



Autumn 2022 – Week 7

Morning Prayers



Dates of Interest this week – 17th to 21st October

- 9th to 16th October – International Week of Prayer for Prisoners
- 16th October – 29th Sunday of Ordinary Time
- 16th October – World Food Day
- 17th October – St Luke
- 17th October – International Day for the Eradication of Poverty
- 18th October – World Menopause Day
- 22nd October – St John Paul II
- 23rd October – 30th Sunday of Ordinary Time
- 24th October – United Nations Day
- 28th October – St Simon and St Jude
- 30th October – 31st Sunday of Ordinary Time
- 1st November – All Saints Day
- 2nd November – All Souls Day

Chaplaincy on Social Media

["From a School Chaplain" on Facebook](#)

["Prayerful Pause" on YouTube](#)

["RC Chaplaincy" on Twitter](#)

["RCChaplaincy" on Instagram](#)

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/chaplaincy, or both.

[Guidance on best practice for Morning Prayer can be found here.](#)

[A selection of Catholic Prayers to use in Morning Prayer can be found here.](#)

Prayers for Morning Worship – 17th to 21st October

Theme for the week – 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)



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. 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

