

Richard Challoner School

Tutor Group Prayers

Autumn A 2018



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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

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: True Happiness
- Week Two: New School Year
- Week Three: Venerable Richard Challoner
- Week Four: Our Faith
- Week Five: Our Family
- Week Six: Prayers for the Sick
- Week Seven: Getting on with Others

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.*

Prayer to St Augustine of Canterbury:

God our Father,
by the preaching of Saint Augustine of
Canterbury, you led the people of England
to the Gospel.

May the fruits of his work continue in your
Church.

Grant that through his intercession,
may the hearts of those who go astray
return to the unity of your truth
and that we may be of one mind in doing
your will.

Amen.

Feast Day – 27th May

Prayer to St Thomas Becket:

Almighty God,
You granted the martyr Thomas the
grace to give his life for the cause of
justice.

By his prayers make us willing to
renounce for Christ our life in this world
so that we may find it in heaven.

We ask this through our Lord Jesus
Christ, Your Son, who lives and reigns
with you and the Holy Spirit, one God, for
ever and ever.

Amen.

Feast Day – 29th December

Prayer to St Columba of Iona:

Let me bless almighty God,
whose power extends over sea and land,
whose angels watch over all.

Let me study sacred books to calm my
soul: I pray for peace, kneeling at
heaven's gates.

Let me do my daily work, gathering
seaweed, catching fish, giving food to the
poor. Let me say my daily prayers,
sometimes chanting, sometimes quiet,
always thanking God.

Delightful it is to live, on a peaceful isle,
serving the King of kings.

Amen.

Feast Day – 9th May

Prayer to St Dunstan of Canterbury:

O God of truth and beauty

You gave your Bishop Dunstan the skills
of music and metal working, and with
gifts of administration and reforming zeal.
Teach us to see you as the source of all
our gifts and talents, and help us to offer
them for praise of worship and the
spread of the Gospel message.

We ask this through your Son, our Lord,
Jesus Christ, Who lives and reigns with
You and the Holy Spirit, One God, for
now and for ever.

Amen.

Feast Day – 19th May

Prayer to St John Fisher:

Good Lord,
set in thy Church strong and mighty pillars
that may suffer and endure great labours,
which also shall not fear persecution,
neither death,
but always suffer with a good will,
slanders, shame and all kinds of torments,
for the glory and praise of thy holy Name.
By this manner, good Lord, the truth of thy
Gospel shall be preached throughout the
world.

Therefore, merciful Lord, exercise thy
mercy, show it indeed upon thy Church.

Amen.

Feast Day – 22nd June

Prayer to St Thomas More:

O Lord, give us a mind
that is humble, quiet, peaceable,
patient and charitable,
and a taste of your Holy Spirit
in all our thoughts, words, and deeds.
O Lord, give us a lively faith, a firm hope,
a fervent charity, a love of you.

Take from us all luke warmness in
meditation and all dullness in prayer.
Give us fervour and delight in thinking of
you, your grace, and your tender
compassion toward us.

Give us, good Lord, the grace to work for
the things we pray for.

Amen.

Feast Day – 22nd June

Week One: Prayers for True Happiness

1. "Live and let live."
 2. "Be giving of yourself to others."
 3. "Proceed calmly" in life with kindness and humility.
 4. "A healthy sense of leisure."
 5. "Sunday is for family."
 6. "We need to be creative with young people."
 7. "Respect and take care of nature."
 8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. "Letting go of negative things quickly is healthy."
 9. Don't proselytize; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating.
 10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted."
- (Pope Francis "The Key to True Happiness")

Grant to us, O Lord,
the royalty of inward happiness, and the serenity which comes from living close to thee.
Daily renew in us the sense of joy, and let the eternal spirit of the Father
dwell in our souls and bodies, filling every corner of our hearts with light and grace;
so that, bearing about with us the infection of good courage, we may be diffusers of life,
and may meet all ills and cross accidents with gallant and high-hearted happiness,
giving thee thanks always for all things.
Amen
(Robert Louis Stevenson)

May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each trial.
For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.
(Traditional Irish Blessing)

May the God of hope fill you with all joy and peace as you trust in Him,
so that you may overflow with hope by the power of the Holy Spirit
(St Paul – Romans 15:13)

Dear God, I pray for happiness.
I pray that I have a cheerful heart.
I pray that others are drawn to my happy smile,
my positive attitude, and my face that shines with joy.
Dear God, I know that you have created me and everyone else to be happy,
to find joy and laughter in the different stages and experiences of life.
I pray that I express You in my expression of joy. A cheerful heart is a continual feast.
My outlook is positive, and I feel happy. My life is a banquet of uplifting experiences.
I feel so good as I release the joy of God from within.
I express God's eternal, loving presence within me.
I pray, daily, that my cheerful heart up lifts me, and brings joy to everyone around me.
Amen
(Author Unknown)

Week Two: New School Year

Oh God, we pray for our school Richard Challoner.
Help us to value the experience of studying for its own sake.
Bless our life together as a learning and teaching community.
Make us wise but not cunning,
perceptive but not cynical,
and generous in a world where greed and ruthlessness often prevail;
in the name of Jesus Christ our Lord
Amen

(Angela Ashwin)

Lord,
At the beginning of this school year,
we pray that we may try to live in such a way
that we value all that is good in our lives,
and never take anyone or anything for granted.
Amen

(Nicholas Hutchinson)

May we explore together the territory of knowledge;
may we learn together the mysteries of truth;
may we share together the experience of beauty;
may we release in each other the spark of creativity;
may we always remember that you, the author of all knowledge,
yourself Goodness, Truth and Beauty,
delight to share all experience with us.
Amen

(Kathleen A. Goodacre)

I pray to you, almighty God, that during this term that I may do my best in all that I do, with the strength of our Lord Jesus Christ.
Help me to be a good friend and companion to all those around me.
Give me courage and help me never to give up on what I know to be right and good.
Amen

(A Downside Pupil)

Almighty God,
give light to our understanding that this term we may enjoy the fruits of our efforts, in work and in all that we do which we offer to your Son Jesus Christ in thanksgiving for the gift of our life.
Amen

(A Downside Pupil)

Week Three: Venerable Richard Challoner

Lord,
Bless the whole church active on earth
Bless her by the gifts of your given to all her members;
Give her saints for her chief bishops and other leaders;
Spread her faith throughout the whole world, convert the hearts of all who are lost
And grant perseverance to all who are follow her ways.
Amen

("Garden of the Soul" – Bishop Richard Challoner)

Lord,
Bless my parents, relations, and friends, in their souls and their bodies,
And bless all those for whom I am particularly bound to pray, or who have asked for my prayers,
on my teachers and leaders, on those under my care,
on all those I may have injured in word, action or bad example, have mercy on my enemies and
forgive their sins, and fill both their hearts and mine with your charity.
Amen

("Garden of the Soul" – Bishop Richard Challoner)

O Angel of God,
Who by divine appointment, are my guardian,
To watch over me in all my ways,
Today, let through the presence of the goodness of God, found in you,
Guide, illuminate and govern me to goodness,
And defend me from all powers of darkness.
Amen

("Garden of the Soul" – Bishop Richard Challoner)

O my God,
You commanded me to love you with my whole heart, my whole soul,
with all my mind and with all my strength,
It is my sincere desire to love you.
Come and take possession of my whole heart and soul,
And teach me the heavenly art of love.
Let your sacred fire of love ever burn in the altar of my heart
Let nothing be able to extinguish it,
And let nothing in life or death ever separate me from your love.
Amen

("Garden of the Soul" – Bishop Richard Challoner)

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

Week Four: Our Faith

Let nothing disturb you,
nothing frighten you;
all things are passing,
God never changes.
Patient endurance
attains to all things;
who God Possesses
in nothing is wanting;
alone God suffices.

(St Teresa of Avila)

Oh God, you are both the light and the guide of those who put their trust in you. Grant us in all our doubts and uncertainties the grace to ask what you would have us do; that the Spirit of wisdom may save us from all false choices, and that in your light we may see light; through Jesus Christ our Lord.

(William Bright)

Lord, I believe in you; help me when I doubt.
I love you, yet not with a perfect heart as I would like;
I trust in you, yet not with my whole mind.
Accept my faith, my love and my trust in your eternal love for me.

Amen

(Malcolm Spencer)

“Now Thomas, one of the Twelve, was not with the disciples when Jesus appeared to them. So the other disciples told him, “We have seen the Lord!” But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were and put my hand into his side, I will not believe it.” A week later his disciples were in the house again and Thomas was with them. Though the doors were locked, Jesus appeared and stood among them and said, “Peace be with you!” Then he said to Thomas, “See my hands. Reach out your hand and put it into my side. Stop doubting and believe.” Thomas said to him, “My Lord and My God!” Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

(John 20: 24 – 29)

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.

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

Week Five: Our Family

Gentle God,
grant that at home where we are most truly ourselves,
where we are known at our best and worst,
we may learn to forgive and be forgiven.
Amen

(A New Zealand Prayer book)

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 now and for eternity;
and we ask your blessing on all our relationships
in the families of our homes, our churches, and our communities.
Amen

(Angela Ashwin)

Oh God, our heavenly Father, from whom every family in heaven and on earth is named: we
entrust to your loving care the members of our families, both near and far.
Supply their needs; guide their footsteps; keep them in safety of body and soul; and may your
peace rest upon our homes and upon our dear ones everywhere.
Amen

(Frank Colquhoun)

Pour your love on our family
and on all those who give so much of themselves through their care for us.
Help us to appreciate their gifts and their generosity in sharing them; help us to learn from them.
May we be able to help others and learn how much you love them through your Son, Jesus Christ
our Lord.
Amen

(Downside Abbey)

For my mother who raised me at her breast;
And for my father who raised me through his hard work;
I trust in the son of God when they enter his presence
That there will be a hundred thousand welcomes for them in the peace of heaven.
Amen

(Traditional Irish Blessing)

Week Six: Prayers for the Sick

Lord,
we pray for all that are weighed down with the misery of suffering.
Reveal yourself to them as the God of love,
who yourself bear all our suffering.
Amen

(George Appleton)

Father,
we pray that we may live cheerfully and patiently and positively in both sickness and in health.
We bring before you all who are sick and all who care for them.
Bring healing to those we know who are ill, afraid or worried.
We think of those who suffer from constant sickness or weakness
and those who may never get well.
Father, be with them all, and be with us.
Amen

(Nicholas Hutchinson)

Lord,
comfort the sick, the hungry, the lonely and those who are hurt and shut in on themselves,
by your presence in their hearts.
Use us to help them in a practical way.
Show us how to set about this and give us strength, tact and compassion.
Teach us how to be alongside them,
and how to share in their distress.
Make us open to them and give us courage to suffer with them, and that is in so doing we share
with you in the suffering of the world for we are your body on earth and you work through us.
Amen

(Etta Gullick)

“They came to Bethsaida and some people brought a blind man and begged Jesus to touch him. He took the blind man by the hand and led him outside the village. When he had spat on the man’s eyes and put his hands on him, Jesus asked, ‘Do you see anything?’ He looked up and said, ‘I see people; they look like trees walking around.’ Once more Jesus put his hands on the man’s eyes. Then his eyes were opened, his sight was restored and he saw everything clearly.”

(Mark 8:22 – 25)

The ancient Greeks discovered that the bark of the willow tree provided medicine. Native Americans made the same discovery. It is the salicylic acid in the bark of the willow tree that counters fever and pain. A German chemist, Felix Hoffman produced a slight variation of this acid that is not as irritating to the stomach. He called this variation ASPIRIN.

We know that aspirin is one of the medicines that may be taken for pain. Those who suffer from arthritis and rheumatism sometimes take it and it is helpful for those with long term heart problems. Research has shown that it also helps reduce the risk of some forms of cancer.

Let us pray that people be inspired to appreciate what is good and beneficial around them. May we pray that your creation can provide the answers to our on-going medical questions.

(Nicholas Hutchinson)

Week Seven: Getting on with Others

God our Father,
May all our life experiences lead us to grow as people who always put love into all that we do.
May we live in such a way that our attitude and words and actions reflect to all people their own value, dignity and self-worth, helping people to feel wanted and appreciated for who they are.
Amen

(Nicholas Hutchinson)

Dear Father in heaven,
Let us be peacemakers:
more ready to call people friends than enemies,
more ready to trust than to mistrust,
more ready to love than to hate,
more ready to respect than despise,
more ready to serve than be served,
more ready to absorb evil than to pass it on.
Dear father in heaven,
let us be more like Christ.
Amen

(The Mother's Union Anthology of Public Prayers)

Lord Jesus,
You have taught us that we can only be forgiven as we ourselves forgive:
help us to bear continually in mind our own shortcomings and our many failings.
If we remember the injuries we suffer and never deserved, help us to remember the kindness we received and never earned, and the punishments we did deserve and never suffered.
Help us to be thankful for your unfailing mercies and those of other people.
Amen

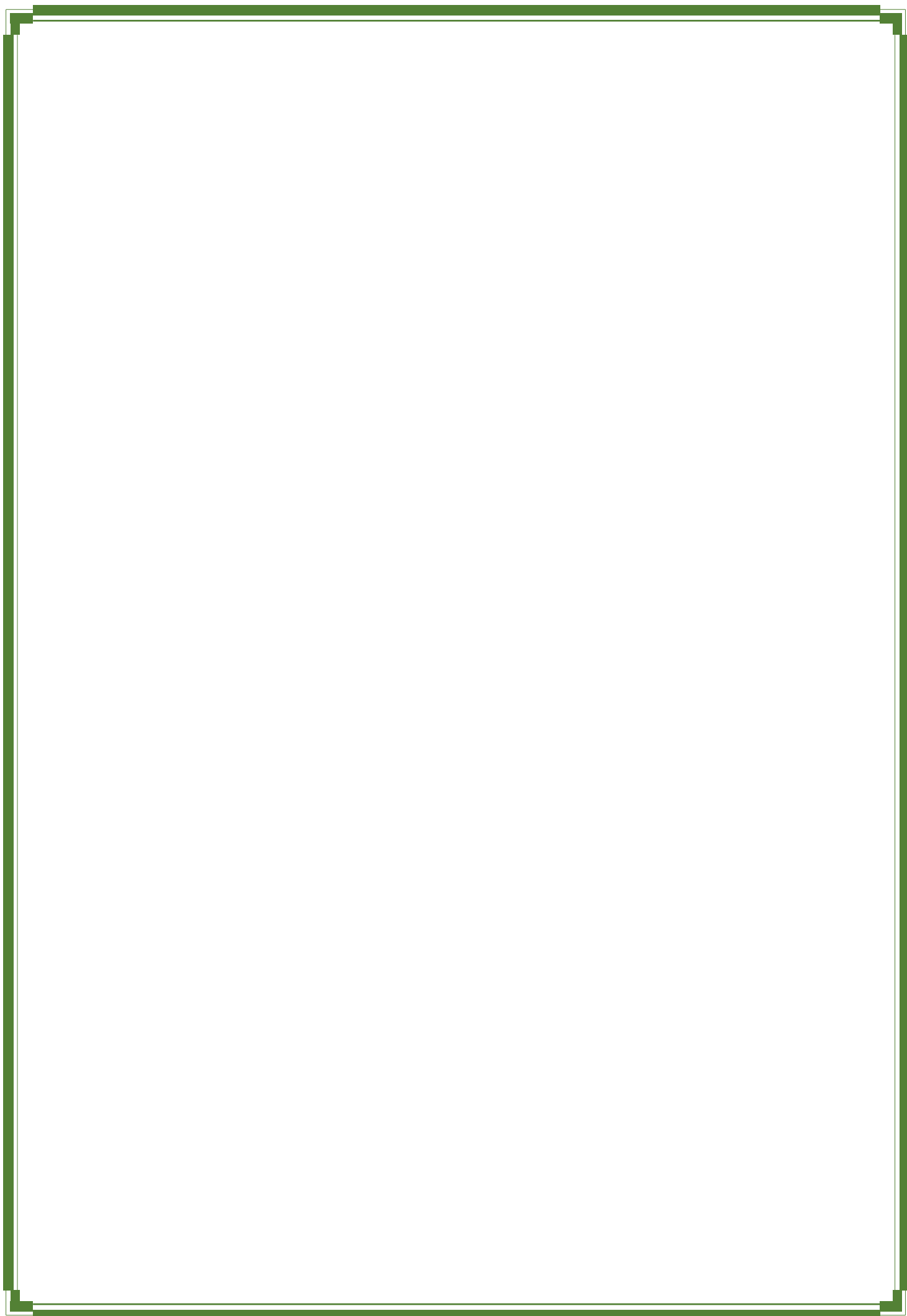
(Eric Milner White and G.W. Briggs)

Give us a sense of humour Lord and also things to laugh about.
Give us the grace to take a joke against ourselves,
and to see the funny side in the things that we do.
Save us from annoyance, bad temper and resentment against our friends.
Help us to laugh in the face of trouble.
Fill our minds with the love of Jesus; for his name's sake
Amen

(A. G. Bullivant)

O God,
you have bound us together in this bundle of life:
Give us grace to understand how our lives depend upon the courage,
the industry, the honesty and integrity of others;
that we may be mindful of their needs,
grateful for their faithfulness and faithful in our responsibilities towards them.
Amen

(Reinhold Niebuhr)



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.