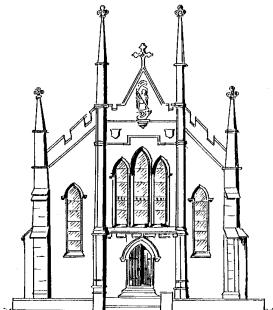


# DAILY PRAYERS

## WEEK 11 ORDINARY TIME



**HOLY TRINITY & ST GEORGE  
CATHOLIC CHURCH**  
Serving Kendal and Sedbergh

**[www.kendalcatholicchurch.uk](http://www.kendalcatholicchurch.uk)**

# Sunday – Trinity Sunday

## Collect:

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race Your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore Your Unity, powerful in majesty.

Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Today's Gospel reading:** John 16:12-15

**Today's prayer:** This week we'll look at some Trinity or Trinity related things we do:

## Marked by the Trinity

*When we make the Sign of the Cross, we trace upon our bodies the very name of God: Father, Son, and Holy Spirit. It is a simple gesture, yet it carries profound truth—we belong to the Trinity. This act recalls our baptism, where we were claimed for Christ and drawn into the life of divine love. Every time we sign ourselves, we return to that truth.*

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

## A Prayer for Our Parish on our feast day:

Loving Father, You so loved the world that You sent us Your only Son, that we might believe in Him and have eternal life.

May we encounter Jesus Christ anew this day and live the Good News with joy. Through the power of Your Holy Spirit, help us to "go out to the whole world and proclaim" our faith with confidence. Give us the courage to witness the Joy of the Gospel by our words and actions.

Help our parish to become more welcoming and missionary, so that You may be known and loved by all people.

We make this prayer through Our Lord Jesus Christ Your Son, who lives and reigns with You and the Holy Spirit, God for ever and ever. Amen.

St George, Pray for us

St John Boste and all you holy martyrs of Westmorland, Pray for us

# Monday – Week 11

St Richard of Chichester - Bishop *patron saint of Coachmen!* (*due to the time he spent caring for his brother's farm where he skilfully handled the horse-drawn wagons before going to Oxford to train to be a priest.*)

## Collect:

O God, strength of those who hope in You, graciously hear our pleas, and, since without You mortal frailty can do nothing, grant us always the help of Your grace, that in following Your commands we may please You by our resolve and our deeds.

Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 5:38-42

## Today's prayer: A Prayer in Motion

*The Sign of the Cross is not only a name; it's a movement. From head to heart, from shoulder to shoulder, it encompasses the whole person. We invoke the Trinity while remembering the Cross—a mystery of unity and self-gift. The Father sends the Son; the Son dies for love; the Spirit moves among us. This is our faith, traced on our very flesh.*

**You, Trinity, fount of salvation,  
let every spirit praise,  
those whom you save through the mystery of the Cross,  
shelter and cherish through the ages. Amen.**

*This is a literal translation of the last verse of the 'Vexilla regis'*

## St Richard's Prayer

Thanks be to You, our Lord Jesus Christ, for all the benefits which You have given us, for all the pains and insults which You have borne for us. Most merciful Redeemer, Friend and Brother, may we know You more clearly, love You more dearly, and follow You more nearly, day by day. Amen.

St Richard of Chichester, Pray for us

*St Richard of Chichester; (born around 1197 in Droitwich Spa) also known as St Richard de Wych, was the Bishop of Chichester. He died on 3rd April 1253 in Dover. In Chichester Cathedral there was a shrine dedicated to Richard it became a famous centre of pilgrimage and was until 1538 when it was plundered and destroyed by order of Thomas Cromwell*

# Tuesday – Week 11

## Collect:

O God, strength of those who hope in You,  
graciously hear our pleas,  
and, since without You mortal frailty can do nothing,  
grant us always the help of Your grace,  
that in following Your commands  
we may please You by our resolve and our deeds.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 5:43-48

## Today's prayer:

### Glory Shared, Never Divided

*“Glory be to the Father, and to the Son, and to the Holy Spirit...” This doxology is more than a closing line; it is a proclamation of who God is. Each Person of the Trinity shares one glory—no rivalry, no division. As we echo this ancient praise, we are drawn into their perfect unity and learn to glorify God in our own shared life together.*

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

## A Prayer for Strength

O Mighty God, You are the everlasting God.  
You alone give power to the weak and strength to those who have none.  
Lord, You tell me that those who wait on You will renew their strength.  
I am before You Lord with my arms outstretched  
and nothing to offer but my trust in You, but with You at my side I can go forward.  
Be with me in all I do this day.

# Wednesday – Week 11

## Collect:

O God, strength of those who hope in You,  
graciously hear our pleas,  
and, since without You mortal frailty can do nothing,  
grant us always the help of Your grace,  
that in following Your commands  
we may please You by our resolve and our deeds.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 6:1-6,16-18

## Today's prayer:

### Always and Forever

*The “Glory Be” ends with time itself: “as it was in the beginning, is now, and ever shall be.” The Trinity is not a past event but the eternal present. From creation to the cross, from Pentecost to the present, the Trinity’s love endures. In a fleeting world, this is our anchor—God’s glory is not fading. It is always now.*

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

## A Prayer for Compassion

Heavenly Father,

Your Word tells us how You show compassion on all Your children and subdue their sins and failings.

Lord, I seek Your compassion and forgiveness in my life.

I pray for You to subdue my sins and cast them into the depths of the sea.

Thank You for sending Jesus to die on the Cross  
in order to make this possible in my life.

Now in the light and love of His resurrection may I, this day, and always, show that same compassion and forgiveness which You show to me to my family, my friends and my neighbours.

# Thursday – Week 11

St Romuald, Abbot - *patron saint of Camaldoli, Italy, where one of his monastic hermitages is located, as well as Suwalki, Poland, where his order has had a significant presence.*

## Collect:

O God, strength of those who hope in You,  
graciously hear our pleas,  
and, since without You mortal frailty can do nothing,  
grant us always the help of Your grace,  
that in following Your commands  
we may please You by our resolve and our deeds.  
Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 6:7-15

## Today's prayer: Mind, Lips, and Heart

*Before the Gospel is read at Mass, we make a triple Sign of the Cross—on our forehead, lips, and chest. It's a quiet prayer that the Word of God may dwell in us richly: in our minds to know the truth, on our lips to proclaim it with love, and in our hearts to cherish and live it. This triple gesture echoes the unity of the Trinity—distinct movements, one intention: to welcome Christ, the Living Word, into the whole of our being.*

**Lord be in my heart and on my lips,  
that I may worthily proclaim Your holy Gospel,**

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

*The private prayer the priest says before reading the Gospel*

Saint Romuald, God called you to a new and glorious vocation, which He wanted to gift to the Church through you. You responded in generosity and left a legacy of holy men who followed. Please pray for me, that I will more fully commit myself to a life of silence, solitude, and prayer. In that way, I will discover the beautiful life that you discovered so as to more fully prepare my soul for Heaven.

Saint Romuald, pray for us

*St Romuald (c. 951 – traditionally 19 June, c. 1025/27) was the founder of the Camaldolese Order and a major figure in the eleventh-century "Renaissance of eremitical asceticism". Romuald spent about 30 years traversing Italy, founding and reforming monasteries and hermitages.*

# Friday – St Alban

Protomartyr of England - *patron saint of converts, refugees, and torture victims*

## Collect:

Almighty God,  
by whose grace and power Your holy martyr Alban  
triumphed over suffering  
and was faithful even to death:

Grant us, who now remember him in thanksgiving,  
to be so faithful in our witness to You in this world,  
that we may receive with him the crown of life;

Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 10:34-42

## Today's prayer: Holy, Holy, Holy

*The Sanctus joins us with heaven: “Holy, holy, holy Lord...” This triple acclamation reflects the mystery of the Trinity. The angels worship the one God who is threefold in holiness. When we pray the Sanctus, we enter that awe-filled space where earth and heaven meet—where mystery is adored, not explained.*

**Holy, Holy, Holy Lord God of hosts.**

**Heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

Saint Alban, you gave us an example of hospitality by opening your home to one in need and, as a result of this encounter, were completely changed. We ask that through your intercession we may be given the courage to offer help to those who are forced to flee their homes in search of safety. We ask that in accompanying others as you did we may encounter God in a new way.

Saint Alban, Patron of Refugees, pray for us and all refugees around the world.

*Saint Alban is venerated as the first-recorded British Christian martyr for which reason he is considered to be the British protomartyr. Along with fellow Saints Julius and Aaron, Alban is one of three named martyrs recorded at an early date from Roman Britain. He is traditionally believed to have been beheaded in Verulamium (modern St Albans) sometime during the 3rd or 4th century and has been celebrated there since ancient times.*

# Saturday – St Aloysius Gonzaga

Religious - patron saint of Catholic youth

## Collect:

O God, giver of heavenly gifts,  
who in Saint Aloysius Gonzaga  
joined penitence to a wonderful innocence of life,  
grant, through his merits and intercession,  
that, though we have failed to follow him in innocence,  
we may imitate him in penitence.

Through our Lord Jesus Christ, Your Son,  
who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 22:34-40

## Today's prayer: Lord, Have Mercy

*In the Kyrie, we call out: "Lord, have mercy. Christ, have mercy. Lord, have mercy." Though not a direct reference to the Trinity, it reflects our encounter with God in His fullness: the Father who hears, the Son who redeems, the Spirit who comforts. Mercy flows from the very heart of the Triune God—and our cry is always met by love.*

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy**

Lord Jesus, we humbly seek the intercession  
of St Aloysius Gonzaga, a beacon of purity and devotion.  
May his example inspire us to live with unwavering faith and compassion.  
Grant us the strength to overcome our struggles  
and the grace to serve others selflessly.  
Through his prayers, may we draw closer to You  
and reflect Your love in our lives. Amen.

St Aloysius de Gonzaga, Pray for us

*St Aloysius de Gonzaga, SJ (9 March 1568 – 21 June 1591) was an Italian aristocrat who became a member of the Jesuits. While still a student at the Roman College, he died as a result of caring for the victims of a serious epidemic. He was beatified in 1605 and canonized in 1726.*