

St Anthony's Prayer book



Prayers

The School Creed

This is our school,
Let peace dwell here.
Let the school be full of contentment.
Let love abide here,
Love of our school,
Love of one another,
Love of mankind,
Love of life itself
And love of God.
Let us remember,
That as many hands built the school,
So many hearts make the school.

Morning Prayer

Lord open my ears that I may hear;
open my eyes that I may see;
open my heart to welcome your transforming presence
in all that I do and say today.'

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'll try to please you, Father,
Bless me through the day.
Amen

End of the 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

Act of Charity

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

Act of Contrition

O 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 try not to sin again.

Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins:
For not loving others
And not loving You.
Help me to live like Jesus
And not sin again. Amen

The Glory Be

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 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

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

Prayer for the dead

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



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

(Sing this to the tune of *If You're Happy and You Know It*)

To say thank You for this food,
We clap our hands (clap, clap).
To say thank You for this food,
We clap our hands (clap, clap).
Yes we're thankful and we know it,
And to You, Lord, now we show it,
To say thank You for this food,
We clap our hands (clap, clap).

(Sing this to the tune of *Sing a Rainbow*)

Red and yellow and pink and green,
Purple and orange and blue,
For food all the colours,
Of the rainbow,
Oh Lord we thank you!
Amen.

Lord, we thank You
For the food before us
The friends beside us
The love between us
And Your presence among us. Amen.

Thank you God for this food; we pray for those who prepared it and remember the hungry of the world. We make our prayer through Christ our Lord. Amen

(Sing this to the tune of *Frere Jacques*)

Lord, we thank You,
Lord, we thank You,
For our food,
For our food,
And our many blessings,
And our many blessings.
Amen. Amen.

(Sing this to the tune of *Pop Goes the Weasel*).

Every day around this time,
We gather at the table,
But before we take a bite,
We STOP and say thank you.
Thanks to those who bought the food,
Thanks to those who cooked it,
Most of all we thank You, Lord,
Now GO ahead and eat it!

God is great
God is good
Let us thank Him
For our food
Amen

The Angelus

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, etc...

Behold the handmaid of the Lord.
R. Be it done unto me according to Your
Word.

Hail Mary, etc...

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

Hail Mary, etc...

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 You, O Lord,
Your Grace into our hearts;
that as we have known the incarnation of Christ,
your Son by the message of an angel,
so by His passion and cross
we may be brought to the glory of His Resurrection.
Through the same Christ, our Lord.

Amen.



Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy; hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then most gracious advocate, your eyes of mercy towards us. And after our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Magnificat

My soul magnifies the Lord, and my spirit rejoices in God my Savior; Because He has regarded the lowliness of His handmaid; for behold, henceforth all generations shall call me blessed; Because He who is mighty has done great things for me, and Holy is His Name; And His mercy is from generation to generation on those who fear Him. He has shown might with His arm, He has scattered the proud in the conceit of their heart. He has put down the mighty from their thrones, and has exalted the lowly. He has filled the hungry with good things, and the rich he has sent away empty. He has given help to Israel, His servant, mindful of His mercy - Even as He spoke to our father - to Abraham and to his posterity forever.

The Rosary

The whole Rosary is composed of twenty decades. Each decade is recited in honour of a mystery in Our Lord's life and that of His Blessed Mother, Mary.

How to say the Rosary:

- ❖ Begin with the Sign of the Cross
- ❖ Say the Our Father
- ❖ Say three Hail Marys
- ❖ Say the Glory Be
- ❖ Think about which of the mysteries (Joyful, Luminous, Sorrowful or Glorious) you are contemplating and which part of the mystery you are focussing on e.g. The Annunciation.
- ❖ Say the Our Father
- ❖ Say ten Hail Mary's (usually someone says the first half to "Blessed is the fruit of thy womb, Jesus." And the rest of the group say the second half together.
- ❖ Finish the decade with the Glory Be to the Father
- ❖ Complete the mystery by saying four more decades (each decade consists of stating the part of the mystery being focussed on, one Our Father, ten Hail Marys and a Glory Be)
- ❖ Conclude the five decades i.e. the complete mystery, by saying the Hail, Holy Queen.
- ❖ This whole cycle of the Rosary is repeated three more times in order to say the twenty decades of the Rosary.



The Mysteries of the Rosary

The Joyful Mysteries of the Rosary:

- ❖ The Annunciation (Luke 1:28)
- ❖ The Visitation (Luke 1:41-42)
- ❖ The Birth of Our Lord (Luke 2:7)
- ❖ The Presentation (Luke 2:22-23)
- ❖ The Finding of the Child Jesus in the Temple (Luke 2:46)

The Luminous Mysteries of the Rosary:

- ❖ The Baptism of Our Lord (Mark 1:10)
- ❖ The Wedding Feast of Cana (John 2:11)
- ❖ The Proclamation of the Kingdom (Mark 1:15)
- ❖ The Transfiguration (Matthew 17:2)
- ❖ The Last Supper (Luke 22:19)

The Sorrowful Mysteries of the Rosary:

- ❖ The Agony in the Garden (Luke 22:44-45)
- ❖ The Scourging at the Pillar (John 19:1)
- ❖ The Crowning with Thorns (Matthew 27:28-29)
- ❖ The Carrying of the Cross (John 19:17)
- ❖ The Crucifixion (Luke 23:46)

The Glorious Mysteries of the Rosary:

- ❖ The Resurrection (Mark 16:6)
- ❖ The Ascension (Mark 16:19)
- ❖ The Coming of the Holy Spirit (Acts 2:4)
- ❖ The Assumption (Apocalypse 12:1)
- ❖ The Crowning of Our Lady as Queen of Heaven (Judith 15:9-11).



Sacraments

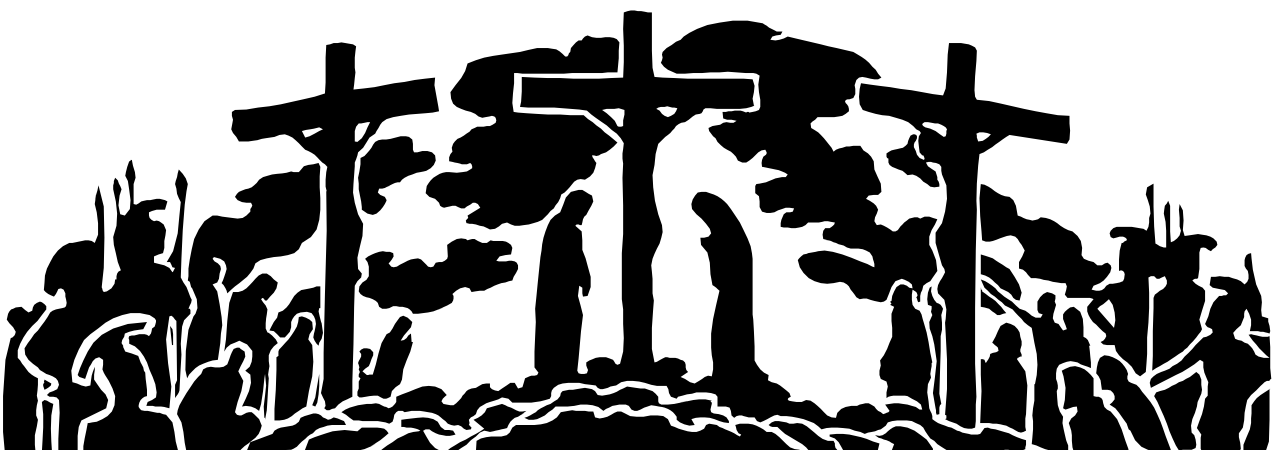
There are seven sacraments

- ❖ Baptism
- ❖ Eucharist (Communion)
- ❖ Confirmation
- ❖ Penance (Confession or Reconciliation)
- ❖ Anointing of the sick
- ❖ Holy Orders
- ❖ Matrimony

Stations of the Cross

Lent is a time to focus on Christ's suffering. There are 14 Stations of the Cross:

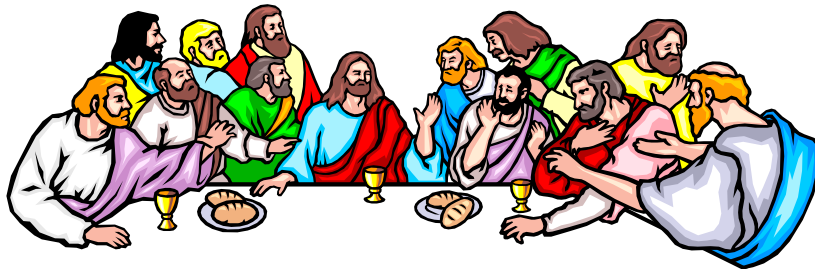
1. Jesus is condemned to death
2. Jesus carries His cross
3. Jesus fall for the first time
4. Jesus meets His blessed mother
5. Simon of Cyrene helps Jesus carry His cross
6. Veronica wipes the face of Jesus
7. Jesus fall for the second time
8. Jesus consoles the women of Jerusalem who weep for Him
9. Jesus falls for the third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross and laid in the arms of His mother
14. Jesus is placed in the tomb



The Apostles

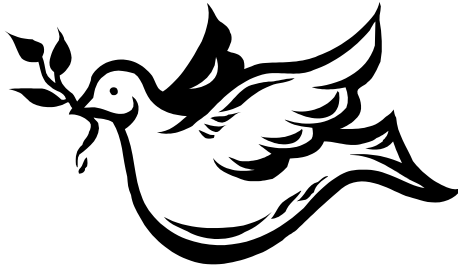
1. Peter was the leader of the Apostles and came from Bethsaida near the Sea of Galilee where he was a fisherman. He was married and his brother was Andrew. His feast day is 29th June.
2. Andrew was Peter's brother and was a fisherman in Capernaum. He was a disciple of John the Baptist before becoming an Apostle of Christ. He was with Jesus at the feeding of the five thousand. His feast day is 30th November.
3. James was the son of Alpheus and his mother stood by Christ on the cross. He was younger and smaller than the other James and was therefore known as James the Lesser. His feast day is 3rd May.
4. John was the son of Zebedee and brother of James. He looked after Mary after Jesus' death and wrote the fourth gospel towards the end of his life. His feast day is 27th December.
5. Philip lived in Bethsaida and was the one who brought Bartholomew (or Nathaniel) to Jesus, he was one of the early disciples. His feast day is 3rd May.
6. Bartholomew was also known as Nathaniel and came from Cana in Galilee. He was a martyr. His feast day is 24th August.

7. Simon His feast day is 28th October.
8. Matthew was a tax collector before becoming an Apostle. He wrote one of the gospels. His feast day is 21st September.
9. James was a fisherman in Bethsaida and had a brother called John. He was older and taller than the other James so was known as James the Great. His feast day is 25th July.
10. Thomas was also called the twin. He refused to believe in the resurrection unless he touched Jesus' wounds. His feast day is 3rd July.
11. Thaddeus was also known as Jude and wrote the Epistle of Jude. His feast day is 28th October.
12. Judas led the soldiers to Jesus while He was praying in the Garden of Gethsemane the night before He died.



The Holy Spirit

The Holy Spirit enables us to love others with the love God has shown us in Jesus.



The Gifts of the Holy Spirit

- ❖ Wisdom
- ❖ Knowledge
- ❖ Faith
- ❖ Courage
- ❖ Guidance
- ❖ Understanding
- ❖ Love of God

The Fruits of the Holy Spirit

- ❖ Charity
- ❖ Joy
- ❖ Peace
- ❖ Patience
- ❖ Kindness
- ❖ Goodness
- ❖ Generosity
- ❖ Gentleness
- ❖ Faithfulness
- ❖ Modesty
- ❖ Decency
- ❖ Self-control

The Bible

The Old Testament

Law

- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy

History

- Joshua
- Judges
- Ruth
- 1 Samuel
- 2 Samuel
- 1 Kings
- 2 Kings
- 1 Chronicles
- 2 Chronicles
- Ezra
- Nehemiah
- Esther

Poetry

- Job
- Psalms
- Proverbs
- Ecclesiastes
- Song of Solomon

Prophecy

- Isaiah
- Jeremiah
- Lamentations
- Ezekiel
- Daniel
- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai
- Zechariah
- Malachi



The New Testament

Gospels

- Matthew
- Mark
- Luke
- John

History

- Acts



Letters

- Romans
- Corinthians 1
- Corinthians 2
- Galatians
- Ephesians
- Philippians
- Colossians
- Thessalonians 1
- Thessalonians 2
- Timothy 1
- Timothy 2
- Titus
- Philemon
- Hebrews
- James
- Peter 1
- Peter 2
- John 1
- John 2
- John 3
- Jude

Prophecy

- Revelation