

Come and Pray the Rosary before Mass on Monday, Wednesday, Thursday and Friday at 8.30am

OUR DIOCESAN PRAYER - WALK WITH ME Lord God, our light and our salvation, we praise you for your gifts of life and faith. We thank you for the desire that you have planted in our hearts, our yearning to see your face. Help us to meet you in prayer, to walk in your ways, and to speak to others of our joy and consolation in your presence. Give us faithfulness in this present life so that we may come to know and praise your beauty with all our brothers and sisters in the life to come. We make this prayer through Christ our Lord. Amen.

PRAYER TO THE HOLY SPIRIT O Holy Spirit, beloved of my soul, I adore you, enlighten me, guide me, strengthen me, console me – tell me what I should do. I promise to submit myself to all that you permit to happen to me – let me only know your holy will.

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 malignant enemy defend me. In the hour of death, call me and bid me to come to thee, that with thy saints, I may praise thee forever and ever. Amen

DIOCESAN PRAYER FOR VOCATIONS Lord Jesus, send labourers into your harvest. Inspire in the hearts of your people, vocations to the priesthood, diaconate and religious life. Bless our homes, our families, our parishes, our diocese, our countries with a spirit of generosity. May those whom you call to the priesthood, diaconate and religious life have the courage to give themselves to your Church as co-operators in your work.

St John Vianney – *Pray for Us*

ARCHDIOCESE VISION PRAYER Spirit of God, descend on me this day. Grant me the Spirit of joy, to lift me, the Spirit of hope to inspire me, the Spirit of love to surround me and the Spirit of truth to enlighten my path. Holy Spirit, I pray for a new outpouring of your grace, so that I may grow in worship of your name in love of you in my prayer and in my actions towards others. Come Holy Spirit into my life to guide me, strengthen and defend me, so that I may be drawn ever closer to you. Help me this day and always to be a channel of grace in all I say and do and invite others into relationship with you. Amen

PRAYER TO SAINT JOHN HENRY NEWMAN Almighty and eternal God, we offer heartfelt thanks and praise for the life and witness of Saint John Henry Newman. In him You have given us and inspiring example of a priest and teacher heroically devoted to the pursuit of holiness and the salvation of souls. Through his intercession and his teaching we ask You to pour out Your blessings on all Your children who seek Your truth, so that all may come to know and love You in the one fold of the Redeemer, our Lord Jesus Christ Your Son, Who lives and reigns with You in the unity of the Holy Spirit, God, forever and ever. Amen

St John Henry Newman – *Pray for Us*

Official Family Prayer for World Meeting of Families

God, our Father, we are brothers and sisters in Jesus your Son, One family, in the Spirit of your love. Bless us with the joy of love.

Make us patient and kind, gentle and generous, welcoming to those in need. Help us to live your forgiveness and peace. Protect all families with your loving care, especially those for whom we now pray: [We pause and remember family members and others by name]

Increase our faith, strengthen our hope, keep us safe in your love. Make us always grateful for the gift of life that we share.

This we ask, through Christ our Lord.
Amen

Mary, mother and guide, pray for us.

Saint Joseph, father and protector, pray for us.

Saints Joachim and Anne, pray for us.

Saints Louis and Zélie Martin, pray for us.

THE ANGELUS

V. The Angel of the Lord declared unto Mary;

R. And she conceived of the Holy Spirit,

Hail Mary....

V. Behold the handmaid of the Lord;

R. Be it done unto me according to thy word.

Hail Mary....

V. And the Word was made Flesh;

R. And dwelt among us.

Hail Mary....

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 thee, O Lord, your grace into our hearts, that we to whom the Incarnation of Christ, your son, was made known by the message of an Angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. R. Amen.

May the divine assistance remain always with us, and may the souls of the faithful departed, through the mercy of God, rest in peace.

R. Amen

PRAYER FOR CLIMATE CHANGE

Loving God, we praise your name with all you have created. You are present in the whole universe, and in the smallest of creatures. We acknowledge the responsibilities you have placed upon us as stewards of your creation. May the Holy Spirit inspire all political leaders as they seek to embrace the changes needed to foster a more sustainable society. Instill in them the courage and gentleness to implement fairer solutions for the poorest and most vulnerable and commit their nations to the care of Our Common Home. We ask this through Our Lord Jesus Christ your Son. Amen

PRAYER FOR PEACE

Mary, Mother of God, Queen of the Universe. We ask you to intercede for the people of war-torn countries, for their governments, and all who suffer as a result of war. Be with them as you stood beside your Son, suffering on the Cross at Calvary. Give them strength and courage through faith, hope and justice. May we support them through prayer and generosity. That human lives may be saved. That the injured may be healed. That the dead may rest in peace. That there will be peace after war. Amen.

Pope's Prayer Intention for December

For persons with disabilities

We pray that people living with disabilities may be at the centre of attention in society, and that institutions may offer inclusive programmes which value their active participation.

Points to Ponder

It is possible to experience joy while feeling sad, angry, or happy. That is because joy is altogether something other than a feeling. Of course, many of us feel some form of elation when we hear the Gospel passage 'I bring you good news of great joy that will be for all people' or when we see a beautiful landscape. When we are young, we confuse that elation with supernatural joy. While elation is a passing feeling, joy is more of an attitude rooted in unshakeable faith and hope. This joy is an attitude, disposition, or orientation. We don't have to be a bubbly, happy-go-lucky person to be 'joyful' — that would be confusing the externals with the internals. Instead, joy brings us peace. The anxiety we may feel when faced with human obstacles or challenges can be overwhelmed and trumped by the fundamental disposition of joy within. This joy comes from Christ, the victor. We know He rules, that He has conquered death, and that He invites us to live with Him. That should colour absolutely everything we see. We know that no matter what happens, whether good or ill, we will triumph with Him. That is how joy can vanquish sadness. Though we may experience physical loss or distress, joy can buoy us up via supernatural hope. Adversities can be overcome. No matter the struggle, we know 'Who' we serve and he brings us joy. Any other challenge can be taken in stride, knowing that God is in control. Our faith tells us He knows what we need — and whether He gives us what we want or not, we know He is providing for us.

Paul Schaeffer