

## If you are lonely whilst self-isolating

Please do call one another on the telephone- each member of the church should bring comfort to one another.

If we can help in anyway, please call the Church Office on (01252) 705164

You can call the Samaritans free on 116 123  
You can call Silverline (aged 55+) on 0800 470 8090 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.

You can, of course, call Revd Hannah on 01252 705941 or Revd Delia on 01252 702217. Do leave an answerphone message if she is unavailable to take your call and she will get back to you asap.

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**Parishes of Elstead,  
Thursley, Shackleford and Peper Harow**

# PRAYING IN A PANDEMIC

Prayer resources for those who are unable to meet together



During this third national lockdown, many cathedrals and parish churches are now closed for public worship while others are offering a reduced pattern of services or service online. In these difficult days, I want to reassure you that you are in our thoughts and prayers. I long for a time when we can worship together safely. In the meantime, the Archbishops have asked us to pray and they are encouraging everyone who is feeling “scared, or lost or isolated to cast their fears on God.” Starting on 1 February we, along with the Archbishops, invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love.

I hope this resource will be useful to you as we pray together for each other, our community, our nation and the world.

Hannah

### **For extraordinary use when you are unable to attend the communion**

My Jesus, I believe that you are present in the Blessed Sacrament, I love you above all things and I desire you in my soul. Since I cannot receive you now sacramentally, come at least spiritually into my soul. As though you were already there I embrace you and unite myself wholly to you; permit not that I should ever be separated from you. Amen

### **Television programmes**

Songs of Praise Sundays at 1:15pm on BBC 1

Prayer on TV, Radio and the internet

### **Radio programmes**

Prayer for the Day daily at 5:43am on Radio 4  
Sunday Worship Sundays at 8:10am on Radio 4  
Daily Service Monday to Friday at 9:45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

Lent Talks Wednesdays at 8.45pm on Radio 4

Choral evensong - Wednesdays at 3:30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

### **A few internet resources**

Keep up to date with benefice news at <https://parishesofetsph.org.uk/> and <https://www.youtube.com/channel/UC4f9VwGYIzNyd90CDjtF8eQ>  
Church of England daily prayer <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>  
Audio daily prayer <https://pray-as-you-go.org>  
<https://www.24-7prayer.com>

**Grace before a meal:**

Bless, O Lord, this food for our use and us in your service and keep us ever mindful of the needs of others; for Christ's sake. Amen

*Traditional*

**Prayers of penitence and contrition:**

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen

*Common Worship*

Lord Jesus Christ, Son of God, have mercy on me, a sinner. [Repeat x3]

*The Jesus Prayer*

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen.

*Book of Common Prayer*

Holy God,  
Holy and mighty,  
Holy and immortal:  
Have mercy on us.

*The Trisagion*

**Prayers before worship:**

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen.

*St. Anselm*

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

*Book of Common Prayer*

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## How to find a Bible reading

Check the index in your bible to find out if it numbers all the pages consecutively, or starts again for the New Testament.

Look at the name of the book that you need to find  
Numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text often raised above the line of the text to stop them interrupting the flow of reading. Once you've found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book = 1st book of Samuel (in the Old Testament)

Chapter = 16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book = 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a, 36-41

Book = Acts of the Apostles (in the New Testament)

## Various prayers

### Prayers on rising:

We give you hearty thanks for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks unto you; through Jesus Christ our Lord. Amen.

*Eastern Orthodox Prayer*

O Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly/sisterly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord.

*Based on the Rule of Taizé*

O God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

*Book of Common Prayer*

### Prayers before bed:

Visit this place, O Lord, we pray, and drive far from it all the snares of the enemy; may your holy angels dwell with us and guard us in peace, and may your blessing be always upon us; through Jesus Christ our Lord. Amen.

*Common Worship*

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, O Christ our Redeemer.

*after St. Augustine of Hippo*

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

*Lancelot Andrewes*

**Prayers of intercession and thanksgivings may be offered.**

**Silence may be kept.**

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.

**Amen.**

**The Lord's Prayer may be said.**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.

**Amen.**

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

Don't worry if you don't find exactly the right passage - St Paul assures us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

**A Reflective Service:**

**for prayer worship at home**

We come from scattered lives to meet with God.  
Let us recognise God's presence with us now.

**Keep a short silence, still your heart.**

As God's people we have gathered;  
Let us worship God now together,  
Across the miles yet joined

Let us pray.  
Come, Holy Spirit,  
fill the hearts of your faithful people,  
and kindle in us the fire of your love;  
through Jesus Christ our Lord,  
Amen.

In the light of Jesus, let us examine ourselves  
and confess our sins.

**Keep a short silence, leave your sins at the cross**

**Confession:**

Father, we have sinned against heaven and against you.  
We are not worthy to be called your children.  
We turn to you again, have mercy on us,  
bring us back to yourself as those who once were dead  
but now have life through Christ our Lord.  
Amen.

*Absolution:*

May the Father forgive us by the death of the Son,  
and strengthen us to live in the power of The Spirit  
all our days. Amen.

Find the bible readings for each day at the front of this booklet

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God,  
but made himself nothing. Taking the form of a slave,  
he was born in human likeness. He humbled himself  
and was obedient to death, even the death of the cross.  
Therefore, God has raised him on high,  
and given him the name above every name: that at the name of Jesus  
every knee should bow, and every voice proclaim  
that Jesus Christ is Lord, to the glory of God the Father.  
Amen.

*cf Philippians 2.6-11*

We intercede for others in the quiet of our hearts.  
Lord, meet us in the silence  
And hear our prayer.

Silence for prayer is kept:

*Pray for yourself ,that God would sit with you*  
*Pray for others in their loneliness*  
*Pray for our country*  
*Pray for the world*

Our Father, who art in heaven,  
hallowed be 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,

1. Come, bless the Lord, all you servants of the Lord, • you that by night stand in the house of the Lord.
2. Lift up your hands towards the sanctuary • and bless the Lord.  
The Lord who made heaven and earth • give you blessing out of Zion.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

***The following reading or another suitable passage is used:***

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.  
*Revelation 22.4,5*

***The following responsory may be said:***

Into your hands, O Lord, I commend my spirit.  
**Into your hands, O Lord, I commend my spirit.**  
For you have redeemed me, Lord God of truth.  
**I commend my spirit.**  
Glory to the Father and to the Son and to the Holy Spirit.  
**Into your hands, O Lord, I commend my spirit.**

***The Nunc dimittis (The Song of Simeon) is said or sung***

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

1. Now, Lord, you let your servant go in peace: your word has been fulfilled.
2. My own eyes have seen the salvation which you have prepared in the sight of every people;  
A light to reveal you to the nations and the glory of your people Israel.  
*Luke 2.29-32*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## An order for the office of Compline (Night Prayer)

The office of Compline (Night prayer) comes from an ancient practice of daily prayers by Christian monastic communities. It is a good way to end the day in quiet contemplation and reflection upon the past day before commending oneself to God and a peaceful night's sleep. The office should be said before going to bed in a quiet and calm way; a candle may be lit and you might like to sing a simple hymn. The Lord almighty grant us a quiet night and a perfect end.  
**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

**Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.  
Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

*The following or another suitable hymn may be said or sung.*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.  
From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.  
O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

*The following psalm may be used.*

as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

**Silence is kept**

Faithful God, may we who share in this time of worship  
Glory in the cross of our Lord Jesus Christ,  
Our salvation and hope, who reigns as Lord now and forever.

Fill us, Good Lord with your Spirit of love;  
And as you have fed us with your presence,  
so, make us one in heart and mind,  
In Jesus Christ our Lord.  
Amen.

Let us bless the Lord  
Thanks be to God.

“For God has said, ‘I will not leave you or forsake you’ so we can confidently say, ‘The Lord is my helper; I will not fear’.” (Hebrews 13:5-6)

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not be dismayed.” (Deuteronomy 31:8)

Please God, we ask that we can meet together in church again, soon.  
Amen

**Sunday 7 February 2021**

Proverbs 8:1. 22-31; Colossians 1:15-20; John 1:1-14

Almighty God,  
give us reverence for all creation  
and respect for every person,  
that we may mirror your likeness  
in Jesus Christ our Lord.

**Sunday 14 February 2021**

2 Kings 2:1-12; 2 Corinthians 4:3-6; Mark 9:2-9

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 21st February 2021**

Genesis 9. 8-17; 1 Peter 3. 18-end; Mark 1. 9-15

Almighty God, whose Son Jesus Christ fasted forty days in the Wilderness, and was tempted as we are, yet without sin; give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 28th February 2021**

Genesis 17.1-7, 15-16; Romans 4. 13-end; Mark 8.31-end

Almighty God, who showest to them that be in error the light of thy truth, to the intent that they may return into the way of righteousness; grant unto all them that are admitted into the Fellowship of Christ's religion, that they may eschew those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever.

**Sunday 7th March 2021**

Exodus 20.1-17; 1 Corinthians 1.18-25; John 2. 13-22

Almighty God, who most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.