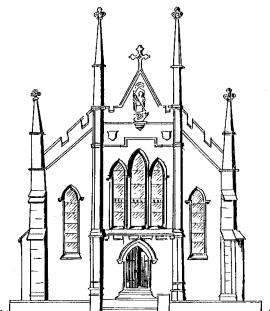


# DAILY PRAYERS

## WEEK ONE



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

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

# Sunday - Baptism of the Lord

## Collect:

Almighty ever-living God,  
who, when Christ had been baptized in the River Jordan  
and as the Holy Spirit descended upon Him,  
solemnly declared Him Your Beloved Son,  
grant that Your children by adoption,  
reborn of water and the Holy Spirit,  
may always be well pleasing to you.  
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 3:13-17

## Today's prayer:

Eternal Father,  
who at the baptism of Jesus  
revealed Him to be Your Son,  
anointing Him with the Holy Spirit:  
grant that we may be faithful  
to our call as Children of God,  
listening to You,  
guided by Your Spirit,  
to fulfil our unique and definite purpose. Amen

*“Our baptism has changed us,  
given us a new and glorious hope  
and empowered us to bring God’s redeeming love to all,  
particularly the poor, in whom we see the face of Christ.”*

*Pope Francis General Audience 8<sup>th</sup> January 2014*

# Monday – Week 1

St Aelred of Rievaulx, Religious  
*patron saint of friendship*

## Collect:

Attend to the pleas of Your people with heavenly care,  
O Lord, we pray,  
that they may see what must be done  
and gain strength to do what they have seen.  
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 1:14-20

**Today's prayer:** A Prayer of St Aelred of Rievaulx

My God, You know what a fool I am.  
My weakness is not hidden from Your sight.  
Therefore, Lord, I ask You not for gold,  
I ask You not for silver, nor for jewels,  
but only that You would give me wisdom.  
O font of wisdom, send her from Your throne of might  
to be with me, to work with me, to act in me, to speak in me,  
to order all my thoughts and words and deeds and plans  
according to Your will and to the glory of Your Name.

*St Aelred of Rievaulx (1110, Hexham - 12<sup>th</sup> January 1167, Rievaulx Abbey, Yorkshire)*

“Charity may be a very short word but with its tremendous meaning of pure love, it sums up man's entire relation to God and to his neighbour.”

*from 'The Mirror of Love' by Saint Aelred of Rievaulx*

St Aelred of Rievaulx, Pray for us

*In 1134, Aelred became a monk at Rievaulx Abbey, a Cistercian monastery founded two years previously. A talented author, theologian, preacher and diplomat, Aelred rose to become abbot of Rievaulx between 1147 and his death in 1167. Many of the monastery's buildings date to this time. Aelred was a loving and inspirational father to his monks. One of them, Walter Daniel, wrote a life of his abbot. Thanks to this we know more about Aelred than any other person associated with Rievaulx in the Middle Ages.*

# Tuesday – Week 1

St Kentigern - *patron saint of Glasgow*

St Hilary - *patron saint of children with disabilities, mothers, and sick people*

## Collect:

Attend to the pleas of Your people with heavenly care,

O Lord, we pray,

that they may see what must be done

and gain strength to do what they have seen.

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 1:21-28

## Today's prayer:

Father, keep us from vain strife of words.

Grant to us constant profession of the Truth!

Preserve us in a true and undefiled faith

so that we may hold fast to that

which we professed when we were baptized

in the Name of the Father, Son and Holy Spirit,

that we may have You for our Father,

that we may abide in Your Son

and in the fellowship of the Holy Spirit.

Through Jesus Christ, Our Lord. Amen.

*Prayer of St Hilary of Poitiers*

Saint Hilary, Pray for us

Saint Kentigern, Pray for us

**St Hilary** was born and died in Poitiers, he was Bishop of Poitiers and a Doctor of the Church. He was sometimes referred to as the "Hammer of the Arians" and the "Athanasius of the West". His name comes from the Latin word for happy or cheerful. He died on 1<sup>st</sup> November 367.

**St Kentigern**, also known as Mungo ('Dear One'), was born in Culross, Scotland.

The Christian king of Strathclyde welcomed the saint and arranged his consecration as bishop in around 540. His holy example and his preaching drew together a large community known as 'Clasgu' ('dear family'), which ultimately grew into the town and city of Glasgow. A strong anti-Christian movement forced him to go to Wales, staying for a time with Saint David at Menevia. But after founding a large monastery at Llanelwy, later called St Asaph's, he returned with some of his Welsh disciples to Galloway and Cumberland and then back to Glasgow in 581, where he was visited by Saint Columba.

# Wednesday – Week 1

## Collect:

Attend to the pleas of Your people with heavenly care,  
O Lord, we pray,  
that they may see what must be done  
and gain strength to do what they have seen.  
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 1:29-39

## Today's prayer:

O most loving Father,  
You want us to give thanks for all things,  
to dread nothing but losing You,  
and to cast all our anxiety on You  
because you care for us.  
Preserve us from faithless fears and worldly anxieties  
and grant that no clouds of this mortal life  
may hide from us the light of that love which is immortal,  
and which You have shown us in Your Son, Jesus Christ our Lord. Amen

# Thursday – Week 1

## Collect:

Attend to the pleas of Your people with heavenly care,  
O Lord, we pray,  
that they may see what must be done  
and gain strength to do what they have seen.  
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 1:40-45

## Today's prayer:

Gracious God,  
move us to live every day as if it were to be our last,  
for we do not know if it might be.  
Cause us to live as if we know it is our last hour.  
O grant that we may not die with any guilt on our consciences  
or any known unrepented sin,  
but that we may be found in Christ,  
who is our only Saviour and Redeemer. Amen.

# Friday – Week 1

## Collect:

Attend to the pleas of Your people with heavenly care,  
O Lord, we pray,  
that they may see what must be done  
and gain strength to do what they have seen.  
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 2:1-12

## Today's prayer:

Heavenly Father,  
help us to keep our spiritual focus where it needs to be,  
especially in days of uncertainty and chaos.  
here are so many voices pulling us in all sorts of directions,  
that it's easy for us to lose our direction.  
So, Lord, help us to keep holding onto Your hand through it all.  
We know we can trust You,  
and we trust You alone!  
Help us to keep our eyes and minds on You,  
and You will deliver us from evil! Amen.

# Saturday – St Anthony of Egypt

Abbot

*patron saint of Animals, skin diseases, farmers, butchers, the poor, basket makers, brush-makers, gravediggers, Pontifical Ecclesiastical Academy, Rome*

**Collect:**

O God, who brought the Abbot Saint Anthony to serve You by a wondrous way of life in the desert, grant, through his intercession, that, denying ourselves, we may always love You above all things. 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 2:13-17

**Today's prayer:**

Heavenly Father,  
St Anthony the Abbot accepted Your call  
to renounce the world and to love You above all things.  
He faithfully served You in the solitude of the desert  
by fasting, prayer, humility and good works.  
In the Sign of the Cross, he triumphed over the Devil.  
Through his intercession, may we learn to love You more deeply;  
with all our hearts, all our souls, all our minds,  
all our strength and to love our neighbours as we love ourselves.

St Anthony the Abbot, great and powerful saint, Pray for us.

*St Anthony of Egypt (c. 251–356) is the father of Christian monasticism. Hearing the Gospel call to sell all, he withdrew to the desert, embracing prayer, fasting, and spiritual combat. His wisdom, recorded by St Athanasius, shaped monastic life and inspired generations to seek God in solitude and charity across the Church, East and West alike.*