St. Francis Catholic Primary School

Headteacher: Mrs C. Peear

ST. FRANCIS MISSION STATEMENT

Jesus said, '"love one another as I have loved you."

Our aim is to make St. Francis School a loving community, respecting every child and every adult, caring for God's world and helping each other to do our best as we grow together in Christ.

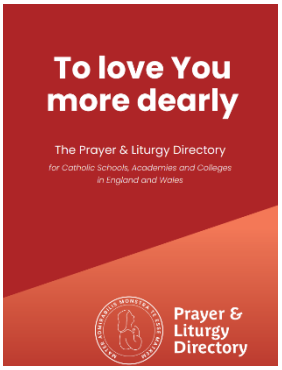
This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share in this commitment

PRAYER AND LITURGY POLICY

Document Detail	
Category:	Curriculum
Authorised By:	Curriculum and Pupil Related Committee
Chair of Governors Signature:	Mrs Katy Adams

Issue Date:	Autumn 2025
Approval Date:	Spring 2026
Date of Last Review:	Autumn 2026

1. The context of this prayer and liturgy policy



At St Francis Catholic Primary School, prayer, worship and liturgical celebrations are central to the life of our school and our Catholic nature. These allow our pupils and staff to come together to worship God. It is our loving response, in word and action, to God's invitation to enter into relationship, made possible through the work of Jesus Christ and the witness of the Holy Spirit. We encourage the children to experience worship and liturgical celebrations in a relevant and meaningful manner. We ensure that children are provided with opportunities to develop their spirituality and a close relationship with God through acts of worship. In developing a deep sense of spirituality, our children are prepared to live out their lives in accordance with their vocation.

'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.)

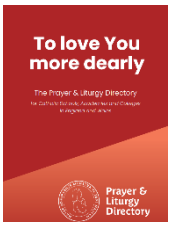
The Aims of Prayer & Liturgy

We believe that Prayer & Liturgy in our school should provide all pupils and staff with the opportunity to:

- enrich their religious experience
- grow in liturgical understanding and development
- experience a sense of belonging and develop community spirit
- participate fully
- reflect on spiritual and moral issues
- respond to and celebrate life
- contemplate something of the mystery of God.

2. Statement of requirement

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.



Legal requirements

Within maintained schools and academies, there is a legal requirement for an act of collective worship to take place daily. Those responsible for the governance of schools with a religious character are legally required to ensure that collective worship is provided and is in accordance with the trust deed or religious designation of the school. In Catholic maintained schools and academies, this daily requirement will be fulfilled variedly as described in this Directory. In schools where this legal requirement holds, parents can choose to withdraw their children up to Year 11. In all Catholic schools (maintained, academies, independent, non-maintained special, sixth-form colleges), prayer and liturgy are integral to the spiritual life of the school and to pupils' moral and spiritual development. Taking part in daily prayer and liturgy helps build community cohesion by creating a consistent structure around the core values and symbols of Christianity.

Prayer and liturgy are, therefore, an important part of a Catholic school's distinctive character. They are integral to the Catholic identity and life of the school, and they would take place in all Catholic schools, whether or not schools were required by statute to provide collective worship. Notably, too, pupil participation and engagement in prayer and liturgy are crucially important criteria in the diocesan inspection of Catholic education. Therefore, we have replaced the term 'collective worship' with the phrase 'prayer and liturgy', which more fittingly describes its role in a Catholic school. The bishop entrusts his responsibility for prayer and liturgy to the governors and headteachers. It is their responsibility to ensure that it is in accordance with the rites, practices, discipline, and liturgical norms of the Catholic Church.

3. 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 – Catherine Peear)
- 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 ***Overview of the School's Provision (Appendix 1)*** and the ***Annual Plan of Provision (Appendix 2)*** 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, as outlined in the ***Progression in Prayer Document (Appendix 3)***
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, and delivery 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 Advisory Service and others is maintained to ensure they keep updated with best practice.

4. Definition of Prayer and Liturgy

The Prayer and Liturgy Directory 'To love you more dearly' defines prayer and liturgy. Below are the definitions from the Directory.

Prayer
Prayer has been traditionally described as 'lifting up of the hearts and minds to God', which means it involves our whole person – our head as well as our heart. This definition expresses a fundamental understanding that God is concerned and interested about what goes on in our lives; is due our expression of thanksgiving and gratitude; and responds to us when we express our needs. This basic dynamic of recognition, thanksgiving, and intercession forms the core of all prayer and liturgy.

Celebration of the Word
As the time allotted to prayer lengthens and the number of people involved grows, there is a corresponding need for more formal structures. The term 'celebration of the word' is used in the Directory for celebrations which are created for the school community and not directly taken from the liturgical books of the Church. These celebrations will take many forms, but the common element is the proclamation of scripture. These include assemblies, carol services, and other gatherings of all or part of the school community for special times and occasions. They may draw upon elements of the liturgy, such as its texts, symbols, and gestures, which help to reinforce their Catholic nature, but the various elements may be used with greater creative freedom than in the liturgy itself.

Liturgy
The most familiar forms of the liturgy celebrated in school are the Mass and the Sacrament of Reconciliation. The liturgical books, such as the Roman Missal and the Lectionary, set out the structure to be followed, the words to be spoken, the gestures to be performed, and the symbols to be used when celebrating a liturgy.

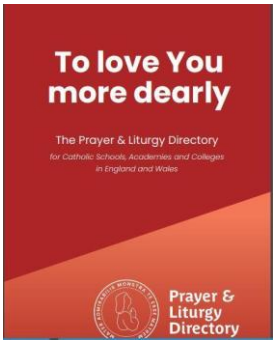
5. Overview of Prayer and Liturgy Provision

An overview of the provision given at St Francis can be seen in Appendix 1. It outlines when prayer and liturgy take place, and the daily and weekly pattern of prayer and liturgy offered in the school. It also includes when Mass is celebrated across the year, when there are opportunities for the Sacrament of Reconciliation, and when there are special liturgies.

The Annual Plan of Provision is included in Appendix 2 and gives a more detailed overview of the school's prayer and liturgy provision. It includes dates, which children are involved and who is responsible for the delivery.

1.

6. Prayer Progression Directory



There is a long tradition of Christians learning prayers and phrases of scripture by memory. This was not only the consequence of a pre-literate society, but a way to provide people with core texts which they could call upon when needed. We speak about learning prayers 'by heart' so that they can spring from the heart.

In Catechesi Tradendi St Paul VI wrote: *'The blossoms, if we may call them that, of faith and piety do not grow in the desert places of a memory-less catechesis. What is essential is that the texts that are memorised must at the same time be taken in and gradually understood in depth, in order to become a source of Christian life on the personal level and the community level'.*

This suggests that Catholic pupils not only learn common prayers but are helped to appreciate how each text draws them into a relationship with Jesus, so that these texts become a foundation for their ongoing prayer life. Care will need to be taken that prayers are introduced gradually according to each Key Stage, with sensitivity to the age, personal development, and capacity of the pupils within our school. Even where prayers are known by heart, there will be circumstances, such as in the celebration of the Sacrament of Penance and Reconciliation, where assistance might be necessary.

The prayers and responses of the Mass should be familiar to Catholic pupils. However, in the celebration of the liturgy, we hold a corporate memory of the texts. Prayers we may not be able to remember individually we are able to recite together with confidence.

At St Francis we believe it is important that pupils encounter a wide range of prayers during their time at school. We aim to provide pupils with the opportunity to become familiar with the common texts of the Catholic tradition, but also to help them appreciate that there are many ways of praying and many languages of prayer.

Our Progression in Prayer Document (Appendix 3) sets out the prayers and when they will be introduced to pupils.

At St Francis we provide a student prayer book for each child when they join school. It contains the prayers listed in the Progression in Prayer Document (Appendix 3), alongside other prayers including those relating to our school's patron, Saint Francis. The prayer book is given to students as a gift to be valued and to be used. It can be important to know some prayers by heart as well as to know where to turn to express in prayer the hopes and fears of growing in life and faith.

A copy of some of the prayers to be taught to pupils can be found in Appendix 4.

7. 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 in the classroom and in the central part of the school, 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.

The school subscribes to *Ten Ten*, an online resource, which supports the teaching of R.S.H.E. and provides resources for Collective Worship. Teachers have an approved list of resources which are deemed as good sources of materials for use during collective worship and prayer.

8. 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.

9. 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.

10. Review

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

Appendix 1 ***Overview of the School's Provision***

Overview of Prayer and Liturgy provision at St Francis Catholic Primary School				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Morning Prayer or School Prayer in the playground (or in class if wet weather) Y1 – Y6 Morning Prayer in class EYFS	Morning Prayer or School Prayer in the playground (or in class if wet weather) Y1 – Y6 Morning Prayer in class EYFS	Morning Prayer or School Prayer in the playground (or in class if wet weather) Y1 – Y6 Morning Prayer in class EYFS	Morning Prayer or School Prayer in the playground (or in class if wet weather) Y1 – Y6 Morning Prayer in class EYFS	Morning Prayer or School Prayer in the playground (or in class if wet weather) Y1 – Y6 Morning Prayer in class EYFS
Celebration of the Word: Whole school led by HT or In class led by teacher (alternate week's) Focus: Sunday's Gospel	Celebration of the Word: Whole school in class including prayer Pupil and class teacher led Focus: PPD/Liturgical year	Celebration of the Word: Whole School Hymn Practice Focus: Liturgical Year	Whole school In class prayer Focus: PPD/Liturgical year	Celebration Assembly EYFS & KS1 / KS2 assembly Focus: Liturgical year
Angelus in class 12 noon KS2 Introduced to Year 2 in summer term		Angelus in class 12 noon KS2 Introduced to Year 2 in summer term		Angelus in class 12 noon KS2 Introduced to Year 2 in summer term
Grace before meals in class EYFS – Y6	Grace before meals in class EYFS – Y6	Grace before meals in class EYFS – Y6	Grace before meals in class EYFS – Y6	Grace before meals in class EYFS – Y6
Evening prayer in class EYFS – Y6	Evening prayer in class EYFS – Y6	Evening prayer in class EYFS – Y6	Evening prayer in class EYFS – Y6	Evening prayer in class EYFS – Y6

Focus: PPD (Prayer Progression Directory)

Resources for Collective Worship: Ten Ten - Collective Worship, CAFOD, The Mark 10 Mission, The God Who Speaks, Mission Together

Mass and Reconciliation at St Francis Catholic Primary School 2025_26									
	R	Y1	Y2	Y3	Y4	Y5	Y6	Parents	Parishioners
Education Sunday Mass at Church 13/09/2026									
Class Mass 23/09/2026									
Feast of St Francis – School Feast Day Mass 02/10/2026									
Second Sunday Mass at Church 11/10/2026									
All Saints Mass at Church 01/11/2026 (During half term)									
Second Sunday Mass at Church 08/11/2026									
Class Mass 18/11/2026									
KS2 Reconciliation – Advent 08/12/2026									
Second Sunday Mass at Church 10/01/2027									
Ash Wednesday Liturgy 10/02/2027									
Second Sunday Mass at Church 14/02/2027									
Class Mass 03/03/2027									
Second Sunday Mass at Church 14/03/2027									
KS2 Reconciliation – Lent 18/03/2027									
Ascension Day Liturgy 06/05/2027									
Second Sunday Mass at Church 09/05/2027									
First Holy Communion Mass at Church (Year 4) 30/05/2027									
Second Sunday Mass at Church 13/06/2027									
St Peter & St Paul at Church 29/06/2027									
Leaver's Mass 07/07/2027									
Second Sunday Mass at Church 11/07/2027									

Holy Day of Obligation	Mass celebrated at School	Mass celebrated at Church within the Parish	Reconciliation at School

Special Celebrations at St Francis Catholic Primary School 2026_27								
	Rec	**Y1**	**Y2**	**Y3**	**Y4**	**Y5**	**Y6**	**Parents**
Nativity								
Christmas Carols and Readings								
The Passion								
May Procession for Mary								

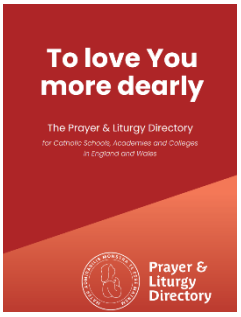
Appendix 2 *Annual Plan of Provision*

St Francis Catholic Primary School Annual Plan of Provision 2026 - 2027					
September		**October**		**November**	
1st	Staff Liturgy (INSET)	**2nd**	Feast of Saint Francis Mass	**1st**	All Saints Day
3rd	Whole School Liturgy for start of the year	**5th**	Gospel Assembly - Headteacher	**2nd**	All Souls Day- Whole School Assembly
7th	Gospel Assembly	**6th**	Rosary Club led by R.E. Ambassadors	**8th**	Second Sunday Mass at Church
13th	Education Sunday Mass at Church	**11th**	Second Sunday Mass at Church	**9th**	Gospel Assembly
14th	Gospel Assembly	**12th**	Gospel Assembly	**11th**	Whole School Remembrance Service
21st	Gospel Assembly	**13th**	Rosary Club led by R.E. Ambassadors	**16th**	Gospel Assembly
23rd	Class Mass at Church for Year 6 and Year 3	**19th**	Gospel Assembly	**18th**	Class Mass at Church for Year 5 and Year 2
28th	Gospel Assembly	**20th**	Rosary Club led by R.E. Ambassadors	**23rd**	Gospel Assembly
				30th	Gospel Assembly - Headteacher: 1st Sunday of Advent / St Andrew's Feast Day (30/11)
December		**January**		**February**	
7th	Gospel Assembly: 2nd Sunday of Advent	**4th**	Gospel Assembly	**1st**	Gospel Assembly
8th	KS2 Reconciliation Service with Father Jerold	**6th**	Whole School Feast of the Epiphany - Headteacher	**8th**	Gospel Assembly
8th	Year 5 & 6 confession with Father Jerold	**10th**	Second Sunday Mass at Church	**10th**	Ash Wednesday Liturgy
14th	Gospel Assembly- 3rd Sunday of Advent	**11th**	Gospel Assembly	**14th**	Second Sunday Mass at Church- Half Term
14th	Year 2 Nativity to school	**18th**	Gospel Assembly	**22nd**	Gospel Assembly
16th	Year 2 Nativity to parents	**25th**	Gospel Assembly		
16th	Year 3 and 4 Carols and Readings at Church				
25th	Nativity of the Lord				
March		**April**		**May**	
1st	Gospel Assembly / St David's Feast Day	**12th**	Gospel Assembly	**4th**	Rosary Club led by R.E. Ambassadors
3rd	Class Mass at Church for Year 4 and Year 1	**19th**	Gospel Assembly	**6th**	Ascension of the Lord Liturgy
8th	Gospel Assembly	**23rd**	Whole School Assembly for St George - Headteacher	**9th**	Second Sunday Mass at Church
14th	Second Sunday Mass at Church	**26th**	Gospel Assembly	**10th**	Gospel Assembly
15th	Gospel Assembly / St Patrick's Feast Day (17/03)			**11th**	Rosary Club led by R.E. Ambassadors
18th	KS2 Reconciliation Service with Father Jerold			**17th**	Gospel Assembly/ Pentecost (16/05)
18th	Year 5 & 6 confession with Father Jerold			**18th**	Rosary Club led by R.E. Ambassadors
22nd	Year 5 Passion to KS1 and Year 3			**20th**	Procession for Mary with Father
22nd	Gospel Assembly (Palm Sunday 21/03)			**24th**	Gospel Assembly/ Trinity Sunday (23/05)
24th	Year 5 Passion to Year 6, 4 and parents			**25th**	Rosary Club led by R.E. Ambassadors
26th	Good Friday (Easter Holiday)				
28th	Easter Sunday (Easter Holiday)				
June		**July**		**Continuous Provision for Prayer**	
7th	Gospel Assembly / Corpus Christi (06/06)	**5th**	Gospel Assembly	Daily Classroom prayer (morning, before lunch and end of day) Weekly Class Assemblies/Celebrations of the Word; Weekly Hymn Practice; Staff Meeting prayers; Termly staff liturgical formation.	
13th	Second Sunday Mass	**7th**	Year 6 Leaver Mass		
14th	Gospel Assembly	**11th**	Second Sunday Mass		
21st	Gospel Assembly	**12th**	Gospel Assembly		
28th	Gospel Assembly	**19th**	Gospel Assembly		
29th	Feast of St Peter and St Paul	**21st**	Whole School Assembly- End of School Year		
Key: Mass and Liturgy Reconciliation Holy Days of Obligation					

Appendix 3 ***Progression in Prayer Document***

Progression in Prayer Document for St Francis Catholic Primary School				
Age phase	**EYFS**	**5-7 (KS1)**	**7 -9 (Lower KS2)**	**9 – 11 (Upper KS2)**
Prayers	The sign of the cross Morning prayer Lunchtime Prayer Evening Prayer	School Prayer The Lord's Prayer Hail Mary Glory be Grace before meals Grace after meals	The Rosary The Prayer of St Richard of Chichester The Apostles' Creed An Act of Contrition The Angelus Angel of God Come, Holy Spirit	Morning Offering The Magnificat Act of Faith Act of Hope Act of Love

Appendix 4 *Prayers*



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.

Morning Prayer

O my God you love me,
You're with me night and day,
I want to love you always,
In all I do and say.
I'll try to please you father,
Help me through the day.
Amen.

Lunchtime Prayer

Bless us O Lord as we sit together.
Bless the food we eat today,
Bless the hands that made the food.
Bless us O Lord.
Amen.

Evening Prayer

God our Father we come to say,
Thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guard me in the dark of night and in the morning send your light.
Amen.

School Prayer

God our Father
Guide us as we work together.
Help us to listen to each other,
To be kind to each other
And to learn from each other.
Help us to give and take gladly
Because we are together,
Your children in your world.
Amen
St Francis pray for us.

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

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 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

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.

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.

The Apostles' Creed

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

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.

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.

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 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.

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.
To 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.*

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.