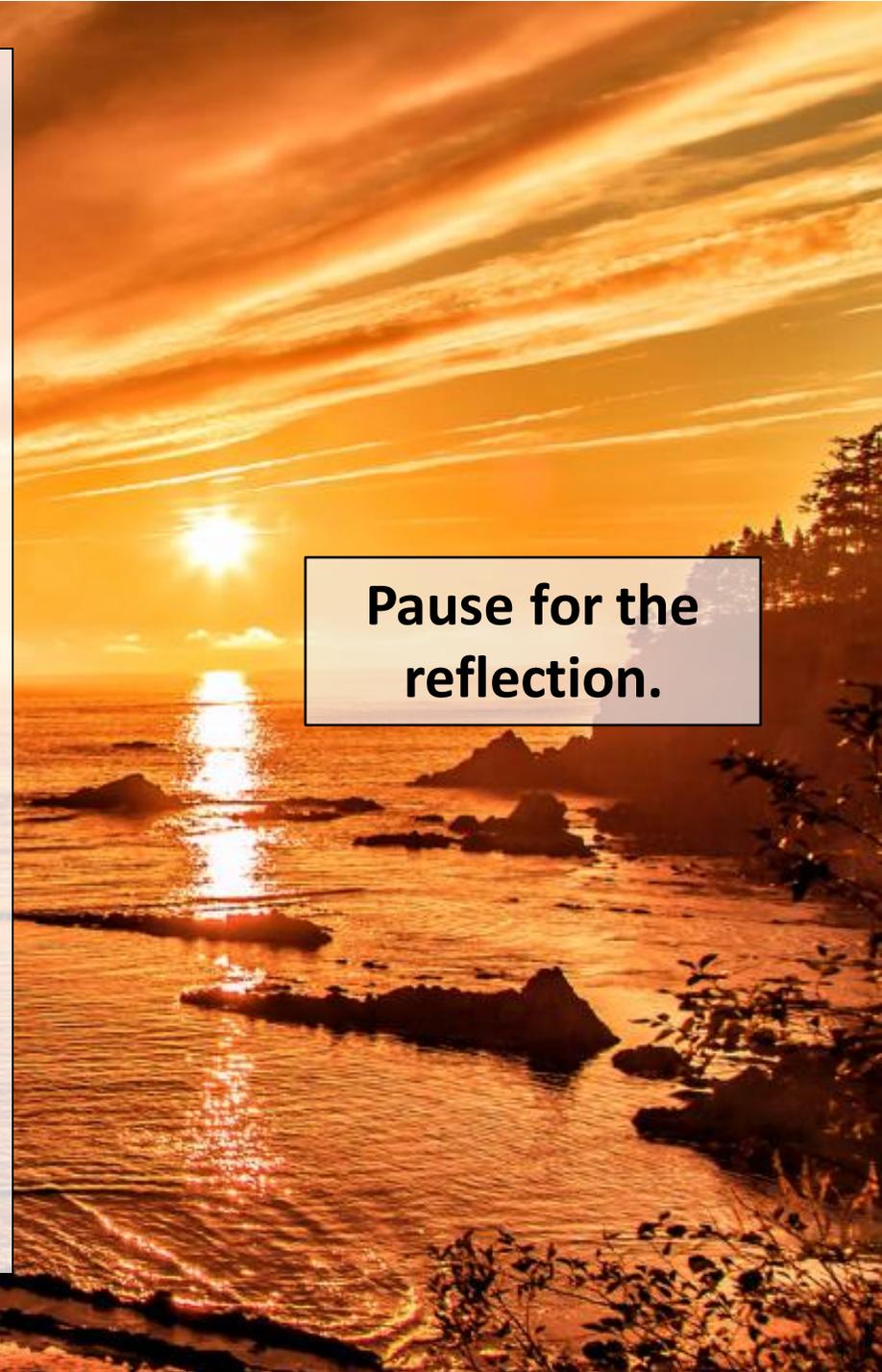
Ant: The bridegroom rejoices in his bride.

Great and wonderful are your deeds, O Lord God the Almighty! Just and true are your ways, O King of the ages!

Who shall not fear and glorify your name, O Lord? For you alone are holy. All nations shall come and worship you, for your judgements have been revealed.

Ant: The bridegroom rejoices in his bride.

Pause for the reflection.



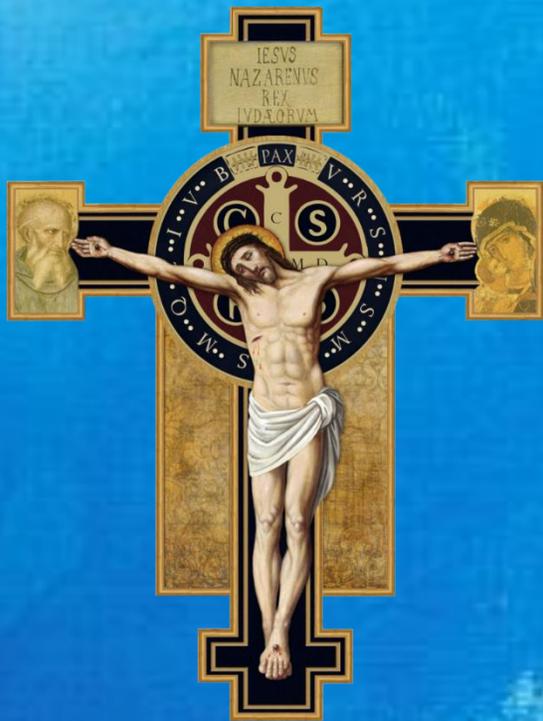
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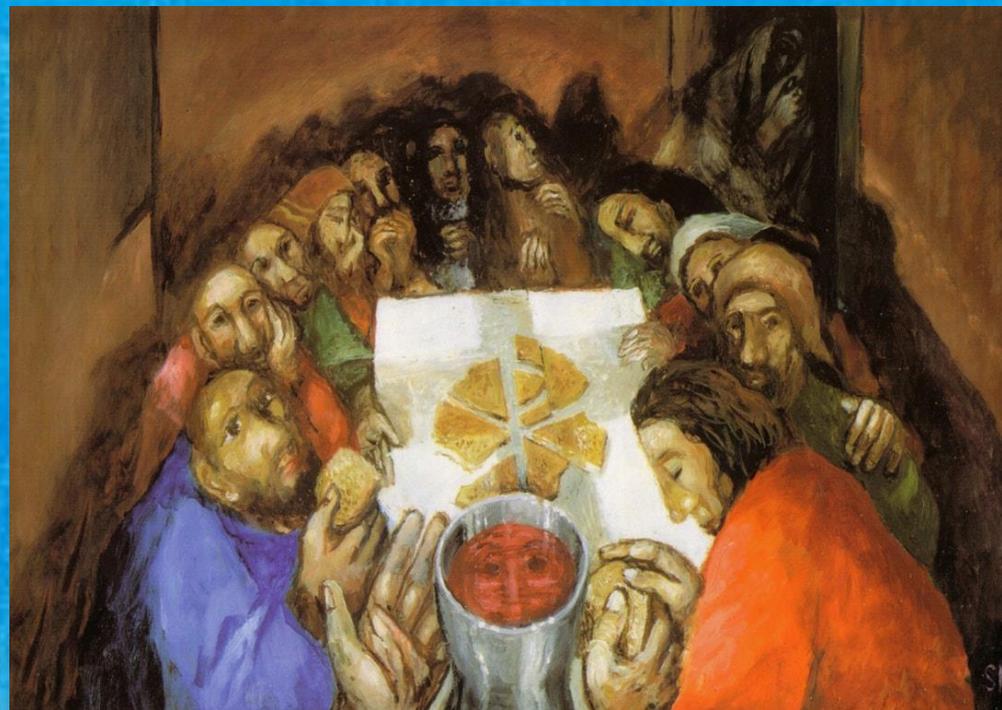
Lord, we thank You for giving us St. Margaret Clitherow as an example of courage and holiness. Help us to copy the example of love that she showed in living out her vocation. St Margaret Clitherow; **Pray for us.**
Amen



End with the
Sign of the Cross



Begin with the
Sign of the Cross



Morning Prayer

Friday 14th October

5th Luminous Mystery of the Rosary: Institution of
the Eucharist



Ant. As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

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,

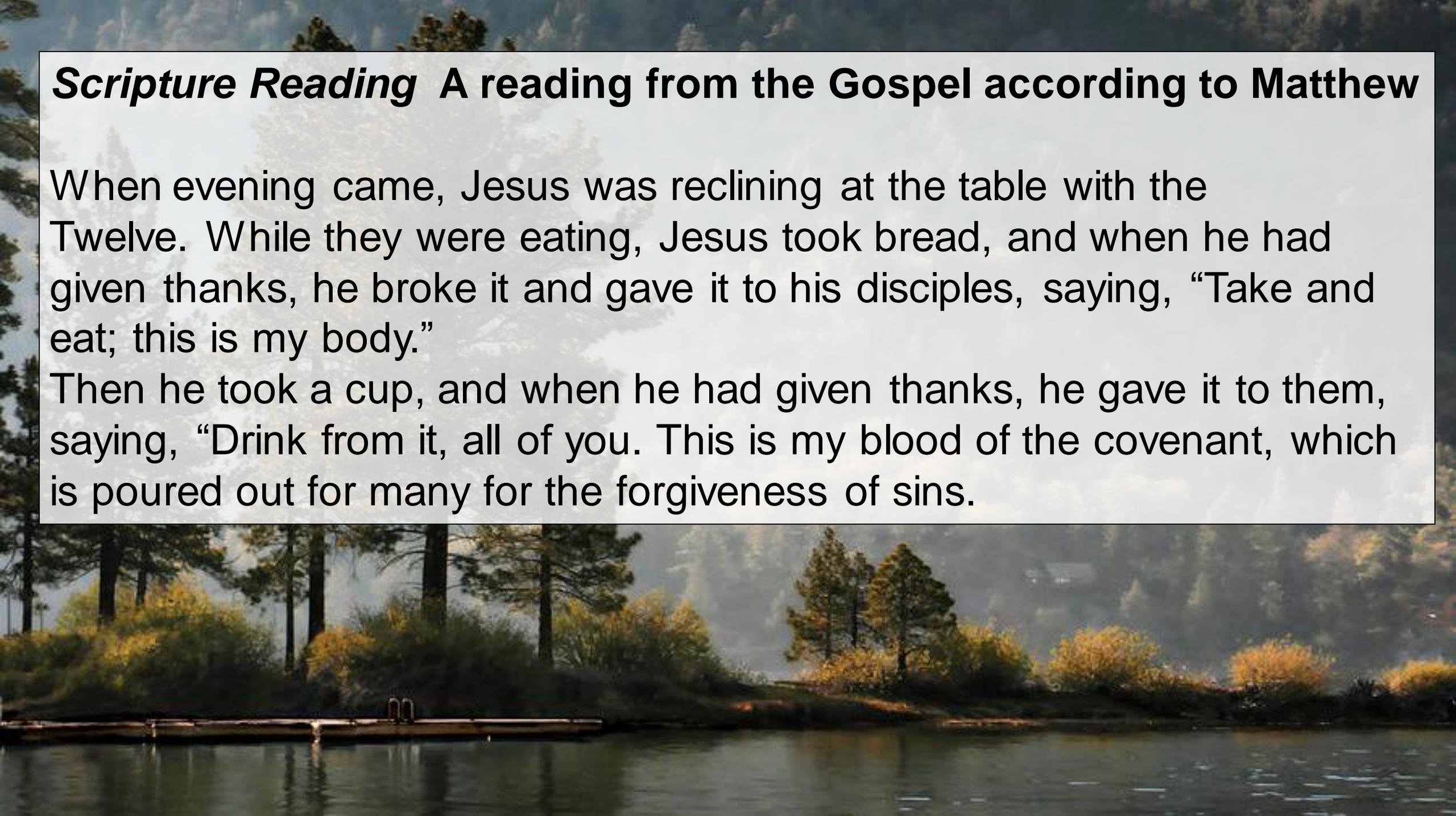
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Amen

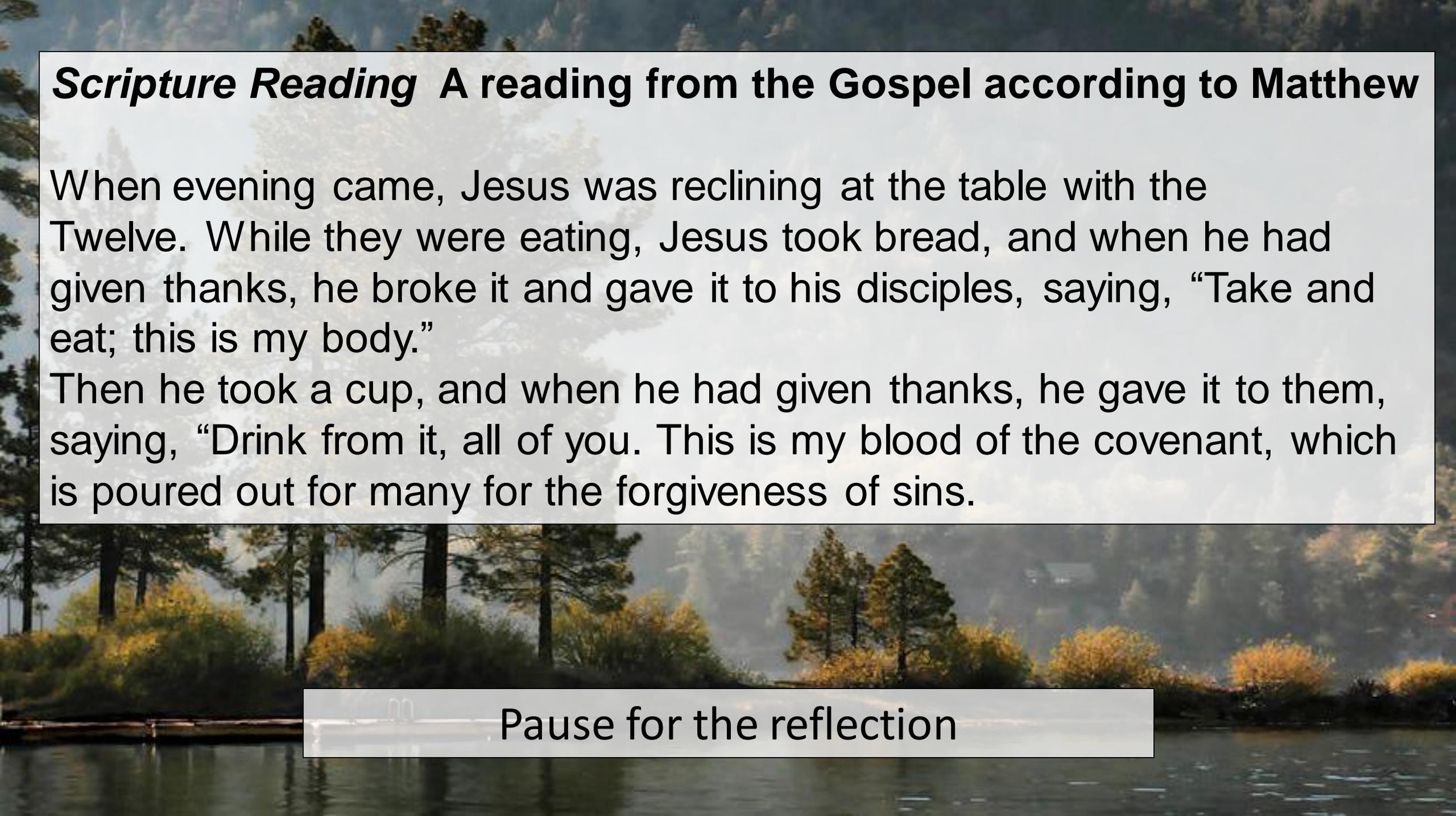
Ant. As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.



Scripture Reading A reading from the Gospel according to Matthew

When evening came, Jesus was reclining at the table with the Twelve. While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.”

Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.



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Pause for the reflection

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Think and reflect...

Do I put good, healthy food in my body?

Do I ever ask God to give me the things I need?

Do I want the life and strength of God inside me?

Temperance

Put others first.

Self-Control

Gentleness

Balance

Humility

Hope

"Treat others as you would like to be treated"

Allow a time of silence to reflect on these questions

Intercessions

We pray for all those who are lonely and excluded.

Help us to reach out with love

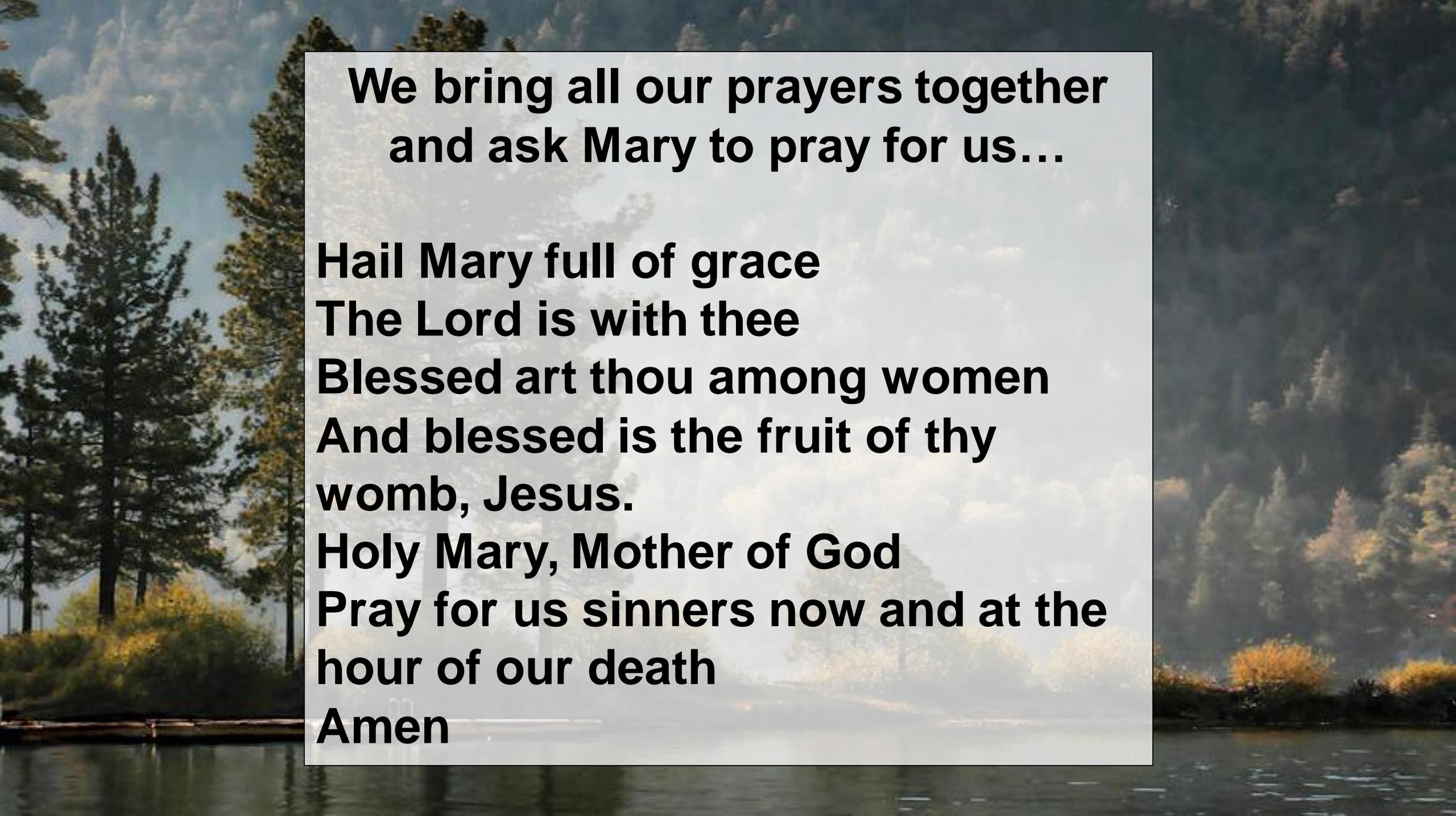
– *Lord hear us. **Lord graciously hear us.***

Thank you for the gifts you give us that fill us with joy. Help us to use them to serve you and others

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

Holy Spirit we welcome you into our hearts. Help us to recognise that God is here and has come to visit us.

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



**We bring all our prayers together
and ask Mary to pray for us...**

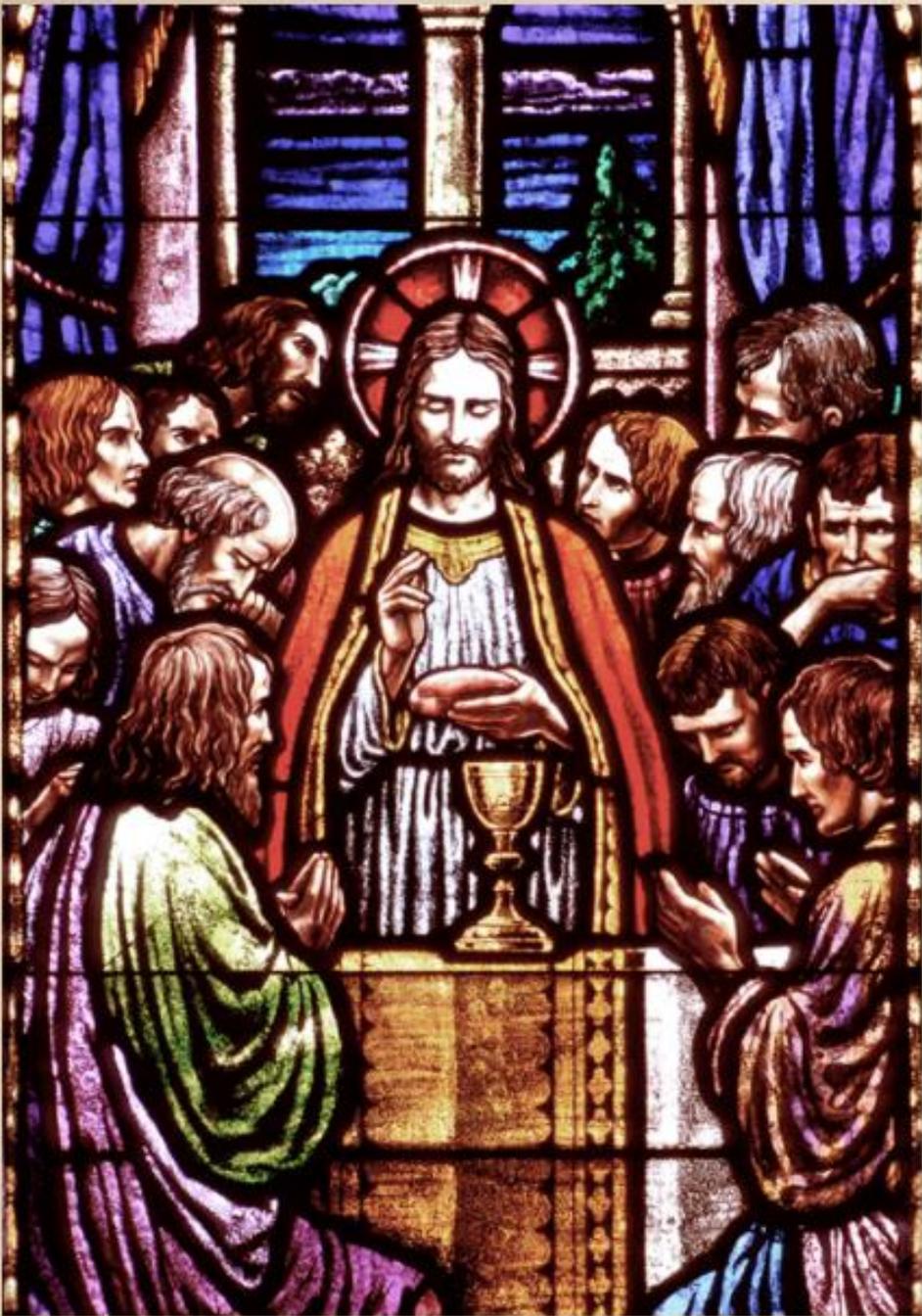
**Hail Mary full of grace
The Lord is with thee
Blessed art thou among women
And blessed is the fruit of thy
womb, Jesus.
Holy Mary, Mother of God
Pray for us sinners now and at the
hour of our death
Amen**

Concluding prayer

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.

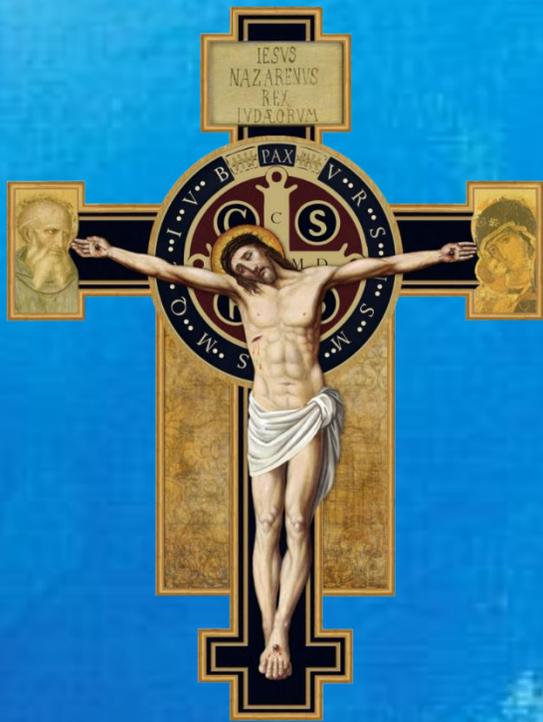
Amen.





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 14th October



Ant. As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

*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. As they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to his disciples.

**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