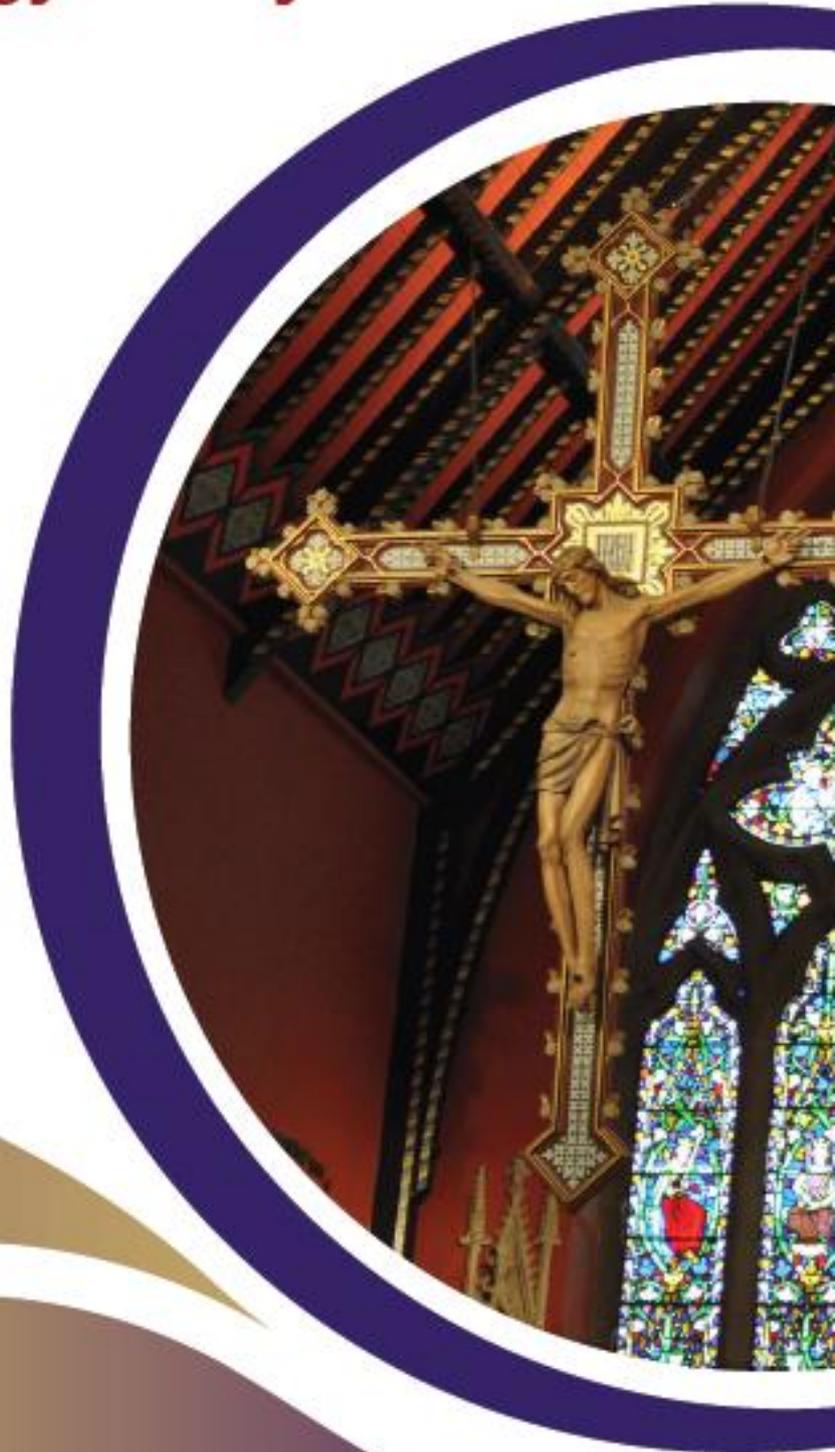




DIOCESE OF **Hexham & Newcastle**  
DEPARTMENT FOR EDUCATION

## **Prayer and Liturgy Policy**





St. Joseph's Catholic Academy, Hebburn.



### **Prayer and liturgy policy**

*Inspired by God's love, we empower every member of our community to 'let their light shine'.*

#### **1. The context of this prayer and liturgy policy**

'The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the school community to become reflective, experience the presence of God and should develop a mature spiritual life.' (Marcus Stock (2012), Christ at the Centre, Catholic Truth Society, 23.)

#### **2. Statement of requirement**

The law requires all maintained Catholic schools to provide an act of daily collective worship (prayer and liturgy) for all pupils, including those in the sixth form (Section 70, 1988 Education Act) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (School Standards and Framework Act 1998, schedule 20; Instrument of Government, clause 2). Academies in England are required by their funding agreement and Articles of Association to comply with similar requirements (The Mainstream Academy and Free School: Supplemental Funding Agreement, December 2020; Model Articles for Catholic Academies, February 2019).

The law requires all maintained schools to recognise and respect that parents have the legal right to withdraw their children up to the age of 16 from prayer and liturgy (School Standards and Framework Act 1998, s.71(1A)). Sixth-form pupils can choose to withdraw themselves from prayer and liturgy (School Standards and Framework Act 1998, s.71(1B)).

The school's provision for prayer and liturgy will fulfil pupils' entitlement to experience the range of liturgical treasures of the Church, including a shared repertoire of prayers and liturgical music with which pupils in the school will be familiar.



Prayer and liturgy are not designated curriculum time. In the context of the Catholic school, this means that times of prayer and liturgy are not considered to be part of the allocation of curriculum time for Religious Education.

### **3. Diocesan Bishop directive**

The Prayer and Liturgy Directory refers to the norm at all Masses that only those who normally receive Holy Communion at Mass be invited to proclaim the Word of God. It continues that on exceptional occasions and for a just cause the Diocesan Bishop will give permission for a Christian from another denomination to proclaim scriptures at Mass.

“As an exception to the norms and when there is a pastoral just cause exercised on his behalf by the Headteacher, the Bishop gives permission for children from other Christian denominations to read the scriptures at school Masses. Permission is also given for baptised Catholics who have not received First Holy Communion, and are of sufficient maturity, to read the scriptures at school Masses. Children of other faiths are welcome to actively participate in school Masses and liturgies in keeping with The Prayer and Liturgy Directory. A just cause may also be applied due to the diversity of faith backgrounds in a school, cohort or the age profile of those attending a Mass.”

### **4. Responsibility**

#### **(a) Governance**

The governors, as guardians of the Catholic school’s life and mission, have a responsibility to ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is a named person(s) who is responsible for prayer and liturgy in the school (the Prayer and Liturgy Coordinator)
- the prayer and liturgy policy is updated regularly and shared with all stakeholders
- there is a budget for prayer and liturgy that reflects its centrality to the life of a Catholic school.

#### **(b) Headteacher**

The headteacher, as the spiritual leader of the school as a Catholic community, ensures that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- they work in partnership with the leader(s) for prayer and liturgy
- those responsible for prayer and liturgy in the school have been given appropriate training and formation to ensure that all guidance is followed and adhered to
- there are suitable resources for prayer and liturgy in the school.



### **(c) Prayer and Liturgy Coordinator**

Those responsible for prayer and liturgy ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is an Annual Plan of Provision for prayer and liturgy across the school year which identifies liturgical seasons and key celebrations, as well as opportunities for the celebration of the Sacraments.
- there is daily planned prayer for all pupils, appropriate to age and ability (see appendix 1), as outlined in the Prayer and Liturgy Directory
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, delivery and evaluation of prayer and liturgy according to their age and capacity, and in a manner which facilitates their progressive participation
- resources to support the planning of prayer and liturgy are appropriate and readily available to staff and pupils
- induction on prayer and liturgy takes place for new members of staff as required
- staff have access to effective training and formation opportunities
- monitoring and evaluation of prayer and liturgy take place regularly and feed back into planning for future liturgies
- monitoring of prayer and liturgy is reported to the headteacher and governing body to support whole-school development and the Catholic life of the school
- there is collaboration with local clergy and parishes
- liaison with the Diocesan Department for Education and others is maintained to ensure they keep updated with best practice



## 5. Overview of prayer and liturgy provision

Prayer and liturgy at St. Joseph's are central to our spiritual community. Prayer is both the 'Alpha and Omega' of every student and staff members' day, and students have a significant range of opportunities to engage in liturgy throughout their time here at St. Joseph's as outlined below.

### Morning Collective Worship in tutor time

Every tutor period begins with morning prayer which are created centrally by the prayer and liturgy co-ordinator and disseminated to all staff via the daily tutor dashboard to ensure consistency of prayer. The prayers follow these five key styles ensuring that all students and staff are immersed in a variety of rich and diverse prayer traditions each week. The five prayer styles are as follows:

- Monday – Gospel Reflection Mondays.
- Tuesday – Silent prayer Tuesdays.
- Wednesday – Prayer Warrior Wednesdays. (These are student written and student-led. Each tutor group has a weekly student-led prayer rota).
- Thursday – Creative or Musical prayer Thursdays.
- Friday – Cultural prayer Fridays.

### 2:58 prayer

To conclude every school day all students and teaching staff end with our school prayer. This gives us, as a community, a moment to pause, gather our thoughts, and invite God to guide us in living out the values we share. In praying together, we ask for the strength to work hard, support one another, use our gifts well, and grow into the people God calls us to be. It reminds us that learning is not only about knowledge, but also about faith, friendship, respect, and peace, both within our school and in our families.

We believe every student should start and end the day in a state of grace.

### Tutor time Celebrations of the Word

Every tutor group in Years 7-10 and 12-13 works together once per year as a tutor group to plan, organise and celebrate their own student-led Celebration of the Word. These are either celebrated in their tutor room or in the school chapel. The school's prayer and liturgy co-ordinator comes to launch the planning and discuss with students' possible ideas. Then, students have two weeks to work together during form and PSHE time to create their student-led Celebration of the Word before celebrating it together. The rota for the Celebrations of the Word is prepared each term and students work to prepare and celebrate these on



rotation. Students then reflect on how these services impacted them before submitting their reflections to the prayer and liturgy co-ordinator for review.

### Morning Collective Worship assemblies

House and Year group assemblies at St. Joseph's are an act of Collective Worship and as such follow the guidance and structure proposed by the Diocese. Every assembly includes:

- We Gather
- We Listen
- We Reflect
- We go forth

Staff accompany their students in this worship and as such sit with their tutees to partake in the service. Every assembly must be rooted in scripture. This is either linked to the Gospel readings of the week or, if more appropriate, linked to an appropriate scriptural theme. The prayer and liturgy co-ordinator quality assures the provision and implementation of these assemblies every week and meets termly with both the AHT for attendance and assemblies and the HT to discuss our action plans for improvements. Staff who run assemblies are offered annual CPD on the format of a Collective Worship assembly and offered support for choosing appropriate scripture, music and prayers for the service.

### Weekly voluntary Collective Worship

Every week we run two services open to all students and staff in our school chapel:

- Tuesday – Adoration of the Blessed Sacrament – Every Tuesday breaktime we offer students and staff the opportunity to attend weekly adoration of the Blessed Sacrament. This is an opportunity for students to come and spend time before the Lord and be inspired by St. Carlo Acutis who said that “when we come before the Eucharist, we become saints.”
- Friday – Funky Friday Fellowship – Before school every Friday morning 8:15-8:30am we give students and staff the opportunity to attend Funky Friday Fellowship. This is a lively worship service held in our chapel of uplifting contemporary worship music, dancing, Gospel readings, prayer writing and fellowship.

### Staff briefings and reflections

Every Monday at 8:20am all staff gather in the main hall for a spiritual reflection as part of their weekly staff briefing. There is a staff reflection rota and different staff volunteer to lead worship in different styles every week.

Every whole-school CPD/staff meeting also begins with school prayer and reflection.



### Mass

We endeavour to offer Mass in St. James' church as often as we can depending upon clergy commitments. Every year we offer the following:

- Whole staff start of year commissioning Mass: This allows us to bless all staff and spiritually nourish them in their vocations for the year ahead. This Mass also includes a special commissioning blessing for new staff joining St. Joseph's led by Fr. Simon.
- Year 7 welcome Mass: Prepared for and planned by students.
- Year 12 welcome Mass: Prepared for and planned by students.
- A KS3 Advent Mass
- A KS4 Lent Mass
- A KS5 Lent Mass
- End of Year 7 Mass.
- End of Sixth Form Mass.

In addition to this we offer smaller-class Masses on a rota linked to the availability of Fr. Andrew Shaw. These are booked on a termly basis and offered to KS3, 4 and 5 students.

During moments of great joy or sorrow we also offer special Celebrations of the Word for key moments such as the passing of Pope Francis or for Remembrance. These are created and celebrated at any key moments of joy or sorrow.

### Spirituality Days

On the last day of every term, we drop the whole school curriculum to celebrate key moments of our faith. Every house comes together for the Advent, Easter and Summer spirituality days whereby all students partake in the following rotations:

- A house-led Celebration of the Word in St. James' church.
- A spiritual development session
- An ethos-building challenge in tutor groups.
- A kinaesthetic quiz.

These days all have a different theme and help students, tutor groups and houses to bond together and reflect spiritually upon key moments in our liturgical year.

### Reconciliation



We ask Fr. Shaw to offer reconciliation to our students in both Advent and Lent and by appointment when requested by students and staff.

### CPD on Collective Worship

All new staff attend a programme of Collective Worship and Catholic Life and Mission CPD bespoke to St. Joseph's across their first year at St. Joseph's. This training is mandatory for new staff and open to all staff who would like a refresher. The training covers bespoke topics including:

1. What does it mean to work in a Catholic school?
2. Catholic RSE
3. Leading Collective Worship as a form tutor.
4. Leading Active and Charismatic styles of prayer.
5. Embedding silent prayer and meditation.
6. Faith across the curriculum spectrum.
7. Spiritual wellbeing and recharging yourself spiritually.

The modules are delivered through 3 x 1.5-hour CPD sessions per year and staff receive a certificate for completion of all seven modules.

### Pray like a ...

In KS3 new lessons have been embedded into the new RED (2023) called 'pray like a...'. This was inspired by the trusts' 'write like a...' policy we felt it would be great to give students a termly opportunity to explore different styles of prayer in the Catholic tradition as well as understanding prayer from other faith traditions too.

In these lessons students get to actively experience everything from 'prayer mimes' and 'Benedictine prayer walks' through to silent adoration, the rosary and emoji prayers.

### Celebrations of the Word and soaking prayer Adoration

In addition to planning and delivering Celebrations of the Word in tutor time, time is also built into the RE curriculum to allow students in KS3 and KS4 the opportunity to create student-led and student-planned Celebrations of the Word. We link these to the topics being studied as part of the RED such as when looking at the Hunger cloths and Jesus helping those on the margins in year 8, students create their own Hunger cloths for their Celebration of the Word. RE teachers help students to come up with ideas and prepare for their Celebration of the Word and then they celebrate it with them in the chapel or RE classroom.



Students across KS3, KS4 and KS5 have the opportunity during RE lessons to also experience soaking prayer and adoration in the school chapel. These sessions last twenty minutes and allow students time to reflect in stillness upon their own personal prayer intentions.

### The EVENT

Starting on their transition days through to in-school retreats during their time here, students experience the in-school *EVENT* retreat worship experience which is a session of faith, fellowship and friendship. Students worship through dance, music, drama, creative prayer and liturgical games. This was something we started for the diocese in 2016 and have kept as a worship experience for our students in school.

### Collective Worship provision for students of other faith traditions

At St. Joseph's we are truly passionate about providing for the faith needs of students from other faith traditions. To do this, we have established the following:

- 2:58 prayers or cultural prayer Fridays that celebrate key religious festivals in other world religions.
- Invite faith speakers in from other faith traditions to meet with students including: Jaswinder Singh (Sikhism), Deanna Vanderwelde (Judaism), Wendy Gray (Buddhism), Aliyah Abassi (Islam).
- Established a room for students of other faiths to use as a multi-faith prayer space in D-block.
- Established a world faiths council for students to discuss ideas of how we can better provide for the worship needs of other faith traditions.

### Reflections for parents and staff

Every week we send out a 'Family Update' newsletter for parents and the community. This begins with a spiritual reflection and prayer on the Gospel for that Sunday's Mass linked to our school community. This is written by us to help share our faith with parents as first educators of our fantastic young people.

Staff also receive a prayer and spiritual reflection every week in their weekly staff bulletin which is disseminated to all staff on a Friday afternoon. Again, this reflects upon the Gospel message for the week and links to the spiritual needs of our staff each week.

### Bespoke prayers for St. Joseph

At St. Joseph's our school anthem is Rend Collective's 'My Lighthouse'. From students' first transition day through to Sixth Form, students reflect upon and sing and dance to this wonderful contemporary hymn. We are reminded that Jesus is our spiritual lighthouse, always guiding us and inspiring us along our spiritual journeys.



The school prayer was written and designed by our student body. Students reflect regularly upon the key words behind this, and we say it half-termly as part of our 2:58 prayer cycle.

Each of our six houses have their own house prayer. These were written by students in 2022 as part of a prayer writing competition and students use these in Collective Worship assemblies.

### Sacred Space initiative

In addition to having access to St. James' church on site, we have recently renovated our school chapel. We regularly take classes or tutor groups in for Celebrations of the Word. We have also recently installed a tabernacle in Spring 2025. The chapel is also used for weekly adoration and Funky Friday Fellowship and remains open everyday for staff and students to enter if they need time for personal reflection.

Every classroom has a sacred space inside it. These are designed by form tutors and students help to create prayer displays for them. Each classroom also has its own departmental saint or holy person, according to which department the classroom is based in e.g. St. Carlo Acutis for IT through to St. Homobonus for Business Studies.

## **6. Resourcing**

Prayer and liturgy are central to the school's understanding of itself as a Catholic school, and this is reflected in the annual budget allocation and available resources, including staff time, chaplaincy provision, and dedicated spaces for prayer and liturgy. The Catholic character of the school is reflected in religious artefacts and images on display throughout the building. Dedicated spaces for prayer and liturgy will be furnished and maintained as such, and updated to reflect the Church's liturgical season. Staff training and formation costs will be funded separately to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.

## **7. Training and formation**

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as required.

## **8. Monitoring and evaluation**



Monitoring and evaluation of the quality and impact of prayer and liturgy will take place regularly, and at least annually, and involve all key stakeholders: pupils, parents, staff, clergy, and governors. Areas for development will be identified and issues raised will be actioned and evidenced as appropriate

## **9. Review**

The policy will be reviewed as part of the regular cycle of policy review conducted by the governors.

This prayer and liturgy policy has been approved and adopted by the governing body on [enter date] and will be reviewed on [enter date].

Signed by the Chair of Governors

Signed by the Headteacher:



## Appendix 1

### Common prayers

This list is introduced in section 7.10 of the directory.

Age phase	5-7 (KS1)	7-9 (Lower KS2)	9-11 (Upper KS2)	11-14 (KS3)
Prayers	The Sign of the Cross The Lord's Prayer Hail Mary Glory be Grace before meals Grace after meals	The Apostles' Creed An Act of Contrition Angel of God Come, Holy Spirit The Prayer of St Richard of Chichester	Morning Offering The Rosary The Magnificat Act of Faith Act of Hope Act of Love	The Benedictus The Angelus Hail Holy Queen The Memorare Jesus, Mary and Joseph, I give you Eternal Rest

### The Sign of the Cross

In the name of the Father  
and of the Son  
and of the Holy Spirit. Amen.

*The sign of the cross is both an action and a statement of faith.  
A physical reminder of our redemption in the cross and an expression of faith in the Trinity.*

### 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.

*The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)*

### The 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.

*The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.*

### **Glory be to the Father**

Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning  
is now, and ever shall be  
world without end. Amen.

*The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.*

### **Grace before meals**

Bless us, O Lord, and these your gifts  
which we are about to receive from your bounty.  
Through Christ our Lord. Amen.

### **Grace after meals**

We give you thanks, Almighty God,  
for all your benefits,  
who live and reign, world without end.  
Amen.

### **The Apostles' Creed**

I believe in God,  
the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

*At the words that follow, up to and including the Virgin Mary, all bow.*

who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;



on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

*Based on baptismal documents of the 8th century  
but related to texts of an earlier origin.*

### **Act of Contrition**

O my God,  
because you are so good,  
I am very sorry that I have sinned against you,  
and with the help of your grace  
I will not sin again.

*One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.*

### **Angel of God**

Angel of God,  
my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide. Amen.

*The prayer is based on one by Reginald of Canterbury in the early 12th century.*

### **Come, Holy Spirit**

V. Come, Holy Spirit, fill the hearts of your faithful.  
R. And kindle in them the fire of your love.  
V. Send forth your Spirit and they shall be created.  
R. And you will renew the face of the earth.

Let us pray  
O God, who by the light of the Holy Spirit,  
did instruct the hearts of your faithful,  
grant that by that same Holy Spirit,  
we may be truly wise, and ever rejoice in your consolation,  
Through Christ our Lord. Amen.

*This prayer is a compilation of a number of liturgical texts drawn from the  
Mass and Office of Pentecost and the Votive Mass of the Holy Spirit*

### **Prayer of St Richard of Chichester**



Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.  
O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen.

### **Morning Offering**

O Jesus,  
through the most pure heart of Mary,  
I offer you all my prayers,  
thoughts, works and sufferings of this day  
for all the intentions of your most Sacred heart.

### **The Rosary**

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

### **The Joyful Mysteries**

(Recited Monday and Saturday)

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

### **The Mysteries of Light**

(Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

### **The Sorrowful Mysteries**

(Recited Tuesday and Friday)

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)



The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

### **The Glorious Mysteries**

(Recited Wednesday and Sunday)

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

### **Prayer concluding the Rosary**

[Hail, Holy Queen, etc. as above]

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray.

O God, whose only-begotten Son,  
by his life, death and resurrection,  
has purchased for us the rewards of eternal life,  
grant, we beseech thee,  
that meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord.  
Amen

### **The Magnificat**

My soul proclaims the greatness of the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness;  
for behold, from this day forward,  
all generations will call me blessed.

For the Almighty has done great things for me,  
and holy is his name.

His mercy is from age to age  
for those who fear him.

He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.

He has cast down the mighty from their thrones  
and has exalted those who are lowly.

He has filled the hungry with good things,



and has sent the rich away empty.

He has helped his servant Israel,  
mindful of his mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end.  
Amen.

*Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55).  
It is sung daily at Evening Prayer*

### **Act of Faith**

My God, I believe in you  
and all that your Church teaches,  
because you have said it,  
and your word is true.

### **Act of Hope**

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and your power.

### **Act of Love**

My God, because you are so good,  
I love you with all my heart,  
and for your sake,  
I love your neighbour as myself.

### **The Benedictus**

Blessed be the Lord God of Israel:  
for he has visited his people and redeemed them;  
he has raised up for us a horn of salvation  
in the House of David his servant,  
as he spoke through the mouth of his holy ones,  
his prophets from ages past:

To grant salvation from our foes,  
and from the hand of all who hate us,  
showing mercy to our fathers,  
remembering his holy covenant;  
the oath he swore to Abraham our father,

To grant that freed from the hand of our foes,



we may serve him without fear  
in holiness and righteousness  
all the days of our life.

And you, little child, will be called  
the Prophet of the Most High,  
for you will go before the Lord  
to make ready his ways:  
to grant knowledge of salvation to his people  
by the forgiveness of their sins;

Through the tender mercy of our God,  
the Dawn from on high will visit us,  
to shine on those who sit in darkness,  
and those in the shadow of death;  
to guide our feet into the way of peace.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.  
Amen.

*The Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79).  
It is sung daily at Morning Prayer.*

### **The Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

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.

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.

Hail Mary.

V. And the Word was made flesh.  
R. And dwelt among us.

Hail Mary.

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray;  
Pour forth, we beseech thee, O Lord,  
thy grace into our hearts;



that we, to whom the Incarnation of Christ, thy Son,  
was made known by the message of an angel,

may by his Passion and Cross be brought to the glory of his Resurrection.  
Through the same Christ, our Lord.  
Amen.

*The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.*

### **Hail, Holy Queen (Salve Regina)**

Hail, Holy Queen, Mother of Mercy,  
Hail our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve. T  
o thee do we send up our sighs,  
mourning and weeping in this valley of tears!  
Turn, then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

*The Salve Regina is one of the Marian Anthems sung at Night Prayer*

### **The Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession, was left unaided.  
Inspired by this confidence I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come, before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy hear and answer me.  
Amen.

*A 16th-century version of a longer 15th-century prayer.*

### **Jesus, Mary and Joseph**

Jesus, Mary and Joseph, I give you my heart and my soul.  
Jesus, Mary and Joseph, assist me in my last agony.  
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

### **Eternal Rest**

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.  
May they rest in peace.  
Amen.

*Based on the Entrance Antiphon of the Mass for the Dead.*