

St Antony's Catholic Primary School



**Our Lady of Grace
Multi-Academy Trust**



PRAYER AND LITURGY POLICY

*'Learning Together In
God's Love'*

Reviewed & Agreed by staff: September 2024
Agreed by Governors: October 2024
Review date: September 2026



OUR MISSION STATEMENT:



At St. Antony's Catholic Primary School We Celebrate Our Special Talents As Children Of God Therefore:

- We try to be like Jesus and always keep him in our hearts
 - We work together in our homes, school and parish to share our gifts and learn together
 - We understand that we are all different and we respect each other
 - We look after our world so that we may share it together in peace
- By observing all these principles we live our school's Motto:

"WORKING TOGETHER IN GOD'S LOVE"

Our School's Policies at St Antony's Are Heavily Inspired by the Words of Pope Francis:

*"Education is the conduit through which we guide, direct, mould and influence young minds. Teachers have an almost divine responsibility handed down to them by the greatest teacher of all**Christ himself.** Teachers must consider that every time they speak and act they represent Christ in their every word and deed.*

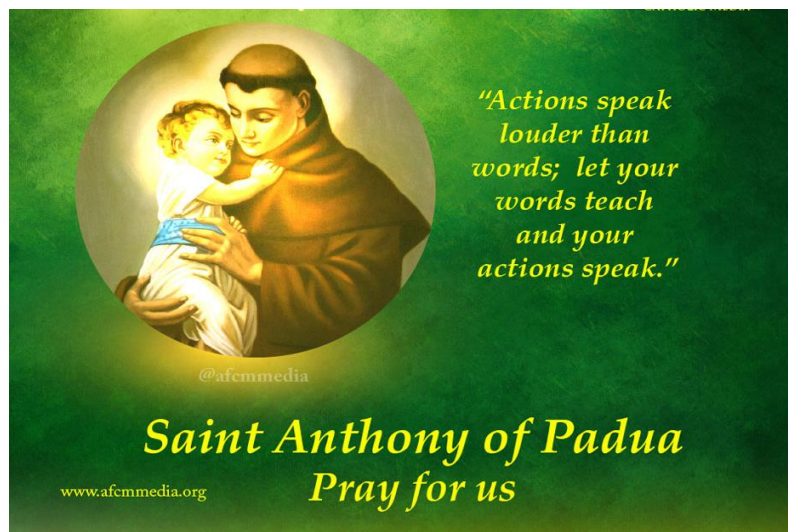
Their example is the greatest teacher of all as their 'actions always speak more profoundly than their words'.

Every child we have inspired by our example and teaching is left with an indelible mark on their heart and mind for the entirety of their lives.

Let us ensure that the marks we leave please God and set them on a path for serving others humbly in terms of their behaviour, attitude and approach to life and all whom they encounter."

Pope Francis

Our Vision At St. Antony's Catholic Primary School



Our Vision at St Antony's Has Christ at the Centre and Our Children at the Heart Of All That We Do To Keep Us Inspired.

We work as an agent of positive, sustainable change through engaging all stakeholders: Governors, Teachers, Parents, Children, Church and Community. We inspire all our children from Nursery to Year 6 to work collaboratively and purposefully with all relevant agencies and stakeholders to aspire to achieve their individual fullest potential and beyond. Our school will function as a centre of excellence and an axis of holistic transformation and development within our community by enabling all under our care to aspire to ultimately achieve self-actualisation through sound **S**piritual, **M**oral, **S**ocial and **C**ultural formation while embedding effective behaviour for life and learning. Through personal and shared values and philosophies we will establish a positive, progressive and faith filled approach to life and living while upholding our core Christian and British Values; leading all to the achievement of the highest academic, socio-economic and sustainable life goals individually and collectively with the direct intent of creating a better world for ourselves and future generations.



1. Context for Our Catholic Prayer and Liturgy Policy

‘The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the entire 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.)

Here at St Antony’s Catholic Primary School Prayer and Liturgy is regarded as much more than a statutory requirement. It is at the heart of our distinctive ethos; it is a way of whole heartedly expressing and celebrating our faith and deepening our relationship with God through prayer, reflection, praise and celebration. Our RE leads and staff ensure that our children right across the school at St Antony’s are provided with a range of opportunities to develop their spirituality and foster a close personal and communal relationship with God through acts of worship. By developing a deep sense of spirituality our children are being prepared to live out their lives in accordance with their vocation.

“The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching and 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 Legal 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 also 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 ages 16 and above can choose to withdraw themselves from prayer and liturgy should they so decide. (School Standards and Framework Act 1998, s.71(1B)).

Prayer and Liturgy time is not part of RE curriculum time

Times allocated for Prayer and Liturgy are not part of statutory RE 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 of curriculum teaching and learning time for Religious Education but rather an opportunity to give the children a deeper and richer experience of their faith practice.

The school's provision for prayer and liturgy will fulfil pupils' entitlement to engage in 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 or learn over time.

Legal Requirements (4.1)

Within maintained schools and academies there is a legal requirement for an act of collective worship to take place daily. Those responsible for the governance of schools with a religious character are legally required to ensure that collective worship is provided and is in accordance with the trust deed or religious designation of the school. In Catholic maintained schools and academies, this daily requirement will be fulfilled variedly as described in this directory.

In schools where this legal requirement is in place parents can choose to withdraw their children up to year 11. Sixth form pupils can choose to withdraw for themselves. Within our all our range of Catholic Schools (maintained, academies, independent, non-maintained special, sixth form colleges), prayer and liturgy are integral to the spiritual life of the school and to pupils' moral and spiritual development.

Taking part in daily prayer and liturgy helps to build community cohesion by creating a consistent structure around the core values and symbols of Christianity. Prayer and liturgy are, therefore, an important part of a Catholic school's distinctive character. They are integral to the Catholic identity and life of the school, and they would take place in all Catholic schools, whether or not schools were required by statute to provide collective worship. Notably, also, pupil participation and engagement in prayer and liturgy are crucially important criteria in the diocesan inspection of Catholic education.

Therefore we have replaced the term '**collective worship**' with the phrase '**prayer and liturgy**' which more fittingly describes its role in a Catholic school. The Bishop entrusts his responsibility to Governors and Head Teachers. It is their responsibility to ensure that it is in accordance with the rites, practices, discipline and liturgical norms of the Catholic Church.

3. Responsibility

i. 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 Lead or 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.

ii. Head Teacher

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
- He or she works 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.

iii. Prayer and Liturgy Coordinator/RE Lead

Supports those responsible for prayer and liturgy 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 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, as outlined in the Prayer and Liturgy Directory
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, and delivery 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
 - communication with the Diocesan Advisory Service and others is maintained to ensure they keep updated with best practice.

4. Overview of Prayer and Liturgy Provision (see appendix 1)

Prayer & Liturgy takes into account the religious and educational needs of all who share in this provision within the school and the wider community. This includes:

- those children and families who form part of the worshipping community of St Antony of Padua Church and its wider Community

- Those children and families for whom school Prayer and Liturgy may be their only experience of prayer and worship linked to the practice of the school and its faith community in its Parish Church and satellite missions
- those children and families from other Christian traditions as well as those who profess no faith and are non-aligned to any
- those children and families from other faith backgrounds and are part of the wider school community as all constitute an integral part of school life and are central to the Catholic tradition.

5. Resourcing and Provision

Prayer and Liturgy is central to the school's identity, ethos and image of itself as a Catholic School. We stand on the premise that we are a faith school not merely because of our school's name but because of the practice of our faith in action daily. RE is known as "Core of Core" of all subjects and this is reflected in the annual budget allocation to secure relevant resources inclusive of:

- Cost of cover for our RE Lead and Staff's time out of class to observe good practice in RE across the school and MAT and attending training, moderation and network meetings across the MAT and in the Diocese.
- Investment in quality CPD for all staff in RE each term, annually
- Chaplaincy provision
- Catholic artefacts, art work and images on display
- Dedicated spaces for prayer and liturgy such as our altars in the main hall and our mini-chapel are furnished and maintained and updated to reflect the Church's liturgical seasons.
- Bibles (a range/age appropriate), and Prayer Books
- New RED Curriculums: Know You More Clearly, Love You More Dearly, Follow You more Nearly
- Funding our RE Staff Retreat/ Day Away annually,
- The creation of dedicated spaces for prayer and liturgy focus areas in all classes from EYFS to year 6 and the RE Focus corridor displays around the school.
- The Catholic character of the school is reflected in religious artefacts (crosses, crucifixes, candles and iconic statues and tableaus) as well as
- Art work and artistic images on display throughout the building and in each class.
- The cost for staging our Annual **Virtues Festival** which takes the form of an open air concert (our religious Glastonbury) featuring all the children from each class (EYFS to year 6) performing with a live band of professional musicians bringing the entire school, parish and community together in one big celebration of our school's Patron Saint.

6. Training and Formation

All new staff are supported during their induction period and beyond, so that they become fully cognizant of the responsibility they carry within their individual role for leading prayer and liturgy within the school-particularly for the presentation of their class assemblies which are always focused on a Bible story, scripture theme or moral, liturgical season (Advent, Christmas, Epiphany, Lent, Easter or Pentecost) or one of our Virtues of the week.

Any additional, individual training needs will be identified and addressed through bespoke and relevant 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.

RE Staff training and formation costs are funded from our RE budget to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.



Staff Prayer and Liturgy Inset January 2024 with presenter John Adams

7. Monitoring and Evaluation

Monitoring and evaluation of the quality and impact of prayer and liturgy takes place regularly (on a termly basis) among the RE Team; and at least once annually involving all key stakeholders: pupils, parents, staff, clergy, and governors. The school's provision for prayer and liturgy is evaluated to consider whether it meets the needs of all pupils and whether pupils are making progress in acquiring the core skills, values, morals, knowledge and understanding and abilities which they can then transfer into stronger practice of their faith by fuller participation in the planning, organizing and leading Prayer and Liturgy across the school themselves. Areas for development are always being identified and actioned as needed to continually improve provision and practice in RE overall.

Impact of Prayer and Liturgy

Prayer and Liturgy at St Antony's leaves an indelible mark on the hearts and minds of our pupils and staff. Children and staff become more prayerful, reflective and confident in the practice of their faith as they experience the real presence of God in their lives and over time develop a mature personal relationship with God which they happily share with others.



Marian Procession around the community and Crowning of Mary led by First Communion Recipients



Staff, pupils, parents and governors participate fully in the celebration of whole school Liturgies (Masses) every half term and on special feast days and days of obligation.



Our pupils bring the Stations of the Cross to life every year in the Church, school or West Ham Park for the whole school community to reflect on this most solemn journey of Jesus to the cross.

Appendix 1

Overview of Prayer and Liturgy Provision 2024-2025 At St Antony's Catholic Primary				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole School Celebration of The Word in the hall Led by HT/DHT Focus: Sunday's Gospel or Virtue of the Week linked to relevant scripture. @ 9-9:30am EYFS-Yr. 6</p>	<p>Morning Prayer in all classes EYFS-Yr. 6 lead by : pupils and classroom staff Focus: Liturgical Year: Advent, Christmas, Epiphany, Lent, Easter, Pentecost</p>	<p>Whole School Celebration of The Word in the hall Focus: Liturgical Year Led by RE Team & Pupils EYFS-Yr. 6 @ 9-9:30am</p>	<p>Celebration of the word : Led By :Pupil Prayer Leads deployed to classes across the school -excepting EYFS...starts Sum 1 Focus: Liturgical Year or Virtue of the Week linked to relevant scripture for theme</p>	<p>Whole School Celebration Assembly Or Class Assembly Or CST, SMSC or Special Launch Assembly EYFS-Yr. 6 @ 9-9:30am</p>
<p>Grace before meals in all classes EYFS-Yr. 6</p>	<p>Grace before meals in all classes EYFS-Yr. 6</p>	<p>Grace before meals in all classes EYFS-Yr. 6</p>	<p>Grace before meals in all classes EYFS-Yr. 6</p>	<p>Grace before meals in all classes EYFS-Yr. 6</p>
<p>Boys RE Music Ministry Band Mondays to Fridays at lunch time @1-1:30pm daily-Pupil Led Focus: Hymns and Songs for Celebration of the Word and school Masses</p>		<p>Pupil Prayer Leaders coaching sessions every Wednesday at lunch time @12:30 Led by: RE Lead for Yrs. 1-6 pupils selected to serve</p>	<p>Pupil Catholic Social Teaching Formation – Thursdays for pupils from upper KS2 Led by: RE Lead for Yrs. 4-6 pupils selected to serve</p>	<p>Rosary Club every Friday at lunch time @12:30 Led by: Pupils and Sr. Lavi-Shanthi for Yrs. 1-6 pupil members</p>
<p>Grace after meals in all classes EYFS-Yr. 6</p>	<p>Grace after meals in all classes EYFS-Yr. 6</p>	<p>Grace after meals in all classes EYFS-Yr. 6</p>	<p>Grace after meals in all classes EYFS-Yr. 6</p>	<p>Grace after meals in all classes EYFS-Yr. 6</p>
<p>Evening prayers in all classes EYFS-Yr. 6</p>	<p>Evening prayers in all classes EYFS-Yr. 6</p>	<p>Evening prayers in all classes EYFS-Yr. 6</p>	<p>Evening Prayers in all classes EYFS-Yr. 6</p>	<p>Evening prayers in all classes EYFS-Yr. 6</p>

Special Celebrations 2024-25

Focus	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Staff	Parents
Celebration of the word: Catholic Social Teaching linked to RE Teachings & Values 3/9/24									Staff Inset Day CPD +Governors With guest Speaker	
Celebration of The Word :Faith and Inclusion: 'Many Cultures ...One School' BHM Launch Assembly 27th/9/24									All staff in attendance With Chair of G +other Governors	
Individual Class Adoration: Prayer & Reflection in Church -cycle begins for 2024-25									Relevant Staff & P&L Pupil Leads attend	
Pre-School & Nursery Nativity 9th December 2024									Relevant Staff attend + Governors	Nursery Parents attend
Reception Nativity 11th December 2024									Relevant Staff attend + Governors	Reception Parents attend
Yr. 1 Nativity 13th -12-24									Relevant Staff attend + Governors	Yr. 1 Parents attend
Yr. 2 Nativity 17-12-24									Relevant Staff attend + Governors	Yr. 2 Parents attend
KS2 Christmas Production 19 th -12-24 in Church									Staff & governors	All parents Invited
Celebration of The Word :Stations of the Cross in Church 4/4/25									Staff & governors	All parents Invited
First Holy Communion Celebration Masses-May/June 2025									All staff invited to the Masses	All relevant parents Invited
Whole School Marian Procession and Crowning of Mary -May 2025									Relevant Staff attend	Parents Invited

Appendix 2

Common Prayers

This list is introduced in section 7.10 ('Common Prayers').

Age phase	5–7 (EYFS-KS1)	7–9 (KS1-Lower KS2)	9–11 (Upper KS2)	11–14 (KS3)
Prayers Pupils Should Know	The Sign of the Cross Morning Prayer • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals • Evening Prayer	• The Apostles' Creed • The Nicene Creed An Act of Contrition • Angel of God • Come, Holy Spirit • The Prayer of St Richard of Chichester And all the prayers for 5-7yrs	• Morning Offering • The Rosary • Hail Holy Queen • The Magnificat • Act of Faith • Act of Hope • Act of Love • The Angelus • And all the prayers for 5-9yrs	• The Benedictus • The Angelus • Hail Holy Queen • The Memorare Jesus, Mary and Joseph, I give you • Eternal Rest

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, and these your gifts
Which we are about to receive, from your bounty,
Through Christ our Lord,
Amen.*

Prayer after lunchtime

*We give you thanks,
Almighty God, for all your benefits,
Who lives and reigns, world without end.
Amen.*

The Apostles' Creed

*I believe in God, the Father Almighty
Creator of heaven and earth,
And in Jesus Christ, his only Son, our Lord, [\(At the words that follow, up to and including the Virgin Mary, all bow.\)](#)
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.*

[Based on baptismal documents of the 8th century but related to texts of an earlier origin.](#)

The Nicene Creed

*I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.
I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation He came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake He was crucified under Pontius Pilate,
He suffered death and was buried, and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, Holy, Catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.*

Act of Contrition

*O my 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.
Amen*

Based on baptismal documents of the 8th century but related to texts of an earlier origin. 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 be at my side,
to light and guard, to rule and guide. Amen.*

Come, Holy Spirit

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

*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.*

*Let us pray
O God, who by the light of the Holy Spirit, did instruct the
hearts of your faithful, grant that by that same Holy
Spirit,
we may be truly wise, and ever rejoice in your consolation, Through
Christ our Lord.
Amen.*

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

*Thanks be to you, my Lord Jesus Christ,
For all the benefits which you have given me,
For all the pains and insults which you have borne for me.
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.*

Morning Offering

*O Jesus,
Through the most pure heart of Mary, I offer you all
my prayers,
Thoughts, works and sufferings of this day
For all the intentions of your most Sacred heart.*

Amen

The Rosary

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

The Joyful Mysteries

(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

(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

(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

(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

[Hail, Holy Queen, etc. as above]

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

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

Let us pray.

*O God, whose only-begotten Son, by his life,
death and resurrection,
has purchased for us the rewards of eternal life,*

*grant, we beseech thee,
that meditating on these mysteries
of the most holy Rosary of the Blessed Virgin Mary, we may imitate what
they contain and obtain what they promise, through the same Christ our
Lord. Amen.*

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. Amen*

Act of Hope

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

Act of Love

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

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

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.

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. To 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.*

Eternal Rest

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

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