

Parish Prayer Book



**St Joseph's Parish
Newton Abbot**

Many thanks to all who have contributed prayers or hymns with special significance to them, for this parish prayer book. Also to Paula Morgan who has supplied some beautiful illustrations to go with it. The words and the style of the prayers and hymns chosen vary enormously, but the common themes running through the booklet help reveal what it is to be a follower of Christ, whatever our age or backstory. We hope you may find something here that is particularly helpful to you. A good place to start is with the prayer Jesus gave us...

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



Heavenly Father walk with me today, and grant
that I may hear your footsteps and gladly follow where they lead.
Talk with me today, and grant that I may hear your tender voice, and quicken to its
counsel.

Stay with me today, and grant that I may feel
your gentle presence in all I do, say and think.
Be my strength when I weaken, my courage when I fear.
Help me to know when it is your hand holding mine through all the hours of the day,
and when night falls, grant that I may know I rest in Your Sacred Heart.

*Anne Budd, source unknown
(possibly Father Julian, a Catholic priest in Oregon, USA)*

Eternal Father in whom Mercy is endless, and the treasury of compassion
inexhaustible; look kindly upon us, and increase your Mercy in us- that in difficult
moments we might not despair, nor become despondent, but with great confidence,
submit ourselves to Your Holy Will, which is Love and Mercy itself.

Eternal God please let the Reign of your Eucharistic Heart be born.
Eternal God please release the graces suspended into the hearts of All People.
Eternal God please let the Holy Spirit come into the hearts of all people, melt the ice
in their hearts and fill them with Light, Wisdom and Love.

Amen



Lord, you have entered, and do ever enter, into our common life.

Increase in us the grace to laugh generously and to be ready to laugh at ourselves.
Save us from false piety, from self-pity, from being dull and ponderous.
Give to us your good gifts of gaiety, kindness and good humour.
We ask this for your name's sake. Amen

Ginnie Cox

“I shall pass this way but once; any good that I can do or any kindness I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.” Etienne de Grellet, Quaker Missionary,

and....

“My Lord Jesus Christ, most sweet and most kind, who even now of thy great goodness has entered into this poor and humble abode. Adorn it and enrich it with thy treasures, that it may be made worthy of thine indwelling. Take up thy rest therein, that my heart may find its rest in thee alone. Let it not suffice thee, O Lord, to have given me thy sacred body. Give me also the treasures of grace which thou bringest with thee, for it will profit me little to eat the bread of life if I remain unfed by thy grace. Give me, O Lord, a heart completely transformed into thee by love. Give me a life that shall be all thine, a quiet death that shall be the beginning of eternal life. That is what I look for, pray and hope for from thee, my eternal God, by virtue of this blessed sacrament.”

Rose Teh



Dear St Joseph,

Help us to love and care,
To be gentle and fair.
Help us to work and play together,
Help us to live and grow together,
To be always glad to help each other,
Happy in your loving care.

Amen

***You have called us by our name. We belong to you.
You have called us by our name and we are yours.
You have chosen us to be members of your family.
In your love you have created us to live in unity.
You will lead us to your light, walk before us through the night.
You will guide us on our journey. You will keep our vision bright.***

This song is a favourite of both myself and the children at St Joseph's. God chose us and we belong to him, what can be more affirming than that?

Kelly Dunne, St Joseph's Catholic Primary School

Two traditional prayers from *Father George*..

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.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me,
And bid me come to thee.
That with thy saints I may praise thee,
For all eternity, Amen.

Attributed to Pope John XXII in 14th century. The hymn "Soul of my Saviour" is based on it.

and the **Prayer before a crucifix**

Behold, O kind and most sweet Jesus, I cast myself on my knees in your sight, and with the most fervent desire of my soul, I pray and beseech you that you would impress upon my heart, lively sentiments of faith, hope and charity, with a true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul I ponder within myself and mentally contemplate your five most precious wounds; having before my eyes that which David spoke in prophecy of you, O good Jesus: "They pierced my hands and feet; they have numbered all my bones."

Recommended to be said as an after-communion prayer, carrying a partial indulgence, a plenary one if said on Fridays in Lent.

St Teresa of Avila, one of only four great women Doctors of The Church in the whole of Christendom's history, had an all too human relationship with God. How many times I have berated God with the words she used, when, riding on her horse to a mission of mercy, the horse slipped and catapulted her into a field of mud. "If You treat Your friends like this, no wonder You have so few", probably shaking her fist at the sky at the same time. However, she, and I, in our own humble way, also know that God only gives us burdens we can bear, and that his ways are not always ours.

Moya

Be still my soul; the Lord is on thy side,
Bear patiently the cross of grief or pain;
Leave to thy God to order and provide;
In every change He faithful will remain,
Be still my soul; thy best, thy heavenly friend
Through thorny ways leads to a joyful end.



"When he was at the table with them, he took the bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognised him, and he disappeared from their sight. They asked each other, " Were not our hearts burning within us while he talked with us on the road and opened the scriptures to us?"

I like the Road to Emmaus reading because I find it funny how Jesus was with them but they didn't actually know. It reminds me that Jesus is always there really.
Jagoda, St Joseph's Catholic Primary School

Prayer for Courage

This prayer is for times of struggle or sadness, and has had a good few uses over the years when needed.

O God, make me brave,
Let me strengthen after pain
As a tree strengthens after rain.
Shining and lovely again
As the blown grass lifts,
Let me rise
From sorrow with quiet eyes,
Knowing your way is wise.
God make me braver,
Life brings such blinding things!
Help me to keep you in sight
Knowing all through my night
That out of dark, comes light.

My favourite hymn is probably the Magnificat, sung as “Tell Out my Soul, the Greatness of the Lord”. It makes a good prayer too!

Sally Fletcher

Two prayers from St Teresa of Avila

Let nothing trouble you,
Let nothing scare you,
All is fleeting.
God alone is unchanging,
Patience obtains everything,
They want nothing who possess God;
He alone is enough.

Christ has no body now on earth but yours,
no hands but yours, no feet but yours.
Yours are the eyes through which Christ’s compassion
is to look out to the world.
Yours are the feet by which he is to go about doing good,
And yours are the hands by which he is to bless us now.

I work with children and often see them in difficult situations where they are undervalued and unloved and I have found great comfort in the writings of Kahlil Gibran in his book called *The Prophet* and the way it speaks to us about our children. This is what is said about children-

“Your children are not your children. They are the sons and daughters of Life’s longing for itself.

They come through you but not from you, and though they are with you they belong not to you.

You may give them your love but not your thoughts, for they have their own thoughts.

You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them be like you, for life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth. The Archer sees the mark upon the path of the infinite and He bends you with His might that His arrows may go swift and far.

Let your bending in the Archer’s hand be for gladness: for even as He loves the arrow that flies, so He loves also the bow that is stable.”

I also found the prayer that was used at the recent First Communions was very beautiful and it said all that we want to say to God about our children.

Dear Father in heaven, here are our children. We give them to You. Reach out and touch them with the finger of Your love, so that they will stop where they are, sense Your presence and turn to You.

Take them and make them what You want, and not what we want. Call them to adventures that You have planned for them. Keep them free from sin, but if they sin, draw them back to You.

Keep them from smallness of spirit. Help them to know themselves, and enjoy the person You created them to be. Help them to use Your gifts to serve You.

As for us, help us to love them without possessiveness. Help us to be firm and protect them when we must. Help us to be patient while they strive to find themselves. Help us to guide them with your wisdom.

Help us to love letting them go.

And when the work is done and they are formed and raised and gone, help us to turn back to You without our children and continue the journey of life wiser and more understanding of You and Your ways with us; because we have raised children of our own.

Val Reeve

Mary Holman writes..

These prayers mean a lot to me as I have a disabled son, and am a wife, mother and grandmother.

Let us keep the sick and disabled at the centre of our lives. Let us treasure them and recognise with gratitude the debt we owe them. We begin by imagining that we are giving to them, we end up by realising that they have enriched us.

Pope John Paul II

and

SAINT ANNE BLESS MY FAMILY

O Good Saint Anne, my family is the heart of my life. It is my little Church. Watch over us and protect us from all physical and spiritual danger.

Love was at the centre of your family. You shared this love with your husband Joachim and your daughter Mary. You later shared this same love with your son-in-law Joseph and with your beloved Grandson Jesus, our Saviour.

May your family inspire us. May mutual support, dialogue, and respect prevail in my home. If my family is broken by separation or divorce, remain for us the Saint of tenderness and hope, and lead us to God.

Saint Anne, you were a wife, mother and grandmother. Bless every member of my family and keep us faithful to the Lord. May we also remain attentive to the needs of other families. Protect them as you protect us. Amen.



***Our God is a great big God, Our God is a great big God
Our God is a great big God, And he holds us in his hands
He's higher than a skyscraper
He's deeper than a submarine
He's wider than the universe
And beyond my wildest dreams
He's known me and he's loved me
Since before the world began
How wonderful to be a part of
God's amazing plan***

Since I first arrived at St Joseph's we have sung this song and it just makes me happy. Plus it is fun as you get to do actions to it. *Sophia, St Joseph's Catholic Primary School*

A prayer sent out by the Archdiocese of Liverpool in Preparation for the Eucharistic Congress 2018 and their Diocesan Synod 2020, It speaks to us all in straightforward language about sharing our faith.

We thank you Father
for the love you have shown us
in the gift of Jesus, your Son.
Keep us grateful each day
for the blessings that surround us.
As we are fed by you,
so now send us out
to share what we have received
with our hungry brothers and sisters.
We humbly ask your help to become the Church
that you are calling us to be:
a community that listens, that trusts,
that lives with courage
and that puts out its nets into new waters,
May the gentle presence of Christ in our hearts
be a source of healing, of new life
and of a deeper trust in you.
We ask this in faith
through Jesus Christ, Our Lord. Amen

Another simple prayer I like is:

Lord help me to live my life loving you through others. (Anon) *Sylvia*

Help me all this day Lord,

to bathe in your everlasting love, and by your mysterious presence

may I also feel the love of those I see no more,

and who loved me.

Nothing shall separate us, not even death,

united by your eternal love.



*Lord, the light of your love is shining,
In the midst of the darkness, shining;
Jesus, light of the world, shine upon us;
Set us free by the truth you now bring us,
Shine on me, shine on me.*

***Shine, Jesus, shine,
Fill this land with the Father's glory;
Blaze, Spirit, blaze,
Set our hearts on fire.
Flow, river, flow,
Flood the nations with grace and mercy;
Send forth your word,
Lord, and let there be light!***

This hymn always feels so powerful. Whenever I hear it, I feel uplifted.

Kayleigh Hannaford, St Joseph's Catholic Primary School

Two contributions from *Linda Sandry*

First, a **prayer from the St Patrick's Missionary Society for when we feel alone...**

I live alone dear Lord, stay by my side.
In all my daily needs, be thou my guide.
Grant me good health, for that indeed I pray,
to carry on my work from day to day.
Keep pure my thoughts, my every deed,
let me be kind, unselfish in my neighbour's need.
Spare me from fire, from flood, malicious tongues, from thieves,
from fear, and evil ones.
If sickness or accident befall,
then humbly Lord, I pray, hear thou my call.
And when I'm feeling low, or in despair,
lift up my heart and help me in my prayer.
I live alone dear Lord, yet have no fear,
because I feel your presence ever near. Amen.

And secondly, a **personal act of contrition..**

Lord I am a sinner,
please listen to my prayer.
I come to you with contrite heart
to show how much I care,
about the things that I have done,
my thoughts, my words, my deeds.
Please help me be more like your Son,
forgive my frailties please.
I promise to try and do no harm
to think and speak only the best,
then maybe one day in time to come
I will be with you at rest.

Christ, Saviour of every life, you come to us always.

Welcoming you in the peace of our nights,
In the silence of our days,
In the beauty of creation,
In the hours of intense inner combat,
Welcoming you means knowing that you will be with us in every situation,
always.

Brother Roger of Taize

Taize was such an important part of my life in my late teens and early twenties. The music, prayers and quiet contemplation remain my 'wellspring'.

Emma Wilson, St Joseph's Catholic Primary School



Elizabeth Courtlands has sent in the following, written by Robert Hugh Benson,

reflecting on a hopeful end to life.....

But ah, dear Saviour, human-wise,
I yearn to pierce all mysteries,
To catch Thine Hands, and see Thine Eyes
When evening sounds begin.
There, in Thy white Robe, Thou wilt wait
At dusk beside some orchard gate,
And smile to see me come so late,
And, smiling, call me in.

“To me you give the wild ox’s strength, you anoint me with the purest oil”

Morning Prayer Week 2, Saturday, Divine Office

These words were given to me whilst praying Morning Prayer alone, several years ago, and continued to be repeated throughout that day. I was going through a very difficult time plus preparing for major surgery next day. They have continued to be instantly with me ever since, whenever faced with difficult situations.

Julie Tranter

A Prayer for the Church of Today

Holy God, Father of all creation and Mother of all peoples, make us a Church which takes after your paternal heart and maternal love. Make us a People of God after the heart of Jesus, ardent for the peace, justice and wholeness of your Reign, reaching out to all, good and bad, far and near, believer and non-believer, straight and gay, man and woman.

Give us a Body of Christ for the life of the world, a body sensitive to the pain of hunger, early death, torture, exclusion, sexism, racism and all those pretexts we use to keep ourselves separate and aloof from society's messiness.

Give us a body aware of the groanings of the Spirit within and the weeping of a humanity which suffers.

Give us a body scarred with the wounds of a suffering Christ that we might know how to give witness to a New Humanity and a New Creation in Christ.

Give us a body whose expanse is wide like the expanding cosmos yet attentive to the movements of the Spirit deep within where "deep speaks unto deep" (Psalm 42).

Give us a laity ready to assume its adult responsibility in the Church.

Give us a prophetic laity ready to denounce those situations where God does not yet reign, to announce the Good News of pardon and peace and to work for the transformation of an endangered creation and for the transfiguration of a wounded humanity.

Give us a leadership attentive to the movements of the Spirit manifest in the questionings of the young; the striving of women for full inclusion and recognition of their ministerial gifts; the cry of the poor for justice; the pain of the abused especially of the children permanently maimed, spiritually and psychologically, by priests.

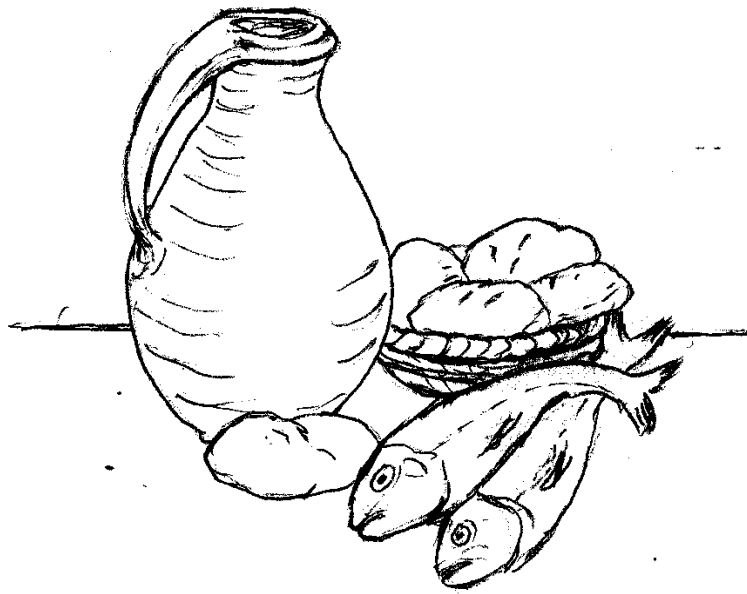
May our leadership be sensitive to the sadness of those excluded because racially or sexually they are not like us and may they listen to the expressed desire of countless committed laity for a leadership which listens and is ready to accompany them in their daily struggle for a just world and for a spirituality and theology of that struggle.

Finally, as we gather at the Eucharistic table, may we remember at the breaking of the bread those bodies dying of hunger; those washed up on foreign shores; and those scarred by clerical abuse. May we remember in the sharing of the cup the blood of martyrs, the victims of war, the battered women and other victims of torture. At the altar there is bread for all so that all might be full. There is wine for all that all might celebrate communion and conviviality.

We do not only receive the Body of Christ. We are the Body of Christ for the life of the world.

To you our God, Mother and Father, we raise our prayer. Send your Spirit to renew the face of the earth and to give us hearts firm in our faith and big in our love. Amen.

Frank Regan



*Above all powers, above all kings
above all nature and all created things
above all wisdom and all the ways of man
you were here before the world began.*

*Crucified
laid behind a stone
you lived to die
rejected and alone
like a rose
trampled on the ground
you took the fall
and thought of me*

*Above all
Above all kingdoms above all thrones
above all wonders the world has ever known
above all wealth and treasures of the earth
there's no way to measure what you're worth*

This hymn reminds me of how powerful God is.

Kye, St Joseph's Catholic Primary School

A phrase I use a lot, certainly on a daily basis, is:
“**Sweet Jesus, I love you**, teach me to love you daily more and more.”
This helps me out, whenever I feel the need for support, and originates from
when I learnt it as a child.

My regular prayer life includes a recitation of those people, living and dead, who mean a lot to me, this also gives me a sense of continuity, connection with both the past and the future, and of bonds which stretch beyond death.

I find hymns can be powerful and moving,
I have always been moved by the Rosemary Scallon (Dana) song written for world youth day, and its repeated phrase:
“**We are one body, one body in Christ**”, if only it were so !

I like much of the work of Carey Landry and particularly the phrase which can apply at different moments in a person’s life, particularly the last:

“And the Father will dance (and the Father will dance)
As on a day of joy (day of joy)
He will exult over you
And renew you by his love !”



Peter Farrell

Recollection of a school song from days at the Convent of Notre Dame in Teignmouth...

Verse 1 Where the hill leads steeply upwards,
And the sea shines far below,
Where the grass a gleaming emerald
In the summer light doth glow.
Where the wild rose in the hedgerows
Blooms fair for children’s hands
There’s a gem upon the hillside
Our Lady’s Convent stands.

Verse 4 Oh! Should the storm clouds lower
And life’s sea be sorely tossed,
Should the ship be out of harbour
And the beacon light be lost,
We will turn in fond remembrance
To the red light burning still,
Where the Guest Divine is sheltered
In the Convent on the hill.

Monica

Richard Paisey suggests..a wonderful evocation of Mary's "yes".

The poem **Annunciation**

by Sally Read...

The girl's so still, a clutch of starlings
might roost in her. Her fourteen years and,
and more, are recollected in his gaze,
as the purple blue of rosemary is lost
in what is happening. Steady as earth
she was, and soft; like turf penetrated
by deep hooks of roots. How he watched her,
from the empty dawn of before all time.

No gunshot would startle that stillness,
Or even make the birds around her fly.
A prayer deep enough for God himself
to tread. As though she were earth and he
the weightless footfall unused to gravity
and human flesh, sighing her consent

and

Pied Beauty

an appreciation of the wonders of nature in a profound and non-doctrinal religious
sense.

by Gerald Manley Hopkins....

Glory be to God for dappled things –

For skies of couple-colour as a brinded cow;

For rose-moles all in stipple upon trout that swim;
Fresh-firecoal chestnut-falls; finches' wings;
Landscape plotted and pieced – fold, fallow, and plough;
And áll trádes, their gear and tackle and trim.
All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise him.

Prayer of St Thomas More

O Lord give us a mind that is humble, quiet, peaceable, charitable and a taste of your Holy Spirit in all our thoughts, words and deeds...

It's comprehensive in focussing prayer and making it a platform for action.

David Kossoff's "Book of Witnesses"

Makes vivid and earthy, scenes from the life of our Lord



William Lark writes... **Graham Kendrick's "First Light" is a little known hymn which has brought me time and again close to tears of joy. I think it must have been composed for a sunrise service on Easter morning; anyway, here it is...**

First light is upon our faces, first light of the morning sun,
First sight of a new creation, first hour of the age to come.
New life from the earth is waking, first shoots of the second birth,
first bloom of an endless springtime, first bud of the tree of life.
First rays of the sun of justice, first note of the freedom song,
First breath of the coming Spirit, first shout from the conquered tomb.
First light is the Father's glory, first light is the risen one,
First born over all creation, we greet the unconquered Son.
First sound of a sacred rhythm, first beat of a diff'rent drum,
First step of a dance with heaven, first joy of the world to come.

Last sigh of an age that's passing, last chill of a winter's breath,
Last night of the king of terrors, last days of the sting of death.

First light is the Father's glory, first light is the risen Son.
The first and the last of all things, JESUS the LIGHT has come !

O, the love of my Lord is the essence Estelle White

No 967 in Laudate Hymn Book

Be thou my vision Mary Byrne and Eleanor Hull

No 970 in Laudate Hymn Book

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

“I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.”

The old woman smiled,

“Did you notice that there are flowers on your side of the path, but not on the other pot’s side? That’s because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.”



O Lord, my God, when I in awesome wonder
Stuart Hine and Carl Boberg
No. 721 Laudate Hymn Book, No. 227 Celebration Hymnal

Tony Starkey writes..

To me, verses 1/2, describe the creation of the Universe and all that God is offering us for a wonderful life thereon. Verse 3 describes what took place to redeem us from our follies instigated by the devil via Adam & Eve, thinking they were as great as God.

Verse 4 describes ‘ life after death ‘ providing we have gained our redemption.

Chorus...Then sings my soul, my Saviour God, to thee:

how great thou art, how great thou art.

Then sings my soul, my Saviour God, to thee:

how great thou art, how great thou art.

A Morning Prayer from “Living Faith”

said every morning by *Majorie Groves* in appreciation of the gift of life and all God’s creation...

Lord, in the song of birds I hear your delight in all of creation.

In the warmth of the sunlight and the rain,

I feel your care for all living things.

In this new day, help me to let go of what happened yesterday
and avoid too much concern about what will happen tomorrow.

You have given me life this day, and with it I have everything I need to be happy.

Help me to see my blessings and appreciate them.

Some more prayers from *Father George*..

The Memorare

Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled therefore with confidence in your goodness I fly to you, O Mother, Virgin of virgins. To you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer.

Year of Mercy Prayer (Pope Francis)

Father of Mercy, I come to You as I am.

You know me through and through.

I thank You for this gift of my life with all its joys, trials, certainties and doubts.

You gave us Your Son, Jesus, who died to heal our brokenness and sin,
then rose again to offer a new way of living in freedom, love and truth.

Here and now I open my heart to what You offer.

Every day is a fresh start and a new beginning.

I therefore ask forgiveness for my selfish choices and sin.

Let Your mercy and love live deep within me, that I too may be merciful and loving
to all,

for You have said,

“Blessed are the merciful for they shall obtain mercy”, (Mt 5:7)

Jesus I trust You.

Prayer of St Richard, Bishop of Chichester 1192-1253

Thanks be to you, my Lord Jesus Christ, for all the benefits you have given me,
for all the pains and insults 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

Amen



An evening prayer I have used since my first communion in 1958..

May the prayers of the Blessed Virgin Mary and all the Saints help me.

May the Holy Angels especially my own dear Guardian Angel, keep watch around
me this night.

In the name of our Lord Jesus Christ, I will lay me down and take my rest.

Into Thy Hands, O Lord, I commend my spirit, for Thou hast redeemed me, O Lord,
Thou God of truth.

The days come and go, we learn and we grow

We turn every stone on the way
There's good and there's bad, there's joy to be had
So let's make the most of today.

**'Cause this day – there's something to sing about,
This day – there's someone to think about,
This day – there's lots to be glad about, everybody.
This day – we'll care in the little things,
This day – be grateful in everything,
This way, we'll make it a beautiful day.**

The seasons go by, we laugh and we cry,
We change as we find our own way.
Our yesterday's done, tomorrow's not come,
So let's make the most of today.

This song lifts my spirit and makes me happy.

Lacey, St Joseph's Catholic Primary School

Holy Michael Archangel

Defend us in the day of battle,
Be our safeguard against the wickedness and snares of the Devil,
May God rebuke him, we humbly pray,
And do thou prince of the heavenly host,
Thrust down to hell Satan and all wicked spirits
Who wander through the world for the ruin of souls.

Amen

Teresa Andrews shares..

Come Holy Spirit

Wrap your love around me,
Protecting me from harm.
Send your peace upon me,
at night to keep me calm.
Heal me with your presence,
So troubles I can bear.
Instil your joy within me,
For sleep without a care.
Inspire me with your gifts,
And patience please send.
Come close because I wish
To know you as a friend.
And comfort me forever,
When my life on earth will end.

Serenity Prayer..

God grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.

Amen.

Michael Quainoo writes

Psalm 121 is my go to prayer. When I feel the walls around me are falling apart, and wondering if I can get up and move on, praying this Psalm brings me comfort, hope and strength because I get to know, I am never alone.

Psalm 121 King James Version (KJV)

I will lift up mine eyes unto the hills, from whence cometh my help.

My help cometh from the Lord, which made heaven and earth.

He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

Behold, he that keepeth Israel shall neither slumber nor sleep.

The Lord is thy keeper: the Lord is thy shade upon thy right hand.

The sun shall not smite thee by day, nor the moon by night.

The Lord shall preserve thee from all evil: he shall preserve thy soul.

The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore

The Alexian Brothers' Prayer to Christ the Healer..

In the comfort of your love, I pour out to you my Saviour,
the memories that haunt me, the anxieties that perplex me,
the fears that stifle me, and the frustration of all the pain that weaves about within me.

Lord, help me to see your peace in my turmoil, your compassion in my sorrow,
your forgiveness in my weakness, and your love in my need.

Touch me, O Lord, with your healing power and strength. Amen

Night Prayer of Saint Augustine....

Watch, O Lord, with those who wake, or watch, or weep tonight,
and give your angels charge over those who sleep.

Tend your sick ones, O Lord Christ. Rest your weary ones,

Bless your dying ones, Soothe your suffering ones,

Shield your joyous ones, and all for your love's sake. Amen



PRAYER TO ST. JOSEPH FOR ONE'S FAMILY

*Joseph, strengthen in our family
every bond of love which unites us --
the marriage bond,
the love of parent and child,
the bonds of mutual love between all.*

*Joseph, protect our family
from every danger from without
and from every threat
to peace, unity and harmony within.*

*Joseph, teach us to be
kind and loving towards one another,
careful for one another,
tolerant of one another,
forgiving towards one another.*

*Joseph, may contentment with our lot
and joy in each other
abound in our house,
as we seek faithfully to serve
and greatly to love God.*

*Joseph, be you yourself
a father towards the family of ours,
and pray Mary
be a mother to us*

(Note: This prayer was taken from the booklet "Devotions to Saint Joseph" by Brian Moore, S.J., printed and published by the Society of St. Paul.)



*Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.*

**I love this hymn because it reminds me of when Jesus died but then rose again
because it was an amazing grace that God was back with us again.**

Ruby, St Joseph's Catholic Primary School

A Creed for Today

(from "Christ: the Christian Experience in the Modern World" by Father Edward Schillebeeckx)

I believe in God, the Father: the omnipotence of love.

He is the Creator of heaven and earth:

this whole universe, with all its mysteries:

this earth on which we live, and the stars to which we travel.

He knows us from eternity, he never forgets

that we are made of the dust of the earth

and that one day we shall return again to it as dust.

I believe in Jesus Christ, the only-beloved Son of God.

For love of all of us, he has willed to share our history, our existence with us.

I believe that God also wanted to be our God in a human way.

He has dwelt as man among us. A light in the darkness.

But the darkness did not overcome him.

We nailed him to the cross. And he died and was buried.

But he trusted in God's final word, and is risen, once and for all:

he said that he would prepare a place for us, in his Father's house, where he now dwells.

I believe in the Holy Spirit, who is the Lord and gives life.

And for the prophets among us, he is language, power and fire.

I believe that together we are all on a journey,

pilgrims, called and gathered together, to be God's holy people,

for I confess freedom from evil, the task of bringing justice and the courage to love.

I believe in eternal life,

in love that is stronger than death,

in a new heaven and a new earth.

And I believe that I may hope for a life with God and with one another for all eternity:

Glory for God and peace for all.

Space for personal notes and intercessions...



ST. JOSEPH'S PARISH
St. Joseph's is part of the Plymouth R.C. Diocese:
Reg. Charity No: 213227