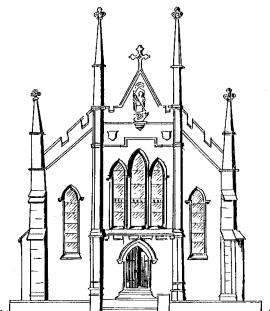


# DAILY PRAYERS

## WEEK TWO



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

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

# Sunday – Week 2

## Collect:

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of Your people  
and bestow Your peace on our times.  
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 1:29-34

## Today's prayer:

O God,  
Give me strength to live another day;  
Let me not turn coward before its difficulties or prove recreant to its duties;  
Let me not lose faith in other people;  
Keep me sweet and sound of heart, in spite of ingratitude or meanness;  
Preserve me from minding little stings or giving them;  
Help me to keep my heart clean, and to live so honestly and fearlessly  
that no outward failure can dishearten me or take away the joy of  
conscious integrity;  
Open wide the eyes of my soul that I may see good in all things;  
Grant me this day some new vision of Your truth;  
Inspire me with the spirit of joy and gladness;  
and make me the cup of strength to suffering souls;  
in the Name of the strong Deliverer,  
our only Lord and Saviour, Jesus Christ. Amen.

# Monday – Week 2

St Wulstan, Bishop

*patron saint of vegetarians and dieters*

## Collect:

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of Your people  
and bestow Your peace on our times.

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:** Mark 2:18-22

## Today's prayer:

Fill us, we pray You, Lord our God,  
with that spirit of charity  
which burned in the heart of Saint Wulstan Your Bishop,  
that as he honoured You by faithful service of Your poor,  
so by the help of his prayers  
we may live lives of service and of charity,  
and attain to the blessed life of Your kingdom.  
Through Christ our Lord. Amen.

St Wulstan, Pray for us

that we may become worthy to enter into the joys of eternal life.

*St Wulstan (1008-1095) was born at Long Itchington in Warwickshire.*

*In his early youth, he was noted for his special religious and spiritual nature. He studied at Evesham and Peterborough Abbeys and then joined the Benedictine Monastery, in Worcester where he was ordained a priest in 1038. He served as Prior until in 1062 was appointed Bishop of Worcester. He was the last surviving pre-Conquest bishop and the only*

*English-born bishop after 1075. St Wulstan is the patron Saint of vegetarians and dieters due to his being distracted at Mass one day by the smell of a cooking goose, after which event he swore never to eat meat again!*

## Tuesday – Week 2

St Fabian, Pope and Martyr - *Patron of athletes and soldiers*

St Sebastian, Martyr - *Patron saint of archers and athletes and of those who desire a saintly death.*

### Collect:

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of Your people  
and bestow Your peace on our times.

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:** Mark 2:23-28

### Today's prayer:

Lord, so great was their love for You  
that even though St Fabian and St Sebastian walked in a world  
where speaking Your Name meant certain death  
they still proclaimed it.

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 Name on their lips.

Draw them quickly to Your side  
where they might know eternal peace.

St Fabian, Pray for us

St Sebastian, Pray for us

*Pope Saint Fabian (200, Rome – 250, Rome)  
was the bishop of Rome from 10th January 236 until his death on 20th January  
250. A dove is said to have descended on his head to mark him as the Holy  
Spirit's unexpected choice to become the next pope.*

*Saint Sebastian (256 Narbonne, France - 287, Rome) was killed during the Roman emperor Diocletian's persecution of Christians. He was initially tied to a post or tree and shot with arrows, though this did not kill him. He was, according to tradition, rescued and healed by Saint Irene of Rome.*

# Wednesday – St Agnes

Martyr - Patron saint of children, engaged couples, victims of sexual abuse, and gardeners

## Collect:

Almighty ever-living God,  
who choose what is weak in the world to confound the strong,  
mercifully grant,  
that we, who celebrate the heavenly birthday of Your Martyr Saint Agnes,  
may follow her constancy in the faith.  
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 13:44-46

## Today's prayer:

St Agnes, you refused to give up your faith;  
help us to be proud of our faith,  
to love it, to be strong in it, and to give witness to it daily.  
St Agnes, patron saint of children,  
watch over the children of the world;  
keep them safe from harm;  
be with them in their hour of need;  
and always pray for them. Amen.

St Agnes, Pray for us that we may be made worthy of the promises of Christ

*St Agnes (fourth Century) is one of the most-celebrated Roman martyrs. According to tradition, she was a beautiful girl, about 12 or 13 years old, who refused marriage, stating that she could have no spouse but Jesus Christ. Her suitors revealed her Christianity, which was then condemned as a cult, and in punishment she was exposed in a brothel. Awed by her purity and presence, all but one of the Roman youths left her untouched; in his attempt to violate her, the sole attacker was miraculously struck blind, whereupon Agnes healed him with prayer. Later, after refusing to renounce her faith, she was murdered during the persecution of the Christians by the Roman emperor Diocletian and was buried beside the Via Nomentana. On her feast day two lambs are blessed in the Church of Sant'Agnese in Rome, and from their wool are made the pallia sent by the pope to archbishops as tokens.*

## Thursday – Week 2

St Vincent of Saragossa, Deacon - *patron saint of: wine-makers, wine-merchant, vinegar-makers; Order of Deacons*

### Collect:

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of Your people  
and bestow Your peace on our times.

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:** Mark 3:7-12

### Today's prayer:

Holy God, Saint Vincent served You as a permanent deacon  
and gave his whole life and soul to You,  
even to the point of becoming a martyr.

I lift up to You the deacons of the Church  
and all those who are being called by God to become deacons.  
Guide them as they discern how to serve the Body of Christ.  
Prevent the attractions of the world and the busyness of secular jobs  
from interfering with their vocations.

Teach them to grow in humility.

Help their families learn from their examples  
and support their diaconates with trust and joy.

Saint Vincent, pray for us.

*St Vincent of Saragossa (d. c. 304) was a deacon and  
martyr under the persecution of Emperor Diocletian.  
Arrested with his bishop Valerius, Vincent endured imprisonment  
and brutal torture with unshaken faith. His courageous witness  
and eloquent confession of Christ made him  
one of the most venerated martyrs of the early Church.*

# Friday – Week 2

## Collect:

Almighty ever-living God,  
who govern all things,  
both in heaven and on earth,  
mercifully hear the pleading of Your people  
and bestow Your peace on our times.  
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:** Mark 3:13-19

## Today's prayer:

Almighty ever-living God,  
mercifully pour out Your Spirit upon us,  
so that our hearts may possess that strong love  
by which the Martyr Saint Vincent  
triumphed over all bodily torments.  
Through Jesus Christ, our Lord. Amen.

# Saturday – St Francis de Sales

*Pastor - patron saint of: writers; journalists; the Institute of Christ the King Sovereign Priest; Missionaries of St Francis de Sales; Oblates of St. Francis de Sales; Salesians of Don Bosco*

## Collect:

O God, who for the salvation of souls  
willed that the Bishop Saint Francis de Sales  
become all things to all,  
graciously grant that, following his example,  
we may always display the gentleness of your charity  
in the service of our neighbour.  
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 15:9-17

## Today's prayer:

Be at peace.

Do not look forward in fear to the changes of life;  
rather look to them with full hope as they arise.

God, whose very own you are, will deliver you from out of them.  
He has kept you hitherto, and He will lead you safely through all things;  
and when you cannot stand it, God will bury you in his arms.

Do not fear what may happen tomorrow;  
the same everlasting Father who cares for you today  
will take care of you then and every day.

He will either shield you from suffering, or give you unfailing strength to  
bear it.

Be at peace, and put aside all anxious thoughts and imagination.

*Prayer of St Francis de Sales 1567-1622*

St. Francis de Sales, Pray for us

*St Francis de Sales (1567–1622) was Bishop of Geneva and a gentle master of the spiritual life. Known for patience, clarity, and kindness, he taught that holiness is possible in everyday life. His writings, especially Introduction to the Devout Life, continue to guide Christians toward loving fidelity, humility, and trust in God's mercy.*