

Prayers to Begin and End Our Celebration of

The Lord's Day

*The Weekly Saturday and Sunday
Supper-time Prayers of St. Therese Institute*

Adapted for use at St. Therese Institute from traditional
"Lord's Day Celebration" used by many Christian communities.



Brothers and sisters, this is the Lord's Day;
Let us welcome it in joy and in peace.



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Text: adapted by Jim Anderson; Layout: James Riley

Cover photo: "Sunset over White Rock Mountains (but they look black now)"

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Welcoming the Lord's Day

Saturday Evening Meal Prayer at St. Therese

This prayer is prayed at St. Therese Institute of Faith and Mission before the Saturday evening meal as a means of welcoming the community into the rest of the Lord's Day with joy and thanksgiving.

Welcome

Leader: In the Name of the Father and of the Son and of the Holy Spirit.

All: Amen.

Leader: "This is the day that the Lord has made!

All: *Let us rejoice and be glad in it!" (Psalm 118:24)*

Lighting of the Lord's Day Candle

Assistant: "In the beginning was the Word, and the Word was with God, and the Word was God.

All: *"All things were made through him, and without him was not anything made that was made.*

Assistant: "In him was life, and the life was the light of men.

All: *"The light shines in the darkness, and the darkness has not overcome it" (John 1:1, 3-5).*

Assistant: Heavenly Father, in honor of Your Son, light of the world and author of life, we prepare to kindle this light in welcome of the Lord's Day. On this day You raised Your Son Jesus from the dead and began the new creation. May our celebration of His resurrection this day be filled with Your peace and heavenly blessing. Be gracious to us and cause Your Holy Spirit to dwell more richly among us. Continue Your loving kindness toward us. Make us worthy to walk in the way of Your Son, loyal to Your teaching, and unwavering in love and service. Keep far from us all anxiety, darkness, and gloom, and grant that peace, light, and joy ever abide among us; for in You is the fountain of life, in Your light do we see light.

All: Amen.

Assistant: [*Lights a candle on one side, and prays:*] Father of Mercies, we kindle this light in joyful thanksgiving for the week that has past.

All: *In Your light do we see light.*

Assistant: [*Lights a candle on the other side, and prays:*] Father of Hope, we kindle this light in joyful trust for the week that is to come.

All: *In Your light do we see light.*

Assistant: [*Lights the Lord's Day candle in the centre, and prays:*] Father of Peace, we kindle this light in joyful humility as Your children, You who created light on the first day, and raised Your Son, the Light of the World, to begin the new creation.

All: *In Your light do we see light.*

The Word of the Lord

Leader: Let us be attentive to the Word of the Lord.

Reader: [*Reads the Gospel for Sunday and offers reflection on the Gospel reading*]

The Blessing before the Meal

Leader: Brothers and sisters, this is the Lord's Day;

All: *Let us welcome it in joy and in peace.*

Leader: Today we set aside the concerns of the week past and of the week to come that we may honor the Lord, celebrate his resurrection, and enter into his rest. Today we cease from our work in order to worship God and remember the eternal life to which he has called us.

All: *The Lord himself is with us to refresh and strengthen us.*

Leader: Let us welcome God among us and give him glory.

All: *Let us love one another in Christ.*

Leader: May the Holy Spirit be with us, to deepen our devotion to the Lord and to increase our zeal for the way of life he has given us. Let us pray:

All: *Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord. Amen*

The Blessing after the Meal

Leader: In the Name of the Father and of the Son and of the Holy Spirit.

All: *Amen.*

Leader: We give You thanks, Almighty God,

All: *for all Your blessings, You who lives forever and ever.*

Leader: May the souls of the faithful departed

All: *through the mercy of God, rest in peace. Amen.*

Leader: This is the day that the Lord has made!

All: *Let us rejoice and be glad in it!*

Leader: In the Name of the Father and of the Son and of the Holy Spirit.

All: *Amen*

Pope St. John Paul II teaches: "Sunday is the day of joy in a very special way, indeed the day most suitable for learning how to rejoice and to rediscover the true nature and deep roots of joy" (Dies Domini, 57). The Lord's Day is concluded with a thanksgiving prayer at the Sunday evening meal.

"The Lord's Day—as Sunday was called from Apostolic times—has always been accorded special attention in the history of the Church because of its close connection with the very core of the Christian mystery. In fact, in the weekly reckoning of time Sunday recalls the day of Christ's Resurrection. It is Easter which returns week by week, celebrating Christ's victory over sin and death, the fulfillment in him of the first creation and the dawn of "the new creation" (cf. 2 Cor 5:17). It is the day which recalls in grateful adoration the world's first day and looks forward in active hope to "the last day", when Christ will come in glory (cf. Acts 1:11; 1 Th 4:13-17) and all things will be made new (cf. Rev 21:5)... It is an invitation to relive in some way the experience of the two disciples of Emmaus, who felt their hearts 'burn within them' as the Risen One walked with them on the road, explaining the Scriptures and revealing himself in 'the breaking of the bread' (cf. Lk 24:32,35)...."

(St. John Paul II, Dies Domini, 1)

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Thanksgiving for the Lord's Day

Sunday Evening Meal Prayer

This prayer is prayed at St. Therese Institute of Faith and Mission after the Sunday evening meal in thanksgiving for the Lord's Day.

The Blessing before the Meal

(Same prayer as used on Saturday; see page 2)

The Blessing after the Meal

Leader: In the Name of the Father and of the Son and of the Holy Spirit.

All: *Amen.*

Leader: We give You thanks, Almighty God,

All: *for all Your blessings, You who lives forever and ever.*

Leader: May the souls of the faithful departed

All: *through the mercy of God, rest in peace. Amen.*

Leader: This is the day that the Lord has made!

All: *Let us rejoice and be glad in it!*

Leader: Our God, we thank You for the joy and rest of this day;

All: *May we yearn for the coming of Your kingdom!*

Leader: Lord, by Your cross and Resurrection

All: *You have set us free, You are the Saviour of the World.*

Leader: In the Name of the Father and of the Son and of the Holy Spirit.

All: *Amen.*



Our God, we thank You for the joy and rest of this day;
May we yearn for the coming of Your kingdom!





This is the day that the Lord has made!
Let us rejoice and be glad in it!
(Psalm 118:24)



ST. THERESE 
INSTITUTE OF FAITH AND MISSION

PO Box 310/650 Ursuline Ave. Bruno, SK, S0K 0S0
(306) 369-2555 office@StTherese.ca
www.StTherese.ca