

# St Antony's Catholic Primary School



**Our Lady of Grace  
Multi-Academy Trust**



## **PRAYER AND LITURGY POLICY**

***'Learning Together In  
God's Love'***

Reviewed & Agreed by staff: September 2024

Agreed by Governors: October 2024

Review date: September 2026



## **OUR MISSION STATEMENT:**



**At St. Antony's Catholic Primary School We Celebrate Our Special Talents As Children Of God Therefore:**

- We try to be like Jesus and always keep him in our hearts
  - We work together in our homes, school and parish to share our gifts and learn together
  - We understand that we are all different and we respect each other
  - We look after our world so that we may share it together in peace
- By observing all these principles we live our school's Motto:

***"WORKING TOGETHER IN GOD'S LOVE"***

**Our School's Policies at St Antony's Are Heavily Inspired by the Words of Pope Francis:**

*"Education is the conduit through which we guide, direct, mould and influence young minds. Teachers have an almost divine responsibility handed down to them by the greatest teacher of all ....**Christ himself**. Teachers must consider that every time they speak and act they represent Christ in their every word and deed.*

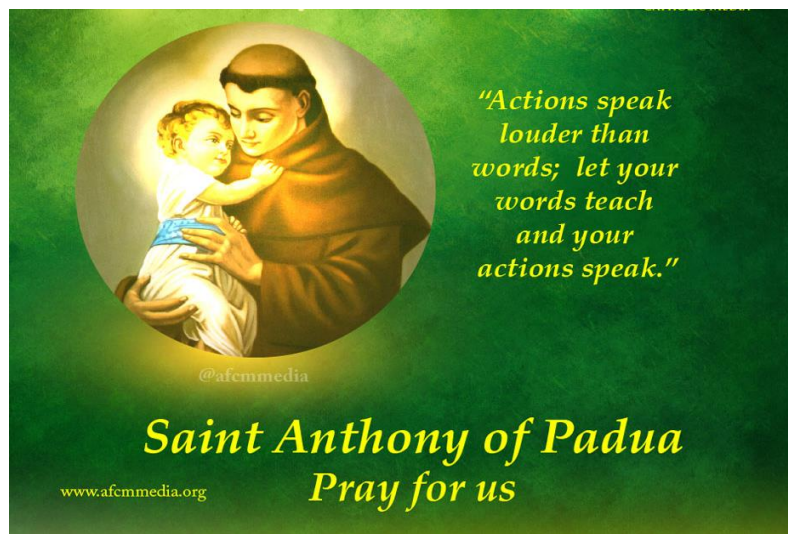
***Their example is the greatest teacher of all as their 'actions always speak more profoundly than their words'.***

*Every child we have inspired by our example and teaching is left with an indelible mark on their heart and mind for the entirety of their lives.*

*Let us ensure that the marks we leave please God and set them on a path for serving others humbly in terms of their behaviour, attitude and approach to life and all whom they encounter."*

*Pope Francis*

## Our Vision At St. Antony's Catholic Primary School



### **Our Vision at St Antony's Has Christ at the Centre and Our Children at the Heart Of All That We Do To Keep Us Inspired.**

We work as an agent of positive, sustainable change through engaging all stakeholders: Governors, Teachers, Parents, Children, Church and Community. We inspire all our children from Nursery to Year 6 to work collaboratively and purposefully with all relevant agencies and stakeholders to aspire to achieve their individual fullest potential and beyond. Our school will function as a centre of excellence and an axis of holistic transformation and development within our community by enabling all under our care to aspire to ultimately achieve self-actualisation through sound **S**piritual, **M**oral, **S**ocial and **C**ultural formation while embedding effective behaviour for life and learning. Through personal and shared values and philosophies we will establish a positive, progressive and faith filled approach to life and living while upholding our core Christian and British Values; leading all to the achievement of the highest academic, socio-economic and sustainable life goals individually and collectively with the direct intent of creating a better world for ourselves and future generations.



## **Context for Our Catholic Prayer and Liturgy Policy**

‘The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the entire school community to become reflective, experience the presence of God and should develop a mature spiritual life.’

(Marcus Stock (2012), Christ at the Centre, Catholic Truth Society, 23.)

## **Statement of Legal Requirement**

The law requires all maintained Catholic schools to provide an act of daily collective worship (prayer and liturgy) for all pupils, including those in the sixth form (Section 70, 1988 Education Act) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (School Standards and Framework Act 1998, schedule 20; Instrument of Government, clause 2).

**Academies in England** are required by their funding agreement and Articles of Association to comply with similar requirements (The Mainstream Academy and Free School: Supplemental Funding Agreement, December 2020; Model Articles for Catholic Academies, February 2019).

The law also requires all maintained schools to recognise and respect that parents have the legal right to withdraw their children up to the age of 16 from prayer and liturgy (School Standards and Framework Act 1998, s.71(1A)). Sixth-form pupils ages 16 and above can choose to withdraw themselves from prayer and liturgy should they so decide. (School Standards and Framework Act 1998, s.71(1B)).

## **Prayer and Liturgy Times are not part of RE Curriculum Time**

The school’s provision for prayer and liturgy will fulfil pupils’ entitlement to experience the range of liturgical treasures of the Church, including a shared repertoire of prayers and liturgical music with which pupils in the school will be familiar or learn over time. Prayer and liturgy times are not designated curriculum time. In the context of the Catholic school, this means that times of prayer and liturgy are not considered to be part of the statutory allocation of curriculum teaching and learning time for Religious Education.

## Overview of Prayer and Liturgy Provision

Prayer & Liturgy takes into account the religious and educational needs of all who share in this provision within the school and the wider community. This includes:

- Those children and families who form part of the worshipping community of St Antony of Padua Church and its wider Community
- Those children and families for whom school Prayer and Liturgy may be their only experience of prayer and worship linked to the practice of the school and its faith community in its Parish Church and satellite missions
- Those children and families from other Christian traditions as well as those who profess no faith and are non-aligned to any
- Those children and families from other faith backgrounds and are part of the wider school community as all constitute an integral part of school life and are central to the Catholic tradition.

## Responsibility

### 1. Governance

The governors, as guardians of the Catholic school's life and mission, have a responsibility to ensure that:

- Prayer and Liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory: ***To Love You More Dearly***  
[https://cdn.prod.website-files.com/5ed93a8802f9816a9341c2a2/653fdaf1e76f7195d6651ce5\\_Prayer%20%26%20Liturgy%20Directory.pdf](https://cdn.prod.website-files.com/5ed93a8802f9816a9341c2a2/653fdaf1e76f7195d6651ce5_Prayer%20%26%20Liturgy%20Directory.pdf)
- There is a named person(s) who is responsible for prayer and liturgy in the school- the Prayer and Liturgy Leads for St Antony's are Yvonne Wade (RE Lead/DHT) and Angela Moore (Co-Lead/HT)
- The prayer and liturgy policy is updated regularly and shared with all stakeholders
- There is a budget for prayer and liturgy that reflects its centrality to the life of a Catholic school.

### 2. Head Teacher

The headteacher, as the spiritual leader of the school as a Catholic community, ensures that:

- Prayer and Liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- He or she works in partnership with the leader(s) for prayer and liturgy
- Those responsible for prayer and liturgy in the school have been given



appropriate training and formation to ensure that all guidance is followed and adhered to

- There are suitable resources for prayer and liturgy in the school.

### 3. Prayer and Liturgy/RE Lead

Supports those responsible for prayer and liturgy across the school to ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is an Annual Plan of Provision for prayer and liturgy across the school year which identifies liturgical seasons and key celebrations, as well as opportunities for the celebration of the Sacraments
- there is daily planned prayer for all pupils, appropriate to age and ability, as outlined in the Prayer and Liturgy Directory
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, and delivery of prayer and liturgy according to their age and capacity, and in a manner which facilitates their progressive participation
- resources to support the planning of prayer and liturgy are appropriate and readily available to staff and pupils
- induction on prayer and liturgy takes place for new members of staff as required
- staff have access to effective training and formation opportunities
- monitoring and evaluation of prayer and liturgy take place regularly and feed back into planning for future liturgies
- monitoring of prayer and liturgy is reported to the headteacher and governing body to support whole-school development and the Catholic life of the school
- there is collaboration with local clergy and parishes
- communication with the Diocesan Advisory Service and others is maintained to ensure they keep updated with best practice.



Staff Prayer and Liturgy Inset January 2024 with presenter John Adams

## Principles

### All Acts of Worship at St Antony's Catholic Primary School will:

- Give glory and honour to God
- Be a quality experience, fundamental to the life of the school and its Catholic character
- Enable pupils to develop skills so that they can prepare, organise and lead worship
- Give children positive liturgical experiences, appropriate to their age, aptitude and family backgrounds in order to prepare them for the liturgical life of the Church

### Celebrations will be

- Appropriately timed, structured and paced- depending on the context while taking into account the children's age and stage of development and the theme or feast being celebrated
- Simple, child friendly and include a range of worship experiences offered in a range of groupings and in a variety of settings
- Multi-faceted and include a combination of any of the following: prayer, singing, music, liturgical dancing/movement, scripture reading and reflection.

### The Aims of Prayer & Liturgy



**Pupils lead the Mass with Singing, Liturgical Dancing and Serving with Father John Jesus**

We believe that Prayer & Liturgy in our school aims to provide opportunities for all pupils and staff:

- To experience a sense of belonging and develop a sense of community
- To contemplate the mystery of God, meet the Living God personally and collectively
- To reflect on spiritual and moral issues
- To explore their own beliefs
- To respond to and celebrate life
- To encourage full, conscious, active participation and response to god and each

- other whether through active involvement prayer, praise, reflection and liturgy
- To develop and consolidate a common ethos and shared values
- To develop the skills of: Reverence, Contemplation, Reflection, Interpretation, Empathy and Meditation
- To enrich religious experience and offer opportunities to ponder the Word of God
- To offer opportunities to explore the Spiritual Dimension in ways that enable, Empower, uplift and cause them to ponder, reflect and empathize with others
- To grow in liturgical understanding and development
- To pray using prayers which are part of the Catholic tradition
- To reinforce positive attitudes
- To take time 'to express awe and wonder', 'to come to terms with' and 'to give value and worth to.'
- To enable pupils to come into the fullness of Trinitarian life

## The Planning, Content and Delivery of Prayer & Liturgy

Daily Prayer & Liturgy in class and in assemblies is planned following a structure with reference to:

**The Church's Seasons:** Advent, Christmas, Epiphany, Lent, Easter, Ascension and Pentecost

**Our Virtues of the Week:** Vision, Enthusiasm, Responsibility, Reliability, Service and Love

**Ten Ten Resources:** Shared with staff weekly to support R(S)HE

**RE Directory in EYFS and KS1** along with 'Come and See' Programme across KS2

**Feast Day Celebrations:** The Birth of Christ, St Antony of Padua, Pentecost

**National and Other Significant Dates** such as: Armistice/Remembrance, Windrush Day

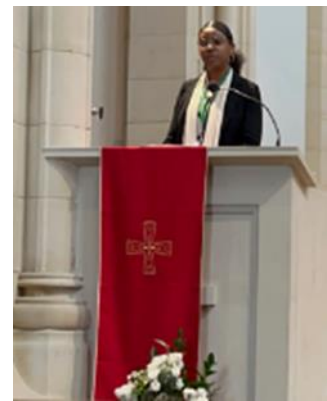
CAFOD Family Fast Day, Holocaust Memorial Day.



Proclaiming the Word



Pupils Serving and Participating In Mass



The Responsorial Psalm

Relevant Scripture is the focus in all acts of worship. Pupils' are provided with a Planning pack including prompt cards for each element of the Prayer & Liturgy session ('Gather, Word, Respond & Mission')

Parish and parents are invited to participate in some celebrations. A variety of prayer styles will be used appropriate to the age of the children and the occasion.

## Nature of Worship in Our School

The worshipping nature of our school is expressed in a variety of ways. Among these



are:

- Prayer
- Assemblies
- Eucharist
- Sacraments
- Alternative Liturgies
- Classroom Prayer and Liturgy/Worship
- Singing
- Dancing
- Quiet Reflection
- Adoration
- Stations Of The Cross

### **Categories of Worship Practiced**

- Praise
- Thanksgiving
- Repentance
- Intercessions

### **Types of Acts of Worship**

- Pupil or Class led
- Teacher led
- Head/Deputy Head Teacher Led
- RE Team led
- Visitor led (CAFOD, Parish and Visiting Priests)
- Parent led
- 

### **Time Allotted For Prayer & Liturgy**

Pupils participate in daily acts of worship, which includes:

- whole school Prayer and Liturgy (assemblies/collective worship) on three days each week
- class based worship on the two other days where each class participates in pupil/adult led (depending on the age and key stage) Prayer & Liturgy sessions twice a week during their class prayer days; however across KS2 these prayer sessions are planned and delivered by a group of pupils working in small teams across KS2 classes.
- Every class starts and ends each day with a moment of prayer and reflection.
- The Rosary is prayed every day during the Months of May and October on every Friday at Lunch Time in our Rosary Club 'Prayer Room' (Almond Class) with members of the Sisters of St Joseph of Tabor who live and work in the school and parish community. Sr. Lavi Shanthi or Sr. Emelda lead these devotional prayer sessions supported by Miss Wade (RE Lead) and Mrs Oforiwaa (RE Team).
- Classes join the parish for Holy Mass at least once every half term in our Whole

School and Community Prayer and Liturgy celebrations.

- The whole school also celebrates Holy Days of Obligation such as All Saints/All Souls Day, The Feast of the Immaculate Conception and The Nativity and Pentecost by attending Mass at Church.
- Pupils participate in special liturgies with opportunities for Reconciliation throughout the year but particularly during Advent and Lent as well as
- In preparation for the receiving of First Holy Communion annually with our Year 4 pupils
- Adoration before the Blessed Sacrament in the Church
- In celebration of the school's Feast Day for St Antony of Padua on the 13<sup>th</sup> of June



Christmas Nativity Production in Church



Preparation for and Receiving First Holy Communion

Children in Year 4 upwards join with their parents, other members of the Parish community and the priests of the Parish in preparing for the Sacrament of First Holy Communion. The school fully supports the work undertaken by the Parish in preparing the children as a number of the Catechists are members of staff and the parent body.

### Prayer & Liturgy Format for Our School:

- ❖ **We Gather** –we come together, in a special setting (Hall, Classroom, Prayer Room, The Church, we create an atmosphere of prayer/ the environment using quiet reflective music, lighted candles, Art and Icons or a Tableau created for the purpose)
- ❖ **We Proclaim (The Word)** – every liturgy will center around at least one text from the Bible, with the reading of the day being the first source, The Word of God will be proclaimed from a bible or lectionary
- ❖ **We Respond** – The response to the Word may lead into a time of ritual action, song of reflection, liturgical dance or communal prayer. The ritual action may vary in form including a combination of the following: dance, music, drama, art, poetry, etc.). We place our needs before God (intercessory prayers)
- ❖ **We Go Forth (Mission)** – giving the children something to think about, hold in their minds, to act upon from the experience of the liturgy-

something that they can take into their daily lives



## Provision and Resourcing

**Prayer and Liturgy are central to the school's identity, ethos, impact and image of itself as a Catholic school.** We are a faith school not merely because of our school's name but because of the practice of our faith in action daily. RE is known as **"The Most Core"** of all subjects and this is reflected in the annual budget allocation to secure valuable resources inclusive of:

- Bibles (a range/age appropriate), RED Curriculum, RE 'Big Books' , Prayer Books,
- Investment in CPD for all staff in RE each term
- Cost of cover for our RE Team Staff's time out of class to observe good practice in RE across the school and MAT and attending training and network meetings across the MAT and in the Diocese.
- This funding also allows for cover for our ECTs training in the Diocese and across the MAT,
- Funding our RE Staff Retreat/ Day Away annually, and
- The creation of dedicated spaces for prayer and liturgy focus areas in all classes from EYFS to year 6 and the RE Focus corridor displays around the school.
- The Catholic character of the school is reflected in religious artefacts (crosses, crucifixes, candles and iconic statues and tableaux) as well as
- Art work and artistic images on display throughout the building and in each class.
- Dedicated spaces for prayer and liturgy such as our altars in the main hall and our mini-chapel are furnished and maintained and updated to reflect the Church's liturgical seasons.
- RE Staff training and formation costs are funded separately from our CPD budget to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.
- The cost for staging our Annual **Virtues Festival** which takes the form of an open air concert (our religious Glastonbury) featuring all the children from each class (EYFS



to year 6) performing with a live band of professional musicians bringing the entire school, parish and community together in one big celebration of our school's Patron Saint's: ***St Antony of Padua Feast Day*** in June each year as a form of public testimony to the importance of RE to our school, community and family life.







**Stations of the Cross in West Ham Park draws a big community audience in prayer and reflection**



**Jesus' Triumphant Entry to the Hymn: *Enter into Jerusalem Let Us Go to God's House***





**The Finale of Our Easter Production : Alleluia! He Is Risen!**



**Faith In Action: St Antony's Choir's Message in song at the Mayoral Assembly in Central London- Asking for stronger Government action on Housing and Homelessness (Catholic Social Teaching)**

## **Training and Formation**

All new staff are supported during their induction period and beyond, so that they become fully cognizant of the responsibility they carry within their individual role for leading prayer and liturgy within the school-particularly for the presentation of their class assemblies which are always focused on a major Bible story, Scripture theme or Virtue. Any additional, individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as

required.



**Marian Procession around the school community in May**



**The Crowning of Our Blessed Mother in Assembly in May**

### **Monitoring and Evaluation**

Monitoring and evaluation of the quality and impact of prayer and liturgy takes place regularly on a termly basis) and once annually this involves all key stakeholders: pupils, parents, staff, clergy, and governors. The school's provision of worship is evaluated to consider whether it meets the needs of all pupils and whether pupils are making progress in acquiring skills, knowledge and understanding and abilities in planning, organizing and leading Prayer and Liturgy across the school.

Areas for development will be identified and issues raised will be actioned and evidenced as appropriate.

### **Policy Monitoring and Reviews**

The policy will be monitored by the RE Coordinator and reviewed every two years, as part of the regular cycle of policy review conducted by the senior leadership team and governors.

## **Appendix 1**

### **Common Prayers**

This list is introduced in section 7.10 ('Common prayers').

Age phase	5–7 (EYFS-KS1)	7–9 (KS1-Lower KS2)	9–11 (Upper KS2)	11–14 (KS3)
Prayers Pupils Should Know	The Sign of the Cross Morning Prayer • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals • Evening Prayer	• The Apostles' Creed • The Nicene Creed An Act of Contrition • Angel of God • Come, Holy Spirit • The Prayer of St Richard of Chichester And all the prayers for 5-7yrs	• Morning Offering • The Rosary • Hail Holy Queen • The Magnificat • Act of Faith • Act of Hope • Act of Love • The Angelus • And all the prayers for 5-9yrs	• The Benedictus • The Angelus • Hail Holy Queen • The Memorare Jesus, Mary and Joseph, I give you • Eternal Rest

### The Sign of the Cross

*In the name of the Father  
and of the Son and of the  
Holy Spirit. Amen.*

The sign of the cross is both an action and a statement of faith.

A physical reminder of our redemption in the cross and an expression of faith in the Trinity.

### The Lord's Prayer

*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.*

The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)

### The Hail Mary

*Hail, Mary, full of grace, the Lord is with thee.*

*Blessed art thou among women*

*and blessed is the fruit of thy womb, Jesus. Holy*

*Mary, Mother of God,*

*pray for us sinners,*

*now and at the hour of our death. Amen.*

The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation.

The second part of the prayer has its origins in 15th-century Italy.



**Glory be to the Father** *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.*

The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.

### **Grace before meals**

*Bless us, O Lord and these your gifts  
Which we are about to receive from your bounty  
Through Christ our Lord  
Amen.*

### **Prayer after lunchtime**

*We give you thanks Almighty God  
For all your benefits  
Who lives and reigns, world without end.  
Amen.*

### **The Apostles' Creed**

*I believe in God, the Father Almighty  
Creator of heaven and earth,  
And in Jesus Christ, his only Son, our Lord, (At the words that follow, up to and including the Virgin Mary, all bow.)  
Who was conceived by the Holy Spirit, born of the  
Virgin Mary, suffered under Pontius Pilate,  
Was crucified, died and was buried; he descended into  
hell; on the third day he rose again from the dead; he  
ascended into heaven,  
And is seated at the right hand of God the Father almighty; from there He will come  
to judge the living and the dead.  
I believe in the Holy Spirit, the holy Catholic  
Church, the communion of saints,  
The forgiveness of sins,  
The resurrection of the body, and life everlasting.  
Amen.*

*Based on baptismal documents of the 8th century but related to texts of an earlier origin.*

### **The Nicene Creed**

*I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.  
I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation He came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.  
For our sake He was crucified under Pontius Pilate,  
He suffered death and was buried, and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.  
I believe in one, Holy, Catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.*

### **Act of Contrition**

*O my God,  
because you are so good,  
I am very sorry that I have sinned against you,  
and with the help of your grace I will not sin again.  
Amen*

Based on baptismal documents of the 8th century but related to texts of an earlier origin. One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.

### **Angel of God**

*Angel of God,  
my guardian dear,  
to whom God's love commits me here, ever this  
day be at my side,  
to light and guard, to rule and guide. Amen.*

### **Come, Holy Spirit**

The prayer is based on one by Reginald of Canterbury in the early 12th century.

*V. Come, Holy Spirit, fill the hearts of your faithful.  
R. And kindle in them the fire of your love.*

*V. Send forth your Spirit and they shall be created.  
R. And you will renew the face of the earth.*

*Let us pray  
O God, who by the light of the Holy Spirit, did instruct the  
hearts of your faithful, grant that by that same Holy  
Spirit,  
we may be truly wise, and ever rejoice in your consolation, Through  
Christ our Lord.  
Amen.*

This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.

### **Prayer of St Richard of Chichester**

*Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me. O most  
merciful Redeemer, friend and brother,  
may I know you more clearly, love you more  
dearly,  
and follow you more nearly, day by day.*

*Amen.*

### **Morning Offering**

*O Jesus,  
through the most pure heart of Mary, I offer you all  
my prayers,  
thoughts, works and sufferings of this day  
for all the intentions of your most Sacred heart.*

*Amen*



## **The Rosary**

*For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.*

### **The Joyful Mysteries**

*(Recited Monday and Saturday)*

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

### **The Mysteries of Light**

*(Recited Thursday)*

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

### **The Sorrowful Mysteries**

*(Recited Tuesday and Friday)*

The Agony in the Garden (Mark 14:32–42)

The Scouring at the Pillar (Matthew 27:15–26) The

Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

### **The Glorious Mysteries**

*(Recited Wednesday and Sunday)*

The Resurrection (Matthew 28:1–8) The

Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12) The

Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

### **Prayer concluding the Rosary**

*[Hail, Holy Queen, etc. as above]*

*V. Pray for us, O holy Mother of God.*

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

*Let us pray.*

*O God, whose only-begotten Son, by his life,  
death and resurrection,  
has purchased for us the rewards of eternal life,*

*grant, we beseech thee,  
that meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary, we may imitate what  
they contain and obtain what they promise, through the same Christ our  
Lord. Amen.*

### **The Magnificat**

*My soul proclaims the greatness of the Lord, and my  
spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness; for behold,  
from this day forward,  
all generations will call me blessed.*

*For the Almighty has done great things for me, and holy is  
his name.  
His mercy is from age to age for  
those who fear him.*

*He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.  
He has cast down the mighty from their thrones and has  
exalted those who are lowly.  
He has filled the hungry with good things, and has  
sent the rich away empty.*

*He has helped his servant Israel, mindful of his  
mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.*

*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.*

*Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55).  
It is sung daily at Evening Prayer.*

### **Act of Faith**

*My God, I believe in you  
and all that your Church teaches, because you  
have said it,  
and your word is true. Amen*

### **Act of Hope**

*My God, I hope in you, for grace  
and for glory,  
because of your promises, your mercy  
and your power. Amen*

### **Act of Love**

*My God, because you are so good, I love you  
with all my heart,  
and for your sake,  
I love your neighbour as myself.  
amen*

## **The Benedictus**

*Blessed be the Lord God of Israel:  
for he has visited his people and redeemed them; he has  
raised up for us a horn of salvation  
in the House of David his servant,  
as he spoke through the mouth of his holy ones, his  
prophets from ages past:*

*To grant salvation from our foes,  
and from the hand of all who hate us, showing  
mercy to our fathers, remembering his holy  
covenant;  
the oath he swore to Abraham our father,*

*To grant that freed from the hand of our foes, we may  
serve him without fear  
in holiness and righteousness all the  
days of our life.*

*And you, little child, will be called the  
Prophet of the Most High,  
for you will go before the Lord to make  
ready his ways:  
to grant knowledge of salvation to his people by the  
forgiveness of their sins;*

*Through the tender mercy of our God, the Dawn  
from on high will visit us,  
to shine on those who sit in darkness, and those  
in the shadow of death;  
to guide our feet into the way of peace.*

*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.*

The Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79).  
It is sung daily at Morning Prayer.

## **The Angelus**

*V. The Angel of the Lord declared unto Mary.*

*R. And she conceived of the Holy Spirit.*

*Hail, Mary, full of grace, the Lord is with thee. Blessed art thou  
among women,  
and blessed is the fruit of thy womb, Jesus. Holy Mary,  
Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen.*

*V. Behold the handmaid of the Lord.*

*R. Be it done unto me according to thy word. Hail Mary.*

*V. And the Word was made flesh.*

*R. And dwelt among us.*

*Hail Mary.*

*V. 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 thee, O Lord, thy grace into  
our hearts;  
that we, to whom the Incarnation of Christ, thy Son, was made known  
by the message of an angel,  
may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ,  
our Lord.*

*Amen.*

The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.

### **Hail, Holy Queen (Salve Regina)**

*Hail, Holy Queen, Mother of Mercy,  
Hail our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve. To thee do we  
send up our sighs,  
mourning and weeping in this valley of tears! Turn, then, most  
gracious Advocate,  
thine eyes of mercy toward us, and after this,  
our exile,  
show unto us the blessed fruit of thy womb, Jesus. O clement, O  
loving,  
O sweet Virgin Mary.*

The Salve Regina is one of the Marian Anthems sung at Night Prayer.

### **The Memorare**

*Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection, implored thy  
help, or sought thy intercession, was left unaided. Inspired by this confidence  
I fly unto thee,*

*O Virgin of virgins, my Mother.*

*To thee do I come, before thee I stand, sinful and sorrowful. O Mother  
of the Word Incarnate, despise not my petitions, but in thy mercy hear  
and answer me.*

*Amen.*

A 16th-century version of a longer 15th-century prayer.

### **Jesus, Mary and Joseph**

*Jesus, Mary and Joseph, I give you my heart and my soul. Jesus, Mary and  
Joseph, assist me in my last agony.  
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.*

### **Eternal Rest**

*Eternal rest grant unto them, O Lord, and let  
perpetual light shine upon them. May they rest in  
peace. Amen.*

Based on the Entrance Antiphon of the Mass for the Dead.