

Prayers at St Helen's



Sign of the Cross

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



St Helen's Mission Statement

Our mission statement was updated as part of our Jubilee year celebrations. We have rebranded it inline with our school values.

Respect yourself

Respect everyone in your school community

Respect everyone in your local community

Respect everyone in your global community

But most of all

Respect God Our Father in Heaven.

St Helen's school prayer

This is our school,
Let peace live here,
Let the rooms be full of happiness,
Let love be all around.
Love of one another,
Love of all people and love of life, living and learning.
Let us remember that as many hands build a house,
So many hearts make a school.
God, our Father, please bless our school today and every day.
Amen.



St Helen's Litany of the Saints

This prayer was created by our pupil leadership team in 2025 when the new class names for the school had been decided.

St John Fisher. *Pray for us.*

St Margaret Clitherow. *Pray for us.*

St Ursula. *Pray for us.*

St Augustine. *Pray for us.*

St Thomas Becket. *Pray for us.*

St Cedd. *Pray for us.*

St Swithun. *Pray for us.*

St Bede. *Pray for us.*

St Alban. *Pray for us.*

St Columba. *Pray for us.*

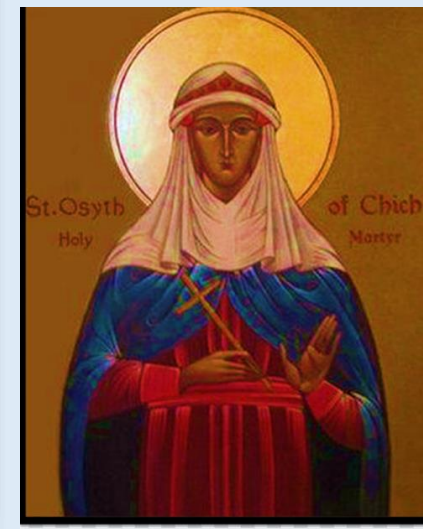
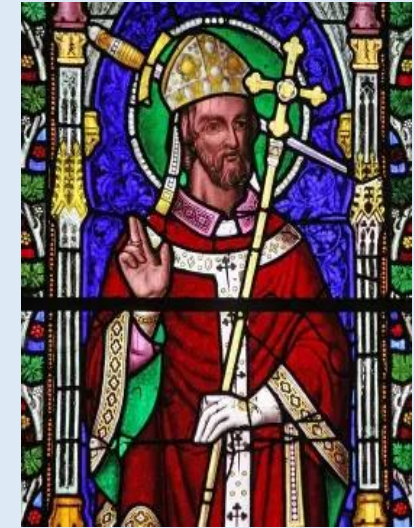
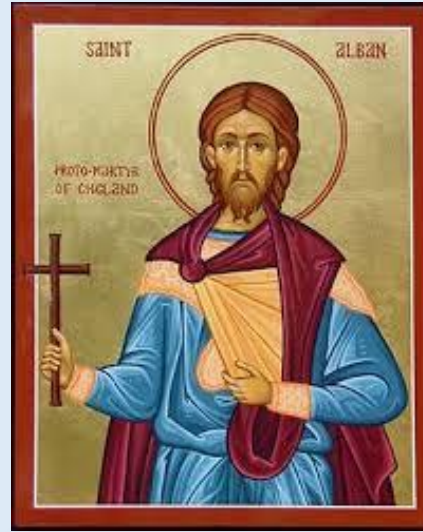
St Osyth. *Pray for us.*

St Anne Line. *Pray for us.*

St Boniface. *Pray for us.*

St Sebbi. *Pray for us.*

St Helen. *Pray for us.*



Our Reception Children sing this prayer together for their morning Offering when they first begin their St Helen's school journey.

Good morning Lord
We praise your Holy name
And thank you for giving us this lovely new day

Good morning Lord
We praise your Holy name
And thank you for giving us this lovely new day



Our Father

Years 1 to 6 begin the school day with the Lord's prayer

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

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.



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
forever shall be,

World without end
Amen



Grace Before Meals

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O God.

Amen.



Grace after Meals

Thank you, God, for the food we have eaten.

Thank you, God, for all our friends.

Thank you, God, for everything.

Thank you, God. Amen.



Prayer at the end of the day

God our Father, I come to say
thank you for your love today.
Thank you for my family
and all the friends you give to me.
Guard me in the dark of night
and in the morning send your light.
Amen.



In Key Stage 2 the children are exposed to even more prayers in their learning and Catholic life experience.

Prayer of St Richard of Chichester

This prayer relates to the Religious Education Programme we follow.

Thanks be to you, my Lord Jesus Christ,
for all the benefits which you have given me,
for all the pains and insults which you have borne for
me.

O most merciful Redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.



The Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those most in need of Thy mercy. Amen.



Come, Holy Spirit

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you will renew the face of the earth.

Let us pray

O God, who by the light of the Holy Spirit,

did instruct the hearts of your faithful,

grant that by that same Holy Spirit,

we may be truly wise, and ever rejoice in your

consolation,

Through Christ our Lord.

Amen.



Angel of God

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.



Act of Contrition

O my God,
because you are so good,
I am very sorry that I have sinned
against you,
and with the help of your grace
I will not sin again.



The Apostles Creed

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.



The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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

V. Behold the handmaid of the Lord.

R. Be it done to 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.



Responses in Mass

- Lord hear us
- Lord graciously hear us

- Lord in your mercy
- Hear our prayer

- Peace be with you
- And with your Spirit

- The Word of the Lord
- Thanks be to God

- The Gospel of the Lord
- Praise to you Lord Jesus Christ



Morning Offering

O Jesus,
through the most pure heart of Mary,
I offer you all my prayers,
thoughts, works and sufferings of this
day
for all the intentions of your most Sacred
heart.



Act of Faith

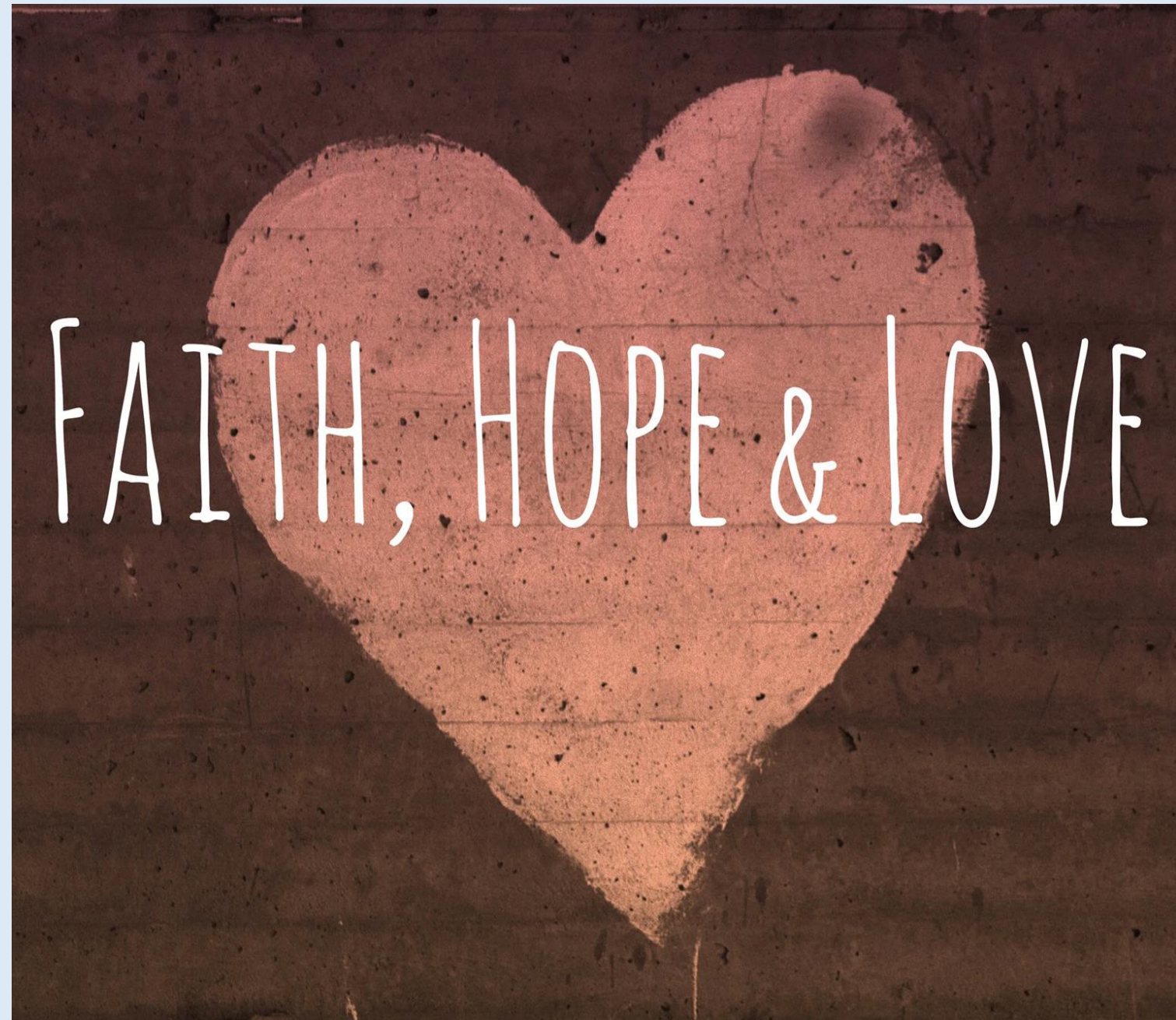
My God, I believe in you
and all that your Church teaches,
because you have said it,
and your word is true.

Act of Hope

My God, I hope in you,
for grace and for glory,
because of your promises,
your mercy and your power.

Act of Love

My God, because you are so good,
I love you with all my heart,
and for your sake,
I love your neighbour as myself.



The Rosary

For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.

The Joyful Mysteries

(Recited Monday and Saturday)

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

The Mysteries of Light

(Recited Thursday)

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

The Sorrowful Mysteries

(Recited Tuesday and Friday)

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

The Glorious Mysteries

(Recited Wednesday and Sunday)

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5;

Isaiah 6:1–3)



Hail Holy Queen

Hail Holy Queen, Mother of Mercy.
Hail our lives, our sweetness and our hope
To thee do we cry, poor banished children of Eve
To thee do we send up our sighs, morning and weeping in this
veil of tears
Turn then, o most gracious advocate, thine eyes of mercy
towards us
And after this our exile, show unto us the blessed fruit of thy
womb, Jesus
O clement, O loving, O sweet Virgin Mary.

v: Pray for us, O most holy mother of God.
R. That we may be worthy of the promises of Christ.

