

### Hail Holy Queen (Salve Regina)

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 valley 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.



### The Angelus

The Angel of the Lord declared to Mary:  
**and she conceived of the Holy Spirit.**  
Hail Mary... **Holy Mary...**  
Behold the handmaid of the Lord:  
**be it done to me according to your word.**  
Hail Mary... **Holy Mary...**  
And the Word was made flesh:  
**and dwelt among us.**  
Hail Mary... **Holy Mary...**  
Pray for us, O holy Mother of God:  
**that we may be made worthy of the promises of Christ.**  
Let us pray:  
**Pour forth, we beseech you, O Lord, your grace into our  
hearts, that we to whom the incarnation of Christ, your Son,  
was made known by the message of an angel, may be brought  
by his passion and cross to the glory of his resurrection,  
through Christ our Lord.**  
Amen.



# My prayer

## Booklet

(Year 6)



### Prayer to the Holy Spirit

O Come, Holy Spirit,  
fill the hearts of your faithful,  
and kindle 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.  
O God, who has taught the hearts of the faithful by  
the light of the Holy Spirit,  
grant that by the gift of that same Spirit  
we may be always truly wise  
and ever rejoice in his consolation. Amen.



### The Examen

*At the end of your day, find a comfortable place, and remind yourself that God is there with you. Now look back over your day.*

- What made you happy today? Did you say or do anything that made you feel good? Was there something that you really enjoyed? Whatever made you feel happy today, thank God for those things.

- Did anything make you sad today? Maybe there is something you want to say sorry for? Whatever made you feel sad or unhappy today, remember that you are precious to God and that nothing ever changes that.

- Now think about your day tomorrow. Is there anything you would like to ask God to help you with, or anything you are worried about, or anything that you need? Talk to God about it now and ask God to be with you through your day.

### The Nicene 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,  
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.