

# St Philip Howard

## MORNING PRAYER

Monday

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

### REFLECTION

This week we reflect on our house Saints, and remember to think of them as our patrons; They have a job to do in heaven for each one of us!

Saint Philip Howard was an aristocrat, the only son of Thomas Howard, Duke of Norfolk. The Royal Family came to his baptism, and he had King Philip of Spain as his godfather.

He was married at the age of fourteen in an arranged marriage which he resented when he was young, but much later in his life, he came to love his wife very deeply.

In his youth, he behaved really badly, and was wasting his life, but everything changed when one day, he heard that Edmund Campion was being tried for treason, he decided to go and watch. He wanted to hear Campion defend Catholicism.

He was so impressed by St Edmund's witness, that he decided to change his life. He tried to leave England and spend some time abroad really learning about the faith, but he was betrayed by one of his servants, and arrested and imprisoned. He spent ten years in the Tower of London, each day never being sure when he would be executed.

### PRAYERS

Let us ask our patron Saint Philip Howard to pray for us, and help us realise that however much we might seek worldly praise, nothing can compare with being held in God's high esteem.

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

# St Philip Howard

Tuesday

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

## REFLECTION

Conditions for St Philip Howard were terrible in the Tower of London; freezing cold in the winter, no light, with rats running over the floors and disease everywhere.

There was a dog in the prison which used to wander in the corridors, and although no-one in those days had pets, Philip Howard befriended the dog, and trained it to carry messages to other prisoners in the Tower.

Through this dog, he got to know and make close friends with Saint Robert Southwell, who was also a priest in the Tower. They never met, but exchanged messages through their innocent canine go-between.

There is the statue of a dog carved into his tomb in Arundel Castle, the family home of the Norfolk family.

## PRAYERS

Let us take inspiration from St Philip Howard to pray for the gift of courage and to never give in to despair.

May we dare to stand up for the truth when those that surround us are swayed by cowardice and fear.

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

We pray for those who stand up for our faith in Parliament and in Government.

May St Philip Howard pray for them in heaven as we pray for them on earth.

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

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

In the name ..... **Amen.**

# St Philip Howard

Wednesday

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

## REFLECTION

Every morning Philip Howard woke at 5am, and spent hours every day in prayer, so that his knees grew hard and black from all the kneeling.

His body began to waste away, although his soul grew stronger, until one day he was afflicted with dysentery, which was a fatal disease for those in prison.

He knew he was dying, and he sent a message to his old friend Queen Elizabeth, asking if he could see his wife and children before he died.

She sent back a message saying that if he agreed to go just once to an Anglican church, she would restore all his property, and allow him to go home.

He refused her offer, and soon afterwards he died.

He wrote his last message on the wall of his cell in the Tower.

It reads:

“The more of suffering for Christ in this life, the more of glory with Christ in the next.”

## PRAYERS

We pray for those who have been elected to govern our country. May they promote a culture which we would recognise as Christian.

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

We pray for those who left our school last year, and will start their studies at University. May they find the courage to bear witness to their faith.

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

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

In the name.....**Amen.**

# St Philip Howard

Thursday

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

## ROSARY REFLECTION

Today, let us offer a decade of the Rosary for members of Howard House, that we are inspired by the courage of our House Patron.

### **SECOND SORROWFUL MYSTERY: THE SCOURGING AT THE PILLAR**

*Pilate released Barabbas for the crowds; and after flogging Jesus, Pilate handed him over to be crucified.*

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

Now let us say together a famous prayer written by Saint Ignatius Loyola, Founder of the Society of Jesus, or the Jesuits, called

### **THE ANIMA CHRISTI**

Soul of Christ, sanctify me

Body of Christ, save me

Blood of Christ, inebriate me

Water from the side of Christ, wash me

Passion of Christ, strengthen me

O good Jesus, hear me

Within thy wounds hide me

Permit me not to be separated from thee

From the wicked foe defend me

At the hour of my death call me

And bid me come to thee

That with thy saints I may praise thee

For ever and ever. Amen.