

# Daily Prayers



Theme:

***Lent: Rejoice***

*4<sup>th</sup> Sunday of Lent  
Laetare Sunday*

16<sup>th</sup> – 20<sup>th</sup>

March

# Daily Prayers



*4<sup>th</sup> Week of Lent*

***Lent: Rejoice***

Monday 16<sup>th</sup> March

**- Word**



*A Reading from the Letter of St Paul to the Romans.*

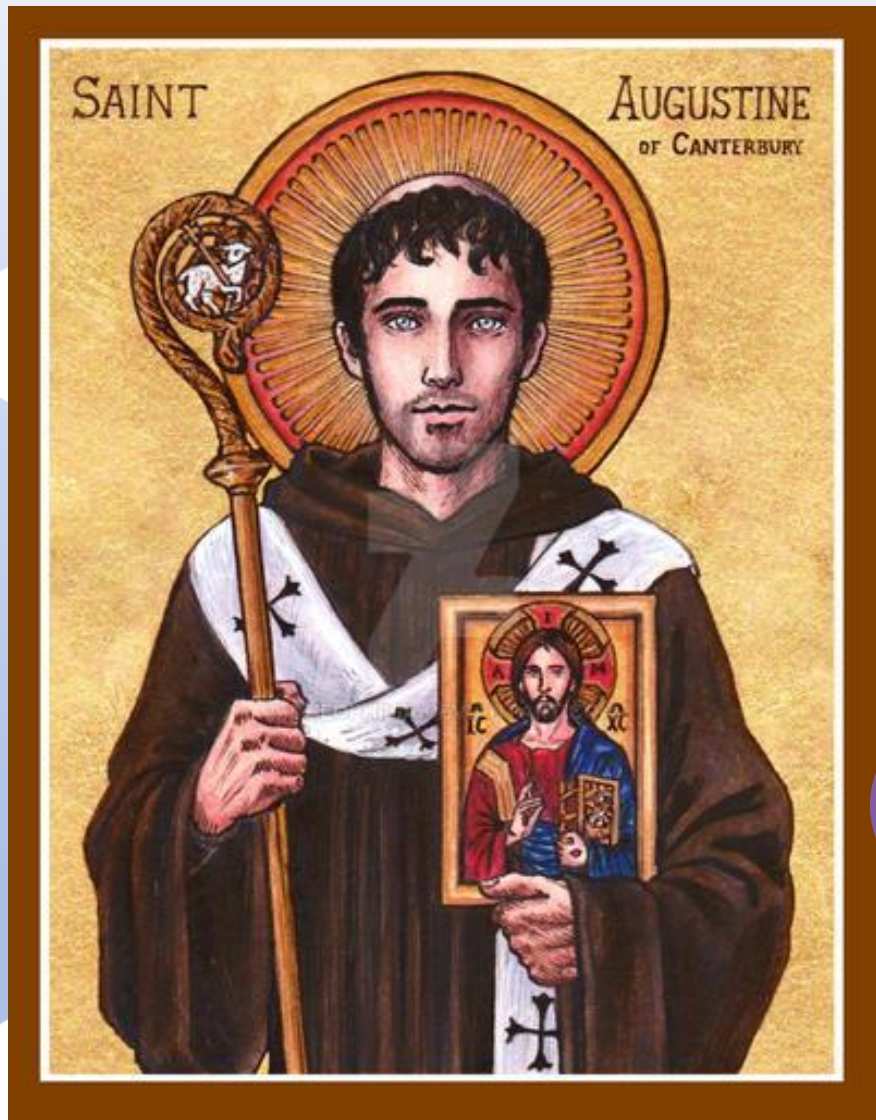
‘Rejoice in hope, be patient in affliction,  
persevere in prayer...rejoice with those  
who rejoice, weep with those who  
weep. Live in harmony with one  
another.’

***In this scripture, what do you hear?  
What does it mean to me?***

*This piece of scripture was written after the events of Easter.*

*That very first Easter was one filled with confusion, sadness and uncertainty. St. Paul wrote his letter to help balance out the sadness of events, and to us today we can see him telling us to be filled with joy; that even in the darkest of times, happiness can always be found.*

*We are encouraged to find joy in Christ's resurrection, to endure our struggles by using prayer to bring ourselves closer to God.*



*Let us pray...*



*I wonder...  
what keeps you  
hopeful on difficult  
days? Where do  
you find joy?*

Almighty God,  
by the preaching of St  
Augustine of Canterbury,  
you led the people of  
England to the gospel.  
Grant, we pray, the grace to  
love and serve through  
Christ.

In imitation of our great  
patron, may we do so in a  
spirit of love, respect, service,  
joy, and responsibility.  
Amen

St. Augustine, pray for us.  
St Cuthbert, pray for us.



# Chaplaincy Notices

**This week –**  
Visit the break time  
Talking Table run by  
FIAT near the courts



CST Theme  
*Life & Dignity of  
the Human Person*

**Monday**



**FIAT**  
meet and eat  
together -  
12.40pm - B3

**Tuesday**



**Stations of  
the Cross**  
12.30pm -  
Chapel

**Wednesday**



**Grace Notes**  
- Mr Edwards  
12.40pm - B3

**Friday**



**Mass/Lectio  
Divina**  
12.30pm -  
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## Notices

### SACRAMENT OF RECONCILIATION

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### Lenten Charity

Why do we give to  
charity during Lent?

As a central spiritual discipline, we give to charity to help foster compassion and to share what we have with those that are in need. It mirrors Christ's love and compassion, urging us to look outward and serve others.

# Lent Notices – what is your form collecting?

7M - rice.

7Mk - soup - tinned or dried.

7L - chocolate or biscuits.

7J - jars of jam/jars of spreads for toast.

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## Almsgiving for Lent

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- Vulnerable families in our community by collecting for the Rainbow Centre.
- CAFOD's Floating Garden Project in Bangladesh through the Big Lent Walk.

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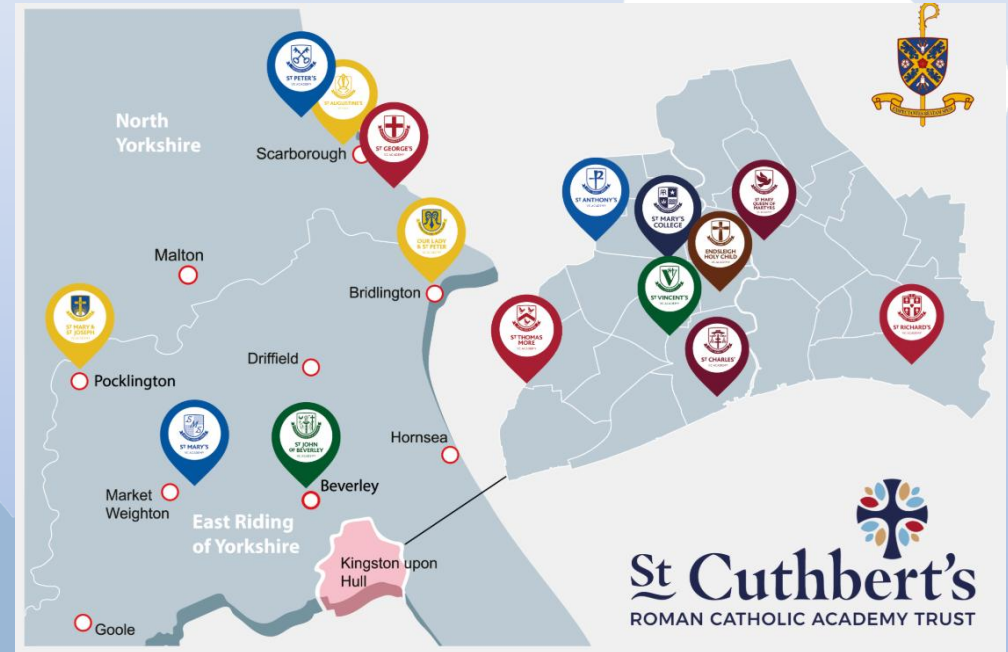
Tuesday 17<sup>th</sup> March

**- Season**



Rejoice! The Feast of St. Cuthbert is on the 20th March, this Friday. This is a special feast day for all the schools in our academy trust.

St. Cuthbert (634–687) was a monk, bishop, and hermit who is considered the patron saint of Northumbria. He was a key figure in the spread of Christianity in northern England. Today we rejoice and give thanks for his faithful example.



*Let us pray...*



*Dear Lord,*

*Give us strength as we begin another week of our Lenten journey together. Be our guide and protector as we continue our faith journey with you.*

*Bless all the staff and students within the St. Cuthbert's Academy Trust. We thank you for the example and witness of your faithful servant, St Cuthbert.*

*Amen*

*St Augustine, pray for us  
St Cuthbert, pray for us*



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*Life & Dignity of  
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*4<sup>th</sup> Week of Lent*

***Lent: Rejoice***

Wednesday 18<sup>th</sup> March

**- Stations**





## Station 12

# Jesus Dies on the Cross

The pain had finally gone.

The Gospel of Luke tells us:  
It was now the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun's light failed...then Jesus, calling out with a loud voice, said, 'Father, into your hands I commit my spirit!'

And having said this, he breathed his last.



Take a few moments to reflect on this image of Jesus.

What do you see?

What do you notice about the scene?

*Let us pray...*



*We adore you, O Christ, and we praise you,  
because by your holy cross, you have redeemed the world.*

*Lord Jesus,*

*Thank you for the sacrifice you made for me.*

*Thank you for your love,*

*Thank you for your mercy that lasts forever.*

*Amen.*

*St Augustine, pray for us*

*St Cuthbert, pray for us*



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Thursday 19<sup>th</sup> March

– Catholic Social Teaching



# Our Catholic Social Teaching Theme is:

*Life & Dignity  
of the Human  
Person.*



HUMAN DIGNITY:

**CAFOD**  
Catholic Agency for  
Overseas Development

# Our Catholic Social Teaching Theme is:

*Life & Dignity of  
the Human Person*

As Catholics we are called to understand the value of all human life from conception until natural death.

Jesus' encounters with others demonstrates respect for the dignity of all people, from children not-yet-born to the elderly, from the strong and the weak, to the rich and the poor, from those with disabilities, those who speak other languages and to those who cannot speak at all.

## Our Catholic Social Teaching Theme is:

*Let us pray...*

Dear Loving Father,



*Life & Dignity of the  
Human Person*

We give thanks for the immense dignity you have given to each and every one of us, creating us in your image.

May we always rejoice in all human life.

Together we ask Mary to intercede for us as we pray:

**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, Mother of God,  
pray for us sinners, now  
and at the hour of our death,**

**Amen.**

*St Augustine, pray for us*

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**Examen**



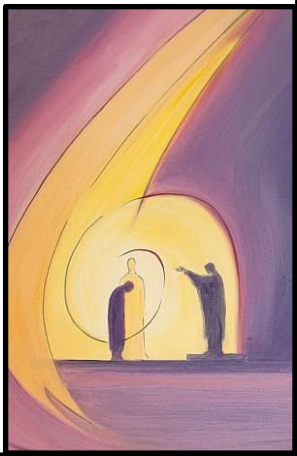
### 1, Give thanks:

What has happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings.



### 2. Ask for light:

Be aware of God with you now and ask to become more conscious of His presence in your daily life.



### Prepare for prayer.

We take a moment to pray the Examen together. Place your hands together, you can put your head on the desk if you wish! As you listen to the music reflect on the five stages.



### 3. Examine the day:

Be honest about your day. Ask the Holy Spirit to help you to recognise when you didn't live God's plan for your life, when made the wrong choice, or hurt someone by your actions...



### 5. Resolve to change:

Ask God to guide you by placing all your concerns, dreams and plans in His hands, knowing and trusting in His plan for your life. Pray that this Lent you will learn to listen to Jesus.



### 4. Seek forgiveness:

Ask God for forgiveness, for the strength and grace to say sorry, to change, to transform, to be less selfish. Ask for the wisdom to find a way to better handle such challenging moments in the future.





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