

Prayer to the Guardian Angel

Angel sent by God to guide me,
be my light and walk beside me;
be my guardian and protect me;
on the paths of life direct me.
Amen

It is part of our belief that part of the role of angels is to watch over us. The feast of the Guardian Angels is on October 2.

Glory Be

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.

Like the Sign of the Cross this prayer acknowledges the Blessed Trinity. It is a prayer of praise acknowledging God's timeless presence from before the beginning of time and into all eternity.

The Confiteor

I confess to almighty God
and to you, my brothers and
sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I
have failed to do,
through my fault,
through my fault,
through my most grievous fault;
therefore I ask blessed Mary
ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our
God. Amen.

This is a sorry prayer which can be used at any time. It is taken from the Penitential Act used in Mass.

In this prayer we ask for forgiveness and we also ask for the rest of the family of God (the Communion of Saints) to pray for us too.

The Angelus

The Angel of the Lord declared to Mary:

R: and she conceived of the Holy Spirit.

Hail Mary...

R: Holy Mary...

Behold the handmaid of the Lord:

R: be it done to me according to your word.

Hail Mary... **R:** Holy Mary...

And the Word was made flesh:

R: and dwelt among us.

Hail Mary... **R:** Holy Mary...

Pray for us, O holy Mother of God.

R: That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech you,
O Lord, your grace into our hearts,
that we to whom the incarnation of Christ, your Son,
was made known by the message of an angel,
may be brought by his passion and cross
to the glory of his resurrection,
through Christ our Lord.

Amen.

The *Angelus* is the prayer which retells the Annunciation. The prayer is developed from the Hail Mary. Traditionally the *Angelus* was prayed in religious communities at particular points of their day when the bells were rung: 6 a.m., 12 noon and 6 p.m.

Many schools pray this daily at midday.

It is a Marian prayer especially in May, the month dedicated to Our Lady.

The Memorare

Remember, O most loving Virgin
Mary,
that it is a thing unheard of,
that anyone ever had recourse to
your protection, implored your help,
or sought your intercession, and was
left forsaken.

Filled therefore with confidence in
your goodness I fly to you, O
Mother, Virgin of virgins.

To you I come, before you I stand,
a sorrowful sinner.

Despise not my poor words,
O Mother of the Word of God,
but graciously hear
and grant my prayer.

Amen.

In this prayer we acknowledge Mary's role as intercessor between us and God. We ask that she will answer our request.

This is a Marian prayer that can be used especially in May, the month dedicated to Our Lady.

The Rosary

1 x Our Father

10 x Hail Mary = 1 decade

1 x Glory Be

5 decades = 1 Mystery

The Joyful Mysteries: The Annunciation, The Visitation, The Nativity, The Presentation, The Finding in the Temple

The Luminous Mysteries: The Baptism of Our Lord, The Wedding Feast at Cana, The Proclamation of the Kingdom, The Transfiguration, The Institution of the Eucharist

The Sorrowful Mysteries: The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion

The Glorious Mysteries: The Resurrection, The Ascension, The descent of the Holy Spirit, The Assumption of Mary, The Crowning of the Blessed Virgin Mary

The Rosary is a prayer This devotional prayer is made up of four Mysteries. The word mystery means 'the telling' and through praying the Rosary we recall the Joyful, Sorrowful and Glorious events in the life of Jesus and Our Lady. Pope John Paul II added a fourth part known as the Luminous Mysteries (Mysteries of Light). The prayer centres upon the recitation of the Hail Mary. Each Mystery is made up of five decades. Each decade includes 10 repetitions of the Hail Mary. Rosary beads are used to help count off each prayer. This prayer is used especially in the month of October which is the month of the Holy Rosary.

It is not necessary to say all the Mysteries in one go. You could focus on a different mystery each day of the week. If praying it aloud it is usual for one person to say the first part of each prayer and the others to respond with the second half.

The Stations of the Cross

There are many different versions available but the Fourteen Stations remain the same.

1. Jesus is condemned to death
2. Jesus takes up his cross
3. Jesus falls for the first time
4. Jesus meets his mother
5. Simon of Cyrene helps Jesus carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls for the second time
8. Jesus comforts the women of Jerusalem
9. Jesus falls for the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the Cross
12. Jesus dies on the Cross
13. Jesus is taken down from the Cross
14. Jesus is laid in the tomb

This prayer follows Jesus journey from his arrest to his death. Ideally the prayer should be said in a space where the children can physically move from station to station. Each station has an image (a painting or sculpture) depicting the scene. The Stations of the Cross can be found in Church.

The Magnificat

My soul glorifies the Lord,
My spirit rejoices in God, my Saviour.
He looks on his servant in her loneliness;
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.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.
Amen.

This prayer or canticle (a song or chant containing words from Scripture) is a song of joy (Luke 1:46-55). In this song Our Lady is singing in her humble role as *God's servant* "My soul proclaims the greatness of the Lord". She is also singing as the *Mother of God* and of the *Church* because the hope expressed in the Old Testament is being fulfilled "even as he promised our fathers, Abraham and his descendants forever. Another element of this prayer is her declaration that "people forever will call me blessed." The Evening Prayer of the Church said by priests and religious everyday includes the *Magnificat*.

This is a *Marian* prayer that can be used especially in *May*, the month dedicated to *Our Lady*.

Nunc Dimittis

At last, all powerful Master,
you give leave to your servant to go in
peace, according to your promise.
For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.
Give praise to the Father almighty,
to his Son, Jesus Christ, the Lord,
to the Spirit, who dwells in our hearts,
both now and forever.
Amen.

This prayer or canticle (a song or chant containing words from Scripture) is also known as the song of Simeon.

Simeon is a worker in the temple where Mary and Joseph come to make an offering following Jesus' birth. Simeon, an old man, has been promised by God that he would see the Messiah before he dies: Simeon recognises and acknowledges Jesus as the 'Light of the World'.

This event of The Presentation is commemorated on 2 Feb. All the candles to be used in Church for the following year are blessed on this day.

The Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

He has raised up for us a mighty saviour,
born of the house of his servant David.

Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

He promised to show mercy to our fathers
and to remember his holy covenant.

This was the oath that he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

You my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his ways
to give his people knowledge of salvation
for the forgiveness of their sins.
in the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father, and to the Son,

and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

This prayer or canticle (a song or chant containing words from Scripture) is the song of Zechariah, the father of John the Baptist. Zechariah is struck dumb when he refuses to believe that his wife Elizabeth is with child. It is not until the baby is born that he writes on the ground that he is to be called John. Now able to speak this song tells of God's promise, foretold by the Old Testament prophets to send the Messiah who is to be preceded by John, the prophet who will prepare the people. This prayer can be used especially during Advent.

This canticle forms part of the daily prayer of the Church and is said by priests and religious as part of Morning prayer.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts
of your faithful,
and enkindle in them the fire of your love.
Send forth your Spirit and they shall
be created.

And you shall renew the face of the earth.
O God, who has taught the hearts of the
faithful
by the light of the Holy Spirit,
grant that by the gift of that same Spirit
we may be always truly wise
and ever rejoice in his consolation.

Amen

This prayer can be used in the Easter season leading up to the Feast of Pentecost.

In this prayer we ask the Holy Spirit to transform us as he transformed the disciples at Pentecost.

Apostles Creed

I believe in God, the Father almighty
creator of heaven and earth.

I believe in Jesus Christ, his only Son,
our Lord.

He was conceived by the power of the
Holy Spirit,
and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died and was buried.

He descended to the dead.

On the third day he rose again. He
ascended into heaven,
and is seated at the right hand of the
Father.

I believe in the Holy Spirit,
the holy Catholic Church,

the communion of Saints,
the resurrection of the body,
and the life everlasting. Amen.

The Creed is a prayer in which what we believe as Catholics is expressed. The Nicene Creed is prayed at every Sunday Mass. It can be said especially in the season of Easter and also leading up to Confirmation.