



Five ways to join us...

in the First Friday Prayer Chain

Every hour, between 6am to 6pm, a member of the Our Lady Immaculate Catholic Academies Trust community (@olicatschools) will pray. After each hour we pass the prayer baton on.

Join us as we pray.

As February is the month of The Holy Family, the children in school will be focusing their prayer on the Holy Family of Jesus, Mary and Joseph. Pope Francis tells us that they serve as a model 'in which all families of the world can find their sure point of reference and sure inspiration.'

Here are five ways that you too could join St Gregory's Catholic Primary School in prayer today, Friday 5th February, between 10am and 11am:

1. **Saint Joseph** – Did you know Pope Francis keeps a statue of the sleeping Saint Joseph on his desk? When he encounters a problem or a difficulty, Pope Francis writes it down and places the paper underneath the statue to tell Saint Joseph to pray for the problem.

'Even when Saint Joseph sleeps, he is taking care of the Church!'

2. **Mary Untier of Knots** – Sometimes we can find situations difficult, feel confused and, perhaps, feel knotted up inside. We can ask Mary to intercede for us, to ask for her help, in use surrendering the situation to God. What would you like to have fixed in your life? Tie a knot in a piece of string or ribbon and hold it in your hand as you ask Mary for her intercession in praying to God for a resolution.
3. **The Holy Family** – Living in a loving manner can be really tricky all the time in family life! Take a look at some images of The Holy Family. What do you notice? How does this family show God's love to one another?
4. **Our own family** – All families are called to be holy, each in their own way, our family at home and our school family. At St Gregory's, we 'Walk Together in the Light of the Lord' sharing the light of Christ as we journey towards sainthood. How will you show love to your family members at home?
5. **Light a candle** *(with an adult's permission and help!)* – We know that Jesus is the light of the world. Make the Sign of the Cross and pray this prayer:

Loving God,

We ask for your blessing on all families.

Let Mary's openness to your wondrous ways be an inspiration to place all trust in you.

Let Joseph's courage provide hope during times of anxiety and uncertainty.

Let Jesus' life ignite all families with a spirit of light and love.

May the grace that encircled the Holy Family widen to embrace all families.

For this we pray.

Amen.

We would love to hear about how you are joining us in prayer today. Send your photographs, by email, to the School Office:

office@sgcps.org

**OUR LADY
IMMACULATE**
CATHOLIC ACADEMIES TRUST