



*Year One*  
*Prayer and progression*  
*Booklet*

# Our Mission at St Wilfrid's

Working hand in hand with home,  
Parish and wider community, St  
Wilfrid's School family will nurture,  
respect and value each individual, as  
we learn and love on our journey with  
Jesus by living the Gospel in the Spirit  
of Love and Respect.

## The sign of the cross

In the name of the Father

And of the Son

And of the Holy Spirit

Amen

## Morning Prayer

Good morning, Lord

We praise your Holy name

And thank you for giving us this lovely new day.

Amen

## Lunchtime Prayer

Thank you for the world so sweet,

Thank you for the food we eat,

Thank you for the birds that sing,

Thank you, God, for everything.

Amen

## Home time Prayer

Now the day is over, we lift our hands and say,

Thank you Heavenly Father for today.

We are sorry for the wrong things,

But glad about the right,

Keep us Heavenly Father,

In your love tonight.

Amen

## Glory Be

Glory be to the Father,

And to the Son,

And to the Holy Spirit,

as it was in the beginning,

is now, and every shall be,

world without end.

Amen

## Our Father

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.  
Amen.

## Hail Mary

Hail Mary, full of grace. The Lord is with thee.

Blessed art thou amongst 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.