

Diocese of Nottingham
...working in partnership with
The Our Lady of Lourdes Catholic Trust

St Philip Neri with St Bede Catholic Voluntary Academy
Policy Document



Prayer & Liturgy

“Rejoice in hope, be patient in tribulation, be constant in prayer”
Romans 12:12

Written by:	Approved by:	Approval Date:	Review Date:
D. Steele	LGB	September 2024	September 2025

School Mission Statement:

"We put Christ at the centre of our lives. Think. Speak. Act."

The Nature of Prayer and Liturgy

As a Catholic school, prayer and liturgy allows us to celebrate God's presence and love; putting Christ at the centre of our lives. At St. Philip's, we embrace a variety of opportunities to engage in worship involving all pupils and staff.

Collective Worship takes the form of class, Key Stage and whole-school Celebration of the Word. We also celebrate Liturgies of the Word and Mass in our church. Pupils work alongside key staff to plan, deliver and evaluate; meaning the Word of God is shared in relevant and meaningful ways. Following the Bishop's themes, pupils recognise the ways to **encounter** God, recognise the meaning of **discipleship** and that we are called to be **missionary disciples**. We also follow the Church's year, acknowledging liturgical dates, feast days, Holy days of obligation and church events.

The staff and children know that our school is a prayerful place; they have helped us to develop indoor and outdoor spaces to worship and enjoy extra opportunities to gather in prayer. Our chaplaincy team is strong and allows for other pupils to join in with worship planning and activities.

Legal Requirements

It is a legal requirement that there must be a daily act of worship for all pupils (prayer and liturgy). In this school, worship is prioritised on timetables to ensure this time is shared. Each day begins with a worship gathering of some form and the day is punctuated by daily prayers said as a class.

We recognise that the strands of Catholic Life and Mission, Collective Worship and RE are now so entwined at St. Philip's that the messages, missions and language shared in Prayer and Liturgy are included in other areas of the curriculum. The weekly mission is seen growing over the week as pupils contribute physically to focus table prompts.

Prayer and liturgy are not designated curriculum time.

The law requires that we recognise and respect that parents have the legal right to withdraw their children from prayer and liturgy (School Standards and Framework Act 1998)

The Place of Prayer and Liturgy in the Life of our school

We endorse the belief that 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
- Visitors and outside providers

Prayer and Liturgy at St Philip's is more than just a legal requirement. It is an integral part of school life and central to the catholic tradition. By living out our mission, our children are proud to profess their faith, have a love of learning, a love of themselves, each other and our world.

The Aims of Prayer and Liturgy

We believe that Prayer and Liturgy in our school aims to provide opportunity for all pupils and staff:

- To contemplate something of the mystery of God
- To reflect on spiritual and moral issues
- To explore their own beliefs
- To respond to, and celebrate, life
- To experience a sense of belonging and develop community spirit
- To develop a common ethos and shared values
- To enrich religious experience
- To grow in liturgical understanding and development
- To reinforce positive attitudes
- To participate fully
- To take time out 'to wonder at', 'to come to terms with' and 'to give worth to'.

See the PRAYER PROGRESSION DOCUMENT ([Appendix 3](#)) for agreed prayers said throughout school at different times.

Principles

All acts of prayer in this school will:

- Give glory and honour to God
- Be a quality activity, fundamental to the life of the school and its Catholic character
- Give children positive liturgical experiences, appropriate to their age, aptitude and family backgrounds in order to prepare them for the liturgical life of the Church.

The Planning, Content and Celebration

Prayer

- is planned following a structure with reference to the Church's seasons
- is planned using a diocesan framework that begins with the Word, and plans for an appropriate Gather, Respond and Mission.
- the mission shared on a Monday with the whole school is repeated in the other weekly Celebrations of the Word to embed the task.
- involves pupils at all levels; they plan, deliver and evaluate all types of liturgy across school
- includes families, governors and parishioners
- includes significant dates and feast days
- Seasonal prayers and prayer types are taught (interactive and traditional). See [Appendix 3](#) for **Prayer Progression document**

Organisation 2024-25

Monday	9.00am 15 minutes	<p><u>Word of the Week and Sunday Gospel (Y1-6)</u></p> <p>Introduced by leaders from across the school. Pupil suggestions are considered for the planning and delivery but this is an adult-led response. Pupils evaluate to inform leaders of what benefits pupils.</p> <p>The mission is set and added to all class focus tables from this celebration.</p> <p><u>Word of the Week and Sunday Gospel (FSU)</u></p> <p>These pupils will be told the Word of the Week and the school mission (from Whole School worship) and the Gospel message from Sunday will be shared.</p>
Tuesday	9.00am 15 minutes	<p><u>Foundation/Key Stage 1 liturgical prayer</u></p> <p>Follows the theme for the Word of the Week. This is led by Key Stage 1 teachers and is planned, delivered and evaluated with pupils.</p> <p><u>Key Stage 2</u></p> <p>Class-based worship to take place led by pupils.</p>

Wednesday	8.40am	<u>Staff briefing</u>
	5 minutes	Staff have time together to hear Scripture based on the Word of the Week, take away a message, have private prayer and share intentions for those in need.
	9.00am	<u>Hymn Practise (Y1-6)</u>
	15 minutes	Beginning with a prayer, Christopher Davies, our Cathedral Choir master will teach children to sing responses to the Mass, or traditional hymns to be used in relevant celebrations.
Thursday	9.00am	<u>Key Stage 2</u>
	15 minutes	Follows the theme for the Word of the Week. This is led by Key Stage 2 teachers and is planned, delivered and evaluated with pupils. <u>Foundation/Key Stage 1 liturgical prayer</u> Class-based worship to take place led by pupils.
Friday	9.00am	<u>Whole school assembly</u>
	15 minutes	This is a community gathering each week; it could be an OPAL assembly, a Virtues awards assembly or a worship to reflect on the mission of the week. Pupils and staff will always gather in prayer and consider their contribution to their wider life during the week and how they have responded to the mission shared on Monday.

Recording

Collective Worship is recorded

- Planners have been designed to allow the four areas to be considered (Word – Gather – Respond – Mission). Evaluation slips are completed by pupils following a Celebration of the Word. **See [Appendix 1](#) for our planning and evaluation sheets.**
- These are collated in Scripture Scrapbooks which are displayed on focus tables in each classroom and in the HT office.
- Photographs and pupil responses (e.g. post-its) are shared alongside the planning.
- Pupil prayers are seen on focus tables in the form of writing, prayer bowls (with water, pegs, pebbles) or through collective displays e.g. a prayer loom that string is tied on for each prayer

Monitoring and Evaluation

Evaluations by pupils are completed at the end of each type of worship by the team of pupils who are contributing to the next celebration so that they can feedback their ideas when planning with staff.

Collective Worship is included in our monitoring schedule. This is completed by Senior Leaders, in conjunction with Trust associates/governors/chaplains. Needs will be identified and will inform the school's CSED (Catholic Schools Evaluation Document).

Resources

We have a stocked Sacred Space – a place where staff and pupils can go to collect items for focus tables eg. bowls, artefacts, pebbles, candles. This area is also available for personal prayer for any faith; open to visitors as well as staff and pupils.

Classrooms each have their own set of liturgically-coloured cloths, and resources expected for a focus table eg. cross, candle, Virtues tokens, Mission chalkboard, Mission centrepiece. Each classroom has a focus table monitor who will manage these resources; making sure they are tidy, clean and relevant and that used items are returned to the Sacred Space.

Portable Prayer Backpacks are hung in the Sacred Space which allows a class to take what they need out into any area of school and set up a worship area with a focus. These consist of all items needed for a focus table, a blanket and prayer cards. Each class has been guided as to how to use these by our Chaplain.

Eucharist

Eucharist celebrations are a very important part of our worship. Senior Leaders work in partnership with the parish clergy to ensure opportunities are maximised in order to celebrate feast days and weekly masses in our church with a priest and supported by our families and parishioners.

These Masses are a wonderful opportunity for school and parish to worship together. The staff and children prepare the music, prayers and readings for these celebrations. Where we are not able to have a priest attend, a Liturgy of the Word takes place instead.

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' (Christ at the Centre Rev Marcus Stock 2005)

This learning of our values as a Catholic School begins when entering our visitors' reception. We have paid tribute to Our School Virtues with a photo mural. On entering the main school building, this learning continues in our Liturgical Lounge which has a timeline to specifically teach the events of Advent, Lent and Pentecost in an accessible way for children and adults. This mural also shares stories from the Old Testament, Feast Days and Sacraments as well as including the Bishop's themes of Encounter, Discipleship and Missionary Discipleship. Our Lady's Statue is back-lit in the relevant liturgical colour and is surrounded by our school mission and Virtues symbols.

Focus tables are prominent in each classroom and throughout the school; they reflect the liturgical season and share the Word of the Week and the school mission.

The Sacred Space is available and will be a space that teaches traditional or seasonal prayer and an outdoor chapel is being developed 2024-2025 to allow worship to continue outside.

The leader for Prayer and Liturgy

This role will be undertaken by Nik Shivley, Deputy Head.

This is supported by

- the Headteacher and Governors
- two Trust chaplains
- a designated TA chaplain
- a chaplaincy team made up of two representatives from each class. This group specifically lead special celebrations; Ash Wednesday service, Prayer Fayres, Holy Week Stations of the Cross, Rosary prayers in October and May, and attend events out of school.
- all pupils are welcome to support the planning and delivery of all celebrations of the word.

Stay and Pray

This is a club for pupils who want to find creative ways to pray. It explores the Word of the Week or seasonal prayers and is led by TAs. Pupils are invited to join the Stay and Pray club at break once a week and will create and learn prayers that they can take back to share with their class. This will range from saying the our father and other traditional prayers confidently to using clay, beads, nature and music to share prayer.

UKS2 chaplains help to lead this, with the potential of it being a lunchtime activity in the outdoor chapel.

Governors

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 who is responsible for prayer and liturgy in the school
- 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

Policy Monitoring and Review

This policy is monitored by the Prayer and Liturgy Lead and is to be evaluated and reviewed by the whole school staff and governors every two years. The Foundation Governors in particular will play a most important role.

Revised September 2024



Definitions and Distinctions

It is important to be clear about our use of terminology when dealing with the whole area of “Collective Worship” in schools. Collective Worship is the term used in legislation in this country but it is not a phrase we would readily use in a Catholic context. “Prayer” and “liturgy” are terms with which we are more familiar.

Prayer

“Prayer is the encounter of God’s thirst with ours. God thirsts that we may thirst for God” [Catechism of the Catholic Church 2560]

“Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” [Therese of Lisieux]

At the heart of the Christian faith is the belief in a God who communicates with people. God calls every human person into a loving relationship and as with every relationship, our relationship with God can only grow through communication. Prayer is the way in which we engage in communication with God. Christians believe that prayer is essential to human fulfilment for it is only in God that we can discover ourselves, our meaning and our purpose.

"You have made us for yourself, O Lord, and our hearts are restless until they rest in You"
[St. Augustine]

Prayer consists of:

Listening - being attentive to the voice of God in every moment of life.

Speaking - expressing our heart's deepest longings and desires to the One who knows and understands us better than we know and understand ourselves.

Reflecting - thinking about our relationship with God. Pondering on the actions of God in history and in the unfolding mystery of our lives.

Resting – simply being consciously in the presence of God, knowing that we are loved.

One of the Early Fathers of the Church described prayer as *"... the raising of one's mind and heart to God or the requesting of good things from God."* These words of St John Damascene have become a classical definition of prayer and they point to the reason why, in a Catholic school, we begin and end each session of the day in prayer. Prayer can have a variety of forms and styles and express different things. The Catechism of the Catholic Church identifies the following forms of prayer:

- Blessing and Adoration – the prayer which blesses God for the goodness which has been shown to humankind
- Petition – the prayer which asks for forgiveness and which calls for the establishment of the Kingdom of God
- Intercession – consists in asking on behalf of another
- Thanksgiving – acknowledging the gifts which God has given
- Praise – the prayer which praises God simply because God is

Liturgy

The liturgy is the summit towards which the activity of the Church is directed; it is also the fount from which all her power flows

"Liturgy" literally means, "work of the people", and points to the fact that something else is going on beyond prayer. It is the formalising of worship at the heart of which is symbol and action. Liturgy makes explicit the celebration deriving from and highlighting every instance of worship, which occurs in our daily lives. To liturgical celebration therefore should be brought all human symbols of expression - art, dance, poetry, music, gesture, stillness

The *'Liturgy of the Word with Children. Guidelines'* [1996 The Bishop's Conference of England and Wales] lists the **General Principles of Liturgy**:

- Liturgy is the praise and worship of God.
- Liturgy is the source and summit of the Church's life and our lives.

- It is the right and duty of all baptised, both children and adults.
- The function of the liturgy is to build up members of Christ's body, to strengthen us in preaching Christ.
- Liturgy is action and symbol; it speaks to the whole person, it involves all the senses: sight, touch, sound, taste and smell.
- Participating in liturgy forms our habits because we are ritual people and learn through repetition and copying.
- In liturgy we discover the riches of prayer, through word and gesture, silence and stillness.
- The purpose of adapting liturgy for children is to lead them into full, conscious and active participation in the liturgy of the parish.
- Liturgy with children, as with adults, demands dignity, clarity and simplicity.

[See Appendix 1 for a simple liturgical format]

Collective Worship

God is present and active in all authentic human experience. We already have a graced life and **worship** is naming and celebrating this reality in the Christian tradition. God is reached through the world and adored within it. Creating a sacred space for worship is to create a space where the unity of God and creation is reverently symbolised and celebrated. Worship and the words and rituals we use should not sever us from the ordinary circumstances of our lives but rather unite us more closely to them.

- Worship remembers and celebrates the marvellous things God works in our lives. It celebrates God's presence in our lives. Worship should not feel like an interruption from a different world. It is a spontaneous response to life.
- Collective Worship is concerned with giving glory, honour, praise and thanks to God. It is our loving response, in word and action, to God's invitation to enter into relationship made possible through the work of Jesus Christ and the witness of the Holy Spirit.
- Worship will be at the very heart of every Catholic school and must reflect something special or separate from ordinary school activities.

Prayer may be an individual experience, or if it is an activity with others may form part of an act of worship.

All liturgies involve the praise, thanksgiving and adoration of God and are, therefore, acts of worship. However, not all worship will be liturgy as it may or may not include symbol and action.

An assembly is any experience of gathering/assembling in school. It may include an act of worship but the difference between worship and assembly must always be clear.

Collective Worship Principles

The following key principles have been developed to support school communities when devising or revising policy and practice related to Collective Worship.

Principle I

Every effort will be made to give children positive experiences, based on sound educational, pastoral and liturgical principles.

One of the most important tasks of Catholic schools is to lead children, through celebrating liturgies, towards an understanding and appreciation of prayer and the sacraments, particularly the Eucharist.

This is no easy task, given that so many children in our schools have little or no experience of celebrating sacraments in their parish communities.

We endorse the belief that Collective Worship 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.

It will be an educational activity or experience to which all can contribute and from which all can gain.

Worship in this school is more than just a legal requirement. It is an integral part of school life and central to the Catholic tradition.

Principle II

Acts of Worship will prepare children for the liturgical life of the Church.

The school has great scope and opportunity through its daily act of worship to provide the steps needed in preparing children for the liturgical life of the church.

Celebrations of various kinds which help children to understand some of the elements of liturgy (such as greeting, silence, community praise, especially in song) have a great part to play in their liturgical formation. They are part and parcel of school acts of worship.

Such experiences help children's spiritual development and may eventually lead them to a desire to celebrate Mass and the sacraments beyond the community of the school.

Principle III

Acts of Worship will take into account, as far as possible, the age, aptitudes and backgrounds of the children.

Children are best introduced to prayer and liturgy in a developmental, step by step approach. Asking children to pray in a way they are not capable of, or in a manner beyond their years, can inhibit and sometimes damage development in this area.

For liturgy to be effective we need to take into account the age, aptitudes and backgrounds of the children.

In order to do this, celebrations will:

- be kept small wherever possible or appropriate to help to personalise the experience;
- be short and appropriately paced (children's attention span lasts in any one activity for an average of one minute per year of life i.e., 5-6 mins. For Key Stage 1 and 7-10 mins. For Key Stage 2);
- be simple, including a range of experiences offered in a variety of groupings and in a variety of settings.

Principle IV

Acts of Collective Worship will usually follow the basic structure of Christian worship.

The same general principles will apply to planning a Eucharistic celebration as to other acts of school worship and opportunities for children to participate will be maximised.

The principles expressed here lead us to conclude that in school the 'Liturgy of the Word' rather than the Eucharist will be the norm.

In planning the celebration of the Eucharist with a school group sensitivity needs to be given to the number of children who come from other Christian Churches, other faith traditions, or from no particular faith background at all. The Eucharist is the central liturgical act of a Catholic faith community, so if there is a large proportion of people who are unable to participate fully in such a celebration it would be appropriate to think through how frequently and in what manner such celebrations should take place.

At Key Stage 1 worship includes:

- short, simple liturgies and prayer times
- occasional liturgies reflecting the Introductory Rites of the Mass and/or the Liturgy of the Word
- the occasional celebration of sacramental liturgies
- a range of types of prayer
- a range of styles of celebration
- opportunities for pupils to take an active part in worship

At Key Stage 2 worship includes:

- short, simple liturgies and prayer times
- occasional liturgies reflecting the Introductory Rites of the Mass and/or the Liturgy of the Word; or the Eucharistic Prayer; and/or the Communion Rite
- the occasional celebration of sacramental liturgies
- a range of types of prayer
- a range of styles of celebration
- opportunities for pupils to take an active part in worship
- opportunities for pupils to take leadership roles in worship

Appendix 1

Worship Planning & Evaluation Resources

Word of the Week

Liturgical Colour



Prayer leaders
this week



Gather



Word

Scripture:

Message:

Response



Prayer:



Action:



Mission





Did you find...?

- ☐ Sign of the Cross
- ☐ Scripture
- ☐ Responses
- ☐ Silence
- ☐ Seasonal prayers
- ☐ Movement & actions

- ☐ Signs & symbols
- ☐ Liturgical colours
- ☐ Music & song
- ☐ Links to scripture
- ☐ Everyone included
- ☐ A call to mission



Did you find...?

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- ☐ Responses
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Celebrate

What went
well
today?



Grow

One idea for
next time...



Celebrate

What went
well
today?



Grow

One idea for
next time...



Celebrate

What went
well
today?



Grow

One idea for
next time...

Appendix 2

Prayer Experiences

Pupils are introduced to a variety of forms and styles of prayer, which are developed in ways which are appropriate to their age and stage of development.

Type:	Example:
Praying the psalms	<i>'I thank you for the wonder of my being' [Psalm 139]</i>
Traditional prayers	<i>Glory be to the Father, Our Father, Hail Mary</i>
Repetitive prayer [mantra]	<i>'Jesus, I love you', repeated several times, slowly</i>
Meditation	<i>Scripture reflection with use of imagination</i>
Bodily prayer	<i>raising hands in praise, bowing, dancing, genuflecting</i>
Prayer of the heart	<i>stillness to listen to God: 'Be still and know that I am God.'</i>
Contemplation	<i>looking at trees, a sunset, an icon etc.</i>
Gestures	<i>the sign of the cross, the sign of peace</i>
Hymns	<i>traditional and modern hymns</i>
Music	<i>listening to quiet, reflective music</i>
Litanies	<i>For all creation: Thanks be to God</i>
Processions	<i>Gospel procession with sung 'alleluia'</i>
Prayer services and liturgies	<i>formal and spontaneous prayer using holy water, candles, incense and other symbols</i>
Celebrations	<i>prayer, song, sharing food and drink, celebrating work done</i>

Appendix 3

Prayer Progression from Nursery to Year 6

It is expected that most pupils will be able to know or do the following by the end of each year group:

Nursery	<p>Sign of the cross – Use “From my head, to my heart, from this shoulder to this shoulder, I belong to God. Amen.” Staff do it in mirror-image.</p> <p>Morning prayer – signed Grace before meals – signed Grace after meals – signed Home time prayer – signed</p> <p>Mission: We put Christ at the Centre of Our Lives (signed)</p>
FS2	<p>Sign of the cross – “In the name of the Father...” and what it means</p> <p>Morning prayer – signed and explained Grace before meals – signed Grace after meals – signed Home time prayer – signed</p> <p>Our Father – join in with staff leading</p> <p>Mission: We put Christ at the Centre of Our Lives (signed)</p>
Year 1	<p>Morning prayer – signed. led by chaplains Grace before meals – signed Grace after meals – signed Home time prayer – signed and explained</p> <p>Our Father – all take part confidently</p> <p>Hail Mary – Join in with staff leading</p> <p>Mission: We put Christ at the Centre of Our Lives (say it and sign it) in how we think, speak and act (bless yourself)</p>
Year 2	<p>Morning prayer – signed. led by chaplains Grace before meals – signed Grace after meals – signed Home time prayer – signed. led by chaplains</p> <p>Our Father – all take part and understand it is a prayer taught by Jesus.</p> <p>Hail Mary – join in and understand its significance Invitation to say the Rosary in October and May and understand its importance.</p> <p>Mission: We put Christ at the Centre of Our Lives (say it and sign it) in how we think, speak and act (bless yourself and say it)</p>

Year 3	<p>Morning prayer – signed. led by chaplains</p> <p>Grace before meals – signed</p> <p>Grace after meals – signed</p> <p>Home time prayer – signed. led by chaplains</p> <p>Our Father – all take part confidently</p> <p>Hail Mary -All take part. Led by half the room, responded by the other half (split the prayer in half)</p> <p>Glory be to the Father- explained</p> <p>Invitation to say the Rosary in October and May and understand its importance.</p> <p>Mission: We put Christ at the centre of our lives (say it and sign it) in how we think, speak and act (bless yourself and say it)</p> <p>Seasonal (Advent and Lent)</p> <p>Holy Communicants Act of Contrition</p>
Year 4	<p>Morning prayer – signed. led by chaplains</p> <p>Grace before meals – signed. Led by chaplains</p> <p>Grace after meals – signed. Led by chaplains</p> <p>Home time prayer – signed. led by chaplains</p> <p>Prayer to Guardian Angel – to be taught and offered as an additional home time prayer</p> <p>Our Father – all take part confidently</p> <p>Hail Mary -All take part. Led by half the room, responded by the other half (split the prayer in half)</p> <p>Glory be to the Father- understood</p> <p>Invitation to say the Rosary in October and May and understand its importance.</p> <p>Mission: We put Christ at the centre of our lives (say it and sign it) in how we think, speak and act (bless yourself and say it)</p> <p>Seasonal (Advent and Lent)</p> <p>Holy Communicants Act of Contrition</p>

Year 5	<p>Morning prayer – signed. led by chaplains Grace before meals – signed. Led by chaplains Grace after meals – signed. Led by chaplains Home time prayer – signed. led by chaplains Prayer to Guardian Angel – chaplains to choose which one is said.</p> <p>Our Father – all take part confidently Hail Mary -All take part. Led by half the room, responded by the other half (split the prayer in half) Glory be to the Father- all take part confidently.</p> <p>Know the Rosary – can name the mysteries. Invitation to say the Rosary in October and May and understand its importance.</p> <p>Mission: We put Christ at the centre of our lives (say it and sign it) in how we think, speak and act (bless yourself and say it). Be able to explain how we do this.</p> <p>Seasonal (Advent and Lent) Holy Communicants Act of Contrition</p> <p>October and May Lead prayers to Our Lady using guidance</p> <p>October, May and Advent Join in with the Angelus (begin with guidance. Teacher led, pupils respond) Finish the year knowing each part and its significance.</p>
Year 6	<p>Morning prayer – signed. led by chaplains Grace before meals – signed. Led by chaplains Grace after meals – signed. Led by chaplains Home time prayer – signed. led by chaplains Prayer to Guardian Angel – chaplains to choose which one is said.</p> <p>Our Father – all take part confidently Hail Mary -All take part. Led by half the room, responded by the other half (split the prayer in half) Glory be to the Father- all take part confidently.</p> <p>Know the Rosary – can name the mysteries and events that took place within the mystery. Invitation to say the Rosary in October and May and understand its importance.</p> <p>Mission: We put Christ at the centre of our lives (say it and sign it) in how we think, speak and act (bless yourself and say it). Be able to explain how we do this and give examples.</p> <p>Seasonal (Advent and Lent) Holy Communicants Act of Contrition</p> <p>October and May</p>

	<p>Lead prayers to Our Lady using guidance</p> <p>October, May and Advent Join in with the Angelus (begin with guidance. Teacher led, pupils respond) Finish the year knowing each part and its significance. Prayer to Our Lady using guidance</p> <p>Pentecost Prayer to the Holy Spirit using guidance</p>
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Appendix 4

Guidance for Staff: Our prayers and what they mean to us

Prayer	What we say *bold words signed in all classes*	What it means to us
The Sign of the Cross	In the name of the Father and of the Son And of the Holy Spirit . <i>Amen (hands joined to pray)</i>	It is a reminder of the blessing we receive in Baptism. Teachers to check that this is done correctly with the right hand. Foundation teachers to model in mirror-image.
Morning prayer	Oh my God , You love me, You're with me night and day . I want to love you always , In all I do and say . I'll try to please you, Father . Bless me through the day . Amen.	To begin each day with a blessing and recognising that God is with us always and everywhere. This prayer is about making the effort to do our best.
Grace before meals	Bless us, O God , As we sit together . Bless the food we eat today . Bless the hands that made the food . Bless us, O God . Amen.	Let's be grateful for the Kitchen Staff, the Play Team and the lovely lunchtime we are about to have.
Grace After Meals	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.	Be thankful for all we have enjoyed this dinner time.
Afternoon Prayer	God Our Father , I've 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.	Remember God was with you today in all you did. Be safe and have a good night.

Our Father	<p>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.</p>	<p>This is also called The Lord's Prayer. These are the words Jesus used to teach his friends to pray to God.</p> <p>This prayer reminds us:</p> <ul style="list-style-type: none"> • to keep God's name holy • to do what God expects of us • God will give us what we need • We will be forgiven and need to forgive • God will protect us and help us not to make mistakes.
Hail Mary	<p>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.</p>	<p>This prayer is very important – expressing love for Mary and what she did when she agreed to have God's son, and said when we would like some help from Jesus' mother, Mary who is our mother in Heaven.</p> <p>The lines will be familiar as the first two were spoken by the Angel Gabriel and the next two lines were spoken by her cousin, Elizabeth.</p>
Glory be to the Father	<p>Glory be to the Father, <i>(begin blessing head)</i> And to the Son <i>(bless heart)</i> And to the Holy Spirit <i>(bless across shoulders)</i> As it was in the beginning Is now and ever shall be, World without end. Amen.</p>	<p>We remember to give glory to the Holy Trinity – three parts that make one God.</p>
The Rosary	<p>The beads guide us to pray:</p> <p>At the crucifix, bless yourself 1 Our Father 3 Hail Marys 1 Glory Be (the medal asks us to consider which mystery we are remembering) 10 Hail Marys and 1 our Father five times (the medal asks us to say "Hail Holy Queen" to finish)</p> <ul style="list-style-type: none"> • Monday: Joyful Mystery • Tuesday: Sorrowful Mystery • Wednesday: Glorious Mystery • Thursday: Luminous Mystery 	<p>This is a meditation, reciting 5 decades of Hail Marys. We use Rosary beads to guide us.</p> <p>At St Philip's, we meet at break to say one decade each day in October and May.</p> <p>The Sacred Space will have rosary beads and information about the Mysteries to be used during these months.</p>

	<ul style="list-style-type: none"> • Friday: Sorrowful Mystery • Saturday: Joyful Mystery • Sunday: Glorious Mystery 	
Hail, Holy Queen (Prayer to Our Lady)	<p>Hail, Holy Queen, Mother of Mercy, 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. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.</p>	<p>This prayer asks Mary to pray for us. It reminds us that Mary gave us Jesus which allowed us to have hope (of life where sin is forgiven).</p>
Act of contrition	<p>Oh my God, Because you are so good I am very sorry That I have sinned against you. And by the help of your grace, I will not sin again.</p> <p>Amen.</p>	<p>This prayer is introduced to Holy Communicants as they prepare for their First Confession (Reconciliation).</p> <p>It is a good prayer to ask for forgiveness by all, not just Holy Communicants.</p> <p>It expresses sorrow for mistakes and shows a desire to do better. Good seasons to really be repentant (sorry) are Advent and Lent. Y3-6 should use this prayer in preparation for celebrating the birth and death of Jesus</p>
Guardian Angel	<p>O, Angel of God, My guardian dear To whom God's love Commits me here. Ever this day, Be at my side, To light, to guard, To rule and to guide. Amen.</p>	<p>We ask for protection and help from a guardian angel.</p> <p>Pupils in UKS2 can choose to say this in place of the Afternoon Prayer, especially if they feel</p>

<p>The Angelus</p>	<p>The Angel of the Lord declared unto Mary. And she conceived by the Holy Spirit. HAIL MARY ...</p> <p>Behold the handmaid of the Lord. Be it done unto me according to thy word. HAIL MARY ...</p> <p>And the word was made flesh. And dwelt among us HAIL MARY ...</p> <p>Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.</p> <p>Let us pray.</p> <p>Pour forth we beseech thee, o Lord, Thy grace into our hearts; That we to whom the incarnation of Christ, Thy Son, was made know By the message of an angel, May, by his Passion and Cross, (bless yourself) Be bought to the glory of his Resurrection Through the same Christ Our Lord. Amen.</p>	<p>A prayer developed by St Francis to make sure prayer was a daily experience and Mary's role in our faith remembered.</p> <p>Traditionally, it is said at 6am, noon and 12pm. If you listen carefully, you can hear our church bells ring as a reminder at noon.</p> <p>This prayer reminds us of the announcement from the Angel Gabriel, Jesus being born as the Son of God – a human on earth - and the sacrifice Jesus made when he died on the cross but then rose again.</p> <p>The teacher leads and the class echoes the words in bold.</p>
<p>Prayer to the Holy Spirit</p>	<p>Come, Holy Spirit, Fill the hearts of your faithful and kindle in them the fire of your love.</p> <p>Send forth your Spirit and they shall be created. And you shall renew the face of the earth.</p> <p>O, God, who by the light of the Holy Spirit, Did instruct the hearts of the faithful, Grant that by the same Holy Spirit We may be truly wise and ever enjoy His consolations, Through Christ our Lord. Amen</p>	<p>This is a traditional prayer for guidance from the Holy Spirit.</p>

See [Powerpoint](#) so prayers can be shared in class