



Begin with the
Sign of the Cross

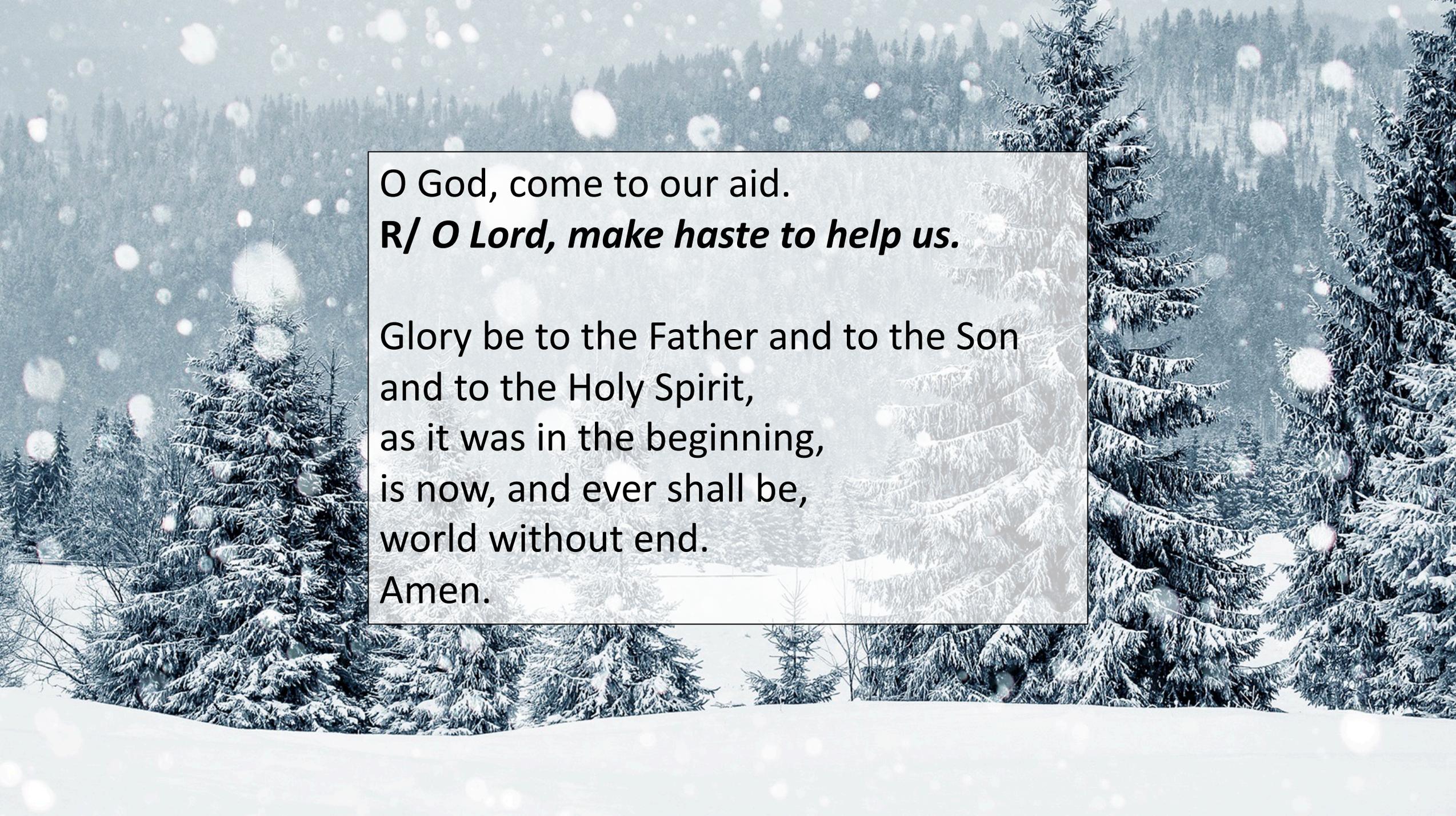


Morning

Prayer

Tuesday 3rd January
2023





O God, come to our aid.

R/ O Lord, make haste to help us.

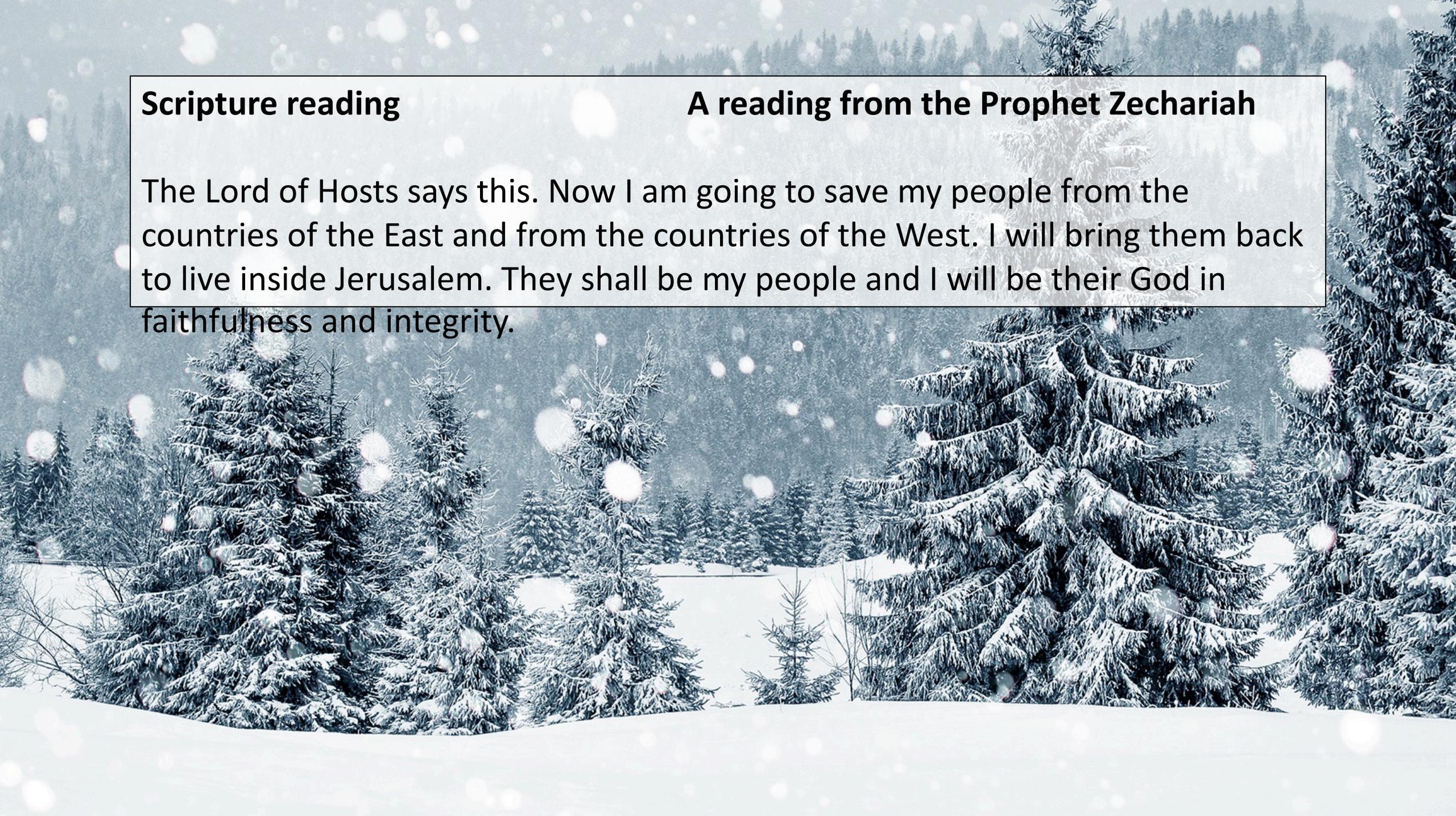
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.

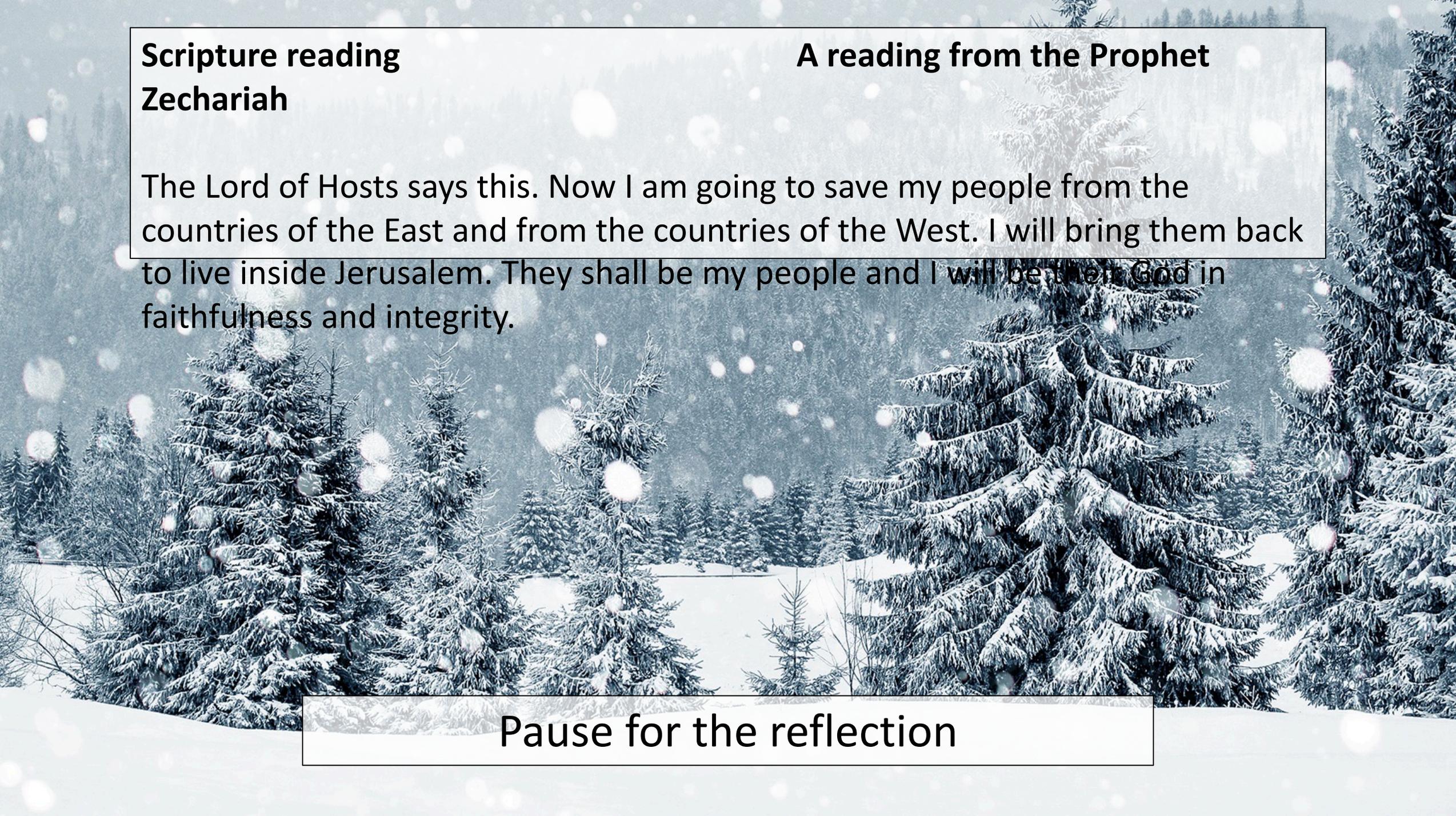
Amen.

Scripture reading

A reading from the Prophet Zechariah

The Lord of Hosts says this. Now I am going to save my people from the countries of the East and from the countries of the West. I will bring them back to live inside Jerusalem. They shall be my people and I will be their God in faithfulness and integrity.





Scripture reading
Zechariah

A reading from the Prophet

The Lord of Hosts says this. Now I am going to save my people from the countries of the East and from the countries of the West. I will bring them back to live inside Jerusalem. They shall be my people and I will be their God in faithfulness and integrity.

Pause for the reflection

Scripture reading

The Lord of Hosts says this. Now I am going to save my people from the countries of the East and from the countries of the West. I will bring them back to live inside Jerusalem. They shall be my people and I will be their God in faithfulness and integrity.

A reading from the Prophet Zechariah

Think and reflect...

Have I ever felt lost or confused about my place in the world?

What do I find myself doing even though I know I shouldn't, and what do I find I don't do even though I know I should?

Do I want to accept God's invitation to have a relationship with Him and live in His Kingdom?

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.

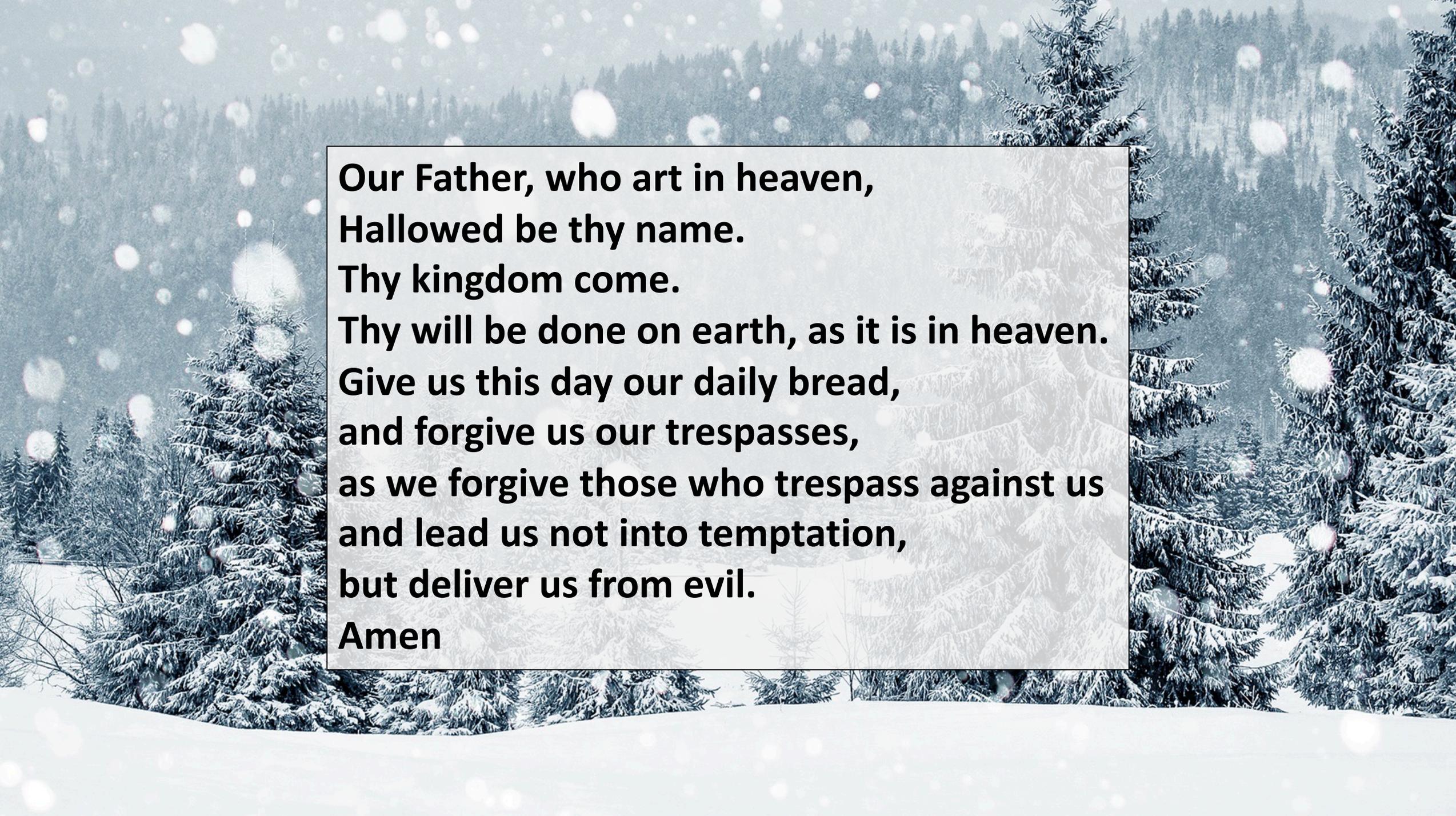
– Lord hear us, **Lord graciously hear us.**

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.**

A serene winter scene featuring a dense forest of evergreen trees covered in snow. The sky is filled with soft, out-of-focus snowflakes, creating a peaceful and quiet atmosphere. The overall color palette is cool, dominated by whites, blues, and greens.

**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**

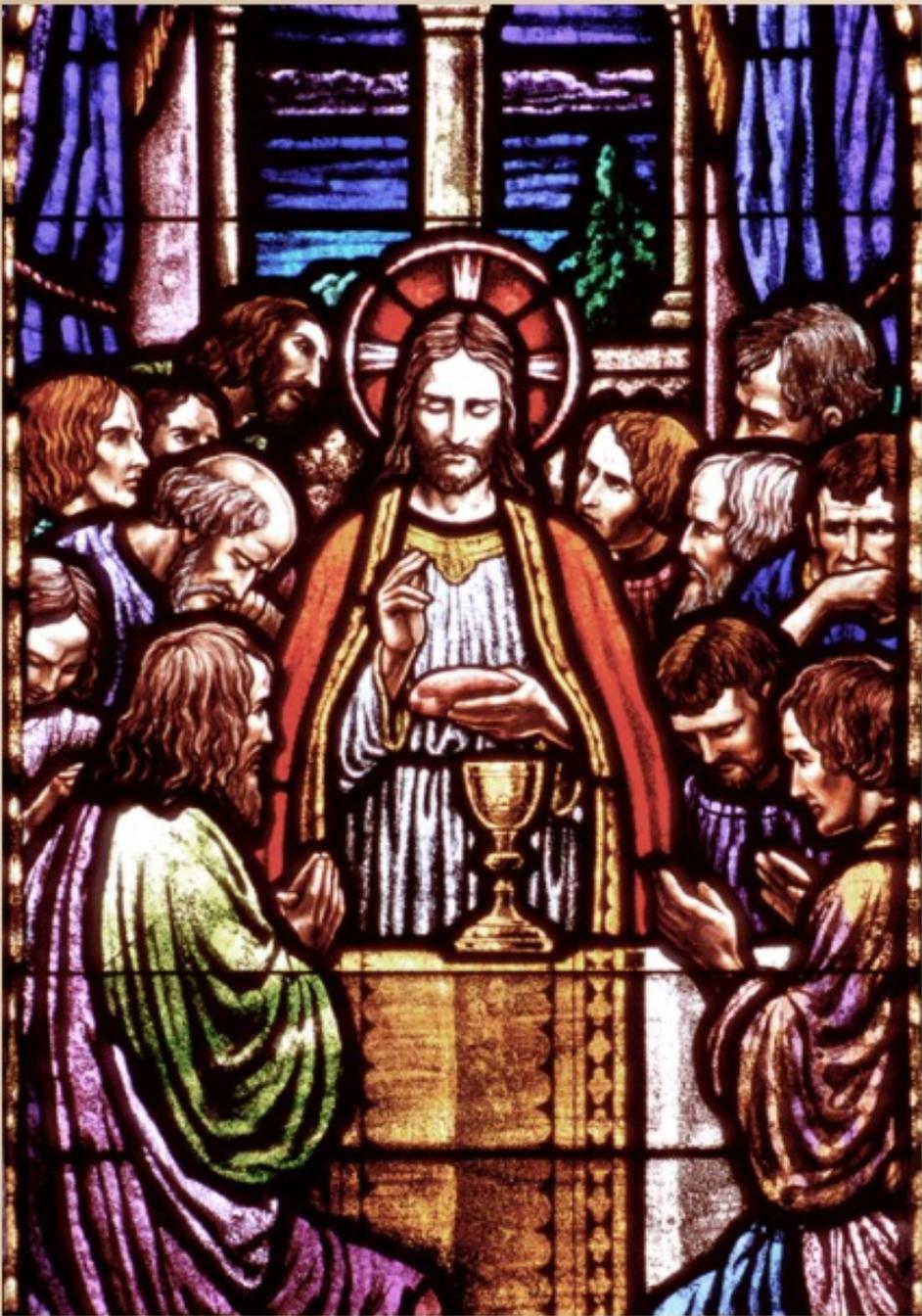


End with the
Sign of the
Cross

Concluding prayer

God our Saviour, through your Son you have made us children of light. Hear our prayer that we may always walk in that light and work for the truth as your witnesses before all people.

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 3rd January 2023



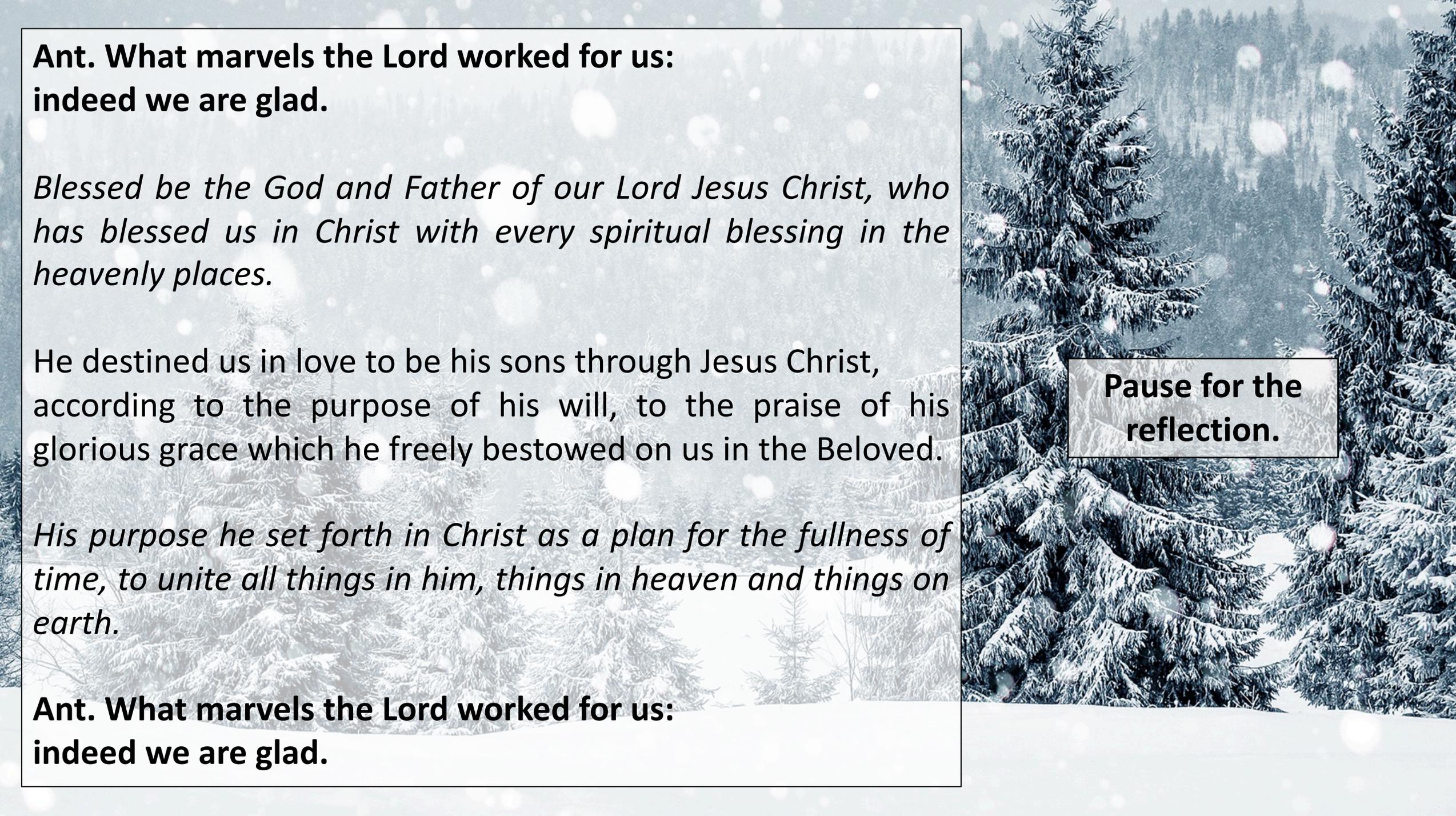
**Ant. What marvels the Lord worked for us:
indeed we are glad.**

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.

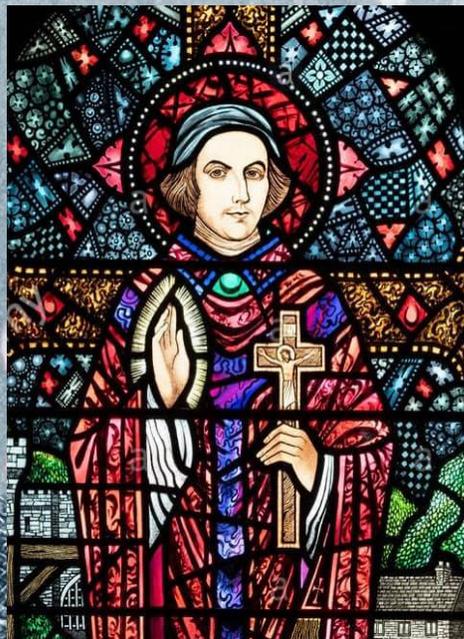
His purpose he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

**Ant. What marvels the Lord worked for us:
indeed we are glad.**

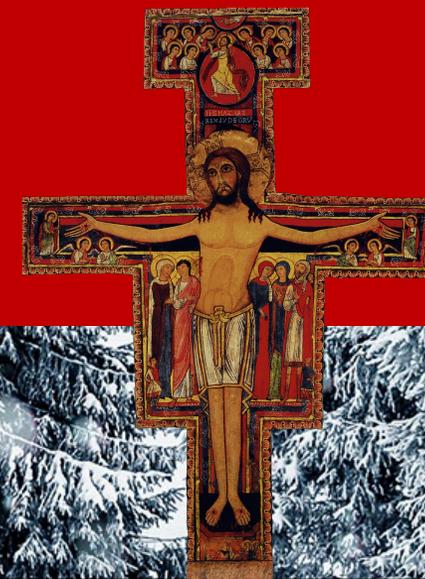


**Pause for the
reflection.**

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 Prudence and to stand for truth and dignity.
St Edmund Arrowsmith; Pray for us.
Amen



End with the
Sign of the Cross



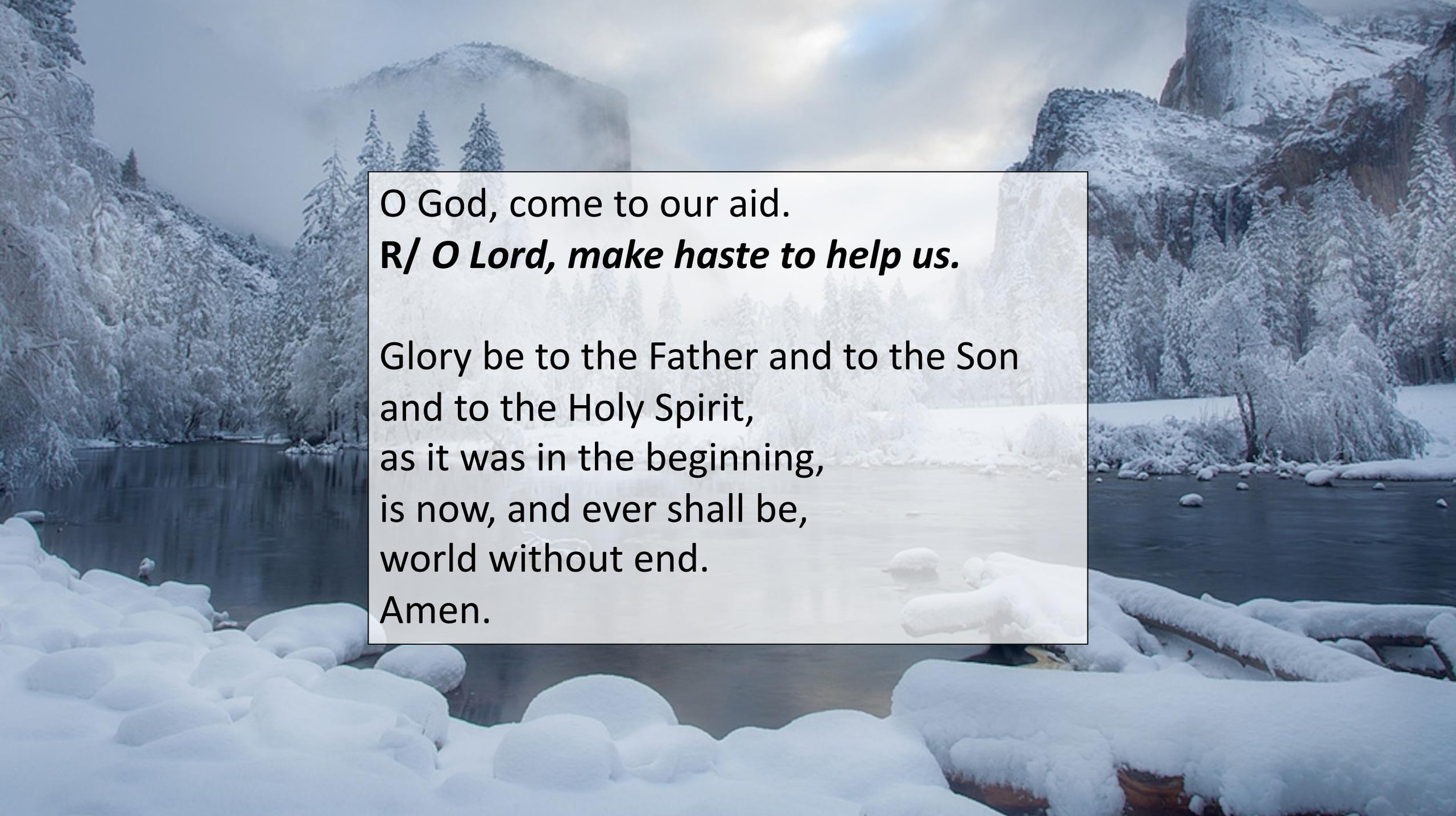
Begin with the
Sign of the Cross



Morning Prayer

Wednesday 4th January



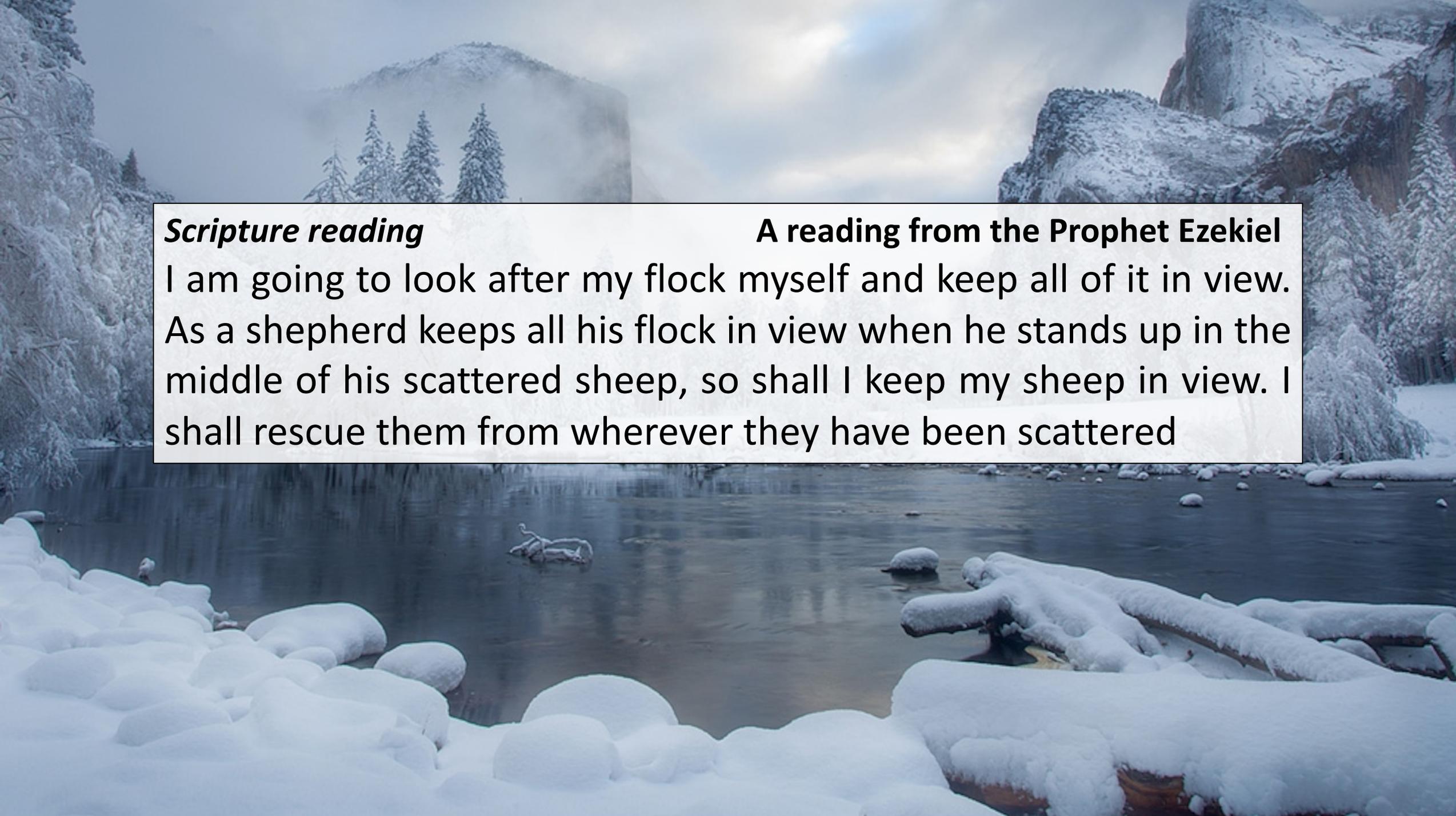
A serene winter landscape featuring a calm river flowing through a valley. The banks are lined with trees heavily laden with snow. In the background, majestic mountains rise under a soft, overcast sky. The foreground is dominated by large, smooth rocks completely covered in a thick layer of snow.

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.

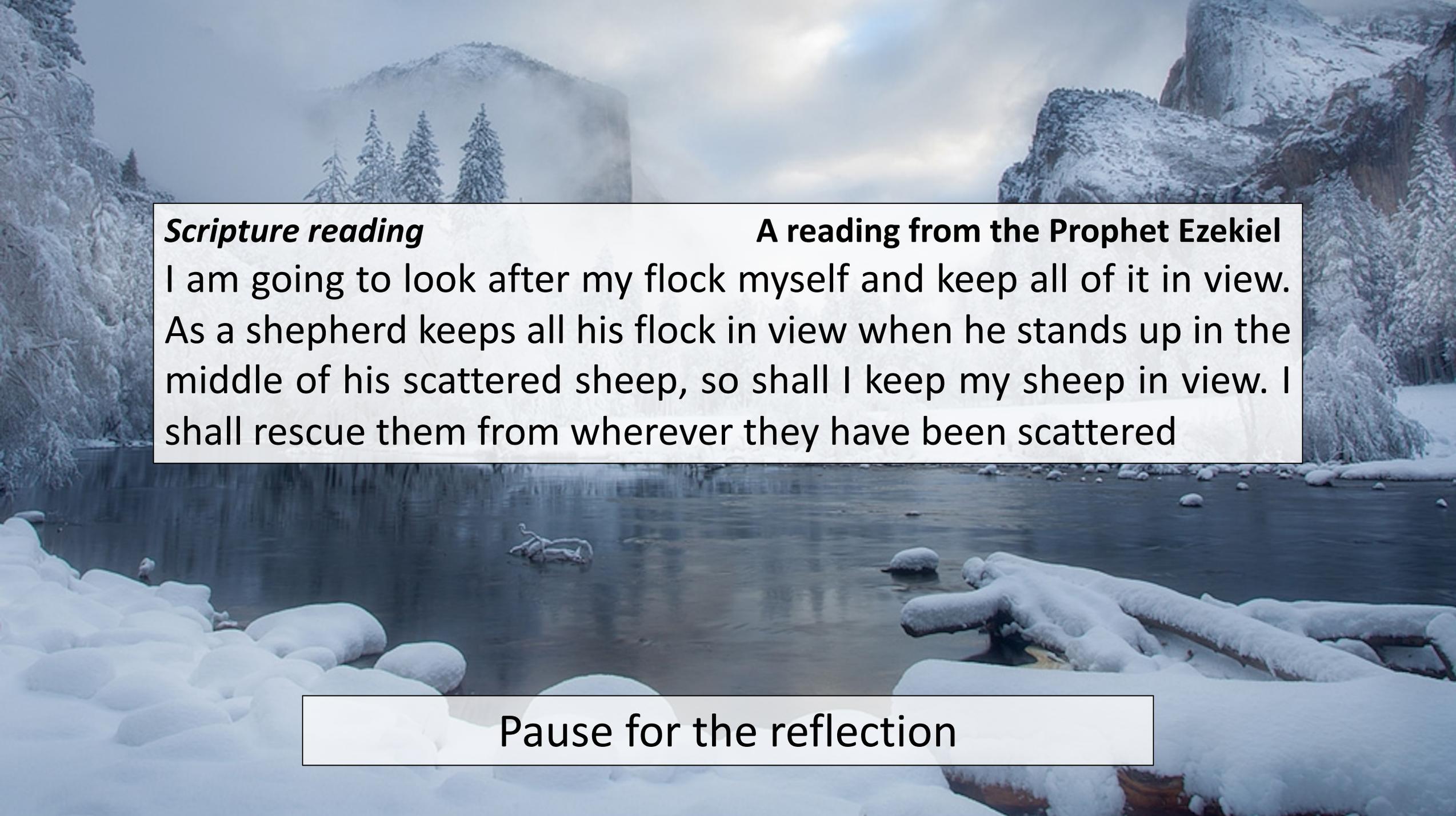
Amen.

A serene winter landscape featuring a calm river flowing through a snow-covered valley. The foreground is dominated by large, smooth rocks completely covered in a thick layer of white snow. In the middle ground, the dark water of the river reflects the overcast sky. A few snow-laden evergreen trees stand on the banks, and in the distance, majestic mountains rise under a heavy, grey sky. The overall atmosphere is quiet and peaceful.

Scripture reading

A reading from the Prophet Ezekiel

I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered



Scripture reading

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I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered

Pause for the reflection

Scripture reading

Ezekiel

I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered

A reading from the Prophet

Think and reflect...

Have you ever had to look after other people?

Have you used your position (maybe as an older sibling or friend, as a prefect etc) to get your own way or have you put the needs of others before yourself?

How does it feel that God would come to earth to look after you?

Allow a time of silence to reflect on these questions

Prudence

Think before you act.

Respect

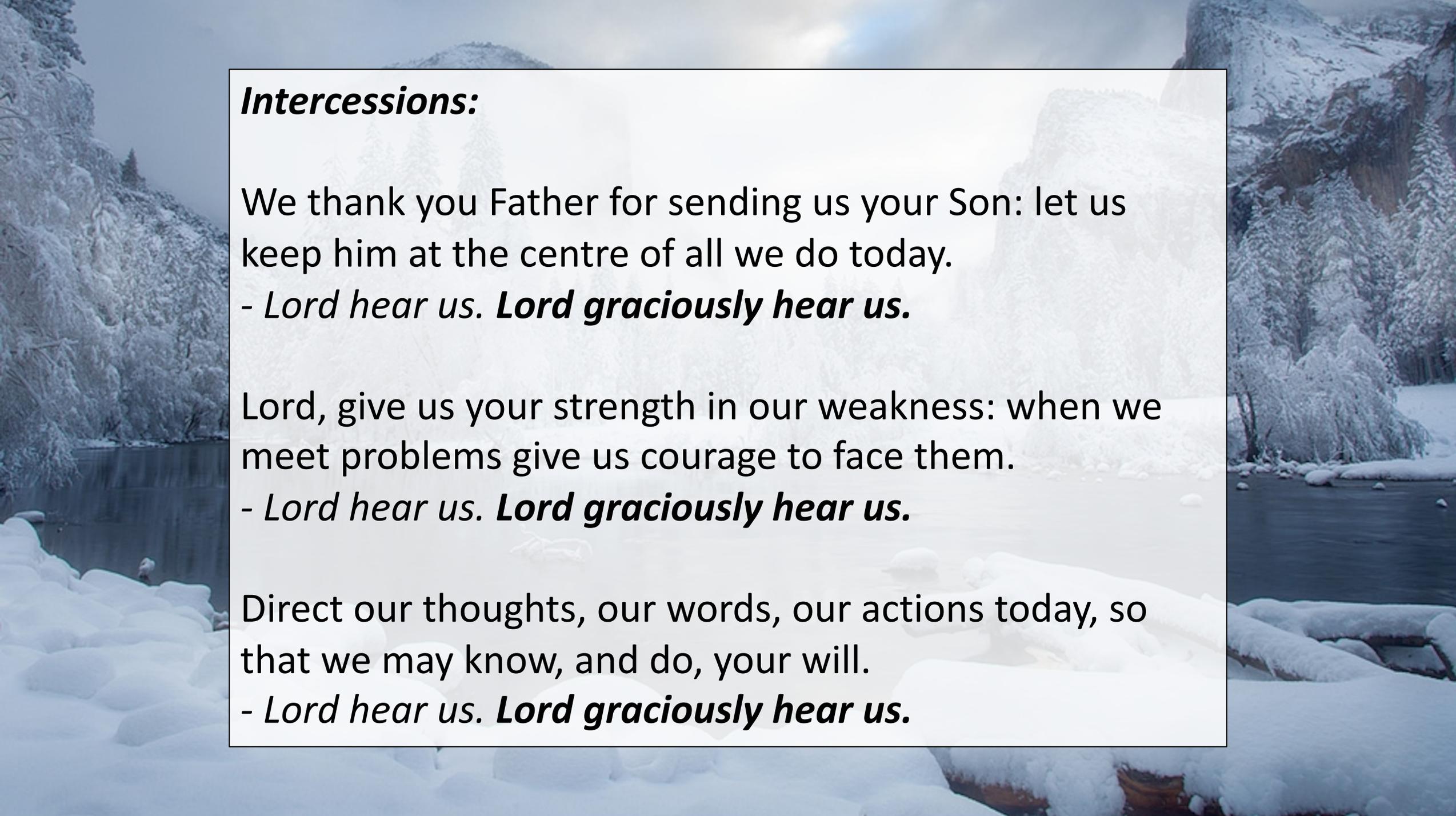
Obedience

Wisdom

Discernment

Reflection

"Be still and know that I am God."

A serene winter landscape with snow-covered trees and a calm river. The scene is peaceful and quiet, with a soft, overcast sky. The snow is thick and covers everything, creating a beautiful, monochromatic scene. The river is dark and still, reflecting the light from the sky. The trees are heavily laden with snow, their branches drooping under the weight. The overall mood is one of tranquility and stillness.

Intercessions:

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

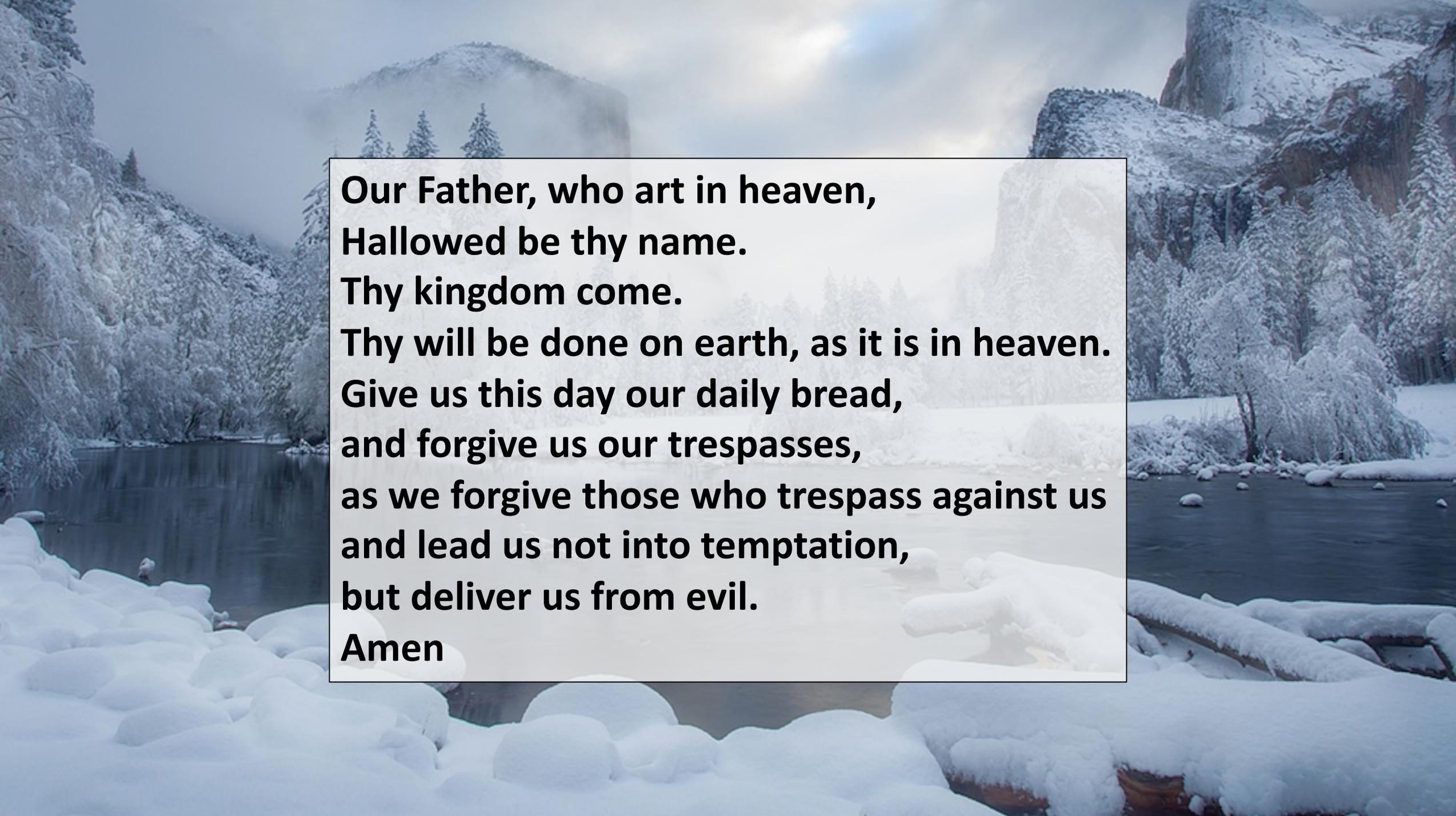
- *Lord hear us. Lord graciously hear us.*

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

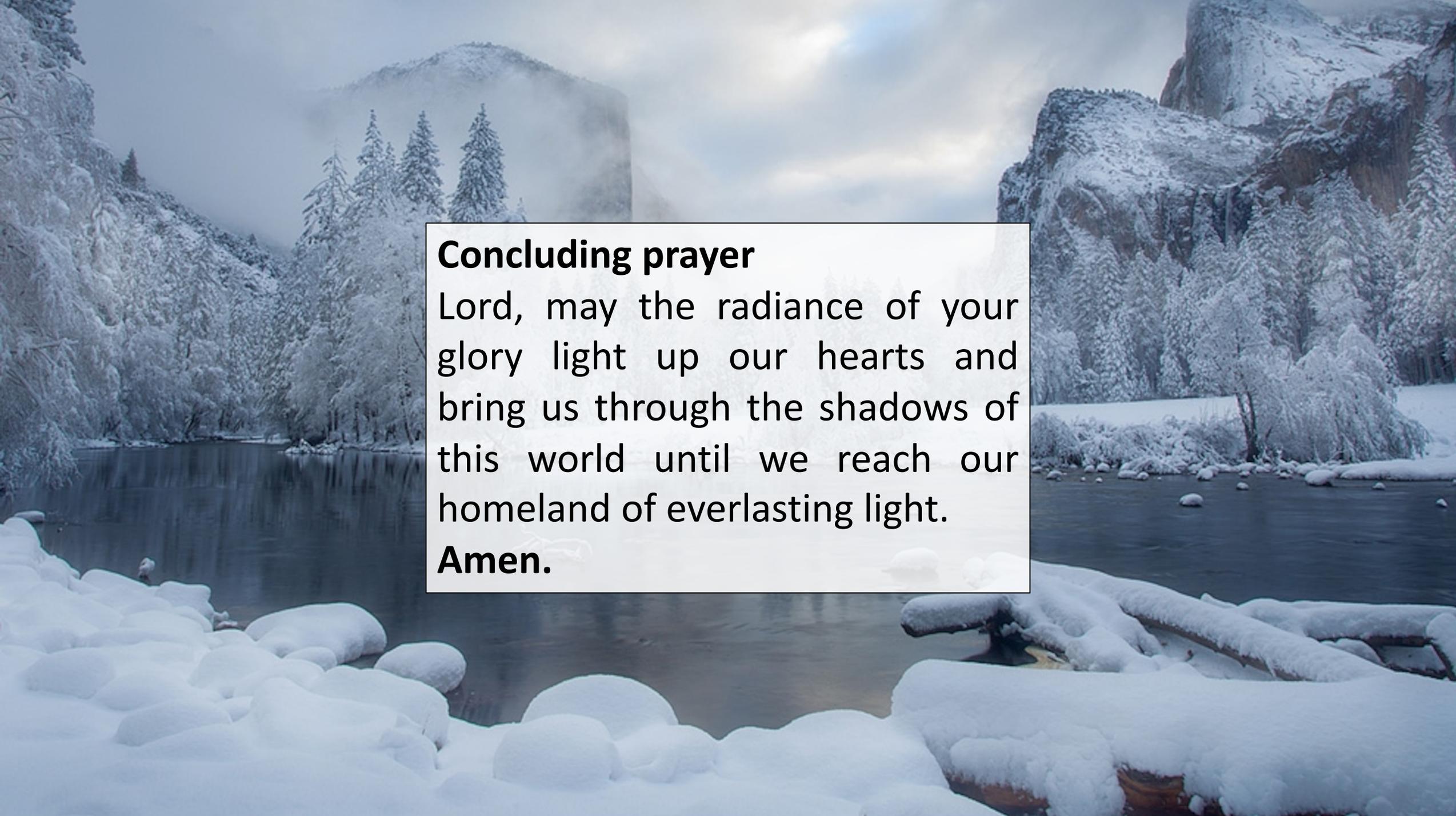
- *Lord hear us. Lord graciously hear us.*

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

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

A serene winter landscape featuring a snow-covered river, evergreen trees, and mountains under a cloudy sky. The scene is peaceful and quiet, with a soft, diffused light. The snow is thick and covers the ground, trees, and rocks. The river is dark and calm, reflecting the surrounding white. The mountains in the background are partially obscured by mist or low clouds, adding to the atmospheric quality of the scene.

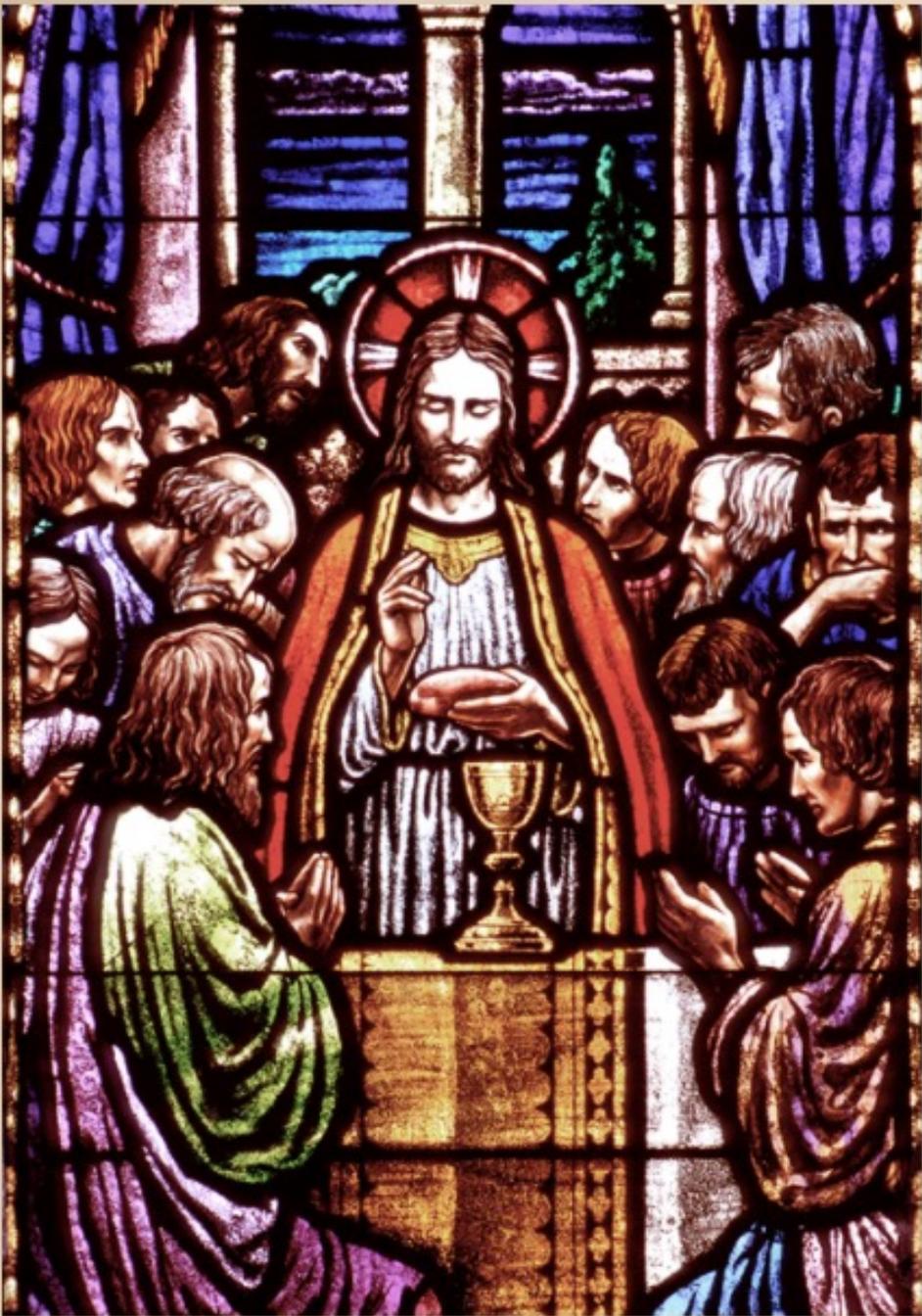
**Our Father, who art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us
and lead us not into temptation,
but deliver us from evil.
Amen**

A serene winter landscape featuring a snow-covered river, evergreen trees, and a mountain peak under a cloudy sky. The scene is captured in a cool, blue-toned palette, emphasizing the cold and quiet atmosphere of the season. The river flows through the center, reflecting the surrounding snow and trees. The foreground is dominated by large, snow-covered rocks and logs, while the background shows a misty mountain peak and a dense forest of snow-laden evergreens.

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
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CHRIST, OUR LORD.
AMEN.



Begin with the
Sign of the Cross



Afternoon Prayer

Wednesday 4th January



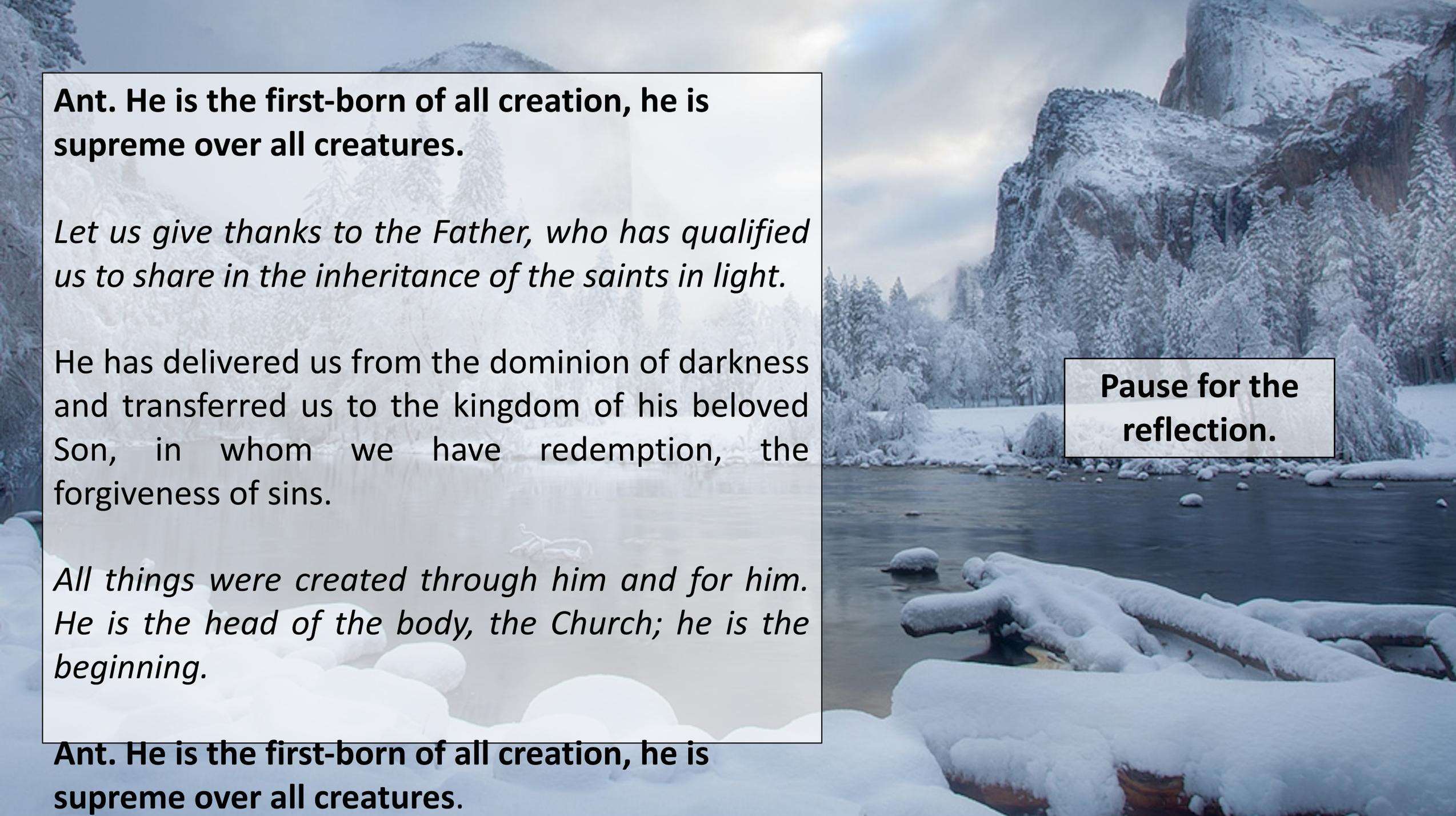
Begin with the
Sign of the Cross



Afternoon Prayer

Wednesday 4th January





Ant. He is the first-born of all creation, he is supreme over all creatures.

Let us give thanks to the Father, who has qualified us to share in the inheritance of the saints in light.

He has delivered us from the dominion of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

All things were created through him and for him. He is the head of the body, the Church; he is the beginning.

Ant. He is the first-born of all creation, he is supreme over all creatures.

Pause for the reflection.



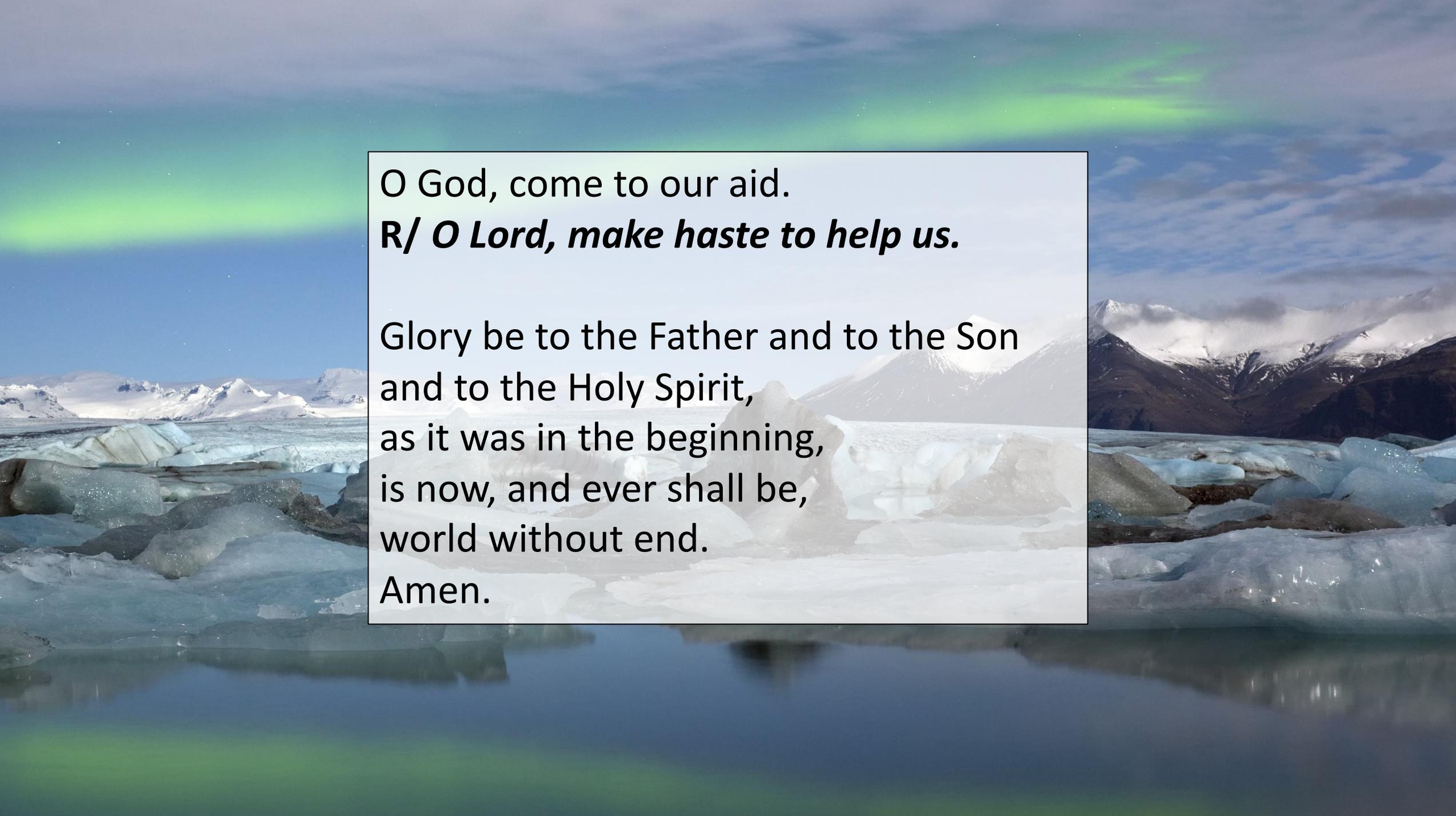
Begin with the
Sign of the Cross



Morning Prayer

Thursday 5th January





O God, come to our aid.

R/ O Lord, make haste to help us.

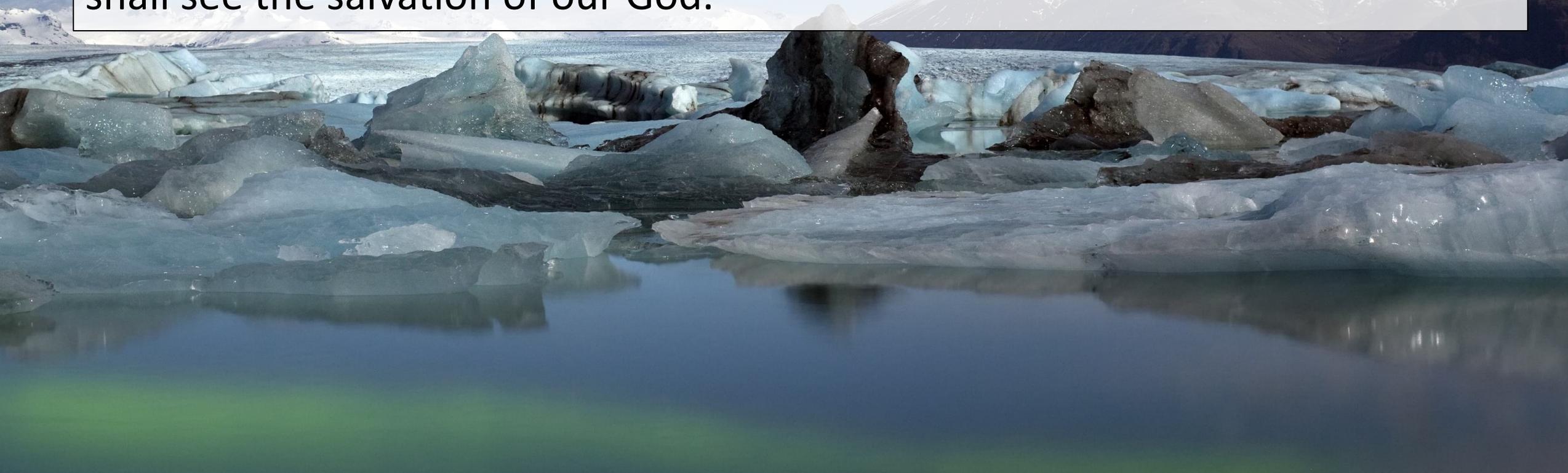
Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.

Amen.

Scripture Reading

A reading from the Prophet Isaiah

How beautiful on the mountains, are the feet of one who brings good news, who heralds peace, brings happiness, proclaims salvation, and tells Zion, 'Your God is king!' Listen! Your watchmen raise their voices, they shout for joy together, for they see the Lord face to face...Break into shouts of joy together...for the Lord is consoling his people...and all the ends of the earth shall see the salvation of our God.



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Pause for the reflection

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Think and reflect...

What's the best news you've ever been told?

Are you 'good news' for others bringing peace and happiness, or do you bring sadness and frustration to them?

Where can you see the Lord comforting His people or saving them in the world today?

Allow a time of silence to reflect on these questions

Prudence

Think before you act.

Respect

Obedience

Wisdom

Discernment

Reflection

"Be still and know that I am God."

Intercessions

Christ, vindicated in the Spirit; free our lives from the spirit of discord.

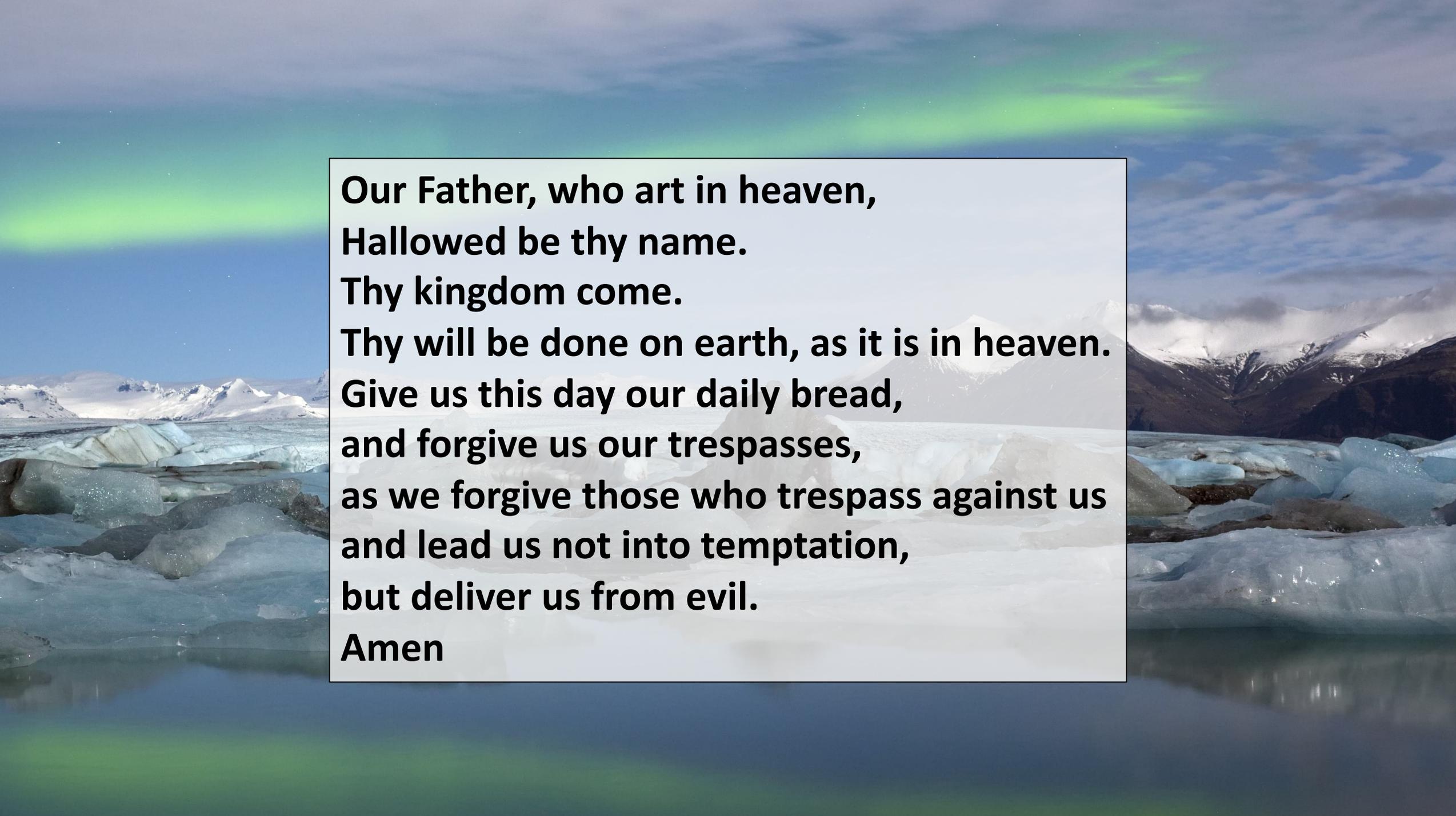
– *Lord hear us, **Lord graciously hear us.***

Christ, seen by angels; give us even now a share in the joy of heaven.

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

Christ, preached among the nations; move all hearts by the power of your Spirit.

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

The background of the image is a composite of two scenes. The top half shows a dark sky with vibrant green and blue aurora borealis. The bottom half shows a landscape of snow-capped mountains and a body of water filled with large, blue-tinted icebergs.

**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**

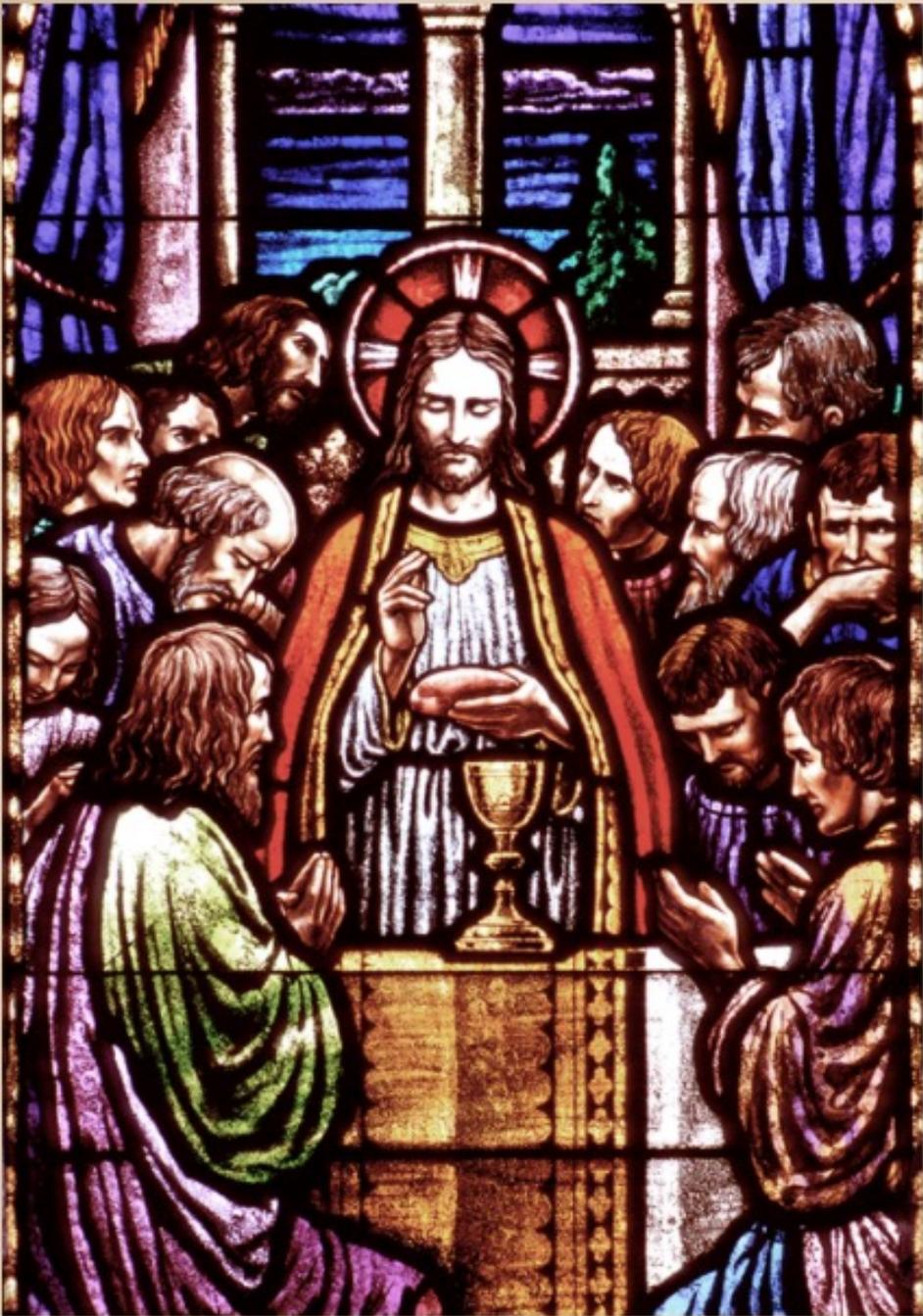
Concluding Prayer

On this day, Lord God, by a guiding star you revealed your Only-Begotten Son to all the peoples of the world. Lead us from the faith by which we know you now to the vision of your glory, face to face.

Amen



End with the Sign



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 5th January



**Ant. The Lord brought down the mighty from their seats,
and raised up the lowly.**

*My soul glorifies the Lord, my spirit rejoices in God, my
Saviour. He looks on his servant in her lowliness; henceforth
all ages will call me blessed.*

The Almighty works marvels for me. Holy his name!
His mercy is from age to age, on those who fear him.

*He puts forth his arm in strength and scatters the proud-
hearted. He casts the mighty from their thrones and raises
the lowly.*

He fills the starving with good things, sends the rich away
empty.

Ant. The Lord brought down the mighty from their seats,

**Pause for the
reflection.**

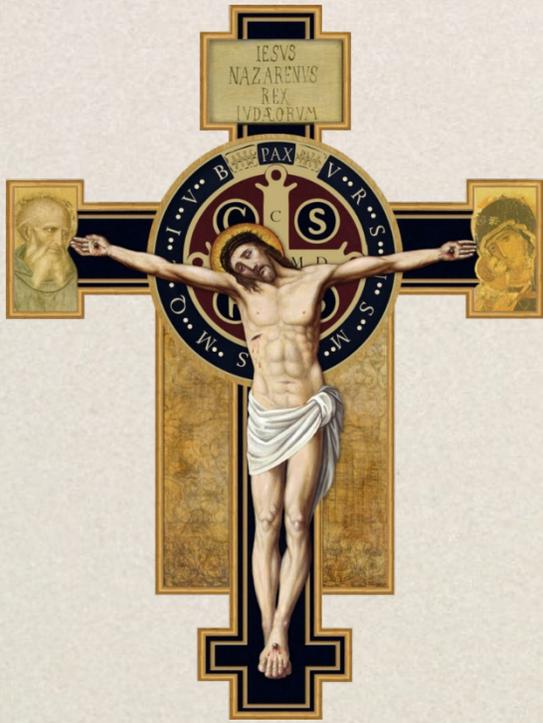
We ask the saints to pray for us:



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

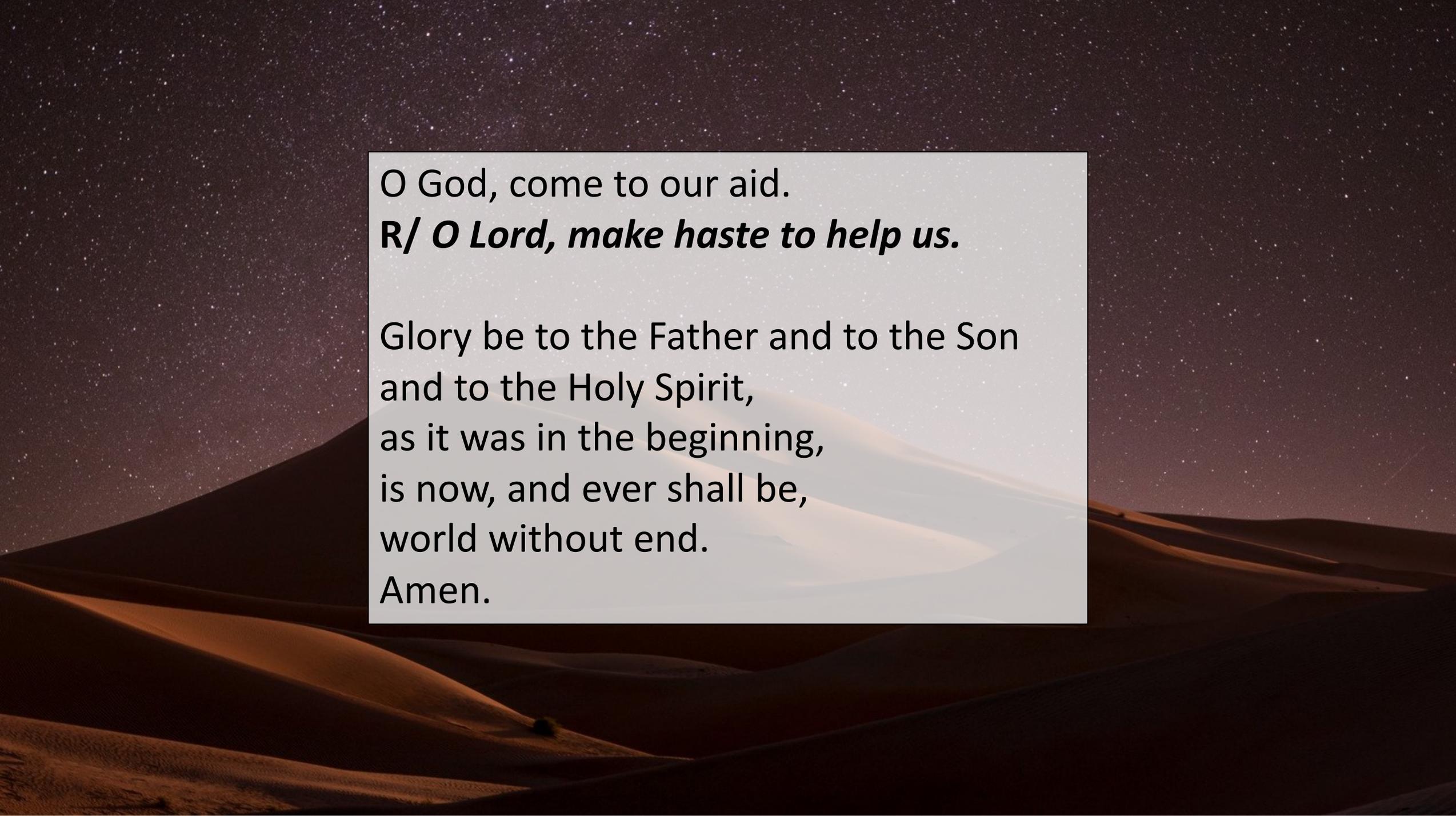


Morning Prayer

Feast of the Epiphany

Friday 6th January



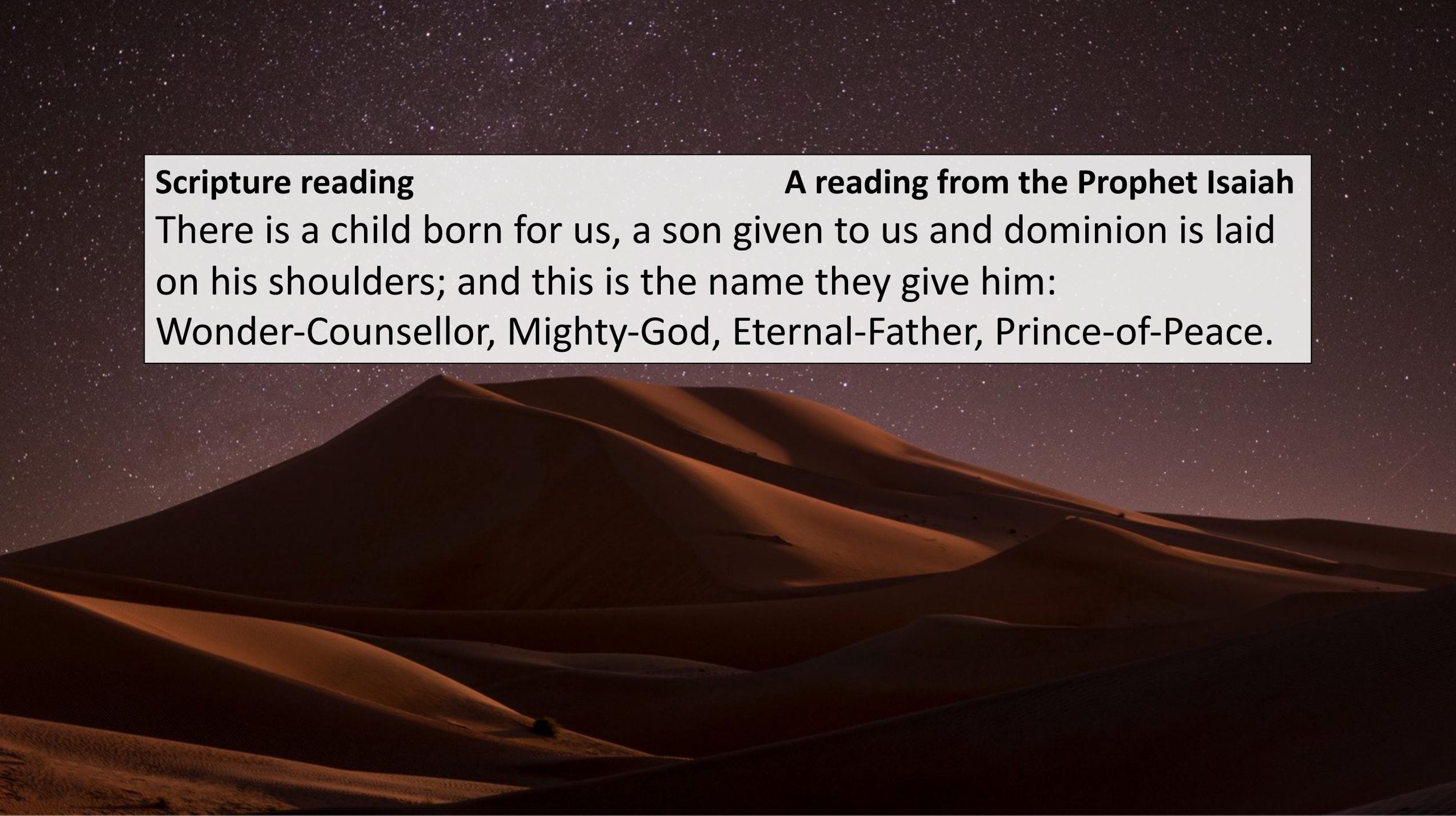


O God, come to our aid.

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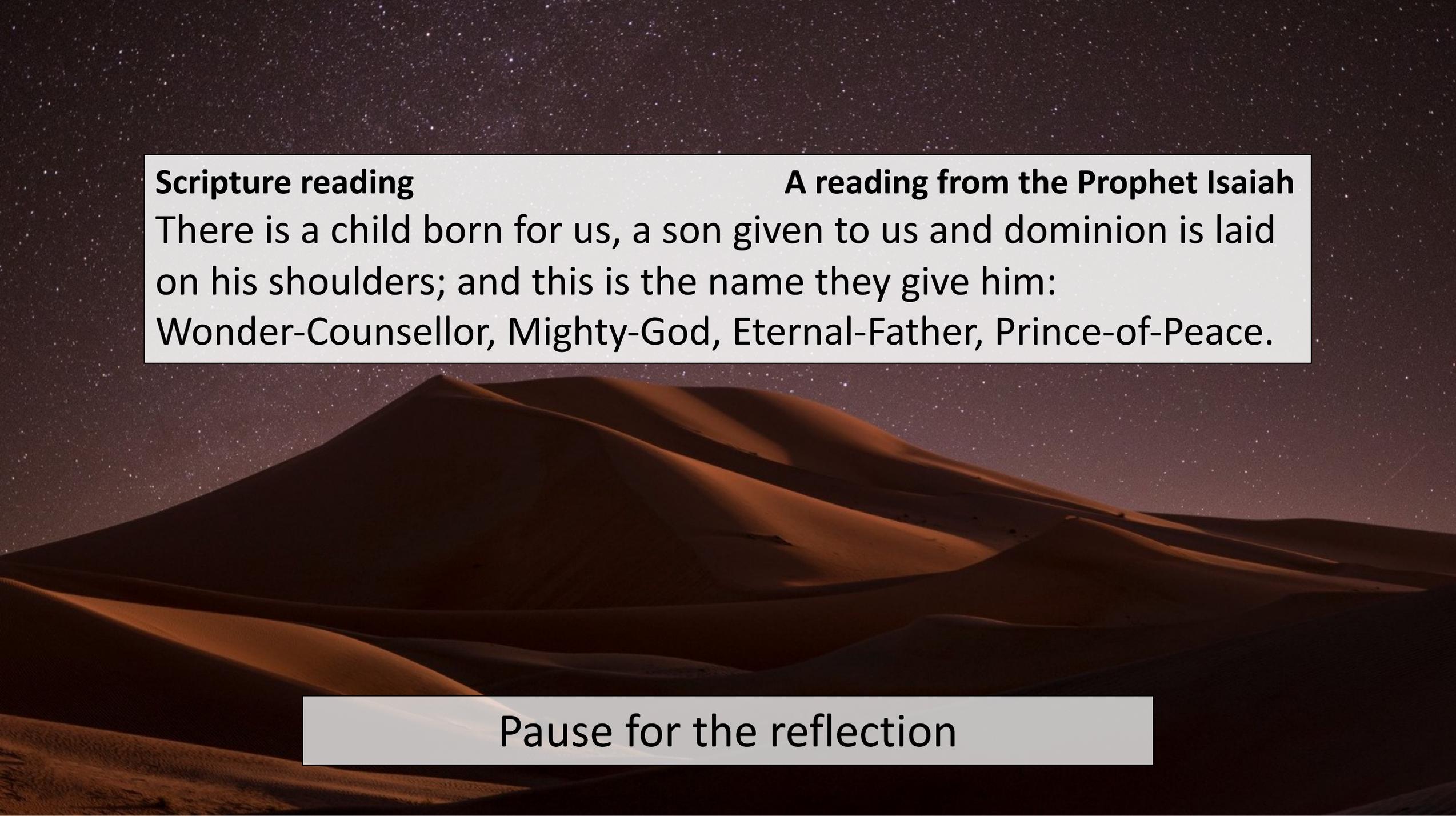
Amen.



Scripture reading

A reading from the Prophet Isaiah

There is a child born for us, a son given to us and dominion is laid on his shoulders; and this is the name they give him:
Wonder-Counsellor, Mighty-God, Eternal-Father, Prince-of-Peace.



Scripture reading

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Pause for the reflection

Scripture reading

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A reading from the Prophet Isaiah

Think and reflect...

Where do I think all the things in the Universe, seen and unseen, come from?

Can I observe an order to the way everything works together, supporting and sustaining life?

If there is a God Who is all these things the Bible claims, how might that affect the way I live my life?

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

We accept this new day as your gift, Lord; grant that we may live in newness of life.

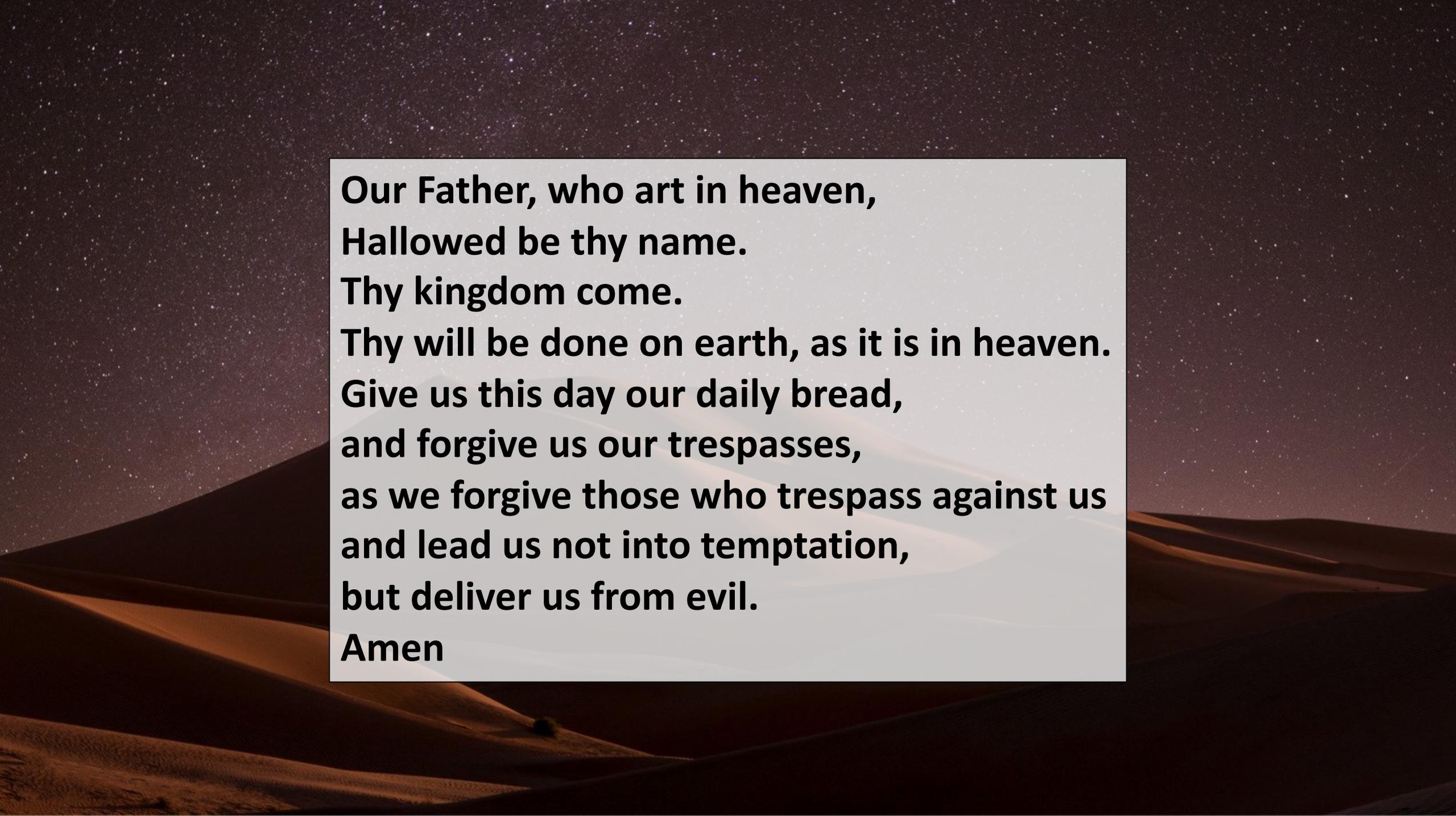
*Lord hear us. **Lord graciously hear us.***

You made all things, and keep all things in being; give us the insight to see your hand at work in them all.

*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.***

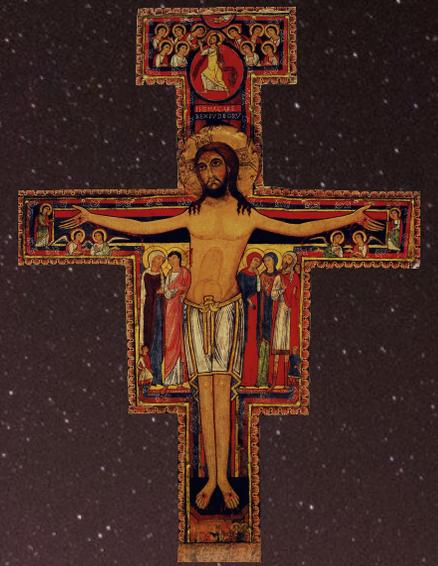


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Hallowed be thy name.
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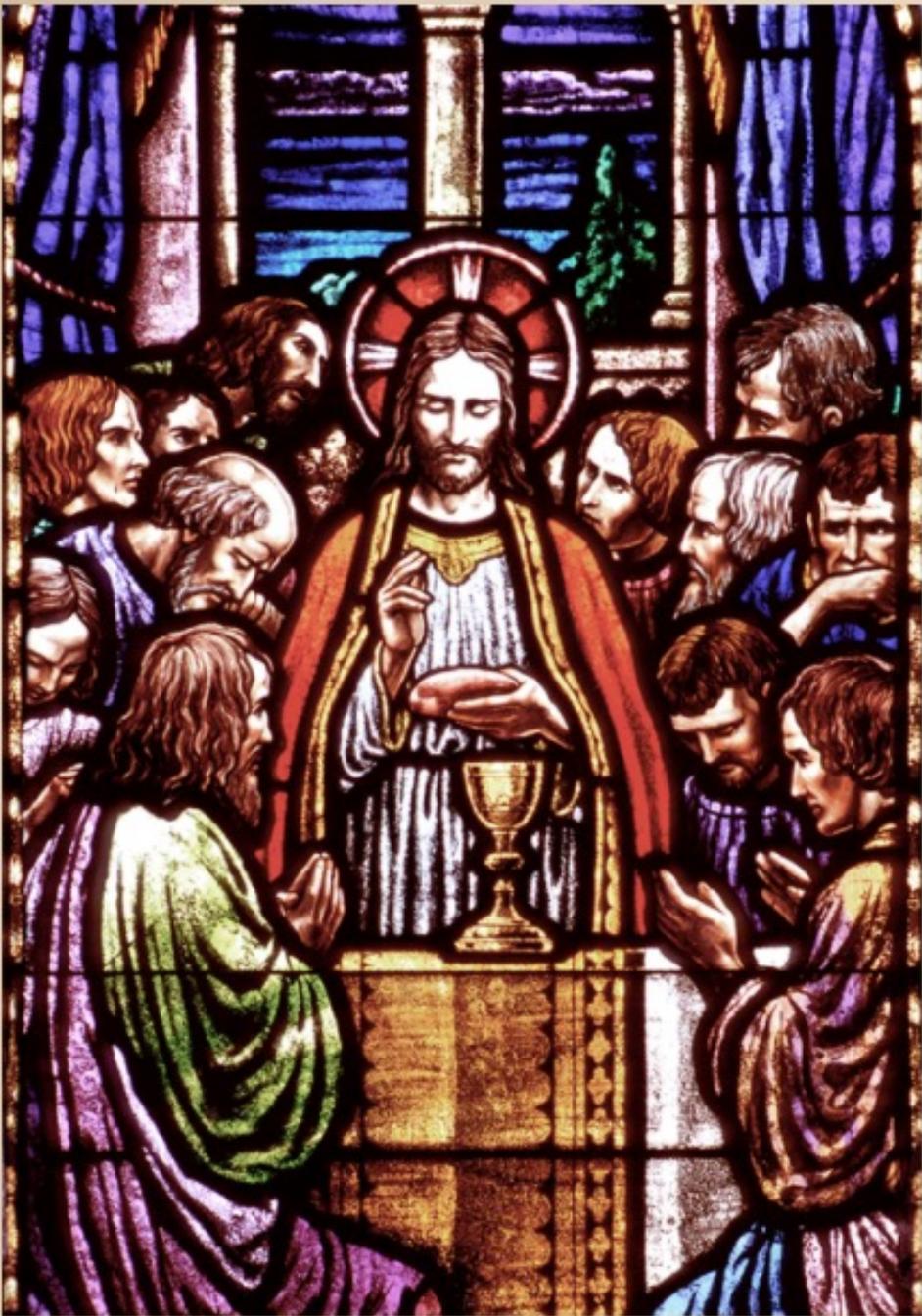
Concluding prayer

God, our Father, when your Only-Begotten Son revealed himself in flesh and blood, we came to know him as our fellow-man. May he transform us inwardly until we bear his likeness.

Amen.

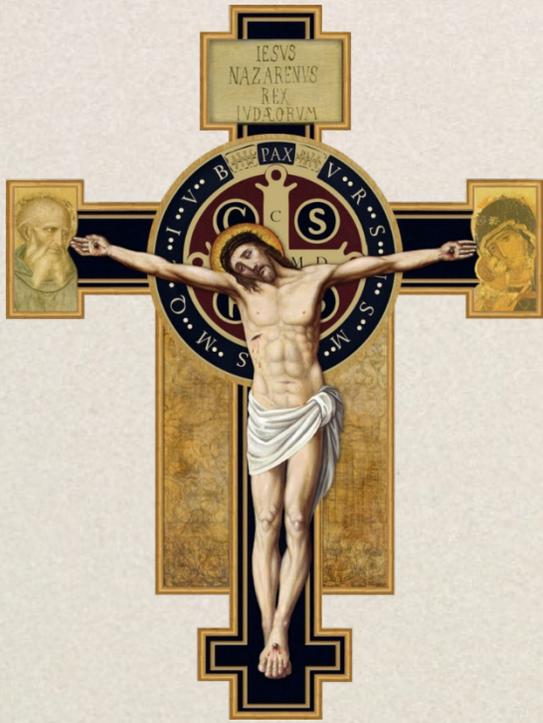


End with the
Sign of the
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GRACE BEFORE MEALS

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Sign of the Cross



Afternoon Prayer

Feast of the Epiphany

Friday 6th January



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

