

### **For Healing**

Merciful God, we claim your promises of wholeness as we pray for those who are ill in body or mind, who long for your healing touch. Make the weak strong, the sick healthy, the broken whole and confirm those who serve them as agents of your love. Then all shall be renewed in vigor to point to the risen Christ, who conquered death that we might live eternally. Amen

### **Prayer for Self-Dedication**

Almighty God,  
So draw our hearts to you,  
So guide our minds,  
So fill our imaginations,  
So control our wills,  
That we may be wholly yours,  
Utterly dedicated to you.  
Use us as you will,  
Always to your glory and the welfare of  
your people;  
Through our Lord and Savior Jesus Christ,  
Amen

### **Act of Contrition**

Almighty God, our heavenly Father,  
I have sinned against you and against  
others, in thought and word and deed,  
through negligence, through weakness,  
through my own fault.  
I am truly sorry for my sins. Amen

### **The Angelus**

V. The Angel of the Lord declared unto  
Mary,  
R. And she conceived of the Holy Spirit.

*Hail Mary* .....

V. Behold the handmaid of the Lord.  
R. Be it done unto me according to thy  
word.

*Hail Mary* .....

V. And the Word was made flesh,  
R. And dwelt among us.

*Hail Mary* .....

V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the  
promises of Christ.

Let us pray;  
Pour forth, we beseech thee, O Lord, thy  
grace into our hearts;  
that we, to whom the Incarnation of  
Christ, thy Son, was made known by the  
message of an angel, may by his Passion  
and Cross be brought to the glory of his  
Resurrection.  
Through the same Christ, our Lord.  
Amen.

### **Prayer at the End of the Day**

Save us, Lord, while we are awake;  
protect us while we sleep; that we may  
keep watch with Christ and rest with him  
in peace.



## **St Francis of Assisi**

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*Sometimes words come easily. Sometimes  
even silence is too noisy. God knows our  
needs and waits patiently for us.*

### **Peace Prayer of Saint Francis**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant that I may not so much  
seek to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive, it is in  
pardoning that we are pardoned, and it is in  
dying that we are born to eternal life. Amen.

### **Prayer of Saint Ignatius Loyola**

Dearest Lord, teach me to be generous;  
teach me to serve You as You deserve;  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labour and not to ask for reward  
save that of knowing I am doing Your Will.

### **In Time of Grief**

Flood of sorrow, flood of tears  
Like the flood of ancient years  
Now in grief my world is drowned  
Storm and cloud are all around  
Pull me to the ark of love  
Set your rainbow high above  
Let my world grow new and green  
Let the tree of peace be seen

### **Memorare**

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who  
fled to thy protection, implored thy help, or  
sought thy intercession, was left unaided.  
Inspired by this confidence I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come, before thee I stand,  
sinful and sorrowful.  
O Mother of the Word Incarnate, despise  
not my petitions, but in thy mercy hear and  
answer me. Amen.

### **Serenity Prayer**

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

### **Prayer of Saint Columba**

Lord be a bright flame before me,  
Be a guiding star above me,  
Be a smooth path below me,  
Be a kindly shepherd behind me,  
Today and for evermore. Amen

**Julian of Norwich** “But all shall be well,  
and all shall be well and all manner of  
thing shall be well.”

### **Prayers Answered**

I asked for strength and God gave me  
difficulties to make me strong  
I asked for wisdom and God gave me  
problems to solve  
I asked for prosperity and God gave me  
brawn and brain to work  
I asked for courage and God gave me  
dangers to overcome  
I asked for patience God placed me in  
situations where I was forced to wait  
I asked for love and God gave me troubled  
people to help  
I asked for favours and God gave me  
opportunities  
I received nothing I wanted, I received  
everything I needed  
My Prayer Has Been Answered.

### **Prayer of Saint Francis**

We adore you  
Most Holy Lord Jesus Christ  
Here and in all your churches  
Throughout the world,  
And we bless you because  
By your holy Cross you have redeemed the  
world.

### **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

### **Hail Mary,** full of grace,

the Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death. Amen

**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

### **We Celebrate Mass**

Sat 6pm (1st Mass of Sun); Sun 10:15am, 12 Noon  
(Also Holy Trinity, Holloway Rd E11 4LD: Sun 9am)  
Weekdays Mon to Fri 12:15pm. Sat 10am.  
Holydays of Obligation: 8am; 12:15pm and 8pm.