

St Robert Southwell

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 Robert Southwell was born in 1560. In those days no Catholics could be educated in a Catholic school in England, so Robert was sent overseas, so that he could be taught in a Catholic school. He was influenced by the Jesuits, and at the age of 18 he decided to joined them.

He was exceptionally gifted, and was put in charge of student studies at the English college of the Jesuits in Rome.

He was ordained to the priesthood at the young age of 24.

By then it was illegal for a Catholic priest to be in England, but unafraid, he returned to England as a missionary at the age of 26.

He went from one Catholic family to another, saying Mass and administering the other Sacraments.

Robert Southwell was a poet and great spiritual writer and his pamphlets were widely circulated in secret.

After six years of evading capture, his luck ran out, and he was caught, tried and imprisoned.

He was repeatedly tortured before being hung, drawn and quartered at Tyburn on 15th February, 1595.

PRAYERS

Let us ask our patron Saint Robert Southwell 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....**Amen.**

Tuesday

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

REFLECTION

Robert Southwell's father had given up his Catholic faith and conformed to the Church of England. Here are extracts from a letter which Robert wrote as a priest to his father:-

“God himself has said of a priest such as I am (though most unworthy)

‘He that heareth you heareth Me, and he that despiseth you despiseth Me.’

I exhort you first as Vice-Regent of God, and then I humbly beg you as your devoted child that you give up your soul as a happy captive to God.

It fills with grief my heart to see my dearest father dismembered from the Body to which I am united as a Catholic, and to be in danger of further and more grievous separation.

May we be linked as near in spirit as in nature, and so living in the compass of the church enjoy in heaven your most blessed company.”

Not long afterwards, Robert Southwell's own body was dismembered at Tyburn.

PRAYERS

Let us take inspiration from St Robert Southwell 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 Robert Southwell 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 of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Wednesday

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

REFLECTION

On 21st February Robert Southwell went to Tyburn to be hanged, drawn and quartered.

Many came to witness his death.

Having been dragged through the streets from Newgate prison to Tyburn, he stood on the cart beneath the gibbet, and made the sign of the Cross before reciting a passage from the Bible, and preaching his last sermon.

As the cart was driven away, he commended his soul to God.

The executioner tried to cut him down in preparation to be disembowelled while he was still alive, which was the traditional way of execution, but some onlookers tugged on his legs to hasten death.

As his severed head was displayed to the crowds, there was a still, prayerful silence.

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 College or 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 of the Father, and of the Son, and of the Holy Spirit. **Amen.**

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 Southwell 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.

(One Our Father, ten Hail Marys, one Glory be)

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.