

The Sacred Heart Language College

Daily Prayer



Half Term 1 – Week 7



Monday



We begin our prayer for today by inviting you to make the sign of the cross.



We invite a pupil to come forward and click to light our virtual candle.





Monday





Monday

October is Black History Month in the UK.

It is a time when we celebrate the past, present and future contributions and struggles of peoples of African heritage.

To commemorate this month, we will learn about Saints of African origin.



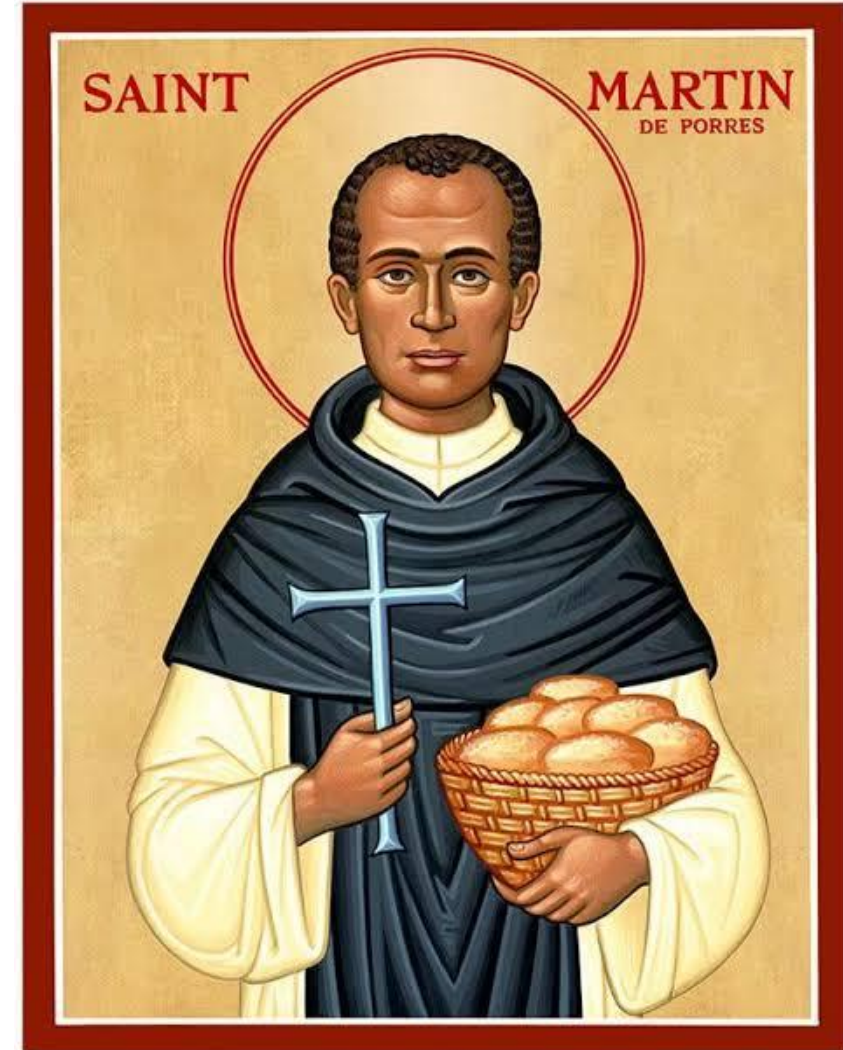


Monday



Saint Martin de Porres was born in Lima, Peru, in 1579. As the son of a Spanish man and a woman of African descent, he experienced prejudice and discrimination.

St Martin joined the Dominican Order as a lay brother and devoted his life to prayer, humility, and service to those in need. He cared for the sick, fed the poor, and welcomed people of all backgrounds with kindness and compassion. Known for his deep faith and extraordinary charity, he became a powerful example of Christian love in action. Canonised in 1962, Saint Martin de Porres is now the patron saint of social justice, racial harmony, and those who seek to serve others with compassion.





Monday



Today we ask Saint Martin de Porres to
carry our prayers for this world to God...





Monday



St Martin de Porres

*To you Saint Martin de Porres
we prayerfully lift up our hearts filled with serene confidence
and devotion. Mindful of your unbounded and helpful charity
to all levels of society and also of your meekness and humility
of heart, we offer our petitions to you.*

*Pour out upon our families the precious gifts of your solicitous
and generous intercession. Show to the people of every race
and every colour the paths of unity and of justice; implore
from our Father in heaven the coming of His kingdom, so that
through mutual benevolence in God, men may increase the
fruits of grace and merit the rewards of eternal life.*

Amen

The Southern Cross





Monday



Confident in God's Love for us. **We commit ourselves to His service.**

We conclude our prayer in the name of the Father.....



Chaplaincy Reps Please
complete the worship
record.

&

Find volunteers to lead
tomorrow's prayer.





Tuesday



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Tuesday





Tuesday



October is the Month of the Rosary. As we celebrate this special month, we watch this video to reflect on the importance of the Rosary in Catholic prayer and devotion.

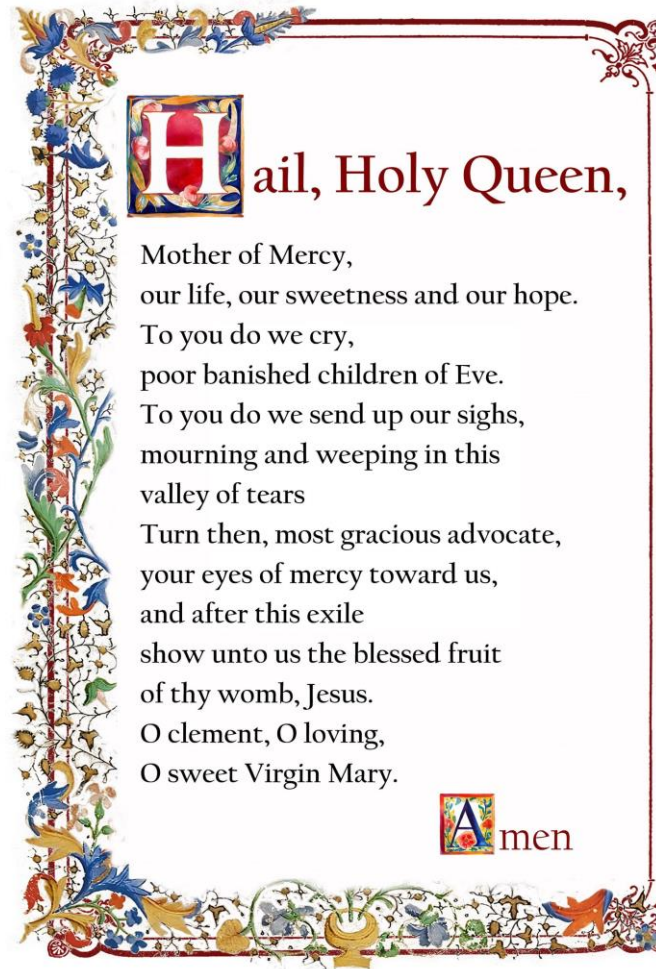




Tuesday



The Hail Holy Queen is the final prayer of the Rosary. As we pray these words together, we ask Mary to continue guiding us to her Son, Jesus, and to pray for us on our journey of faith.





Tuesday



Throughout October, we will be praying the Rosary in the chapel every Friday lunchtime. Come and join us as we pray with Mary and grow closer to Jesus.

What The Saints Said About The Rosary

"I take refuge, then, in prayer, and turn to Mary, and our Lord always triumphs."



St. Therese of Lisieux

No prayer is more meritorious for the soul and more glorious for Jesus and Mary than a well recited Rosary.



Saint Louis de Montfort

The Rosary is a prayer that always accompanies me; it is also the prayer of the ordinary people and the saints... it is a prayer from my heart.



St. Pope John Paul II



Tuesday



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Word Wednesday



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Word Wednesday





Word Wednesday



**On Wednesday we take time to reflect on
Sacred Scripture.**

**We will listen to and reflect on Sunday's
Gospel.**





Word Wednesday



Reader: A reading from the Holy Gospel
according to Matthew.

All: Glory to you O Lord (3 Crosses).





Word Wednesday



At that time: While Jesus was speaking, a Pharisee asked him to dine with him, so he went in and reclined at a table. The Pharisee was astonished to see that he did not first wash before dinner. And the Lord said to him, 'Now you Pharisees cleanse the outside of the cup and of the dish, but inside you are full of greed and wickedness. You fools! Did not he who made the outside make the inside also? But give as alms those things that are within, and behold, everything is clean for you.'





Word Wednesday



Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ





Word Wednesday



Reflection

In today's Gospel, Jesus challenges the Pharisees for focusing only on outward appearances while neglecting what is in their hearts. Although they carefully followed religious customs, Jesus reminds them that God is concerned not only with what people do on the outside, but also with their thoughts, attitudes, and intentions. He teaches that true holiness comes from a sincere and generous heart that seeks to love God and care for others. By encouraging people to give to those in need, Jesus shows that faith should be expressed through kindness, generosity, and compassion. This Gospel invites us to look beyond appearances and to ask whether our actions reflect the love of God within us.



Word Wednesday



Call to Action

This week, take time to think about what is in your heart. Try to be generous in a small but meaningful way, whether by helping someone, sharing with others, offering encouragement, or showing kindness to a person who needs it. Remember that God sees beyond outward appearances and values a heart that is loving, sincere, and willing to care for others.



Word Wednesday



Lord,

Thank You for knowing us inside and out. Help us to have hearts that are filled with love, kindness, and generosity. Teach us not to focus only on appearances, but to live with sincerity and compassion. Give us the courage to care for those in need and to let our actions reflect Your love each day.

Amen.



Word Wednesday



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Thursday



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Thursday





Thursday



Today is our Mission Day!

The **Sisters of Our Lady of the Missions (RNDM)** were founded by Mother Euphrasie Barbier with a mission to make God's love known throughout the world. Inspired by the Sacred Heart of Jesus, they are called to build unity, promote justice, and share the Gospel with people of all cultures and backgrounds. As a Sacred Heart College, we continue this mission by living out the values of faith, compassion, service, and respect for every person. We are encouraged to follow the example of the RNDM Sisters by reaching out to others, caring for those in need, and helping to create a community where everyone feels valued and loved.





Thursday



Lord,

We thank you for the mission and witness of the Sisters of Our Lady of the Missions. Inspired by the faith and courage of Mother Euphrasie Barbier, may we share your love with all people, especially those who are most in need.

Bless the RNDM Sisters serving throughout the world. Give them strength, wisdom, and joy as they work to build peace, justice, and understanding among all peoples and cultures.

Help us, as a Sacred Heart College community, to live out the RNDM mission each day through our words and actions. Teach us to welcome others, respect the dignity of every person, and be messengers of your love wherever we go.

May Mary, Our Lady of the Missions, guide us, and may the Sacred Heart of Jesus inspire us to bring hope to our world.

Amen.



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Friday





Friday



During **Black History Month**, we give thanks to God for the lives and witness of Black saints and holy people who have inspired generations through their faith, courage, love, and service.

We remember St Charles Lwanga, St Augustine, St Josephine Bakhita, St Monica, St Martin de Porres and the many holy men and women of African heritage.



**Saint
Charles
Lwanga**



**Saint
Augustine**



**Saint
Josephine
Bakhita**



**Saint
Monica**



**Saint
Martin
De Porres**



Friday



Lord, help us to learn from their example. Give us the courage of those who stood firm in difficult times, the compassion of those who served others, the wisdom of those who taught the faith, and the strength of those who worked for justice and peace.

Help us to celebrate Black history not only this month but throughout the year, recognising the gifts, achievements, faith, and contributions of African heritage.

May we, like the saints, use our gifts to pray, work, and serve, building communities where everyone is valued, respected, and able to flourish.

Lord, inspire us through the saints.

Teach us through their lives.

Strengthen us through their faith.

And send us out to make a difference.

Amen.



Friday



Following the example of St Francis during his Jubilee Year, we pray together:

*We adore you,
Lord Jesus Christ,
here, and in all your churches
throughout the whole world,
and we bless you,
for by your holy cross you
have redeemed the world.*

(Saint Francis of Assisi)





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