

Prayer and Liturgy at home

6th October 2023

Each week we will be sending out Prayer and Liturgy which you can carry out as a family at home. The theme of the week will be shared with you on a Friday. Prayer and Liturgy is a way of praying and talking to God.

This is a time to come together to:

- Gather—having a quiet reflective place to begin by making the sign of the cross.
- Listen to the Word—A Gospel reading or a Parable to read together and to listen to God.
- Respond by talking about the message of the Gospel—reflecting, meditating, saying prayers, offering thanks for the week.
- Going Forth to share the Word with other family members of the message you would like to give.

We would love to see some examples of you sharing your prayer and liturgy at home as a family through pictures, your responses and just coming together to gather and think about the message of the Gospel.

Prayer and Liturgy:

Gather—have a quiet space with a Bible, a cross and a candle.

Begin by making the Sign of the Cross together:

In the Name of the Father, and of the Son , and of the Holy Spirit. Amen.

You can begin with an opening of what the Prayer and Liturgy is about: **This week's Prayer and Liturgy is all about October being the month of the Rosary and how we take time to pray the Rosary everyday.**

Think about how you can begin by thinking about who Mary is to you and how she is a special person in our lives.

As we think about Mary and how special she is to us, we also take time to thank her for saying “Yes” to God to be the Mother of Jesus. This month is about praying the Rosary and thinking about who we would like to pray for in our lives to ask for help and guidance. With the month of October being special and taking time to think about Mary we will reflect upon the Visitation passage from the Gospel Luke 1: 26-38

Word:

Read the Gospel Passage together. This week our Gospel tells us about when Mary was visited by Angel Gabriel and was asked to be the Mother of Jesus. Luke 1: 26-38

In the sixth month of Elizabeth's pregnancy, the angel Gabriel was sent by God to a town of Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, a descendant of David, and the virgin's name was Mary. The angel came to her and said, “Greetings, favoured one, the Lord is with you!” But she was greatly troubled by his words and began to wonder about the meaning of this greeting. So the angel said to her, “Do not be afraid, Mary, for you have found favour with God! Listen: You will become pregnant and give birth to a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give him the throne of his father David. 33 He will reign over the house of Jacob forever, and his kingdom will never end.” Mary said to the angel, “How will this be, since I have not been intimate with a man?” The angel replied, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be holy; he will be called the Son of God.

36 “And look, your relative Elizabeth has also become pregnant with a son in her old age—although she was called barren, she is now in her sixth month! For nothing will be impossible with God.” So Mary said, “Yes, I am a servant of the Lord; let this happen to me according to your word. Then the angel departed from her.

This week we have been thinking about October being the month of the rosary.

Respond:

Think about how you can respond to the Gospel reading. This may be by singing a hymn, saying prayers, reflecting on the reading.

You could reflect by listening to the Hail Mary hymn or our school hymn As I kneel before you and think about how you can pray the Rosary during the month of October.

Respond to the Gospel by thinking about:

As we reflect upon the words we have heard we think about:

- When Jesus said, "This is the only work God wants from you: Believe in the one he has sent". God is looking for women who are willing to dream big and believe that everything is possible with Him.
- When Gabriel appeared, Mary had questions. "How could this happen, I am still a virgin!" (Luke 1:34), she said. Yet, despite her questions, she didn't doubt that it was possible. She was willing to believe Gabriel's message, and she professed her belief by declaring, "I will be a mother for the Lord!"
- When Mary said yes to God how we would feel and how we would be willing to do the work for God and how you would feel.
- Think about what the Gospel means to you and how you can reflect upon if you were Mary and the feelings Mary had. What is special?
- Create a prayer together for Mary which can be said during your prayer and liturgy. Think about words you can use to describe Mary and what you would like to say. Read the prayer together.

Listen to the song Hail Mary, Full of grace and think about who you would like to offer prayers for during your time of saying the Rosary. Think about people in your family, in our school community and Parish community who are in need of our prayers.

End by praying the Rosary together or a decade of the Rosary with an Our Father, 10 Hail Mary's and one Glory be.

Hail Mary, Mother 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 death. Glory Be to the Father, and to the Son, and to the Holy Spirit.

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 those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen

Glory be to the Father, and to the Son and the Holy Spirit, as it was in the beginning, is now and forever. Amen.

Make the sign of the cross together: **In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Go Forth: Think about how as a family you can carry out what is being asked in the Gospel.

Try to pray the Rosary every day as a family.

Reflect upon the Gospel passage and how Mary felt and how we can say Yes to others in our lives.

This week as part of our prayer and liturgy reflect upon how you can show love and care, how you can be more like Mary and how the month of October is special to us?

At home take time to pray together over the coming week and think about who you want to pray for and offer the Rosary up for them.

How to Pray the Rosary

