

Week Commencing 30th January 2023

4th Week of Ordinary Time, Year A



Begin with the Sign
of the Cross

OLAHUO CLO22

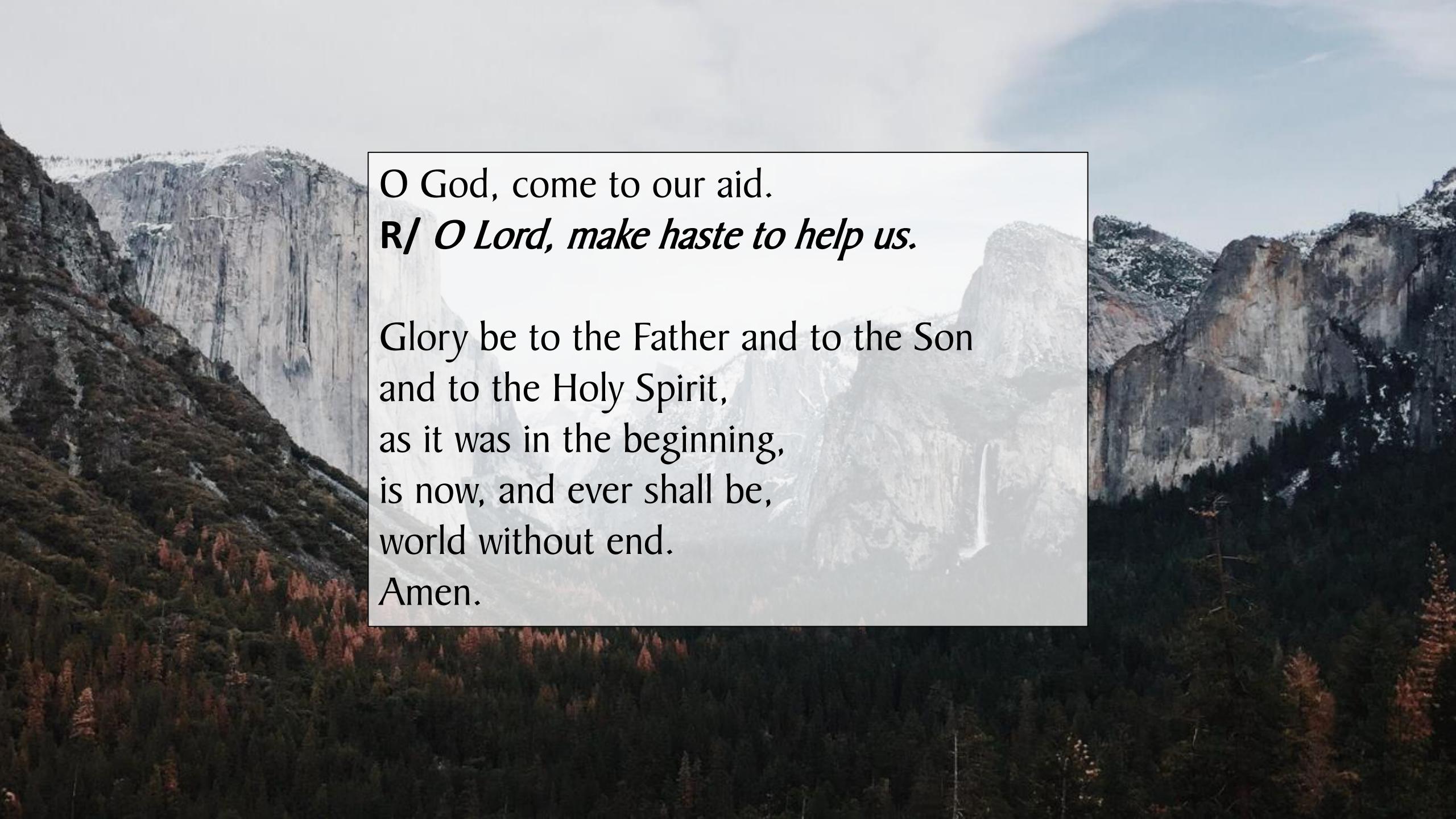


Morning Prayer

Monday 30th January

Մօնղակ 30րդ յանվարի
Մօնղակ Երաւել



The background of the image is a scenic landscape featuring a large, light-colored rock formation with vertical streaks, likely granite, rising from a valley floor. In the middle ground, a waterfall cascades down a rocky cliff face. The foreground is filled with a dense forest of coniferous trees, some of which have turned orange or red, suggesting autumn. The sky is overcast with soft, grey clouds.

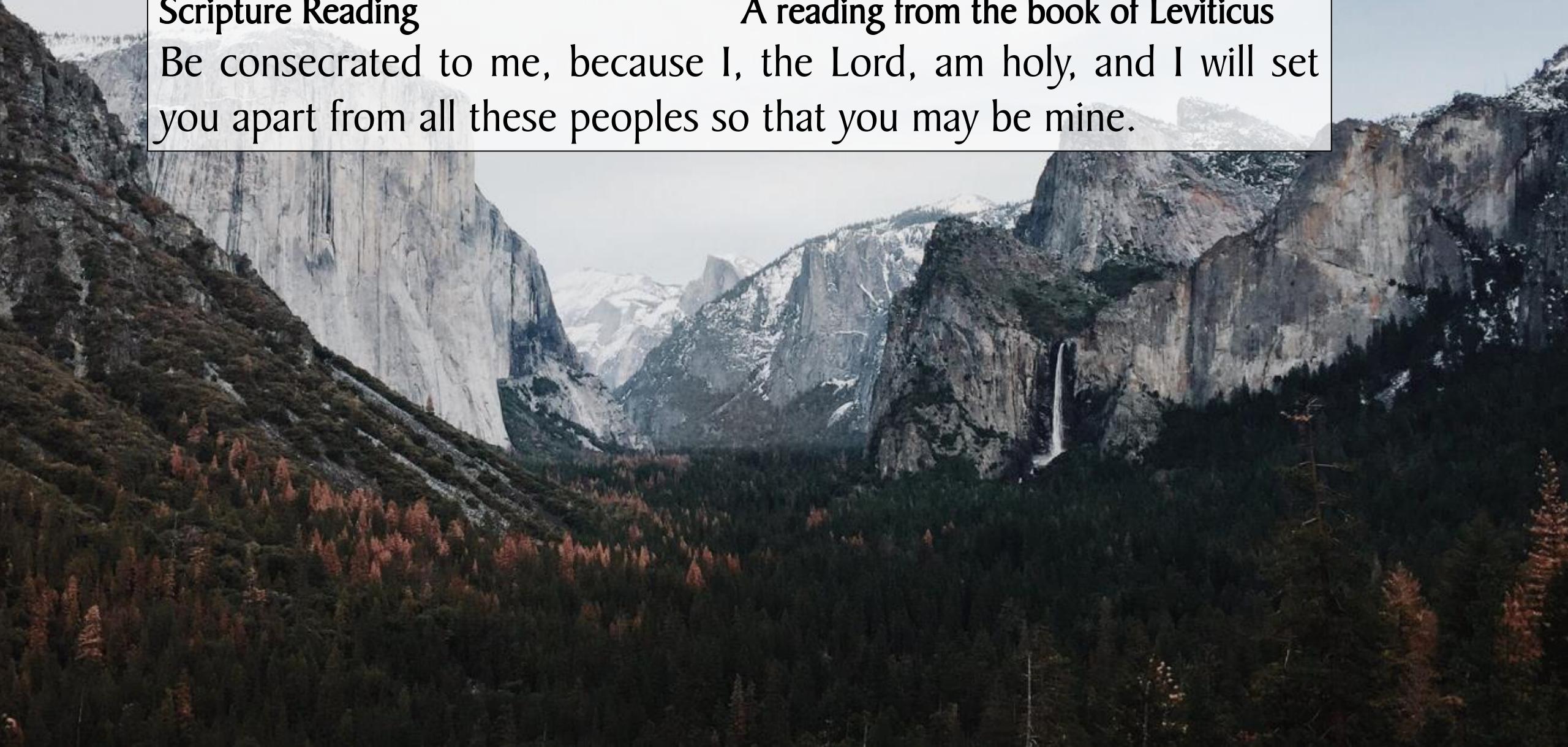
O God, come to our aid.
R/ *O Lord, make haste to help us.*

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 book of Leviticus

Be consecrated to me, because I, the Lord, am holy, and I will set you apart from all these peoples so that you may be mine.



Scripture Reading

A reading from the book of Leviticus

Be consecrated to me, because I, the Lord, am holy, and I will set you apart from all these peoples so that you may be mine.

Pause for the reflection

Scripture Reading

A reading from the book of Leviticus

Be consecrated to me, because I, the Lord, am holy, and I will set you apart from all these peoples so that you may be mine.

Think and reflect...

What am I dedicated or devoted to?

What might I be 'set apart' to do in this world?

What is distracting me or holding me back from feeling loved and cherished?

Temperance

Put others first.

Self-Control

Gentleness

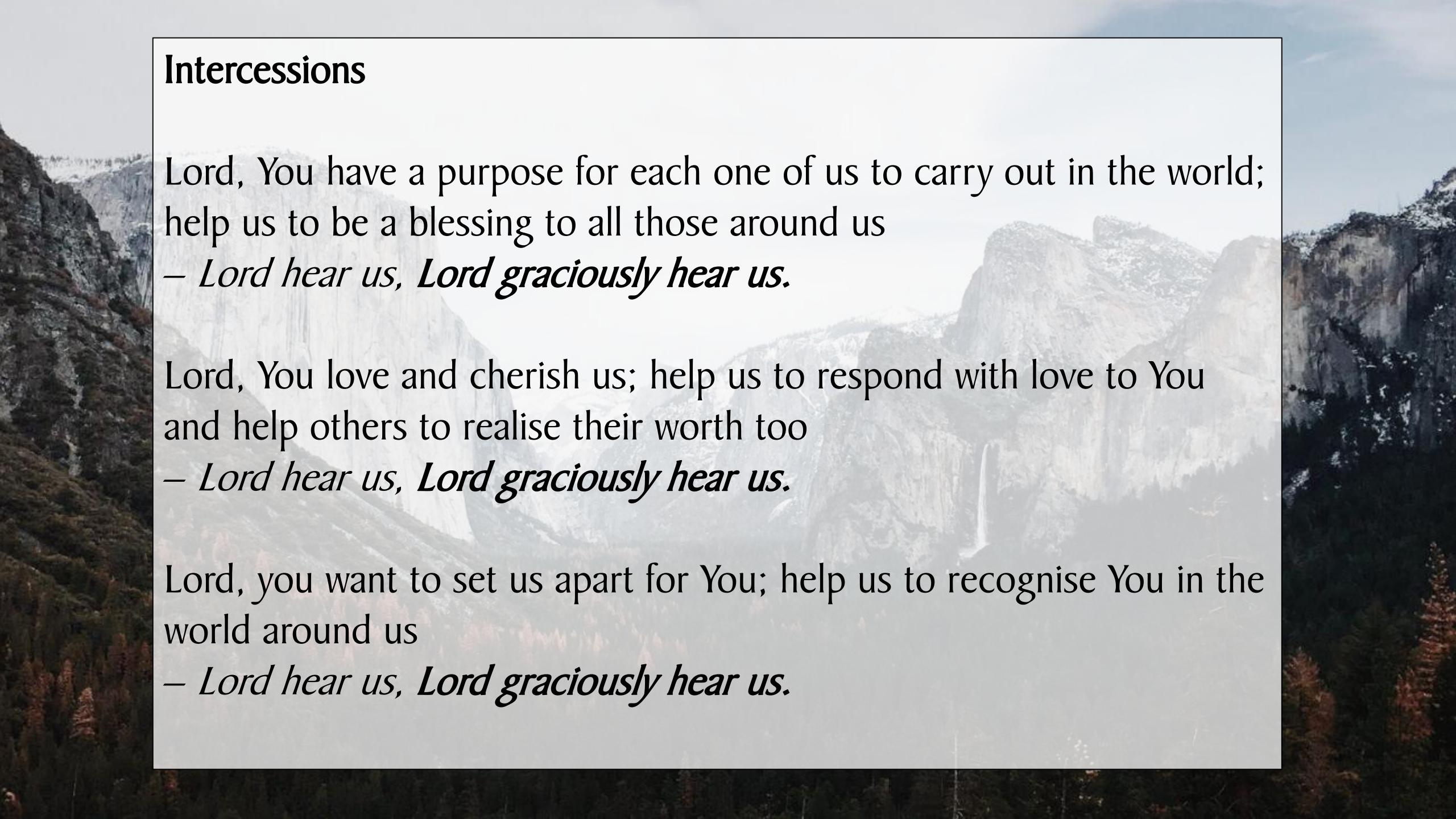
Balance

Humility

Hope

"Treat others as you would like to be treated"

Allow a time of silence to reflect on these questions

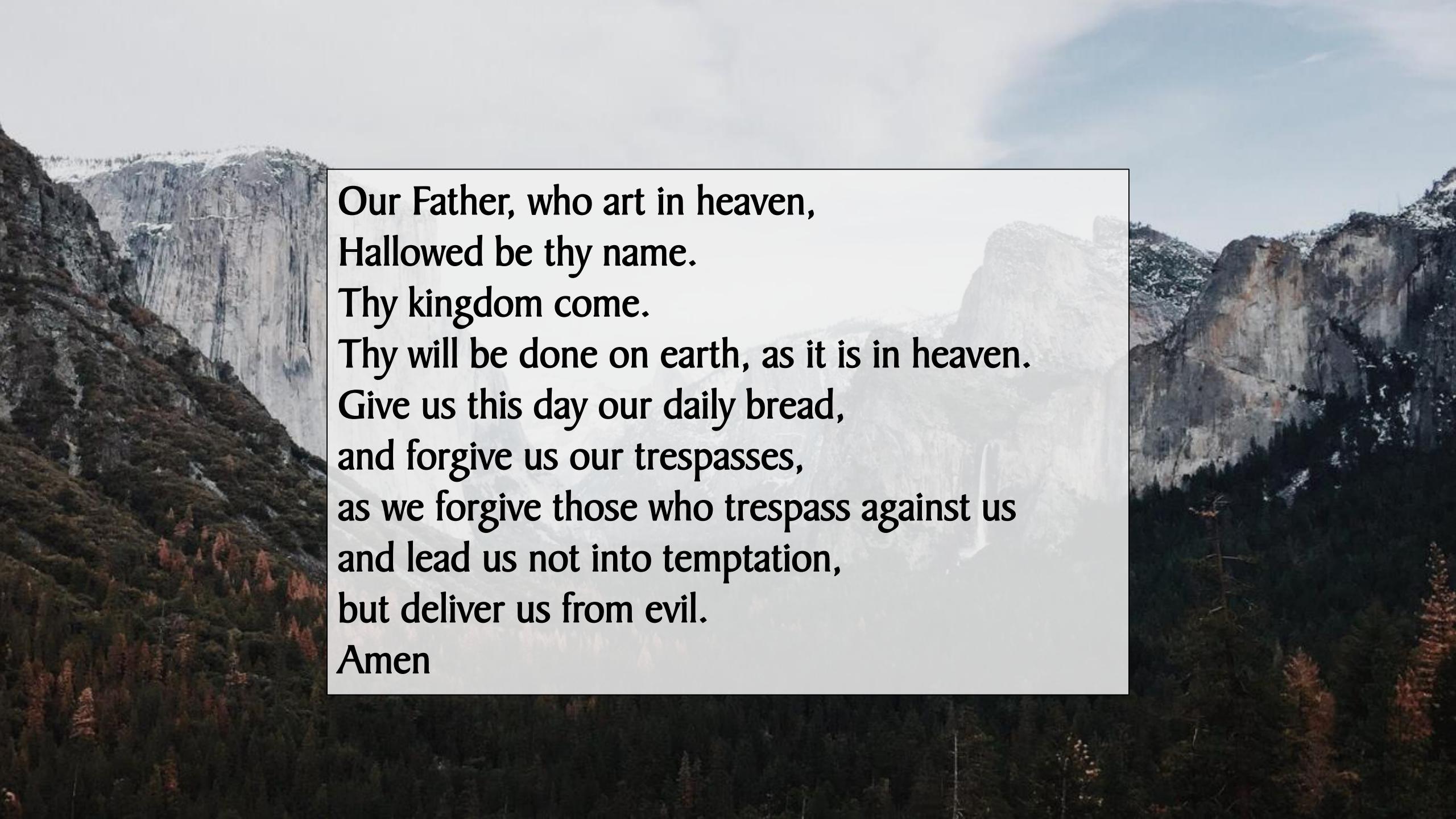


Intercessions

Lord, You 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.*

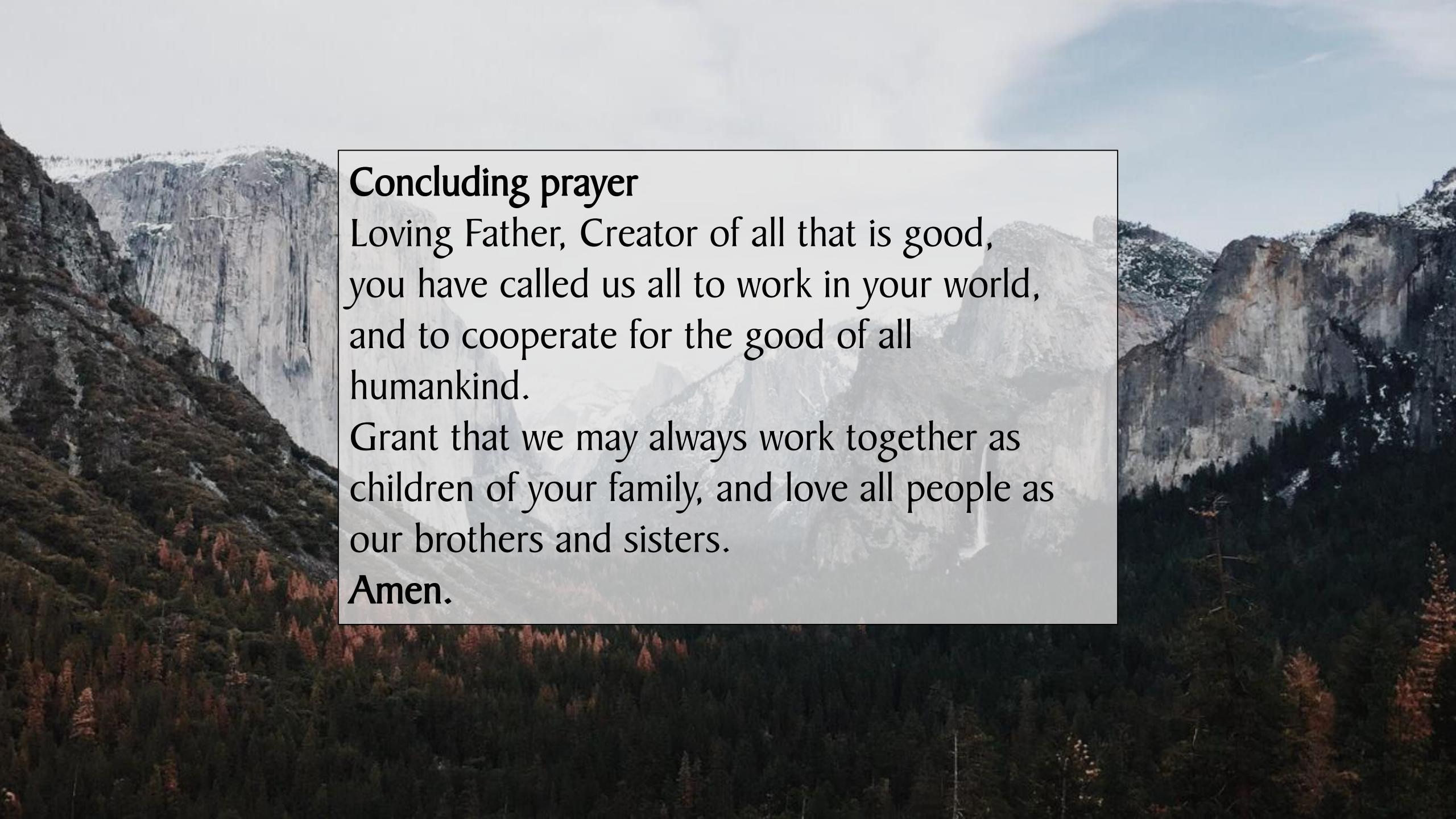
Lord, You love and cherish us; help us to respond with love to You
and help others to realise their worth too
– *Lord hear us, Lord graciously hear us.*

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 range with snow-capped peaks and a valley filled with green trees.

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

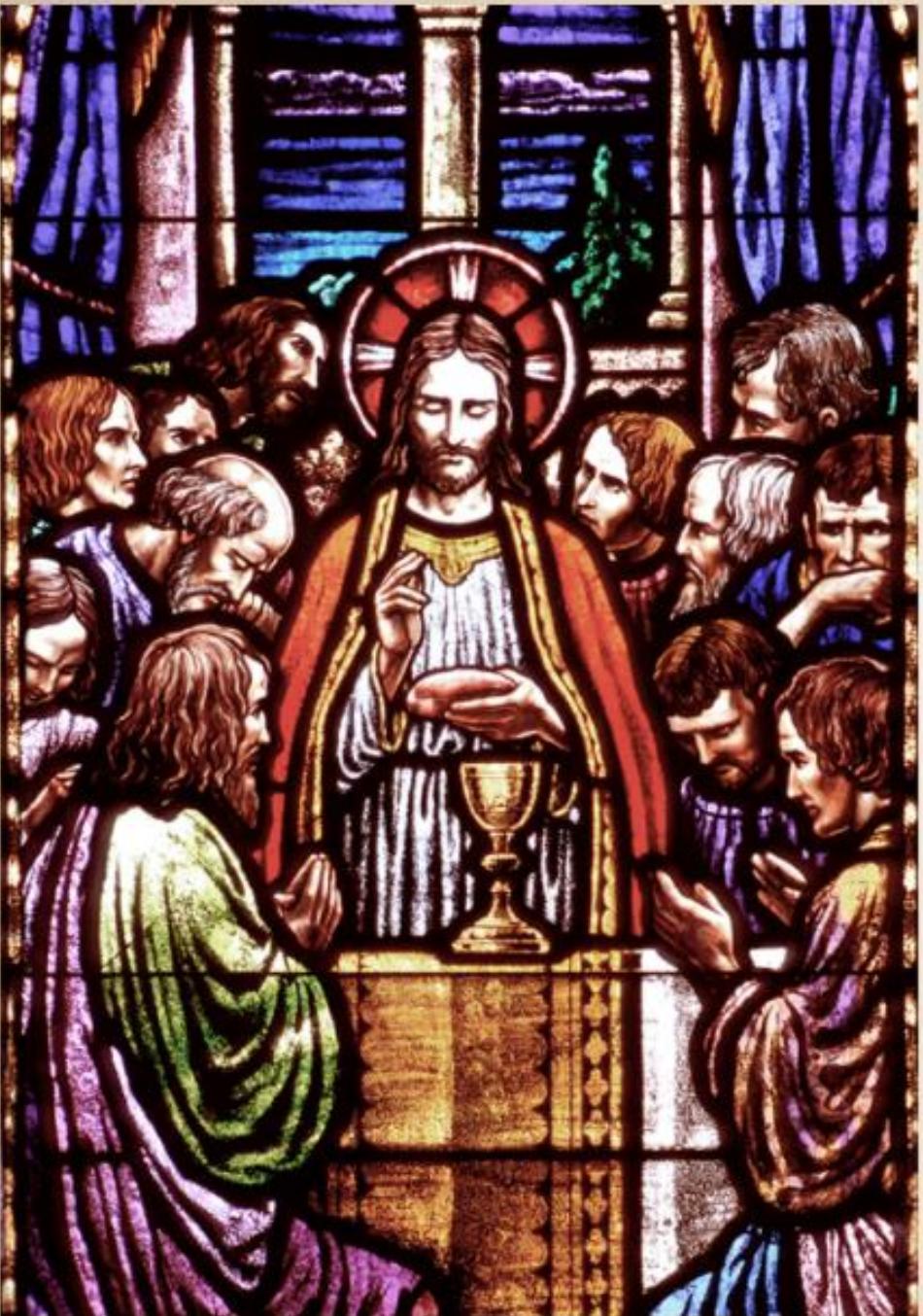


Concluding prayer

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

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Afternoon Prayer

Monday 30th January

30th January
Afternoon Prayer



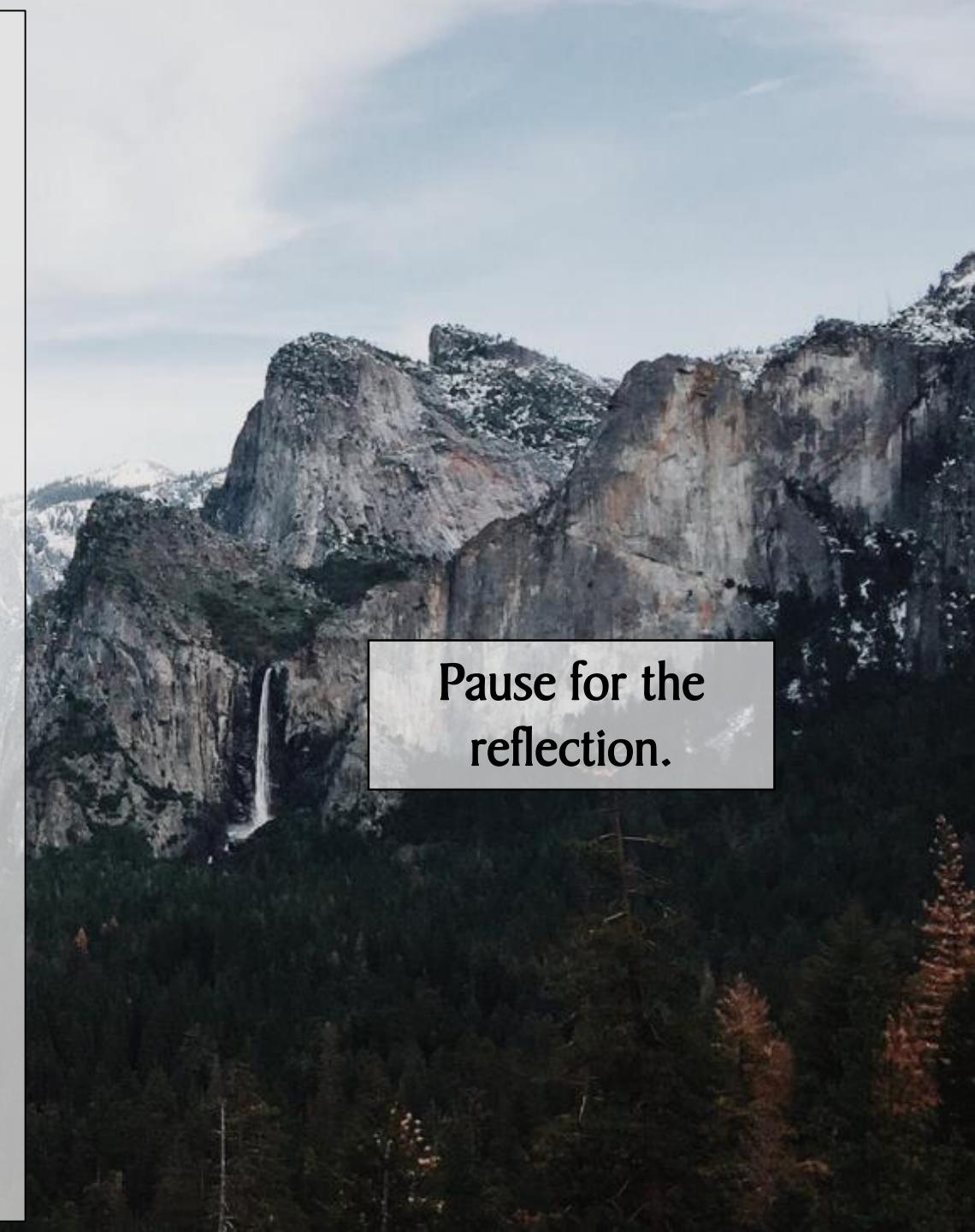
Ant. Give thanks to the Lord, for his great love is without end.

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.



Subject Prayers

English

[Saint Francis de Sales](#)

[Saint Thomas More](#)

[Saint Cardinal Newman](#)

[Saint John the Evangelist](#)

Mathematics

[Saint Hubert](#)

Computing

[Blessed Carlo Acutis](#)

[Saint Isidore](#)

Business Studies

[Saint Peter Faber](#)

Childcare

[Saint Gianna Molla](#)

Science

[Saint Albert the Great](#)

[Blessed Nicolas Steno](#)

[Saint Joseph Moscati](#)

[Blessed Guadalupe Ortiz](#)

Geography

[Saint Kateri Tekawitha](#)

[Saint Francis of Assisi](#)

History

[Saint Bede](#)

[Saint Maximilian Kolbe](#)

Drama

[Saint Pope John Paul II](#)

[Saint Genesius](#)

[Saint Pelagia](#)

Religious Education

[Saint Thomas Aquinas](#)

[Saint Augustine](#)

[Saint Catherine of Siena](#)

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Music

[Saint Hildegard](#)

Food & Nutrition

[Saint Lawrence](#)

Physical Education

[Saint Sebastian](#)

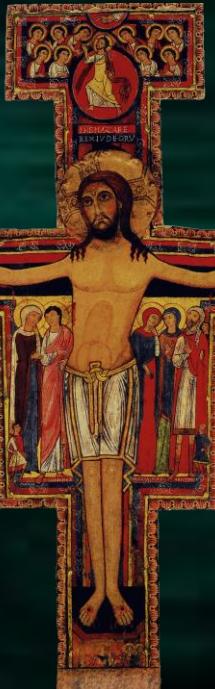
Exclusion/Behaviour

[Saint John Bosco](#)

Learning Support

[Saint Margaret of Castello](#)

[Saint John Vianney](#)



Begin with the Sign
of the Cross

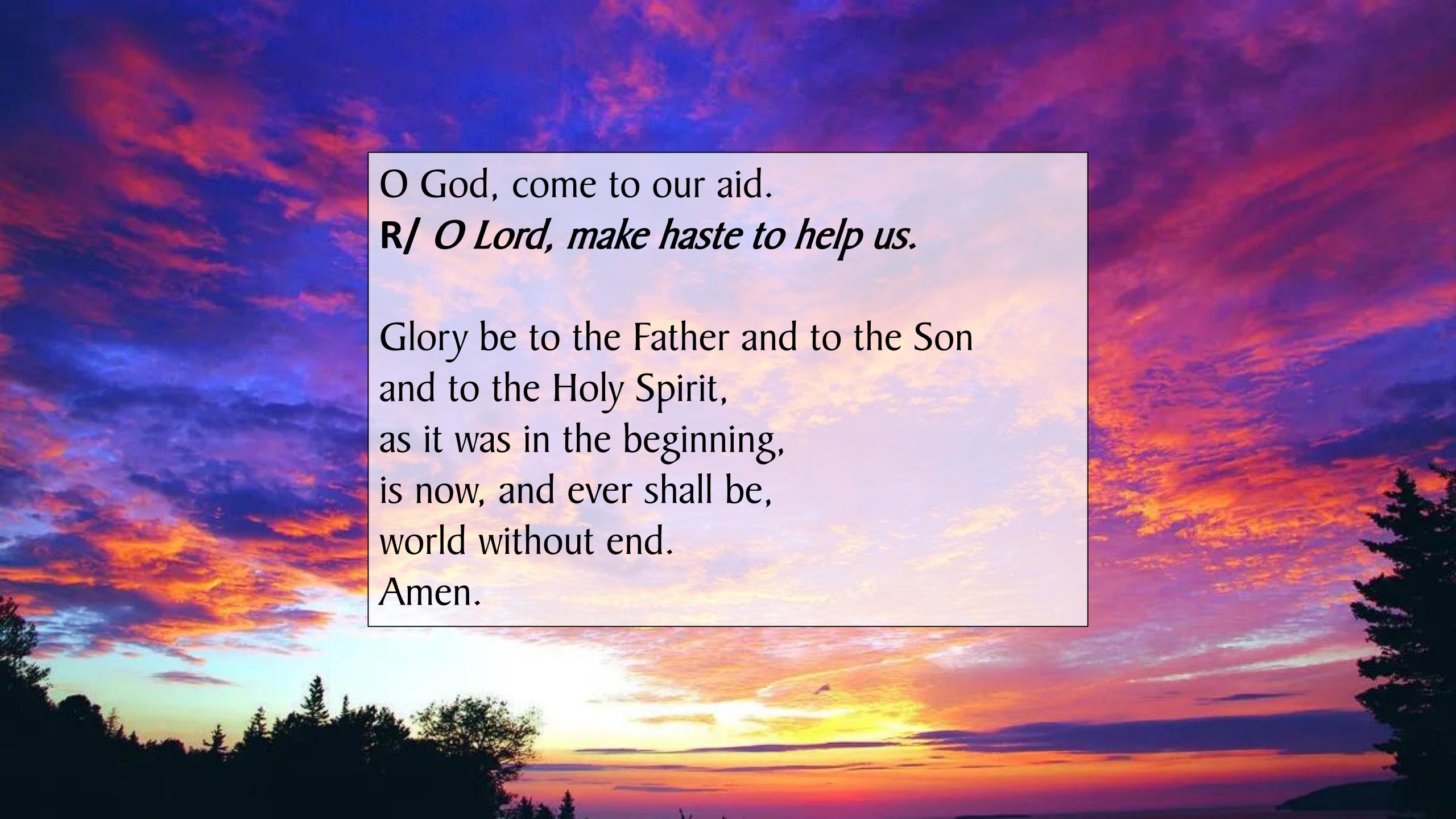
of the Cross
begin with the sign



Morning Prayer
Tuesday 31st January

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Մայուսաց Կ Ամառ





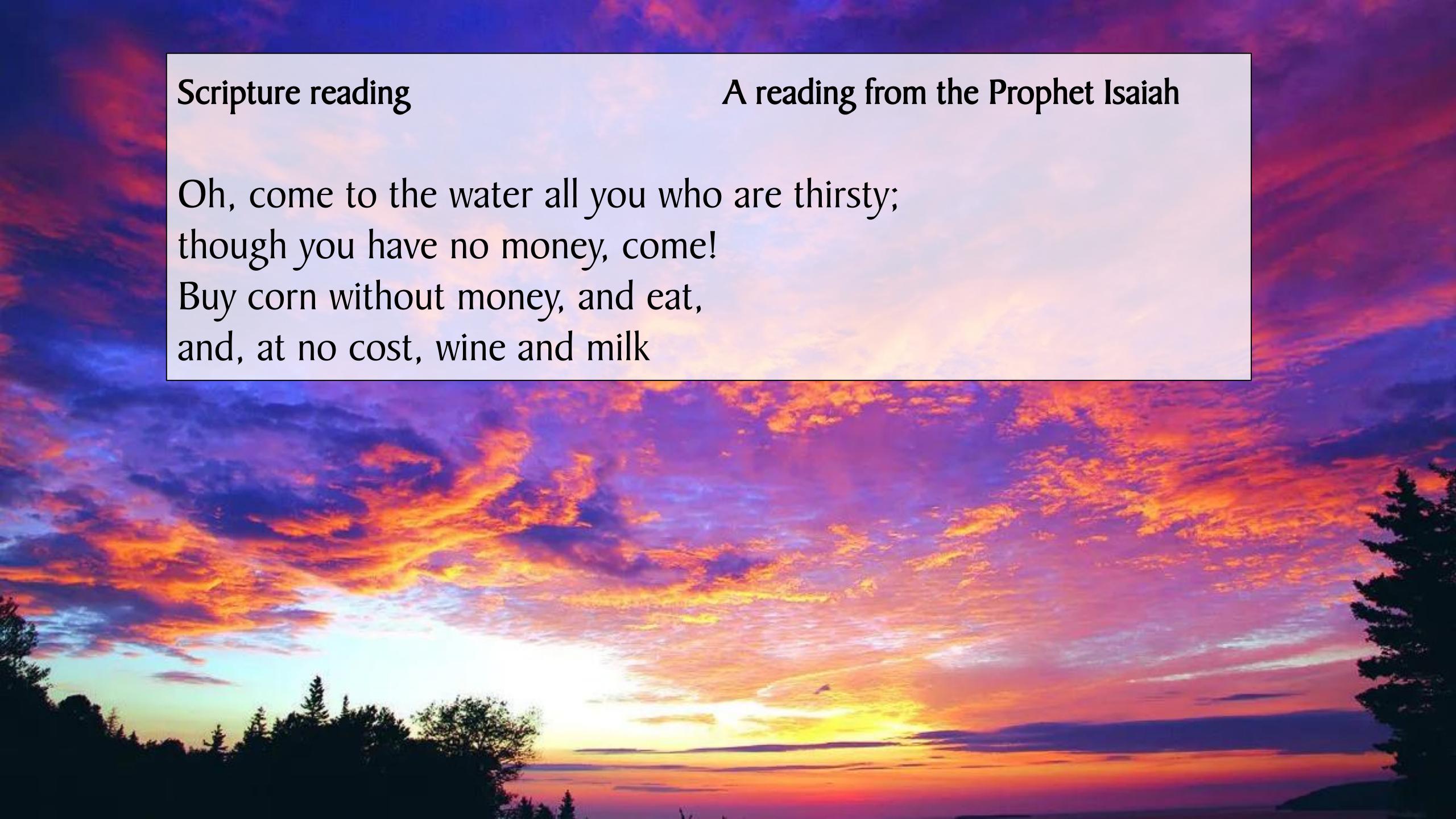
O God, come to our aid.
R/ O Lord, make haste to help us.

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

Oh, come to the water all you who are thirsty;
though you have no money, come!
Buy corn without money, and eat,
and, at no cost, wine and milk



Scripture reading

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Buy corn without money, and eat,
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Pause for the reflection

Scripture reading

A reading from the Prophet Isaiah

Oh, come to the water all you who are thirsty; though you have no money, come!
Buy corn without money, and eat, and, at no cost, wine and milk

Think and reflect...

What do I hunger or thirst for?

*Where do I go and what do I do to try and quench my
thirst or fill my hunger?*

*How could I come to God today to receive everything He
wants to give me?*

Allow a time of silence to reflect on these questions

Temperance

Put others first.

Self-Control

Gentleness

Balance

Humility

Hope

**"Treat others as you
would like to be treated"**

Intercessions

Creator God, You made us in Your image and likeness; help us to love our bodies, feed them with nourishing food and use them for your purposes.

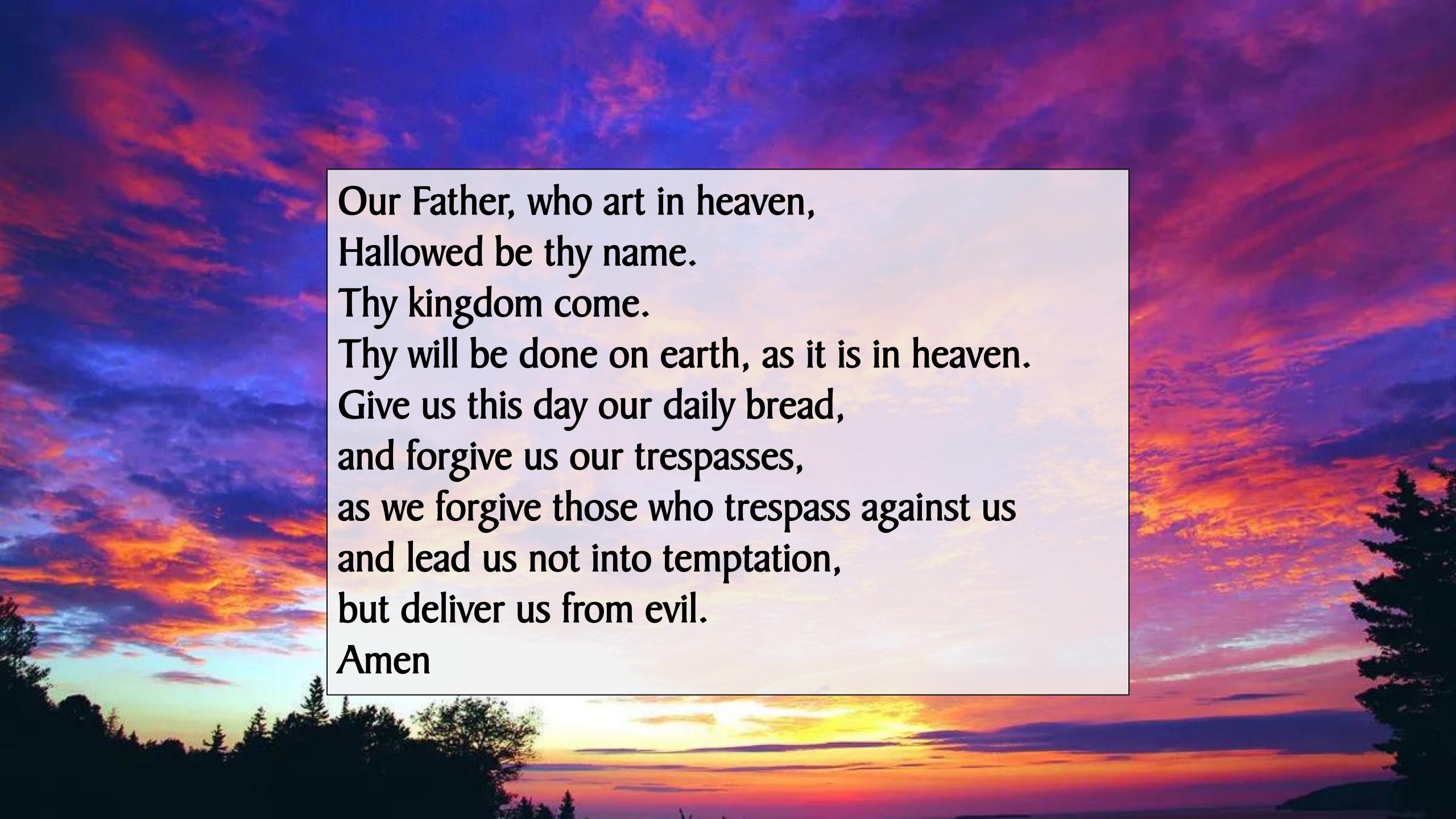
– *Lord hear us. Lord graciously hear us.*

Loving Father, You poured out Your Spirit into our hearts so that we could know You more intimately; help us to recognise Your presence in our lives

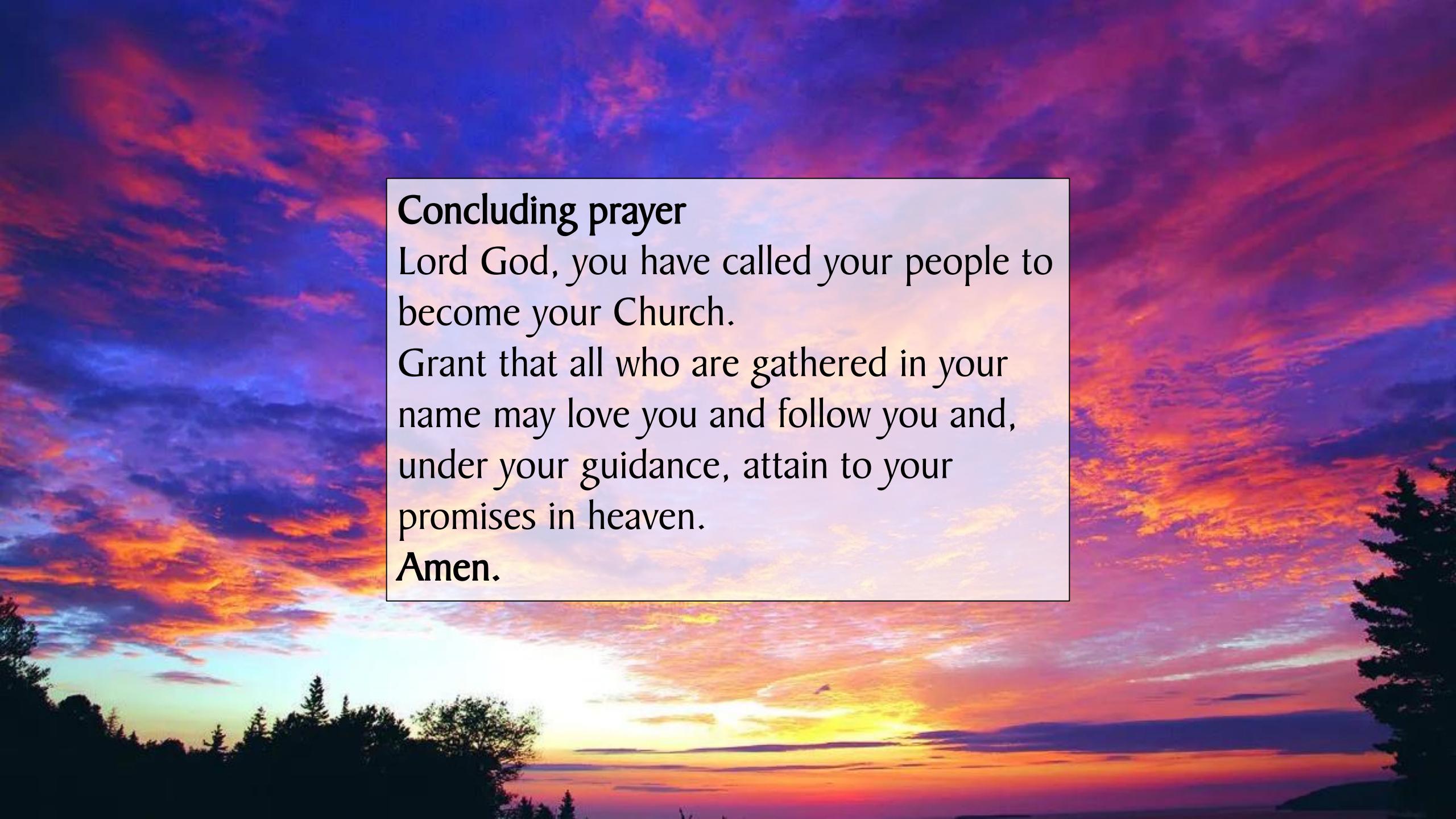
– *Lord hear us. Lord graciously hear us.*

Lord Jesus, You bring us together as Your body, the Church; we pray for the Catholic Church around the world as we strive to bring Your love and mercy to all of humankind

– *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

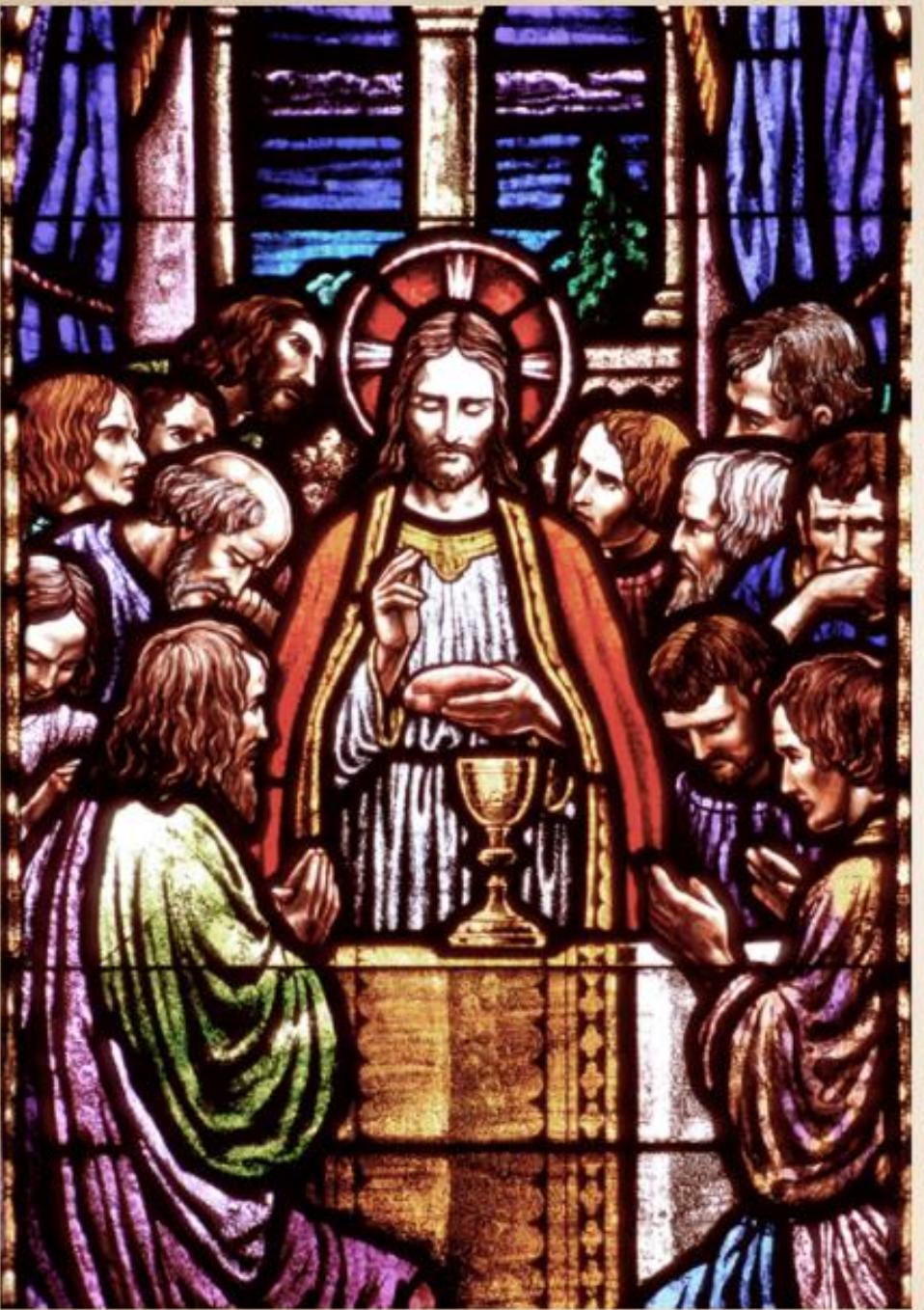


Concluding prayer

Lord God, you have called your people to become your Church.

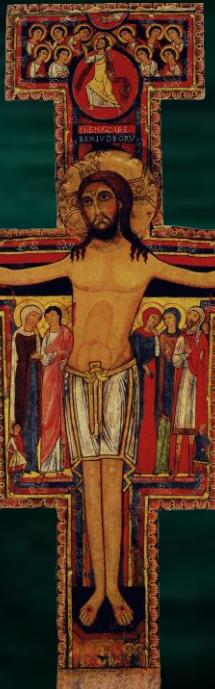
Grant that all who are gathered in your name may love you and follow you and, under your guidance, attain to your promises in heaven.

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

of the Cross
begin with the sign



Afternoon Prayer

Tuesday 31st January

January 31st 2019



Ant. Before the angels I will bless you, my God.

I thank you, Lord, with all my heart:
you have heard the words of my mouth.
In the presence of the angels I will bless you.

*I thank you for your faithfulness and love.
On the day I called, you answered;
you increased the strength of my soul.*

Though I walk in the midst of affliction you give me life.
You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal.

Ant. Before the angels I will bless you, my God.

Pause for the
reflection.

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[Saint John Vianney](#)



Saint Francis de Sales - English

Saint Francis de Sales, you said ‘Have patience with all things, but first of all with yourself.’ I ask for your intercession and pray that God inspires my creativity and success. You understand that this requires dedication, and that progress takes time. Help me to practise patience.

Saint Francis de Sales, pray for us. Amen





Saint Thomas More - English

Saint Thomas More, I pray that my family may find in me what yours found in you: friendship and courage, cheerfulness and charity, diligence in duties, counsel in adversity, patience in pain.

Lord, give me the grace to love others and serve You.

Saint Thomas More, pray for us. Amen



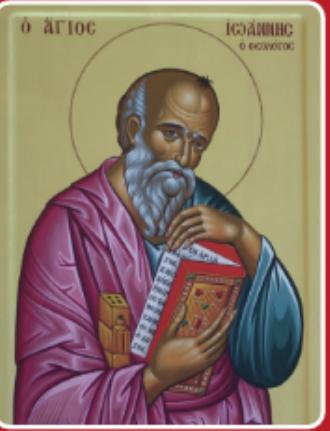


Saint Cardinal Newman - English

Saint Cardinal Newman, your words have inspired many people. Help us to find peace in our daily lives and to find joy in the tasks we have to do. When the busy world is hushed, and the fever of life is over, and our work is done, let us find the calm and peace you found.

Saint Cardinal Newman, pray for us. Amen





Saint John the Evangelist - English

Saint John, you wrote down the words of Jesus and your gospel
has inspired many.

Help us to live a life of love and virtue, and to bring Mary
into our homes as you did at Jesus' request.

Saint John the Evangelist, pray for us. Amen





Saint Hubert - Maths

Saint Hubert, we are mathematicians.

Help all who gathered here to follow your example of skill and accuracy.
Grant us confidence, perseverance, patience and the desire to make progress
and to serve God in all we do.

Saint Hubert, pray for us. Amen





Blessed Carlo Acutis - Computing

Blessed Carlo, you used your skills in coding to build a website in order to spread the miracle of the Eucharist to all.

Pray for us to practice the virtues that you lived out in your short life.

Help us to be saints.

Blessed Carlo Acutis, pray for us. Amen





Saint Isidore - Computing

Saint Isidore, we ask you to pray for us during our journeys through the internet and in our use of computers and phones.

Lord, direct our hands and eyes only to that which is pleasing to You and treat with charity and patience all those souls whom we encounter.

Saint Isidore, pray for us. Amen





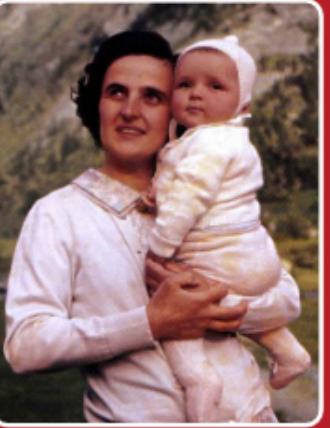
Saint Peter Faber - Business

Father, Lord of heaven and earth, You revealed Yourself to Your humble servant, Peter Faber, in prayer and in the service of his neighbour.

Grant that we may find You and love You in every thing
and in every person.

Saint Peter Faber, pray for us. Amen





Saint Gianna Molla - Childcare

Saint Gianna, you said 'yes' to the new life of your baby,
generously sacrificing your own life for hers.

Show us how to say 'yes' as you did to God's will
and show how precious all human life is.

Saint Gianna Molla, pray for us. Amen





Saint Albert the Great - Science

Saint Albert the Great, natural science always led you to the higher science of God. Your encyclopaedic knowledge was a gift from God, and you acted with humility. Inspire us as scientists to use our gifts well in studying the wonders of creation and giving greater glory to God.

Saint Albert the Great, pray for us. Amen





Blessed Nicolas Steno - Science

Blessed Nicolas Steno, you were a genius who didn't want praise or awards for your discoveries in the lab and in the field, you were only interested in truth and justice. Pray for those who struggle with doubts, may they be granted faith, shored up by reason.

Blessed Nicolas Steno, pray for us. Amen





Saint Joseph Moscati - Science

Saint Joseph Moscati, you were a doctor with a great love of others, you cured the body and spirit of your patients.

Guide us to practice the gifts of generosity and charity towards others.

Help us to love others selflessly as you did.

Saint Joseph Moscati, pray for us. Amen





Blessed Guadalupe Ortiz - Science

Blessed Guadalupe, help us to learn to carry out our work with love, as you did with your research and experiments.

Support us to spread faith and joy to everyone around us, so that many more may come to know you and love you.

Blessed Guadalupe, pray for us. Amen





Saint Kateri Tekawitha - Geography

Saint Kateri, you knew how precious our world was and believed
that the world is a gift to humanity.

Help us to care for the Earth and all people, so that we may live in the right
relationship with You, with ourselves, with one another and with creation.

Saint Kateri, pray for us. Amen





Saint Francis of Assisi - Geography

Saint Francis, you gave up your wealth to live in poverty, preaching to all the glory of God and the beauty of all creation.

Help us to follow your example of love, gentleness and virtue.

Saint Francis of Assisi, pray for us. Amen





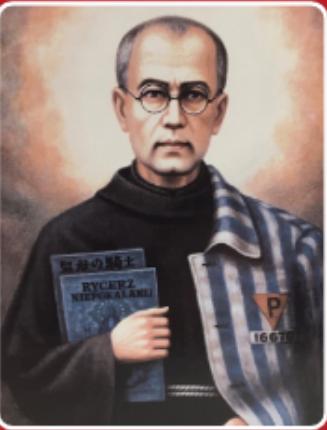
Saint Bede - History

Saint Bede, Patron of Historians, thank you for being an example of holiness, goodness and wisdom.

Inspire us to love God with all our hearts and to love others, practising our virtues.

Saint Bede, pray for us. Amen





Saint Maximilian Kolbe - History

Saint Maximilian, you followed Jesus' example of love and sacrifice, protecting those who were persecuted and giving your life willingly for another. Your life shows us such love, grace and forgiveness, help us to love and serve others as you did.

Saint Maximilian Kolbe, pray for us. Amen





Saint Pope John Paul II - Drama

Saint John Paul II, bless the young, who were your great passion.

Help them dream again, help them look up to the heavens again to find the light that illuminates the paths of life here on Earth. May our art and skill help to affirm that true beauty of the human person which reflects God.

Saint John Paul II, pray for us. Amen





Saint Genesius - Drama

Saint Genesius, through your acting you came to discover the truth of the Christian faith. Pray for those who dedicate their lives to the theatrical and cinematic arts. Like you, may they find the presence of the Lord in their work and generously open their hearts to His teaching.

Saint Genesius, pray for us. Amen





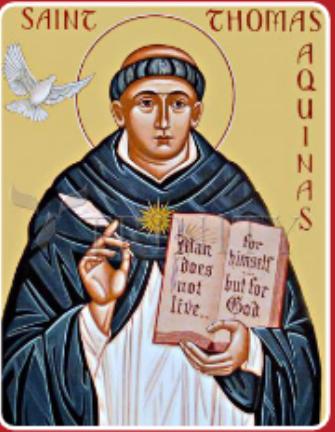
Saint Pelagia - Drama

Saint Pelagia, inspire us to entertain with sincere gratitude to God for the immense talents we have been blessed with, and to lead lives of holiness and dignity.

Help us to become good role models for others.

Saint Pelagia, pray for us. Amen



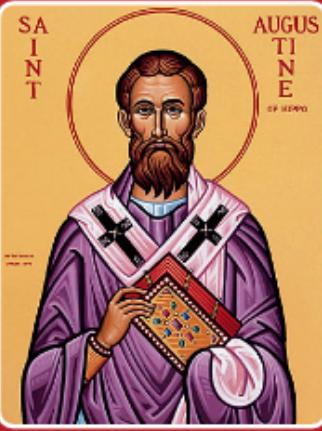


Saint Thomas Aquinas - RE

Saint Thomas, we pray your prayer to God:
'Grant me a mind to know You, a heart to seek You, wisdom to find You, a manner pleasing to You, faithful perseverance in waiting for You, and a hope of finally embracing You.'

Saint Thomas Aquinas, pray for us. Amen





Saint Augustine - RE

Saint Augustine, guide us so our knowledge of Jesus increases here.

Pray that the love of God grows in us every day more and more,
as it did for you.

Saint Augustine, pray for us. Amen





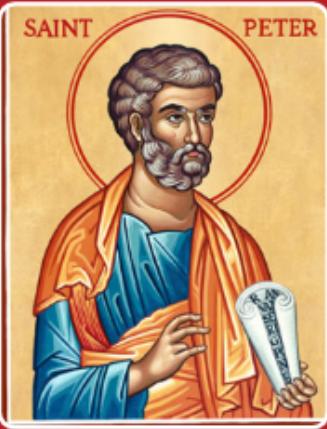
Saint Catherine of Siena - RE

Saint Catherine, you taught that we are all reflections of God, you went into the world to change it, with love and service.

Pray for us to have the gift of courage and the conviction to go out and 'set the world on fire'.

Saint Catherine, pray for us. Amen





Saint Peter - RE

Saint Peter, Jesus trusted you with the keys to the kingdom of heaven
and to lead the Church.

Pray for us to act and speak with fortitude and prudence as you had to,
as the first Pope of the Church.

Saint Peter, pray for us. Amen





Saint Edith Stein - MFL

Saint Edith Stein, you knew the importance of knowledge; it was knowledge that convinced you to give faith another chance.

I ask you, St. Edith, to encourage me to use my mind to come to know God better. Inspire my mind on the journey towards truth.

Saint Edith Stein, pray for us. Amen





Saint Christopher - MFL

Saint Christopher, your name means 'Christ-bearer', as a result of the wonderful legend that, while carrying people across a raging stream, you also carried the Child Jesus. Help us to carry the message of Christ to all we meet. Protect all of us that travel both near and far and petition Jesus to be with us always.

Saint Christopher, pray for us. Amen





Saint Cyril - MFL

Saint Cyril, you were brave and generous, using your gifts with language to spread the word of God to others.

Give us the grace and courage to serve others
with the words we use.

Saint Cyril, pray for us. Amen





Our Lady of Lourdes - MFL

Our Lady, who appeared to St Bernadette, you have brought people from all over the world to Lourdes. Even though they all speak different languages, they are united in love of your son, Jesus.

Pray for us to grow in love and virtue.

Our Lady of Lourdes, pray for us. Amen





Saint Luke - Art

Saint Luke, you wrote in your gospel about the love and the healing power of Jesus. You spent time with Mary and used your gifts as an artist to paint her image, which is still treasured by the Church today.

Help us to use our gifts and talents to inspire others.

Saint Luke, Patron Saint of Artists, pray for us. Amen





Saint Faustina - Art

Saint Faustina, you needed to show your vision of Jesus to the world,
and you did not rest until your mission was completed.

You showed us how to have the courage to carry on with a task,
even when there are challenges. Help us to follow your example.

Saint Faustina, pray for us. Amen





Saint Anne - Textiles

Saint Anne, as mother of Mary and grandmother of Jesus you cared for them both, making sure they had clothes to wear and food to eat.

Pray that we may use our skills to serve others.

St Anne, Patron Saint of Seamstresses, pray for us. Amen





Saint Joseph - Design Technology

Saint Joseph, you worked hard to perfect your carpentry skills and to patiently teach Jesus your craft.

Help me to work as carefully as you did and to do it all for the greater glory of God.

Saint Joseph, pray for us. Amen





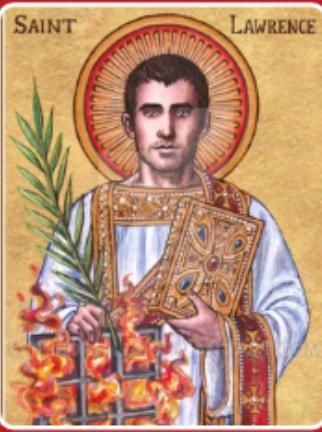
Saint Hildegard - Music

Saint Hildegard, patroness of Composers and Musicians, you used your gifts to inspire others and show God's love through music.

Help us to follow your example and to express goodness, truth and beauty through our work.

Saint Hildegard, pray for us. Amen





Saint Lawrence - Food and Nutrition

Saint Lawrence, you served the poor giving them food and clothing;
praying with them and for them.

You were martyred for your love of Jesus, showing great fortitude.

Guide us to seek to serve others with love and courage.

Saint Lawrence, pray for us. Amen





Saint Sebastian - PE

Saint Sebastian, you showed great strength and fortitude
when you gave your life for the love of Jesus.

We ask you to help us to be true athletes,
practising the virtues you showed us.

Saint Sebastian, pray for us. Amen





Saint John Bosco - Exclusion/Behaviour

Saint John Bosco, you were full of love for God, and you used this to serve the young people you met. We pray that you guide us to discover the goodness that is within us. May we learn from your example and practice the virtues which guide us to love our neighbours.

Saint John Bosco, pray for us. Amen





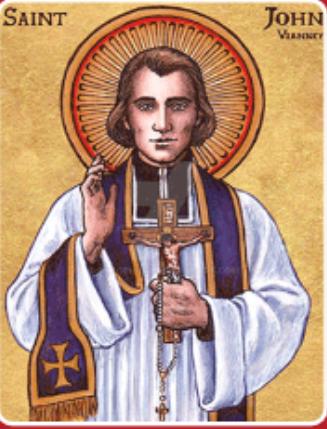
Saint Margaret of Castello - LS

Saint Margaret, you lived a life of hope and faith, practising heroic charity though little was shown to you in return.

Pray for us to have the grace and courage that we need to carry on, even when we are struggling.

Saint Margaret of Castello, pray for us. Amen





Saint John Vianney - LS

Saint John Vianney, you are the patron saint of all priests, even though you struggled with all your studies. You knew God was calling you to be a priest and to serve others with gentleness and love.

Help us to be like you and never give up, knowing God is with us.

Saint John Vianney, pray for us. Amen

