



First Monday email

February 2016

Prayers to Learn and to Treasure

Fr Stephen Wang writes:

As Christian parents, it's good to know some common prayers, so you can use them in your own life, and turn to them when you are stuck.

It's good to use these prayers with your children, so they become familiar with the great prayers of the Christian tradition, and these prayers become part of their life.

It can be helpful to memorise certain prayers, so that we can use them at different times of the day and of the week, and so that our own personal prayer does not become too narrow. These prayers are especially useful and powerful when we do not know how to pray; or when we are worried or afraid; or when we are facing special trials or temptations.

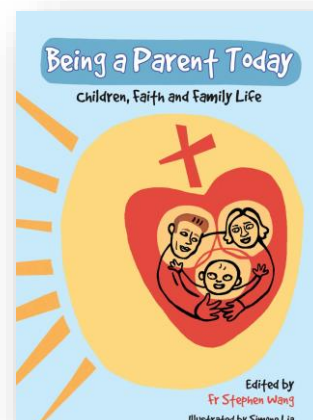
These prayers help us to enter into the depths of Christian prayer. They take us beyond our own personal concerns, or help us to express concerns we didn't know we had.

On the next page are some of the best known prayers.



You are receiving this email because you have signed up to the Ten Ten Theatre mailing list.

The text on the left is taken from the booklet which was given as a free gift to all parents who attended one of our sessions in schools. In the booklet, published by the CTS, Fr. Stephen Wang gathers the thoughts of parents and others on "Being a Parent Today: Children, Faith and Family Life."



Prayers to Learn and to Treasure

The Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
[Cross yourself by using your right hand to touch your forehead, then your chest, then your left shoulder, and then your right shoulder].

The Our Father: 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.

The Hail Mary: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

The Glory Be: 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.

Come Holy Spirit: Come, O Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. *[Verse]* Send forth your Spirit, and they shall be created. *[Response]* And you shall renew the face of the earth. Let us pray: O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation. Through Christ our Lord. Amen.

Prayer for the dead: Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.
[By custom you make the sign of the cross at the same time].

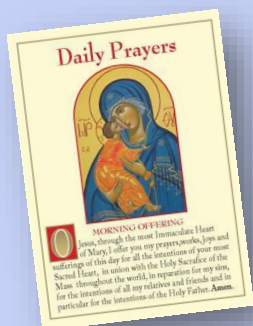
Prayer to your Guardian Angel: Angel of God, my guardian dear, to whom God's love commits me here; ever this day be at my side, to light and guard, to rule and guide. Amen.

A morning offering: O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart, and for the intentions of the Holy Father. Help me not to sin today. Help me to love you, and to love my neighbour, and to do your holy will in all things.
[There are many versions of this prayer, but the main idea is simply to start each day by offering everything that will happen during the day to God].

Grace before meals: Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen.

Thanksgiving after meals: We give you thanks, almighty God, for these and all your benefits, who live and reign, world without end. Amen. *[It is customary then to pray for the dead]* May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Continue...



CTS Book of the Month

DAILY PRAYERS (Pack of 20)

This fold-out card is designed to make it easier and simpler to pray throughout the day. Whether you are travelling, at work, at home or out and about, put this small card in your back pocket or on the fridge and you will have a whole host of prayers in one convenient place, including: •A morning offering, •The Angelus•The Regina Coeli•Grace before and after meals•The Guardian angel prayer •The Salve Regina•The Memorare •A Bed Time prayer.

[£4.95](#)

Prayers to Learn and to Treasure

Commendation: *[Just before going to sleep]* Jesus, Mary and Joseph, I give you my heart and my soul. Jesus, Mary and Joseph, assist me in my final agony. Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

An act of contrition: O my God, because you are so good, I am very sorry that I have sinned against you; and I promise that with the help of your grace, I will not sin again. Amen.
[For example, to say at the end of the day, or as part of confession]

An act of entrustment to the Sacred Heart:
Sacred Heart of Jesus, I put my trust in thee. Sacred Heart of Jesus, have mercy on me.

Short, simple 'arrow' prayers: (i) Jesus, help me. (ii) Lord, have mercy on me. (iii) Come, Holy Spirit. (iv) Mother Mary, pray for us.
[You can pray these, or similar phrases, any time, any place – like sending 'arrows' up to heaven]

The Rosary: *[The simplest way to begin praying the rosary is to pray one 'decade': to say one Our Father (holding a large bead), ten Hail Marys (moving through the ten smaller beads in between), and one Glory Be (on the next large bead). A whole Rosary consists of five decades.]*

Hail, Holy Queen: Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn, then, O most gracious Advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.
[Verse] Pray for us, O holy Mother of God.
[Response] That we may be made worthy of the promises of Christ.

Ten:Ten
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Ten Ten Theatre is a professional theatre company working in schools, churches, prisons, care homes, within communities and in theatres throughout the UK. It is part of Ten Ten, a national Catholic educational charity.

We are a family-run independent organisation based in North London.

Mass is celebrated for the intentions of the children and parents we meet in schools on the First Monday of every month.



To make a donation to The Ten Ten Charitable Trust, please [click here](#).