

# Lent

## MORNING PRAYER

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

As we are about to enter the Season of Lent, let us remember that this is a time to intensify the *spiritual* side of our lives, by prayer, fasting and alms-giving.

Alms-giving means being charitable. It means making a sacrifice of something that might be valuable to you for the sake of other people. Often the biggest sacrifice you can make is to give up some of your valuable free time to help other people like by getting involved in your House Lent collection. Your generosity of spirit is probably the most important thing you can give in Lent.

And encourage your family at home to get involved in charitable activities. You can lead the way in being generous, and your family will really respect you for it.

### PRAYERS

Let us pray for those whom we will be helping by our charitable work this Lent. May our efforts bring them hope in their times of trial and hardship.

Lord, hear us...

Let us pray that we find the courage to observe Lent properly, and persevere in our Lenten resolutions.

Lord, hear us...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

# Lent

## Shrove Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

Today is Shrove Tuesday, when we eat well, because from tomorrow we begin our Lenten fast.

But as well as fasting and alms-giving, in Lent we are expected to *pray*.

Don't be a stranger to the School chapel.

You could get into the habit in Lent of stopping by the chapel every day, and saying a quick prayer.

Why not just say one of the Stations of the Cross from the school Service Book, or say a Hail Mary for a different person each day in Lent.

The Service Book has lots of prayer suggestions, so you won't be short of ideas; It's just a question of building up the good habit.

And remember not to be shy of going to Confession.

Fr George is in the chapel most days, and will drop everything to hear your confession and give you absolution.

Remember to have a Holy Lent so as to have a Happy Easter!

### PRAYERS

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Lord, hear us...

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Lent  
Thursday  
**THE 8.20 MASS TOMORROW IS OFFERED  
FOR THE CHARITIES WE ARE GIVING TO THIS LENT**

ROSARY REFLECTION

Let us offer up the Rosary for our Lenten intentions.

FIRST SORROWFUL MYSTERY

**THE AGONY IN THE GARDEN**

*In his anguish, Jesus prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.*

*1x 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....*

*10x 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...*

*1x Glory be to the Father, and to the Son, and to the Holy Spirit. As it was... In the name...*

Friday  
FRIDAY PRAYER

*Remember that you can go to the Chapel for Confession this lunchtime.*

Let us say together:

**Bless us Lord, as you call us  
to walk with you on this Lenten Journey.**

**Bless us Lord, as you remind us  
that our purpose is to please You rather than  
pleasing ourselves.**

**Bless us Lord, as we seek the good of others in  
our prayers, fasting and alms-giving.**

