

**6:00 A.M**

Holy Mass – Pray for the Cathedral Parish in all its dimensions

**7:00 A.M**

Mid-morning Prayer - Pray for the Nation - Head of State, Prime Minister, Leader of Opposition, Parliamentarians, Cabinet, Public servants & people

**8:00 A.M**

Pray for Security – Police force, Judiciary

**9:00 A.M**

Pray for families – Marriages, faithfulness, children

**10:00 A.M**

Pray for women in all walks of life, for those who fight for causes of deprived persons, those in abusive relationships

**11:00 A.M**

Pray for men - for a new understanding of power and control, for those who are abusers and those who are abused.

**12:00 NOON** Mid-day Prayer - For vocations to the Sacred Priesthood. Thank God for the Incarnation, for His appeal to human kind to share the work of salvation, for the role of families

**1:00 P.M**

Pray for the Vincentian Diaspora, O.E.C.S, CARICOM, the United Nations and all other world Organizations.

**2:00 P.M**

Pray for a right use of the world's resources; pray that they may be used to alleviate poverty and suffering

**3:00 P.M**

Mid-afternoon Prayer –  
For places of learning

**4:00 P.M**

Pray for a balance between  
work, rest and refreshment,  
pray for workers, pray for  
unions, ministries of labor,  
for the dignity of work

**5:00 P.M**

Pray for the church, its  
work of reconciliation,  
especially our Diocese and  
the Church in the Province  
of the West Indies.

**6:00 P.M**

Evening Prayer  
Pray for Health – Healing  
and cure, medical  
institutions & personnel

**7:00 P.M**

Co-operation and  
Partnership for Spiritual  
Development

**8:00 P.M**

Pray that people come to  
the Father through Jesus  
Christ, His Son.

**9:00 P.M**

Pray that people get  
connected to Jesus, who is  
the only way to God and the  
only way to be saved.

**10:00 P.M**

Pray that People find  
freedom through Jesus  
Christ, the Saviour.

**11:00 P.M**

Pray that people trust Jesus  
who alone can release them  
from bondage to sin.

**12:00 MID NIGHT**

Holy Mass  
Vocation to the Holy  
Priesthood

**1:00 A.M**

Pray for your friends who  
don't know Jesus yet.

**2:00 A.M**

Pray for the poor, homeless  
and marginalized

**3:00 A.M**

Pray for the Cathedral  
Church that God would  
give us opportunities to lead  
people to faith in Jesus  
Christ.

**4:00 A.M**

Pray that the fruits of the  
Spirit may be made  
manifest

**5:00 A.M**

Pray for an unleashing of  
the **Holy Spirit** among us.

**6:00 A.M**

Morning Prayer

***An ongoing exercise:***

*Write down the names of five persons  
who don't attend church and pray for  
them every day.*