

St Bede's Catholic School

Daily Reflections and Prayers

Theme - Lent - Fasting

27th February - 3rd March 2023



The liturgical
colour is Purple

We are in Lent.

Mission Statement

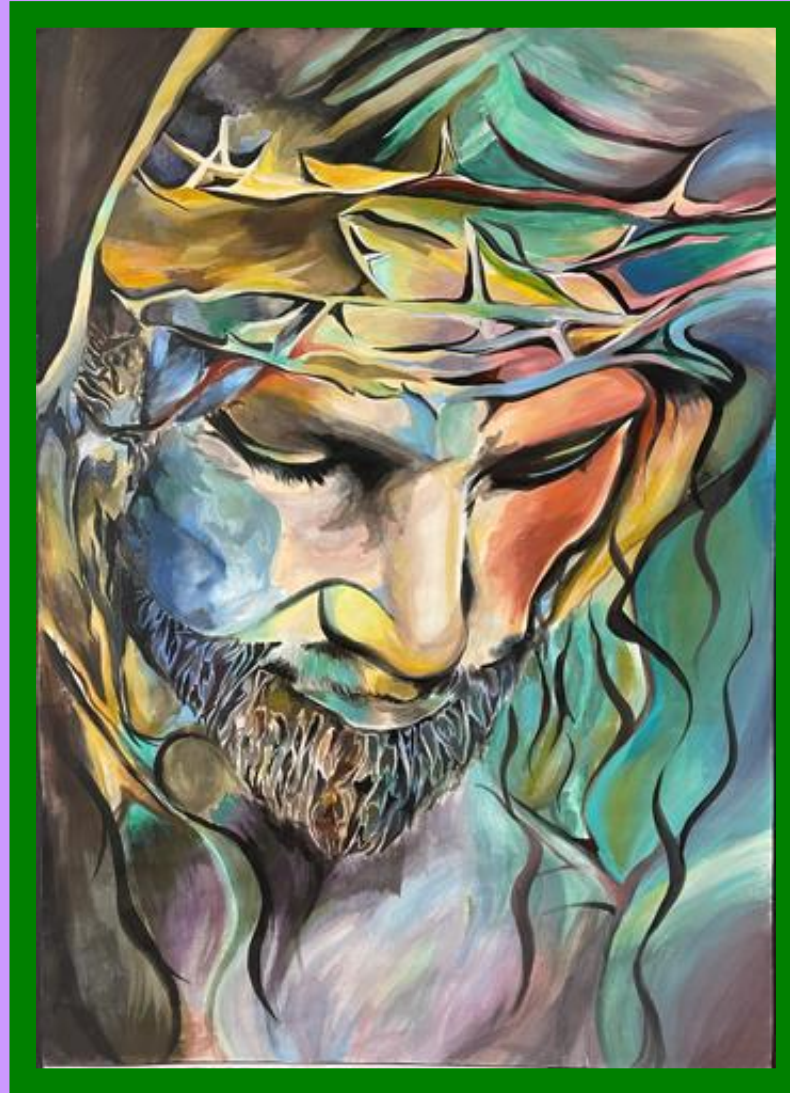
With the Lord's help, we are united in **faith**, we strive for success and **excellence**, we are **determined** to be the best that we can be.

Faith ~ Excellence ~ Determination



St. Bede's Catholic School &
Byron Sixth Form College

Monday 27th February 2023



Morning Prayer

Loving and compassionate God,
We believe that change is possible. And we believe
that we can help to change the world.
As Lent begins, we pray that, through our
Lenten journey,
you will change our hearts and help us to build a
better world,
where every person's dignity is respected, and
everyone can live life to the full.
We make this prayer, with faith, through Christ
our Lord.

Amen

"I was hungry and you gave me food." Matthew 25:35

During the six weeks of Lent, Catholics prepare for Holy Week and Easter by "prayer, fasting and almsgiving".

In other words, Lent is an opportunity to get to know God better by listening to God in prayer, removing some of the distractions that stop us from listening, and by helping other people. This week we think about fasting. Let us remember that we can choose to 'Fast' but lots of people of the world have no choice and they do not have enough or any food to eat.



Reflection Point:

After listening to the Scripture, think about those who do not have enough to eat and give thanks for everything that you have.

Before your meals today, say this short prayer.

Lord, thank you for the gift of food. Help me to treasure it. Amen

<https://www.youtube.com/watch?v=7Llq4il9GV8>

In nomine Patris, et Filii et Spiritus Sancti. Amen

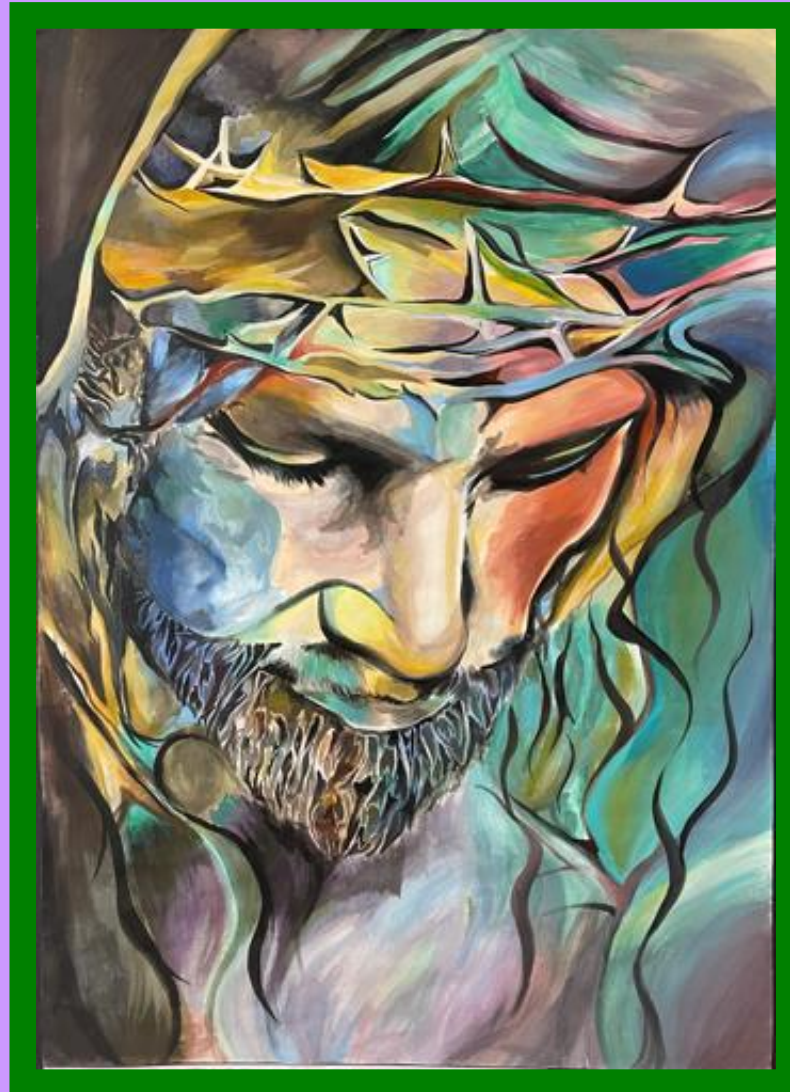
End of Day Prayer

Good Jesus,
by your loving kindness,
enable me to come to you,
the fountain of wisdom,
and to stand forever before your
face,
Amen

Signum Crucis
(The Sign of the Cross in Latin)

St Bede: Pray for us

Tuesday 28th February 2023



Morning Prayer - Gloria

Glory to God in the highest. And on earth peace to men of good will. We praise You. We bless You. We adore you. We glorify You. We give You thanks for Your great glory.

O Lord God, heavenly King, God the Father almighty. O Lord Jesus Christ, the Only-begotten Son. O Lord God, Lamb of God, Son of the Father: you Who take away the sins of the world, have mercy on us.

You Who take away the sins of the world, receive our prayer. You Who sit at the right hand of the Father, have mercy on us.

For you alone are holy. You alone are the Lord. You alone, O Jesus Christ, are most high. Together with the Holy Spirit in the glory of God the Father.

Amen.

Reading/Assembly Day



In nomine Patris, et Filii et Spiritus Sancti. Amen

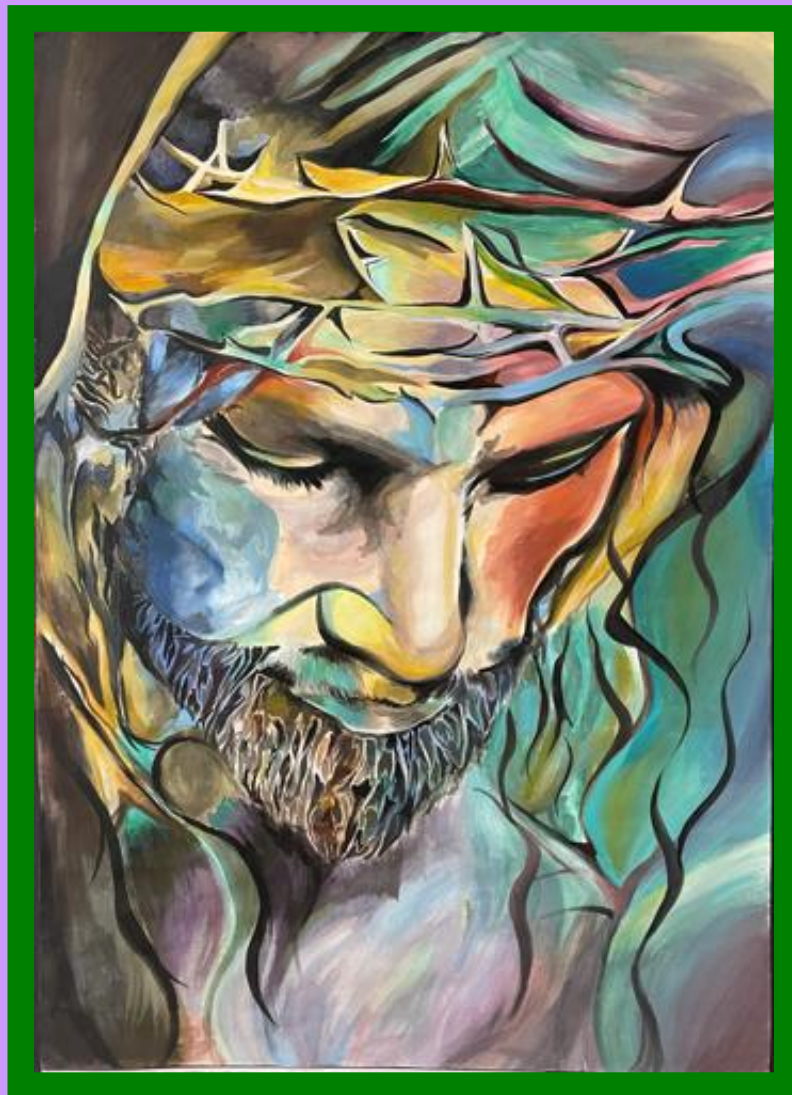
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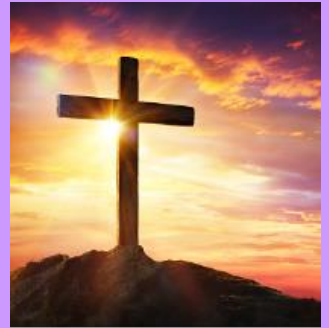
St Bede: Pray for us

Wednesday 1st March 2023



Morning Prayer – The Lord's Prayer

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



Reading/Assembly Day



In nomine Patris, et Filii et Spiritus Sancti. Amen

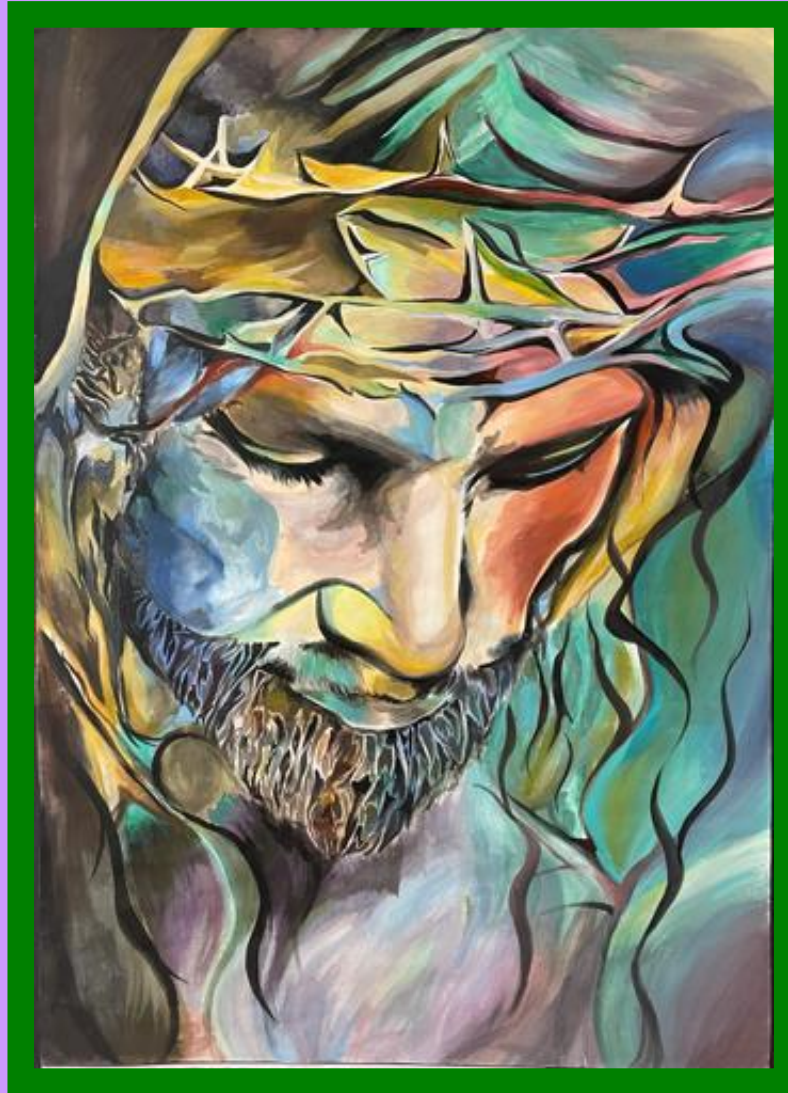
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St Bede: Pray for us

Thursday 2nd March 2023



Morning Prayer – Hail Mary

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



Reading/ Assembly Day



In nomine Patris, et Filii et Spiritus Sancti. Amen

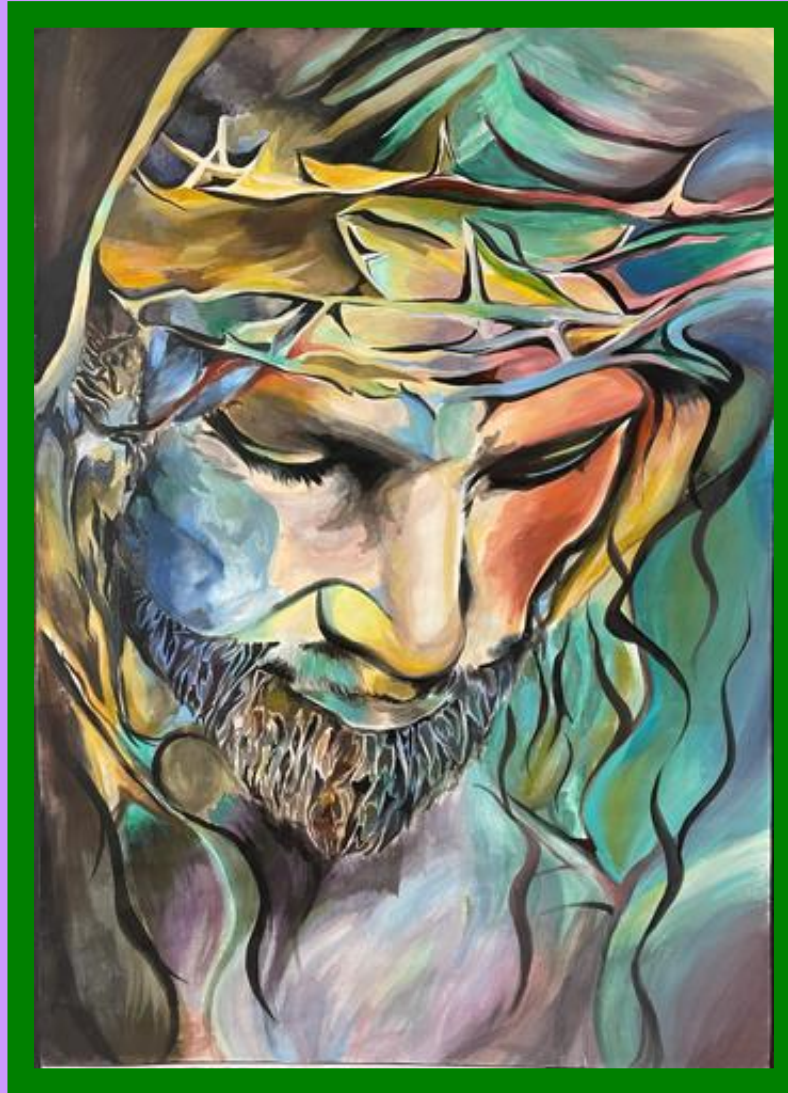
End of Day Prayer

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St Bede: Pray for us

Friday 3rd March 2023



This morning instead of our usual prayer, fill in this Lenten pledge.

Who will you **pray** for?
How can you **make a difference**?
Which **charity** will you support?

Example

You could **pray** for the **homeless**.

You could be **kind** to those who you don't get along with.

You could **donate** small change to **Lenten Alms**.

The image shows two shoe print templates, one on the left and one on the right, designed for a Lenten pledge activity. Each print is an oval shape with a dashed border. The left print has the text 'THE BIG LENT WALK' at the bottom, with 'THE' in small blue letters, 'BIG' in large blue letters, 'LENT' in large green letters, and 'WALK' in large blue letters. At the top of the left print, it says 'This Lent I pledge to pray, act and give to make a difference. I will:' followed by ten horizontal lines for writing. The right print has the text 'THE BIG LENT WALK' at the top, with 'THE' in small blue letters, 'BIG' in large blue letters, 'LENT' in large green letters, and 'WALK' in large blue letters. At the bottom of the right print, it says 'This Lent I pledge to pray, act and give to make a difference. I will:' followed by ten horizontal lines for writing.

Lent 2023: Family Fast Day

This Lent, join in Family Fast Day on Friday 3 March 2023. Your generosity and prayers will provide more families around the world with the tools they've asked for to fight the climate crisis.

Share our short talk in Mass



<https://cafod.org.uk/give/donate-to-cafod/lent-appeal>

CAFOD

Catholic Agency for
Overseas Development

In nomine Patris, et Filii et Spiritus Sancti. Amen

End of Day Prayer

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