

St Bede's Catholic School

Daily Reflections and Prayers

Theme - Sea Sunday

3<sup>rd</sup> July - 7<sup>th</sup> July 2023



The liturgical  
colour is **GREEN**

We are in the  
**ORDINARY Time**

# Mission Statement

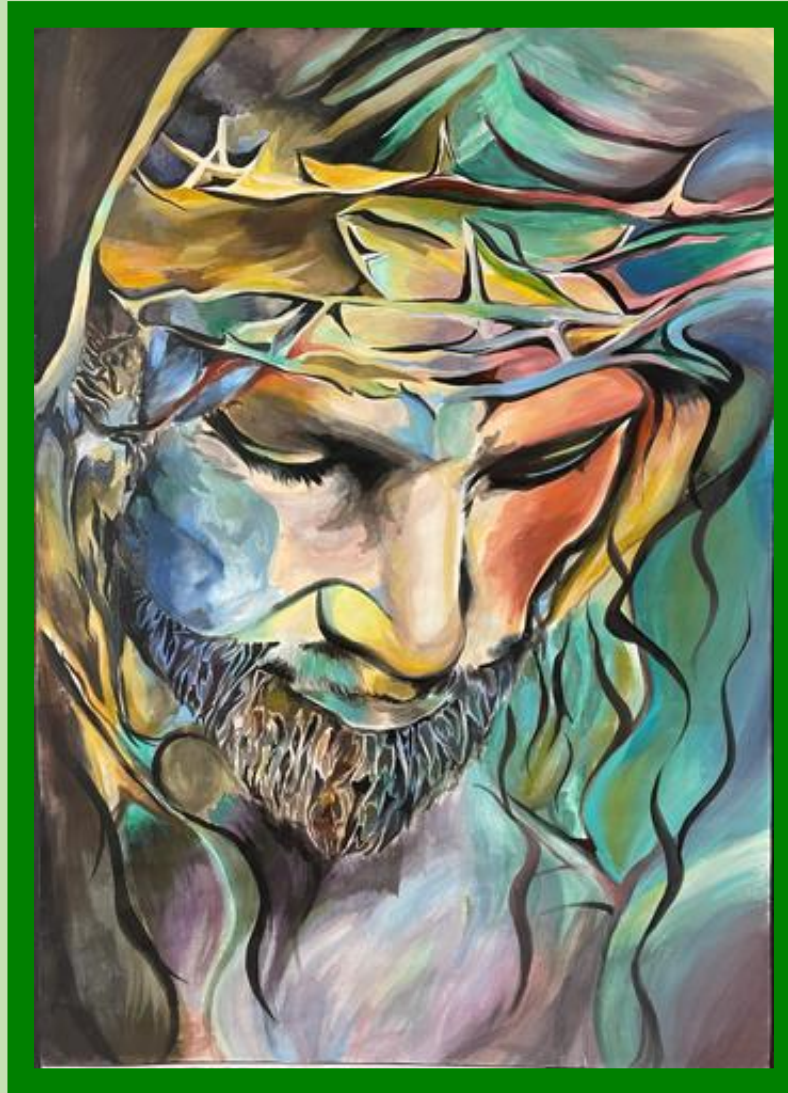
With the Lord's help, we are united in faith, we strive for success and excellence, we are determined to be the best that we can be.

Faith ~ Excellence ~ Determination



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

Monday 3<sup>rd</sup> July 2023



# Morning Prayer

Dear Lord,  
You understand what it is like to be lonely, scared  
and away from home.  
Guide and protect all seafarers and fishers as they  
work in dangerous situations.  
Bring them peace and happiness.

Help us to be kind to anyone we see who is lonely  
or ignored and help Stella Maris to welcome  
seafarers when they come to the ports in our  
country.



Amen

# Sea Sunday

**Sea Sunday** is the day which many Christian Churches set aside to remember and pray for seafarers and their families and give thanks for their lives and work. It is officially held on the second Sunday in July.

On Sea Sunday we gather around the world to think of seafarers' welfare. Being a seafarer is tough.

Crews can spend months away, working long hours with little respite. On top of this there are other daily pressures such as the threat of piracy, shipwreck and abandonment.

In recent years, this challenging job has become even harder. Increased restrictions and lockdowns (due to the global covid-19 pandemic) saw many seafarers working beyond the end of their contract, facing months of uncertainty and further separation from loved ones. That's months of missed birthdays, anniversaries, funerals, and family celebrations.

In the Catholic Church, Sea Sunday is supported by the Apostleship of the Sea. Next week we will be having a fundraiser in school. A sweetie tombola will be available from Monday. All monies raised will be sent to the Apostleship of the Sea fund.



<https://www.youtube.com/watch?v=Zd0ARjxkpx8>

## Reflection Point

*Think about the people who work out at sea.*

*What dangers do they face everyday?*

*What issues may they face each day?*

*What sacrifices do they make each day?*

In nomine Patris, et Filii et Spiritus Sancti. Amen

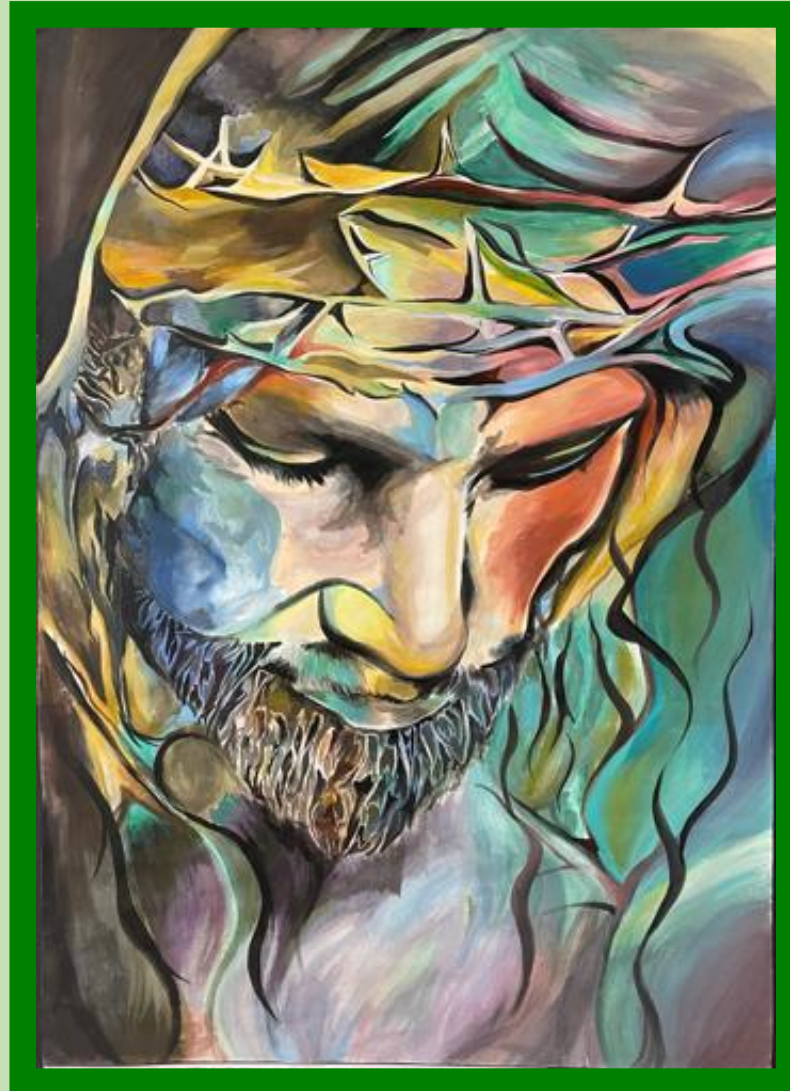
## End of Day Prayer

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 4<sup>th</sup> July 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

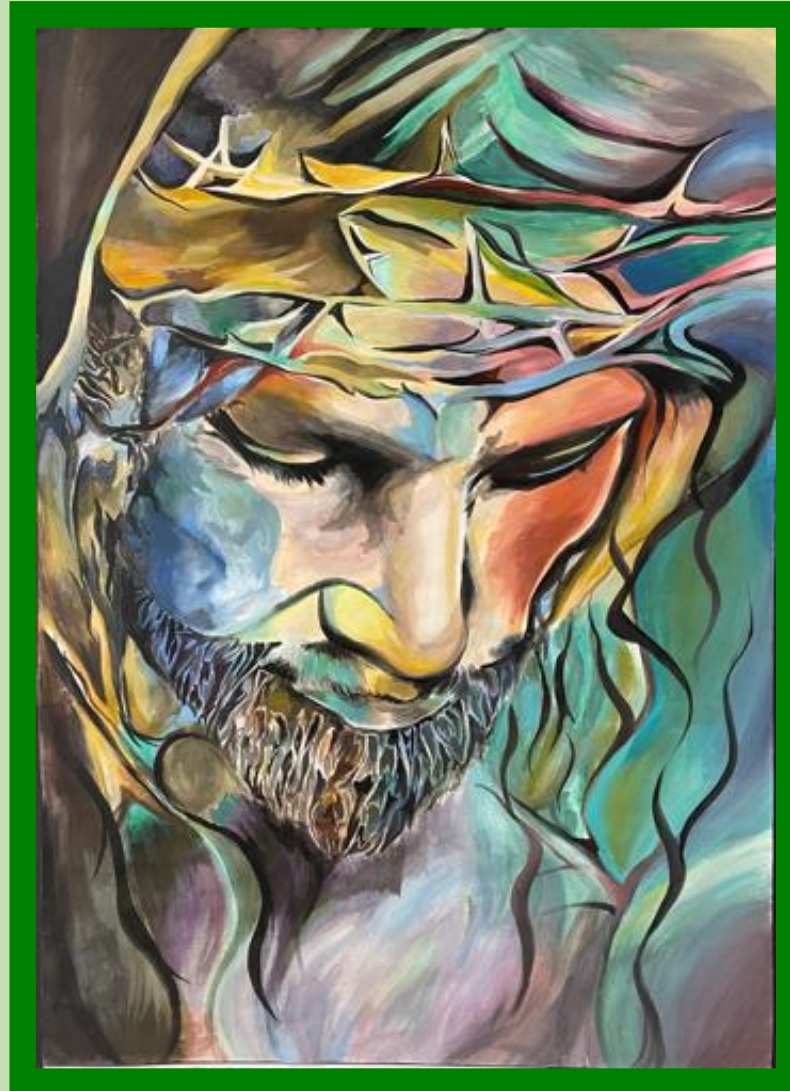
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St Bede: Pray for us

Wednesday 5<sup>th</sup> July 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

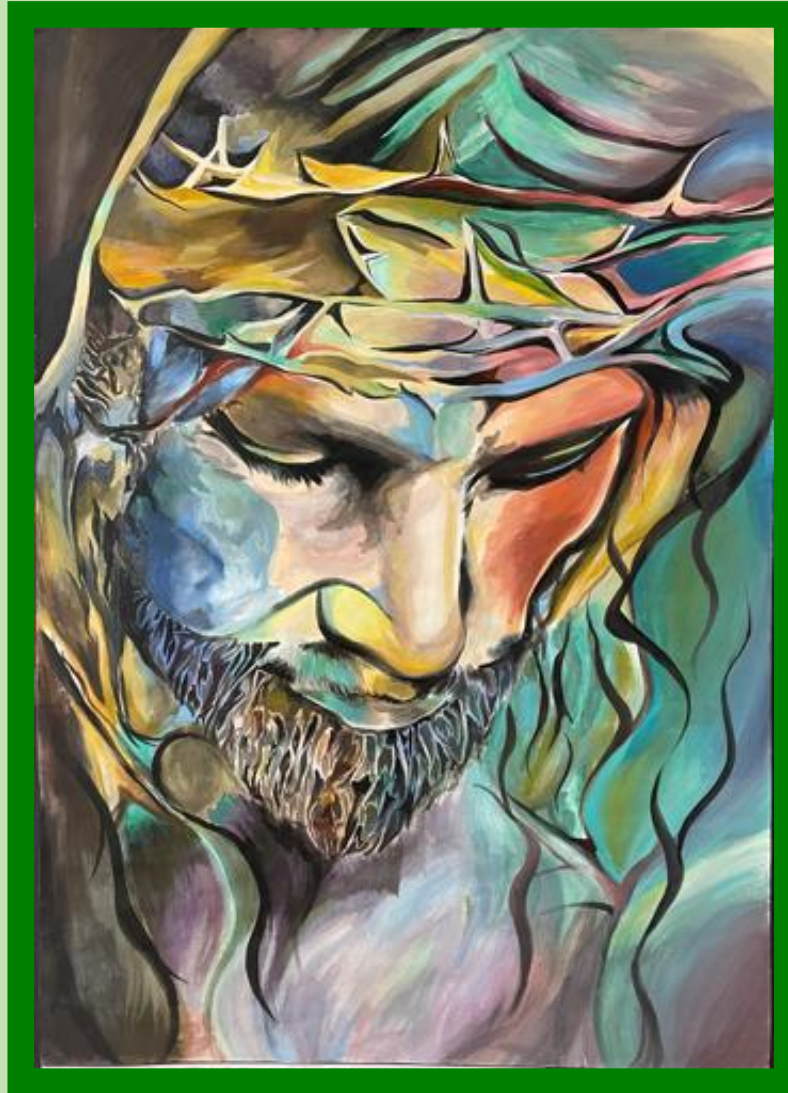
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St Bede: Pray for us

Thursday 6<sup>th</sup> July 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

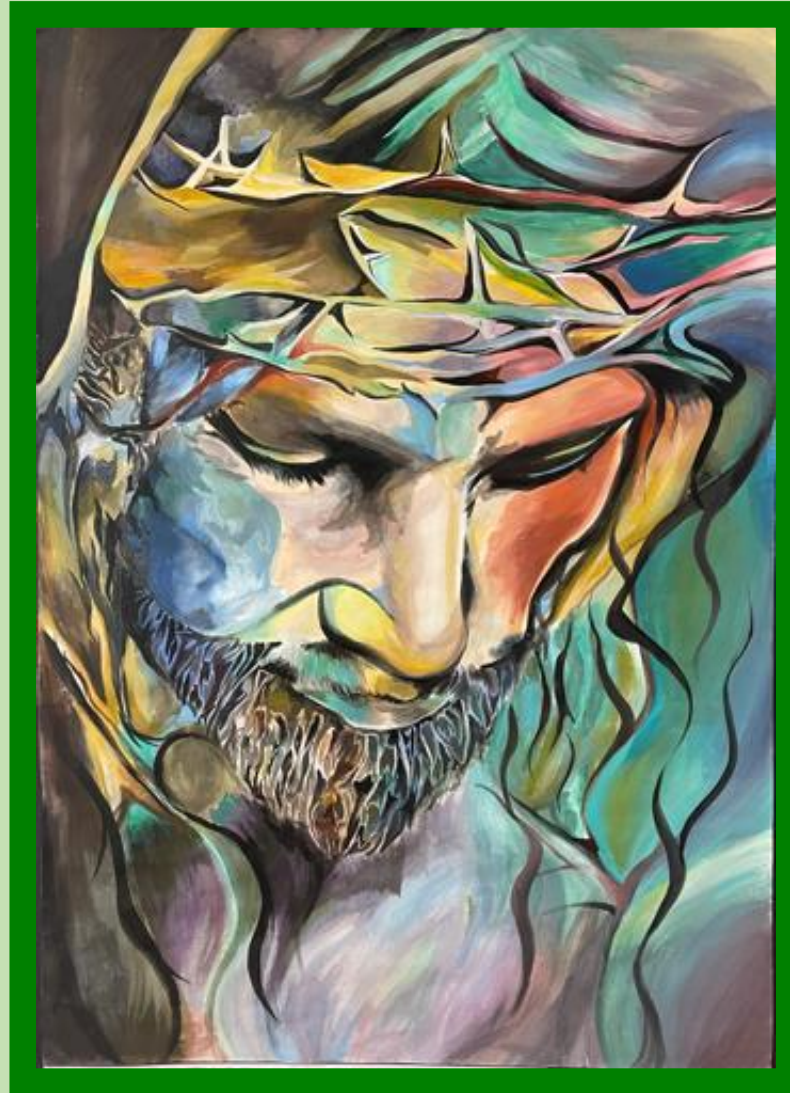
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St Bede: Pray for us

Friday 7<sup>th</sup> July 2023



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