



Love Jesus Love Learning Love Life

Religious Education and Worship

John 6:35 *Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst..."*

*St Joseph's is a Catholic Primary School.
We place our children at the heart of all we do,
inspired by the love, life and teachings of Jesus
and the Catholic Christian Church.*

Rationale of Religious Education

- The primary purpose of Catholic Religious Education is to come to know and understand God's revelation which is fulfilled in the person of Jesus Christ. In the person of Christ, the deepest meaning of what it is to be human- that we are created by God and through the Holy Spirit united with Christ in his Incarnation- is discovered. This revelation is known through the scriptures and the tradition of the Church.
- Religious Education is a core subject in the Catholic School.
- For some in the classroom, Religious Education may well be received as catechesis, deepening and enhancing their personal faith. For some it will be evangelisation; the first time they will have presented personally, with the truths of living faith. Nevertheless, its primary purpose is the step by step study of the mystery of Christ, the teaching of the Church and its application in daily life. The criteria by which it is to be judged are educational.
- Religious Education is planned, taught, assessed and monitored with the same rigour as other core curriculum subjects.

Aims and Objectives

The aims of curriculum Religious Education at St Joseph's School are in accordance with our Mission Statement

As a Catholic School it is our mission to provide a safe, nurturing and happy environment in which to educate our children to share their witness through Christian values; to instil a love of learning, of self and of others; enabling all to develop their God given gifts and to achieve their potential.

Our aims are:

To provide a stimulating, holistic curriculum which enables and enriches learning, making education exciting and enjoyable. *Make learning fun*

To promote a lifestyle which emphasises the importance of caring for physical and emotional well being. *Keep us healthy and happy*

To be a worshipping community which enriches the spiritual life of the individual, developing a sense of awe at the wonder of God's creation and his unconditional love. *Praise God*

For each member of the community to grow in their personal relationship with Jesus Christ allowing them to make informed moral decisions based on Gospel values. *Make choices that Jesus would*

To be an inspirational school where expectations challenge, and encourage each child to achieve the highest standards they can. *Push us to do our best*

To support parents in their role as the first educators of their children. *Help the people who look after us at home*

To be known to parents and children as a welcoming and safe place. *Make us feel comfortable and safe*

To ensure that the life and curriculum of the school celebrates and respects the differing ethnic, social, spiritual and cultural backgrounds present in the school and society. *Celebrate our differences*

To develop self esteem through making a positive contribution to family life and the lives of the school, parish, local and wider global community. *Feel good about helping others*

To expect high standards of behaviour, courtesy and respect engendering a spirit of co-operation, kindness and compassion within the school community. *Treat each other well*

The objectives of curriculum religious education at St Joseph's School are:

- To develop and establish a personal relationship with the Father, Son and Holy Spirit.
- To develop an awareness and respect of Catholic belief and an understanding of the vital relationship between faith and life.
- To develop appropriate skills in relation to RE such as- investigation, interpretation, communication, critical, affective, social and evaluation skills appropriate to the age and development of the child.
- To foster and develop attitudes such as wisdom, understanding, knowledge, right judgement, courage, reverence and awe and wonder.
- To provide pupils with opportunities to be reflective in prayer and celebration.
- To develop and encourage moral values and foster positive attitudes towards each other. e.g. respect for truth, respect for the views of others, awareness of the spiritual, awareness of moral responsibility, awareness of the demands of religious commitment in everyday life especially the challenge of living in a multi-cultural, multi-faith society.
- To encourage respect for all living things.
- To make RE a joyful, memorable experience.

ETHOS

Through the quality of Christian relationships shared with one another, all members of our school community, staff, pupils, parents, governors and the church, seek to communicate Christian values and belief in which prayer, worship and spirituality are at the centre of life of the school. This is further extended to those visiting the school in the welcome they receive.

The school environment reflects the distinctive ethos of our school through the quality of the displays throughout the school and the religious symbols and icons. The pupils from an early age are encouraged to have care and concern for the well-being and dignity of others and respect for the school environment.

CONTEXT

St Joseph's School serves the community of Devonport and the parishes of the Cathedral and Torpoint. The school plays an important role in the mission of the church for both Christian formation and teaching.

At St. Joseph's we aim to deliver our objectives through shared responsibility of the family, parish and school. As the parents are the first teachers of their children in the ways of faith, we endeavour to support our parents in this task and invite the priests, parishioners and governors to support us as the children grow intellectually, emotionally, physically and spiritually to become a whole person.

CURRICULUM TIME ALLOCATION:

In line with Bishops' Conference recommendations, 10% of curriculum time is allocated to Religious Education. This does **not** include Collective Worship.

PROGRAMME OF STUDY:

To fulfil the aims of the above and to address the 4 areas of study outlined in the Curriculum Directory- Revelation, Church, Celebration and Life in Christ- St Joseph's School follows "God Matters"; the programme recommended by the Diocese.

GOD MATTERS

There are 10 units, which correlate to the Church liturgical year:

Unit 1: CREATION

Unit 2: PRAYERS, SAINTS & FEASTS

Unit 3: ADVENT

Unit 4: CHRISTMAS

Unit 5: REVELATION

Unit 6: SACRAMENTS

Unit 7: LENT

Unit 8: HOLY WEEK

Unit 9: EASTER

Unit 10: PENTECOST & MISSION

All classes work within the same unit at the same time.

There are three key aspects to the delivery of RE using this strategy:

- **ENGAGE:** activities and discussion to actively engage pupils, so they are actively involved in scripture
- **EXPLORE:** children are guided to understand the meaning of the scripture
- **EXPRESSION:** children are enabled to demonstrate their understanding of scripture

Teachers adapt the Medium Term Planning set out in God Matters to suit the individual needs of their class. The aims and objectives remain but the activities may differ from the Programme of Study suggested. Teachers have an annotated copy of their planning in their planning files.

Short term weekly planning includes more detail of the lesson to be taught, and are planned unit by unit.

Given the creative range of activities, topic coverage is ensured through annotation of planning sheets, photographic and film evidence, book creations, content of lesson named in books as well as evidence in pupils' books. Each class has a large class book (Walk With Me book) for photographic evidence, reflections and whole class work which is not recorded in RE books.

MARKING

Teachers mark pupils' work in line with the whole school marking policy.

Teachers focus on the learning objective and liturgical words in each topic, and mark accordingly. Positive and interactive marking takes place. Pupils also reflect and evaluate their work in line with assessment for learning strategies. Children are given time in lessons to respond to questions raised from marking.

ASSESSMENT, EVALUATION AND REPORTING

Faith development is in itself immeasurable, however, assessment of pupils' work is a necessary part of the learning process. Assessment of standards is carried out using the criteria in the Levels of Attainment set out in the Diocesan guidelines. Each teacher keeps a class record of assessed work and records of pupils' progress. Three theological units are assessed in detail these are Creation, Sacraments and Lent. Monitoring of teaching and learning is set out under the 'Role of the RE Leader'.

Progress and achievement in Religious Education is reported to parents/carers in a written report at the end of the academic year.

SPECIAL EDUCATIONAL NEEDS

The distinctive ethos of St Joseph's School is supportive of all members of our school community including those with SEND. As stated earlier, in delivering the curriculum the school recognises the uniqueness of each one and respects the value, dignity and individuality of each child.

Therefore the identification of the SEND of the individual pupils informs the process of RE planning at the medium and short-term stages. Teachers must ensure that appropriate differentiation takes place and this is identified at the short term planning stage where activities include supportive and extension activities.

INFORMATION COMMUNICATION TECHNOLOGY

The application of IT to RE where applicable is encouraged at St Joseph's School. IT enhances the children's understanding of some of the more difficult concepts and encourages independent learning.

CROSS CURRICULAR LINKS

God Matters is planned with Cross Curricular links embedded. This raises the awareness of pupils about the multi-faith and multi-cultural nature of Britain and beyond. Teachers therefore seek every opportunity to raise this awareness throughout the curriculum. Everyday aspects of the curriculum will provide learning opportunities for example food, clothing, language, religious customs and traditions. The World Faiths of Sikhism, Islam, Judaism and Hinduism are also linked to the main topics each term.

WORSHIP

An essential part of this Catholic School's day is prayer and worship, a call together of people in order to give praise and thanksgiving to God. Children are encouraged to see the presence of God in ordinary everyday situations and are all given opportunities for saying sorry and to experience forgiveness. To develop this relationship between ourselves and God, the pupils are invited to accept this calling through various forms of worship.

ACT OF WORSHIP POLICY

All Acts of Worship are regarded as a call to prayer. Worship is organised on both a Key Stage and a whole school basis and is led by staff, visitors and the pupils themselves.

Monday	9: 10am	Whole School Liturgy rotated adults and children
Tuesday	9:10am	KS1/KS2 alternate weeks Liturgy
Wednesday	9.10am	Whole School Prayer and Praise and a possible guest/visitor
Thursday	10am	Class or Whole school Mass
Friday	9:10am	Class Liturgy on rota basis followed by Celebrations

On a day when a class is not taking part in a Key Stage or whole school Liturgy, the Class Teacher is responsible for preparing and carrying out an Act of Worship in the classroom led by the Class Teacher or the pupils themselves.

LITURGY

Liturgy is the praise and worship of God. Liturgy is not just about the human or just about the divine, it is about both human and divine. Liturgy is about the encounter that takes place when both the human and the divine meet. God transforms us in this encounter and we are changed.

Liturgy is action and symbol. It speaks to the whole person and involves all of the senses.

- Sight – our eyes meet Christ in the symbols we see such as candles, bible, water, cross, art, flowers.
- Touch – our bodies meet Christ when we touch one another – holding symbols, praying. Gestures of movement, kneeling, standing, dancing, walking in procession
- Sound – our ears meet Christ when we listen to the Scriptures, listen to music and song, in silence and in prayer.
- Smell – we meet Christ through the fragrance of burning incense, flowers, candles, scented oils, rich wine and warm bread.
- Taste – we meet Christ when we eat the bread and drink the wine

It has been agreed that the following elements must be apparent in a Liturgy

- **Gathering** – the community comes together and becomes united through prayer and music
- **Listening** – We listen to the Word of God and reflect on what we have heard
- **Responding** – We respond in song (psalm) and petition. We offer something of ourselves (ritual)
- **Commissioning** – We are sent out to proclaim the Good News.

Powerpoints used for liturgies are stored on the shared drive and on the school website.

EUCCHARIST

The celebration of Mass takes place in St Joseph's Church each Thursday. Individual classes from KS1 and KS2 help to lead the liturgy in these Masses. Governors, parents and parishioners are invited to attend. The Class Teacher is responsible for organising Readers and Bidding Prayers. To introduce the Foundation Class to Masses, they join the Celebration of Mass later in the Autumn term.

The whole school attend start and end of year Masses together. On Ash Wednesday, St Joseph's Day and Holy Days of Obligation the whole school celebrates Mass at St Joseph's

Church. In consultation with the Parish Priest the RE Leader takes responsibility for the planning of whole school Masses. Parents, governors and parishioners are invited to attend.

PRAYER

Certain times at the beginning and the end of the day are set aside for the children to reflect on what has happened in that day, either at school or at home. Spontaneous prayers or reflections are also important when the opportunity arises within the school day. Prayer should be seen as very natural, as well as a special way to talk to God.

In the Catholic community there is a rich heritage of traditional prayers and it is important for pupils to be familiar with these as long as they are part of a meaningful experience. Therefore it has been agreed that certain prayers should be introduced at different stages and developed in many ways to provide progression throughout. See Appendix.

Foundation

- Prayer builds upon the natural, spontaneous expressions of joy, sorrow, wonder, awe, thanks, sadness and fear using the Children's own simple language.
- Prayer is shown as a special way to talk to God and time is set aside for prayer at the beginning of the day, at lunchtime and at the end of each day.
- The children are taught the Sign of the Cross.
- They are introduced to the Hail Mary.

Year 1

Time is set aside for prayer at the beginning of the day, at lunchtime and at the end of each day.

- The Our Father.
- Prayer Before Meals
- The Hail Mary.

Year 2

As above and:

- Morning Offering.
- Prayer Before Meals.
- Evening Prayer.
- The Glory Be.

Year 3

As above and:

- An Act of Sorrow
- Introduction to the Rosary.

Year 4

As above and:

- The Rosary

Year 5

As above and:

- Children learn by heart traditional prayers, again in relation to the topics they are studying in class. E.g. Eucharistic Prayers, Penitential Rite.

Year 6

As above and:

- Prayers for the Stations of the Cross.

FOCAL POINTS OF PRAYER AND DISPLAYS

In each class a focal point of prayer is set up to complement the Religious theme being studied or the Liturgical Calendar. For example during the month of May the focal point of prayer will reflect something in honour of Our Lady. It is visible, very prominent and appropriate to the age of the children.

Focal points could include:

Drapes (Appropriate Liturgical colours) Can be shades of and layered.

Candle

Age appropriate Crucifix

Bible (open at appropriate scripture)

Flowers- do not have to be fresh flowers

Objects that the children have brought in for the focus

Stones and other natural objects.

It is felt that the children should have ownership of their class Prayer Focus and should be involved in its creation.

The classroom display of work should be related to one of the term's RE topics. It should be interactive and use a variety of resources. Key words should be added from the God Matters section in the planning sheets. The displays are seen as working walls and as the Topic progresses so does the display as it reflects the learning process and is finally a culmination of the children's understanding of the aims of the Unit.

PENITENTIAL SERVICES

Penitential Services take place in Lent for KS2 children, followed by individual acts of reconciliation.

HARVEST FESTIVAL

This takes place in the first half of the Autumn Term with the celebration of Mass. A charity is chosen and a collection is made and presented accordingly.

ADVENT

In December, Foundation Class present their own short Nativity Play, Classes 1 and 2 work together to produce a Nativity Play, and Classes 3, 4 and 5 perform either a Christmas Play or a Carol Service.

LENT

During Lent, the children are encouraged to think of ways in which they can help other people. The School Council choose the Charities. Children lead the school and parish community in a Stations of the Cross Service each Lent.

OUR LADY

The school has an annual May Procession in honour of Our Lady.

ROLE OF THE RE LEADER

With RE at the heart of our Curriculum it is expected that the RE Leader at our school should:

- Be able to lead staff by example through good classroom practice.
- Be able to lead the development of the school's RE.
- Attend In-Service Courses led by the Diocese advisors.
- Have a reasonable annual allowance, agreed by governors during the annual budget setting process for the development of resources.
- Build up a bank of resources e.g. posters, slides, books and artefacts for colleagues' use.
- Link with the home and parish developments in relation to the school's RE.
- Be able to develop and extend the school's thinking in relation to worship, prayer, scripture and assembly with primary age children.

- Be able to involve colleagues, parents and pupils in the evaluation of RE.
- Monitor planning, RE books, assessments, focal points and displays termly. The subject leader for RE will report to governors a summary of strengths and areas for development.

PROFESSIONAL DEVELOPMENT

- All staff are invited to attend an annual in-service diocesan led training day with the other schools in the cluster.
- The RE leader attends annual diocesan conferences and reports back to staff during staff meetings.
- Teaching Staff inset in school is a priority each term and lead by the RE Leader.

RESOURCES

RE resources are stored mainly in the staffroom, ensuring easy access by all. Each class has their own age appropriate bible. New sets of bibles are shared between classes 3,4 and 5, these are stored in the staffroom. Catholic resources and other appropriate websites are stored in the RE folder, 2015.16 on Google shared drive.

Policy updated by SLT: January 2016

Appendices

Catholic Prayers to Accompany the RE Units of Work



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GENERAL PRAYERS

Sign Of The Cross

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

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

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 ever shall be, world without end, Amen.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen

The Apostles' Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including the Virgin Mary, all bow.

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 Niceno-Constantinopolitan Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

At the words that follow up to and including and became man, all bow.

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

The Salve Regina (Hail, Holy Queen)

Hail Holy Queen, Mother of Mercy, hail, 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 vale of tears. Turn then, 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!

V- Pray for us, O Holy Mother of God.

R- That we may be made worthy of the promises of Christ.

Come, Holy Spirit

Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created. 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 Before Meals

Bless us as we sit together, bless the food we eat today, bless the hands that make our food, bless us oh Lord. Amen.

Prayer to Our 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.

Prayer for Peace: Prayer of St Francis of Assisi

Lord, make me an instrument of Thy 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.

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, it is in dying that we are born to eternal life.

Act of Sorrow

Oh my God, I thank you for loving me. I am sorry for all my sins, for not loving others and not loving you. Help me to live like Jesus.

Christ Has No Body: Prayer by St Teresa of Avila

Christ has no body now on earth but yours,
No hands but yours,
No feet but yours,
Yours are the eyes through which is to look out Christ's compassion to the world;
Yours are the feet with which he is to go about doing good;
Yours are the hands with which he is to bless people now.

Benedictus: Song of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God,
the Most High.
You shall go ahead of the Lord
to prepare his way before him,

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

The Song of Simeon (Nunc Dimittis)

At last, all-powerful Master,
You give leave to your servant
to go in peace, according to your promise.
For my eyes have seen your salvation,
which you have prepared for all nations,
the light to enlighten the Gentiles,
And give glory to Israel, your people.

Magnificat

My soul glorifies the Lord,
and my spirit rejoices in God, my saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

Shema: Prayer of Israel

Shema is one of the Old Testament sentences that are quoted in the New Testament. The Gospel of Mark 12:29 mentions that Jesus considered the Shema the beginning exhortation of the first of his two greatest commandments: And Jesus answered him, 'The first of all the commandments is, "Hear, O Israel; The Lord our God is one Lord"'. Jesus also refers to the Shema in The Gospel of John 10:30. A group of Jews in the Temple in Jerusalem at the Feast of Dedication, or Hanukkah, asks him if he is Messiah, the anointed one of God. Jesus concludes his response with the words 'I and my Father are one'. This is an allusion to the Shema, which the Jews immediately recognize and pick up stones to stone him.

Hear, Israel, the Lord is our God, the Lord is One.
Blessed be the Name of His glorious kingdom for ever and ever
And you shall love the Lord your God with all your heart and with all your soul and
with all your might.
And these words that I command you today shall be in your heart.
And you shall teach them diligently to your children, and you shall speak of them
when you sit at home, and when you walk along the way, and when you lie down and
when you rise up.
And you shall bind them as a sign on your hand, and they shall be for frontlets between
your eyes.
And you shall write them on the doorposts of your house and on your gates.

HISTORY OF THE ROSARY

There were forms of the Rosary before St Dominic 'received a message from Our Lady'. At the same time, it is correct to say that St Dominic helped propagate the use of the Rosary more than any other person before him. He also was responsible for encouraging people to meditate on different aspects of Christ's life, meditations that later evolved into the mysteries of the Rosary as we now know them.

MYSTERIES OF THE ROSARY

The Joyful Mysteries

1. The Annunciation. *Luke 1:26-38*
The Angel Gabriel appears to Mary, announcing she is to be the Mother of God.
2. The Visitation. *Luke 1:39-56*
Elizabeth greets Mary: "Blessed art thou among women and blessed is the fruit of thy womb!"
3. The Nativity. *Luke 2:1-20*
The Virgin Mary gives birth to the Redeemer of the World.
4. The Presentation. *Luke 2:22-39*
The Blessed Mother presents the Child Jesus in the Temple.
5. The Finding in the Temple. *Luke 2:42-52*
The Blessed Mother finds Jesus in the Temple.

The Luminous Mysteries *John 8:12*

1. The Baptism of Christ in the Jordan. *John 1:29-34*
The heavens open wide and the voice of the Father declares Jesus the beloved Son.
2. The Wedding Feast at Cana. *John 2:1-11*
The first of the signs, when Christ changes water into wine and opens the hearts of the disciples to faith, thanks to the intervention of Mary, the first among believers.

3. The Announcement of the Kingdom. *Matthew 4:17*
Jesus proclaims the coming of the Kingdom of God, calls us to conversion and forgives the sins of all who draw near to Him in humble trust.
4. The Transfiguration. *Matthew 17:1-8*
The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to "listen to him."
5. The Institution of the Eucharist (food for our salvation). *Matthew 26:26-30*
Christ offers his body and blood as food under the signs of bread and wine, and testifies "to the end" His love for humanity, for whose salvation He will offer Himself in sacrifice.

The Sorrowful Mysteries

1. The Agony in the Garden. *Luke 22:39-44*
At Gethsemane, Jesus prays as He contemplates the sins of the world.
2. The Scourging at the Pillar. *Matthew 27:26*
Jesus is cruelly scourged until His mortified body could bear no more.
3. The Crowning with Thorns. *Matthew 27:28-31*
A crown of thorns is placed on the head of Jesus.
4. The Carrying of the Cross. *Luke 23:26-32*
Jesus carries the heavy cross upon His shoulders to Calvary.
5. The Crucifixion. *Matthew 27:33-50*
Jesus is nailed to the cross and dies after hours of agony.

The Glorious Mysteries

1. The Resurrection. *Matthew 28:1-20*
Jesus rises glorious and immortal, three days after His death.
2. The Ascension. *Luke 24:50-51*
Jesus ascends into Heaven forty days after His Resurrection.
3. The Descent of the Holy Spirit. *Acts 2:24*
The Holy Spirit descends upon Mary and the Apostles.
4. The Assumption.
The Blessed Mother is united with her Divine Son in Heaven.
5. The Coronation.
Mary is gloriously crowned Queen of Heaven and earth.

Litany of Our Lady of Lourdes

Lord have mercy; Lord have mercy.
Christ have mercy; Christ have mercy.
Lord have mercy; Lord have mercy.
Christ hear us; Christ graciously hear us.
God the Father of Heaven; Have mercy on us.
God the Son, Redeemer of the world; Have mercy on us.
God the Holy Spirit; Have mercy on us.

Holy Trinity, one God; Have mercy on us.
Holy Mary; Pray for us.
Holy Mother of God; Pray for us.

Mother of Christ; Pray for us.
Mother of our Saviour; Pray for us.

Our Lady of Lourdes, help of Christians; Pray for us.
Our Lady of Lourdes, source of love; Pray for us.
Our Lady of Lourdes, mother of the poor; Pray for us.
Our Lady of Lourdes, mother of the handicapped; Pray for us.
Our Lady of Lourdes, mother of orphans; Pray for us.
Our Lady of Lourdes, mother of all children; Pray for us.
Our Lady of Lourdes, mother of all nations; Pray for us.
Our Lady of Lourdes, mother of the Church; Pray for us.
Our Lady of Lourdes, friend of the lonely; Pray for us.
Our Lady of Lourdes, comforter of those who mourn; Pray for us.
Our Lady of Lourdes, shelter of the homeless; Pray for us.
Our Lady of Lourdes, guide of travellers; Pray for us.

Our Lady of Lourdes, strength of the weak; Pray for us.
Our Lady of Lourdes, refuge of sinners; Pray for us.
Our Lady of Lourdes, comforter of the suffering; Pray for us.
Our Lady of Lourdes, help of the dying; Pray for us.

Queen of heaven; Pray for us.
Queen of peace; Pray for us.

Lamb of God, you take away the sins of the world; Spare us O Lord.
Lamb of God, you take away the sins of the world; Graciously hear us, O Lord.
Lamb of God, you take away the sins of the world; Have mercy on us.

Christ hear us; Christ graciously hear us.

Let us pray:

Grant us, your servants, we pray you, Lord God, to enjoy perpetual health of mind and body. By the glorious intercession of Blessed Mary ever Virgin, may we be delivered from present sorrows, and enjoy everlasting happiness. Through Christ our Lord. Amen.

THE STATIONS OF THE CROSS

The object of the Stations is to help the faithful to make a spiritual pilgrimage of prayer to the chief scenes of Christ's sufferings and death, according to the tradition of the Church and this has become one of the most popular Catholic devotions.

The **Stations** themselves are usually a series of 14 pictures or sculptures depicting the following scenes:

1. Jesus is condemned to death.
2. Jesus receives the cross.
3. The first fall.
4. Jesus meets his mother.
5. Simon of Cyrene carries the cross.
6. Veronica wipes Jesus' face with her veil.
7. The second fall.
8. Jesus meets the women of Jerusalem.
9. The third fall.
10. Jesus is stripped of his garments.
11. Crucifixion: Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus' body removed from the cross (Pieta).
14. Jesus is laid in the tomb