

Lent

MORNING PRAYER

Monday

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

REFLECTION

Remember, Lent is a time to intensify the spiritual side of your life, by prayer, fasting and alms-giving.

In Lent, as a school we raise money for *Aid to the Church in Need*, or ACN.

Aid to the Church in Need is at work in more than 130 countries, helping Christians who are persecuted, oppressed or in pastoral need through campaigns of prayer, media awareness and pastoral support.

It supports more than 5,000 projects every year, including the provision of emergency aid to Christian refugees in the Middle East, Asia and sub-Saharan Africa, supporting priests and sisters in their work amongst the persecuted. Let us be generous in giving alms to our brothers and sisters who need our help.

PRAYERS

Let us pray for those who are being persecuted for their faith. May the work of *Aid to the Church in Need* bring them hope in their times of trial and hardship.

Lord, hear us...

Let us pray for those who risk their own lives working to support our brothers and sisters.

May the Lord give them the gift of fortitude.

Lord, hear us...

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

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

Lent

Tuesday

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

REFLECTION

At the Last Supper, when Jesus instituted the Mass, He was the one person who was *fasting* while the twelve were *feasting*. He gave up his share of the bread and wine, and handed it to his disciples as his body and blood, the greatest of gifts. The Mass is a Sacrifice. Christ's sacrifice of himself to us. The word 'sacrifice' means to 'make holy'. In the Mass, we are the ones being made holy by receiving Christ as God's gift to us. So before you prepare to be made holy in the Sacrifice of the Mass, before you take part in the Eucharistic feast, the Church expects you to fast for an hour. It is called the 'Eucharistic Fast'. The Eucharistic Fast is your way of marking the difference between ordinary food and the Body of Christ. But it is also your way of replying to God by making a small gesture to say how much this greatest of gifts means to you. So you fast for an hour beforehand, to say 'The Mass is special'.

PRAYERS

Let us pray that we find the courage to observe Lent properly, and persevere in our Lenten resolutions. Lord, hear us...

Let us pray for those who are being persecuted for their faith. May the work of *Aid to the Church in Need* bring them hope in their times of trial and hardship. Lord, hear us...

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

House Saint: **Pray for us.**

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

Lent

Wednesday

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

REFLECTION

As well as fasting and alms-giving, in Lent we are expected to pray.

Don't be a stranger to the School chapel.

You could get into the habit in Lent of stopping by the chapel every day, and saying a quick prayer.

Why not just say one of the Stations of the Cross from the school Service Book, or say a Hail Mary for a different person each day in Lent.

The Service Book has lots of prayer suggestions, so you won't be short of ideas; Its just a question of building up the good habit.

And remember not to be shy of going to Confession.

Fr George is in the chapel most days, and will drop everything to hear your confession and give you absolution.

Remember to have a Holy Lent so as to have a Happy Easter!

PRAYERS

Let us pray that we find the courage to observe Lent properly, and persevere in our Lenten resolutions. Lord, hear us...

Let us pray for those who are being persecuted for their faith. May the work of Aid to the Church in Need bring them hope in their times of trial and hardship.

Lord, hear us...

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

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

Lent
Thursday
**THE 8.20 MASS TOMORROW IS OFFERED
FOR THE CHARITIES WE ARE GIVING TO THIS LENT**

ROSARY REFLECTION

Let us offer up the Rosary for our Lenten intentions.

FIRST SORROWFUL MYSTERY

THE AGONY IN THE GARDEN

In his anguish, Jesus prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.

*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
FRIDAY PRAYER

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

Let us say together:

**Bless us Lord, as you call us
to walk with you on this Lenten Journey.**

**Bless us Lord, as you remind us
that our purpose is to please You rather than
pleasing ourselves.**

**Bless us Lord, as we seek the good of others in
our prayers, fasting and alms-giving.**