

# Hope

## MORNING PRAYER

Monday

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

### REFLECTION

On Saturday the Church celebrated the Solemn Feast of the 'Immaculate Conception' of Our Lady.

This is the feast which gives the story of the Fall of Adam and Eve a happy ending.

As human beings, we can't really help falling like Adam and Eve, because we are weak creatures, living away from God. But woven into the tragic story of the Fall, we also read that from the beginning, God had sowed the seed of a happy ending. From the beginning, God had a new Eve in mind; a woman who would undo the fall of humanity by bringing about the fall of Satan; a woman who would strike the head of Satan with her heel.

We believe that this new Eve is Mary.

So from the beginning of time, Mary was in the mind and heart of God as the perfect remedy to human weakness;

Mary was conceived as the spotless woman who would give God the Son human features.

This is what we celebrate on the Feast of the Immaculate Conception. It is the Feast of human hope.

### PRAYERS

Let us ask Mary, conceived without sin, to pray for us.

**Hail Mary....**

In the name of the Father...

# Hope & Immaculate Conception

Tuesday

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

## REFLECTION

If Mary brings the hope of salvation into human history, we also believe that the virtue of Hope is a supernatural gift which we should pray to receive. Newman defined Hope as 'the making present of what is future, loosened from every tie that binds the soul to earth'

Hope is the gift that enables you to untie yourself from all the tragic and dark problems which seem to fill the newspapers and television pictures and daily life, and instead to look upwards, towards the promise of eternal happiness and true joy.

That is what God has in mind for you. It is God's Christmas present to you, if you pray for it.

So with the gift of hope, you can rise up above your difficulties, and unlock some of the joy which is in store for you, and bring it into the present.

## PRAYERS

Let us ask God to give us the gift of hope in abundance, so that we can already begin to experience the joy which he wants to share with us for eternity

Lord hear us. **Lord graciously hear us.**

Let us pray for those whom we are collecting this Advent, that they be given the gift of hope to overcome their difficulties.

Lord hear us. **Lord graciously hear us.**

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name...

# Hope & Immaculate Conception

Wednesday

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

## REFLECTION

The opposite of hope is despair.

Just as we imagine the gift of hope bringing light-heartedness and joy, so the absence of that gift means that we are liable to be dragged down and engrossed in darkness, where nothing can lift our spirits. Newman said: 'Take away the Light and we are utterly wretched, - we know not where we are, nor how we are sustained, nor what will become of us'

Today, the world is quick to describe these as symptoms of depression and call it a sickness, and try and treat it with drugs.

But depression isn't just a clinical sickness; it is a spiritual sickness, and for treatment, we should begin by paying a visit to church and praying for the gift of Hope, as well as paying a visit to the doctor or the psychotherapist.

## PRAYERS

Let us pray for those who are suffering from depression, especially those close to us in our school and at home; May they be given the gift of hope, and turn to God for help in their suffering.

Lord hear us...

Let us pray for those who have taken their own lives, in desperation for an end to their suffering; May their souls find light and peace in the merciful embrace of God.

Lord hear us...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

In the name of the Father...

## NOTICE

***Remember that the Advent collection will be taken tomorrow and on Friday to buy clothes and gifts for the homeless.***

# Hope & Immaculate Conception

Thursday

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

## ROSARY REFLECTION

Let us pray the Rosary today especially for those for whom we are collecting this Advent.

### **SECOND JOYFUL MYSTERY: THE VISITATION**

*Elizabeth was filled with the Holy Spirit  
and exclaimed with a loud cry,  
'Blessed are you among women,  
and blessed is the fruit of your womb.  
And why has this happened to me,  
that the mother of my Lord comes to me?*

1x 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....**

10x *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...*

1x *Glory be to the Father, and to the Son, and to the Holy Spirit. As it was....In the name..*

Friday

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

## FRIDAY PRAYER

*Remember that you can go to the Chapel for Confession this lunchtime.*

### **THOMAS AQUINAS PRAYER FOR A WATCHFUL HEART**

**Grant me, O Lord my God  
a mind to know you,  
a heart to seek you,  
wisdom to find you,  
conduct pleasing to you,  
faithful perseverance in waiting for you,  
and a hope of finally embracing you.  
Through Christ our Lord,  
Amen.**