

# St. Philip's Catholic Primary School



## Prayer Policy September 2023

# Prayer Policy

## **'Learning and working together through Christ'**

Prayer is at the heart of our Mission Statement and plays a central role in expressing and fostering the faith. Every school day should begin with and end with communal prayer, either in the classroom, in assembly, prayer service or at Mass. Other times of the day should be set aside for prayer e.g. before and after lunch.

A focal area of each classroom should be a prayer corner or table. This should contain a Bible, crucifix, liturgical drape for the appropriate season, and other artefacts which are a stimulus or focus for prayer. Areas in classrooms and displays around school are dedicated to displaying children's prayers. These areas are regularly used by children during prayer points of the day, dedicated prayer time/worship, RE lessons and times of incidental prayer.

Children are encouraged to discover and use a variety of forms of prayers, formal and informal, private and communal. Prayer should take place in an atmosphere which reflects respect for God and each other.

The RE scheme of work provides many opportunities for prayer and contains objectives associated with the teaching of prayer in conjunction with the Ten:Ten Resource for Collective Worship. At all stages the children are taught the meaning of the traditional prayers they learn during their RE lessons. They learn that prayer is communication with God. We evidence our traditional prayer and other prayer work in our class journals and other prayer books where appropriate.

There are many ways in school that we pray together including:

- The use of our prayer area
- Prayer Services (fortnightly for each class)
- Prayer bags used by children in school and to go home to parents and families
- RE focus in after school clubs. e.g. Mini Vinnies and choir.
- Daily prayer intentions in every class for different pupils and members of their families.
- Seasonal prayer focus displayed in our prayer areas
- Silent prayer at spontaneous moments of the school day or in RE lessons

### **Prayer & Liturgy**

Each class is designated a weekly slot to lead on acts of prayer and liturgy within their key stage. A focus is chosen in line with the liturgical year or key dates in the church's calendar. With the support of the teacher, children will plan, lead and evaluate the collective worship that they have led on.

A planning sheet for each liturgy is evidenced in the hall at the start of the week the liturgy is planned to take place and also in the journal of each class who took part in the liturgy.

**Progression for the Teaching and learning of prayer (including traditional prayers):**

Year Group	Prayers which should be known and used	Usage
Foundation	<p><b>Sign of the Cross</b> In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p>	<p>This prayer is most often used to enter in to prayer and to demarcate the end of prayer. In the words and actions we acknowledge God in three persons of the Trinity. Foundation teachers may need to mirror the actions in order to help the children make it correctly.</p>
	<p><b>Our Father</b> Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven.</p>	<p>This prayer is also known as the Lord's prayer as the words were used by Jesus when his disciples asked how they should pray. In this prayer we ask for God's kingdom to come, not to be put to the test in case we fail</p>
	<p>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>and we ask for forgiveness. This prayer should form part of prayer on a regular and frequent basis. Sung versions can also be used.</p>
	<p><b>Hail Mary</b> Hail Mary, full of grace, the Lord is with thee: blessed art thou amongst 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 based on the words of Elizabeth, Mary's cousin, who is the first to acknowledge Mary's role in God's plan. In this prayer we ask Mary to pray for us/intercede for us both in the present moment and at the moment of our death. This is a prayer that should be used very regularly. Note that it forms the basis of other Marian prayers : The Rosary and the Angelus Hail Mary Some of the phrases in this Marian prayer are associated with the Solemnity of the Immaculate Conception. These are 'full of grace', 'the Lord is with you', 'Blessed are you among women.' the phrase 'Holy Mary Mother of God' emphasises this aspect of our belief in Mary's place in the Church.</p>

	<p><b>Grace before meals</b>          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.</p>	<p>This is a prayer of thanks we should be used daily. Some schools pray it in the classroom before dinner and others pray it in the dining hall.</p>
	<p><b>Grace after meals</b>          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.</p>	<p>This is a prayer of thanks we should be used daily. Some schools pray it in the classroom after dinner and others pray it in the dining hall.</p>
	<p><b>Morning Prayer</b>          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.</p>	<p>The school day always starts with prayer. We need to acknowledge God's presence in our lives. In this prayer we are offering all that we say and do to God.</p>
	<p><b>Prayer at the end of the day</b>          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.</p>	<p>The school day always finishes with prayer. We thank God for the day and we ask for him to continue to watch over us.</p>

	<p>Guard me in the dark of night and in the morning send your light. Amen.</p>	
Y1	<p><b>Glory Be</b>          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.</p>	<p>Like the Sign of the Cross this prayer acknowledges the Blessed Trinity. It is a prayer of praise acknowledging God's timeless presence from before the beginning of time and into all eternity.</p>
	<p><b>Prayer to the Guardian Angel</b>          Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life direct me.</p>	<p>It is part of our belief that part of the role of angels is to watch over us. The feast of the Guardian Angels is on October 2.</p>

Y2	<p><b>Eternal Rest</b>  Eternal rest give unto them, O Lord.  And let perpetual light shine upon them.  May they rest in peace. Amen.</p>	<p>This prayer is for those who have died. We are asking that the dead will be with God for all eternity. It can be said on the occasion of a person's death. It is used throughout the month of November when we remember all who have died.</p>
Y3	<p><b>Act of Sorrow (Contrition)</b>  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.</p>	<p>This sorry prayer can be used at any time. In it we ask God for his forgiveness. This prayer can also be used as an act of contrition during the Sacrament of Reconciliation (usually made for the first time in Y3). It can be used especially during Advent and Lent which are seasons which emphasise the importance of seeking forgiveness.</p>
	<p><b>The Confiteor</b>  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, 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.</p>	<p>This is a sorry prayer which can be used at any time. It is taken from the Penitential Act used in Mass. In this prayer we ask for forgiveness and we also ask for the rest of the family of God (the Communion of Saints) to pray for us too.</p>

	<p><b>The Angelus</b>  The Angel of the Lord declared to Mary:  <b>R:</b> and she conceived of the Holy Spirit.  Hail Mary... <b>R:</b> Holy Mary...</p> <p>Behold the handmaid of the Lord: <b>R:</b>  be it done to me according to your  word.  Hail Mary... <b>R:</b> Holy Mary...</p> <p>And the Word was made flesh:  <b>R:</b> and dwelt among us.  Hail Mary... <b>R:</b> Holy Mary...</p> <p>Pray for us, O holy Mother of God. <b>R:</b>  That we may be made worthy of the  promises of Christ.</p> <p>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 be brought by his passion and cross  to the glory of his resurrection,  through Christ our Lord. Amen.</p>	<p>The Angelus is the prayer which retells  the Annunciation. The prayer is  developed from the Hail Mary.  Traditionally the Angelus was prayed  in religious communities at particular  points of their day when the bells were  rung: 6 a.m., 12 noon and 6 p.m.</p> <p>Many schools pray this daily at  midday.</p> <p>It is a Marian prayer especially in May,  the month dedicated to Our Lady.</p>
<p>Y4</p>	<p><b>The Memorare</b>  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. Amen.</p>	<p>In this prayer we acknowledge Mary's  role as intercessor between us and  God. We ask that she will answer our  request.</p> <p>This is a Marian prayer that can be  used especially in May, the month  dedicated to Our Lady.</p>

	<p><b>The Rosary</b>  1 x Our Father }  10 x Hail Mary } = 1 decade  1 x Glory Be }  5 decades = 1 Mystery</p> <p><b>The Joyful Mysteries:</b> The Annunciation, The Visitation, The Nativity, The Presentation, The Finding in the Temple</p>	<p>The Rosary is a prayer This devotional prayer is made up of four Mysteries. The word mystery means ‘the telling’ and through praying the Rosary we recall the Joyful, Sorrowful and Glorious events in the life of Jesus and Our Lady. Pope John Paul II added a fourth part known as the Luminous Mysteries (Mysteries of Light). The prayer centres upon the</p>
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	<p><b>The Luminous Mysteries:</b> The Baptism of Our Lord, The Wedding Feast at Cana, The Proclamation of the Kingdom, The Transfiguration, The Institution of the Eucharist</p> <p><b>The Sorrowful Mysteries:</b> The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion</p> <p><b>The Glorious Mysteries:</b> The Resurrection, The Ascension, The descent of the Holy Spirit, The Assumption of Mary, The Crowning of the Blessed Virgin Mary</p>	<p>recitation of the Hail Mary. Each Mystery is made up of five decades. Each decade includes 10 repetitions of the Hail Mary. Rosary beads are used to help count off each prayer. This prayer is used especially in the month of October which is the month of the Holy Rosary. It is not necessary to say all the Mysteries in one go. You could focus on a different mystery each day of the week. If praying it aloud it is usual for one person to say the first part of each prayer and the others to respond with the second half.</p>
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	<p><b>The Stations of the Cross</b> There are many different versions available but the Fourteen Stations remain the same.</p> <ol style="list-style-type: none"> <li>1. Jesus is condemned to death</li> <li>2. Jesus takes up his cross</li> <li>3. Jesus falls for the first time</li> <li>4. Jesus meets his mother</li> <li>5. Simon of Cyrene helps Jesus carry his cross</li> <li>6. Veronica wipes the face of Jesus</li> <li>7. Jesus falls for the second time</li> <li>8. Jesus comforts the women of Jerusalem</li> <li>9. Jesus falls for the third time</li> <li>10. Jesus is stripped of his garments</li> <li>11. Jesus is nailed to the Cross</li> <li>12. Jesus dies on the Cross</li> <li>13. Jesus is taken down from the Cross</li> <li>14. Jesus is laid in the tomb</li> <li>15.</li> </ol>	<p>This prayer follows Jesus journey from his arrest to his death. Ideally the prayer should be said in a space where the children can physically move from station to station. Each station has an image (a painting or sculpture) depicting the scene. The Stations of the Cross can be found in Church. Many schools also have bought or made their own Stations.</p>
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Y5	<p><b>The Magnificat</b>  My soul glorifies the Lord,  My spirit rejoices in God, my Saviour. He looks on his servant in her loneliness; henceforth all ages will call me blessed. The Almighty works marvels for me. Holy his name!  His mercy is from age to age, on those who fear him.  He puts forth his arm in strength and scatters the proud-hearted. He casts the mighty from their thrones and raises the lowly. He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy,</p>	<p>This prayer or canticle (a song or chant containing words from Scripture) is a song of joy (Luke 1:46-55). In this song Our Lady is singing in her humble role as God's servant "My soul proclaims the greatness of the Lord". She is also singing as the Mother of God and of the Church because the hope expressed in the Old Testament is being fulfilled "even as he promised our fathers, Abraham and his descendants forever. Another element of this prayer is her declaration that "people forever will call me blessed." The Evening Prayer of the Church said by priests and religious everyday includes the Magnificat.</p>
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	<p>the mercy promised to our fathers, to Abraham and his sons for ever.</p>	<p>This is a Marian prayer that can be used especially in May, the month dedicated to Our Lady. There are also sung versions of this prayer that can be used.</p>
	<p><b>Nunc Dimittis</b>  At last, all powerful Master, you give leave to your servant to go in peace, according to your promise. For my eyes have seen your salvation which you have prepared for all nations, the light to enlighten the Gentiles and give glory to Israel, your people. Give praise to the Father almighty, to his Son, Jesus Christ, the Lord, to the Spirit, who dwells in our hearts, both now and forever. Amen.</p>	<p>This prayer or canticle (a song or chant containing words from Scripture) is also known as the song of Simeon. Simeon is a worker in the temple where Mary and Joseph come to make an offering following Jesus' birth. Simeon, an old man, has been promised by God that he would see the Messiah before he dies: Simeon recognises and acknowledges Jesus as the 'Light of the World'. This event of The Presentation is commemorated on 2 Feb. All the candles to be used in Church for the following year are blessed on this day.</p>



	<p><b>The Benedictus</b>  Blessed be the Lord, the God of Israel;  he has come to his people and set them  free.</p> <p>He has raised up for us a mighty saviour,  born of the house of his servant David.</p> <p>Through his holy prophets he promised of  old that he would save us from our  enemies, from the hands of all who hate  us.</p> <p>He promised to show mercy to our fathers  and to remember his holy covenant.</p> <p>This was the oath that he swore to our  father Abraham:  to set us free from the hands of our  enemies,  free to worship him without fear, holy and  righteous in his sight all the days of our  life.</p> <p>You my child, shall be called the prophet of  the Most High;  for you will go before the Lord to prepare  his ways to give his people knowledge of  salvation for the forgiveness of their sins.  in the tender compassion of our God</p>	<p>This prayer or canticle (a song or  chant containing words from  Scripture) is the song of Zechariah,  the father of John the Baptist.  Zechariah is struck dumb when he  refuses to believe that his wife  Elizabeth is with child. It is not until the  baby is born that he writes on the  ground that he is to be called John.  Now able to speak this song tells of  God's promise, foretold by the Old  Testament prophets to send the  Messiah who is to be preceded by  John, the prophet who will prepare the  people. This prayer can be used  especially during Advent.</p> <p>This canticle forms part of the daily  prayer of the Church and is said by  priests and religious as part of  Morning prayer.</p>
	<p>the dawn from on high shall break upon us,  to shine on those who dwell in darkness  and the shadow of death, and to guide  our feet into the way of peace.</p> <p>Glory to the Father, and to the Son, and  to the Holy Spirit:  as it was in the beginning, is now, and  will be for ever. Amen.</p>	

<p>6</p>	<p><b>Prayer to the Holy Spirit</b> Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit we may be always truly wise and ever rejoice in his consolation.</p>	<p>This prayer can be used in the Easter season leading up to the Feast of Pentecost. In this prayer we ask the Holy Spirit to transform us as he transformed the disciples at Pentecost.</p>
	<p><b>Apostles Creed</b>  I believe in God, the Father almighty creator of heaven and earth.  I believe in Jesus Christ, his only Son, our Lord.  He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried.  He descended to the dead.  On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father.  I believe in the Holy Spirit, the holy Catholic Church, the communion of Saints, the resurrection of the body, and the life everlasting. Amen.</p>	<p>The Creed is a prayer in which what we believe as Catholics is expressed. The Nicene Creed is prayed at every Sunday Mass. It can be said especially in the season of Easter and also leading up to Confirmation.</p>