



## THOMAS MORE CATHOLIC SCHOOL

### SPIRITUAL LIFE OF THE SCHOOL

Throughout their time in Thomas More Catholic School all members of our community are offered a variety of opportunities for reflection and spiritual development. We appreciate that many members of staff are not familiar with Catholic liturgy and practice and there is plenty of support at hand for this.

Any colleague will assist.

Essential information about prayers and assemblies is listed below.

#### **Assembly Cycle:**

- Please note that assembly takes place in the Main Hall, and Pritchard Hall (except for times when public examinations are taking place) at 8.20 each day for different Year Groups.
- Classroom prayers should be said at the start and end of each day in class.

**Monday:** Tutor Time  
Classroom Prayers

**Tuesday:** Year 8 and Year 10 Assembly  
Classroom Prayers

**Wednesday:** Year 7 and Year 9 Assembly  
Classroom Prayers

**Wednesday:** Year 12/13 Assembly in Pritchard Hall

**Thursday:** Year 11 and Years 12/13 Assembly  
Classroom Prayers

**Friday:** Tutor Time  
Classroom Prayers

Assemblies form an important part of the prayer life of our school. Assemblies are important in that the values and ethos of Thomas More Catholic School are conveyed at this time through our prayer, reflection and by being community.

Assemblies are taken by members of SLT, Year Leader, Form Tutor, students or other member of staff; a theme is suggested for each week.

On the days when there is no formal assembly all students should begin the day with a short time of prayer. Every member of staff will be provided with a booklet which contains prayers and ideas.

**A prayer should be said at the beginning and end of the day.**



## Thomas More Catholic School Prayers

All prayer times at Thomas More Catholic School should begin with the 'Sign of the Cross'

**The most common prayers said at Thomas More Catholic School are:**

### ***Morning Prayer***

O God as we make our morning prayer  
we offer this day to you,  
that all we think and say and do  
may be good in your sight  
that we may grow in love of you and of all people  
that we may have the strength to bear the hard things  
and reject what is not for our good .  
be with us through the day to keep us safe  
Amen

### ***Evening Prayer***

Dear Father in Heaven  
we thank you for your care today  
guide us safely home  
and help us end the day  
at peace with ourselves  
and in harmony with our families and friends  
we make our prayer through our Lord  
Amen

### ***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

### ***Our Father***

Our Father who art in Heaven, hallowed by 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/sins as we forgive those who trespass/sin against us and lead us not into temptation, but deliver us from evil. Amen