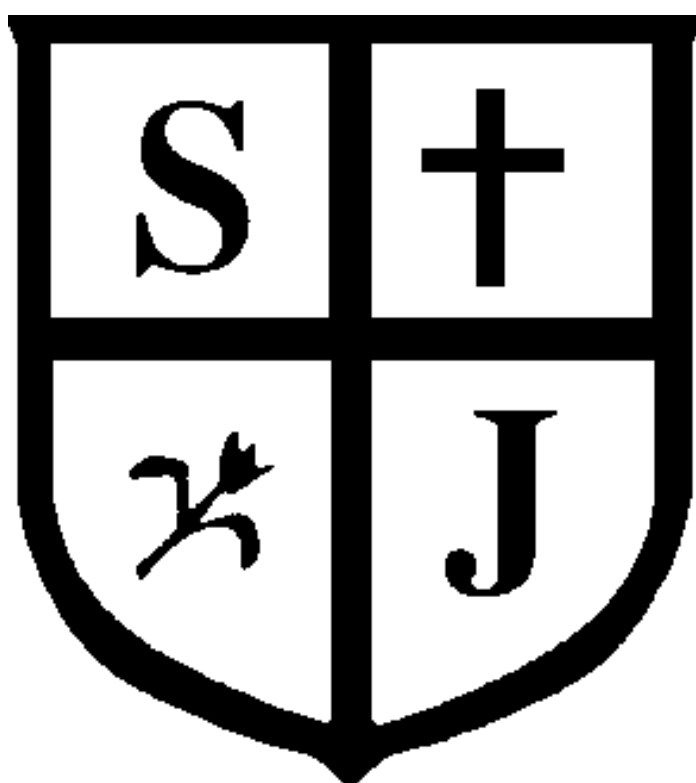


# **St Joseph the Worker Catholic Primary School**

## ***Prayer Policy***



“A loving Christian family, striving to achieve excellence.”

St Joseph the Worker Catholic Primary School

Pope Francis reminds us:

***‘Dear friends, one of the most effective ways we have to help is that of prayer. Prayer unites us; it makes us brothers and sisters and reminds us of the beautiful truth which we sometimes forget.’***

As with every relationship, our experience with God can only grow through communication. Prayer is the way in which we engage in communication with God.

Prayer consists of :-

**Listening**- being attentive to the voice of God in every moment;

**Speaking**- expressing the deepest longings and desires of our hearts to the one who knows and understands us better than we know ourselves;

**Reflecting**- thinking about our relationship with God;

**Resting**- simply being consciously in the presence of God, knowing that we are loved;

**As teachers in our catholic school, every member of staff is expected to:**

- ✓ actively engage with pupils in prayer
- ✓ ensure that there are opportunities for pupils to pray

**Traditionally there are three points in each day when prayer should take place:**

- ❖ morning;
- ❖ evening;
- ❖ night.

**In addition, it is customary to pray:**

- ❖ before and after meals;
- ❖ before the beginning of any significant action.

**In our school it is expected that teachers will:**

- provide opportunities for pupils to pray;
- provide pupils with meaningful prayer experiences;
- assist pupils to develop the language of prayer;
- teach pupils the traditional prayers of the Church;
- help pupils to develop habits of prayer.

**They will do this in order that pupils will be able to:**

- contemplate something of the mystery of God;
- reflect on moral and spiritual issues;
- explore their own beliefs;
- experience a sense of belonging and develop community spirit;
- develop a common sense of ethos and shared values;
- enrich religious experience;

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**Come and See for Yourself/Staff Liturgy**

Staff pray together at the beginning of each new Come and See topic following the Come and See for Yourself session. Staff will also participate in prayers incorporated into the weekly briefing notes and reflections at the start of every INSET day.

**Prayer Policy**

The prayers below are used throughout the school. A comprehensive list of prayers is listed on the Come and See Website and is incorporated through the RE curriculum along with resources on the school shared area for RE.

**Early Years**

Sign of the Cross  
Prayer before lunch  
Prayer at the end of  
the day

**Reception**

Sign of the Cross  
School Prayer  
Morning Offering  
Grace at Meals  
  
Our Father  
  
Hail Mary  
Act of Sorrow  
Mass Response

**Key Stage 1**

Sign of the Cross School  
Prayer  
Morning Offering Grace at  
Meals  
Our Father  
Hail Mary  
Glory be to the Father Angel of God  
Goodnight God  
Angelus  
Benedictus (Luke 1:67-69)  
Magnificant (Luke 1:46-55) Eternal  
Rest  
The Mysteries of the Rosary Prayers at  
Mass  
Saints' prayers  
Simple phrases from psalms

**Key Stage 2**

Sign of the Cross School  
Prayer  
Morning Offering Grace at  
Meals  
Our Father  
Hail Mary

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Glory be to the Father Angel of  
God

Eternal Rest  
Act of Contrition

NB Conscious of the revised wording of the Mass, we will endeavour to introduce common responses which will be new to all worshippers, e.g. The Lord be with you. And with your spirit.

## **PRAYER LISTING**

### **Morning prayers**

Morning offering  
The School Prayer

### **Mealtime prayers**

Grace before meals

Grace after meals

### **Evening prayers**

Use a variety of the following prayers during the week:

- ❖ Act of Contrition (Key Stage Two)
- ❖ Act of Sorrow (Key Stage One)
- ❖ Our Father
- ❖ Hail Mary
- ❖ Glory be to the Father

**Rosary** – A week in October, the month of the Rosary

- ❖ Our Father
- ❖ 10 Hail Marys
- ❖ Glory be to the Father

Focus on the Joyful and the Glorious Mysteries – 1 each day

- ❖ The Annunciation
- ❖ The Visitation
- ❖ The Nativity
- ❖ The Presentation
- ❖ The Finding in the Temple

### **School Prayer**

We are together day by day,  
In our work and in our play.  
Lots of hands to draw and make,  
To write and build to dig and bake.  
Lots of feet to jump and run,  
Lots of laughing, lots of fun.  
Lots of love to show we care,  
For the family, we share. Amen

**Morning Offering**

Father in Heaven,  
I give you today  
all that I think and do and say and I join it with all  
that was done  
all his life by your dearest son. Amen.

**Grace before meals**

Lord, Jesus Christ, be with us as we eat  
and bless us and help us to enjoy our meals together. Amen.

**Grace after meals**

With you, Lord Jesus Christ, we thank God our Father for what we have received. Be  
with us now, Lord, as we go on with the day. Amen.

**Act of Contrition (KS2)**

O my God,  
because you are so good  
I am very sorry that I have sinned against you and by your help  
I will try not to sin again. Amen.

**Act of Sorrow (Infants)**

I'm sorry dear God.  
Forgive me please do.  
I'll try to do better  
and always love you. Amen.

**Our Father**

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.

**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.

**Glory be to the Father**

Glory be to the Father  
and to the Son  
and to the Holy Spirit  
as it was in the beginning,  
is now and ever shall be world without  
end. Amen.