

# RESOURCES FOR THOSE WHO CANNOT GET TO CHURCH

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## INTRODUCTION

This is a pack of resources for those who cannot get to church and who miss the company and spiritual support that church brings.

PLEASE KNOW THAT YOU ARE LOVED AND MISSED BY US.

We want to pray for and with you at this difficult time. Let us know if you need to talk to someone, telephone numbers and email addresses are below.

“All shall be well, all shall be  
well...For there is a Force of love  
moving through the universe  
That holds us fast  
and will never let us go.”

Julian of Norwich

## PRAYERS

### **A prayer about the Coronavirus outbreak**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your  
love in Christ Jesus our Lord. Amen.

### **For those in isolation**

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

### **For those who are worried/social cohesion**

Loving Jesus,  
you are compassionate to those in need  
and heal the sick in body and mind.  
Look kindly on those who are fearful at this time.  
Help us all to put away all thoughts and actions  
that separate us from you and from one another.  
Give us grace to live our lives confident in your  
promise that you are with us always. Amen.

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to care for the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake. Amen.

### **From one who is ill or isolated**

O God, help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me  
from your love revealed in Jesus Christ our Lord.  
Amen.

### **For those who are ill**

Merciful God,  
we entrust to your unfailing and tender care,  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. Amen.

### **For hospital staff and medical researchers**

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to  
health; through Jesus Christ our Lord. Amen.

### **Prayers for when you can't get to church**

Lord Jesus Christ,  
you said to your disciples, 'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care. Amen.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*From St Patrick's Breastplate*

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,  
I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and holy God.  
Praise to the Father, Praise to the Son,

Praise to the Spirit, The Three in One.  
*adapted from A. Carmichael, Carmina Gadelica (1900)*

Lord Jesus Christ,  
son of the living God,  
have mercy on me, a sinner.

*The 'Jesus Prayer'*

*After a time of prayer:*

Be with us, Lord, in all our prayers,  
and direct our way toward  
the attainment of salvation,  
that among the changes and chances  
of this mortal life,  
we may always be defended by your  
gracious help,  
through Jesus Christ our Lord. Amen.

*Main Volume: Endings for Intercession*

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord. Amen. *St Benedict*

Soul of Christ, sanctify me,  
body of Christ, save me,  
blood of Christ, inebriate me,  
water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me:  
hide me within your wounds  
and never let me be separated from you.  
From the wicked enemy defend me,  
in the hour of my death, call me  
and bid me come to you,  
so that with your saints I may praise you  
for ever and ever. Amen. *Anima Christi*

### **A prayer for when a (school) friend is ill**

Dear God, (*name of friend*) is ill.  
They are not allowed to go to school  
or come over to play.  
I'm sad because I miss them.  
They must be feeling miserable and lonely as well.  
Please be close to them.  
Please be with the people who are looking after  
them.

Please help them to get better and to know that  
you love them. Amen.

### **A prayer for the world**

God of love and hope,  
You made the world and care for all creation.  
But the world feels strange right now.  
The news is full of stories about Coronavirus.  
Many people are anxious because of it.  
Many people are anxious that they might get ill.  
Many people are anxious about their family and  
friends.

Be with them in their worries and help them to  
find some peace.

We pray for the doctors and nurses and scientists  
who are working to discover the right medicines  
to give hope to those who are ill.

Thank you that even in these strange and worrying  
times, you are with us.

Help us to look for the signs of your goodness  
and love towards us. Amen.

### **A prayer at bedtime**

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.  
Tonight we pray especially for (*names family or  
friends who are affected by Coronavirus*) and the  
people of (*country or place which is affected by  
Coronavirus*).  
Give skill and wisdom to all who are caring for  
them. Amen.

### **A prayer remembering God is with us**

Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I'm happy and when I'm  
sad.  
You are with me when I'm healthy and when I am  
ill.  
You are with me when I am peaceful and when I  
am anxious.  
Today I am feeling (*name how you are  
feeling*) because (*reasons you are feeling this way*).  
Help me to remember that you love me and are  
with me in everything today. Amen

## SHORT PASSAGES OF SCRIPTURE FOR READING AND CONTEMPLATION

- Psalm 27 *The Lord is my light and my salvation*
- Psalm 46 *Be still, and know that I am God.*
- Psalm 91 *He shall cover you with his wings*
- Psalm 139 *O Lord, you have searched me out and known me*
- Isaiah 43 (esp vv.1-7) *Do not fear, for I am with you*
- John 14 *Do not let your hearts be troubled*

## ONLINE RESOURCES

Below you will find some online resources that you might like to look at and possibly download or stream.

### Church of England Daily Prayer

<https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer/todays-prayer>

### Daily Reflections

#LiveLent daily reflections

Food for faith daily reflections

<https://us15.campaign-archive.com/?e=a87440d121&u=702403cd0d8afd5dedb4b2724&id=7ccb43fc4e>

### Online Services

Online streamed services can be found at <https://www.stmaryskenton.org/live-church-webcam/>

- [All Hallows by the Tower https://www.ahbtt.org.uk/live-stream/](https://www.ahbtt.org.uk/live-stream/)
- [Buckingham Parish Church https://www.bpchurch.uk/Groups/224904/Buckingham Parish Church/Whats On/Services/Live stream Services/Livestream Services.aspx](https://www.bpchurch.uk/Groups/224904/Buckingham%20Parish%20Church/Whats%20On/Services/Live%20stream%20Services/Livestream%20Services.aspx)
- [Canvey Islands Church https://thesundayservice.gallery.video/stnicholascanvey](https://thesundayservice.gallery.video/stnicholascanvey)
- [St James' Church, Clitheroe https://www.youtube.com/channel/UCI-G5lrRtm4g5h9yzVkogAw/videos](https://www.youtube.com/channel/UCI-G5lrRtm4g5h9yzVkogAw/videos)
- [Great St Mary's morning prayer on Facebook at 9am each morning](#)

### More Information from Church of England

[info@churchofengland.org](mailto:info@churchofengland.org)

## MORNING PRAYER IN LENT

Each day those who are Priests and Ministers in the Church of England will say our prayers. You can be assured that we are praying for you whether you are at home either because you need to stay away, or because you are ill.

It is helpful to know that the same prayers are being used across the whole nation. We invite you to join with us using this liturgy throughout Lent.

### Preparation

O Lord, open our lips

### **All and our mouth shall proclaim your praise.**

Hear our voice, O Lord, according to your faithful love,

### **All according to your judgement give us life.**

Blessed are you, God of compassion and mercy,  
to you be praise and glory for ever.

In the darkness of our sin, your light breaks forth like the  
dawn and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,  
sustain us with your bountiful Spirit  
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

### **All Blessed be God for ever.**

### **A Song of Penitence**

- 1 Have mercy on me, O God, in your great goodness; ♦  
according to the abundance of your compassion  
blot out my offences.
- 2 Wash me thoroughly from my wickedness ♦  
and cleanse me from my sin.
- 3 For I acknowledge my faults ♦  
and my sin is ever before me.
- 4 Against you only have I sinned ♦  
and done what is evil in your sight,
- 5 So that you are justified in your sentence ♦  
and righteous in your judgement.
- 6 Cast me not away from your presence ♦  
and take not your holy spirit from me.
- 7 Give me again the joy of your salvation ♦  
and sustain me with your gracious spirit;
- 8 Then shall I teach your ways to the wicked ♦  
and sinners shall return to you.
- 9 Deliver me from my guilt, O God,  
the God of my salvation, ♦  
and my tongue shall sing of your righteousness.

*Psalm 51.1-5, 12-15*

### **All 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 night has passed, and the day lies open before us;  
let us pray with one heart and mind.

### **Silence is kept.**

As we rejoice in the gift of this new day, so may the light of  
your presence, O God, set our hearts on fire with love for you;  
now and for ever.

### **All Amen.**

### **The Word of God**

#### **The appointed psalmody is said.**

#### **Or Psalm 121**

#### **Refrain: The Lord himself watches over you.**

- 1 lift up my eyes to the hills; ♦  
from where is my help to come?

1

- 2 My help comes from the Lord, ♦  
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble; ♦  
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel ♦  
shall neither slumber nor sleep.
- 5 The Lord himself watches over you; ♦  
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, ♦  
neither the moon by night.
- 7 The Lord shall keep you from all evil; ♦  
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out and your  
coming in, ♦  
from this time forth for evermore.

#### **Refrain: The Lord himself watches over you.**

*Lord, ever watchful and faithful, we look to you to be our defence and we lift our hearts to know your help; through Jesus Christ our Lord. Amen*

#### **All 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 first appointed Scripture readings for the day is read. Or this suggested alternative from Isaiah 35. 1-7 (NKJV)**

The wilderness and the wasteland shall be glad for them,

And the desert shall rejoice and blossom as the rose;

<sup>2</sup>It shall blossom abundantly and rejoice,

Even with joy and singing.

The glory of Lebanon shall be given to it,

The excellence of Carmel and Sharon.

They shall see the glory of the LORD,

The excellency of our God.

<sup>3</sup>Strengthen the weak hands,

And make firm the feeble knees.

<sup>4</sup>Say to those who are fearful-hearted, "Be strong, do not fear!"

Behold, your God will come with vengeance,

With the recompense of God;

He will come and save you."

<sup>5</sup>Then the eyes of the blind shall be opened,

And the ears of the deaf shall be unstopped.

<sup>6</sup>Then the lame shall leap like a deer,

And the tongue of the dumb sing.

For waters shall burst forth in the wilderness,

And streams in the desert.

<sup>7</sup>The parched ground shall become a pool,

And the thirsty land springs of water;

#### **Canticle The Song of Manasseh**

#### **Refrain: Full of compassion and mercy and love is God, the Most High, the Almighty.**

- 1 Lord almighty and God of our ancestors, ♦  
you who made heaven and earth in all their glory:
- 2 All things tremble with awe at your presence, ♦  
before your great and mighty power.

2

- 3 Immeasurable and unsearchable is your promised mercy, ♦  
for you are God, Most High.
- 4 You are full of compassion, long-suffering and very merciful ♦  
and you relent at human suffering.
- 5 O God, according to your great goodness, ♦  
you have promised forgiveness for repentance  
to those who have sinned against you.
- 6 The sins I have committed against you ♦  
are more in number than the sands of the sea.
- 7 I am not worthy to look up to the height of heaven, ♦  
because of the multitude of my iniquities.
- 8 And now I bend the knee of my heart before you, ♦  
imploring your kindness upon me.
- 9 I have sinned, O God, I have sinned, ♦  
and I acknowledge my transgressions.
- 10 Unworthy as I am, you will save me, ♦  
according to your great mercy.
- 11 For all the host of heaven sings your praise, ♦  
and your glory is for ever and ever.

*Manasseh 1a, 2, 4, 6, 7a, b, 9a, c, 11, 12, 14b, 15b*

**All 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.**

**All Full of compassion and mercy and love  
is God, the Most High, the Almighty.**

**The second reading for the day is read, or the following.  
Matthew 6 25-33**

<sup>25</sup>“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup>And can any of you by worrying add a single hour to your span of life? <sup>28</sup>And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not clothed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? <sup>31</sup>Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ <sup>32</sup>For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. <sup>33</sup>But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

**The responsory**

To you, O Lord, I lift up my soul;

**All O my God, in you I trust.**

You are the God of my salvation,

**All To you, O Lord, I lift up my soul.**

In you I hope all the day long.

**All O my God, in you I trust.**

Remember, Lord, your compassion and love,  
for they are from everlasting.

**All To you, O Lord, I lift up my soul;**

**O my God, in you I trust.**

*from Psalm 25*

**Gospel Canticle The Benedictus (The Song of Zechariah)**

**Refrain: Blessed are those who hunger and thirst for  
righteousness, for they shall be satisfied.**

- 1 Blessed be the Lord the God of Israel, ♦

- who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ♦  
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦  
to save us from our enemies,  
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦  
holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of  
death, ♦  
and to guide our feet into the way of peace.

*Luke 1.68-79*

**All 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.**

**Refrain: Blessed are those who hunger and thirst for  
righteousness, for they shall be satisfied.**

**Prayers for ourselves, our neighbours and the world**

**The Collect (Either for the day or this collect for healing)**

*Silence may be kept.*

Heavenly Father,  
you anointed your Son Jesus Christ  
with the Holy Spirit and with power  
to bring to us the blessings of your kingdom.  
Anoint your Church with the same Holy Spirit,  
that we who share in his suffering and victory  
may bear witness to the gospel of salvation;  
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.

**All Amen.**

**The Lord's Prayer**

Trusting in the compassion of God, let us pray with confidence as  
our Saviour has taught us

**All 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, 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.**

**The Conclusion**

May God our Redeemer show us compassion and love.

**All Amen.**

Let us bless the Lord.

**All Thanks be to God.**

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Official Common Worship apps, books and eBooks are available from Church House Publishing.

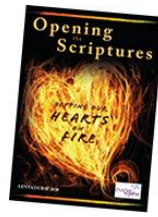


## THINGS TO DO IF YOU ARE BORED

### LENT COURSE REFLECTION

If you are in isolation but not feeling unwell and looking for something to reflect on you might like to explore the Lent Course material for this year.

<https://ctbi.org.uk/lent/>



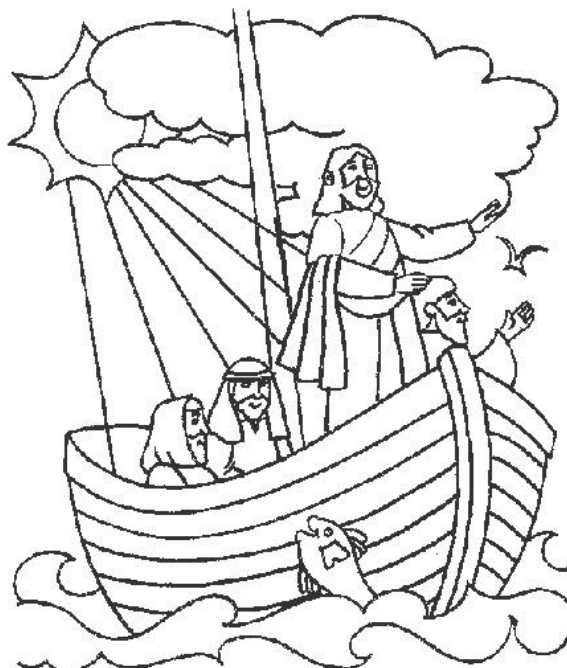
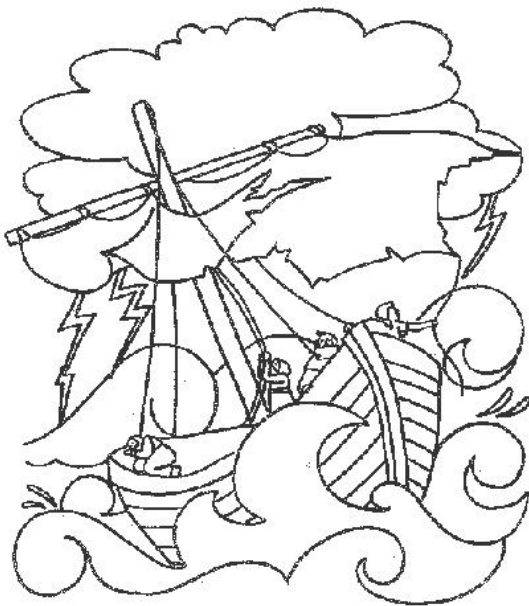
### Some heart-burning verses from the Bible from Session 1

Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, ...It burns like blazing fire, like a mighty flame. (Song of Songs 8.6)

When he [ Jesus] saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the lake. He intended to pass them by. But when they saw him walking on the lake, they thought it was a ghost and cried out; for they all saw him and were terrified. But immediately he spoke to them and said, 'Take heart, it is I (literally 'I am'); do not be afraid.' Then he got into the boat with them and the wind ceased. And they were utterly astounded. (Mark 6.48-51)

### COLOURING IN (Mark 4. 35-41)

Jesus calm the storm



## **PEOPLE TO TALK TO BY PHONE OR EMAIL**

Priest: The Revd Felicity Couch 01223 207212. [fcouch@btinternet.com](mailto:fcouch@btinternet.com)

Associate Priest: The Revd Dr Julie Norris 01223 871807. [revjulienorris@gmail.com](mailto:revjulienorris@gmail.com)

Licensed Lay Minister: Malcolm Barrett 01223 207522. [malcolm@armingford.plus.com](mailto:malcolm@armingford.plus.com)

Licensed Lay Minister: Amanda Tuck 01223 207068. [amanda.tuck@gmail.com](mailto:amanda.tuck@gmail.com)

### **Pastoral Visitors**

Malcolm Ralph 208939 or 07801-434603

Janice Horsford 207267

If you know that someone is needing pastoral support please let us know.