



Spring 2023 – Week 4

Morning Prayers



Dates of Interest this week – 23rd to 27th January

- 22nd January – 3rd Sunday in Ordinary Time (Sunday of the Word of God)
- 24th January – St Frances de Sales
- 24th January – International Day of Education
- 25th January – Conversion of St Paul
- 25th January – Burns Night
- 26th January – St Timothy and St Titus
- 27th January – St Angela Merici
- 27th January – Holocaust Memorial Day
- 28th January – St Thomas Aquinas
- 29th January – 4th Sunday in Ordinary Time

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 – 23rd to 27th January

Theme for the week – For Our Friends

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 of life.
Save us from annoyance, bad temper,
or resentfulness against our friends.
Help us to laugh even in the face of trouble;
and fill our minds with your love Amen

(Frank Colquhoun)

Teach us to remember that all our lives depend upon the work and kindness of many people, and we pray that we may live thankfully and in unity as members of one family; through Jesus Christ our Lord. Amen

(Timothy Dudley Smith)

May God surround you in every step you take.
Let him walk before you to clear a path for you to walk through life in his love, warmth and grace.
Let him walk behind you to keep your heart open to remember happy times and good friends.
Let him walk above you to always remind you that you are cherished by him and a special gift, as no other. May there be peace within you, Today and every day of your life. Amen

(Rhinda Nelson)

Lord, inspire me each day to live positively and cheerfully,
living in such a way that I express thanks and encouragement to others,
so that together we may bring out the best in each other. Amen

(Nicholas Hutchinson)

May there always be work for your hands to do;
may your purse always hold a coin or two;
may the sun always shine on your windowpane;
may a rainbow be certain to follow each rain;
may the hand of a friend always be near you;
may God fill your heart with gladness to cheer you.
Amen

(Traditional Irish friendship blessing)



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

