

# ST. BERNARD'S CATHOLIC PRIMARY SCHOOL



## PRAYER BOOKLET AND LITURGICAL SEASONS

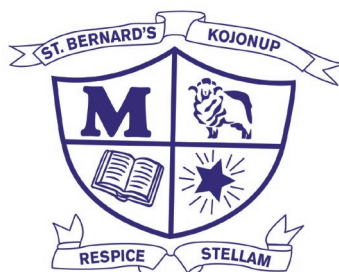


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# SCHOOL PRAYER

St Bernard's is our school.  
 Let peace dwell here.  
 Let the rooms be full of contentment.  
 Let love abide here.  
 Love of one another;  
 Love mankind;  
 Love of God;  
 And love of life itself.  
 Let us remember,  
 That as many hands build a house,  
 So many hearts make a school.  
 St Bernard pray for us.



# MEMORARE

*St. Bernard of Clairvaux composed the famous prayer to the Most Blessed Virgin Mary known as The Memorare.*

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to 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.



# PRE-PRIMARY/YEAR 1

*At this level the children should be encouraged, with the teacher as a prayer leader, to pray spontaneously about incidents and things which are real to them. For example:*

Dear Jesus, Thank you for our morning tea. Amen.

*The following list of formal prayers should be learnt in this grade:*

## **SIGN OF THE CROSS**

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

Amen.

## **HAIL MARY**

Hail Mary, full of grace, the Lord is with you; blessed are you among women,  
and blessed is the fruit of your womb, Jesus.

Holy Mary, mother of God, pray for us sinners now and at the hour of our death.  
Amen.

## **OUR FATHER**

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.  
Amen.

# YEARS 1/2

*In addition to the prayers set down in earlier grades, the following list of formal prayers should be learnt at this level:*

## **GLORY BE TO THE FATHER (Gloria Patri)**

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.

## **BLESSING BEFORE MEALS**

Bless us, O Lord, and these your gifts which by your goodness we are about to receive.

Through Christ our Lord.

Amen.

## YEARS 3/4:

*In addition to the prayers set down in earlier grades, the following list of formal prayers should be learnt at this level.*

### **THE ANGELUS**

The Angel of the Lord declared unto Mary,

R: And she conceived of the Holy Spirit.

Hail Mary ...

Behold the handmaid of the Lord:

R: Be it done unto me according to your word.

Hail Mary ...

And the word was made flesh,

R: And dwelt among us.

Hail Mary ...

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 you, O Lord, your grace into our hearts, that we, to whom the incarnation of Christ your 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.

### **PRAYER OF SORROW (Act of Contrition)**

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

# THE ROSARY

## **The Joyful Mysteries**

The Annunciation of the Lord  
 The Visit of the Virgin Mary to Elizabeth  
 The Birth of the Lord  
 The Presentation of the Lord  
 The Finding of Jesus in the Temple

## **The Mysteries of Light (optional)**

Jesus is baptised in the Jordan  
 Jesus' self-revelation at the wedding of Cana  
 Jesus proclaims the Kingdom of God  
 The Transfiguration  
 Jesus institutes the Eucharist

## **The Sorrowful Mysteries**

Jesus in the Garden of Gethsemane  
 Jesus is Scourged  
 Jesus is Crowned with Thorns  
 Jesus Carries his Cross  
 Jesus Dies on the Cross

## **The Glorious (Triumphant) Mysteries**

The Resurrection of the Lord  
 The Ascension of the Lord  
 The Descent of the Holy Spirit  
 The Assumption of the Virgin Mary into Heaven  
 The Queenship of the Virgin Mary

*The students, in previous years, have learned the basic prayers required when praying the Rosary. However, prayers such as Hail Holy Queen, the Apostles' Creed and the Fatima Prayer need not be taught at this level. It is sufficient that the teacher model these prayers during a time in which the Rosary, or a decade of the Rosary, is prayed.*

# BASIC ROSARY GUIDE: HOW TO USE ROSARY BEADS

## HOW TO SAY THE ROSARY

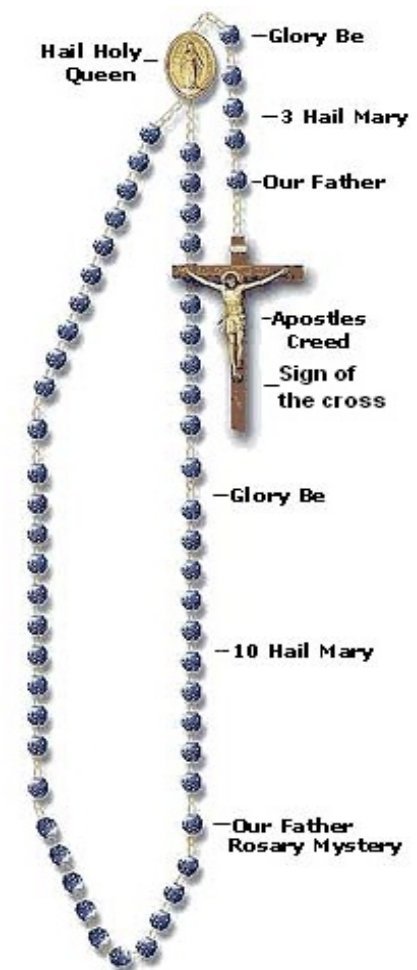
1. At the crucifix, begin with the Sign of the Cross and say the Apostles Creed.
2. On the first large bead say the Our Father prayer
3. Followed by three Hail Mary prayers. It is customary to say, "I offer these three Hail Marys for the increase in the virtues of faith, hope and charity."

**Faith** - pray to increase your faith in God

**Hope** - pray for a deeper desire and hope for heaven

**Charity** - pray to have a deeper love for your neighbours for the sake of your love for God

4. Then say one Glory Be prayer. Now you are at the medal that joins the beads. Here announce any prayer intentions you have. Then announce the first Joyful, Luminous, Sorrowful or Glorious Mystery depending upon what mysteries you are meditating on this particular day. At this point you may read a meditation or look at a picture of the mystery that will aid in your meditation.
5. Then begin the decade with one Our Father all the while keeping hold of the medal.
6. On the ten small beads that follow, pray ten Hail Marys.
7. Followed by one Glory Be Prayer.
8. Then the Fatima Prayer.
9. When you come to the large bead, announce the second respective mystery, look at a meditation aid then pray one Our Father.
10. On the ten small beads pray another set of ten Hail Marys followed by one Glory Be and the Fatima Prayer called a decade, as before.
11. Continue this pattern of announcing the mystery and praying a decade. Do this for the third, fourth and fifth mystery consecutively, followed by one Our Father, ten Hail Marys, one Glory Be and the Fatima Prayer.
12. After the fifth and final decade has been prayed, after the Fatima Prayer, pray the Hail Holy Queen prayer.
13. It is customary to finish the Rosary prayers with the "Let us Pray" prayer from the Breviary followed by the Saint Michael Prayer.
14. Now just as you began, end with the Sign of the Cross.





**THE SAINT MICHAEL PRAYER**

Saint Michael the Archangel, defend us in the day of battle.

Be our safeguard against the wickedness and the snares of the devil.

May God rebuke him we humbly pray and do thou O Prince of the Heavenly Host,  
by the power of God, cast into hell Satan and all the evil spirits who prowl throughout the world  
seeking the ruin of souls.

**"LET US PRAY" FROM THE BREVIARY**

Let us pray, O God, whose only begotten Son, by His life, death and Resurrection,  
has purchased for us the reward of eternal salvation.

Grant we beseech Thee, that while meditating upon 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.

## YEARS 5/6:

*In addition to the prayers set down in earlier grades, the following list of formal prayers should be learnt at this level.*

### 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.

### HAIL HOLY QUEEN

Hail, holy Queen, Mother of Mercy, hail, our life, our sweetness, and our hope.

To you we cry, the children of Eve; to you do we send up our signs,  
mourning and weeping in this land of exile.

Turn, then, most gracious advocate, your eyes of mercy towards us;  
lead us home at last and show us the blessed fruit of your womb, Jesus;

O clement, O loving, O sweet Virgin Mary.

O my Jesus, O my Jesus forgive us our sins, save us from the fires of hell,  
and bring all souls to heaven, especially those who most need your mercy.

Amen.

### THE FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell, and bring all souls to heaven,  
especially those who most need your mercy.

Amen.

# PARTS OF THE MASS

## CONFITEOR

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,

*(And, striking their breast, they say)*

through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

## GLORIA

*(This ancient hymn of praise is used on all Sundays outside of Advent and Lent, on solemnities and major feasts, and in solemn local celebrations. It is preferably sung by the whole congregation but may also be sung by the choir or recited by all. The priest may begin with a brief sung or spoken invitation for the people to praise God.)*

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.

## LITURGY OF THE WORD

*At the end of the Readings:*

The Word of the Lord

**Thanks be to God**

**GOSPEL**

*Before the Gospel Proclamation:*

*(Priest):* The Lord be with you. **All: And with your spirit.**

*(Priest):* A reading from the Holy Gospel according to... (*Matthew, Mark, Luke, or John*)

**All: Glory to you, O Lord!**

*After the Gospel Proclamation:*

*(Priest):* The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ!**

**INVITATION TO PRAYER**

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

*The people rise and reply:*

**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.**

**EUCCHARISTIC PRAYER**

*Preface Dialogue*

*Priest:* The Lord be with you.

**All: And with your spirit.**

*Priest:* Lift up your hearts.

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

*Priest:* Let us give thanks to the Lord, our God.

**All: It is right and just.**

**HOLY, HOLY (*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.

**LAMB OF GOD**

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

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

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

**BEFORE COMMUNION**

Behold the Lamb of God, behold him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

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

**CONCLUDING RITE**

The Lord be with you.                   **And with your spirit.**

Go in peace.                               **Thanks be to God.**

**PRAYER FOR OUR COUNTRY**

Father, we celebrate our freedom today. We celebrate living in this country, where we are free to be the best we can. Thank you for all your blessings on this country, please teach us how to use our freedom to make all your people happy. Amen.

**MORNING PRAYER**

Father in heaven, You love me, You are 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

**PRAYER BEFORE MEALS**

Bless us, O Lord, and these your gifts, which we're about to receive from your bounty.

Through Christ our Lord, Amen.

*Or*

Bless us O Lord as we sit together.

Bless the food we eat today.








Bless the hands that made the food.

Bless us O Lord, Amen

**END OF DAY PRAYER**

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

## LITURGICAL SEASONS, COLOURS AND SIGNIFICANCE

<p><b>Violet/Purple</b></p> <ul style="list-style-type: none"> <li>· Season of Advent</li> <li>· Season of Septuagesima</li> <li>· Season of Lent</li> <li>· Rogation Days</li> <li>· Ember Days (except for Pentecost Ember Days)</li> <li>· Vigils except for Ascension and Pentecost</li> <li>· Good Friday</li> <li>· Sacrament of Reconciliation</li> </ul>	 <p><b>Penance (repentance) Humility Preparing Melancholy</b></p>
<p><b>White</b></p> <ul style="list-style-type: none"> <li>· Season of Christmas</li> <li>· Season of Easter</li> <li>· Feasts of the Lord, other than of His Passion</li> <li>· Feasts of Mary, the angels, and saints who were not martyrs</li> <li>· All Saints (1 November)</li> <li>· Feasts of the Apostles</li> <li>· Sacrament of Baptism</li> <li>· Sacrament of Holy Communion</li> </ul>	 <p><b>Light Innocence Purity Joy Triumph Glory</b></p>
<p><b>Green</b></p> <p>Ordinary Time:</p> <ul style="list-style-type: none"> <li>· Time After Epiphany</li> <li>· Time After Pentecost</li> </ul>	 <p><b>The Holy Ghost Life Eternal Hope</b></p>
<p><b>Red</b></p> <ul style="list-style-type: none"> <li>· Feasts of the Lord's passion, Blood, and Cross</li> <li>· Feasts of the martyrs</li> <li>· Palm Sunday</li> <li>· Pentecost</li> <li>· Sacrament of Confirmation</li> </ul>	 <p><b>The Passion Blood Fire God's Love Martyrdom</b></p>
<p><b>Black</b></p> <ul style="list-style-type: none"> <li>· All Souls Day</li> <li>· Masses for the dead (Requiem Masses), except for baptised children who've died before the age of reason (White)</li> </ul>	 <p><b>Mourning Sorrow</b></p>
<p><b>Rose</b></p> <ul style="list-style-type: none"> <li>· Gaudete Sunday (Third Sunday of Advent)</li> <li>· Laetare Sunday (Fourth Sunday of Lent)</li> </ul>	 <p><b>Joy</b></p>
<p><b>Gold</b></p> <ul style="list-style-type: none"> <li>· Gold can replace white, red, or green (but not violet or black)</li> </ul>	 <p><b>Joy</b></p>