

Prayer and Liturgy Policy

St Bernadette's Catholic Primary School



*For where two or three are gathered in my name, I am
there among them. (Matthew 18:20)*

Approved by:

Date: September 2026

Last reviewed on:

September 2026

Next review due by:

September 2027

Policy Contents

- 1. Context**
- 2. Statement of Requirement**
- 3. Responsibilities**
- 4. Overview of Prayer and Liturgy Provision at St Bernadette's**
- 5. Resourcing**
- 6. Training and Formation**
- 7. Monitoring and Evaluation**
- 8. Review**
- 9. Annex 1- St Bernadette's Yearly Overview of Prayer and Liturgy**
- 10. Annex 2- St Bernadette's Prayer Progression Document**
- 11. Annex 3- Catalogue of Common Prayers**

St Bernadette's Mission Statement

Growing Together in Faith, Love and Learning

1. The context of this prayer and liturgy policy

'The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the 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.)

2. Statement of 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; 70 9 and liturgy 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 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 can choose to withdraw themselves from prayer and liturgy (School Standards and Framework Act 1998, s.71(1B)).

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. Prayer and liturgy 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 allocation of curriculum time for Religious Education.

3. Responsibilities

(a) 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
- there is a named person(s) who is responsible for prayer and liturgy in the school (the Prayer and Liturgy Coordinator)
- 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.

(b) Headteacher

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
- they work 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.

(c) Prayer and Liturgy Coordinator

Those responsible for prayer and liturgy 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

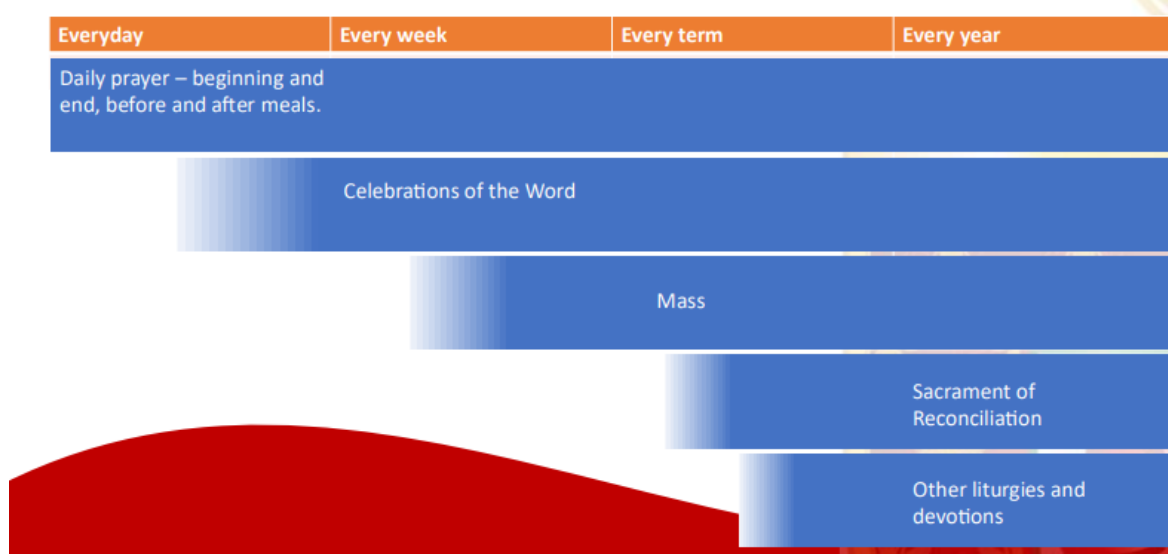
- staff have access to effective training and formation opportunities
- monitoring and evaluation of prayer and liturgy take place regularly and feed back into planning for future liturgies
- monitoring of prayer and liturgy is reported to the headteacher and governing body to support whole-school development and the Catholic life of the school
- there is collaboration with local clergy and parishes
 - liaison with the Diocesan Advisory Service and others is maintained to ensure they keep updated with best practice.

4. Overview of prayer and liturgy provision at St Bernadette's

"Prayer, celebrations of the word, and liturgy form a continuum with silent meditation at one end and a celebration of Mass on a Solemnity of the Church (e.g., Ascension of the Lord) at the other. Of course, there are areas of overlap between the categories." (RED, 2023)

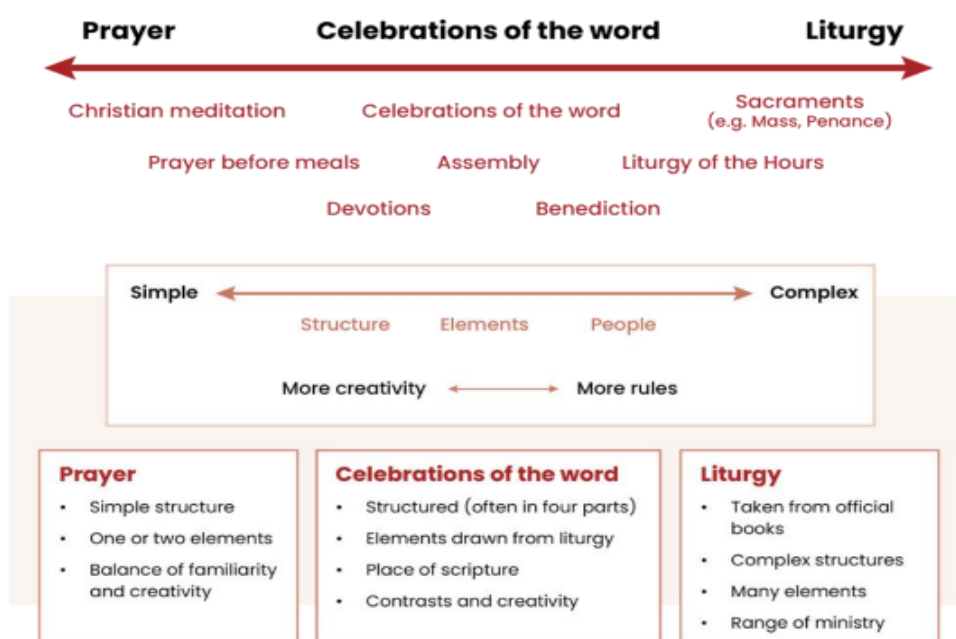
At St Bernadette's, we ensure that our pupils have access to a full provision of prayer and liturgy in its many forms. Most importantly, we ensure full participation from all members of our school family. Children regularly attend mass at St Bernadette's church. There are protected times for Celebration of the Word as well as more informal, guided meditation, tactile and silent prayer opportunities, ensuring that Christ is always at the centre of our lives and school.

Frequency of different models of prayer



At St Bernadette's, we acknowledge the importance of ensuring children have access to a range of prayerful experiences, be that through attending mass, Celebration of the Word,

Christian meditation or regular liturgical music and hymn singing sessions. We teach children that these are all forms of prayer.



Children at St Bernadette's have the following prayer and liturgy offer;

Everyday	Daily Prayer- Beginning and end of the day, and before meals
Every Week	Celebration of the Word and Assemblies- the school come together three times per week; Monday- Whole School- Celebration of the Word Tuesday- In class- different ways of praying including meditation, tactile prayer, golden box, silent prayer. Wednesday- Whole School- Our Common Home (Global and National Issues) including Prayers of Intercession Thursday- In class- Celebration of the Word Friday- Whole School- Praise Assembly
Every Term	Children attend mass at St Bernadette's Catholic Church once per half term on a rolling programme. Children also attend Mass for Holy Days as appropriate.
Every Year	Children in Y4 prepare for the Sacrament of Reconciliation and the Sacrament of First Holy Communion. Whole school attend Sacrament of Reconciliation or Service of Penance twice yearly.

See Annex 1 for full yearly overview

Common Prayers

We also have a systematic approach to teaching common prayers progressively (see Annex 2)

5. Resourcing

Prayer and liturgy are central to the school's understanding of itself as a Catholic school, and this is reflected in the annual budget allocation and available resources, including staff time, chaplaincy provision, and dedicated spaces for prayer and liturgy. The Catholic character of the school is reflected in religious artefacts and images on display throughout the building. Dedicated spaces for prayer and liturgy will be furnished and maintained as such, and updated to reflect the Church's liturgical season. Staff training and formation costs will be funded separately to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.

6. Training and formation

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any 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.

7. Monitoring and evaluation

Monitoring and evaluation of the quality and impact of prayer and liturgy will take place regularly, and at least annually, and involve all key stakeholders: pupils, parents, staff, clergy, and governors. Areas for development will be identified and issues raised will be actioned and evidenced as appropriate.

8. Review

The policy will be reviewed as part of the regular cycle of policy review conducted by the governors.

Annex One-

Yearly Overview of Prayer and Liturgy at St Bernadette's Catholic Primary School

Annual Plan of Provision- Prayer and Liturgy 2026-27



St. Bernadette's Catholic Primary School

EYFS/KS1 - Prayers

Morning (EYFS): "Good Morning...." and sign of the cross

Morning (KS1): "Oh my God, I give to You..."

Before Lunch: "Bless us o Lord" (with actions)

End of Day: "Now the day is over"

See also Prayer Progression Document

KS2 - Prayers

Morning: "Oh my God, I give to You..."

Before Lunch: "Bless us o Lord" (with actions)

End of Day: "God Our Father we come to say"

See also Prayer Progression Document

Weekly Prayer and Liturgy in School

Monday

Whole School Celebration of the Word with Mrs Canavan/ Mrs Crowder

Tuesday

Prayer & Liturgy in classes to include different ways of praying, common prayers, individual prayers, Christian Meditation

Wednesday

Whole School Assembly- Our Common Home (Links with National and Global Issues) Mrs Crowder/Mrs Canavan to include Prayers of Intercession

Thursday – Hymn Practice KS2 in hall (Autumn)

Celebration of the Word in classes to include common prayers, individual prayers, Christian Meditation (Spring and Summer Term)

Friday – Praise Assembly

Enter to Hymn/Sign of the Cross
Reflection on week's Gospel using 'Go Forth' Board.
Headteacher Awards
External Awards/Good News/Celebration/Sporting Events certificates or mention if applicable
Winner of Attendance (from previous week)
Winner of House Point (end of half term)
Birthday Celebration
Prayer/Sign of the Cross
Leave to Hymn / Singing

Mass Attendance

Reception to Year 6 attend 9:15am Tuesday Mass at St. Bernadette's Church once a term on a rota. Father Joseph will celebrate mass in school for occasions such as Welcome Mass and Ash Wednesday.

AUTUMN TERM				
Autumn 1 Value- Resilience				
Week Beginning	Monday Whole School Celebration of the Word <i>(based on Gospel from Sunday)</i> <i>(see <u>Wednesday Word/CAFOD</u> <u>Children's Liturgy</u>)</i>	Wednesday Whole School Assembly (national/global themes)	Friday Praise Assembly <i>or</i> Class Worship	Additional Masses/ Celebrations
31st August	INSET Day Tuesday 1st September	Welcome Back Celebration of the Word	Praise Assembly	
7th September	Wednesday Word	Neurodiversity	Praise Assembly	Tuesday 8 th Judo Assembly Monday 7 th Restorative Justice- N-Y2
14th September	Wednesday Word	Pupil Council Introduction inc. British Values- Democracy	Praise Assembly	<i>13th September- Education Sunday</i>
21st September	Wednesday Word	Judaism- Yom Kippur <i>(Actual 21/09/26)</i> inc. Protected Characteristics (religion)	25.09.26 Year 5 - Rosary <i>(Actual 07.10.26)</i>	
28th September	Wednesday Word	CST and The Brick Visitor TBC (Harvest)	Praise Assembly	Tuesday 29 th - New Reception & Year 6 buddies CoW
5th October	Wednesday Word	World Mental Health Day <i>(Actual 10.10.26)</i>	Praise Assembly	<u>Start Harvest collection for The Brick</u> CAFOD Harvest Family Fast Day 02.10.26

				Rosary Club begins FHC Session 1 5 th October- at 6pm- Y4 Treasure Hunt with Parents- Church
12 th October	Wednesday Word	CAFOD visitor CST	Praise Assembly	
19 th October	Wednesday Word	Diwali (<i>Actual 08.11.26</i>) inc. Protected Characteristics/British Values (religion/Mutual Respect)	23.10.26 Year 2 - Harvest	
26 th October	1/2 TERM			
Autumn 2 Value- Hope				
2 nd November	Wednesday Word	Bonfire Night/Safety (Actual 05.11.26)	6.11.25 Year 6 – Remembrance	All Hallows' Day, the Feast of All Saints (<i>Actual 01.11.26</i>) All Souls Day (<i>Actual 02.11.26</i>)
9 th November	Wednesday Word	COP31 (<i>Actual 9th-20th Nov 2026</i>) inc. CST	Praise Assembly	
16 th November	COLOUR Day	Anti-bullying week- Break the Silence (<i>Actual 16th-20th Nov</i>) inc. British Values (rule of law)	Praise Assembly	
23 rd November	Wednesday Word	Protected Characteristics/British Values (Sexual Orientation/Individual Liberty)	27.11.26 Year 3 – Advent 1 - Season of Advent	Friday- Christmas Tree up

30th November (Year B begins 29.11.26)	Monday 30.11.26 – Year 4 Christmas Lights Switch On	Wednesday Word	04.12.26 Year 5 - Advent 2 - John the Baptist	
7th December	Wednesday Word	International Migrants Day (Actual 18.12.26) inc. Protected Characteristics/British Values (Race/Mutual Respect & Tolerance)	11.12.26 Year 6 - Advent 3 - Gaudete Sunday (Actual/ 13.12.26)	Service of Sorrow- First Reconciliation Mass Monday 7 th 6pm Pantivity 8 th December Joint Carol Service @ St Marie's Tuesday 8th 6.30pm
15th December	Wednesday Word	Year 2 Christingle	Crib Assembly	Tuesday – Nativity Y1/YR Wednesday- Nursery Nativity Performance Thursday- Carols Around the Tree KS2
22nd December	CHRISTMAS			
29th December (4 th Sunday of Advent 21st Dec)	CHRISTMAS			Jan 1 st Solemnity of Mary, Mother of God.

Spring Term 2026				
Spring 1 Value- Peace and Justice				
Week Beginning	Monday Whole School Celebration of the Word (based on Gospel from Sunday) (see <u>Wednesday Word/CAFOD</u> <u>Children's Liturgy</u>)	Wednesday Whole School Assembly (national/ global themes)	Friday Praise Assembly <i>or</i> Class Worship	Additional Masses/ Celebrations

4th January 27 <i>Wednesday 6th – Liturgical Colour- White. Thursday 7th return to green.</i>	SCHOOL CLOSED IN SET – Tuesday 5th January 2027	Epiphany	Praise Assembly	
11th January	Wednesday Word	Neurodiversity	Praise Assembly	
18th January	Wednesday Word	Online safety- AI	Praise Assembly	
25th January	Wednesday Word	Chinese New Year (Actual: 06.02.27- Year of the Fire Goat) inc. Protected Characteristics/British Values (Race/Religion&Beliefs/Mutual Respect)	Praise Assembly	
1st February	Wednesday Word	Ramadan and Eid al-Fitr (09.02.27-11.03.27) inc. Protected Characteristics/British Values (Religion&Beliefs/Mutual Respect/Community Life)	Praise Assembly	Candlemas/ Feast of the Presentation of Jesus Christ (<i>Actual 02.02.27</i>)
8th February	Wednesday Word	Ash Wednesday	12.02.27 Year 4 - Our Lady of Lourdes	Shrove Tuesday 9 th February 1 st Sunday of Lent 14 th February
15th Feb	1/2 TERM			2 nd Sunday of Lent 21 st February
Spring 2 Value- Compassion				
22nd February	2 nd Sunday of Lent Wednesday Word	CAFOD Visitor & GIFT Team- Lenten Fundraising inc. CST	26.02.27 Year 1 Lenten Reflection	
1st March	3 rd Sunday of Lent Wednesday Word	International Women's Day (<i>Actual 08.03.27</i>) Protected Characteristics (gender-based equality) -	Praise Assembly	World Book Day (<i>04.03.27</i>)

8th March	4 th Sunday of Lent Wednesday Word	Science Week (Actual 05.03.27-14.03.27) Theme: Change & Adapt	Reception Mother's Day Assembly (Actual 15.3.26)	
15th March	5 th Sunday of Lent Wednesday Word	Neurodiversity Week (16.03.27 – 20.03.27)	Praise Assembly	
22nd March	Easter Day of Reflection	End of Term Assembly	Praise Assembly	St. B's Got Talent Creative Easter tasks in class
29th March	EASTER			
5th April	EASTER			

SUMMER TERM 2026				
Summer 1 Value- Forgiveness				
Week Beginning	Monday Whole School Celebration of the Word <i>(based on Gospel from Sunday)</i> <i>(see <u>Wednesday Word/CAFOD Children's Liturgy</u>)</i>	Wednesday Whole School Celebration of the Word (national/global themes)	Friday Praise Assembly <i>or</i> Class Worship	Additional Masses/ Celebrations
12th April	Wednesday Word	Vaisakhi-Sikhism Protected Characteristics (Religion)	Praise Assembly	Vaisakhi ~ Sikh Festival (14.04.27)
19th April	Wednesday Word	St. George's Day (Actual 23.4.27) British Values (Participation in Community Life)	Praise Assembly	

26th April	Wednesday Word	May: Mental Health Awareness Month.	30.04.27 Year 1 May Procession	
3rd May	Bank Holiday Monday – 3 rd May 2025	Online Safety- World Password Day (Actual: 06.05.27)	Praise Assembly	FHC Mass Sunday 8 th May
10th May	KS2 SATs Week All P&L in class Monday-Thursday	Neurodiversity	Friday 22.05.26 Year 3 Pentecost (Actual 16.05.27)	
17th May	Wednesday Word	Protected Characteristics (Disability)	Praise Assembly	
24th May	Wednesday Word	British Values/Protected Characteristics (General Recap)	Praise Assembly	
31st May	½ TERM			
Summer 2 Values- Wisdom and Humility				
7th June	Wednesday Word	World Environment Day (Actual: 05.06.27) Laudato Si/CST	Praise Assembly	
14th June	Wednesday Word	Healthy Eating Week 10 - 14.06.27	Reception Father's Day Assembly	
21st June	Wednesday Word	CST- World Refugee Day/Refugee Sunday of the Churches (20.06.27)	INSET DAY	
28th June	Wednesday Word	Protected Characteristics (Gender Reassignment)	Praise Assembly	Feast Day of St. Peter and Paul (Actual: 29 06.27)

				29.06.26-9.15am Year 4 Going Forward in Faith Mass ???
5th July	Wednesday Word	Neurodiversity	Praise Assembly	
12th July	Wednesday Word	Water Safety	Praise Assembly	Year 6 Leaver's Mass at St. Bernadette's Church??
19th July	Wednesday Word	End of Year Praise Assembly	SCHOOL CLOSED	Year 6 Leaver's Mass at St. Bernadette's Church??
	SUMMER			

Annex 2

St Bernadette's Catholic Primary School

Prayer Progression Document

Developed in collaboration with the St Peter's Cluster RE Leads



St Bernadette's Catholic Primary School

Prayer Progression

Class	Daily Prayers	Common Prayers (<i>to be taught as part of Teacher Led P&L</i>)	Other Forms of Prayer	Celebration of the Word	Mass Responses
EYFS	Morning: Good morning, Lord We praise your Holy name And thank you for giving us this lovely new day. Amen	Sign of the Cross (Focus on God, ourselves and those around us)	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	Amen (with an age-appropriate understanding of what this means)
	Before Meals: Bless us O Lord...				
	End of Day: Now the day is over, we lift our hands and say				
Y1	Morning: O my God, I give to You...	All of the above, plus:	Each week: A choice of 2 of the following:	Each week: 1 x Whole School 1 x Teacher Led	Introductory Rites Amen V: The Lord be with you.
	Before Meals:	Glory Be			

	Bless us O Lord...	Hail Mary	- guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns		R: And with your spirit.
	End of Day: Now the day is over, we lift our hands and say				
Y2	Morning: O my God, I give to You...	All the above, plus: The Lord's Prayer (Our Father) (teach one phrase per week)	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	All the above, plus... Introductory Rites V. Lord, have mercy. R. Lord, have mercy. V. Christ, have mercy. R. Christ, have mercy. V. Lord, have mercy. R. Lord, have mercy.
	Before Meals: Bless us O Lord...				
	End of Day: Now the day is over, we lift our hands and say				
Y3	Morning: Oh my God, I give to You...	All of the above, plus: Act of Contrition Angel of God	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	All the above, plus... Liturgy of the Word V: The Word of the Lord R: Thanks be to God V: The Lord be with you. R: And with your spirit. V: A reading from the Holy Gospel according to ... R: Glory to you, O Lord. (Sign of the Cross on forehead, lips, and chest)
	Before Meals: Bless us O God as we sit together, bless the food we eat today, bless the hands that made the food, bless us O Lord. Amen				
	End of Day: God our Father we come to say, Thank you for your love today, Thank you for my family, And all the love you give to me, Guard me in the dark of night, And in the morning send your light. Amen				

					V: The Gospel of the Lord. R: Praise to you, Lord Jesus Christ.
Y4	Morning: Oh my God, I give to You...	All of the above, plus: The Apostle's Creed (teach one phrase at a time) The Prayer of St Richard of Chichester. Come Holy Spirit	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	All the above, plus... Liturgy of the Eucharist Blessed be God for ever. May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church
	Before Meals: Bless us O God as we sit together, bless the food we eat today, bless the hands that made the food, bless us O Lord. Amen				
	End of Day: God our Father we come to say, Thank you for your love today, Thank you for my family, And all the love you give to me, Guard me in the dark of night, And in the morning send your light. Amen				
Y5	Morning: Oh my God, I give to You...	All of the above, plus: The Morning Offering Act of Faith Act of Hope Act of Love	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	All the above, plus... The Eucharistic Prayer V: The Lord be with you. R: And with your spirit. V: Lift up your hearts. R: We lift them up to the Lord. V: Let us give thanks to the Lord our God. R: It is right and just. Holy, Holy, Holy Lord God of hosts. Heaven
	Before Meals: Bless us O God as we sit together, bless the food we eat today, bless the hands that made the food, bless us O Lord. Amen				
	End of Day: God our Father we come to say, Thank you for your love today, Thank you for my family, And all the love you give to me, Guard me in the dark of night, And in the morning send your light. Amen				

					and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.
Y6	Morning: Oh my God, I give to You...	All of the above, plus: The Rosary The Magnificat	Each week: A choice of 2 of the following: - guided meditation - tactile prayer - golden box prayer - silent prayer - prayers of intercession - hymns	Each week: 1 x Whole School 1 x Teacher Led	Communion Rite When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be
	Before Meals: Bless us O God as we sit together, bless the food we eat today, bless the hands that made the food, bless us O Lord. Amen				
	End of Day: God our Father we come to say, Thank you for your love today, Thank you for my family, And all the love you give to me, Guard me in the dark of night, And in the morning send your light. Amen				

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Annex 3

Catalogue of Common Prayers for Use at St Bernadette's

Catalogue of Common Prayers	Introduced
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.	EYFS
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.	Year 1
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.	Year 1

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.)	Year Two
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. One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance	Year Three
Angel of God Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side,	Year Three

to light and guard, to rule and guide. Amen. The prayer is based on one by Reginald of Canterbury in the early 12th century.	
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.	Year Four
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,	Year Four

may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen	
Come Holy Spirit 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.	Year Four
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	Year Five
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	Year Five
Act of Hope	Year Five

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power	
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	Year Five
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)	Year Six

The Agony in the Garden (Mark 14:32–42) The Scourging 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.	
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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	Year Six

