

# Faith Resources for Classroom Use

*St. Brother Andre C.H.S.*

# Welcome!

As a community of faith, the act of daily prayer is unitive. Teachers are models in the practice of our faith and making prayer a priority each day is so important.

Each teacher is asked to begin each class with a prayer. Teachers can locate prayers from a variety of sources. This resource is intended to support teachers in accessing prayers for daily and seasonal use. It can be used as both a professional resource and one that can be projected and used with students.

This is a dynamic resource and will be updated when staff share resources to be added to this document.

God bless!



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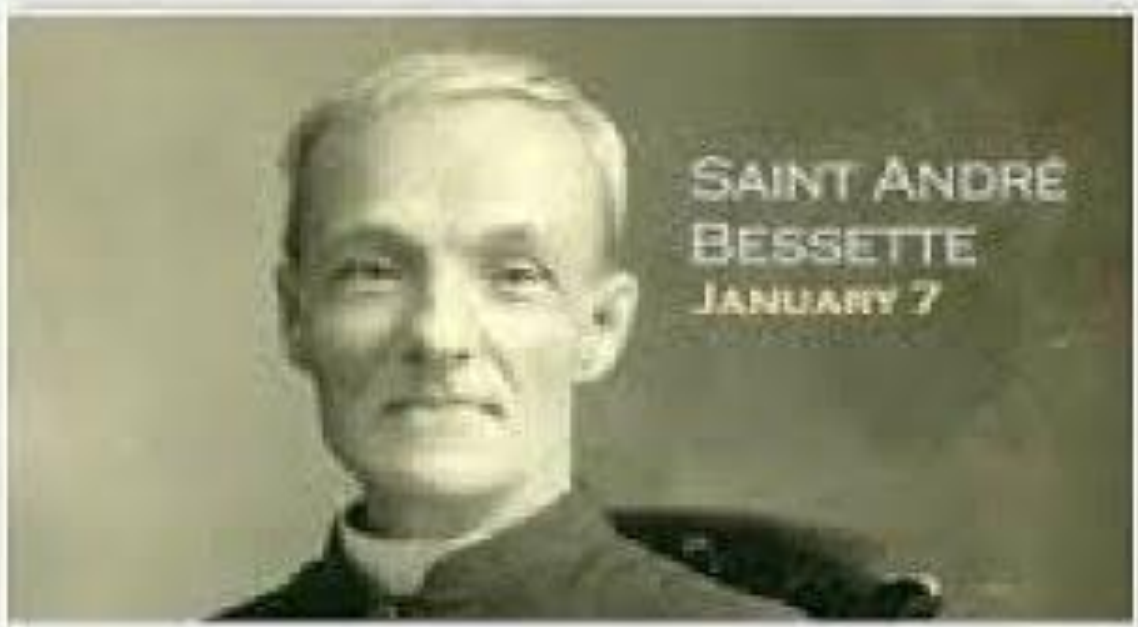
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# OUR PATRON

# Our Patron



Beatified by Pope John Paul II on May 23, 1982.

Canonized by Pope Benedict XVI on October 17, 2010.

Feast Day: January 6 (7 in Canada)

Patron of the poor, afflicted and rejected, family caregivers

# Our Patron



*"Do not seek to have these trials lifted from you. Instead, ask for the grace to bear them well."*

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# Our Patron

## Did you Know?

- Born Alfred, in Quebec on 9 August 1945 and was orphaned by the time he was 12 years old
- Had little education and had to work to support himself
- From a very young age, he devoted himself to St. Joseph
- Suffered from poor health and chronic stomach pain all his life, starting at a young age; it was believed he wouldn't survive childhood
- Encouraged by his childhood pastor to consider a religious life and sent him to the Congregation of the Holy Cross with a note: "I'm sending you a saint."
- Initially rejected by the Congregation due to his poor health and lack of education

# Our Patron

"My only ambition is to serve God in the most humble tasks."



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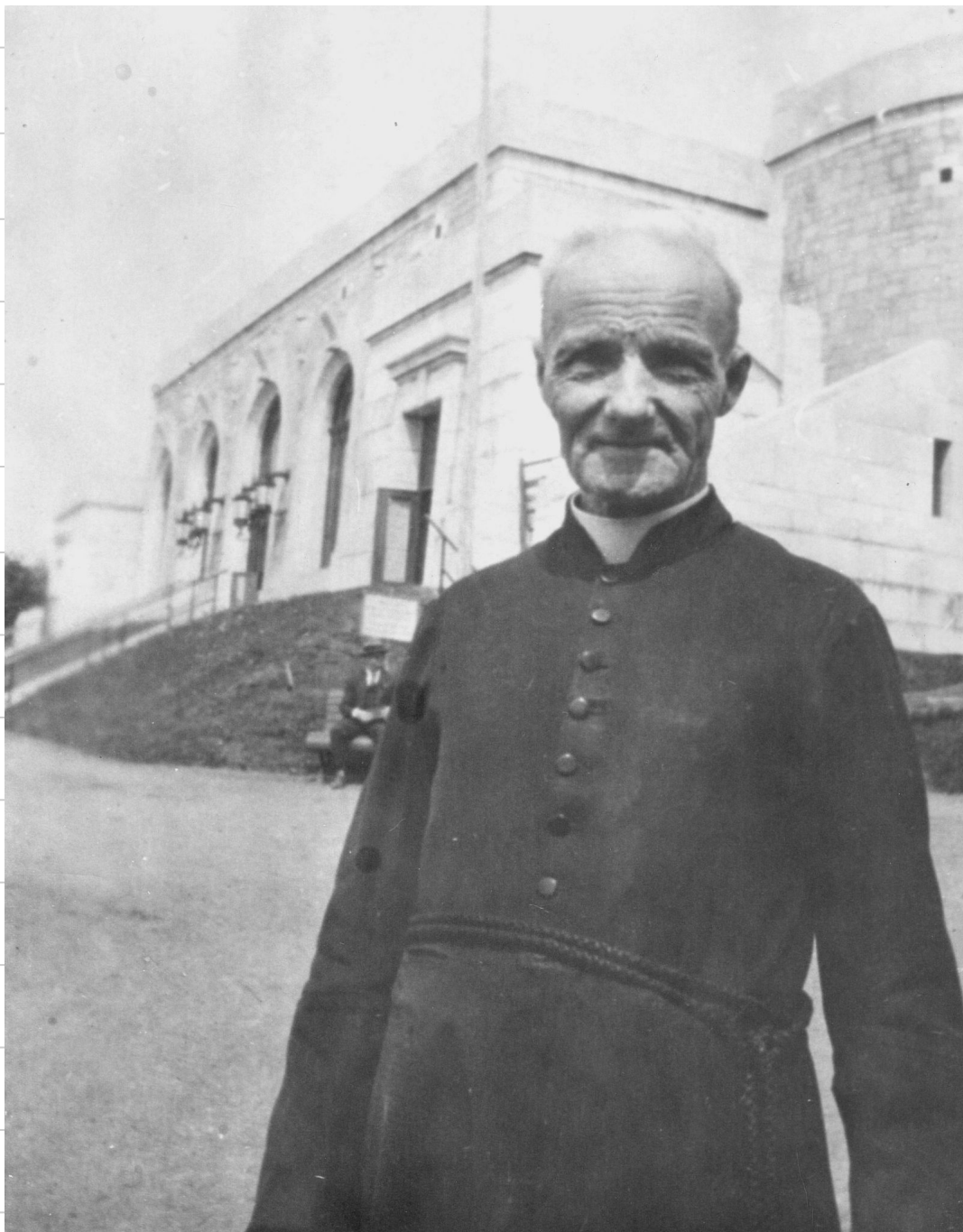


# Our Patron

## Did you Know?

- With the help of the Archbishop of Montreal, he entered the Congregation of the Holy Cross as a Novice/Brother in December 1870, where he took on the name Andre in honour of his pastor
- His primary job was as doorkeeper
- Many who prayed with Brother Andre experienced physical healing and his reputation as a healer spread; in his humility, he attributed these miracles to the intercession of St. Joseph
- He felt a strong desire to increase his devotion to St. Joseph and worked towards the construction of a shrine; he gave 5 cent haircuts to raise funds
- He was released from his doorkeeping duties in 1909 to become the full-time caretaker of St. Joseph's Oratory

# Our Patron



"God chose the most ignorant one. If there was anyone more ignorant than I am, God would have chosen him instead of me."

# Our Patron

## Did you Know?

- Millions of people made pilgrimages to the Oratory to see Brother Andre and it became his full-time ministry to tend to the sick who visited him, earning him the nickname "Miracle Man of Montreal"
- Developed plans to construct a larger basilica on the site of the Oratory
- Died on 6 January 1937 at the age of 91 and over a million people arrived at the Oratory to show their respect
- St. Joseph's Oratory continues to be an active site of pilgrimage
- Side chapels contain countless numbers of crutches from people who have been healed through St. Andre's prayers and intercession
- He was canonized on 17 October 2010.

# Our Patron

"The door to heaven is the heart of Jesus. The key to this door is prayer and love."



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# Our Patron

## Quotes from St. Andre Bessette

- "There is so little distance between heaven and earth that God always hears us. Nothing but a thin veil separates us from God."
- "When you say the Our Father, God's ear is next to your lips."
- "It is surprising that I am frequently asked for cures, but rarely for humility and the spirit of faith. Yet, they are so important..."
- "If the soul is sick, one must begin by treating the soul. Do you have faith? Do you believe that God can do something for you? Go confess yourself to the priest...then go to Communion..."
- "People who suffer have something to offer to God. When they succeed in enduring their suffering, that is a daily miracle."

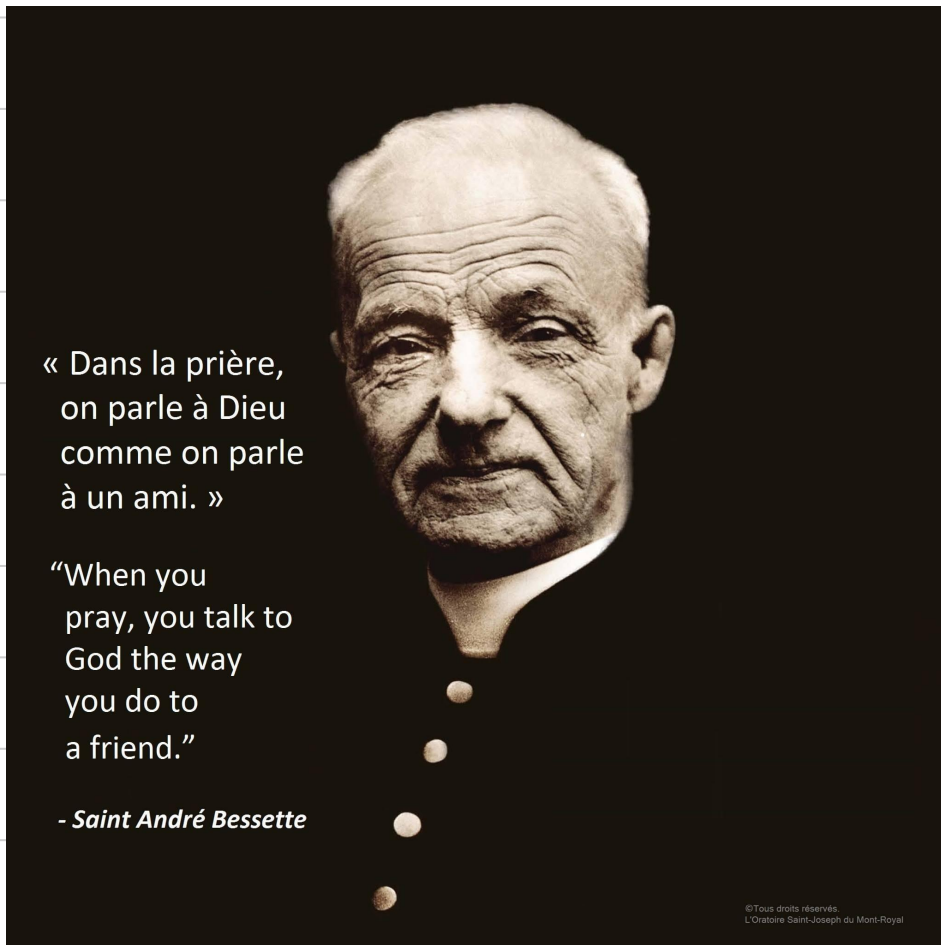


# Our Patron

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*“Mettez-vous entre  
le mains du bon Dieu;  
il n’abandonne jamais  
personne dans l’adversité”*  
SAINT ANDRÉ BESSETTE



« Dans la prière,  
on parle à Dieu  
comme on parle  
à un ami. »

“When you  
pray, you talk to  
God the way  
you do to  
a friend.”

- Saint André Bessette

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L'Oratoire Saint-Joseph du Mont-Royal



# Our Patron

## Quotes from St. Andre Bessette

- "God is love and he loves us; that is the heart of the Christian faith. God gave us the commandments and it is in observing them that we show whether we love God. Pray that you may obtain a true love of God. God loves us so much. He wants us to love Him."
- "When you invoke St Joseph, you don't have to say much. You know your Father in heaven knows what you need; well, so does his friend St. Joseph. Tell him, 'if you were in my place, St Joseph, what would you do? Well, pray for this on my behalf.'"
- "If you consider all of the Saints, you will see that all of them had a devotion to the Blessed Virgin; her intercession is most powerful, she is the Mother of God and the mother of men."



# Our Patron

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Our Patron

Daily Prayer

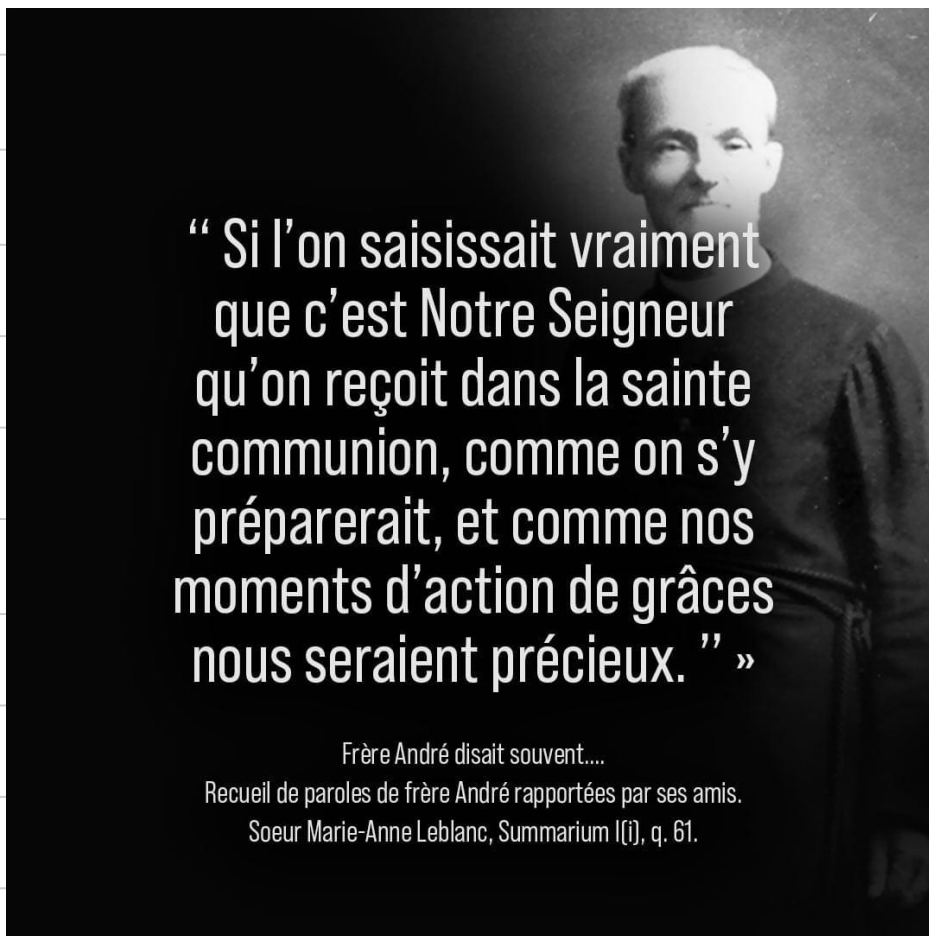
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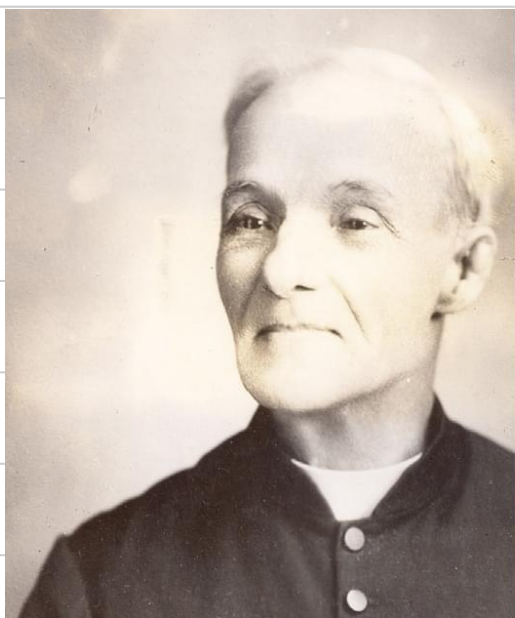


“ Si l’on saisissait vraiment  
que c’est Notre Seigneur  
qu’on reçoit dans la sainte  
communion, comme on s’y  
préparerait, et comme nos  
moments d’action de grâces  
nous seraient précieux. ” »

Frère André disait souvent....

Recueil de paroles de frère André rapportées par ses amis.

Soeur Marie-Anne Leblanc, Summarium I(i), q. 61.



Le bon Dieu n’est pas loin de  
vous. Il est proche de vous.  
Chaque fois que vous dites  
Notre Père, il a l’oreille collée  
à votre bouche.

Saint frère André





# Our Patron

## Quotes from St. Andre Bessette

- "O Mary, my tender mother and mother of my gentle Savior, look upon me and come to my aid."
- "If you ate only one meal a week would you survive? It is the same for your soul. Nourish it with the Blessed Sacrament."
- "Put your yourself in God's hands; he abandons no one."
- "People are worried for nothing. When help is needed, it will come in time at the right place by God."
- "I am nothing...only a tool in the hands of Providence, a lowly instrument at the service of St. Joseph."
- "It is with the smallest brushes that the Artist paints the best paintings."

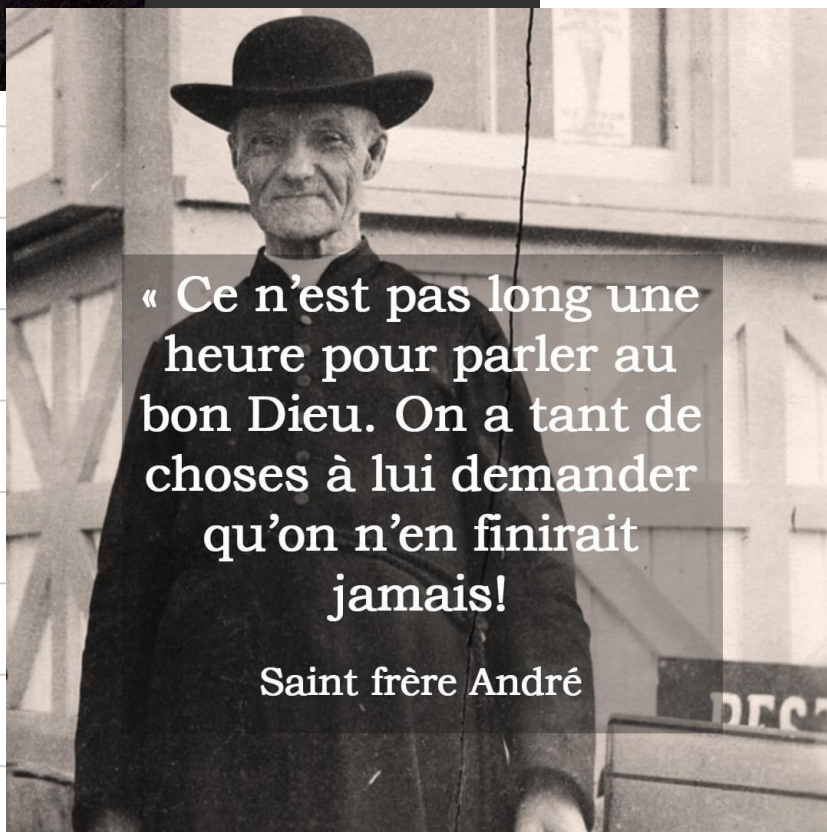


# Our Patron



« Allez à saint Joseph, priez-le, il ne vous laissera pas tomber en chemin. »

Saint frère André



« Ce n'est pas long une heure pour parler au bon Dieu. On a tant de choses à lui demander qu'on n'en finirait jamais!

Saint frère André

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# Our Patron

## Prayer for the Intercession of St. André Bessette

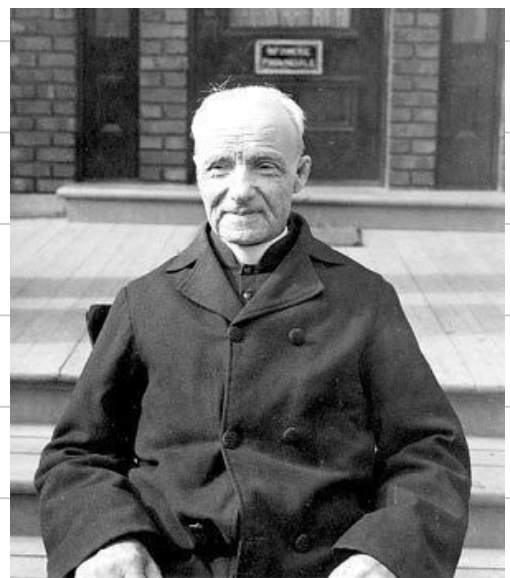
Lord, you have chosen Brother André to spread devotion to Saint Joseph, and to dedicate himself to all those who are poor and afflicted. Grant through his intercession the favor that we now request ... (*state your intention*)

Grant us the grace to imitate his piety and charity, so that, with him, we may share the reward promised to all who care for their neighbors out of love for you.

We make this prayer in the name of Jesus the Lord.

Amen.

*St. André, pray for us.*



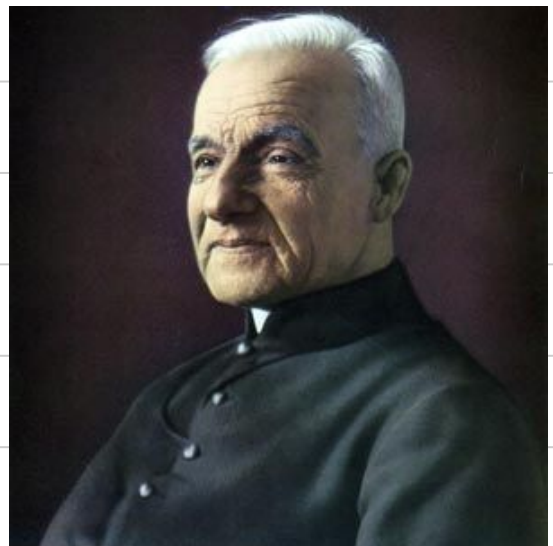
# Our Patron

Lord our God, friend of the lowly,  
who gave your servant, Saint André  
Bessette, a great devotion to Saint Joseph  
and a special commitment to the poor and  
afflicted, help us through his intercession to  
follow his example of prayer and love and so  
come to share with him in your glory.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit, one God, for ever and ever.

Amen.

*St. André, pray for us.*



# Our Patron

## Prayer to St. Andre Bessette, Patron Saint of Homecare Givers

Day after day, you welcomed with love and compassion those who came to you to share in their suffering. You were well acquainted with fatigue from long hours dedicated to the service of others.

Who, better than you, can understand the exhaustion of women and men who devote themselves day after day to the service of a dear one marked by illness? Who, better than you, can relate to the suffering of sick persons and with their contentment in having someone near them, willing to take care of them day after day?

O patron saint of home caregivers, help us every day to somehow find the strength to love the people whom we serve and the joy in receiving their love in return. With you, we bring our happiness and our heartaches to the feet of the Lord.

With you, we commend ourselves to Saint Joseph and the Virgin Mary.

With you, we turn towards God our Father,  
the source of every grace and every good thing.

Amen.

*St. André, pray for us.*



# Our Patron

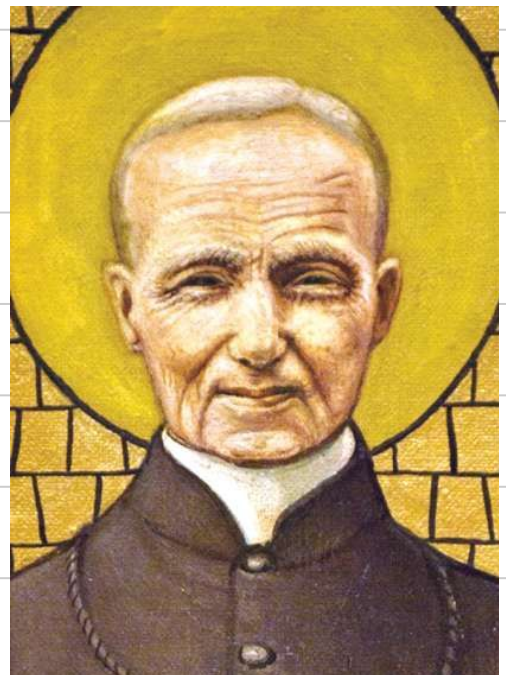
## A Prayer for Acceptance

St. Brother André, you grant us the favour of realizing your dream and of making present in our day the heritage you left to the world.

Help us to continue in the spirit of unconditional acceptance which you showed each person you met.

May our presence here, our attitudes and our words always reflect the love and compassion which marked your whole life long. Amen.

*St. André, pray for us.*



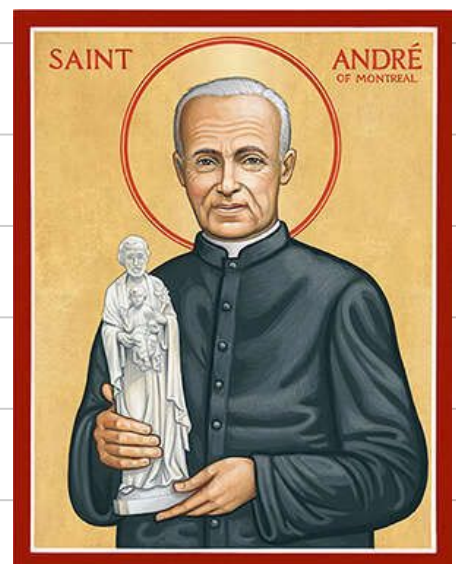
# Our Patron

## A Prayer to St. Brother Andre

St. Brother André, we celebrate your presence among us. Your loving friendship with Jesus, Mary and Joseph makes you a powerful intercessor with God, our Father. Compassion carries your words straight to God's heart, and your prayers are answered with comfort and healing. Through you, from our lips to God's ear, our supplications are heard. We ask to be made a part of God's work, alongside you, in a spirit of prayer, compassion and humility.

Amen

*St. André, pray for us.*



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# DAILY PRAYER



# Daily Prayer

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## The Sign of the Cross

We make this sign for two main reasons.

1. We make the sign of Jesus' Cross over us to show that we understand how much He loved us by dying on the Cross for us. In doing so, He took on our sin and offered salvation.

2. We bless ourselves in the name of the Trinity: God the Father who created; God the Son who came as a human being to die on the Cross for us; God the Holy Spirit whose presence and power lives in us.



1. Touch your forehead, saying "**In the name of the Father**";

2. Touch the lower middle of your chest, saying "**and of the Son**";

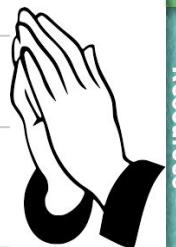
3. Touch your left shoulder, saying "**and of the Holy**";

4. Touch your right shoulder, saying "**Spirit**".

## Prayer of Gratitude

Thank you God for all the blessings that You have given me each and everyday. Thank you for the house that I live in, which is like a barrier, protecting me from the harsh weather and cold nights. Thank you for giving me my family, who always give me support, show me their love, and who have taught me life lessons ever since I was born. I owe You for giving me my friends, who always cheer me up, even on my lowest days and who I look forward to seeing everyday. I am grateful that You gave me free education, guiding me through my school journey and helping me gain knowledge. I thank You that I live in Canada, where healthcare is free, more opportunities, and a place where I can feel safe. Thank you for keeping my family and I financially stable, so that we can buy the things that we need, and helping me to be more grateful for this. I am thankful that You sent down Your Son Jesus for us, and that he suffered and died on the cross because of our sins. I thank you for making me who I am in Your own image, from my head, all the way to my toes. I also thank you for my personality, which is the only one of its kind. Finally, I thank You God, that You are always there for me, that You will love me for infinity, and that I will never be alone. Amen.

Source: C.B



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## The Lord's Prayer

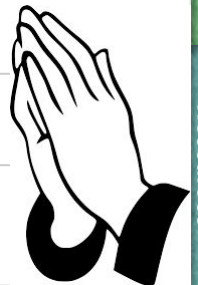
Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven.

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.



# Daily Prayer

## Hail Mary

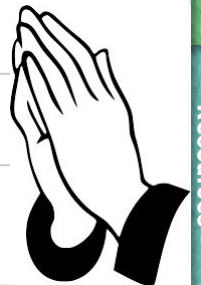
Hail Mary, Full of Grace,

The Lord is with thee.

Blessed art thou among 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 death.

Amen.

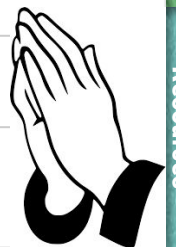


## Prayer of Reconciliation

Heavenly Father, In this moment of humility, I come before You with a heavy heart. Help me seek Your grace to restore any broken relationships. Grant me the strength to forgive and the wisdom to seek reconciliation. Help me see beyond my own grief, and empathize with others. With misunderstandings and disagreements, heal the hurt from harsh words and thoughtless actions. Give me the courage to apologize when necessary, and to forgive without a grudge. Guide me in the path of grace, that I may let go of pride, and embrace the peace that comes from reconciliation. Grant me the patience to work through differences with love and respect, and the perseverance to rebuild what has been broken. May Your divine light shine upon me, illuminating the path to reconciliation and peace. Bless me with the grace to walk that path with courage, trusting in Your infinite wisdom and mercy.

Amen.

Source: S.B



# Daily Prayer

## Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,  
our life, our sweetness and our hope.

To thee do we cry,  
poor banished children of Eve.

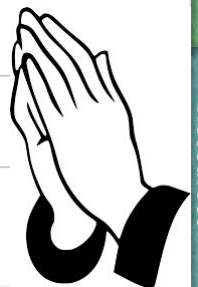
To thee do we send up our sighs, mourning  
and weeping in this valley of tears.

Turn then, most gracious advocate,  
thine eyes of mercy toward us,  
and after this our exile

show unto us the blessed fruit of thy womb,  
Jesus.

O clement, O loving,  
O sweet Virgin Mary.

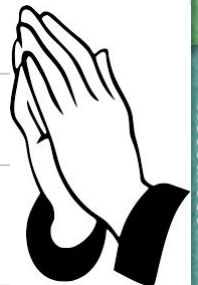
Pray for us, O Holy Mother of God:  
That we may be made worthy of the  
promises of Christ. Amen.



# Daily Prayer

## Glory Be/Doxology

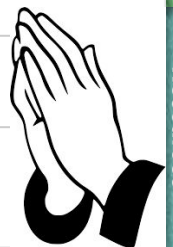
Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.



## Prayer for Guidance

Dear Father,  
Thank you for fulfilling me with your abundant love every day. Please guide me to help me go through an important time in my life right now. Allow me to gain the hope and courage to work towards my goals and not get swayed by others. I pray that all my peers and I do not get discouraged by what is ahead of us, no matter how intimidating it is. God, please allow me to gain the courage to try new things and move out of my comfort zone even if it is scary. Please remind me that you are always with me, that you will always guide and help me along the way, no matter what I am doing or going through. Though I do not know what obstacles I have to face in the future, with your love and guidance, I believe they can be overcome and I will be able to reach my full potential.  
Amen.

Source: K.C.





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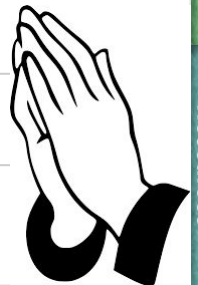
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## Prayer to St. Michael

Saint Michael the Archangel, defend us in the day of battle, be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the other evil spirits who prowl through the world seeking the ruin of souls. Amen.



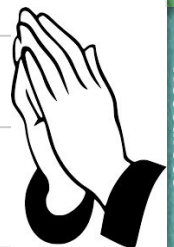
## Prayer of Healing

Dear Father,

You are the one that I can depend on and trust with all of my life. Help me to overcome one of the darkest times of my life. I don't know where I am headed, and I am scared the worst will happen. Help me find some serenity so I can slow down. I pray that you bless my family and friends and help us on the right path. You are the only one who has been there for me, guiding me in the right direction. All of the times where I struggled to do anything, you were there for me. You were my comfort, my blanket, and my savior. I am very nervous each day, and I ask that you be there for me when I am feeling weak. Help me see the light again and give me hope.

Amen.

Source: A.C.



# Daily Prayer

## Guardian Angel Prayer

Angel of God, my guardian dear,

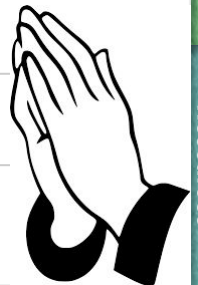
To whom God's love commits me here,

Ever this day, be at my side,

To light and guard,

Rule and guide. Amen.

Source: unknown



# Daily Prayer

## Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

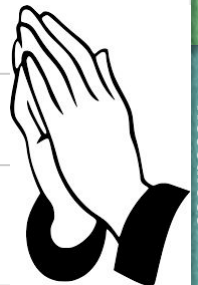
Within your wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

At the hour of my death call me and bid me  
come to you, that with your Saints I may  
praise you for age upon age.

Amen.



# Daily Prayer

## Prayer for the First Day of School

Lord, Let me be just what they need. If they need someone to trust, let me be trustworthy. If they need sympathy, let me sympathize. If they need love, and they do need love, let me love, in full measure. Let me not anger easily Lord, but let me be just. Permit my justice to be tempered with Your mercy. When I stand before them Lord, let me look strong, good, honest and loving. And let me be as strong, good, honest and loving as I look to them. Help me to counsel the anxious, crack the covering of the shy, temper the rambunctious with a gentle attitude. Permit me to teach only the truth. Help me to inspire them, so that learning will not cease at the classroom door. Let the lessons they learn make their lives fruitful and happy. And, Lord, let me bring them to You. Teach them through me to love You. Finally, permit me to learn the lessons they teach. Amen.

Source: unknown



## Prayer for Hope

In the quiet spaces of my soul, where shadows may abide,  
I bow my head, my spirit humbled as I seek hope as my guide.

I ask that you grant me strength in times of trial, when darkness  
dims the way,  
Let hope light up my path, a beacon in the gray.

In moments heavy with despair, where burdens weigh me down,  
May hope emerge, a gentle breeze, lifting me from the ground.

When storms of doubt cloud my heart, and courage starts to wane,  
Infuse my spirit with your light, let hope break through the rain.

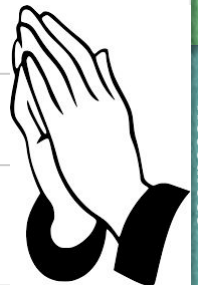
In the shade of life's design, where threads may fray and tear,  
May hope be woven strong and true, a fabric rich and rare.

For in the embrace of hope's warm glow, fears begin to fade,  
Renewing faith in brighter days, when joy and peace cascade.

So, in this prayer, I ask for hope, a gift to mend and heal,  
A constant presence in my soul, an anchor made of zeal.

Amen.

Source: Faisal A.

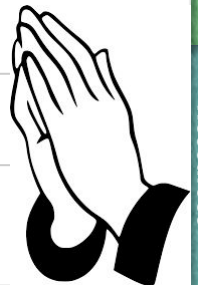


# Daily Prayer

## Official CPCO Prayer (for meetings)

Lord God, we ask for the grace of your presence and the gift of your wisdom as we gather today in the service of Catholic education. Send us your spirit to guide us so that we may be collaborative leaders and genuine witnesses to the faith and mission we profess. Make us sensitive to the gifts of others, enabling them to enrich our school communities. Under the patronage of Mary, Mother of our Saviour, we dedicate ourselves to excellence in education, respect for the dignity of all persons and the sanctity of creation. We ask this in the name of Jesus. Amen.

Source: Catholic Principals' Council of Ontario

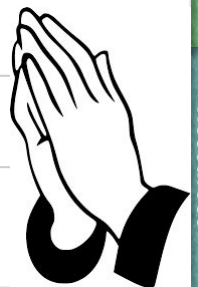


# Daily Prayer

## A Prayer of Trust

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this, You will lead me by the right road though I may know nothing about it. Therefore, I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen.

Source: Thomas Merton



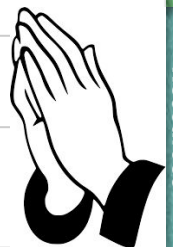


## A Prayer of Thanks

Dear Father,  
I know you are always watching over me and protecting me. I am thankful for everything you have helped me through school, family problems and friends problems. I pray that you guide me through the right path. I pray to guide me to always see the good in everyone and let me forgive like you have taught me. I also pray you help everyone I love with their problems they do not talk about. I pray I do well in school this year and get closer to you. I know to see good in everyone and forgive like you have taught me Father. I pray for my brother that everything goes well for him. I never wish harm on anyone like you Father has taught me. I thank you for everything Father you have listened and done for me. I will always look up to you and think what would you do whenever making a decision.

Amen.

Source: S.P.

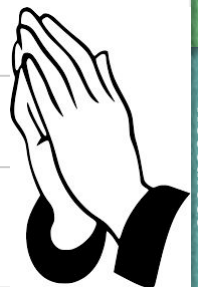


# Daily Prayer

## A Prayer to Focus

God, help me to focus on what is really important. Help me to focus on what will give life. Help me to focus on what promotes justice and peace. Help me to let go of all the little things that don't matter. Help me to let go of any legalism that blocks Your spirit. Help me to trust in Your plan for life. Your plan for the fullness of life for everyone. God, You are the Spirit of Life for the whole world. Remove violence from my life. Remove violence from our world. Teach us how to speak up for justice without violence. Teach us how to learn from the poor. Teach us how to drop our religious intolerance and to learn from each other. God, help us to focus on what is really important. Help us to focus on what will give life. Help me to focus on what promotes justice and peace. Amen.

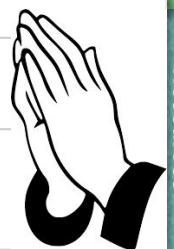
Source: unknown



## Prayer for Students

God, I need assistance when it comes to doing stuff for school. I don't spend enough time studying for tests or working on assignments, I end up waiting till the last minute to begin. I've been doing this for as long as I can remember, it's not good. I should not be doing this, I need to stop messing around and waiting till the last minute. This is why I'm not doing that well in some classes, because I'm putting very little effort by doing stuff last minute. I just need some sort of reminder to actually start working when we are told about an assignment or test the day of. I really hope I can start studying and working on assignments early rather than at the last minute. Amen.

Source: K.F.

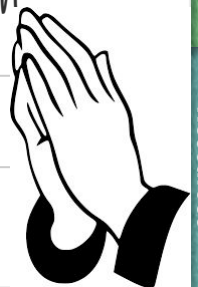


# Daily Prayer

## A Prayer for a Balanced Life

Dear God, I know that You have created me with a purpose and plan. I know it is Your desire that I too have a life filled with joy, purpose and victory. Please help me today to fulfill the destiny You have planned for my life. I know that in order to do this, I must live a life obedient to Your Word, and a life of balance, with my priorities in the proper place and my heart focused on You. Dear Lord, help me to attain that balance in all areas of my life. Examine my heart and show me those places where I may be out of balance. Help me to focus on the things that are most important and keep me from being distracted by the things that would steal my time and attention. Protect me from those things that try to keep me from reaching my goals and achieving the dreams that You have put in my heart. And most of all, dear God, remind me daily that You have called me to be fruitful, not just busy. Give me the wisdom and strength to produce in abundance that which is most important and constructive in my life and the lives of those around me. Thank You for Your constant presence, and for helping me to grow and increase in every area of my life. In Jesus' name. Amen.

Source: unknown

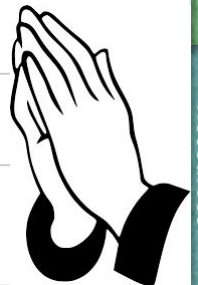


# Daily Prayer

## A Prayer for Physical Health

O God, who are the only source of health and healing, the spirit of calm and the central peace of this universe, grant to me such a consciousness of Your indwelling and surrounding presence, that I may permit You to give me health and strength and peace, through Jesus Christ, our Lord. Amen.

Source: unknown



## A Prayer for Hard Times

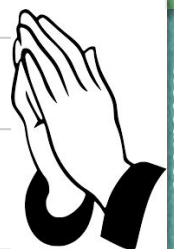
Dear God,

I may appear to be happy and okay with who I am. Yet, only You know how hard it is for me to accept myself for who I am. I feel there is always darkness around me and that there is no hope for light to shine on me in this darkness. I feel I am not capable of creating the changes I want in my life and fulfilling my dreams.

Please help me understand, God, that I am not alone and You are there for me. You will be my light in the darkness. You will keep pushing me to get up whenever I feel like I am falling down and not let me give up on my dreams. Show me that even when the whole world may believe that I can not achieve what I truly desire You will believe in me. You will keep telling me to fight my challenges so that I can win in the end. I never believe in miracles but make me understand I can believe in them with You.

Amen.

Source: M.B.



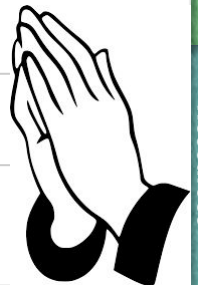
# Daily Prayer

## A Gratitude Prayer

Dear God, I give thanks for all the amazing gifts You have blessed me with in this life.

Thank You for the clouds in the sky and the grass beneath my feet. Thank You for the roof over my head that shelters me from the cold and the food in my stomach that nourishes my body. Thank You for the clothes on my back and the knowledge in my head. Most of all, God, thank You for Your everlasting love, guidance and understanding. Thank You, dear God, thank You. Amen.

Source: Prayers for the Living



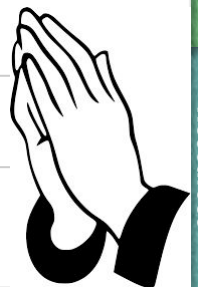
# Daily Prayer

## An Autumn Prayer

O God of Creation, You have blessed us with the changing of the seasons. As we embrace these autumn months, may the earlier setting of the sun remind us to take time to rest.

May the crunch of the leaves beneath our feet remind us of the brevity of this earthly life. May the steam of our breath in the cool air remind us that it is You who gave us Your breath of life. May the scurrying of the squirrels and the migration of the birds remind us that You call us to follow Your will. We praise You for Your goodness, forever and ever. Amen.

Source: unknown





## Prayer for the Earth

Lord, Almighty Creator

We give thanks for the Earth

It is the perfect home that provides for all our needs.

We give thanks for all the life that it supports.

By our own fault, we have lost the beautiful  
relationship with the Earth.

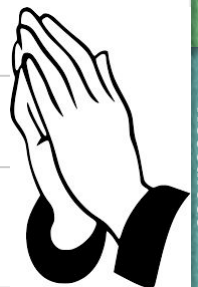
Our use of fossil fuels and plastics has ruined your  
creation

We no longer think of the Earth as our home, but as  
something we can exploit for resources.

Please guide us humans to repair the damage that has  
been done to it, so that we can live in harmony with  
your creation once again.

Amen.

Source: Zachary H., Zakary S., Gerthikan K

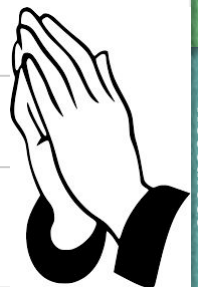


# Daily Prayer

## A Winter Prayer

Lord: In the midst of Winter, when the days are cold and wind can pierce, remind us of the warmth of Your love. In the midst of Winter, when days are short, dawn comes late, and dusk arrives early, remind us that in the darkness Your light still shines. In the midst of Winter, when the flowers of spring still lie hidden in the earth, when leaves are off the trees, and the world can seem bleak, remind us that Easter is but a short time away. And when in our lives we feel as if we are experiencing a season of winter, reach out to us with the power of Your resurrection, so that we may feel the warmth of Your love and see Your light that alone can take away the darkness of our soul. Amen.

Source: Cal Wick

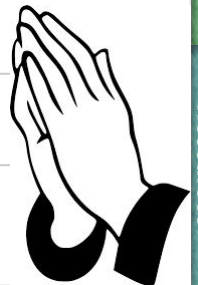


# Daily Prayer

## The Hope of Spring

God, thank You for Spring and the hope of warmer, longer, brighter days. Thank You for the coming of growth and life and birth. Thank You that things are coming awake in the world. This is what our calendar says, and we do see some signs that it is real. But we also still struggle with the residual layover of winter. Now we ask that You bring into reality all that belongs in this season. Your word says that we will have provision, and hope, and joy, and health and loving relationships here and now in this life. We ask that what belongs in this season would become actual in our practical lives. We hope in You and in Your promises. We hope in Your gift of spring. Amen.

Source: unknown

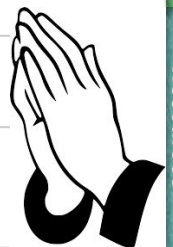


## A Prayer to the Lord

Dear Lord,  
I feel like there has been a lot of homework recently in high school, so I need help in getting them done, but I can do them by myself usually. I am also distressed sometimes when two or more people say the same things at the same time because I think one person saying it is enough, so please help me to not be as upset in the future. I am very thankful that I get to drink water, eat good food, and be able to have access to the internet every day. Lord, guide me into passing all of my courses this semester and the rest of my courses throughout high school too. Also, guide me in not being upset when I go to Japan this summer and that I will have fun as well. Guide me in also helping myself in trying to not be late for school.

Amen.

Source: J.L.

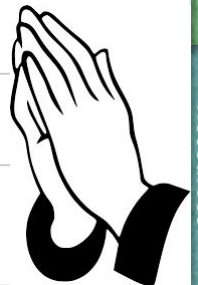


# Daily Prayer

## A Prayer for Summer

Father, Creator of all, thank You for summer. Thank You for the warmth of the sun and the increased daylight. Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy Your creation. Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season. Draw me closer to You this summer. Teach me how I can pray no matter where I am or what I am doing. Warm my soul with the awareness of Your presence and light my path with Your word and counsel. As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You. Amen.

Source: unknown

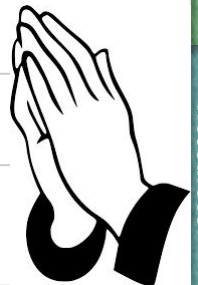


# Daily Prayer

## A Prayer for the New Year

Come, Holy Spirit, Spirit of the Risen Christ, be with today and always. Be our Light, our Guide, and our Comforter. Be our Strength, our Courage and our Sanctifier. May this new year be a time of deep spiritual growth for us, a time of welcoming Your graces and gifts, a time for forgiving freely and unconditionally, and a time for growing in virtue and goodness. Come, Holy Spirit, Be with us today and always, Amen.

Source: [www.appleseeds.org/index.htm](http://www.appleseeds.org/index.htm)



# Daily Prayer

## Thanksgiving Prayer

Thank You, God, for all the wonderful blessings, for our daily meals, for clean drinking water and for sunlight, and for the cool breeze. I'm thankful for my family, my friends and my health. I'm thankful for my friends, to love and be loved. Thank You for this great country and for the freedom it offers. I'm thankful to be alive and praise You for all these wonders. I'm thankful that You have been so gracious to give Your only Son to us who gave his life and bore the unbearable for us sinners. On this Thanksgiving Day, I take the opportunity to give thanks for countless other things You provide us with on a daily basis. Amen.



Source: unknown

WELCOME

Our Patron

Daily Prayer

Liturgical Seasons

Meditation Mondays

Wednesday

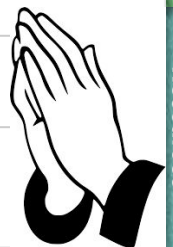
The Rosary

Cross-Curricular Resources

## A Prayer of Thanks

Dear Heavenly Father,  
I thank you for guiding me through everyday.  
Times may be hard but you are my light in the  
darkness. Thank you for keeping me safe  
during sports and letting me experience  
these great adventures that others may not.  
You inspire me to be a better person who I  
love very much and dearly Thank you for  
letting me be me.  
Amen

Source: C.B.



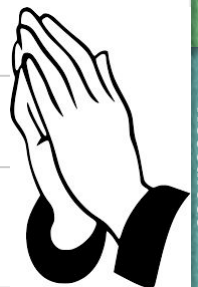


# Daily Prayer

## Remembrance Day Prayer

God our Father, Your Son Jesus gave up His life to free us from the power of sin and death. He showed us that the greatest love is in giving up one's life for others. Today, we remember those who fought and died for our freedom. We ask You to bless and console them together with their families. Help us to understand the sacrifices they made in leaving their loved ones to face the horrors of war. May we never forget their generosity. May Your Holy Spirit give us the courage to resist evil in all its forms and show us how to be peacemakers through prayer and action, lest we forget those who fought, suffered and died that we might have the freedom and peace we enjoy today. We ask this through Christ, our Lord. Amen.

Source: Tony Cosentino

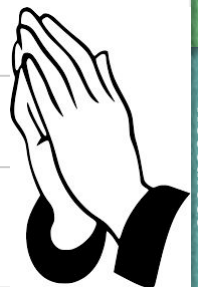


# Daily Prayer

## A Prayer for Students

God of Light and Truth, Thank You for giving me a mind that can know and a heart that can love. Help me to keep learning every day of my life, for all knowledge leads to You. Let me be aware of Your presence in all things and at all times. Encourage me when work is difficult and when I am tempted to give up; encourage me when my brain seems slow and the way forward is difficult. Grant me the grace to put my mind to use exploring the world You have created, confident that in You there is a wisdom that is real. Amen.

Source: [www.godweb.org/](http://www.godweb.org/)



## Prayer for Peace

Oh gracious Heavenly Father,

Creator of all that is good,

The divine keeper of Heaven and earth.

We have sinned against you everyday and for that we are  
deeply sorry.

Almighty Father, we are ever so grateful for all the love

You have given us,

For loving family and caring friends,

For having food to nourish our weary bodies,

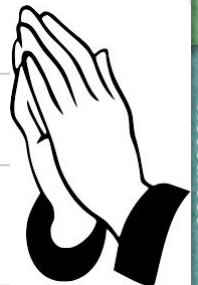
And for the opportunity to share our gifts with the world.

However, times do get tough and busy and we often lose  
faith in You, Lord.

In your mercy, please continue to grant us peace in our  
lives, as well as for those less fortunate

Amen.

Source: Eden, Bentley, Jonathan

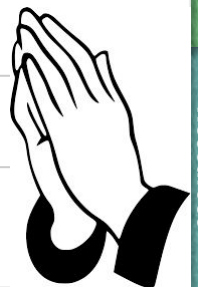


# Daily Prayer

## A Prayer Before a Test

My God, enable me to trust in the good outcome of the test I am about to take; help me to contribute my own share of optimism and confidence. With Your grace, my God, I hope to crown my efforts with success. Keep far from me at this moment any presumption that it all depends exclusively on me. You are next to me, my God, the necessary and welcome presence in all the moments of my life. I will take this test, my God, because it is important for my personal development. My God, be the source of my inspiration in my doubts and uncertainties, supporting me with Your blessing. Amen.

Source: [www.ithaca.edu/religious-and-spiritual-life/](http://www.ithaca.edu/religious-and-spiritual-life/)

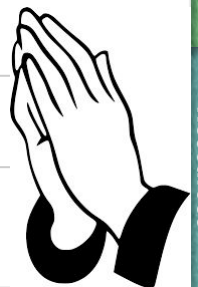


# Daily Prayer

## A Prayer for Social Justice

Lord Jesus, Carpenter and King, supreme Sovereign of all men, look with tender mercy upon the multitudes of our day who bear the indignities of injustice everywhere. Raise up leaders in every land dedicated to Your standards of order, equity and justice. Grant unto us, Lord Jesus, the grace to be worthy members of Your Mystical Body, labouring unceasingly to fulfill our vocation in the social apostolate of Your Church. Sharpen our intellects to pierce the pettiness of prejudice; to perceive the beauty of true human brotherhood. Guide our minds to a meaningful understanding of the problems of the poor, of the oppressed, of the unemployed, of all in need of assistance anywhere. Guide our hearts against the subtle lure of earthly things and undue regard for those who possess them. May we hunger and thirst after justice always. Amen.

Source: Fr. John A. Hardon



## A Prayer for Wisdom

Loving God,

Help me become a better person through your love. Allow me to become whole through your plan, though I sin against you frequently. Push me forward past temptation and the evil this corrupted world offers. You give me the eyes to see what is good, when I am blind to what is right and wrong.

Lead me through the murky waters of love and hate, and give me the heart to love my brothers and sisters. I pray that you banish the evil from my soul, and fill me with mercy and kindness for others. I believe you will guide me and restore my soul, as said in Psalms. "1 The Lord is my shepherd; I shall not want.2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake." (Psalm 23:1-3) Let me have the wisdom to help those who need it, and to be there for those who need me. Guide me by being the light in the darkness, and save me from the darkness around me.

Amen.

Source: T.N.

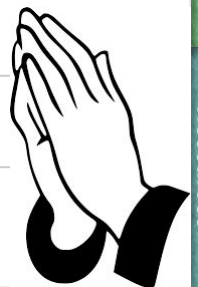


# Daily Prayer

## A Prayer for World Peace

Lord, we pray for the power to be gentle; the strength to be forgiving; the patience to be understanding; and the endurance to accept the consequences of holding to what we believe to be right. May we put our trust in the power of good to overcome evil and the power of love to overcome hatred. We pray for the vision to see and the faith to believe in a world emancipated from violence, a new world where fear shall no longer lead men to commit injustice, nor selfishness make them bring suffering to others. Help us to devote our whole life and thought and energy to the task of making peace, praying always for the inspiration and the power to fulfill the destiny for which we and all men were created.

Source: Catholic Online



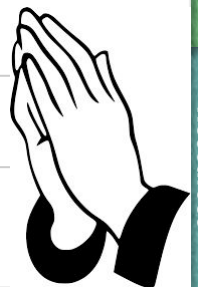
# Daily Prayer

## For Courage to do Justice

O Lord, open my eyes that I may see the needs of others; Open my ears that I may hear their cries; Open my heart, so that they need not be without succor; Let me not be afraid to defend the weak because of the anger of the strong, nor afraid to defend the poor because of the anger of the rich. Show me where love and hope and faith are needed, and use me to bring them to those places.

And so open my eyes and my ears, that I may this coming day be able to do some work of peace for thee. Amen.

Source: Alan Paton

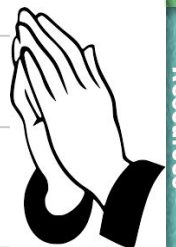




## A Prayer for Guidance

My heavenly Father,  
Guide me today and everyday,  
Grant me the strength along the way.  
In times like these be my light,  
Fill my heart with love so bright.  
Give me the wisdom to do my best,  
Bless my journey so I never stress.  
In hard times calm my fears and keep me  
near,  
So I know I never have a fear.  
For gratitude, I humbly pray,  
For your blessing on this day.  
Amen

Source: O.T.

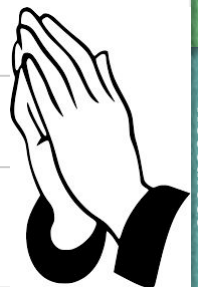


# Daily Prayer

## Prayer for Justice

God, You have given all peoples on common origin. It is Your will that they be gathered together as one family in Yourself. Fill the hearts of humankind with the fire of Your love and with the desire to ensure justice for all. By sharing the good things You give us, may we secure an equality for all our brothers and sisters throughout the world. May there be an end to division, strife and war. May there be a dawning of a truly human society built on love and peace. We ask this in Your name. Amen

Source: unknown

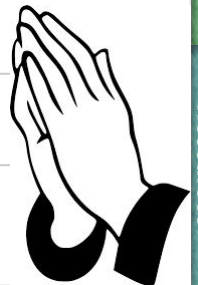


# Daily Prayer

## Prayer for Justice and Peace

Eternal Father, You created us in Your own image and likeness, but sin has warped the minds of men, and throughout the world there is much injustice and much carelessness of the rights of other people and personal responsibility. Lord, when You are excluded from the hearts and consciences of men, the inevitable result is that people suffer and, Lord, there is much injustice and corruption taking place in our world today, not only in the lives of individuals but also in the corridors of power and the council rooms of many nations. We pray, Lord, that You will right all the wrongs that are taking place in our world and vindicate those that are being treated unjustly. Keep us, Father, from trying to take matters into our own hands for vengeance is yours and You will repay, but Lord in your grace and mercy we pray that you would give justice and peace to all those that have been cruelly and unfairly treated by their fellow man, and may injustice and carelessness that they have had to endure be the means to draw them into Your saving arms of grace. We ask this in the precious name of the Lord, Jesus. Amen.

Source: unknown

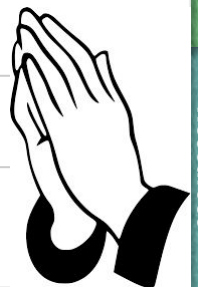


# Daily Prayer

## A Prayer for our Earth

All-powerful God, You are present in the whole universe and in smallest of Your creatures. You embrace with Your tenderness all that exists. Pour out upon us the power of Your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. To You alone, Most High, do they belong. No mortal lips are worthy to pronounce Your name. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in Your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank You for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. Amen.

Source: Pope Francis, Laudato Si



## Prayer for Mental Health

Lord, our Heavenly Father who heals all who are sick,  
I have sinned against you by allowing mean thoughts to  
control me.

You see how weak I am in mind.

Touch my soul with your compassion for all,

Bless my mind with your healing hand,

Bring me strength in mind and spirit and sustain me  
from evil thoughts.

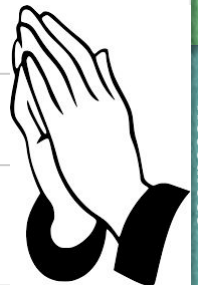
Father, who heals my heart and soul,

Thank you for giving me family and friends that bless  
me with strength and support, kind actions and words.

Save me from my sorrow.

Amen.

Source: Brooke W. and Gaby E.



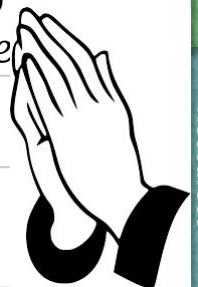
# Daily Prayer

## A Prayer for Performers

Heavenly Father,  
We come before you today with gratitude in our hearts for the gift of performance. Thank you for the talents you have bestowed upon the performers who will grace our stage this evening. We pray that you fill their hearts with strength and courage as they step into the spotlight. Be their guiding light, illuminating their path and giving them the confidence to share their artistry with us tonight. May they find solace in your presence, knowing that you are with them every step of the way. Grant them the ability to captivate the audience, to touch hearts, and to inspire others through their performances. Help them overcome any obstacles that may come their way, and empower them to rise above challenges with grace and resilience. Bless these performers with unwavering passion and determination. May they continue to grow and evolve in their craft, always striving for excellence. And in moments of doubt or weariness, remind them of their worth and the impact their performances have on the lives of others.

Thank you, Lord, for the gift of performers who bring joy, laughter, and tears to our lives. May your divine presence surround them, granting them strength, courage, and an everlasting love for their art. Amen.

Source: unknown

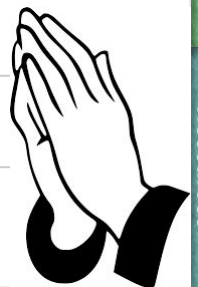


# Daily Prayer

## A Prayer to End a School Year

God of wisdom, We thank You for all the gifts You have given us throughout this school year. We praise You for giving us life, for saving us in Christ and for choosing us to be Your people. As we come to the end of this school year, we voice our gratitude for the good things You have done in us, and we praise You for all who have shared in the work of this school. We ask You to bless them in Your love and give them refreshment and peace. We praise You, God, through Jesus Christ, our Lord, who lives and reigns forever and ever. Amen.

Source: Catholic Household Blessings and Prayers. Revised Edition



# Daily Prayer

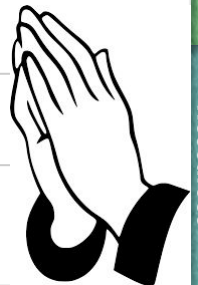
## Honouring Loved Ones Who Have Passed

"The Christian meaning of death is revealed in the light of the Paschal Mystery of the Death and Resurrection of Christ in whom resides our only hope. The Christian who dies in Christ Jesus is 'away from the body and at home with the Lord' (2 Cor 5:8)."

- *Catechism of the Catholic Church 1681*

Eternal rest grant unto him/her, O Lord, and let perpetual light shine upon him/her. May he/she rest in peace. Amen.

May almighty God bless us with his peace and strength, the Father and the Son and the Holy Spirit. Amen.



WELCOME

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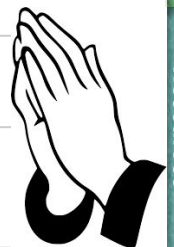


## A Prayer for Perseverance

Dear God, I pray to you for strength and guidance to continue to overcome hurdles in my life. Grant me patience and perseverance to persevere in this difficult time; Even though I try, I sometimes feel like giving up. Please help me to grow spiritually so that I can conquer all my problems, like how you would want me to. When problems come my way, help me find peaceful solutions so I do not dwell on conflicts, but persevere and forgive how you do. Continue helping me to live a virtuous life and to focus on what's important for me; not to be dragged down by the harm from the secular world. But also, help me be sympathetic to others while I proceed on my journey of individual growth; and to reject all the negative influence the world lays on me.

Amen

Source: N.P.



## A Prayer for Suffering

Dear God,

Right now I am going through a hard time with some moments in my life. The state of my emotions that happened for last year got me to the lowest point in myself. You brought me through these hard times which can show me how I have to bring my life back up. Experiencing all these moments of pain and suffering feel like fire but not burning my soul. I've thanked you every single day for putting the hardest moments first to make my life way easier in the future and help me see that there are way better opportunities when time goes passing. Everyday it's great to see that this year has felt way better than last year and I pray that as time goes on my life gets put into a happy spot. I understand that not everyday will be the best, but bad days will happen eventually but not too often. Being really honest, the moments where I rely on you to be there for me are the times I've lost a person or thing. If a test was happening for me, I pray that you help me study hard enough for when you're needed the most. Overall I thank you for being there at my hardest moments and feel grateful for your existence.

Amen

Source: unknown



# Daily Prayer

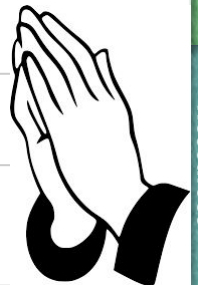
## Honouring Loved Ones Who Have Passed

Lord God,

You are attentive to the voice of our pleading.

Let us find in your Son comfort in our sadness, certainty in our doubt, and courage to live through this hour.

Make our faith strong through Christ our Lord. Amen.



# Daily Prayer

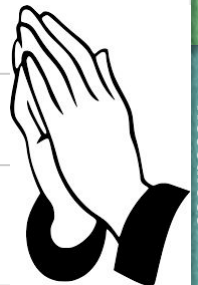
## Honouring Loved Ones Who Have Passed

Lord,

\_\_\_\_\_ is gone now from this earthly dwelling, and has left behind those who mourn his/her absence.

Grant that we may hold his/her memory dear, never bitter for what we have lost nor in regret for the past, but always in hope of the eternal Kingdom where you will bring us together again.

Through Christ our Lord. Amen.



# Daily Prayer

## Honouring Loved Ones Who Have Passed

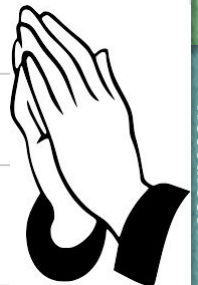
O Lord, your sorrowing Mother stood by your cross; help us in our sorrows to share your sufferings.

Like the seed buried in the ground, you have produced the harvest of eternal life for us; make us always dead to sin and alive to God.

Shepherd of all, in death you remained hidden from the world; teach us to love our hidden spiritual life with you and the Father.

In your role as the new Adam, you went down among the dead to release all the just there since the beginning; grant that all who are dead in sin may hear your voice and rise to new life.

Son of the living God, you have allowed us through baptism to be buried with you; grant that we may also rise with you in baptism and walk in newness of life. Amen.

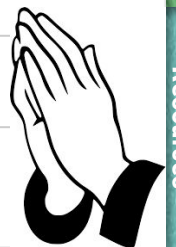


## A Letter to God

Dear Father,  
You are the only one that knows what I am going through. Thank you for always being there for me, answering my prayers, listening to my cries, and blessing me with your unconditional love. I am forever thankful for all the blessings you gave me whether it's family and friends or even the simplest things like food and water. May your strength and hope arise within my deep heart. I ask you, O God, to help me and guide me throughout my life. Please help me to walk closer to you today and forgive me for feeling weak every time I did yesterday. May the presence of you within me be felt by everyone I meet today. If I ever lose hope please God remind me that your plans are better than everything I dream of. Your hope shines brightly in my heart and guides my steps. In Jesus' name, I pray.

Amen

Source: P.M.



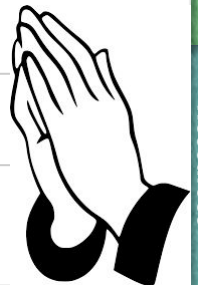
# Daily Prayer

## A Prayer for When I'm Feeling Overwhelmed

Lord, please help me not to fear and to look to when I'm overwhelmed. In every moment I am faced with that feels too much for me, please help me remember you are with me and I can lean into your strength and help. Amen.

Adapted from Isaiah 41:10

Source: @ashelymorganjackson

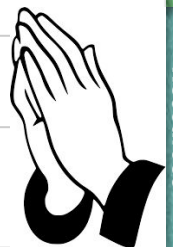


## Prayer for Patience

Dear Heavenly Father,  
I am in desperate need of help. Spiralling out of control, I am in my darkest time right now. You know what I am going through, and I ask you to help me through it, but not fix it in one go. I will be patient, and keep praying, as I trust you more than anything and anyone in this world. I just pray that you won't leave me in the dark.

In Jesus name,  
Amen.

Source: N.B.





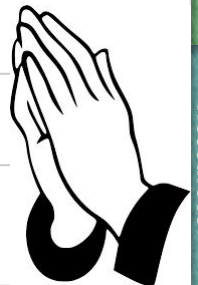
# Daily Prayer

## A Prayer for When I am Exhausted

Lord, people ask me how I am and I smile and say, "fine" but you know how very exhausted I feel... way down in my soul. Lord, I need the soul rest you promise. Help me to give you my burdens and know with confidence that you are with me when I am doing it all and when I feel like I can't do a thing. Amen.

Adapted from Matthew 12:28-29

Source: @ashelymorganjackson



## Prayer for Healthy Sports and Activities

Dear God whom we love so much,  
You have the power to give us all great health and ability.

You have given us the beautiful gifts of activity, sport and  
competitive spirit.

Sometimes we use these abilities you have given us in sinful  
ways, especially in sport.

So we ask you God, please have mercy on the sins we have  
committed during activity.

We thank you Lord for our arms, feet, legs, and more,

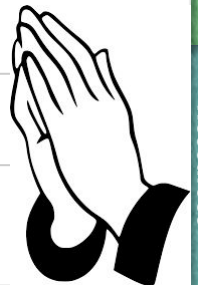
That you have given us so we may enjoy the gift of life and  
everything that goes with it.

Help us to keep our competitive spirit in control and use it only  
for good not evil.

Please give us the motivation to stay active and keep us away  
from meaningless distractions, Which will let us enjoy the lives  
we have been given before we unite with you in your Kingdom.

Amen.

Source: Lucas C., Tristan and Daniel C.



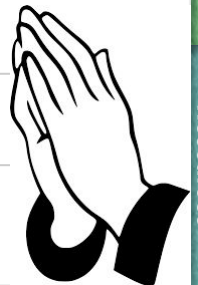
# Daily Prayer

## A Prayer for Good Decision-Making

Lord, some days I just don't know what the best decision is to make. I feel paralyzed about what to do. I don't want to make a mistake. Please bless me with your guidance and awareness that you promise that if I look to you in all things, you will direct my paths. In Jesus' name... Amen.

Adapted from Proverbs 4: 5-6

Source: @ashelymorganjackson

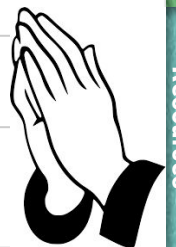


## Prayer for Guidance

Dear Father, may you continue to guide me through rough times and help me understand that good is to come. May you protect my family, friends, and all loved ones from sickness and suffering. Please help me to understand that all I need is the lord and Saviour to accomplish all my goals. May you help me throughout my basketball season and protect me from injury and lack of confidence May the rest of the basketball season go well and may you help me to understand you are with me throughout all the tough losses and games. Lord may you guide me through the rest of this school year and help me find the motivation to complete my school work and maintain a solid overall grade. Dear lord thank you for all the gifts you have given me and May you help me to acknowledge your presence and ensure you are my biggest priority in life and remember that God is present in your life in every moment of every day.

Amen.

Source: J.L.



# Daily Prayer

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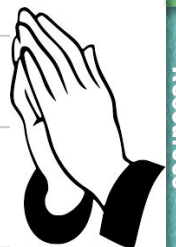
A Prayer for Mindful, Gratitude and Peace:  
A Litany of Humility



## A Thank You Prayer

Dear Father,  
Giving thanks to You,  
I am so appreciative of everything you do for  
me and give me,  
Even though I do not pray that often.  
You continue to give me a problem-free life  
and let me live in peace.  
For that, I thank you Father.  
I continue to live a good life.

Source: J.R.

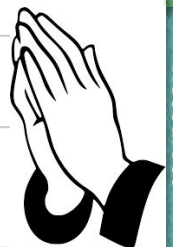


## A Prayer for Exams

Dear Lord,

I am asking for help with school Help me through the struggle of exams I am looking for your guidance so that I can prepare for Grade 11 and find my path in life I believe that you can help me to choose the right way but right now I need your strength and guidance to get through my exams with success Please give me your serenity to stay focussed as I study Your wisdom as I write the exams and your calmness as I wait for the results Please Lord help me to become a better version of myself to finish these exams In Your name I pray,  
Amen.

Source: J.B.

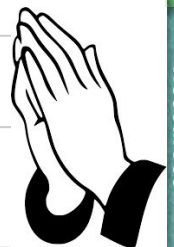


## A Prayer for Help

Dear Lord,

I am asking for help with school Help me through the struggle of exams I am looking for your guidance so that I can prepare for Grade 11 and find my path in life I believe that you can help me to choose the right way but right now I need your strength and guidance to get through my exams with success Please give me your serenity to stay focussed as I study Your wisdom as I write the exams and your calmness as I wait for the results Please Lord help me to become a better version of myself to finish these exams In Your name I pray,  
Amen.

Source: J.B.





## A Prayer Before Meals

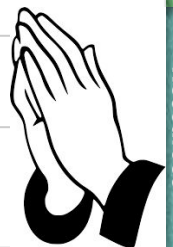
Heavenly father, Thank you for this meal.

Thank you for protecting us everyday Thank  
you for the food we eat, the water we eat,  
the clothes we wear and the place we live in.

Thank you for protecting us everyday and  
taking care of us Thank you for everything.

Amen

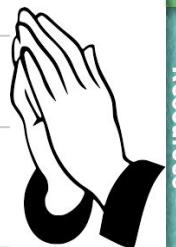
Source: Anonymous



## A Prayer Before Meals

Dear God, thank you for allowing us to have this wonderful time at the dinner table together as a family. We are grateful for all the amount of love and blessings you've bestowed upon us throughout the long day. May our home be filled with peace, joy, and laughter while we eat today. As we gather around this table, we thank you for the food before us and the hands that helped to prepare the meal. Bless our family members that are not here today as we pray to keep them safe in your loving will. Bless our family and always keep us healthy, and heavily united in love so that we can have many more moments like these from you. We also pray for those who have passed away in our family and remember them eating with us. In your name dear God, we pray,  
Amen.

Source: Anonymous



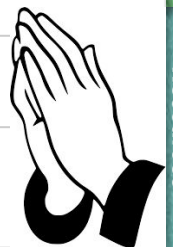
## A Prayer Before Meals

Lord, Thank you for bringing us here today.

We bless this food, we bless the ones who have worked to prepare it and we bless the ones who are to receive it. We thank you Lord for allowing us to come together to enjoy this meal. At this time we would like to remember all the people who are lonely and have no one. Not all families are able to come together like this to have meals and so we thank you for blessing us more than we can imagine We thank you for everything that is here today and for everything that is seen and unseen.

Amen.

Source: Anonymous



## A Prayer After a Meal

Lord,

We thank you for the meal we have just enjoyed.

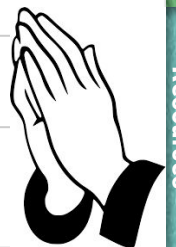
We ask you to bless the people that were able to be here today, along with those who couldn't. Bless the hands and voices of those who enjoyed the food, staying with them for as long as they live. Help to guide them through life, keeping their family and friends close to their hearts.

As we step away from this meal, help us to remember that it is through You, that we can do whatever it is we have done throughout our lives.

In Jesus' name, we pray,

Amen.

Source: Romero Bettencourt

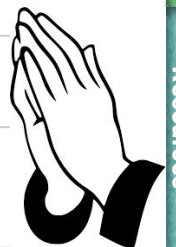


## A Prayer for Blessings

May our family be a place of love and support, where everyone is accepted and finds strength. I pray we are always together and grow our bonds. Bless us with moments of joy and laughter. Guide us through challenges with unity and resilience. Let our house be a place of warmth where everyone is cherished and celebrated for their character. We embrace the blessings we have and the journey/moments we share as a family. "May our hearts be filled with gratitude and love for everything we have. Let us remember those who are less fortunate than us and are still content with their lives. Bless our health and our bonds of kindness and affection, may they grow stronger each day. Guide us and give us wisdom as we navigate through life. May we also be reminded of the blessings surrounding us.

Amen

Source: Anonymous



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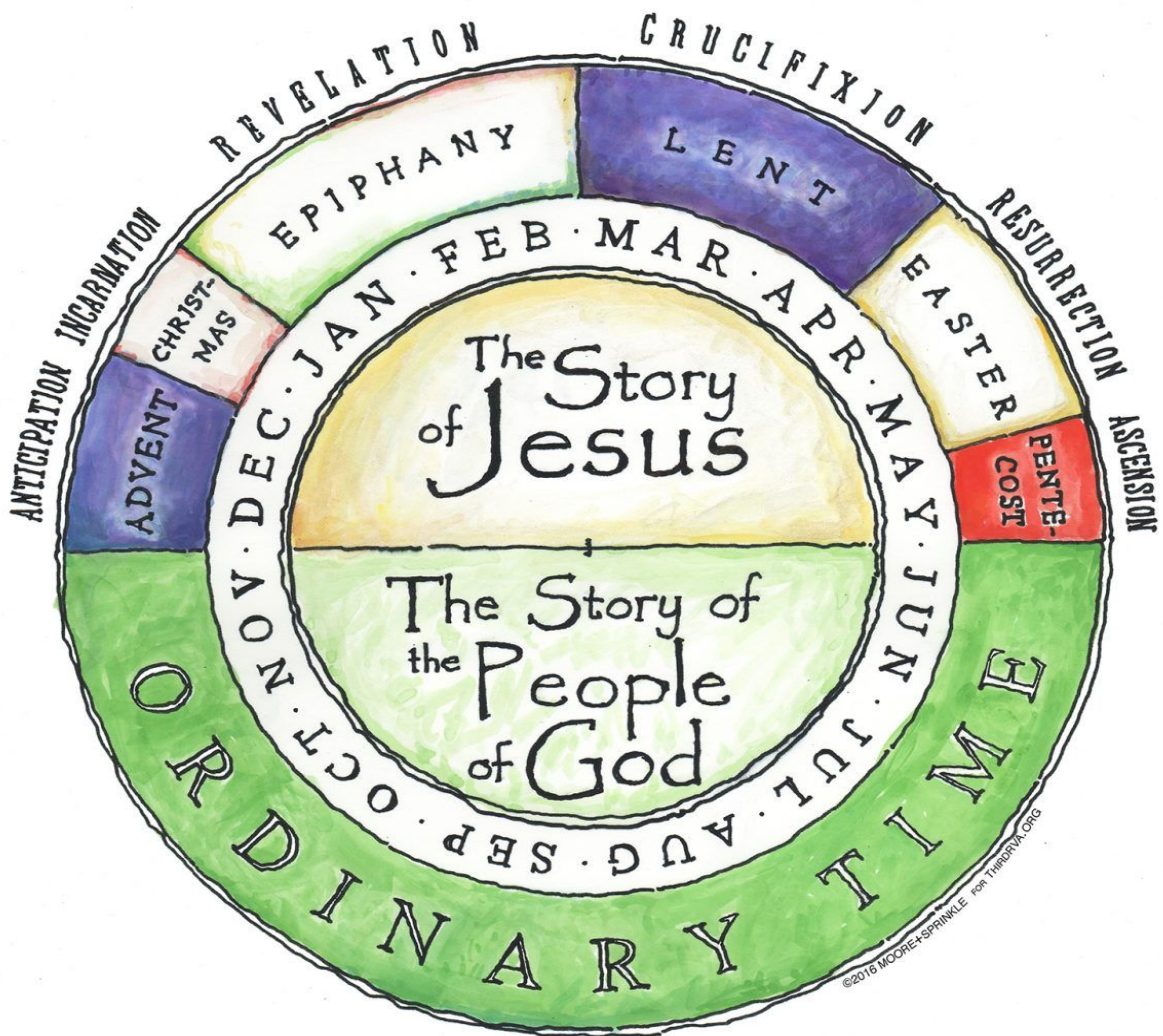
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# LITURGICAL SEASONS

# Liturgical Seasons



For Catholics, the liturgical calendar marks the Church year, a sequence of seasons and feasts celebrated in the liturgy during a year's time. Each new year begins with the First Sunday of Advent.

# Liturgical Seasons: Advent



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# Liturgical Seasons: Advent

## The Meaning of the Advent Candles

Traditionally, the Advent wreath is a circle of evergreen branches. It is often decorated with berries and pinecones. Both the evergreen branches and the circular shape symbolize the passing of time and eternal life. The shape of the wreath, with no beginning or end, reflects the complete and endless love that Jesus has for us. During the Advent season, we eagerly anticipate his coming and the promise of eternal life in heaven with him.

## The Four Advent Candles

As a Christian tradition, the wreath holds the four Advent candles. The candles represent Jesus coming as the light in darkness. One candle is lit each Sunday until all four candles are lit. As Christmas draws nearer, each candle brings a little more light into the darkness. Sometimes a white candle is lit on Christmas Eve or Christmas Day to symbolize that Jesus is with us. This can be referred to as the "Christ candle." Each of the candles represents an aspect of preparation during the season of Advent



# Liturgical Seasons: Advent



## Week 1: Hope

The **purple** Prophecy candle is lit. Purple is the primary color associated with Advent.

Within the Catholic Church it symbolizes penance, preparation, and sacrifice.

During the first week of Advent we remember the Old Testament prophets who foretold of Jesus' coming with hope and anticipation.

Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what's really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas. Amen.



# First Week of Advent - HOPE

In this Sunday's Gospel reading we are told to remain watchful and alert. There are so many distractions in our lives that we often miss out on the important things. St. Mark reminds us that we need to be ready for the Lord, as he can come at anytime. This Advent Season, let us wait in joyful anticipation to welcome the Lord into our hearts and homes.

## Read it!

- [Mark 13:33-37](#)



## Pray it!

- What words stand out for you in the Gospel reading?
- How can you be more alert this week? Where do you need to carry the light?

## Do it!

- **Light** the first candle on your Advent wreath and pray for those who need light this season.
- **Be the light for someone.** Spend time with someone at lunch or after school that is not in your friend group.
- **Social media challenge:** Create an Instagram Story about hope. Be alert this week and capture "hope" in your daily encounters.

## There's more!

- Why not make your own Advent Wreath?
- Watch [this](#).



# Liturgical Seasons: Advent

## First Week

All-powerful God, increase our strength of will for doing good that Christ may find an eager welcome at His coming and call us to His side in the kingdom of heaven, where he lives and reigns with You and the Holy Spirit one God, forever and ever. Amen.

Source: unknown



# Liturgical Seasons: Advent



## Week 2: Love

The **purple** Bethlehem candle is lit. We reflect on our lives and work on becoming better-versions-of-ourselves in preparation for Jesus' coming. We remember the journey Joseph and Mary took from Nazareth to Bethlehem.

Dear Jesus, you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the-best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most. Amen.

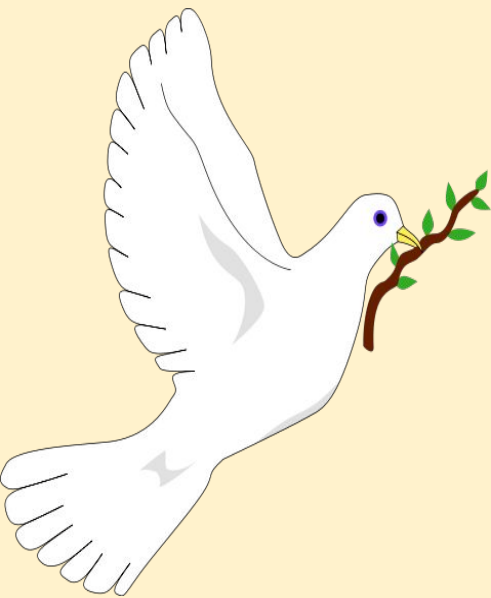


# Second Week of Advent - PEACE

Jesus always has our best interest at heart. He sends us advocates, teachers and friends to prepare us. In this Sunday's Gospel we hear about how John the Baptist was sent ahead of Jesus to prepare the people. Just like John the Baptist, we too can prepare others and ourselves for the birth of Christ. This week let us carry the peace to those who need it the most.

## Read it!

- [Mark 1:1-8](#)



## There's more!

- Watch [this](#).

## Pray it!

- How are you preparing your heart for Jesus?
- What do you need to be mindful of?
- In what areas of your life do you need peace and comfort?

*Peace is a gift of God, but requires our efforts. Let us be people of peace in prayer and in deed. - Pope Francis*

## Do it!

- **Light** the second candle on your Advent wreath and pray for those who feel alone.
- **Prepare your hearts!** Celebrate the Sacrament of Reconciliation.
- Donate to a local charity or spend time with an elderly relative or neighbour.
- **Social Media Challenge:** Raise awareness about a social justice concern in your community on your social media platforms.

# Liturgical Seasons: Advent

## Second Week

God of power and mercy, open our hearts in welcome. Remove the things that hinder us from receiving Christ with joy, so that we may share His wisdom and become one with Him when He comes in glory, for He lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

Source: unknown



# Liturgical Seasons: Advent



## Week 3: Joy

The **pink** Shepherd's candle is lit. During the third week of Advent we are filled with joy for the near arrival of Jesus on Christmas day. This Sunday is often called "Gaudete Sunday" as we reflect on the joy the shepherd's felt at the birth of Jesus.

Dear Jesus, help us focus on you during this busy season. May we stay aware of the joy you bring into our lives. We want to find you in the everyday moments and come with hearts of gratitude to your manger on Christmas. Amen.





# Third Week of Advent - Joy

Once again we hear about John the Baptist preparing the way for Christ. He is here to testify the Light! We, too, are called to find the Light and bring it to the world. This week we are reminded of the shepherds' joy! They followed the star to Bethlehem to discover Baby Jesus. We are asked to follow the light where we will find Jesus waiting for us. It will not always be in the most beautiful places, but He'll be there. Find the light and bring it to those who are in darkness.

## Read it!

- [John 1: 6-8, 19-28](#)



## There's more!

- Watch [this](#).

## Pray it!

- What are you joyful for?
- Who in your life brings you joy?
- In what ways can you be more intentional as you anticipate the birth of our Lord and Saviour Jesus Christ?

## Do it!

- **Light** the third candle on your Advent wreath.
- Pray for those who struggle with addictions and mental health.
- **Make someone's day!** Send Christmas cards through "snail mail".
- **Social Media Challenge:** Find some good news stories and tell your followers!



*Joy is the happiness  
of love and comes  
from within.  
Therefore, it is within  
reach of everyone. -  
Blessed Pier Giorgio Frassati*



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# Liturgical Seasons: Advent

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## Third Week

Lord God, may we, your people, who look forward to the birthday of Christ, experience the joy of salvation and celebrate that feast with love and thanksgiving. We ask this through Christ our Lord. Amen.

Source: unknown



# Liturgical Seasons: Advent



## Week 4: Peace

The **purple** Angel's candle is lit. During this final week of Advent we rejoice in the endless love that God has for us, which is made apparent in the birth of his Son. We reflect on the good news of God's love brought to us from the angel Gabriel.

Dear Jesus, may the light of your love always shine in our hearts. As Christmas draws closer, we marvel at your great love for us. Let your love transform every aspect of our lives and touch everyone we encounter. Our hearts are open to you, Jesus. Amen.



# Fourth Week of Advent - LOVE

This Sunday we hear the story of Mary being greeted by the Angel Gabriel. Mary says “yes” and carries Jesus into the world. Mary was young, afraid, and unsure of what was expected of her, yet she went along with God's plan.

We are also asked to carry Jesus into the world, even though we may also be young, afraid, and unsure of what is expected of us. Pray to Mary this week and ask her: How can we carry Jesus into the world?



## Pray it!

- What surprises you with Mary's yes?
- What do you need to say “yes” to?
- How can Mary be a guide for you?

## Do it!

- **Light** the fourth candle on your Advent wreath and pray for young people who are afraid of saying “yes” to God's plan for them.
- **Spend** intentional time with your family this week.
- **Pray** the Joyful Mysteries.
- **Social Media Challenge:** Share your parish's Mass times for the Christmas Season.
- Post a Christmas message with a religious theme on your social media.

## There's more!

- Watch [\*this\*](#).

## Read it!

- [Luke 1: 26-38](#)

*“Love is shown more in deeds than in words.”*

*- St. Ignatius of Loyola*



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# Liturgical Seasons: Advent

## Fourth Week

All-powerful God, your eternal Word took flesh on our earth when the Virgin Mary placed her life at the service of your plan. Lift our minds in watchful hope to hear the voice which announces his glory, and open our minds to receive the Spirit who prepares us for his coming. We ask this through Christ our Lord. Amen.

Source: unknown



# Liturgical Seasons: Advent

## An Advent Prayer

Lord God, we adore you because you have come to us in the past. You have spoken to us in the Law of Israel. You have challenged us in the words of the prophets. You have shown us in Jesus what you are really like. Lord God, we adore you because you still come to us now. You come to us through other people and their love and concern for us. You come to us through men and women who need our help. You come to us as we worship you with your people. Lord God, we adore you because you will come to us at the end. You will be with us at the hour of death. You will still reign supreme when all human institutions fail. You will still be God when our history has run its course. We welcome you, the God who comes. Come to us now in the power of Jesus Christ our Lord.

Source: Caryl Micklem



# Liturgical Seasons: Advent

## Advent Prayer

God of Love, Your son, Jesus, is your greatest gift to us. He is a sign of your love. Help us walk in that love during the weeks of Advent, As we wait and prepare for his coming. We pray in the name of Jesus, our Saviour. Amen

Source: unknown



# Liturgical Seasons: Advent



## Joseph's Song by Michael Card

A reflection on the birth of Jesus through the eyes of St. Joseph, patron saint of St. Br. Andre, and foster father of Jesus.





# Liturgical Seasons: Advent



## Breath of Heaven by Amy Grant

A video of Mary contemplating the birth of Christ.



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Mary Did you Know by Clay Aiken



# Liturgical Seasons: Lent



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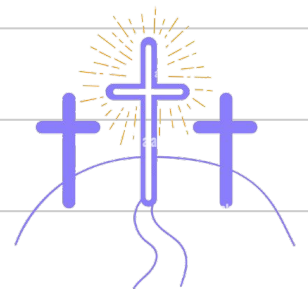
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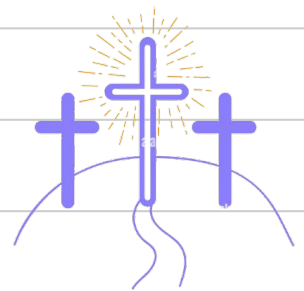


# Liturgical Seasons: Lent

## Shrove Tuesday Prayer

Blessed are you, Lord God of all creation, for it is from your goodness that we have this day to celebrate on the threshold of the Season of Lent. Tomorrow, we will fast and abstain from meat. Today, we feast. We thank you for the abundance of gifts you shower upon us. We thank you especially for one another. As we give you thanks, we are mindful of those who have so much less than we do. As we share these wonderful gifts together, we commit ourselves to greater generosity toward those who need our support. As our feasting fills us with gratitude, so may our fasting and abstinence hollow out in us a place for deeper desires and an attentiveness to hear the cry of the poor. May our self-denial turn our hearts to you and give us a new freedom for generous service to others. We ask you these graces with our hearts full of delight and stirring with readiness for the journey ahead. We ask them with confidence in the name of Jesus the Lord. Amen

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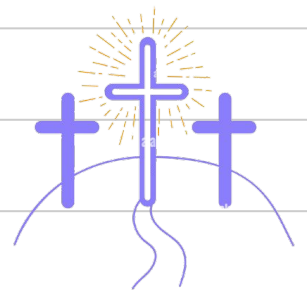


# Liturgical Seasons: Lent

## A Prayer on Ash Wednesday

Lord our God, We ask you to bless these ashes, Symbol of our desire To turn away from sin, And to follow Jesus your Son. May your Holy Spirit give us the strength To pray, do good works and make sacrifices. This holy season of Lent, As we joyfully wait to meet Jesus, Risen from the dead, At Easter. We make this prayer to you in the name of Jesus, our Lord. Amen.

Source: unknown



# Liturgical Seasons: Lent

## A Prayer a Day for Lent

[Week 1](#)

[Week 2](#)

[Week 3](#)

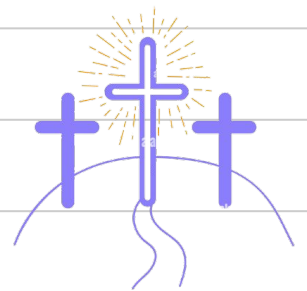
[Week 4](#)

[Week 5](#)

[Holy Week](#)



Source: [onlineministries.creighton.edu](http://onlineministries.creighton.edu)

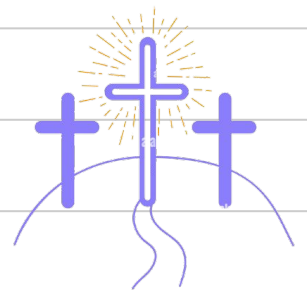


# Liturgical Seasons: Lent

## A Lenten Prayer

God our Father, You formed us from the dust of the earth And brought us to new life in Christ Through the waters of Baptism. We ask you to change our hearts As we journey through these forty days of Lent. Help us to see Jesus in everyone we meet, And to serve him in all persons, Especially the poor, the sick and the lonely. By your grace, may our prayers and sacrifices this Lent Help us grow closer to each other and to you, As one family in Jesus. We make this prayer to you in His name. Amen.

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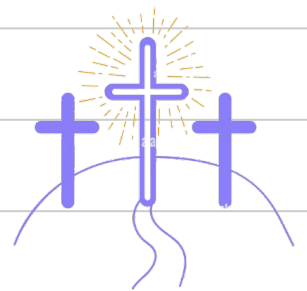


# Liturgical Seasons: Lent

## Prayer for Lent

Almighty and Everlasting God, You have given the human race Jesus Christ our Saviour, as a model of humility. He fulfilled Your Will by becoming Man And giving His life on the Cross. Help us to bear witness to You By following His example of suffering, And make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son. Amen

Source: unknown





# Liturgical Seasons: Lent

## The Stations of the Cross

The Stations of the Cross, also known as the Way of the Cross or Via Crucis, commemorate Jesus's passion and death on the cross. There are 14 stations that each depict a moment on his journey to Calvary, usually through sacred art, prayers, and reflections.

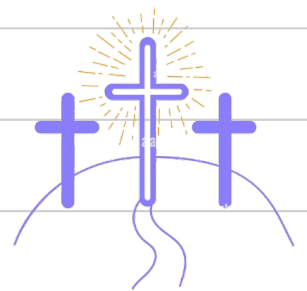
To reflect on the Stations of the Cross, click [HERE](#) for a complete reflection.

# Liturgical Seasons: Easter

## A Prayer for Easter

Jesus, you have overcome death And  
conquered every fear I could imagine. Help  
me to live each day remembering that You are  
alive, That You are bigger than anything or  
any situation, And that Your power is real.  
Jesus, you're my hero and I'm walking with  
you. Amen.

Source: unknown

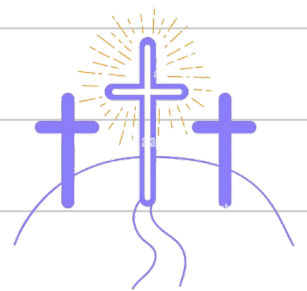


# Liturgical Seasons: Easter

## An Easter Prayer

God our Father, by raising Christ your Son you conquered the power of death and opened for us the way to eternal life. Let our celebration today raise us up and renew our lives by the Spirit that is within us. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Source: unknown



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## STARTING THE DAY IN GOD'S PRESENCE: GUIDED MORNING MEDITATION 10 MINUTE VERSION

"Peace of Mind" Kevin MacLeod (incompetech.com)  
Licensed under Creative Commons: by Attribution 3.0 License  
<http://creativecommons.org/licenses/by/3.0/>

Starting the Day in God's Presence

Inspired by Psalm 118



# Meditation Mondays



Humble Yourself and Cast Your Care Onto  
the Lord

Inspired by 1 Peter 5:6-7



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Making Wise Decisions

Inspired by James 1: 5-6



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Stilling the Mind: Freedom From Worry

Inspired by Philippians 4:6



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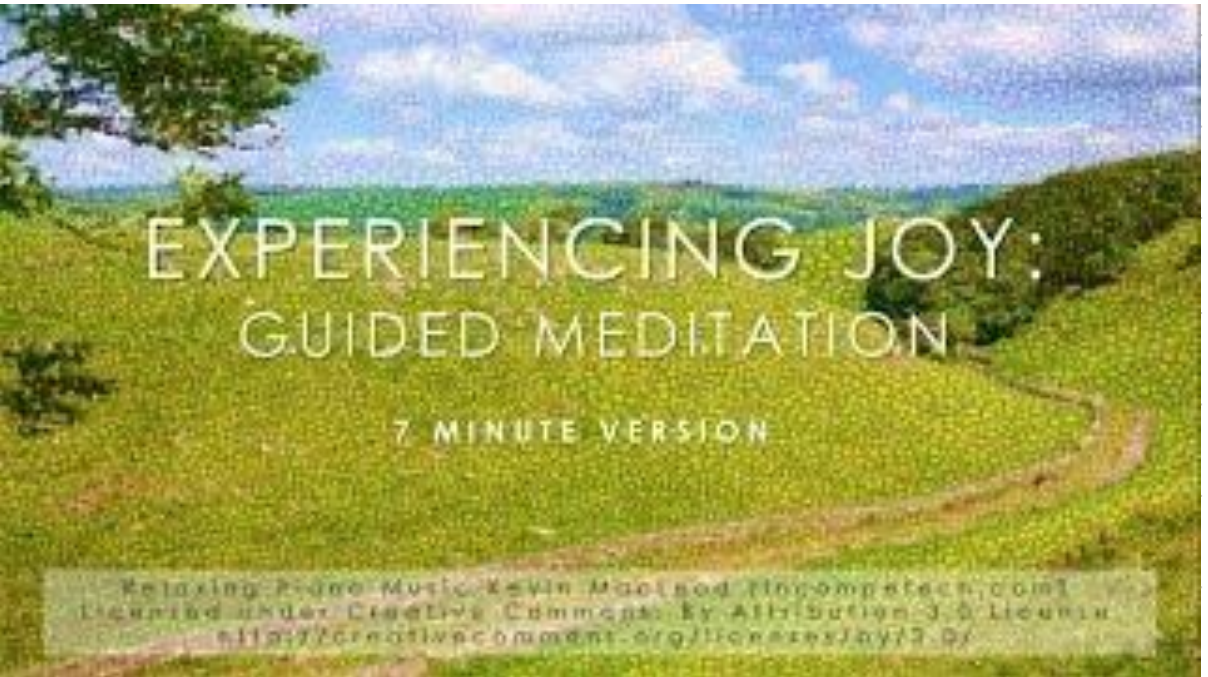
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Experiencing Joy



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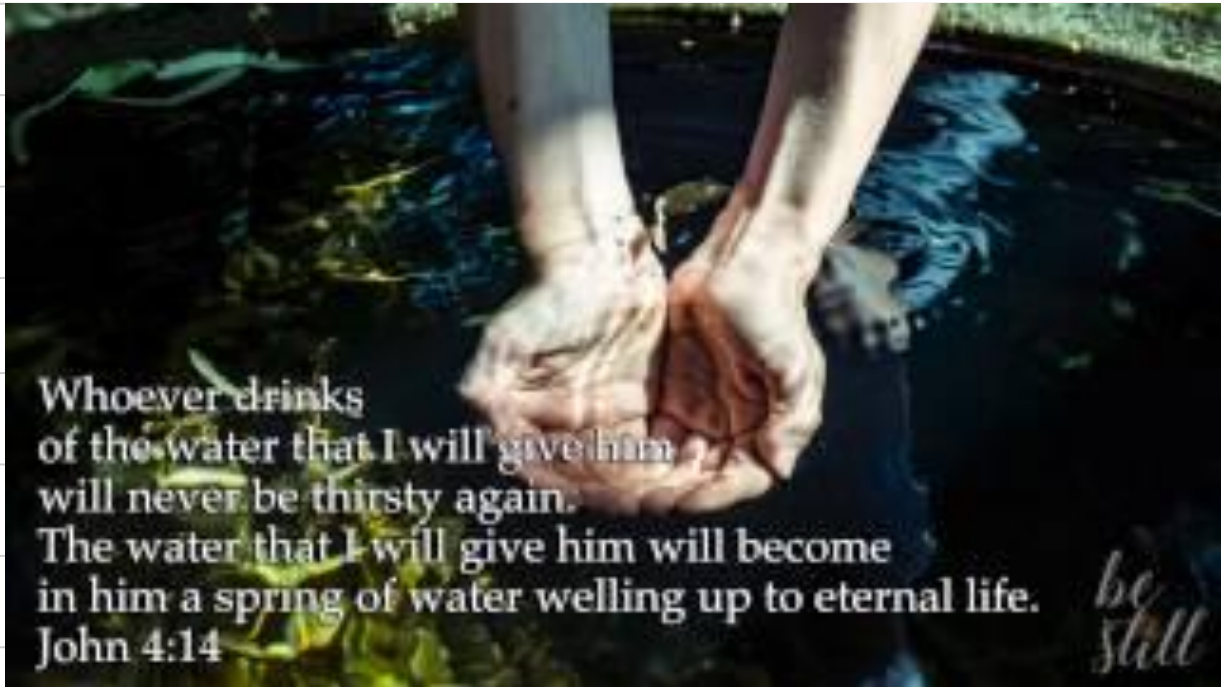
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Be at Peace: Feeling God's Presence

Inspired by Psalm 29 and John 14:27



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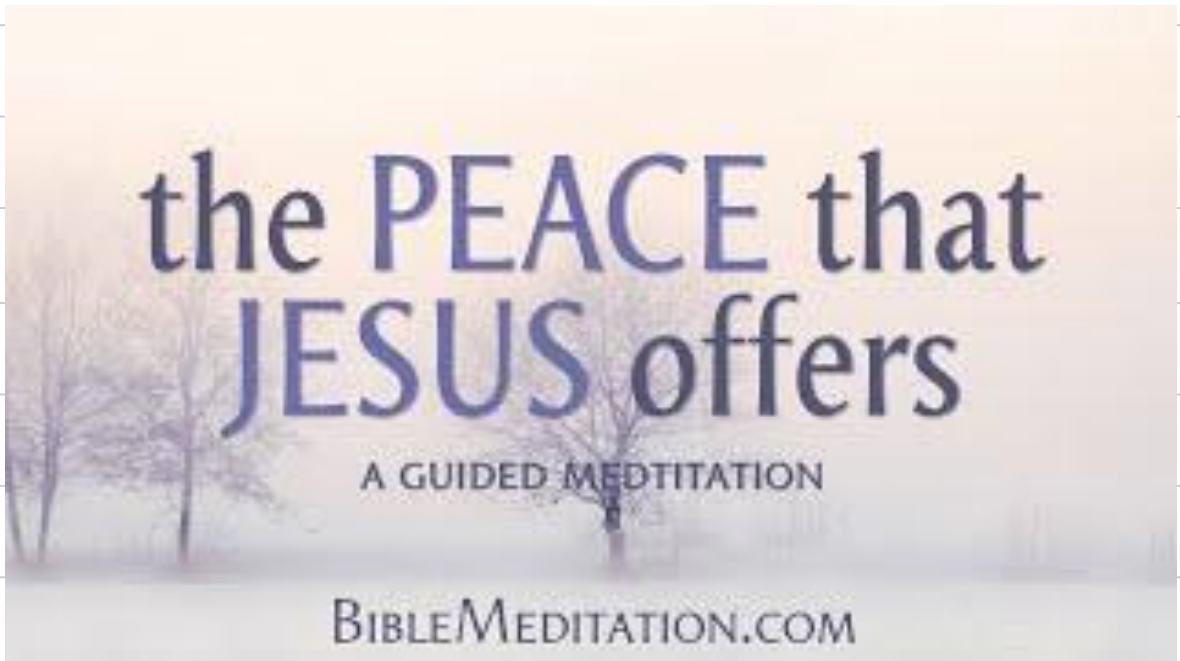
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The Peace That Jesus Offers

Inspired by John 14:27



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The Secret to Finding Strength

Inspired by 2 Timothy 1: 7



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You Are Valuable to God

Inspired by Luke 12:22-26



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# THE WEDNESDAY WORD

# The Wednesday Word

As a change in the daily prayer routine, teachers are invited to focus on Scripture, more specifically, one of the readings of the day. To view the daily readings, please click [HERE](#). This Vatican News link will feature:

- The Reading of the Day
- The Gospel of the Day
- Reflection from the Pope

As a class, discuss:

1. What does this passage teach us about God? Our world? Ourselves?
2. Are there any words, phrases or thoughts that caught your attention?



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# THE ROSARY



# The Rosary

St. Dominic was the first to preach and teach the Rosary as a form of meditative prayer. In the early 1200's he received a vision of our Blessed Mother, who revealed to him the mysteries of the Rosary



We are all encouraged to pray the Rosary as often as we can because in doing so, we ask our Blessed Mother to intercede on our behalf to Jesus Christ, upon whose life we reflect when we recite the mysteries of the Rosary.

The more we pray the Rosary, the deeper our love for Christ.



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Click on the links below for guided Rosary prayers. Please make note of the respective day of the week to determine which mystery should be prayed.

[Joyful Mysteries](#) (Monday and Saturday)

[Sorrowful Mysteries](#) (Tuesday and Friday)

[Glorious Mysteries](#) (Wednesday and Sunday)

[Luminous Mysteries](#) (Thursday)

Encourage students to lead each decade.

While holding a physical Rosary is not needed for this meditation, it is certainly a more effective experience if students one while praying.



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# CROSS-CURRICULAR RESOURCES

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## DIGITAL RESOURCES

[Bible Gateway](#)

[The Catechism of the Catholic Church](#)

[Catholic Curriculum Corporation](#)

[Eastern Ontario Catholic Curriculum Corporation](#)

[Institute for Catholic Education](#)

[Catholic Association of Religious and Family Life Educators of Ontario](#)

[Catholic Social Teachings](#)

[We Are All Teachers of Faith](#)



# Cross-Curricular Resources

## DIGITAL RESOURCES

[The Catholic Register](#)

[Creating a Catholic Learning Community in the Classroom and Beyond](#)



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## PRINT RESOURCES

Gandolfo, G. (2020). *Month by Month with Mary: Spiritual Insights for Marian Devotion*. Pauline Books & Media.

Curley, M. P. (2013). *Saints alive!: The Faith Proclaimed*. Pauline Books & Media.

Gori, N., & Gallagher, D. B. (2021). *Carlo Acutis: The First Millennial Saint*. Our Sunday Visitor.

*Rejoice and Be Glad: On the Call to Holiness in Today's World*. (2018). . Pauline Books & Media.



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## DISCIPLINE-SPECIFIC RESOURCES

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**GUIDANCE**

**MATH**

**MODERNS**

**PHYS.  
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Created in collaboration with the  
staff of St. Brother Andre C.H.S.  
2023.



### Please Share!

If you have any prayers, videos or resources that you use to infuse faith in your classroom or courses, please share with your colleagues and help to make this resource rich and dynamic!