

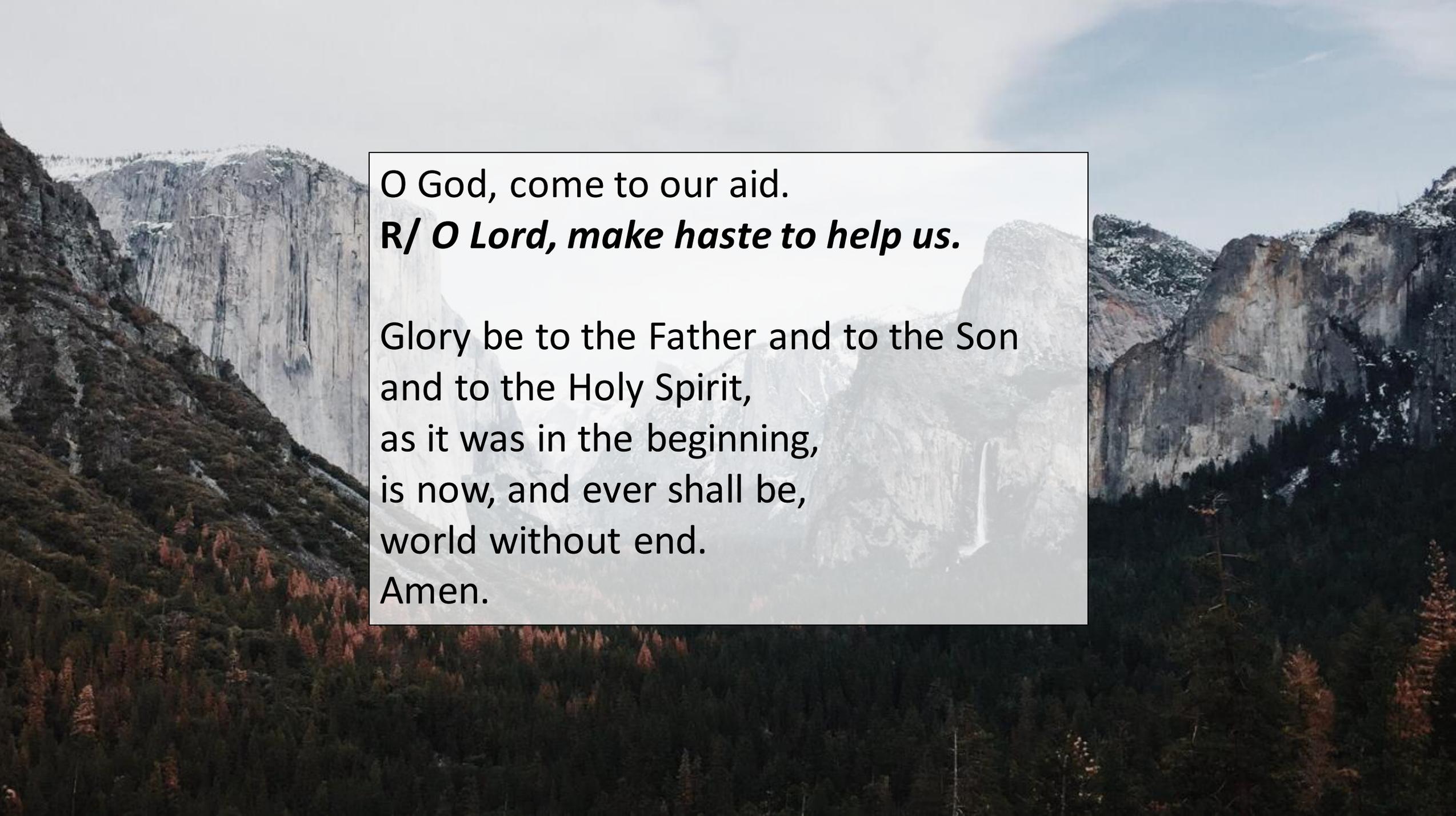


Begin with the  
Sign of the Cross



Morning Prayer  
Monday 5<sup>th</sup> September



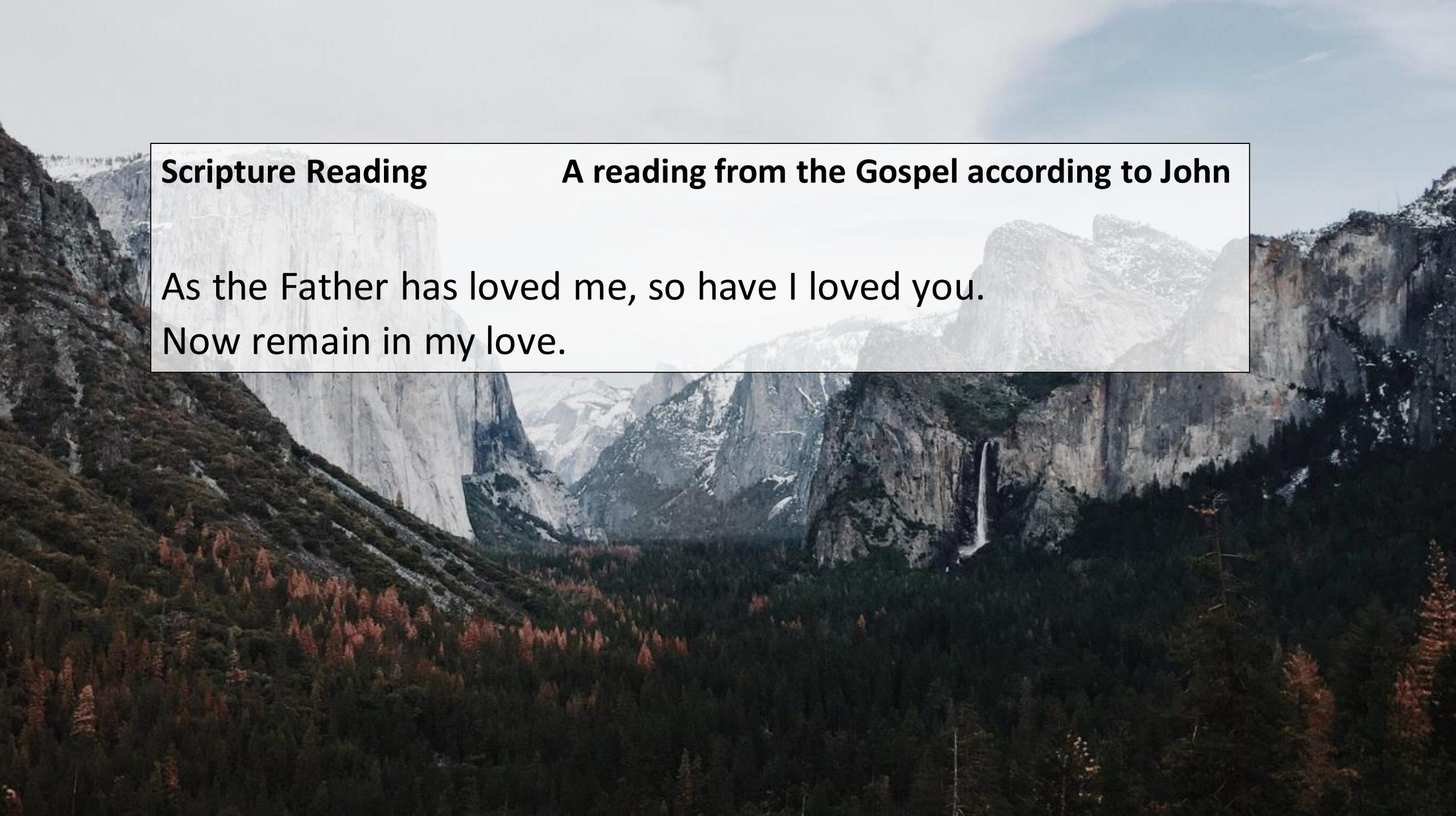
A scenic view of a mountain valley. In the foreground, there is a dense forest of evergreen trees, some with brownish-orange foliage. In the background, a large, rugged rock formation, possibly a cliff face, rises steeply. The sky is overcast and grey.

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.

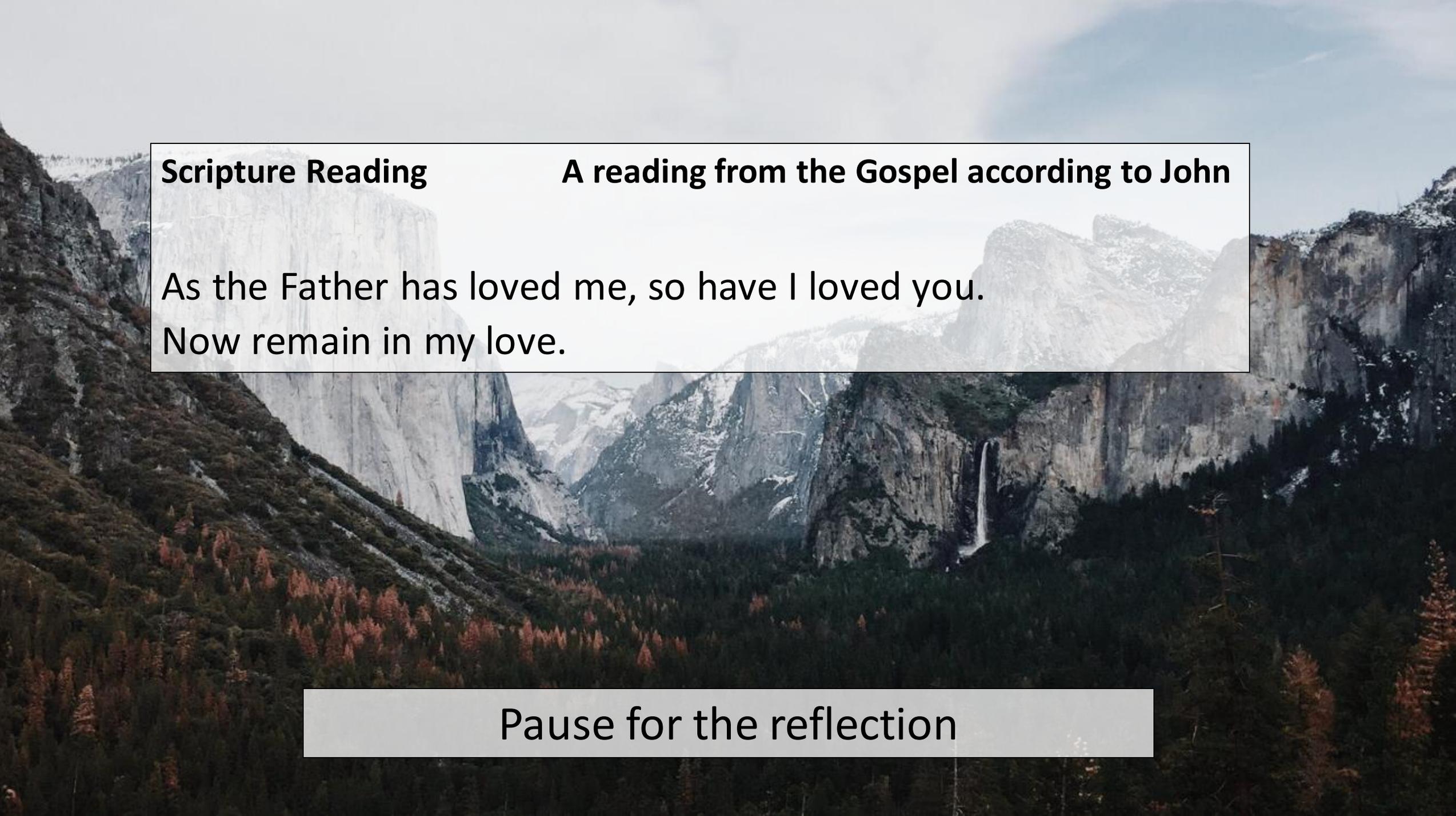
Amen.

A scenic view of a mountain valley. In the foreground, a dense forest of evergreen trees is visible, with some trees showing autumnal colors. In the middle ground, a waterfall cascades down a rocky cliff face. The background features towering, rugged mountains under a cloudy sky. A semi-transparent white box with a black border is overlaid on the upper portion of the image, containing text.

**Scripture Reading**

**A reading from the Gospel according to John**

As the Father has loved me, so have I loved you.  
Now remain in my love.

A scenic view of a mountain valley. In the foreground, there is a dense forest of evergreen trees, some with autumn-colored foliage. In the middle ground, a waterfall cascades down a rocky cliff face. The background features towering, rugged mountains under a cloudy sky. A semi-transparent white box with a black border is overlaid on the upper part of the image, containing text.

**Scripture Reading**

**A reading from the Gospel according to John**

As the Father has loved me, so have I loved you.  
Now remain in my love.

Pause for the reflection

Scripture Reading

A reading from the Gospel according to John

As the Father has loved me, so have I loved you. Now remain in my love.

*Think and reflect...*

***When have I felt the most loved?***

***What would it be like to feel loved like that all the time?***

***Would I be willing to try something new if it meant experiencing more love every day?***

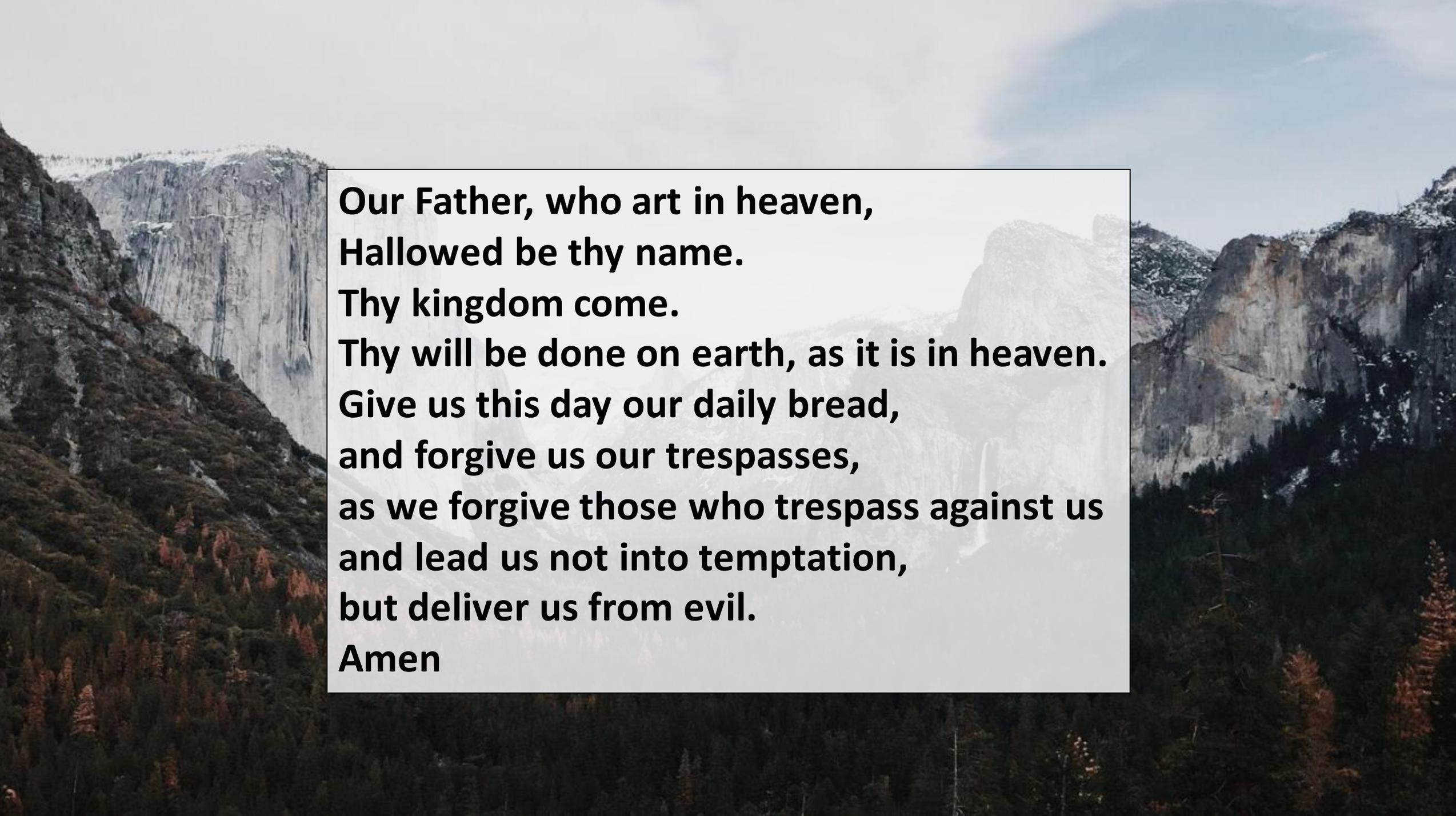
Allow a time of silence to reflect on these questions

## Intercessions

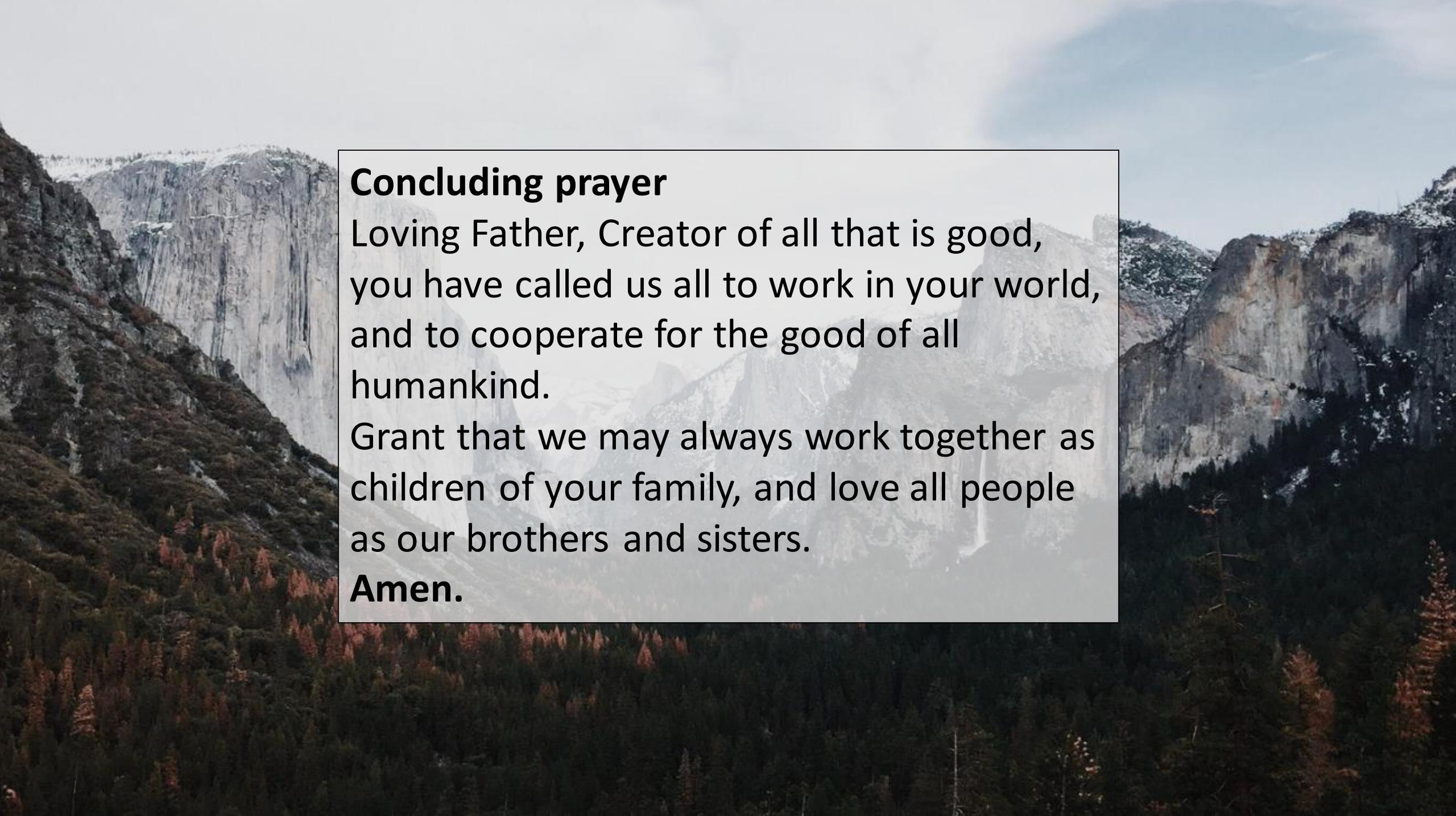
Lord, You have a purpose for each one of us to carry out in the world; help us to be a blessing to all those around us  
– *Lord hear us, **Lord graciously hear us.***

Lord, You love and cherish us; help us to respond with love to You and help others to realise their worth too  
– *Lord hear us, **Lord graciously hear us.***

Lord, you want to set us apart for You; help us to recognise You in the world around us  
– *Lord hear us, **Lord graciously hear us.***

A scenic view of a mountain valley. In the foreground, there is a dense forest of evergreen trees with some autumn-colored foliage. In the background, a large, rugged rock formation, possibly a cliff face, rises against a cloudy sky. The overall scene is a natural landscape with a mix of green, brown, and grey tones.

**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**

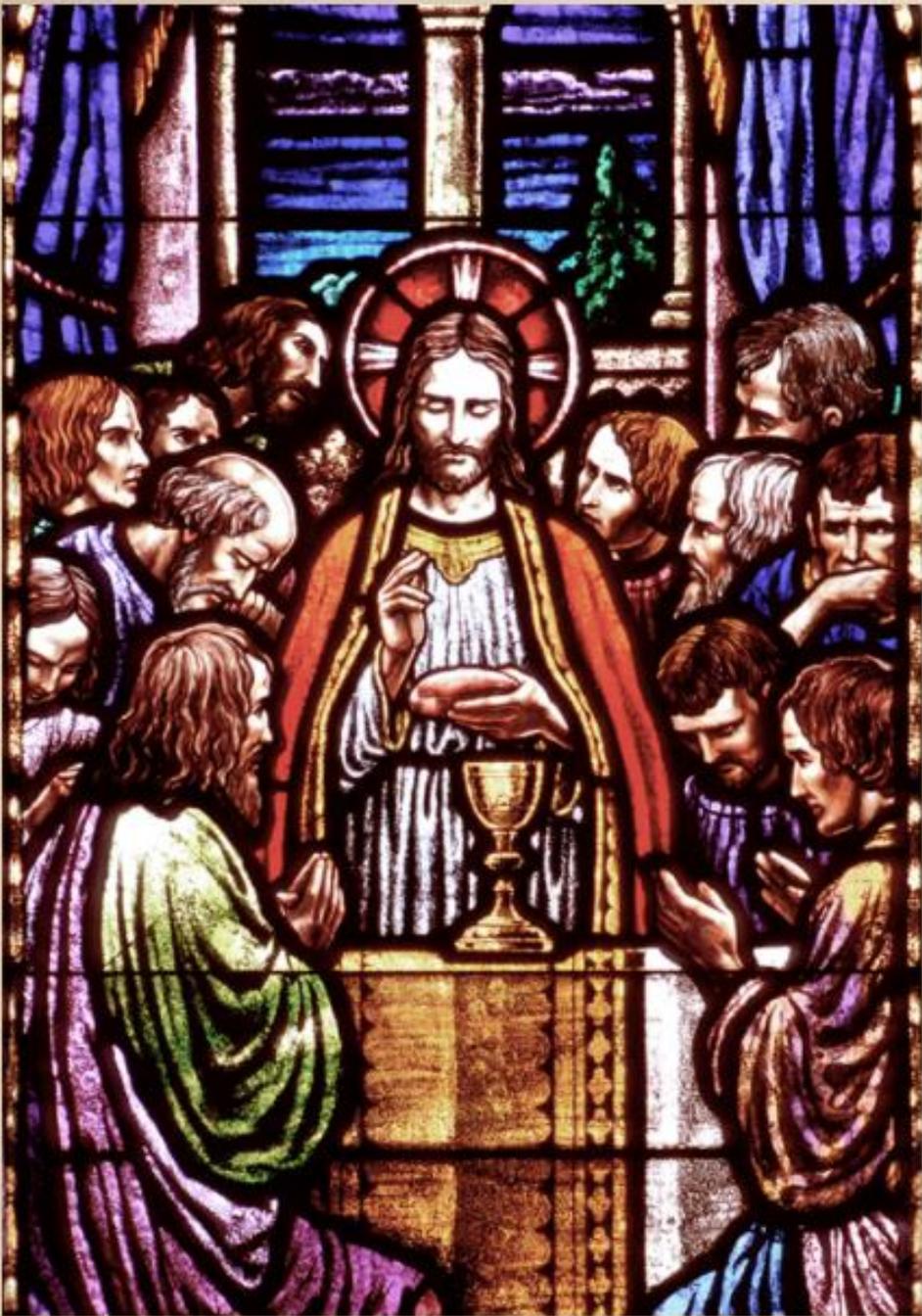
A scenic view of a mountain valley. In the foreground, there is a dense forest of evergreen trees, some with brownish-orange foliage. In the background, a large, steep rock wall rises, partially covered in snow. The sky is overcast and grey.

## **Concluding prayer**

Loving Father, Creator of all that is good,  
you have called us all to work in your world,  
and to cooperate for the good of all  
humankind.

Grant that we may always work together as  
children of your family, and love all people  
as our brothers and sisters.

**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 5<sup>th</sup> September



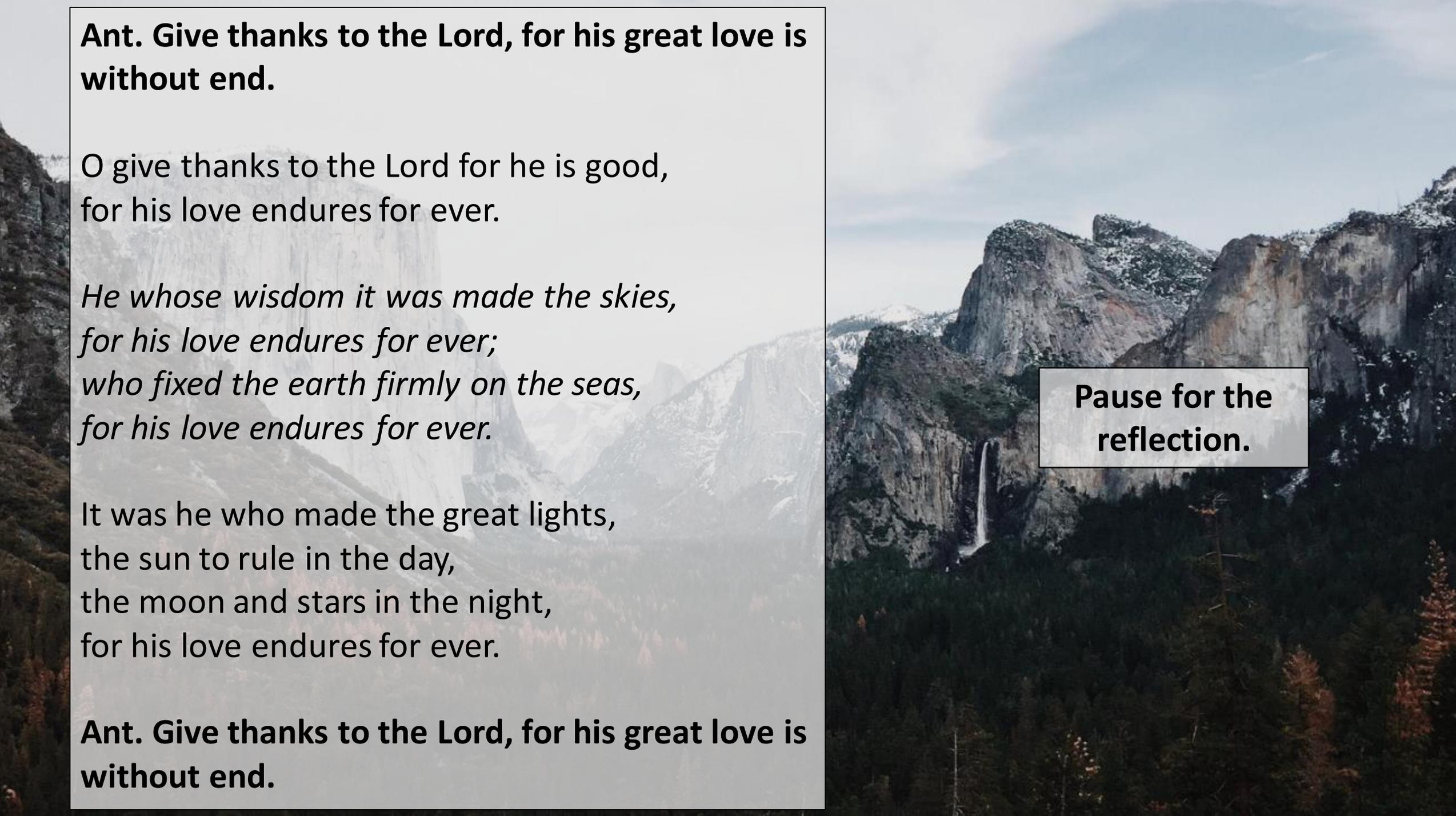
**Ant. Give thanks to the Lord, for his great love is without end.**

O give thanks to the Lord for he is good,  
for his love endures for ever.

*He whose wisdom it was made the skies,  
for his love endures for ever;  
who fixed the earth firmly on the seas,  
for his love endures for ever.*

It was he who made the great lights,  
the sun to rule in the day,  
the moon and stars in the night,  
for his love endures for ever.

**Ant. Give thanks to the Lord, for his great love is without end.**

A scenic view of a mountain range with a waterfall and a forest in the foreground. The mountains are rugged and rocky, with some snow patches. A waterfall is visible on the left side of the image. The foreground is filled with dense evergreen trees.

**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