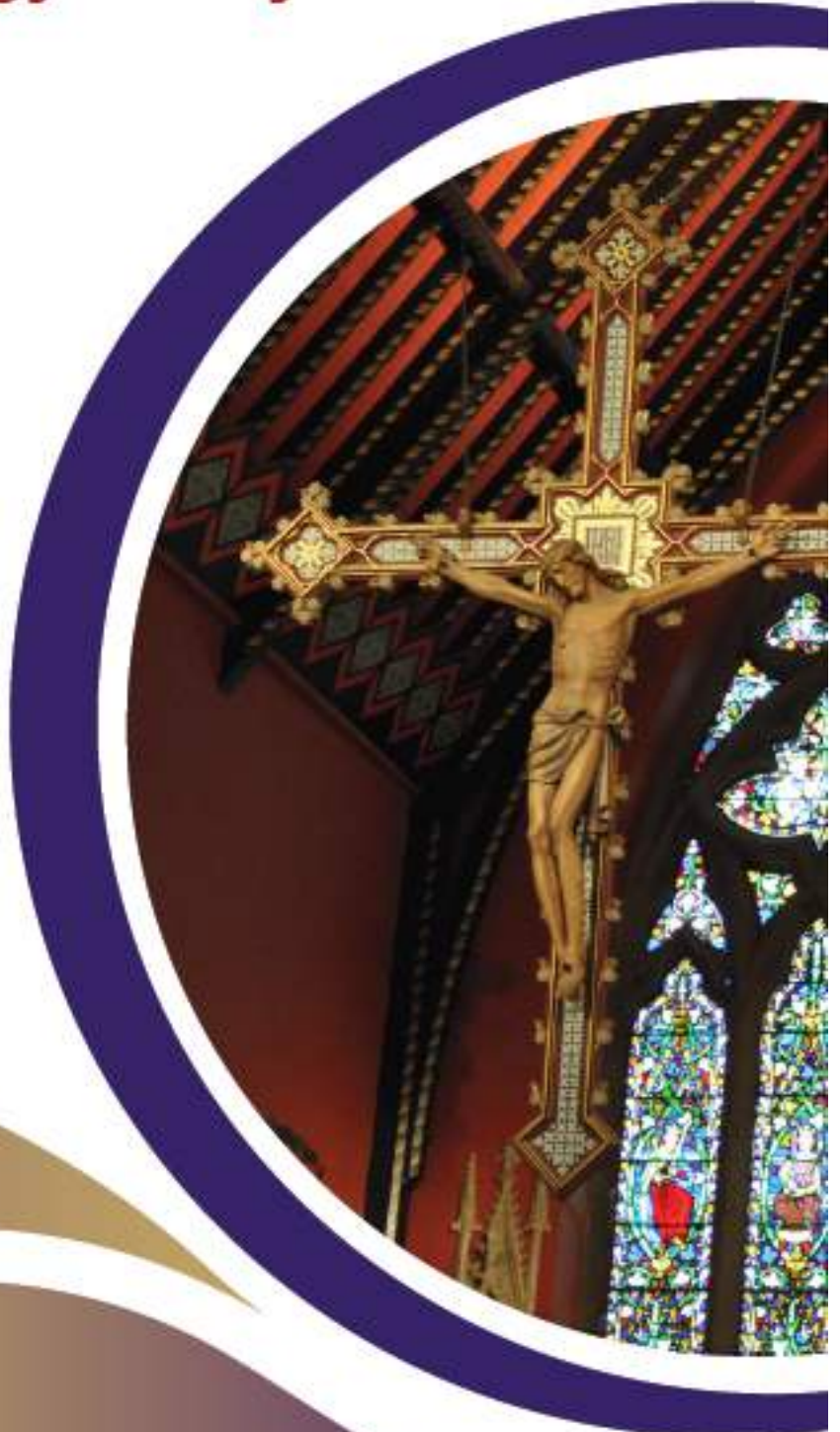




DIOCESE OF **Hexham & Newcastle**  
DEPARTMENT FOR EDUCATION

## Prayer and Liturgy Policy





# St Cuthbert's Catholic Primary School

## Prayer and liturgy policy

**'Every member of our school community at St Cuthbert's is unique,  
talented and loved by God.'**

**We strive for excellence and live our lives to the full with Christ in our  
head, in our hands and in our hearts.'**

***Every child has the right to an education. (Article 28 UNCRC)***

***Education must develop every child's personality, talents & abilities to the  
full. (Article 29 UNCRC)***



### 1. The context of this prayer and liturgy policy

'The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the school community to become reflective, experience the presence of God and should develop a mature spiritual life.' (Marcus Stock (2012), Christ at the Centre, Catholic Truth Society, 23.)

### 2. Statement of requirement

The law requires all maintained Catholic schools to provide an act of daily collective worship (prayer and liturgy) for all pupils, including those in the sixth form (Section 70, 1988 Education Act) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (School Standards and Framework Act 1998, schedule 20; Instrument of Government, clause 2). Academies in England are required by their funding agreement and Articles of Association to comply with similar requirements (The Mainstream Academy and Free School: Supplemental Funding Agreement, December 2020; Model Articles for Catholic Academies, February 2019).

The law requires all maintained schools to recognise and respect that parents have the legal right to withdraw their children up to the age of 16 from prayer and liturgy (School Standards and Framework Act 1998, s.71(1A)). Sixth-form pupils can choose to withdraw themselves from prayer and liturgy (School Standards and Framework Act 1998, s.71(1B)).

The school's provision for prayer and liturgy will fulfil pupils' entitlement to experience the range of liturgical treasures of the Church, including a shared repertoire of prayers and liturgical music with which pupils in the school will be familiar.

Prayer and liturgy are not designated curriculum time. In the context of the Catholic school, this means that times of prayer and liturgy are not considered to be part of the allocation of curriculum time for Religious Education.



### **3. Diocesan Bishop directive**

The Prayer and Liturgy Directory refers to the norm at all Masses that only those who normally receive Holy Communion at Mass be invited to proclaim the Word of God. It continues that on exceptional occasions and for a just cause the Diocesan Bishop will give permission for a Christian from another denomination to proclaim scriptures at Mass.

“As an exception to the norms and when there is a pastoral just cause exercised on his behalf by the Headteacher, the Bishop gives permission for children from other Christian denominations to read the scriptures at school Masses. Permission is also given for baptised Catholics who have not received First Holy Communion, and are of sufficient maturity, to read the scriptures at school Masses. Children of other faiths are welcome to actively participate in school Masses and liturgies in keeping with The Prayer and Liturgy Directory. A just cause may also be applied due to the diversity of faith backgrounds in a school, cohort or the age profile of those attending a Mass.”

### **4. Responsibility**

#### **(a) Governance**

The governors, as guardians of the Catholic school's life and mission, have a responsibility to ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is a named person(s) who is responsible for prayer and liturgy in the school (the Prayer and Liturgy Coordinator)
- the prayer and liturgy policy is updated regularly and shared with all stakeholders
- there is a budget for prayer and liturgy that reflects its centrality to the life of a Catholic school.

#### **(b) Headteacher**

The headteacher, as the spiritual leader of the school as a Catholic community, ensures that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- they work in partnership with the leader(s) for prayer and liturgy
- those responsible for prayer and liturgy in the school have been given appropriate training and formation to ensure that all guidance is followed and adhered to
- there are suitable resources for prayer and liturgy in the school.

#### **(c) Prayer and Liturgy Coordinator**

Those responsible for prayer and liturgy ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is an Annual Plan of Provision for prayer and liturgy across the school year which identifies liturgical seasons and key celebrations, as well as opportunities for the celebration of the Sacraments.



- there is daily planned prayer for all pupils, appropriate to age and ability (see appendix 1), as outlined in the Prayer and Liturgy Directory
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, delivery and evaluation of prayer and liturgy according to their age and capacity, and in a manner which facilitates their progressive participation
- resources to support the planning of prayer and liturgy are appropriate and readily available to staff and pupils
- induction on prayer and liturgy takes place for new members of staff as required
- staff have access to effective training and formation opportunities
- monitoring and evaluation of prayer and liturgy take place regularly and feed back into planning for future liturgies
- monitoring of prayer and liturgy is reported to the headteacher and governing body to support whole-school development and the Catholic life of the school
- there is collaboration with local clergy and parishes
- liaison with the Diocesan Department for Education and others is maintained to ensure they keep updated with best practice

## **5. Overview of prayer and liturgy provision**

### **The Place of Prayer and Liturgy in the Life of St Cuthbert's Catholic Primary School**

Prayer and liturgy is an integral part of school life and central to the Catholic tradition.

Prayer and liturgy takes into account the religious and educational needs of all who share in it:

- Those who form part of the worshipping community in church;
- Those for whom school may be their first and only experience of church;
- Those from other Christian traditions – or none;
- Those from other faith backgrounds.

As a Rights Respecting School we respect the rights of all of our children

**Article 12** You have the right to give your opinion, and for adults to listen and take it seriously.

**Article 14** You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

**Article 28** You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

**Article 29** Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

**Article 30** You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

### **Planning, content and celebration**

Prayer and liturgy is planned following a structure with reference to the Church's seasons, Come and See, feast days, the curriculum and significant dates e.g. CAFOD Family Fast Day, Holocaust Memorial Day.

Parish and parents are invited to participate in some celebrations.





A variety of prayer styles will be used appropriate to the age of the children and the occasion. Staff share prayers weekly at staff meetings.

Prayer and liturgy in our school follow the pattern of:

- Gathering – how we come together, the environment (quiet, reflective music, lighted candles, statues). Sign of the cross, focus and examination of conscience.
- Listening – a reading from the Scriptures, time to reflect on this and prayer to fit into this theme.
- Responding – a ritual movement that everyone can join in with that fits with the theme.
- Mission/going forth - the sending out from the celebration, giving the children something to hold onto from their experience of the liturgy that they can take into their lives.

### **Expectations for Prayer and Liturgy**

As a Catholic school, Jesus Christ remains central to every aspect of school life. All pupils are educated in the beliefs and devotional practices of the Catholic Church. Participation in daily act of collective worship remains at the helm of every morning, before lunch, within RE lessons and at the end of each day.

- Every class will have a focal point, which is given prominence in the room. This focal point must be treated with reverence. It must be liturgically correct and follow the church's year. Focal points must not be untidy.
- Daily prayers are said at the start and end of each day, other prayers such as grace before and after meals are said.
- Monday – class led worship
- Tuesday, whole school collective worship will be linked to the Sunday Gospel and will be led or supervised by Senior Leadership team.
- Wednesday – Whole school collective prayer and hymn practice to enrich prayer and liturgy
- Thursday – Picture News – PSHE/british values
- Friday, whole school prayer is led by classes, and is usually linked to their RE theme. Parents and families will be invited to this worship.
- All classes attend Mass twice a term and lead their class Mass. The whole school attends Mass at the beginning of the year, the end of each term and on special feasts/holy days. Parents, families and parishioners warmly welcomed.
- Prayer is encouraged at home through the use of Travelling crib bags and Lent bags
- Class liturgies which are planned for as part of the curriculum, have a specific theme such as reconciliation and forgiveness during Lent.
- During the months of May and October, the school prays the Rosary for pupils and staff. Additionally, there are liturgies during school for parents, pupils and staff during Advent and Lent.
- Penitential services are carried out during Lent for the whole school and in Advent for Years 5/6. Children receive ashes on Ash Wednesday as a Mass/Service.



## **Leading Prayer and Liturgy**

As faith leader of the school, the Headteacher will plan and lead prayer and liturgy. The class teacher will lead class prayer and liturgy. Children are taught to plan and lead prayer times according to their age.

## **Recording**

Prayer and liturgy is recorded in Prayer and Liturgy floorbooks.

## **The learning environment**

'Symbols and icons of the Catholic faith when displayed in school and throughout its premises will help the school community and visitors to experience the uniqueness and sacredness of this learning environment' <sup>1</sup>

Focal points in each classroom and throughout the school will reflect the liturgical season and will reference Come and See topics. In this way they will be an outward sign of the school's ethos.

## **Retreats**

Year 4 attend the Emmaus Youth Village for 2 nights and Year 6 attend the Primary Festivals.

## **6. Resourcing**

Prayer and liturgy are central to the school's understanding of itself as a Catholic school, and this is reflected in the annual budget allocation and available resources, including staff time, chaplaincy provision, and dedicated spaces for prayer and liturgy. The Catholic character of the school is reflected in religious artefacts and images on display throughout the building. Dedicated spaces for prayer and liturgy will be furnished and maintained as such, and updated to reflect the Church's liturgical season. Staff training and formation costs will be funded separately to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.

## **7. Training and formation**

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as required.

## **8. Monitoring and evaluation**

Monitoring and evaluation of the quality and impact of prayer and liturgy will take place regularly, and at least annually, and involve all key stakeholders: pupils, parents, staff, clergy, and governors. Areas for development will be identified and issues raised will be actioned and evidenced as appropriate

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<sup>1</sup> Christ at the Centre Rev Marcus Stock, 2005



## 9. Review

The policy will be reviewed as part of the regular cycle of policy review conducted by the governors.

This prayer and liturgy policy has been approved and adopted by the governing body on 17<sup>th</sup> September 2025 and will be reviewed by 30<sup>th</sup> September 2027.

Signed by the Chair of Governors

Signed by the Headteacher:

*Nynoble*



## Appendix 1

### Common prayers

This list is introduced in section 7.10 of the directory.

Age phase	5-7 (KS1)	7-9 (Lower KS2)	9-11 (Upper KS2)
Prayers	The Sign of the Cross The Lord's Prayer Hail Mary Glory be Morning Offering Grace before meals Grace after meals (Thank you God...) End of the day prayer The Lord be with you (and with your spirit) Lord have mercy Responses to the readings and Gospel The sign of peace	The Apostles' Creed An Act of Contrition Angel of God Eternal Rest The Rosary O Sacrament most Holy Act of Love (beginning of afternoon prayer) Preface dialogue Sanctus Mystery of faith Lamb of God Gloria	The Magnificat Act of Faith Act of Hope The Prayer of St Richard of Chichester Come, Holy Spirit I confess Orate Fratres Lord I am not worthy

## KS1

### The Sign of the Cross

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

*The sign of the cross is both an action and a statement of faith.  
A physical reminder of our redemption in the cross and an expression of faith in the Trinity.*

### The Lord's Prayer

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 our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

*The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)*





### **The Hail Mary**

Hail, Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among 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.

*The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.*

### **Glory be to the Father**

Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning  
is now, and ever shall be  
world without end. Amen.

*The doxology is a short expression of praise of the Trinity dating back to the early Church.  
It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.*

### **Grace before meals**

Bless us, O Lord as we sit together,  
Bless the food we eat today.  
Bless the hands that make the food.  
Bless us O Lord, Amen.

### **Grace after meals (KS1)**

Thank You God for the food we have eaten.  
Thank you God for all our friends.  
Thank you God for everything,  
Thank you God, Amen.

### **Morning Offering**

Father in heaven you love me, you're with me night and day.  
I want to love you always, in all I do and say.  
I try to please you Father,  
Bless me through the day. Amen

### **End of the day**

God our father I come to say, thank you for your love today.  
Thank you for my family and all the friends you give to me.  
Guard me in the dark of night  
And in the morning send your light. Amen.

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## **Lower KS2**

### **Act of Contrition**

O God,  
because you are so good,  
I am very sorry that I have sinned against you,  
and with the help of your grace  
I will not sin again.

*One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.*

### **Angel of God**

Angel of God,  
my guardian dear,  
to whom God's love commits me here,  
ever this day/night be at my side,  
to light and guard, to rule and guide. Amen.

*The prayer is based on one by Reginald of Canterbury in the early 12th century.*

### **Eternal Rest**

Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.  
May they rest in peace.  
Amen.

### **Act of Love (beginning of the afternoon prayer – KS2)**

My God, because you are so good,  
I love you with all my heart,  
and for your sake,  
I love your neighbour as myself.

### **Prayer after communion (from Y4)**

O sacrament most Holy, O sacrament divine.  
All praise and all thanksgiving  
Be every moment thine.

### **The Rosary**

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

### **The Joyful Mysteries (Advent and ordinary time)** (Recited Monday and Saturday)

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)



### **The Mysteries of Light (Ordinary time)**

(Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

### **The Sorrowful Mysteries (Lent)**

(Recited Tuesday and Friday)

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

### **The Glorious Mysteries (Eastertide)**

(Recited Wednesday and Sunday)

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

### **Prayer concluding the Rosary**

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Amen

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## **Upper KS2**

### **The Magnificat**

My soul proclaims the greatness of the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness;  
for behold, from this day forward,  
all generations will call me blessed.

For the Almighty has done great things for me,  
and holy is his name.  
His mercy is from age to age  
for those who fear him.

He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.  
He has cast down the mighty from their thrones  
and has exalted those who are lowly.



He has filled the hungry with good things,  
and has sent the rich away empty.

He has helped his servant Israel,  
mindful of his mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end.  
Amen.

*Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55).  
It is sung daily at Evening Prayer*

### **Act of Faith**

My God, I believe in you  
and all that your Church teaches,  
because you have said it,  
and your word is true.

### **Act of Hope**

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and your power.

### **Come, Holy Spirit**

V. Come, Holy Spirit, fill the hearts of your faithful.  
R. And kindle in them the fire of your love.  
V. Send forth your Spirit and they shall be created.  
R. And you will renew the face of the earth.

*This prayer is a compilation of a number of liturgical texts drawn from the  
Mass and Office of Pentecost and the Votive Mass of the Holy Spirit*

### **Prayer of St Richard of Chichester**

O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen.

### **The Angelus**

V. The Angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.  
Hail, Mary, full of grace, the Lord is with thee.  
Blessed art thou among 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.

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy word.

Hail Mary.

V. And the Word was made flesh.  
R. And dwelt among us.

Hail Mary.

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray;  
Pour forth, we beseech thee, O Lord,  
thy grace into our hearts;  
that we, to whom the Incarnation of Christ, thy Son,  
was made known by the message of an angel,  
may by his Passion and Cross be brought to the glory of his Resurrection.  
Through the same Christ, our Lord.  
Amen.

*The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.*



## **Appendix 2: Mass prayers**

### **KS1**

The Lord be with you.

**And with your spirit**

Lord have mercy.	<b>Lord have mercy</b>
Christ have mercy	<b>Christ have mercy</b>
Lord have mercy.	<b>Lord have mercy</b>

The word of the Lord

**Thanks be to God**

A reading from the Holy Gospel according to...

**Glory to you O Lord**

The Gospel of the Lord

**Praise to you Lord Jesus Christ**

Lord in your mercy	Lord hear us
<b>Hear our prayer</b>	<b>Lord graciously hear us</b>

Let us offer each other the sign of peace

**Peace be with you.**

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### **Lower KS2**

#### **The Apostles Creed**

I believe in God, the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

*all bow*





### **Preface Dialogue**

The Lord be with you.

**And with your spirit.**

We lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

### **Sanctus**

Holy, Holy, Holy, Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

### **The Mystery of Faith**

When we eat this bread and drink this cup,  
We proclaim your death, O Lord,  
until you come again.

We proclaim your death O Lord,  
and profess your Resurrection  
Until you come again.

Save us, Saviour of the world,  
For by your cross and Resurrection,  
You have set us free.

### **Lamb of God/Breaking of the Bread**

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

### **Invitation to Communion (from Y4)**

Lord, I am not worthy that you should enter under my roof,  
But only say the word and my soul shall be healed.

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## **Upper KS2**

### **Penitential Act**

I confess to almighty God  
And to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask the Blessed Mary, ever Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

### **Gloria**

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King, O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have mercy on us;  
you take away the sins of the world, receive our prayer;  
you are seated at the right hand of the Father, have mercy on us.  
For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father. Amen.

### **Orate Fratres**

Pray brethren (brothers and sisters),  
That my sacrifice and yours  
May be acceptable to God the almighty Father.

**May the Lord accept the sacrifice at your hands  
For the praise and glory of his name  
For our good and the good of all his Holy Church.**

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### **Appendix 3: KS3 prayers**

#### **The Benedictus**

Blessed be the Lord God of Israel:  
for he has visited his people and redeemed them;  
he has raised up for us a horn of salvation  
in the House of David his servant,  
as he spoke through the mouth of his holy ones,  
his prophets from ages past:

To grant salvation from our foes,  
and from the hand of all who hate us,  
showing mercy to our fathers,  
remembering his holy covenant;  
the oath he swore to Abraham our father,

To grant that freed from the hand of our foes,  
we may serve him without fear  
in holiness and righteousness  
all the days of our life.

And you, little child, will be called  
the Prophet of the Most High,  
for you will go before the Lord  
to make ready his ways:  
to grant knowledge of salvation to his people  
by the forgiveness of their sins;

Through the tender mercy of our God,  
the Dawn from on high will visit us,  
to shine on those who sit in darkness,  
and those in the shadow of death;  
to guide our feet into the way of peace.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.  
Amen.

*The Cantic of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79).  
It is sung daily at Morning Prayer.*

#### **Hail, Holy Queen (Salve Regina)**

Hail, Holy Queen, Mother of Mercy,  
Hail our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve. T  
o thee do we send up our sighs,  
mourning and weeping in this valley of tears!  
Turn, then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this, our exile,



show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

*The Salve Regina is one of the Marian Anthems sung at Night Prayer*

### **The Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession, was left unaided.  
Inspired by this confidence I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come, before thee I stand, sinful and sorrowful.  
O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy hear and answer me.  
Amen.

*A 16th-century version of a longer 15th-century prayer.*

### **Jesus, Mary and Joseph**

Jesus, Mary and Joseph, I give you my heart and my soul.  
Jesus, Mary and Joseph, assist me in my last agony.  
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

*Based on the Entrance Antiphon of the Mass for the Dead.*