

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

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*

DEMENTIA PRAYER Lord Jesus, you are the Word made flesh. We rejoice that you dwell amongst us, that you have shared our joys and sorrows, our frailty and pain. We bring to you all those who struggle with the confusion of dementia. We pray that you might touch their inmost hearts with the peace of your presence. For ourselves we ask for the gift of your Holy Spirit, that we, who know and love them, may serve them with your compassion, your understanding and your peace. May that same Holy Spirit raise us up into the presence of your Father. This we ask through the same Christ our Lord. Amen

<p>Official Family Prayer for World Meeting of Families</p> <p>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.</p> <p>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]</p> <p>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</p> <p>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 us.</p>	<p>THE ANGELUS</p> <p>V. The Angel of the Lord declared unto Mary; R. And she conceived of the Holy Spirit, Hail Mary....</p> <p>V. Behold the handmaid of the Lord; R. Be it done unto me according to thy word. Hail Mary....</p> <p>V. And the Word was made Flesh; R. And dwelt among us. Hail Mary....</p> <p>V. Pray for us, O Holy Mother of God R. That we may be made worthy of the promises of Christ.</p> <p>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.</p> <p>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</p>
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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 March

For families in crisis

Let us pray that broken families may discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

Points to Ponder

A good Christian, or even a good person, is not just someone who doesn't do certain things, but rather someone who does do certain things, someone who seeks the good, who strives to promote beauty, health, holiness, love, friendship, truth, and so on. Our Christian faith calls us to focus on doing good rather than simply avoiding evil. That is why temperance is the last in the order of virtues, though it is as indispensable as the others. The *Catechism* defines temperance as 'the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honourable' (CCC 1809). It allows us to govern our desires, instead of allowing our desires to govern us. For an intemperate person — that is, someone who permits their impulses to run rampant it is much harder to see the truth, and much harder to do what is right. One's life is run by emotional drives, instead of by prudence, justice, and fortitude. But temperance takes the reins from the urges and gives it back to the first three virtues. In a way, we could say that temperance allows the other virtues to do what they are meant to do. As with all the cardinal virtues, the moderation and self-control of temperance cannot be acquired in one day, but require practice, substantial effort, prayer and time — exactly the sort of practice, effort, prayer and time that this coming season of Lent offers us.