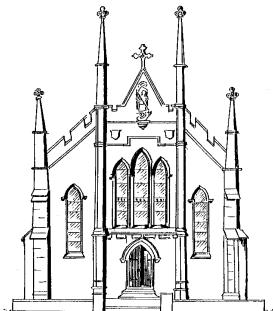


# DAILY PRAYERS

## EXALTATION OF THE HOLY CROSS



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

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

# **Sunday – Exaltation of the Holy Cross**

## **Collect:**

O God, who willed that Your Only Begotten Son should undergo the Cross to save the human race, grant, we pray, that we, who have known His mystery on earth, may merit the grace of His redemption in heaven. 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 3:13-17

## **Today's prayer:**

Prayer Before the Crucifix

Behold, O good and sweetest Jesus,  
I cast myself upon my knees in Your sight,  
and with the most fervent desire of my soul  
I pray and beseech You  
to impress upon my heart  
lively sentiments of faith, hope and charity,  
with true repentance for my sins  
and a most firm desire of amendment.  
While with deep affection and grief of soul  
I consider within myself  
and mentally contemplate  
Your five most precious wounds,  
having before my eyes that which David,  
the prophet, long ago spoke concerning You,  
“They have pierced My hands and My feet,  
they have numbered all My bones.”

O precious Cross, by which you have redeemed us,  
so by you, may Jesus take us to Himself.

# Monday - Our Lady of Sorrows

## Collect:

O God, who willed  
that, when Your Son was lifted high on the Cross,  
His Mother should stand close by and share His suffering,  
grant that Your Church,  
participating with the Virgin Mary in the Passion of Christ,  
may merit a share in His Resurrection.  
Who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 2:33-35

## Today's prayer:

O most holy Virgin,  
Mother of our Lord Jesus Christ:  
by the overwhelming grief you experienced  
when you witnessed the martyrdom,  
the crucifixion, and death of your Son,  
look upon us with eyes of compassion,  
and awaken in our hearts a tender commiseration for those sufferings,  
as well as a sincere detestation of our own sins,  
in order that being disengaged from all affection for the passing joys of  
this earth,  
we may long after the eternal Jerusalem,  
and that henceforward all our thoughts  
and all our actions may be directed towards this one most desirable  
object.  
Honour, glory, and love to our divine Lord Jesus,  
and to the holy and immaculate Mother of God. Amen.

Our Lady of Sorrows, Pray for all mothers in distress  
Our Lady of Sorrows, Pray for all who endure the sufferings of their  
children  
Our Lady of Sorrow, Pray for us all

# **Tuesday – St Cornelius and St Cyprian**

Pope and Bishop, Martyrs

St Ninian, Bishop of Galloway (Died 1200), Pastor

*St Cornelius, Patron Saint of cattle, domestic animals & and earache sufferers*

*St Cyprian, Patron Saint of Algeria and North Africa*

*St Ninian, Patron Saint of Shetland*

## **Collect:**

O God, who gave Saints Cornelius and Cyprian to Your people as diligent shepherds and valiant Martyrs, grant that through their intercession we may be strengthened in faith and constancy and spend ourselves without reserve for the unity of the Church.

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:** Luke 22:24-30

## **Today's prayer:**

Lord, so great is our love for You

That even though we walk in a world

where speaking Your Name

can mean certain death

Your faithful still speak it

And speak it all the louder.

Help us work for a world

where all may speak their creeds

and pray their prayers

without fear of violence.

Hear the prayers of those who abide with You

in dangerous times

and in dark valleys,

and who die with Your Holy Name on their lips.

Draw them quickly to Your side

Where they might know eternal peace.

All holy bishops, Pray for us

# Wednesday – Week 24

St Hildegard of Bingen, Abbess, Mystic, Musician

*patron saint of musicians and writers*

St Robert Bellarmine, Bishop and Doctor of the Church

*patron saint of catechists and catechumens*

## Collect:

Look upon us, O God,

Creator and ruler of all things,

and, that we may feel the working of Your mercy,

grant that we may serve You with all our heart.

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:** Luke 7:31-35

## Today's prayer:

Loving God, Creator of all things,

You call us to be in relationship with You and others.

Thank You for the work of those called to be catechists,

for the opportunities they have to share with others what You have given to us all.

May all those with whom they share the gift of faith

discover how You are present in all things.

May they come to know You, the one true God,

and Jesus Christ, whom You have sent.

May the grace of the Holy Spirit guide the heart and lips of all who teach the faith,  
so that they may remain constant in loving and praising You.

May they be witnesses to the Gospel and ministers of Your truth.

May all their words and actions reflect Your love. Amen.

St Robert Bellarmine, Patron of catechists, Pray for us

St Hildegard of Bingen, Pray for us

**St Hildegard of Bingen** (Böckelheim on the Nahe, 1098; died on the Rupertsberg near Bingen, 1179) She was not only a brilliant composer, artist, and visionary, she was also an herbalist. Her belief in the “greening of man,” or ‘viriditas’ as she called it, led her to trust that God had given mankind herbs, spices, and foods to serve our bodies and keep us not only healthy but full of joy and peace.

**St Robert Bellarmine** (Italian: Roberto Francesco Romolo Bellarmino; 4 October 1542 – 17 September 1621) was an Italian Jesuit and a cardinal. He was one of the most important figures in the Counter-Reformation. He was a professor of theology and later rector of the Roman College, and in 1602 became Archbishop of Capua.

He supported the reform decrees of the Council of Trent.

# Thursday – Week 24

## Collect:

Look upon us, O God,  
Creator and ruler of all things,  
and, that we may feel the working of Your mercy,  
grant that we may serve You with all our heart.  
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:** Luke 7:36-50

## Today's prayer:

By the word of our Lord the heavens were made.  
By the spirit of our Lord was life begun.  
By the wisdom of our Lord his laws were laid.  
By the love of our Lord was born his Son.  
By the grace of our Lord mankind was saved.  
By the power of our Lord the victory was won.

Glory be to the Father...

# Friday – Week 24

St Theodore of Canterbury, *Bishop*

St Januarius, *Bishop and martyr*

*Patron saint of blood banks; Naples; volcanic eruption*

## Collect:

Look upon us, O God,  
Creator and ruler of all things,  
and, that we may feel the working of Your mercy,  
grant that we may serve You with all our heart.

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:** Luke 8:1-3

## Today's prayer:

O God, who called your servant **Saint Theodore** to be a bishop among us  
and to set the Church on a firm foundation,  
grant, we pray, through his intercession  
that we may always remain steadfast on the rock which is Christ  
and be obedient to the calling we have received.  
Through Christ, our Lord. Amen.

O God, who grant us to venerate the memory of the Martyr **Saint Januarius**,  
give us, we pray, the joy of his company  
in blessed happiness for all eternity.  
Through Christ, our Lord. Amen.

St Theodore of Canterbury, Pray for us

St Januarius, Pray for us

**St Theodore of Tarsus** (c.602 – 19<sup>th</sup> September 690) was Archbishop of Canterbury from 668 to 690. Theodore grew up in Tarsus but fled to Constantinople after the Persian Empire conquered Tarsus and other cities.

After studying there, he relocated to Rome and was later installed as the Archbishop of Canterbury on the orders of Pope Vitalian. Accounts of his life appear in two 8th-century texts. Theodore is best known for his reform of the English Church and establishment of a school in Canterbury.

**St Januarius** (21<sup>st</sup> April 232 – 19<sup>th</sup> September 305) He was Bishop of Benevento and is a martyr. While no contemporary sources on his life are preserved, later sources and legends say he died during the Great Persecution which ended with Diocletian's retirement in 305.

# **Saturday – The Korean Martyrs**

**Sts Andrew Kim Tae-gon, Paul Chong Ha-sang and their companions - patron saints of Korea**

## **Collect:**

O God, who have been pleased to increase  
Your adopted children in all the world,  
and who made the blood of the Martyrs  
Saint Andrew Kim Tae-gon and his companions  
a most fruitful seed of Christians,  
grant that we may be defended by their help  
and profit always from their example.  
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:** Luke 9:23-26

## **Today's prayer:**

O God, you have created all nations and You are their salvation.  
In the land of Korea Your call to Catholic faith formed a people of  
adoption, whose growth You nurtured by the blood of Andrew, Paul, and  
their companions. Through their martyrdom and their intercession grant  
us strength that we too may remain faithful to Your commandments even  
until death.

We ask this through Christ, our Lord. Amen.

St Andrew Kim Tae-gon, Pray for us  
St Paul Chong Ha-sang, Pray for us  
All Holy Martyrs of Korea, Pray for us

*St Andrew Kim Taegon, the first native Korean priest, was martyred in 1846 after secretly working to bring missionaries into Korea. His father, Ignatius, and many others—including Paul Chong Hasang, Columba and Agnes Kim, young Peter Ryou, and nobleman Protase Chong—also died for the faith. Christianity, introduced in 1592, spread despite persecution. In 1984, Pope John Paul II canonized 103 Korean martyrs, mostly laypeople, honouring their courage and witness.*