



Spring 2023 – Week 7

Morning Prayers



Dates of Interest this week – 20th to 24th February

- 19th February – 7th Sunday in Ordinary Time
- 19th February – World Day of Prayer for the Unemployed
- 20th February – World Day for Social Justice
- 21st February – St Peter Damian
- 21st February – Shrove Tuesday – Pancake Day
- 21st February – International Mother Language Day
- 22nd February – Ash Wednesday
- 25th February – St Ethelbert
- 26th February – 1st Sunday of Lent

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 – 20th to 24th Feb

Theme for the week – The Start of Lent

Here, Lord, is my life.
I place it on the altar today.
Use my life as you will.

(Albert Schweitzer)

Ashes remind us of the deadly things in our lives – when we choose death and not life by being selfish. Ashes remind us that we need to die to selfishness so as to mature and grow in Christ. The ashes are a sign that have been used for over 2,000 years, a sign that we want to make some changes in our lives. We want to ‘turn over a new leaf’, leave the past behind us and make a new start. Lent is a time for sorting out our priorities. Lent offers the opportunity to make a new start and believe in God’s love for us. When ashes are given, we sometimes hear these words: “Turn away from sin and believe in the gospel”. We think of the choices we make and we believe more fully in God’s love for us.

(Nicholas Hutchinson)

Lord Jesus, as Lent begins, we ask for the power of your Spirit, that we may become more thoughtful towards others, more honest with ourselves, and more faithful to you.
Help us to walk in your presence and grow as the people you want us to be.

(Nicholas Hutchinson)

Lord,
I’m not much good at giving things up.
It seems a good 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 in to temptation.
I want to wake up on day forty of Lent, and look in the mirror
and feel that 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)

“Then Jesus was led by the spirit into the desert to be tempted by the devil. After fasting for forty days and nights, he was hungry. The tempter came to him and said, “If you are the son of God, tell these stones to become bread”. Jesus answered, “It is written: man does not live on bread alone, but on every word that comes from the mouth of God”. Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the son of God, throw yourself down. For it is written : he will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone”. Jesus answered him, “It is also written, do not put the Lord your God to the test”.

Again the devil took him to a very high mountain and showed him all the kingdoms of the world in their splendour. “All this I will give you”, he said, “if you will bow down and worship me”. Jesus said to him, “Away from me Satan, for it is written: worship the Lord your God and serve him only”. Then the devil left Jesus and angels came and tended him. (Matthew 4: 1-11)



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

