



**Our Lady and St. Hubert's R.C.
Primary School**

**Prayer Policy
2018-9.**

Prayer Policy for St. Hubert's R.C. School

"Prayer is the raising of one's heart and mind to God." (St. John Damascene)

Prayer plays a central part in reaffirming our Mission statement, particularly the phrase "God is with us in all we do". Prayer has an important role in expressing and fostering faith and is the means by which we encounter God and develop a relationship with Him. Our relationship with God is both personal and communal, therefore prayer unites us as members of the Family of God and the Communion of Saints. Therefore, at St. Hubert's we need to instil in the children in our care the habit of daily prayer and act as role models of prayer for the children. We also need to give them the skills and the opportunities to be involved in planning and preparing prayer.

Each school day should begin and end with communal prayer, either in the classroom, in assembly or Mass. Other times of the day should also be set aside for prayer, e.g. before and after lunch, before, during or at the conclusion of R.E. lessons.

A focal area of each classroom should be the class Prayer Corner or Table; this should contain a Bible, crucifix, liturgical drape of the corresponding colour to the liturgical season, and other artefacts which act as a stimulus or focus for prayer.

Children should be encouraged and helped to discover and use a variety of forms of prayer, formal and informal, private and communal and in a variety of settings. Prayer should take place in an atmosphere of peace and should reflect respect for God and each other.

The R.E. Scheme of work provides many opportunities for prayer and contains objectives concerned with the teaching of prayer. At all stage the children should be taught the meanings of traditional prayers that they learn. They should understand that prayer is communication with God.

Types of prayer

The Church identifies five forms of prayer which are detailed below. Note that within these prayer forms we can offer the children experience of saying traditional prayers known by the Church throughout the world, prayer through the singing of hymns both traditional and contemporary and the opportunity to pray to God in our own words. We can use the words of Scripture and visual images such as statues, sculptures, paintings and photographs to stimulate prayer and background music to enhance it.

Thanksgiving: these prayers give thanks and praise to God for what he has done for us and the gifts he has given us. Our most important prayer of thanks is expressed through our celebration of the Eucharist which is why it needs to remain central to the life of prayer of the school. The Psalms, amongst other themes, express thanks to God for creation and for salvation.

The Eucharist, Grace after Meals, Morning and Evening Prayer, Harvest Prayers, The Gloria, Examine, Litany of Thanks e.g. 'For our friends at school' 'Lord, we thank you.', hymns such as 'Thank you Lord for this fine day', Notes on newsletters giving God thanks

Blessing: "The prayer of blessing is man's response to God's gifts" (Catechism). God has already blessed us with many gifts so we in turn bless him as the Almighty and ask him to bless us. Whilst it is only the bishop, priest or the deacon who can act in Christ's place to bestow a blessing, anyone can call upon God to request a blessing. 'God bless you' is the shortest form of blessing. Blessings are also accompanied with gesture most frequently with marking the Sign of the Cross either on oneself, another or an object, such as the Gospel reading. The sprinkling of Holy Water is also a ritual gesture we use to sanctify and make holy people or objects.

Grace before meals, Holy Water Stoups, Blessing at Service of Commitment, Epiphany (Blessing of the Classrooms), Feast of the Presentation (Blessing of the Candles), Feast of St. Blaize (Blessing of the throats)

Adoration: Prayers of adoration are ones which acknowledge the greatness of God as Creator and Saviour and which recognise our dependence upon him. There is very much an emphasis upon silence as a prayer of adoration.

Adoration before the Blessed Sacrament, Benediction, Corpus Christi Procession, Stations of the Cross, Veneration of the Cross, many hymns as forms of adoration of God, Parish Day of Prayer (from the Vocations Service)

Intercession: prayers of intercession focus upon praying for the needs of others and not our own intentions. Such prayers also call upon Jesus, Our Lady and the Communion of Saints to intercede for us.

Prayer of the Faithful, Prayers for Priests, the sick, those who have died etc., Notes on newsletter asking people to pray for others, Prayer boxes/books/boards, picking someone from the class to pray for, Prayers to Class Saints/Patrons of the school, parish and Archdiocese, lighting of votive candles, Novenas, Litanies

Petition: prayers of petition are ones in which we ask God for the things we need. The Catechism instructs us to begin by first asking God for His forgiveness which thus prepares us for prayer. Our prayers of petition should then focus upon "the coming of the Kingdom" and "for what is necessary to welcome it and co-operate with its coming."

The Our Father, The Confiteor, Act of Contrition, Lamb of God, JOY: Jesus first, others next, yourself last

- Benediction and Adoration of the Blessed Sacrament
- Stations of the Cross – during Lent
- Parish Day of Prayer

Planning

The school has set formats for prayer and Collective Worship sessions. There is also space on the weekly planning sheet for RE for Prayer in the Classroom and links to People of God. On this, teachers should indicate what prayer opportunities are taking place. The prayer element will sometimes relate directly to the content of the unit e.g. Lent Unit = sorry prayers. When this is not so it should be related to the Liturgical Year (e.g. In Y1 in October children will be following the Creation unit but their prayer focus would be on the Rosary) or to an aspect of prayer which needs developing (e.g. using Mass responses in prayer such as the Creed).

Progression in prayer:

Prayer is a discrete strand should not be levelled or assessed. However, there should be a progression in experiences children are offered and their ability to engage with these as follows:

1	Reflect quietly
2	Participate in periods of reflection in response to a given stimulus
3	Show understanding of the importance of stillness and quiet during times of reflection and prayer
4	Demonstrate an appreciation of the elements needed for reflection and contemplation or prayer (places, time, foci, stimuli)
5	Explore how different situations are conducive to reflection and contemplation or prayer

Prayers which should be known and used

A full, comprehensive and detailed list of our traditional prayers per year group, resources for the prayers, supplementary guidance and explanations on each prayer can be found here on our Office 365 platform:

<https://sthuberts.sharepoint.com/Shared%20Documents/Forms/AllItems.aspx?viewpath=%2FShared%20Documents%2FForms%2FAllItems%2Easpx&id=%2FShared%20Documents%2FReligious%20Education%20Chloe%20Gibbs%2FTraditional%20Prayers>

Responses and prayers from the Mass have not been included (other than the Confiteor) and will also need to be developed.

Core prayers which should be known and used	Usage
<p>Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.</p>	<p>This prayer is most often used to enter in to prayer and to demarcate the end of prayer. In the words and actions we acknowledge God in three persons of the Trinity. Foundation teachers may need to mirror the actions in order to help the children make it correctly.</p>
<p>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.</p>	<p>This prayer is also known as the Lord's prayer as the words were used by Jesus when his disciples asked how they should pray. In this prayer we ask for God's kingdom to come, not to be put to the test in case we fail and we ask for forgiveness. This prayer should form part of prayer on a regular and frequent basis. Sung versions can also be used.</p>
<p>Hail Mary Hail Mary, full of grace, the Lord is with thee: blessed art thou amongst 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.</p>	<p>This prayer is based on the words of Elizabeth, Mary's cousin, who is the first to acknowledge Mary's role in God's plan. In this prayer we ask Mary to pray for us/intercede for us both in the present moment and at the moment of our death. This is a prayer that should be used very regularly. Note that it forms the basis of other Marian prayers : The Rosary and the Angelus Hail Mary Some of the phrases in this Marian prayer are associated with the Solemnity of the Immaculate Conception. These are 'full of grace', 'the Lord is with you', 'Blessed are you among women.' the phrase 'Holy Mary Mother of God' emphasises this aspect of our belief in Mary's place in the Church.</p>
<p>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.</p>	<p>This is a prayer of thanks we should be used daily. Some schools pray it in the classroom before dinner and others pray it in the dining hall.</p>
<p>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.</p>	<p>This is a prayer of thanks we should be used daily. Some schools pray it in the classroom after dinner and others pray it in the dining hall.</p>
<p>Morning Prayer Father in heaven, you love me,</p>	<p>The school day always starts with prayer. We need to acknowledge God's presence in our lives. In this prayer we are</p>

<p>you are with me night and day. I want to love you always in all I do and say. I'll try to please you, Father, bless me through the day. Amen.</p>	<p>offering all that we say and do to God.</p>
<p>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.</p>	<p>The school day always finishes with prayer. We thank God for the day and we ask for him to continue to watch over us.</p>
<p>School prayer Bless our school, O Lord, Help us to make it a happy and peaceful place for all, Help us to make it a school full of love: love of one another, love of life and love of God. Let us remember that as we live, work, learn and grow together, You are with us in all we do. Amen</p>	