

## What is the Cycle of Prayer?

In the Cycle of Prayer, the liturgical year has been divided into six periods, as shown in the chart overleaf. Please pray for the intentions stated in the Cycle, not only on a particular day, and not only at Mass, but throughout the current period, especially in your own private prayers. Praying for those intentions will, it is hoped, become an important part of our daily prayer as Christian communities.

### The Sunday

#### 'Prayer of the Faithful'

When a day of special prayer occurs on a Sunday, this will be announced at Mass and a suitable petition will be included in the Prayer of the Faithful. But Sunday Mass, which is the weekly celebration of the Lord's Day, should not be unduly overshadowed by the days of Special Prayer.

## Other Forms of Prayer and Action

There are other ways in which we can, often more suitably, pray together for these intentions.

Weekday Masses can be offered for them — there are many Masses for Various Needs which can be chosen from the Missal. Other prayer services for these intentions can be held in the parish. For example,

- a Vigil Service would be a fitting way to pray for peace.
- Evening Prayer of the Church, a Liturgy of the Word,
- a Holy Hour,
- a procession with litanies,
- or Exposition of the Blessed Sacrament

are also very suitable ways of coming together to pray for these special intentions.

In addition to personal and community prayer, it is hoped that there will be active and practical support for some of these causes; for example, world peace, Christian unity, evangelisation, the sick, and the welfare of prisoners and their families.

The leaflet is one of a series of resources produced to support the Cycle of Prayer. They can be downloaded from [www.liturgyoffice.org.uk/Calendar/Cycle](http://www.liturgyoffice.org.uk/Calendar/Cycle)

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**Liturgy  
Office**  
ENGLAND  
& WALES

BISHOPS' CONFERENCE OF  
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# Introduction

*Because the joy and hope, the struggle and anguish of the people of this age and especially of the poor and those suffering in any way are the joy and hope, the struggle and anguish of Christ's disciples, the Church prays not just for its own needs but for the salvation of the world.*



# The Cycle of Prayer

ADVENT/CHRISTMAS

Openness to the Word of God

*especially on Bible Sunday  
(Second Sunday in Advent)*

Migrants and Refugees

*especially on Migrants' Day (3 December)*

Expectant Mothers

*especially on Fourth Sunday in Advent*

ORDINARY TIME: WINTER

Peace On Earth

*especially on the Day of Prayer for Peace  
(2nd Sunday in Ordinary Time) and especially on  
Racial Justice Day*

Christian Unity

*especially during the Octave of Prayer for Christian  
Unity (18–25 January)*

Victims of Human Trafficking

*especially on feast of St Josephine Bakhita (8  
February)*

The Sick

and Those Who Care for Them

*especially on the World Day for the Sick  
(11 February)*

The Unemployed

*especially on the Sunday before the First Sunday  
of Lent*

LENT

Candidates for the Sacraments

*especially on the Sundays of Lent*

The Needy and Hungry

of the World

*especially on Lent Fast Day  
(Friday of the first week in Lent)*

Women's World Day of Prayer

*(first Friday in March)*

Penitents and Wanderers

EASTER

New Members of the Church

Vocations

*especially on the World Day of Prayer for Voca-  
tions (Fourth Sunday of Easter)*

Human Work

*especially on St Joseph the Worker (1 May)*

The Right Use of the Media

*especially on World Communications Day  
(Ascension of the Lord)*

The Church

*especially Pentecost*

ORDINARY TIME: SUMMER

A Deeper Understanding  
between Christians and Jews

Those Who Suffer Persecution,  
Oppression

and Denial of Human Rights

*especially on St John Fisher and St Thomas More  
(22 June)*

Europe

*especially of the feasts of St Benedict (11 July), St  
Bridget of Sweden (23 July), St Teresa Benedicta  
of the Cross (9 August) who with St Cyril and  
St Methodius (14 February), and St Catherine of  
Siena (29 April) are Patrons of Europe*

Seafarers

*especially in Sea Sunday (2nd Sunday in July)*

Human Life

*especially on Day for Life (last Sunday in July)*

ORDINARY TIME: AUTUMN

The Harvest,  
the Fruits of Human Work,  
and the Reverent Use of Creation  
*especially on World Day of Prayer for the Care  
of Creation (1 September) and on last Sunday in  
September or whenever Harvest Festivals are held*

Students and Teachers

*especially on the Education Day (Second Sunday  
in September)*

The Spread of the Gospel

*especially on Home Mission Day (third Sunday  
in September) & on World Mission Day (penulti-  
mate Sunday in October)*

Justice and Peace in the World

*especially on Harvest Fast Day  
(First Friday in October)*

All Victims of War

*especially on Remembrance Sunday  
(Second Sunday in November)*

Prisoners and their Families

*especially during Prisons Week  
(second week in October)  
and on the Day of Prayer for Prisoners and their  
Dependants (second Sunday in October)*

Young People

*especially on Youth Day (Christ the King)*

