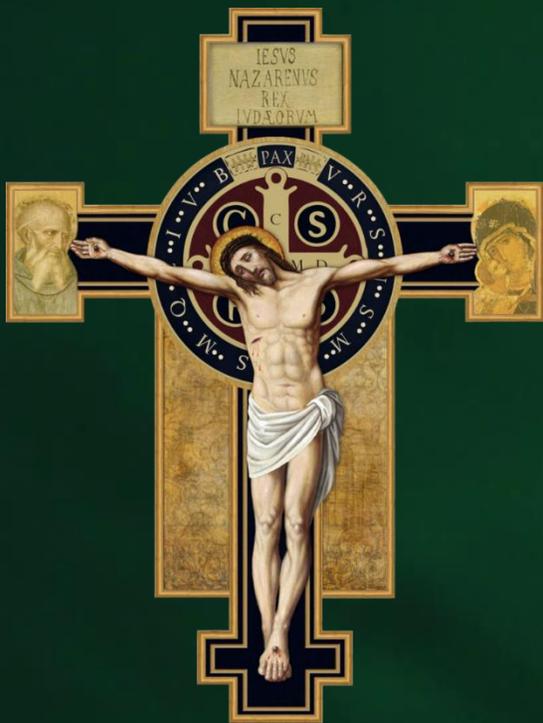
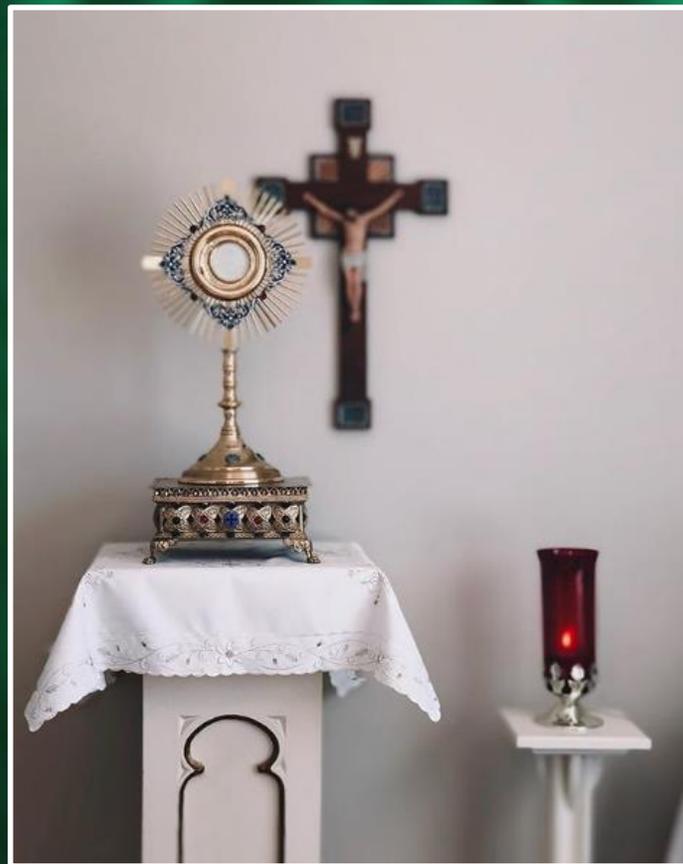


Week Commencing 14th November

33rd Week of Ordinary Time, Year C

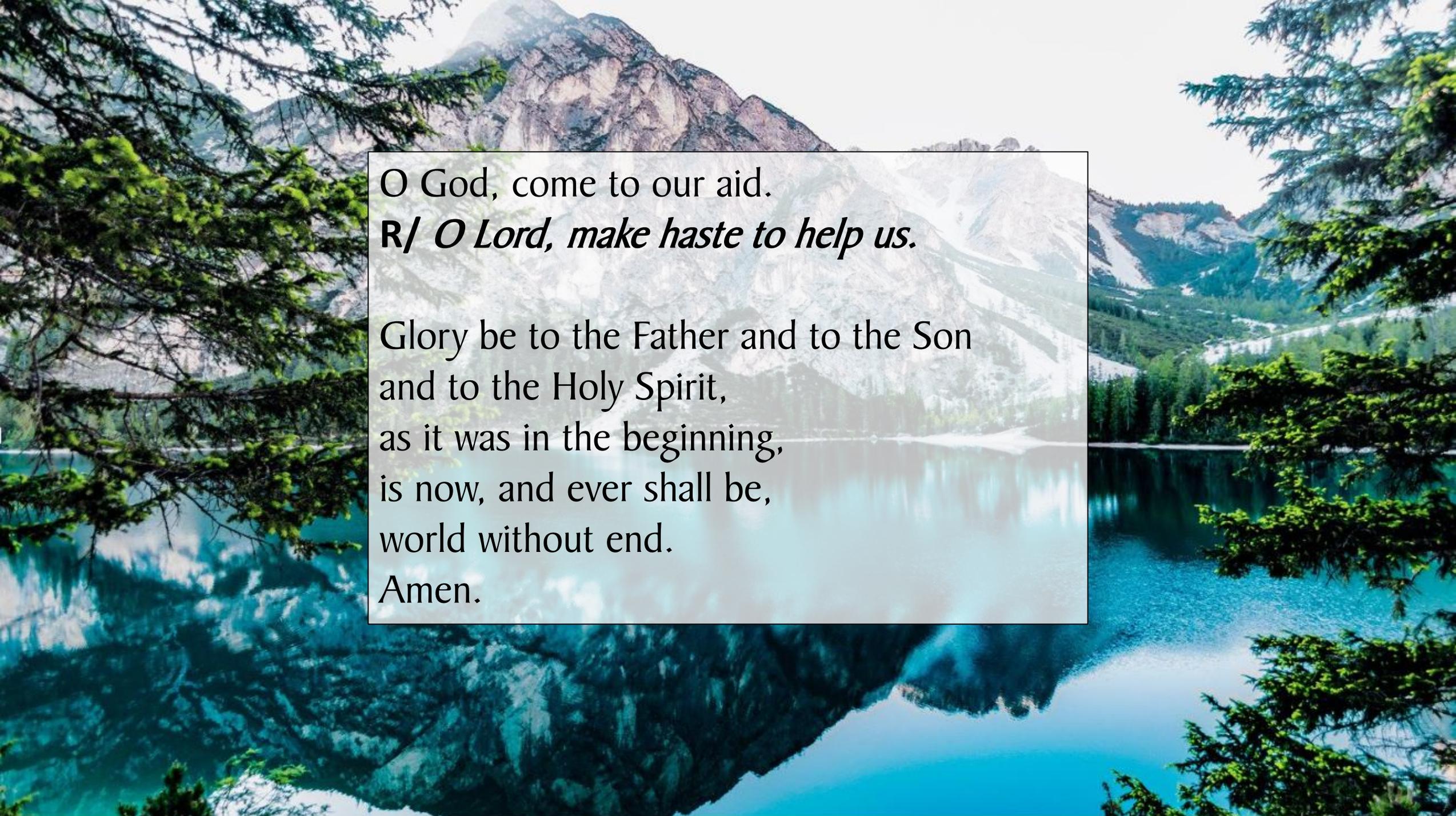


Begin with the Sign
of the Cross



Morning Prayer

Monday 14th November



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 2nd letter from St Paul to the Corinthians

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all our sorrows, so that we can offer others, in their sorrows, the consolation that we have received from God ourselves. Indeed, as the sufferings of Christ overflow to us, so, through Christ, does our consolation overflow.

Pause for the reflection

Scripture reading

A reading from the 2nd letter from St Paul to the Corinthians

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all our sorrows, so that we can offer others, in their sorrows, the consolation that we have received from God ourselves. Indeed, as the sufferings of Christ overflow to us, so, through Christ, does our consolation overflow.

Think and reflect...

Who do I turn to when I am sad?

Do others find comfort and support from me?

Do I make time to spend with God so that He can fill me with His love?

Temperance

Put others first.

Self-Control

Gentleness

Balance

Humility

Hope

“Treat others as you would like to be treated”

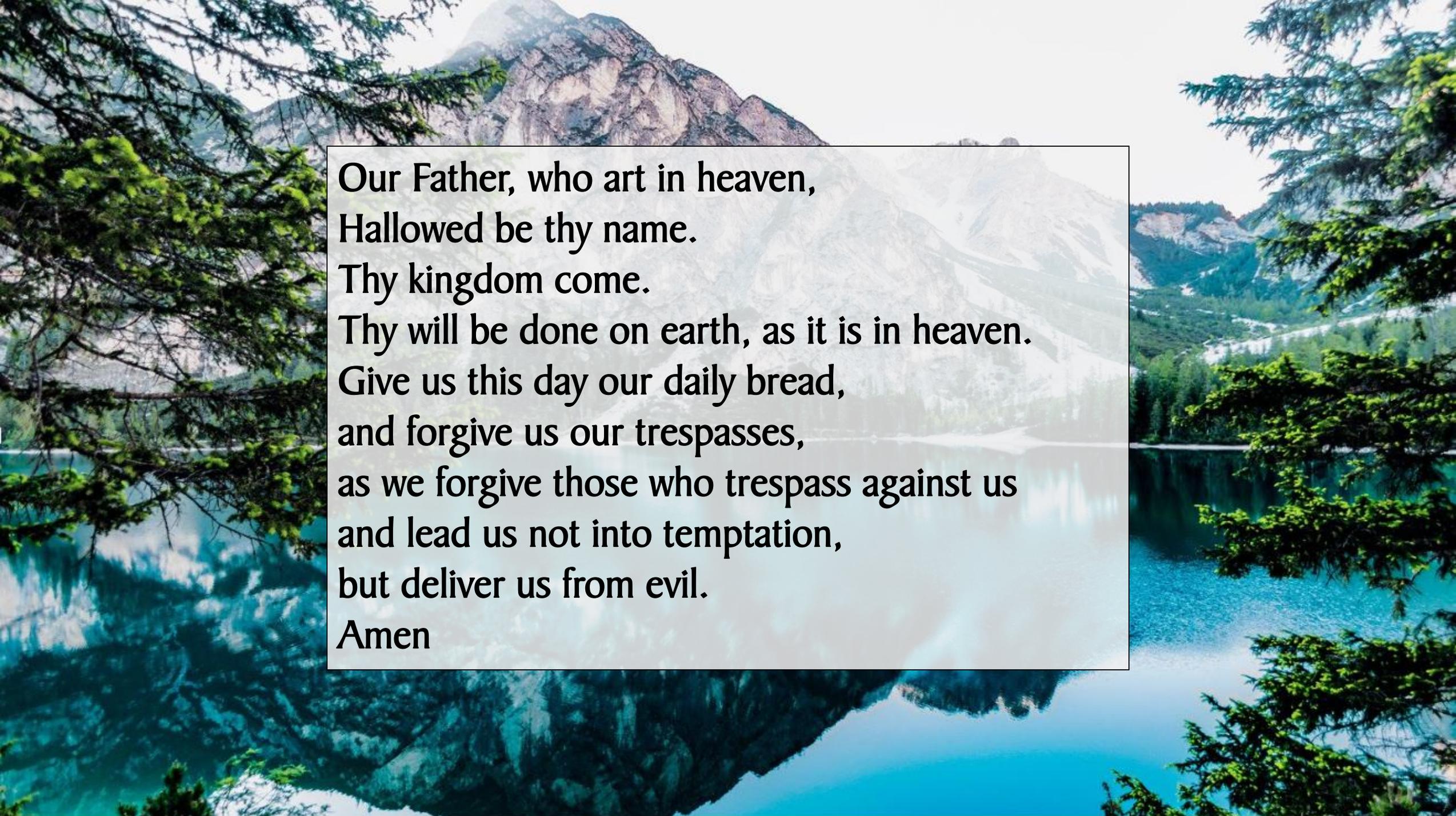
Allow a time of silence to reflect on these questions

Intercessions

Lord, you are love itself: grant that we may love you.
Lord hear us. Lord graciously hear us.

Give us today the fruit of the Holy Spirit: make us patient, kind and gentle.
Lord hear us. Lord graciously hear us.

Help us to know and understand the needs of our neighbours,
and give us the courage to love them as brothers and sisters.
Lord hear us. Lord graciously hear us.

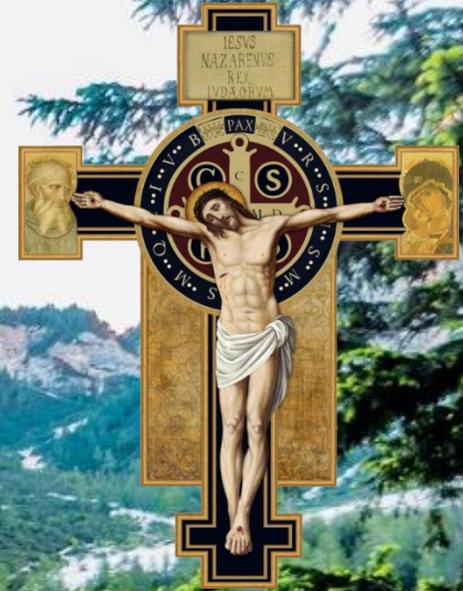
A scenic landscape featuring a clear, vibrant blue lake in the foreground. The lake's surface is calm, acting as a perfect mirror for the surrounding environment. In the background, a large, rugged mountain peak with grey and brown rock faces rises against a pale sky. The mountain's reflection is clearly visible in the water. On either side of the lake, the branches of evergreen trees, likely spruce or fir, are visible, their green needles contrasting with the blue of the water and the grey of the mountains. The overall atmosphere is peaceful and majestic.

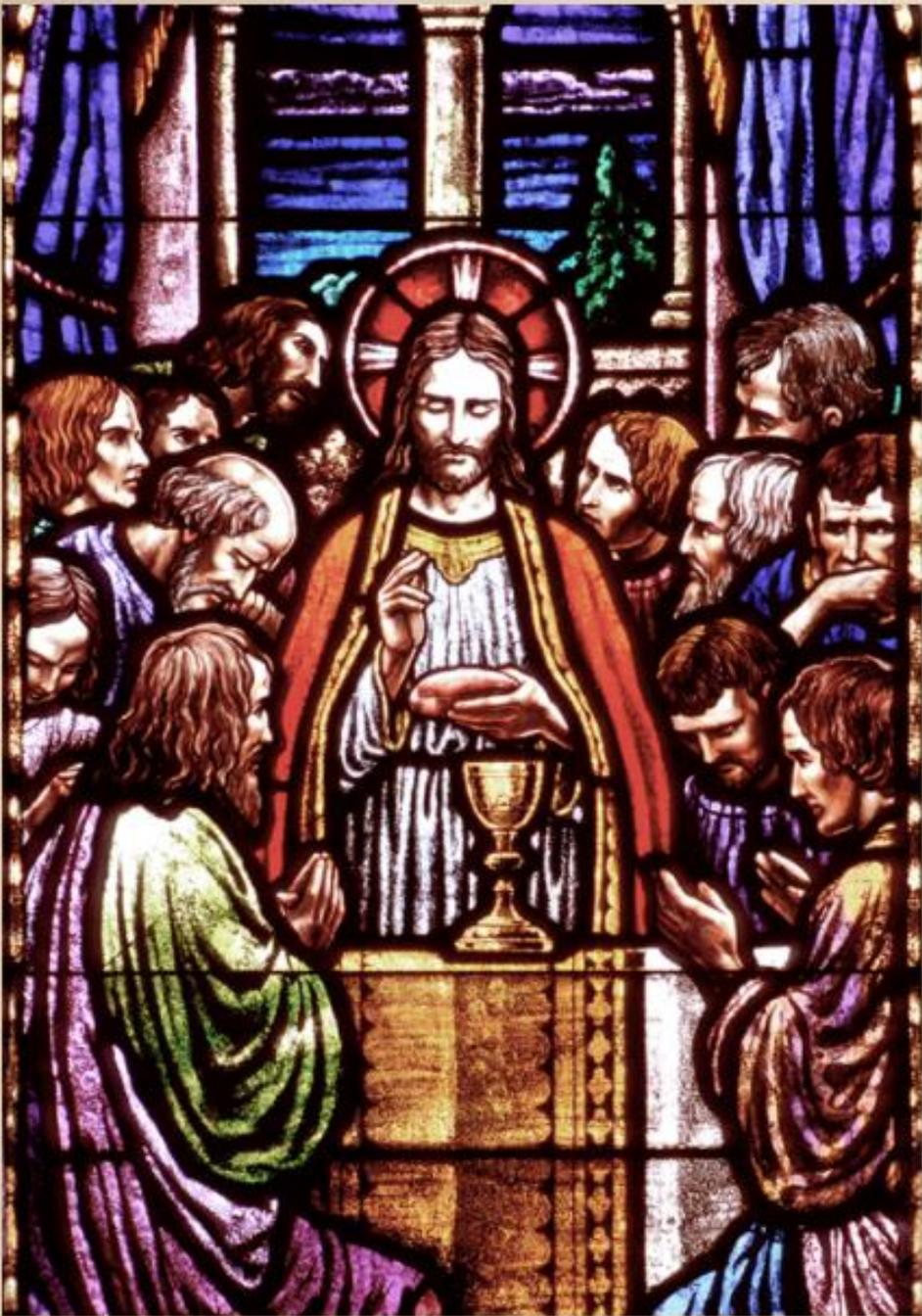
Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen

Concluding prayer

Almighty Lord and God, protect us by your power throughout this day, as you have enabled us to begin it. Do not let us turn aside to any sin, but let our every thought, word and deed aim at doing what is pleasing in your sight.

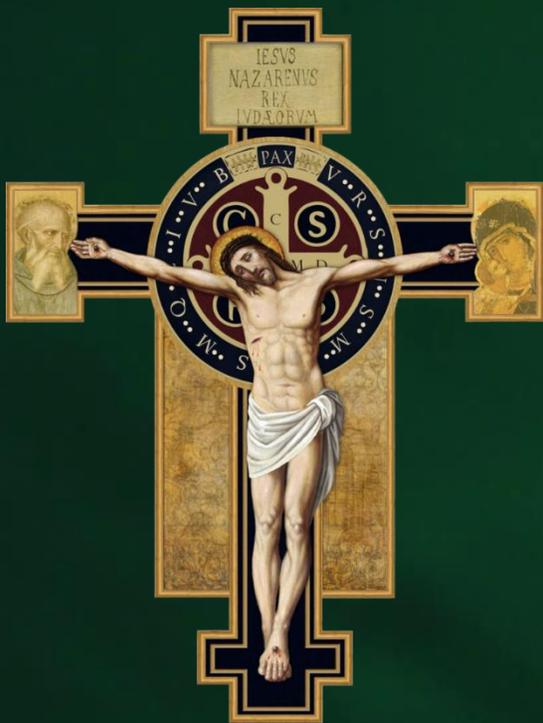
Amen.



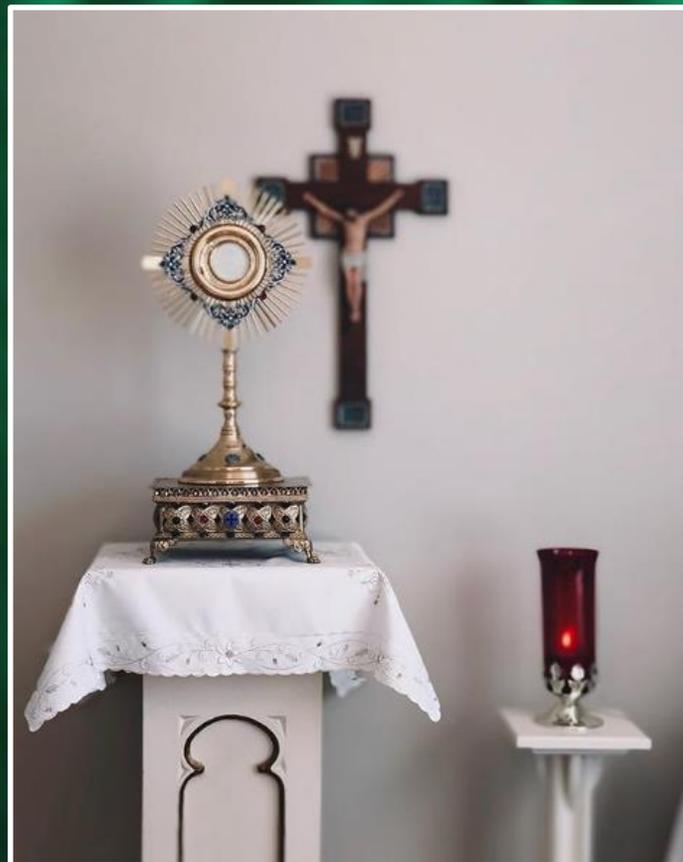


GRACE BEFORE MEALS

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 14th November

Ant. God planned to bring all things together under Christ when the fullness of time had come.

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.

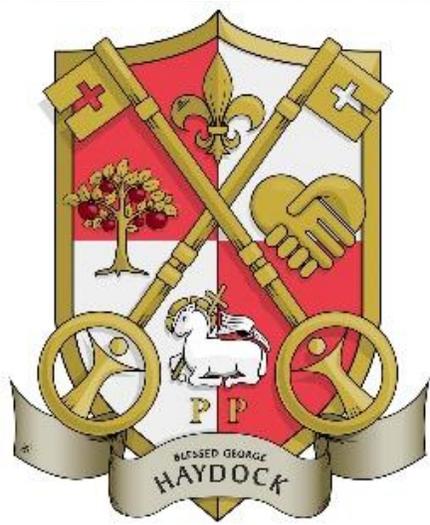
He chose us in him before the foundation of the world, that we should be holy and blameless before him.

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 planned to bring all things together under Christ when the fullness of time had come.

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

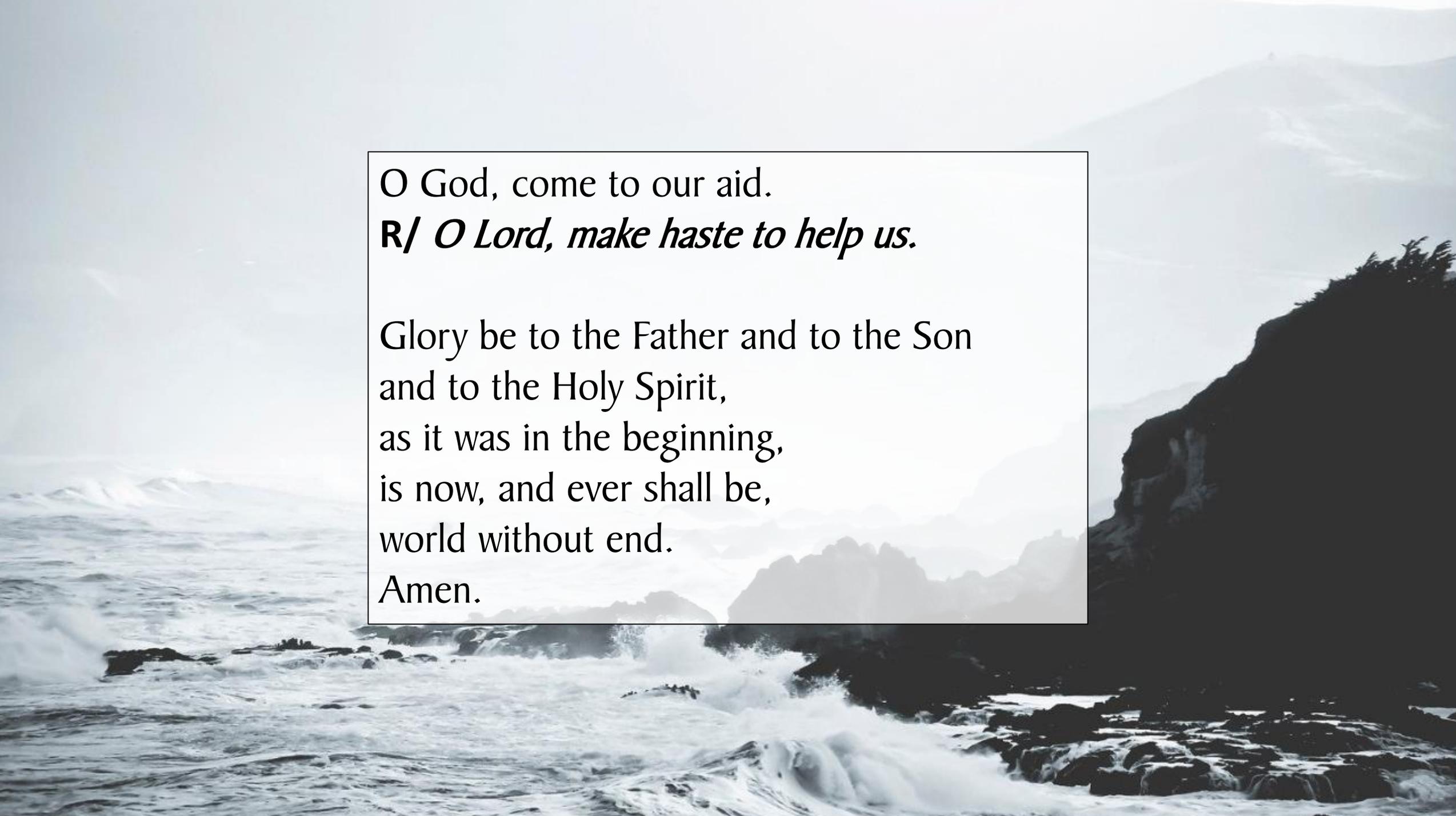


Begin with the Sign
of the Cross



Morning Prayer

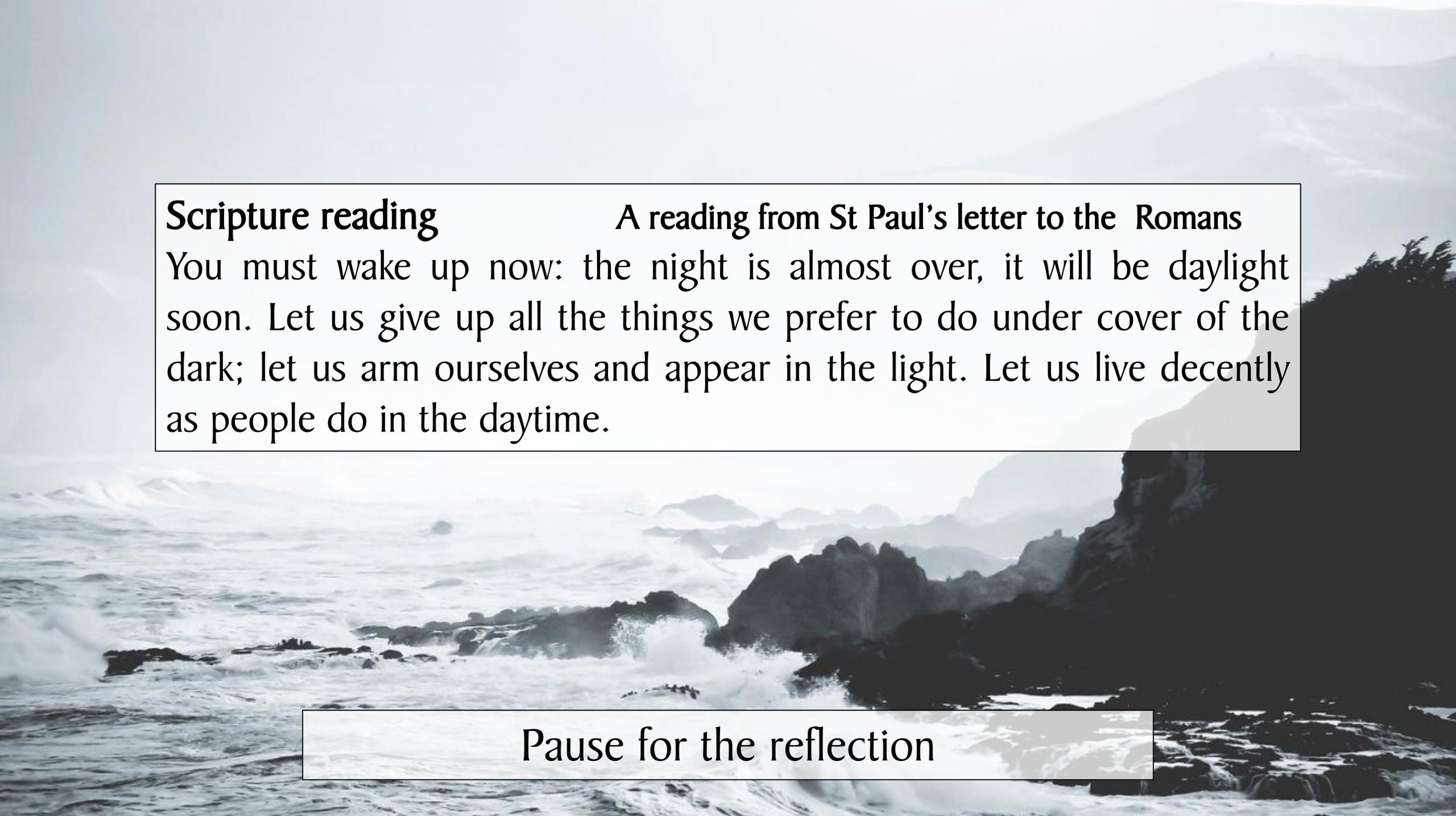
Tuesday 15th November



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 letter to the Romans

You must wake up now: the night is almost over, it will be daylight soon. Let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime.

Pause for the reflection

Scripture reading

A reading from St Paul's letter to the Romans

You must wake up now: the night is almost over, it will be daylight soon. Let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime.

Think and reflect...

What do you keep hidden in the dark?

How could you choose to live in the light today?

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

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

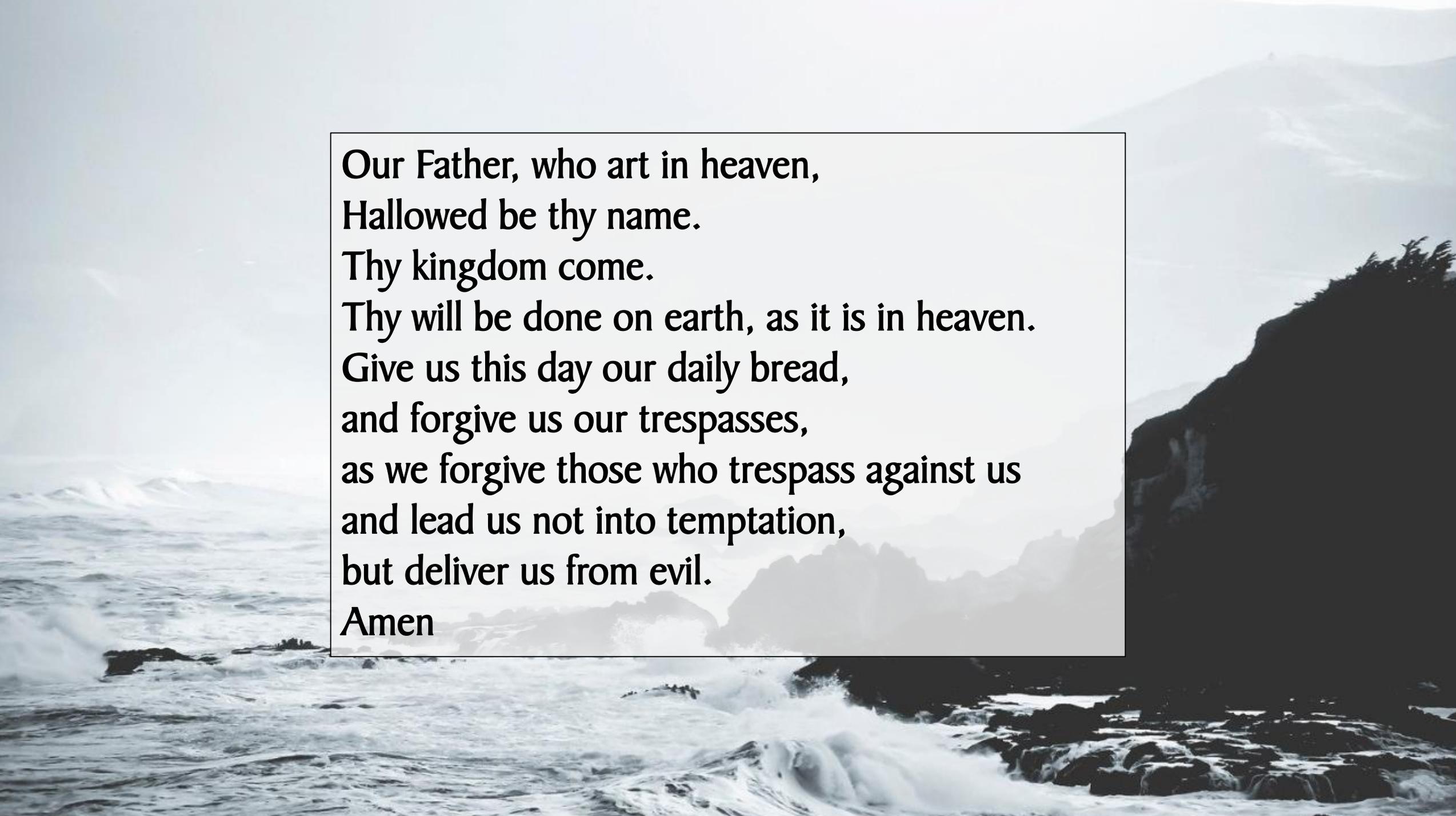
– *Lord hear us, Lord graciously hear us.*

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.*



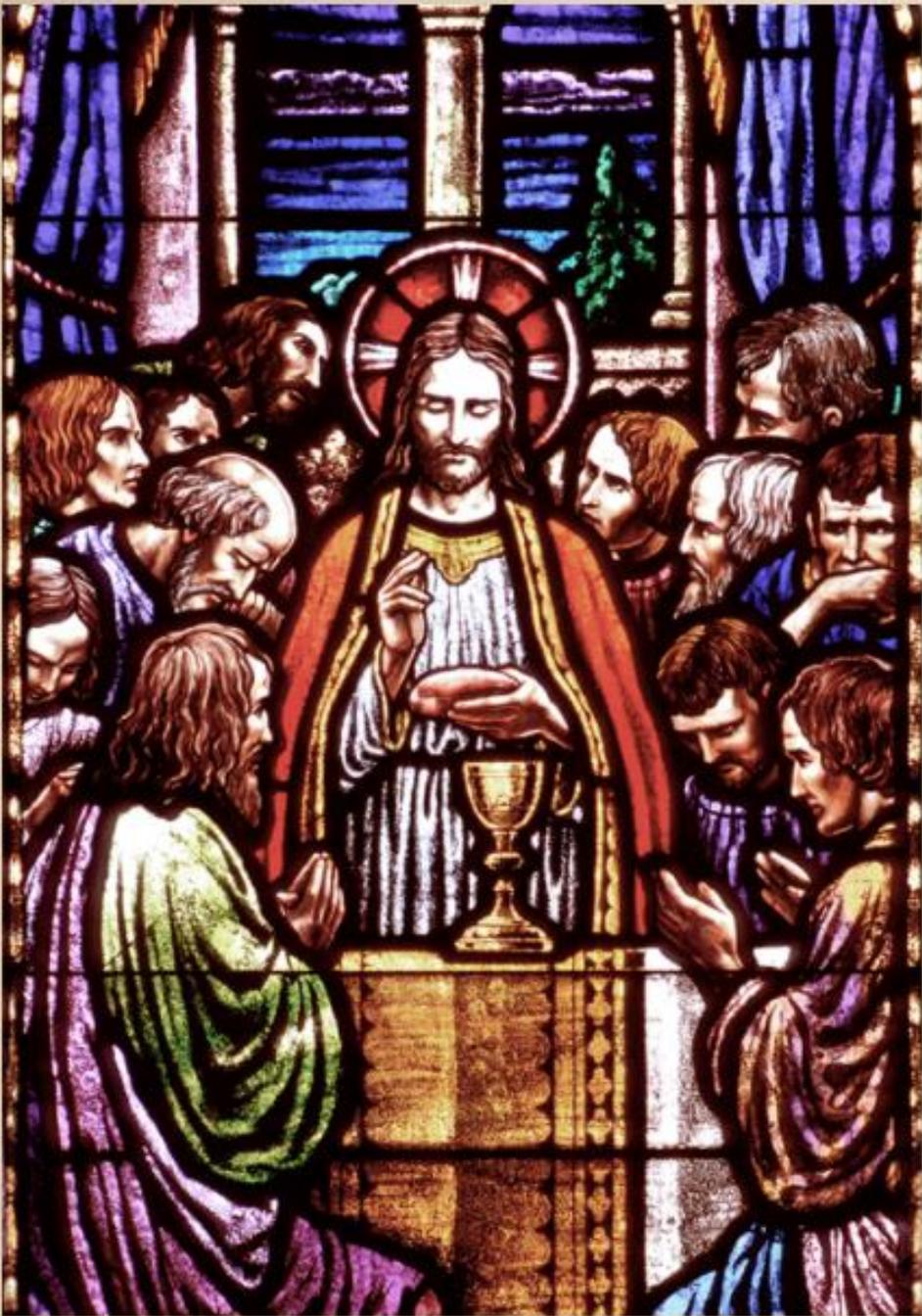
Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen

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 15th November

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

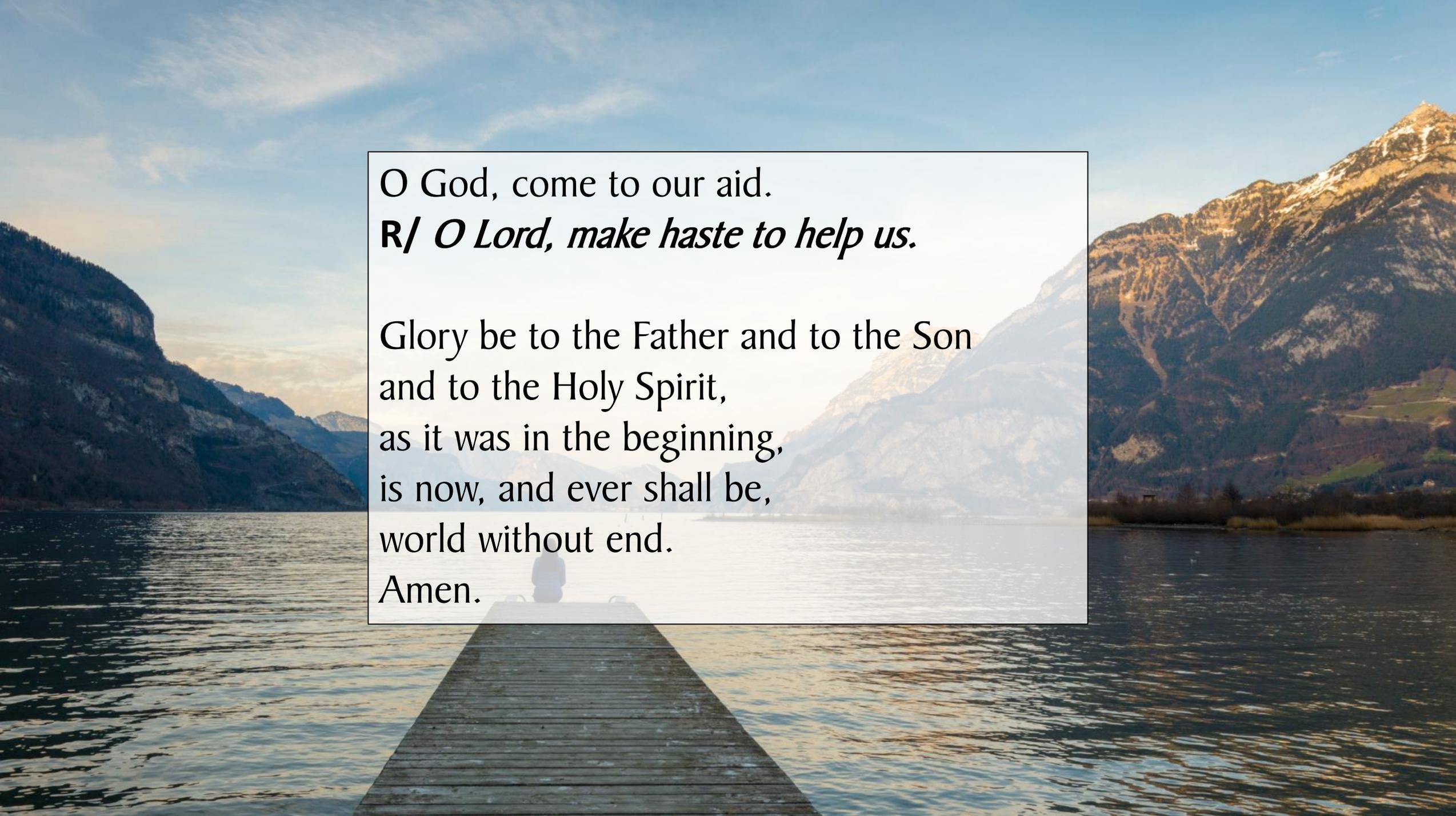


Begin with the Sign
of the Cross



Morning Prayer

Wednesday 16th November

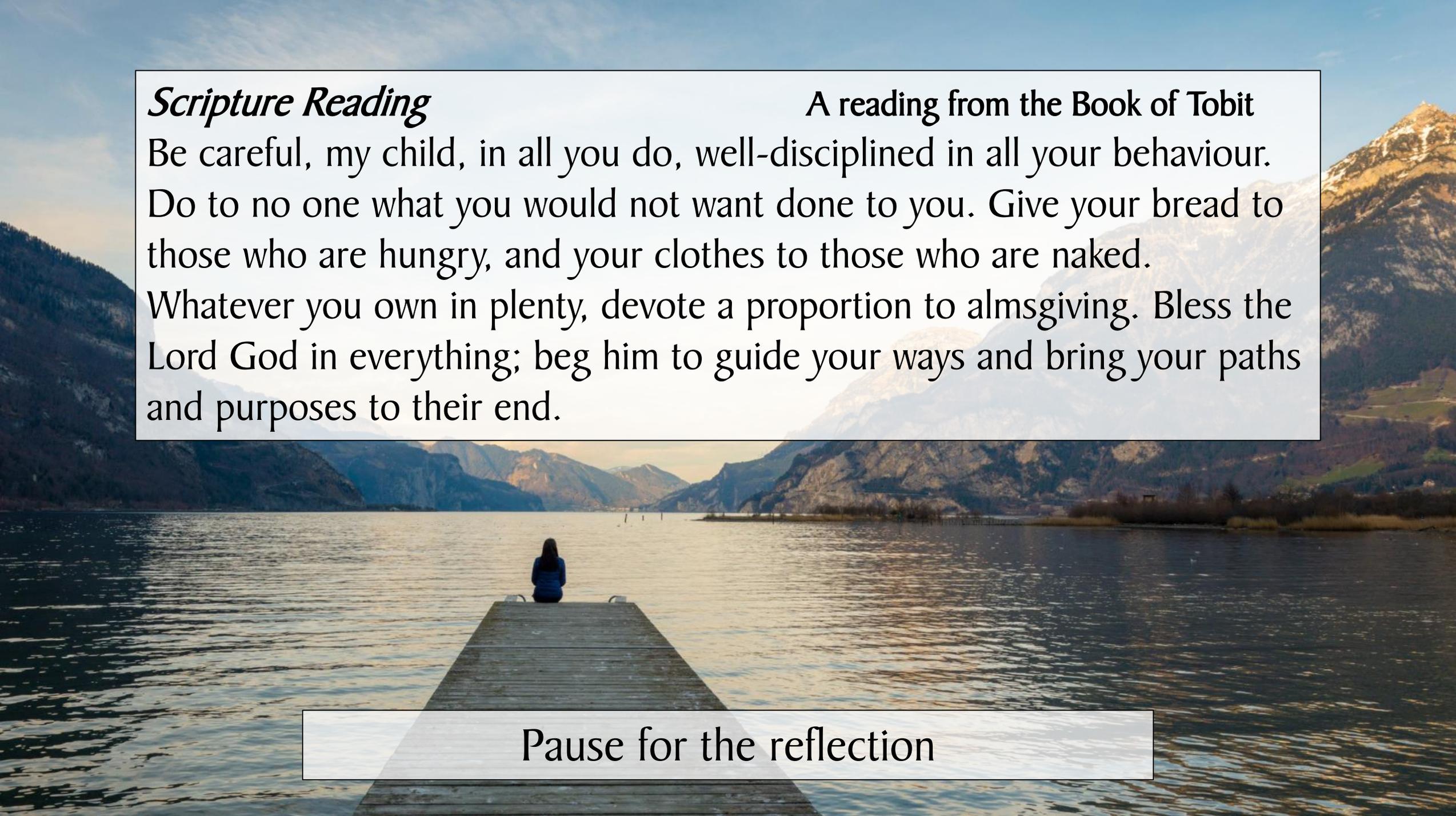


O God, come to our aid.

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 person is sitting on a wooden pier that extends into a large body of water. The person is seen from behind, looking out towards a range of mountains under a clear sky. The water is calm, reflecting the light. The mountains in the background are rugged and have some snow or light-colored patches. The overall scene is peaceful and contemplative.

Scripture Reading

A reading from the Book of Tobit

Be careful, my child, in all you do, well-disciplined in all your behaviour. Do to no one what you would not want done to you. Give your bread to those who are hungry, and your clothes to those who are naked.

Whatever you own in plenty, devote a proportion to almsgiving. Bless the Lord God in everything; beg him to guide your ways and bring your paths and purposes to their end.

Pause for the reflection

Scripture Reading

Be careful, my child, in all you do, well-disciplined in all your behaviour. Do to no one what you would not want done to you. Give your bread to those who are hungry, and your clothes to those who are naked. Whatever you own in plenty, devote a proportion to almsgiving. Bless the Lord God in everything; beg him to guide your ways and bring your paths and purposes to their end.

A reading from the Book of Tobit

Think and reflect...

What am I grateful for?

(health, possessions, family, friends, education, talents...)

Do I show others (including God) my gratitude?

Do I find ways to share with others who have less than I do?

Justice

Always tell the truth.

Love

Fairness

Charity

Gratitude

Truth

Forgiveness

"Love one another."

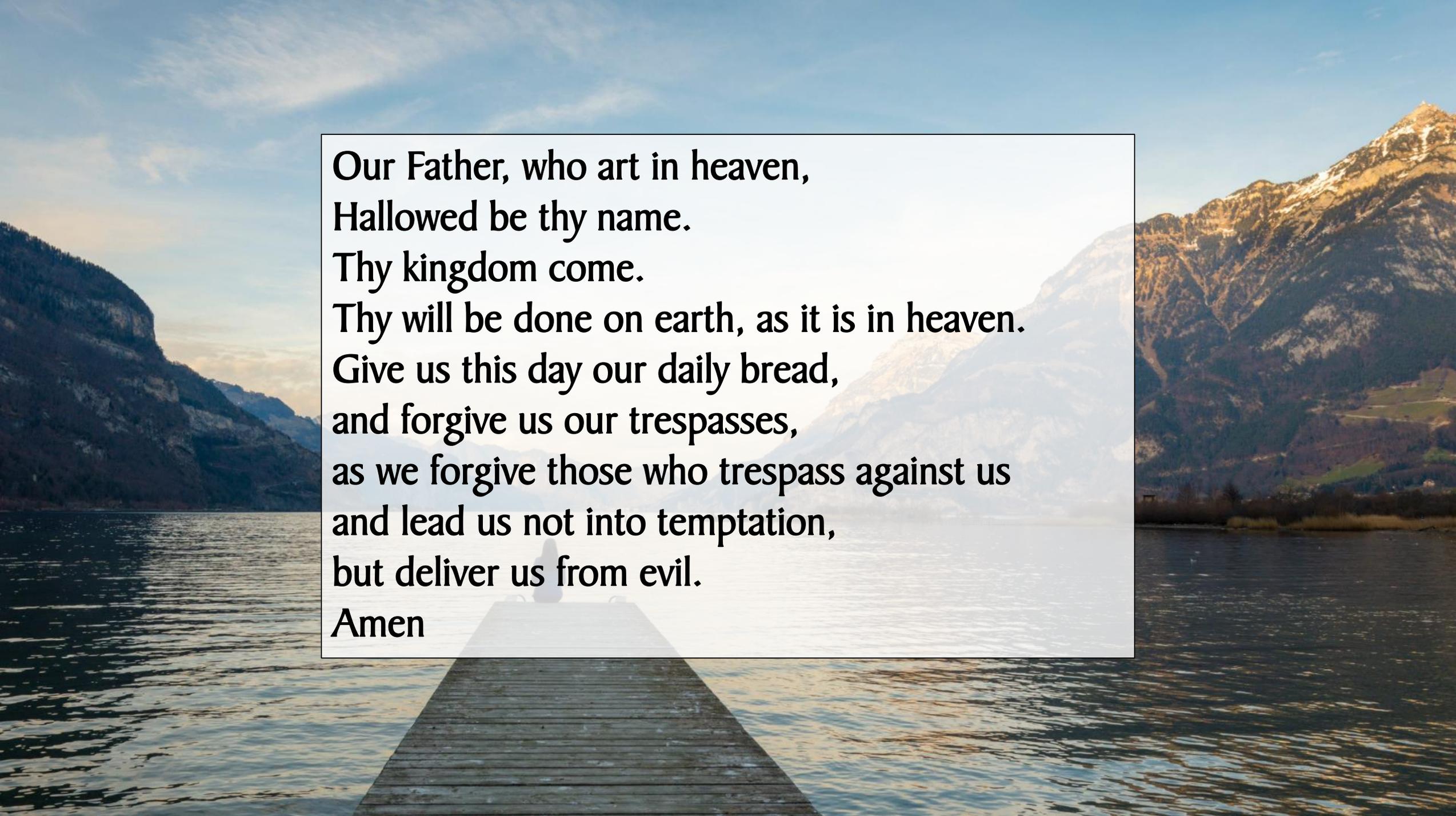
Allow a time of silence to reflect on these questions

Intercessions

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.*

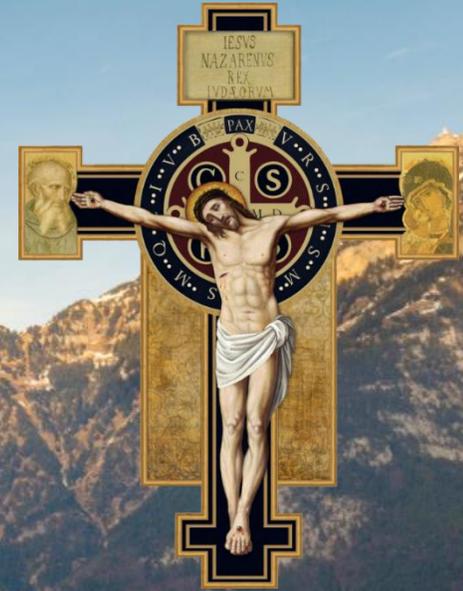
A scenic landscape featuring a wooden pier extending into a calm lake. The background is dominated by majestic mountains, some with patches of snow, under a clear blue sky. The water reflects the surrounding environment, creating a serene and peaceful atmosphere.

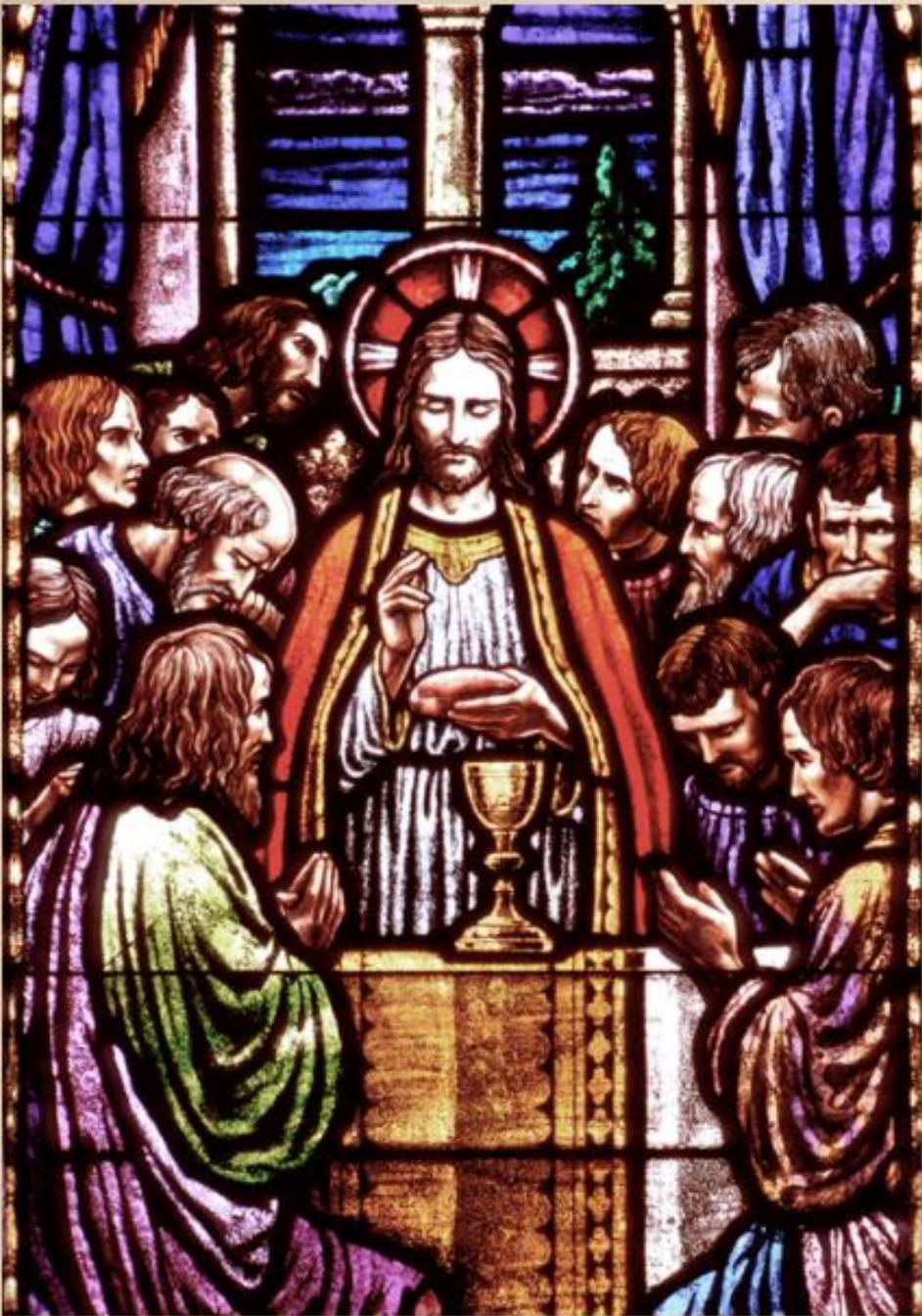
Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen

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.

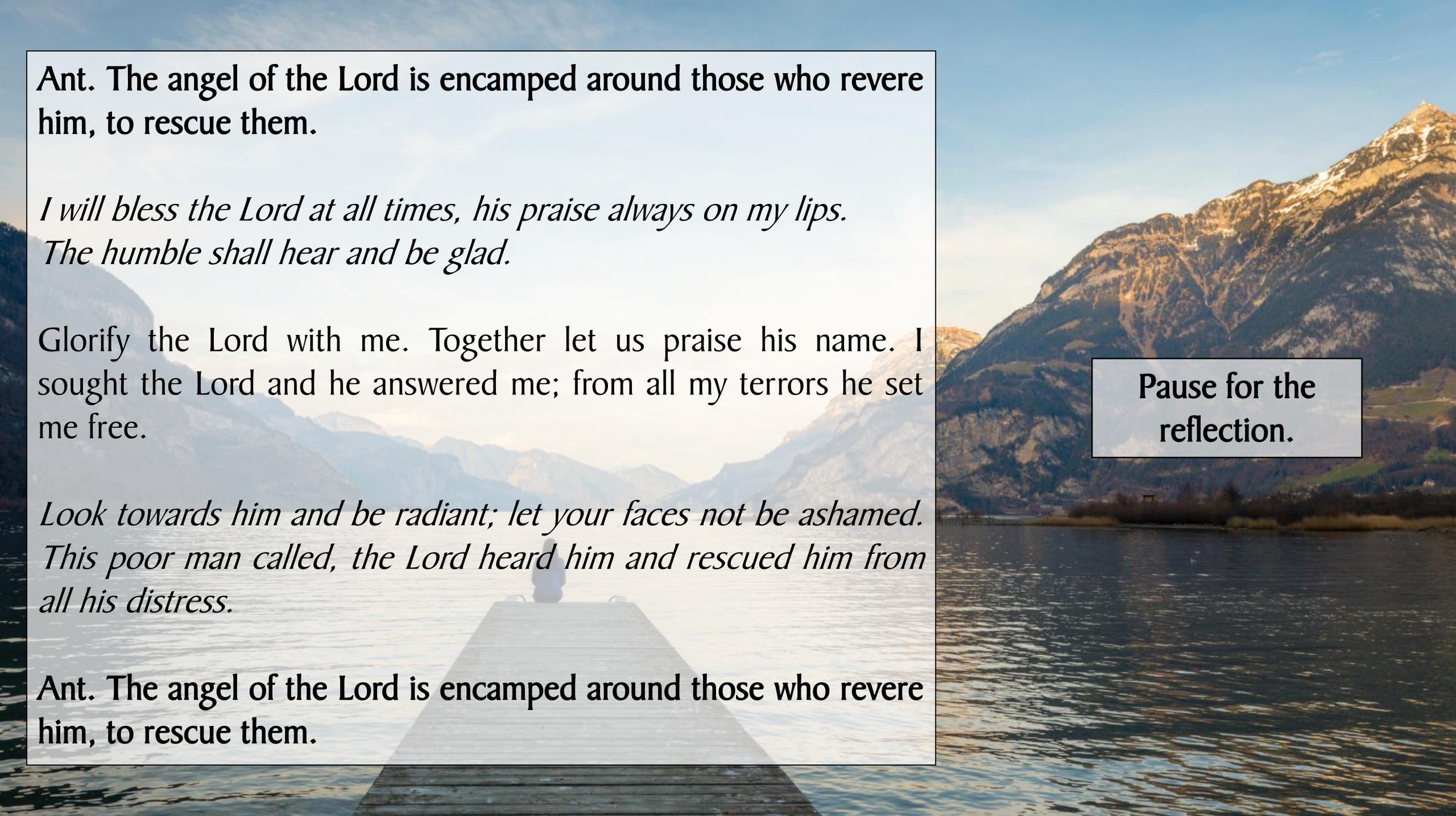


Begin with the Sign
of the Cross



Afternoon Prayer

Wednesday 16th November

A scenic landscape featuring a calm lake in the foreground, a wooden pier extending into the water, and majestic mountains in the background under a clear blue sky. The mountains have some snow on their peaks. The overall atmosphere is peaceful and serene.

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.*

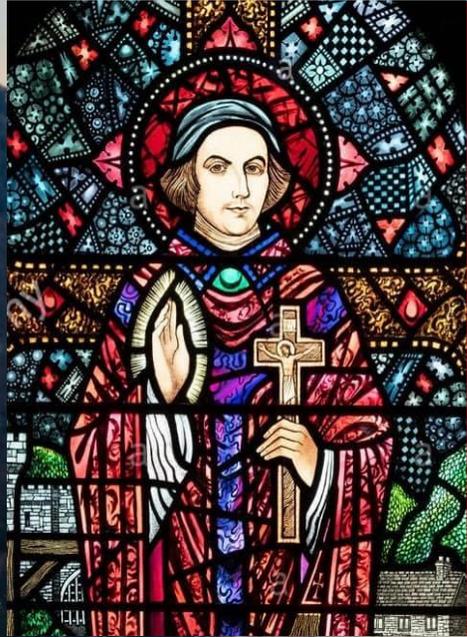
Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.

*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



End with the Sign
of the Cross

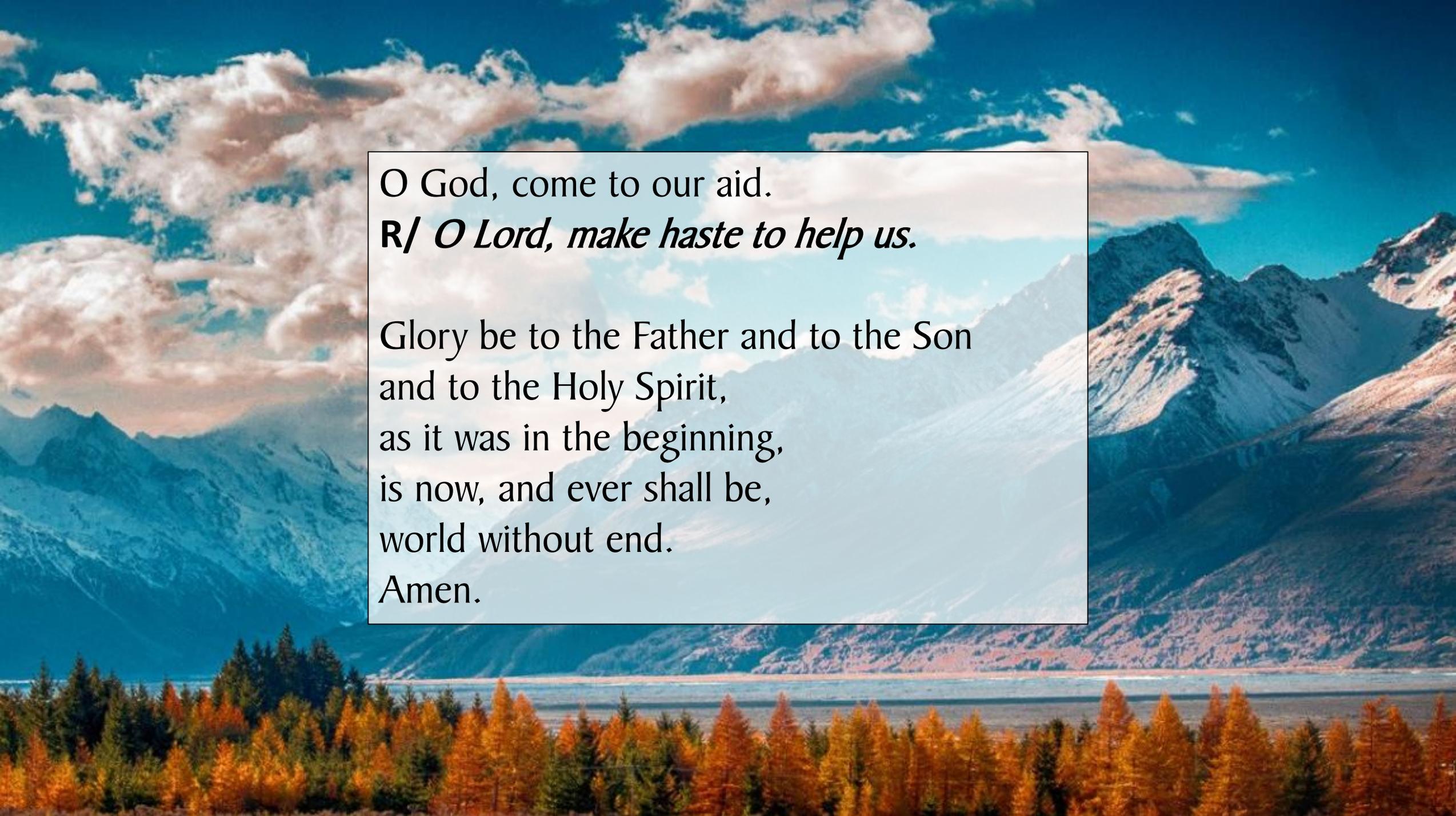


Begin with the Sign
of the Cross



Morning Prayer

Thursday 17th November



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 Prophet Isaiah

Thus says the Lord:

With heaven my throne and earth my footstool,

what house could you build me, what place could you make for my rest?

All of this was made by my hand and all this is mine – it is the Lord who speaks.

But my eyes are drawn to the man of humbled and contrite spirit, who trembles at my word.

Pause for the reflection

Scripture reading

A reading from the Prophet Isaiah

Thus says the Lord:

With heaven my throne and earth my footstool,

what house could you build me, what place could you make for my rest?

All of this was made by my hand and all this is mine – it is the Lord who speaks.

But my eyes are drawn to the man of humbled and contrite spirit, who trembles at my word.

Think and reflect...

Do I ever take time to marvel at the wonder of creation?

***Do I ever try to understand how everything came to be and
for what purpose?***

***Will I take up that invitation to allow God to care for me
and call me His child?***

Fortitude

Don't give up even
when it is hard.

Courage

Faith

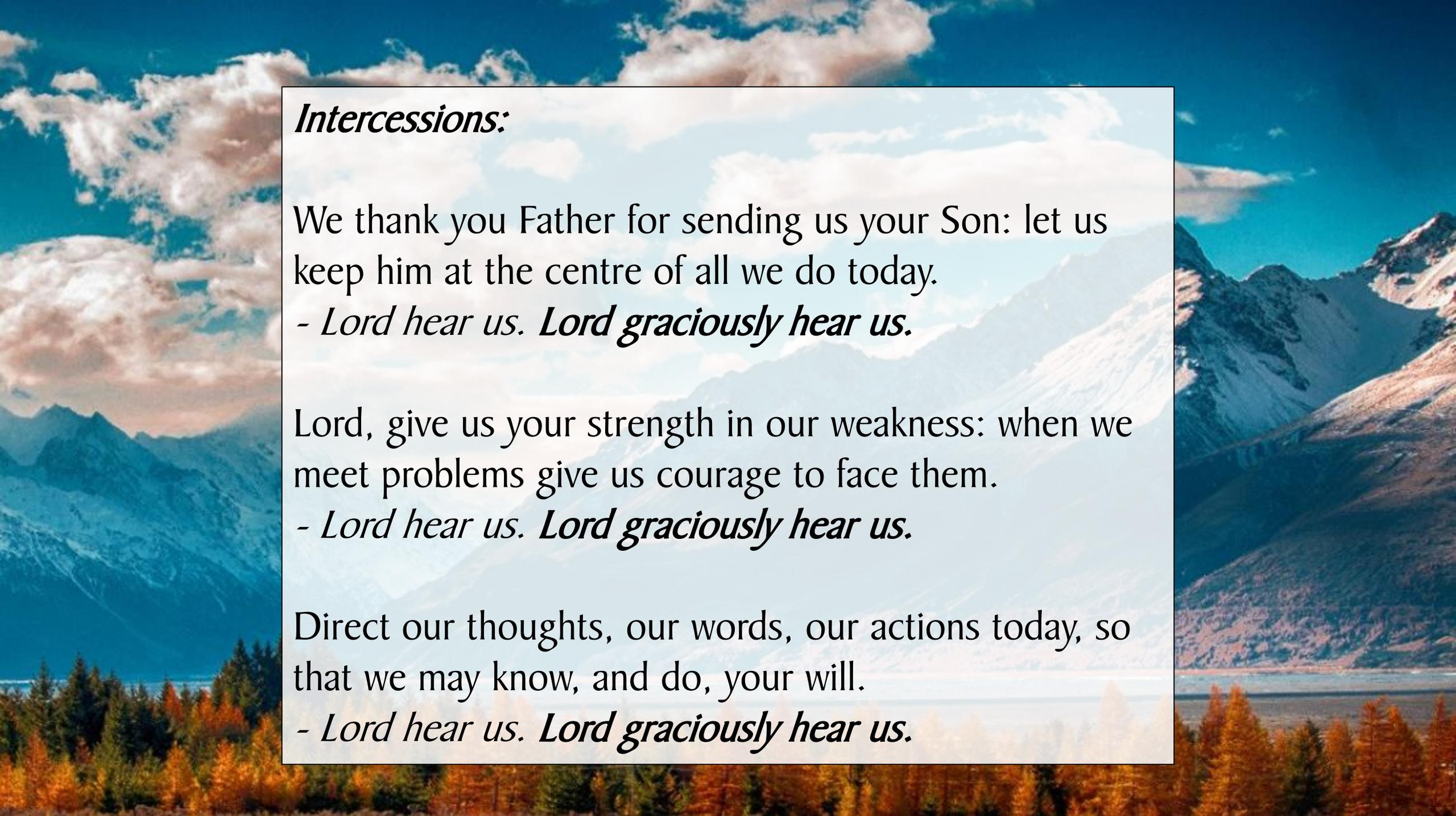
Strength

Be brave

Resilience

"Do not be afraid!"

Allow a time of silence to reflect on these questions



Intercessions:

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

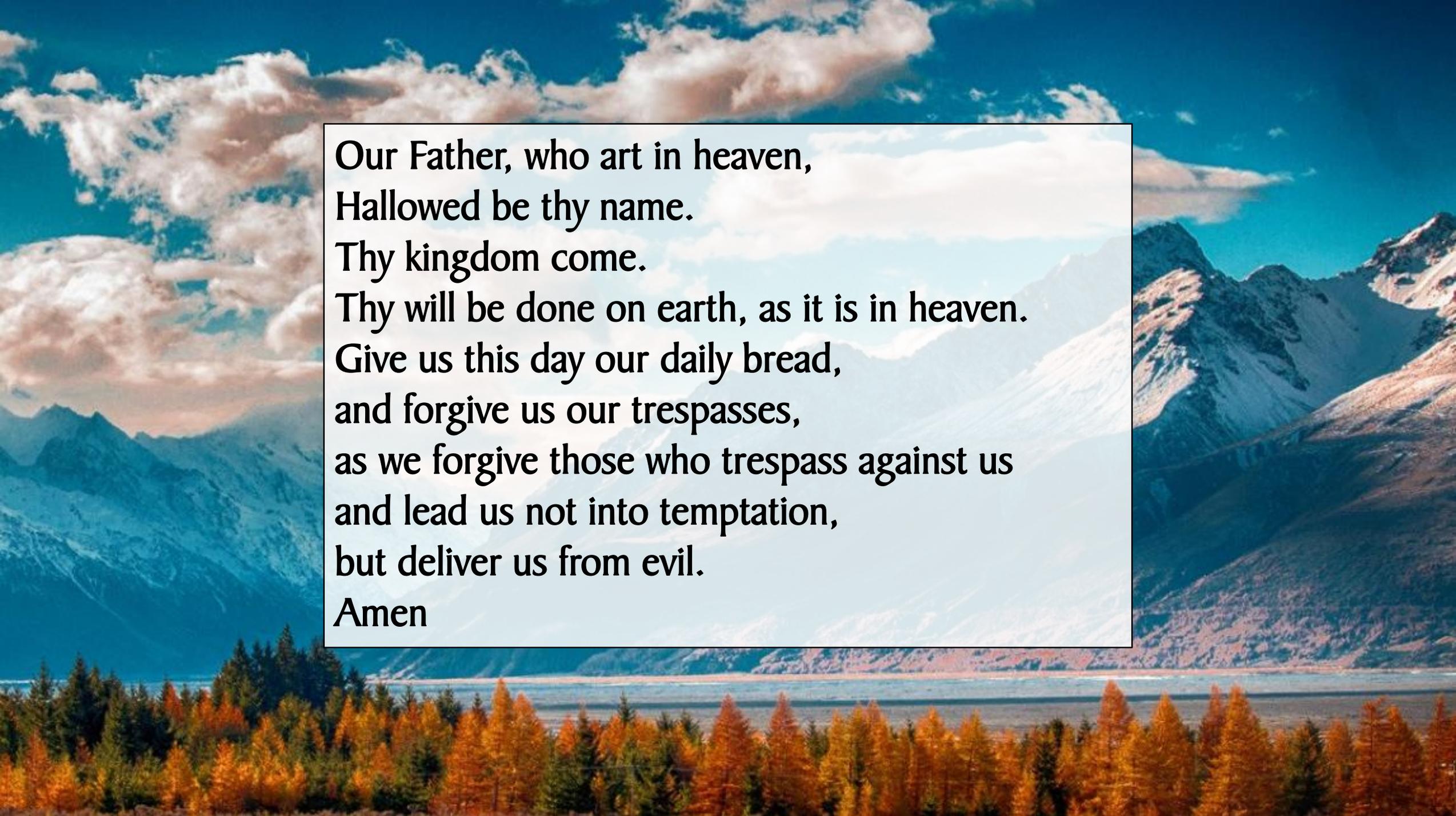
- Lord hear us. Lord graciously hear us.

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.



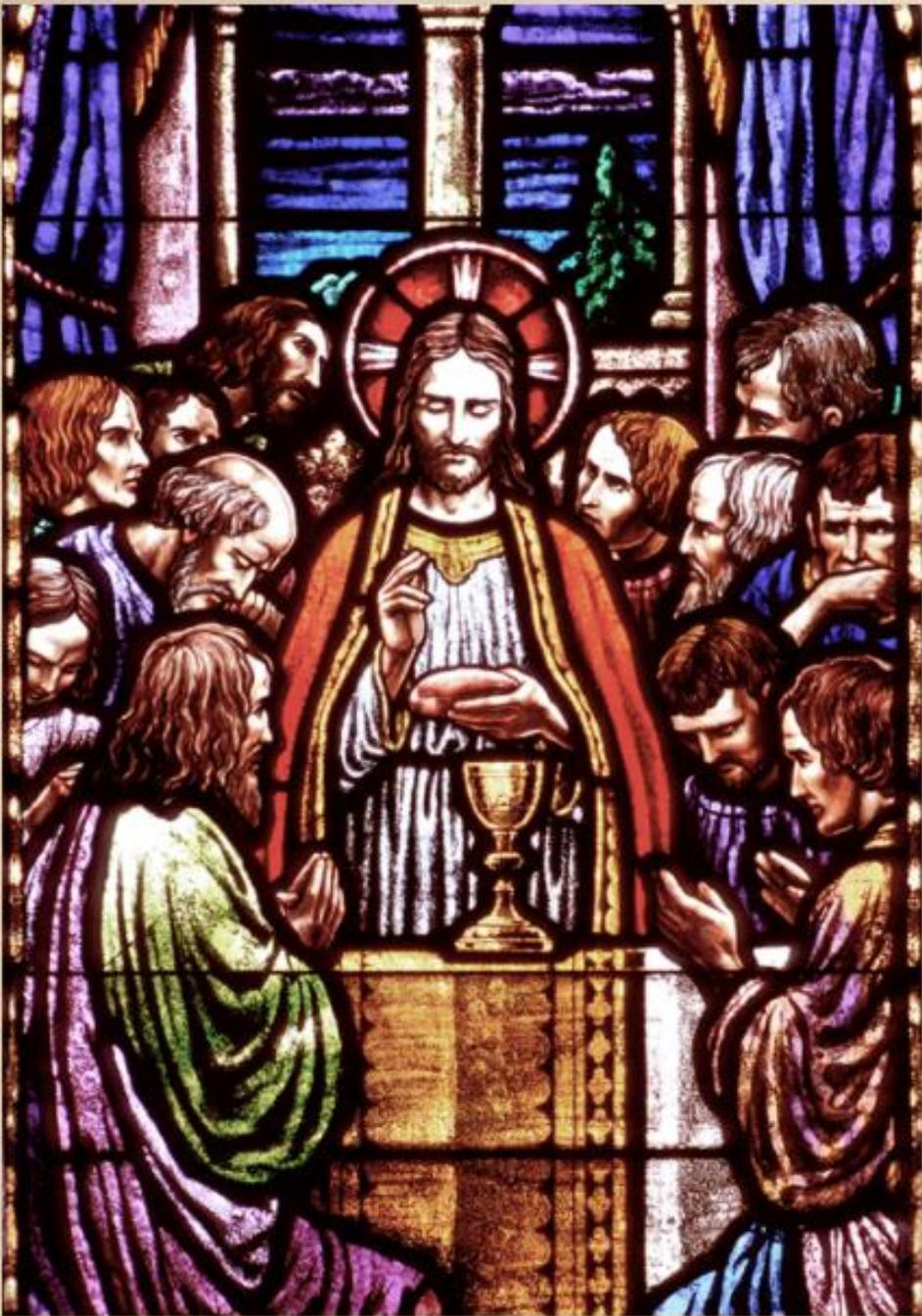
Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen

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
CHRIST, OUR LORD.
AMEN.



Begin with the Sign
of the Cross



Afternoon Prayer

Thursday 17th November

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.

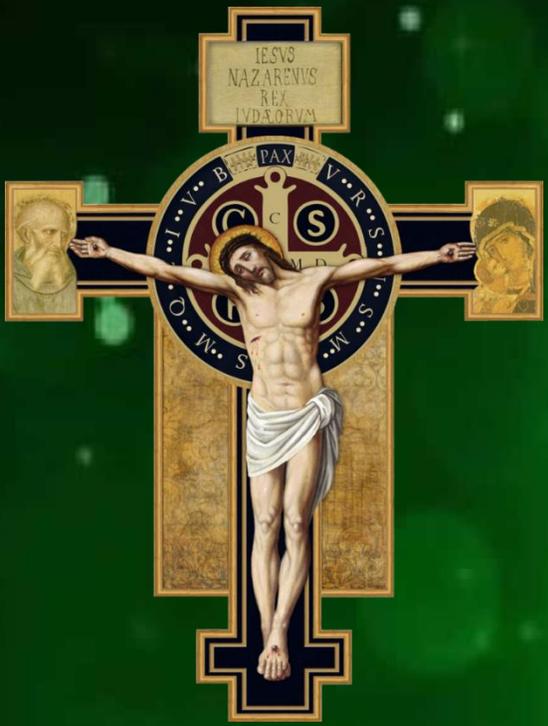
We ask the saints to pray for us:



Lord, 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

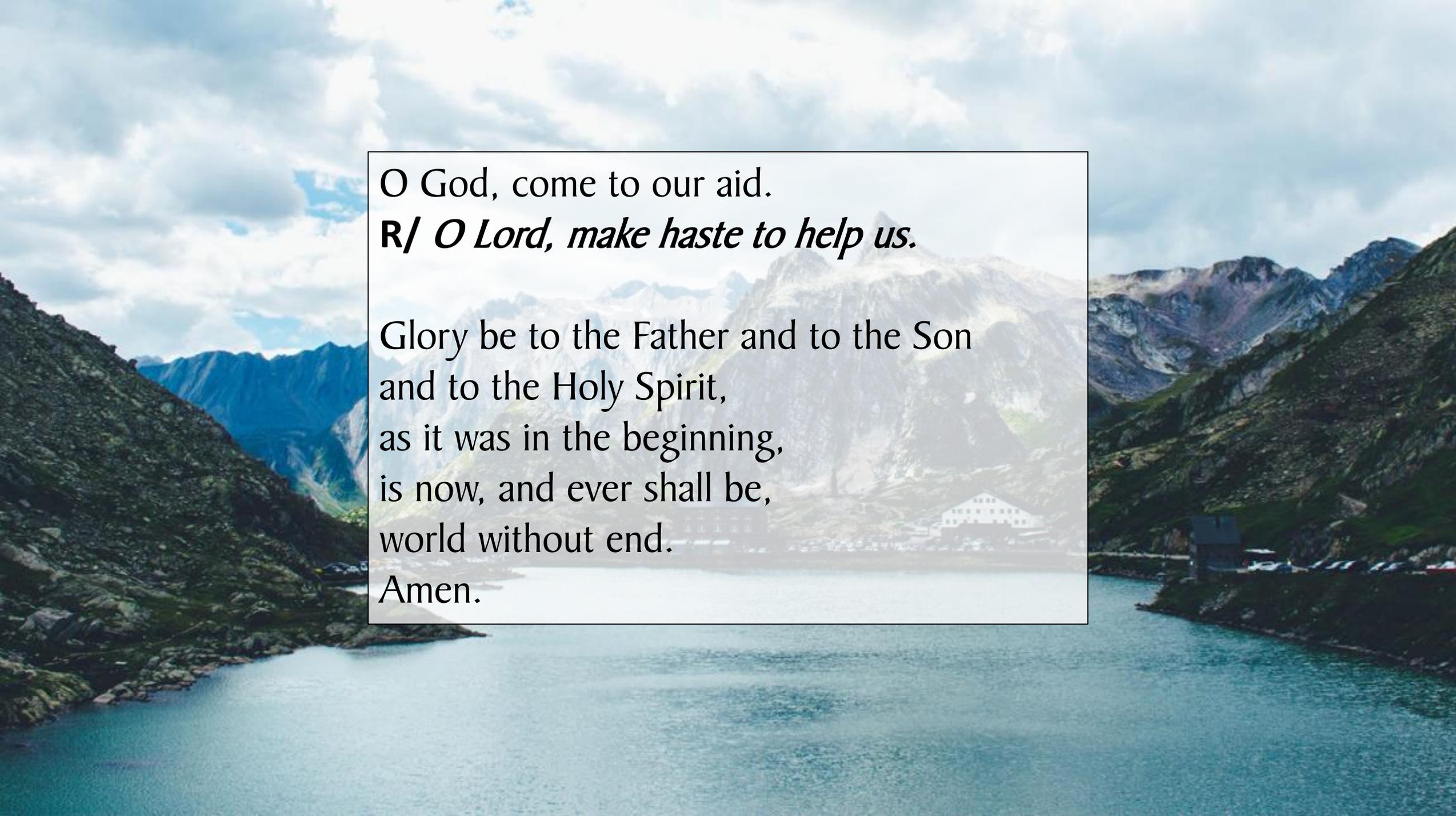


Begin with the Sign
of the Cross



Morning Prayer

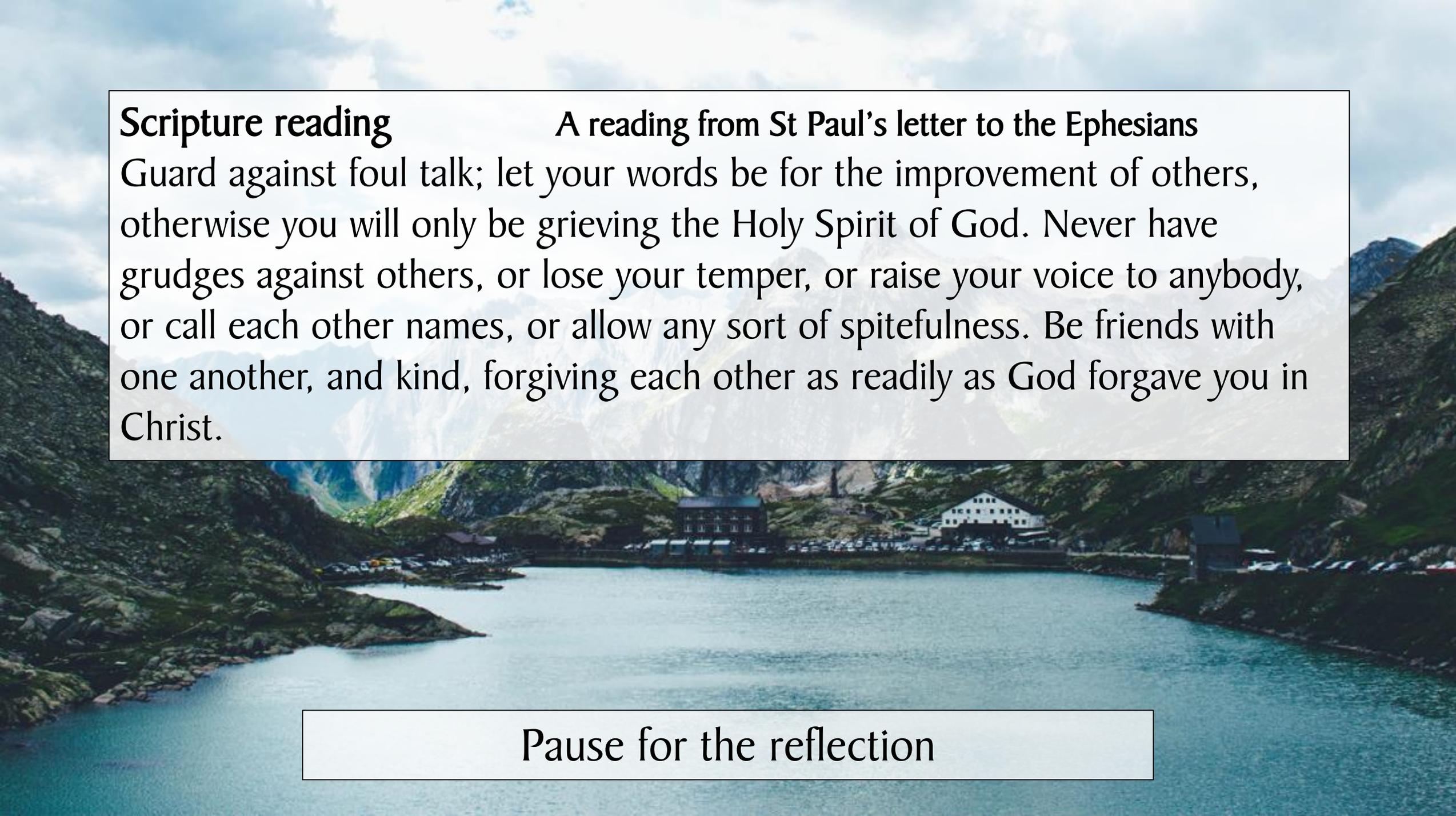
Friday 18th November



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 letter to the Ephesians

Guard against foul talk; let your words be for the improvement of others, otherwise you will only be grieving the Holy Spirit of God. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Pause for the reflection

Scripture reading

A reading from St Paul's letter to the Ephesians

Guard against foul talk; let your words be for the improvement of others, otherwise you will only be grieving the Holy Spirit of God. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Think and reflect...

Do I hold grudges or am I spiteful to people I don't like?

How easily do I forgive others?

Do I turn to God and accept His forgiveness?

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

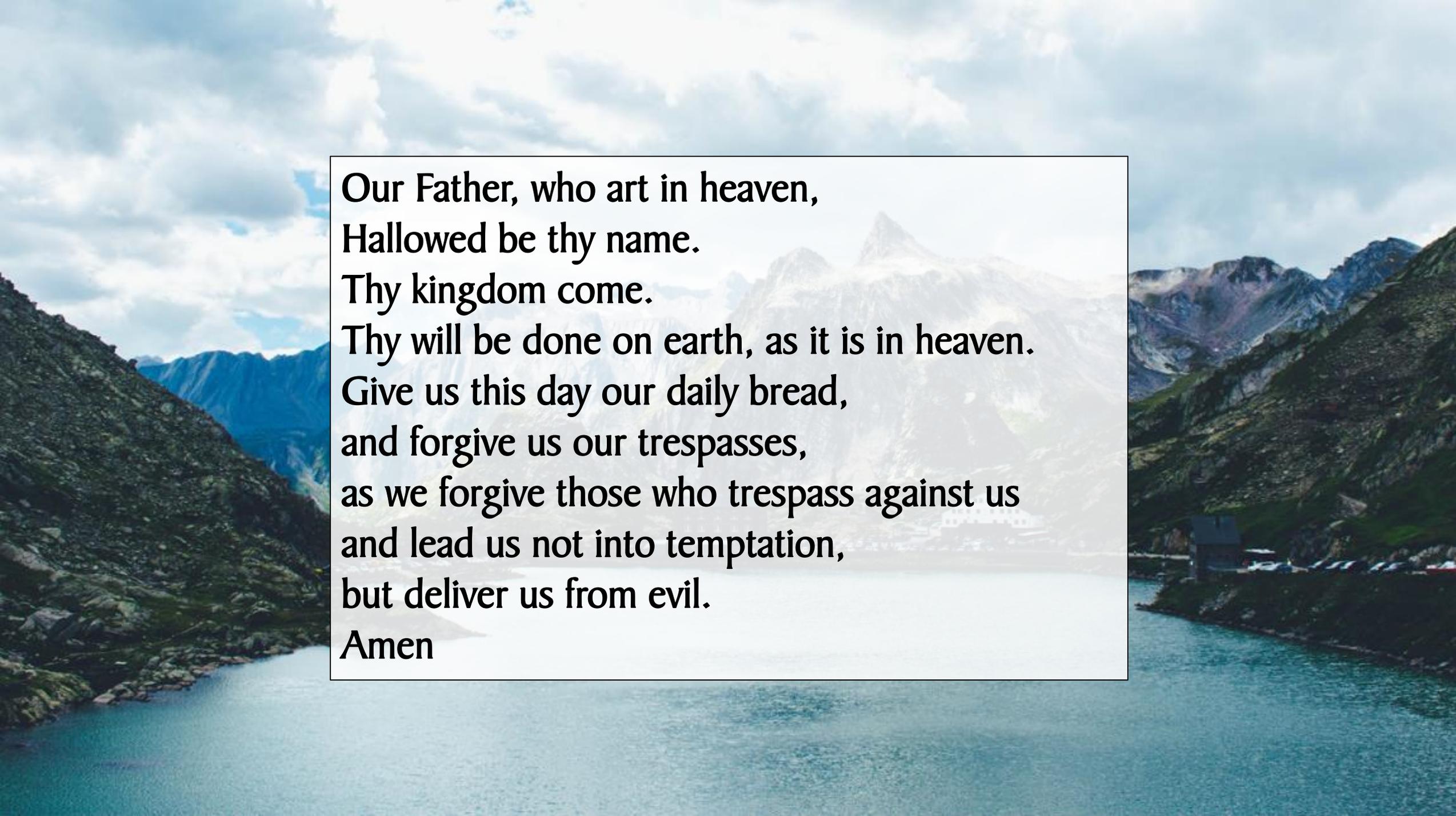
Lord hear us. Lord graciously hear us.

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.

-Lord hear us. Lord graciously hear us.

A scenic view of a mountain valley with a turquoise lake and snow-capped peaks under a cloudy sky. The text is overlaid on a white rectangular background.

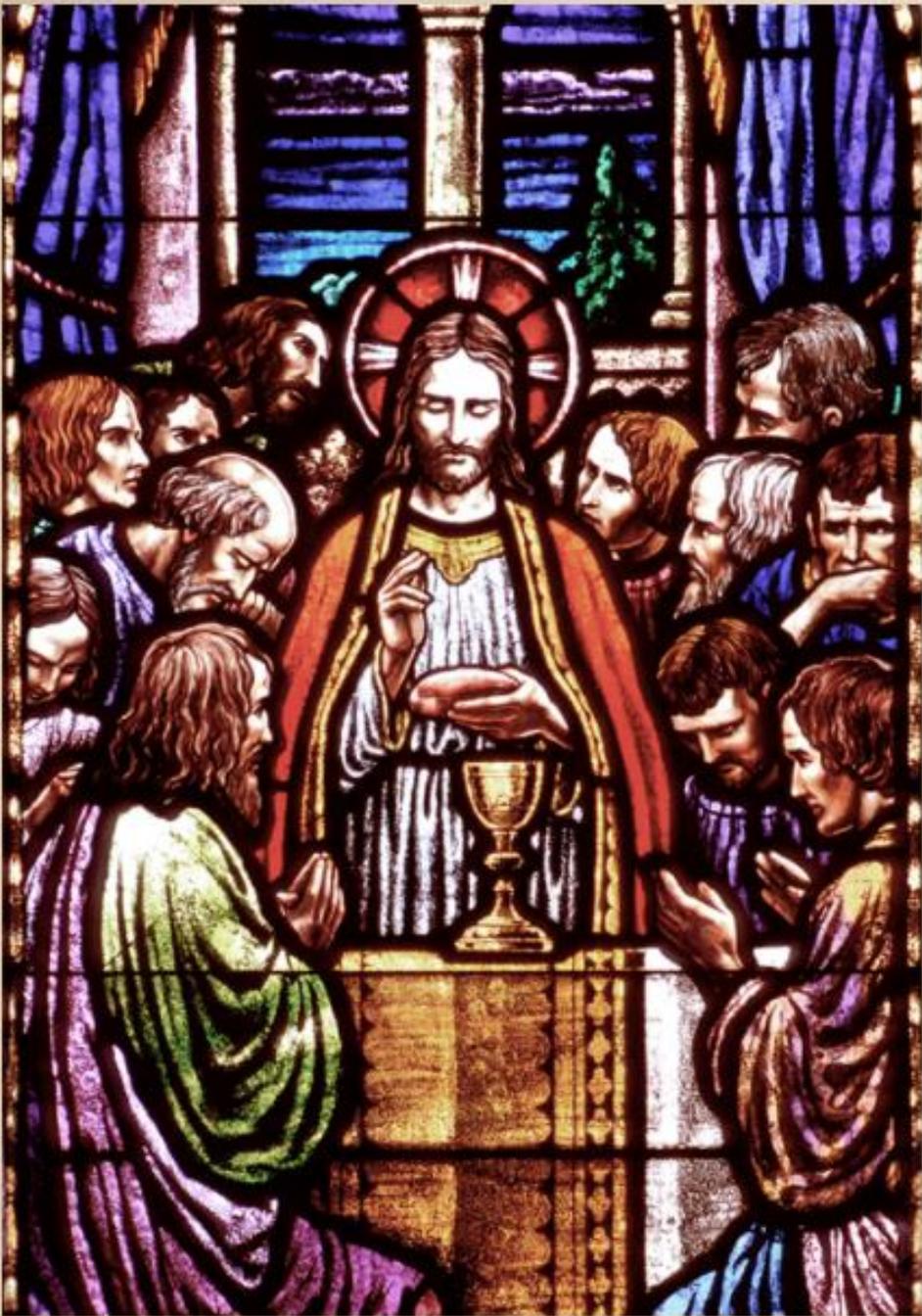
**Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen**

Concluding prayer

Lord God, 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.

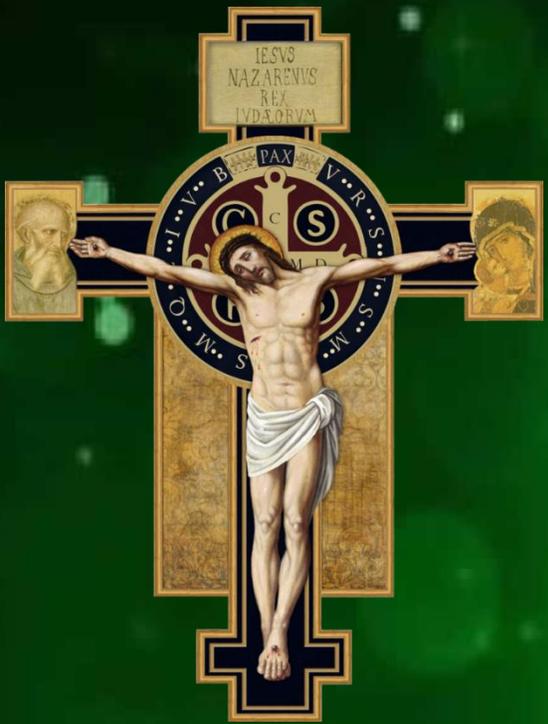
Amen.





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 18th November

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

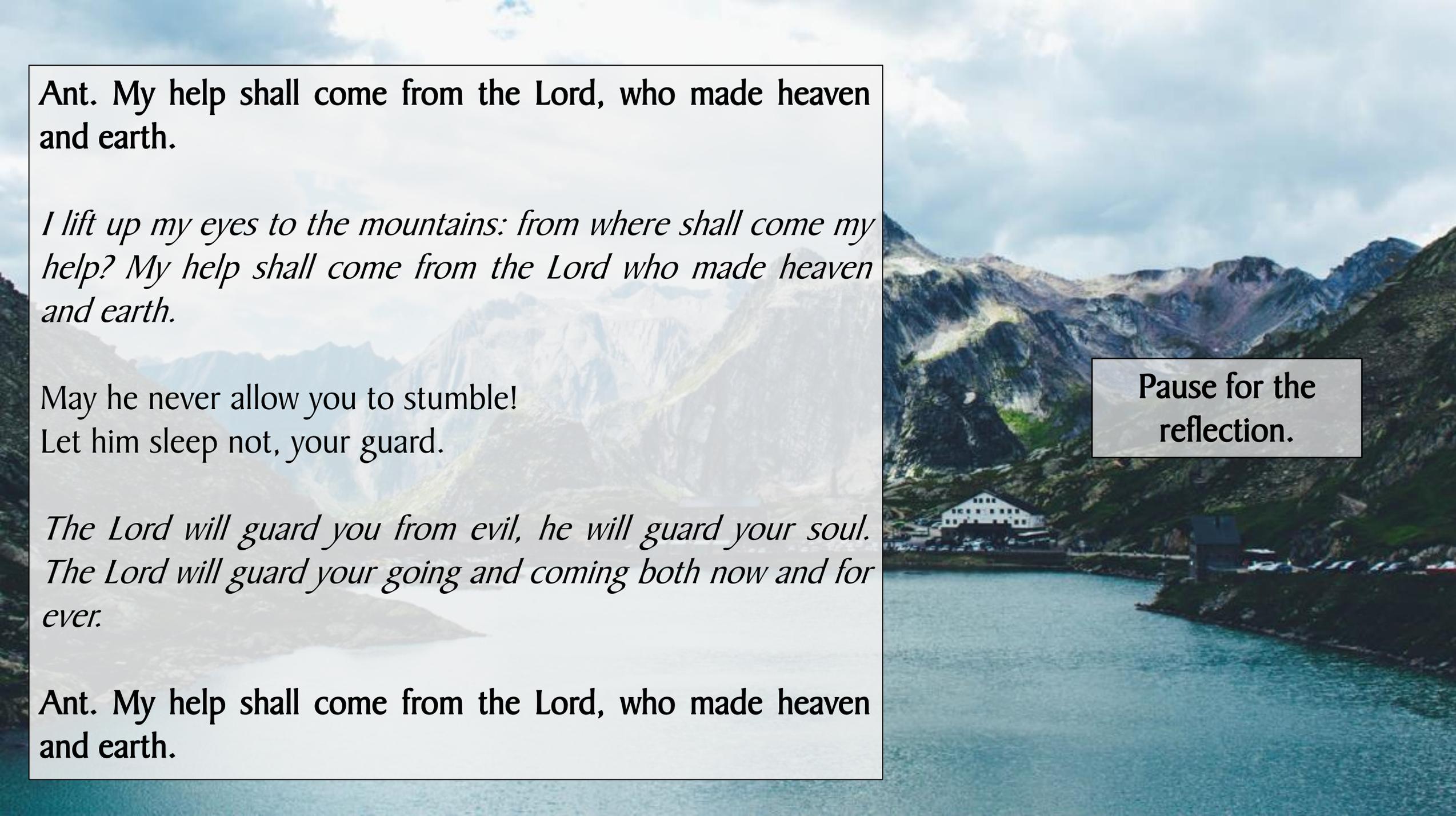
I lift up my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth.

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, 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**