

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 disarmament and peace

Let us pray that nations move towards effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

Points to Ponder

If we look again at this week's Gospel of Jesus's encounter with the Samaritan woman at the well (John 4:5-42), we can find aspects of love. Let us begin by imagining that we are also at Jacob's well with Jesus as he asks the Samaritan woman for a drink of water. We are shocked. The Gospel says Jews used nothing in common with Samaritans (John 4:10). But in reaching out across cultural and gender barriers, Jesus is showing a magnanimous love that does not insist on its own way. Jesus went further in this outpouring of love, offering her 'living water,' precisely because he knew about her past. And the woman, undoubtedly at first shocked and irritated that Jesus, a Jew, had occupied her space, changed too in the dramatic encounter. She left behind her water jar (John 4:28) as she returned to her village to share how her encounter with Jesus changed her heart. It was a small gesture on her part, a sign that her heart, once irritated, was now filled with love. As this week unfolds, you might spend a few minutes each day reflecting on Jesus' outpouring of love, his living water, and how it is available to you, right now. And think of the Samaritan woman, her life radically changed by encountering the Messiah, and her water jar, a small gesture of her love. What small gesture of love can you offer this week, to a person who irritates you?

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