

Richard Challoner School

Tutor Group Prayers

Spring B 2018



[Twitter: @RC_Chaplaincy](#)

www.richardchalloner.com/spirituality

Venerable Bishop Richard Challoner

During his lifetime and after his death, he was considered not only as a model of every virtue but as a saint. Indeed he was rewarded with the title of “venerable”. We are asked to pray that our Blessed Lord, through the Pope, may reward him further, by raising him to the altars of the Church as a Saint.

Prayer for the Beatification of Bishop Richard Challoner

O God who made your servant Richard,
a true and faithful pastor of your little flock in England,
raise him, we beseech you, to the altars of thy Church,
that we, who have been taught by his word and example
may invoke his name in heaven,
for the return of our country to belief in the Gospel,
and to the unity of all Christians in the one Church of Jesus Christ.
We ask this through the same Christ our Lord.
Amen.

Bishop Richard Challoner
Pray for us

WHY THE ASHES?

THE MEANING OF
ASH WEDNESDAY



ASHES ALSO SYMBOLIZE
GRIEF, IN THIS CASE,
GRIEF FOR OUR SINS.



1
ASHES WERE USED AS A
SIGN OF REPENTANCE IN
THE OLD TESTAMENT



2
ASHES ARE A PUBLIC
SIGN OF OUR INTENT TO
DIE TO OUR WORLDLY
DESIRES AND LIVE IN
CHRIST



4
AS OUR FOREHEADS
ARE BEING MARKED,
THE PRIEST SAYS:
"REMEMBER THAT YOU
ARE DUST AND UNTO DUST
YOU SHALL RETURN"



5
THE ASHES COME
FROM THE BLESSED
PALMS USED IN THE PALM
SUNDAY CELEBRATION OF
THE PREVIOUS YEAR



INFORMATION FROM ARCHTORONTO.ORG AND CATHOLIC.ORG

 CatholicLink

Guidance for use of the Tutor Group Prayer Booklet

Each morning an act of worship should be made. This can be led by yourself or a pupil and can be made up of prayers from this booklet, www.richardchalloner.com/spirituality, or both.

The following pages contain a selection of prayers suitable for collective worship within the Tutor group during morning registration. The prayers have been organised into different weekly themes:

- Week One: Starting Afresh for Lent
- Week Two:
- Week Three: Mother's Day
- Week Four: In Times of Doubt
- Week Five: Lent
- Week Six: Holy Week

Each morning an act of worship should try and include:

1) Invitation - *to mark the entry into prayer, like standing up and making the Sign of the Cross*

2) Clear Theme & Message

3) Balance of speech & silence - *try to vary the delivery of your theme to ensure that it appeals to as many as possible.*

4) Time for Quiet Reflection - *give time for them to take in and reflect on the theme*

5) Prayer – this should be both led and collective - *there should be a prayer which links in the theme, and an act of communal prayer from the page opposite.*

6) Clear links with Catholic Ethos – *if you are not using one of the themes above then ensure it is inline with the School's Catholic Ethos or the Liturgical Calendar.*

Week One: Starting Afresh for Lent

Lord, I'm not much good at giving things up.
It seems like a great idea,
then a few days, hours or minutes later, I've started again.
But this time I really want to make it count.
I want to give something up and learn from the process of not giving into temptation.
I want to wake up on day forty of Lent
and look in the mirror and feel like I've actually achieved something,
even though it may seem so small.
But by achieving something small
perhaps it will lead to bigger and better things?
If I can do this then what else can I do?
What else am I capable of? Help me to discover my own potential, Lord. Amen

(Dave Gatward)

Lord, take our small offerings of self-denial this Lent as a sign of our love for you.
Let us use this time to start afresh in our work for you:
let us work for justice for those who are wrong or oppressed.
Let us pray for peace across the world in these troubled times.
Let us do your will in all of our actions. Amen

(Author Unknown)

God of the desert, as we follow Jesus into the unknown,
may we recognise temptation when it comes.
Let it be your bread that we eat, your world that we serve and you alone that we worship. Amen

(A New Zealand Prayer Book)

"Then the Spirit led Jesus into the dessert to be tempted by the Devil. After spending forty days and forty nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread". But Jesus answered, "The scripture says Human beings cannot live on bread alone, but need every word that God speaks". The Devil took Jesus to Jerusalem, The Holy City, set him on the highest point of the Temple, and said to him "If you are God's son, throw yourself down, for the scripture says: 'God will give orders to his angels about you; they will hold you up with their hands so that not even your feet will be hurt on the stones'". Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test'". Then the evil took Jesus to a very high mountain and showed him all of the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "If you kneel down and worship me." Then Jesus answered, "Go away. Satan! The scripture says, 'Worship the Lord Your God and serve only him!'" The Devil left Jesus and angels came and helped him.

(Matthew 4: 1 – 11)

Have mercy on our efforts Lord.
May we follow you at this time with self denial, steadfastness and courage.
Give us a pure heart that we may see you,
a humble heart that we may hear you,
a heart of love that we may serve you,
a heart of faith that we may love you.

(Dag Hammarskjöld)

Week Two: Appreciating Others

God our Father, You call each one of us by name,
And you treasure each one of us individually as though no-one else exists.
Inspire us To respect and value
Each person who comes into our lives this day. Amen

(De La Salle Brothers)

Lord we ask you to open our eyes
That we may value and appreciate all people
Recognising what we have in common
Rather than focusing on what our differences might be.
Inspire us to distinguish between what is important and what is not,
And open our minds and hearts that we may always be people of good will
Who bring life and joy to others. Amen

(De La Salle Brothers)

Lord, inspire me to give of my best and make good use
Of the talents that you have given me.
Show me how to be positive in attitude
Appreciating and valuing others,
Always ready to encourage and give praise.
Lead me never to judge people but to accept others as they are,
Knowing that it is together, each with our differences,
That we build your kingdom. Amen

(De La Salle Brothers)

Loving Lord.
I often see on the TV news examples of inhumanity to others:
People being tortured, abused injured or killed.
I need to remind myself That the commandment 'do not kill'
Also refers to my attitude and to what I do each day,
Because it is in smaller ways that I can destroy people
If I ignore them or cut them off or let them down.
Loving Lord, inspire me to take care of the smaller things in life
As well as the bigger issues. Amen

(De La Salle Brothers)

God our Father,
Inspire us with a great respect for all human life
From the time of the child in the womb to the point of death.
May that respect lead us
To grow in a sense of responsibility
For all our brothers and sisters throughout the world
Knowing that, where one person suffers and is degraded,
All of humanity is belittled and abused.
May we grow in a sense of love and care for those less fortunate than ourselves,
And lead us to do something about the troubles in the world. Amen

(De La Salle Brothers)

Week Three: Mothering Sunday

God of Love,
Thank you for my mother.
Sometimes she's angry, sometimes disappointed,
but she never stops believing in me.
She never stops seeing the potential even I don't recognise.
What she has done for me,
how she has worked and sacrificed...I don't even know how much,
but I am grateful for the warmth,
the hug,
the person I know is always there for me.
Thank you God for my mother.
Bless her always.

Amen (Author Unknown)

Please God,
bless our mothers
wherever they are.
Help us to appreciate how selfless they are
day after day.
Let us make time
to tell our mothers
How much we love them
as our actions do not always make this clear.

Amen (Author Unknown)

Thank you God that you are tender as a mother as well as strong as a father.
You give us life and care for us
like a mother who will not forsake her children.
We pray for our mothers today
putting them into your hands for time and for eternity
and we ask your blessing on all our relationships
in the families of our homes
And our communities.

Amen (Angela Ashwin)

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He moulded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.

Amen (Pat O'Reilly)

"All that I am or ever hope to be, I owe to my angel Mother."
(Abraham Lincoln)

Week Four: In times of Doubt

Faith's difficult, Lord.

Life puts up so many obstacles

that most of the time I can hardly see you.

At times like this Lord, you seem so far away.

I sometimes feel that I'm fooling myself that you don't exist, that I'm wasting my time.

But I keep thinking back to your life here on earth.

No matter how many doubts I have, you seem to make me sit up and listen.

A life lived so long ago affecting a life lived right and now. It seems amazing, Lord,

and if all those things you did and said are true,

then I have no option but to believe and follow.

Never let me leave you, Lord. Amen

(Dave Gatward)

Lord of life

Why do I anticipate the worst when time and time again the worst never happens?

And even when it does, life goes on and every day comes to an end.

Lord help me to overcome my fears in this brief moment of reflection.

Help me to relax. Let your loving spirit fill me with peace. Amen

(Frank Topping)

O God, you know we are often filled with fear and foreboding.

Give us courage to deepen our trust.

You are a rock which nothing can shatter.

On you we can place the whole weight of our lives. Amen

(Richard Harries)

God, my shepherd. I don't need a thing.

You have bedded me down in lush meadows,

you find me quiet pools to drink from.

True to your word, you let me catch my breath

and send me in the right direction.

Even when the way goes through Death Valley,

I'm not afraid when you walk at my side.

Your trusty shepherd's crook makes me feel secure.

You serve me a six-course dinner right in front of my enemies.

You revive my drooping head.

You cover me with your blessings.

Your beauty and love chase after me every day of my life.

I'm back home in the house of God for the rest of my life.

(Psalm 23 adapted by Eugene H. Peterson)

Forgive us Lord

When we want proofs for our faith and demand absolute certainty

before we will commit ourselves to you.

Strengthen our trust in you, so that we who have not seen you may still believe

and in believing may be blessed with the fullness of joy now and always. Amen

(Angela Ashwin, based on John 20:24 – 29)

Week Five: Prayers for Lent

Jesus Our Brother,
thank you for loving us so much
that you died for us,
lonely and in pain;
and thank you that you are close to us
when we are hurt or miserable,
for you are our true friend.

Amen (Angela Ashwin)

God grant me the ability to see myself as you see me.
Yet protect me from what I find in my own heart, for surely it is more awful than I can bear.
Forgive me, and carry my burden of grief when I see my failings.
And God, don't let me take credit for the good things you have given me.
In your mercy help me to see the pride in my own heart.
Heal and renew my spirit; refine the passion of my heart; and help me to walk in humility.

Amen (David Maddalena)

Lord, thank you for your passionate love for me,
that you would die for me.
And thank you for your passionate love for the Father,
that you would obey him, even to death.
Lord, I am so often harassed and helpless, like a sheep without a shepherd—
How can I find my way unless you help me?
Have mercy on me. Lead me Lord.
Come, and give me the strength I need to follow you in doing the Father's will.
Bless the time I give to you this week.
Pour your blessing over me.
Give me a passionate love equal to yours,
so that I would be willing to endure all for the glory of Easter.

Amen (David Maddalena))

Almighty and Everlasting God, You have given the human race Jesus Christ our Saviour as a model of humility. He fulfilled Your Will by becoming Man And giving His life on the Cross. Help us to bear witness to You By following His example of suffering And make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son.

Amen. (Unknown Source)

Stretching out Thy divine hands upon the Cross,
Thou hast joined together
that which before was divided,
and by Thy mediation
Thou hast offered as a gift to the Father
the nature of mortal man,
that was under condemnation.
Therefore we sing the praises
of Thy sinless Crucifixion.

Amen (St. Joseph the Studite)

Week Six: Prayers for Holy Week

At this special time, may we truly appreciate the sacrifice that Jesus made for us in giving up his own life, so that we may join him in eternal life in heaven. May we praise him giving not only our hallelujahs, but also our hearts.

(Alan Sayers)

Three cheers for Jesus!
He's come to be our king.
He'll over throw the tyrants
And wealth and freedom bring.
He'll outlaw every evil
all pain and fear and greed.
He'll take over the Government
and meet our every need.
Two cheers fro Jesus.
He claims to be our king,
but he's striding through the Temple
and upsetting everything.
He's scattering our profits
and the business we've made;
Is he really fit to rule us
if he spoils our holy trade?
One cheer for Jesus.
He came to be out king
now he stands on trial,
red with the whip's sharp sting.
With the crown of thorns they mock him,
scorned by official power.
He's helpless with authority;
This cannot be the hour.
No cheers for Jesus.
He's surely not our king.
They've nailed him to a wooden cross
while people laugh and sing.
The one we thought would save us
they curse and wound and kill.
Our hope and expectations
die with him on that hill.
Now heaven cheers for Jesus.
The world has had its say;
and God has raised him from the dead
There dawns another day.
Disciples stand bewildered
beside and empty grave,
But soon they will be cheering too
for the Christ who came to save.

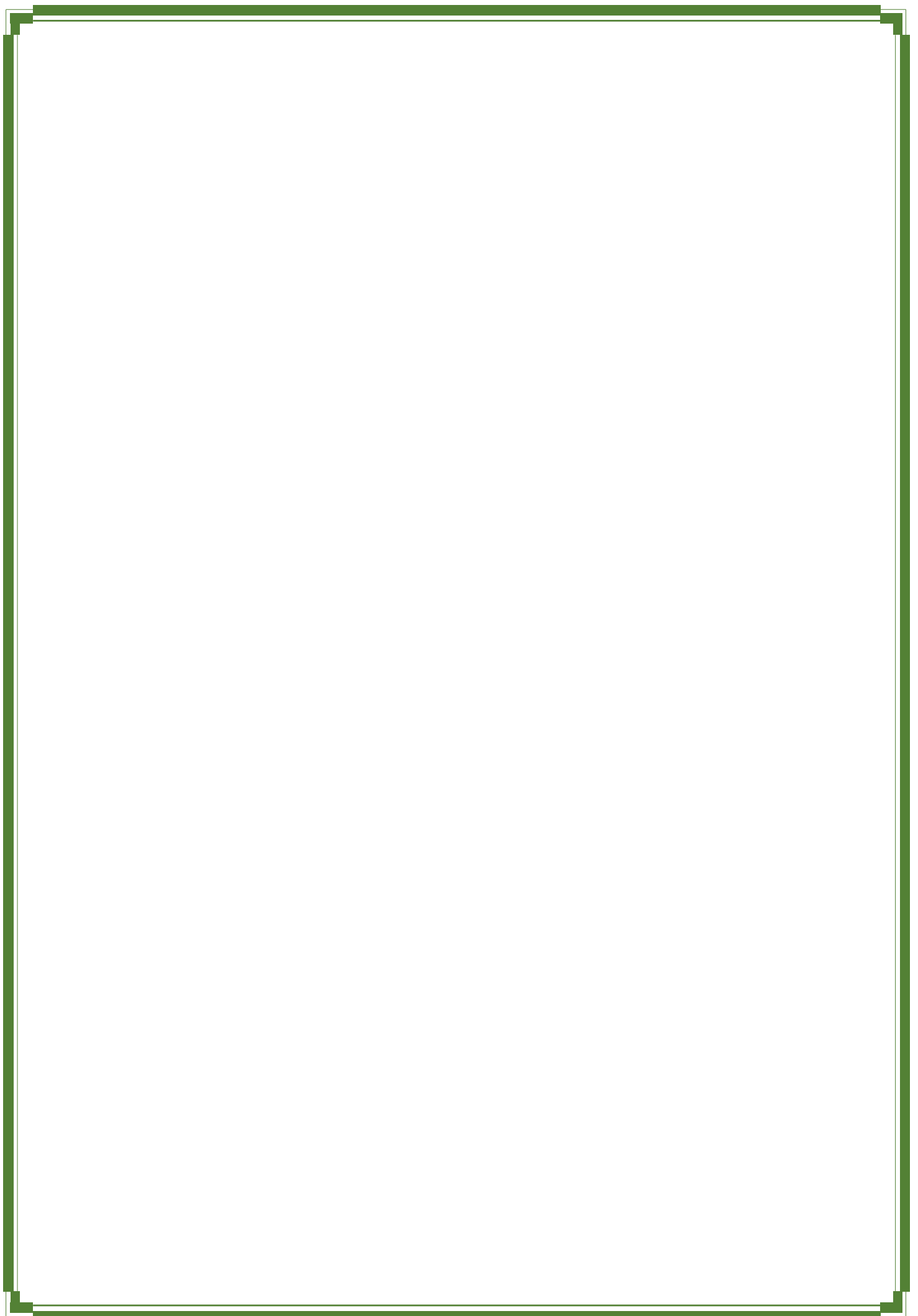
(Peter Dainty)

O my sweet saviour, who in your
undeserved love towards us so kindly
suffered the painful death of the cross,
suffer me not to be cold or luke warm in
love towards you.

(St Thomas More)

When I survey the wondrous cross,
On which the king of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.
Were the whole realm of nature mine,
That were an offering far too small;
Love so amazing so divine,
Demands my soul, my life, my all

(Isaac Watts)



General Prayers for Classroom Worship

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

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

Prayer of St Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred let me sow love,
Where there is injury let me sow pardon,
Where there is doubt let me sow faith,
Where there is despair let me give hope,
Where there is darkness let me give light,
And where there is sadness let me give joy.
O Divine Master, grant that I may try
Not to be comforted but to comfort,
Not to be understood but to understand,
Not to be loved but to love.
Because it is in giving that we receive,
It is in forgiving that we are forgiven,
And it is in dying that
we are born to eternal life.

Prayer of St Richard Of Chichester

Day by day,
O dear Lord,
Three things I pray:
To see thee more clearly,
Love thee more dearly,
Follow thee more nearly,
Day by day
By day by day.

Prayer of St Ignatius

Teach us good Lord to serve you as you
deserve:
To give and not count the cost,
To fight and not heed the wounds,
To toil and not seek for rest,
To labour and to ask for no reward, save that
of knowing that we do your will,
Through Jesus Christ our Lord,
Amen.

LENT



Bring in one thing a week to donate to the Mary's Meals Collections
Write a letter or postcard each week to a friend or relative
Pick up 5 pieces of litter each day
Go for a walk at least once a week
Save £1 each week and donate to charity



Switch fizzy drinks for water
Give up your hair products for all of Lent (gel, wax, hairspray)
Give up your pillows
Stop using emojis for Lent
Give up hot showers
Be aware and stop the times when you gossip or spread rumours



Join us in praying the Rosary on Tuesday lunchtimes
Attend Mass one more time than normal each week
Use prayers and reflections from the XT3 Lent Calendar App
Listen to www.pray-as-you-go.org
Go to Stations of the Cross or Confession each week

Rejoice
IN HOPE.

Endure
IN SUFFERING.

Trust
IN PRAYER.