

Worship at Home



Photo taken by Judith Piggott

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To help you get to the sections you need faster!

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We find ourselves in strange times where we are unable to meet fully as a whole church community.



**“Stat Crux Dum Volvitur
Orbis”**

**The cross stands steady
as the world turns**

As the inscription says – the cross stands steady as the world turns. Whatever is happening in the world during these uncertain times, the one thing we can hold on to is the trust and promises we have in God through Jesus Christ.

Jesus is our hope and our Saviour. A hope that we can continually turn to day by day.

Praying at home on your own may be something that is new or unfamiliar to you. It may be something that you do not find easy. We hope that the services in this book will provide a structure along words that are familiar.

You can either follow it exactly how it is or if you prefer use it as a guide and allow the Holy Spirit to lead your prayers. The most important thing is to do what is comfortable for you!

Morning prayer is said at 9:00 am each day and compline at 8:30pm is lived streamed through Skye Denno's Account on Facebook

The Sunday reflective service is said at 10 am, the time when we would usually all meet together.

This Booklet will have the words for the three services, so wherever you are you can join in.

Even though we are apart we can still be together as one praying community.

Morning prayer

Find a comfortable place to pray.

Although we are apart, we come together to meet with God.

Let us recognise God's presence with us now.

Light a candle. Keep a short silence. Still your heart.

Blessed are you Sovereign God, creator of all,
to you be glory and praise for ever.
You founded the earth in the beginning
and the heavens are the work of your hands.
In the fullness of time you made us in your image,
and in these last days you have spoken to us
in your Son Jesus Christ, the Word made flesh.
As we rejoice in the gift of your presence among us
let the light of your love always shine in our hearts,
your Spirit ever renew our lives
and your praises ever be on our lips.
Blessed be God, Father, Son and Holy Spirit.
Amen.

The night has passed and the day lies open before us;
let us pray with one heart and mind.

A moment to think of others in our church community

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
forever.

Amen

Read the appointed Psalm for the day
(See other booklet for details of today's Psalm)

End the Psalm with the following words

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.

Read the Old Testament reading set for the day
(See other booklet for details of today's reading)

Come, let us go up to the mountain of God,
to the house of the God of Jacob;
That God may teach us his ways
and that we may walk in his paths.
For the law shall go out from Zion,
and the word of the Lord from Jerusalem.
God shall judge between the nations,
and shall mediate for many peoples.
They shall beat their swords into ploughshares,
and their spears into pruning hooks.
Nation shall not lift up sword against nation,
neither shall they learn war anymore.

O people of Jacob, come:
let us walk in the light of the Lord.
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.

Read the New Testament reading set for the day
(See other booklet for details of today's reading)

Blessed be the Lord the God of Israel,
who has come to his people and set them free.

He has raised up for us a mighty Saviour,
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,

To show mercy to our ancestors,
and to remember his holy covenant.

This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,

Free to worship him without fear,
holy and righteous in his sight
all the days of our life.

And you, child, shall be called the prophet of the Most
High,
for you will go before the Lord to prepare his way,

To give his people knowledge of salvation
by the forgiveness of all their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.

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.

Prayers of intercession are offered

- For today
- For the world
- For those that lead us
- For our parish and our church community
- For those who are sick
- For ourselves

The Collect

Almighty and everlasting God,
we thank you that you have brought us safely to the
beginning of this day.

Keep us from falling into sin
or running into danger,
order us in all our doings
and guide us to do always
what is righteous in your sight

through Jesus Christ our Lord.
Amen.

Lord's prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

An Order for Night Prayer (Compline)

Preparation

The Lord almighty grant us a quiet night and a perfect end.

All **Amen.**

Our help is in the name of the Lord

All **who made heaven and earth.**

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

All **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.**

O God, make speed to save us.

All **O Lord, make haste to help us.**

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.

Alleluia.

The following or another suitable hymn may be 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 Word of God

Psalmody. One or more of the following psalms may be used.

Psalm 4

- 1 Answer me when I call, O God of my
righteousness; ♦
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦
how long will you love vain things and seek after
falsehood?
- 3 But know that the Lord has shown me his
marvellous kindness; ♦
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦

commune with your own heart upon your bed, and be still.

5 Offer the sacrifices of righteousness ♦
and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?' ♦

Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart, ♦
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep, ♦
for it is you Lord, only, who make me dwell in safety.

Psalm 91

1 Whoever dwells in the shelter of the Most High ♦
and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my
stronghold, ♦

my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the
fowler ♦

and from the deadly pestilence.

4 He shall cover you with his wings
and you shall be safe under his feathers; ♦

his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night, ♦
nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness, ♦
nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side
and ten thousand at your right hand, ♦

yet it shall not come near you.

8 Your eyes have only to behold ♦

to see the reward of the wicked.

9 Because you have made the Lord your refuge ♦
and the Most High your stronghold,

10 There shall no evil happen to you, ♦
neither shall any plague come near your tent.

11 For he shall give his angels charge over you, ♦
to keep you in all your ways.

12 They shall bear you in their hands, ♦
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; ♦
the young lion and the serpent you shall trample
underfoot.

14 Because they have set their love upon me,
therefore will I deliver them; ♦

I will lift them up, because they know my name.

15 They will call upon me and I will answer them; ♦
I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them ♦
and show them my salvation.

Psalm 134

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.

3 The Lord who made heaven and earth ♦
give you blessing out of Zion.

*At the end of the psalmody, the following is said or
sung*

**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.**

Scripture Reading

One of the following short lessons or another suitable passage is read

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God.

Jeremiah 14.9

(or)

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

1 Peter 5.8, 9

(or)

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.

All Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

All I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.

All Into your hands, O Lord, I commend my spirit.

Or, in Easter

Into your hands, O Lord, I commend my spirit.

Alleluia, alleluia.

All Into your hands, O Lord, I commend my spirit.

Alleluia, alleluia.

For you have redeemed me, Lord God of truth.

All Alleluia, alleluia.

Glory to the Father and to the Son
and to the Holy Spirit.

All Into your hands, O Lord, I commend my spirit.

Alleluia, alleluia.

Keep me as the apple of your eye.

All Hide me under the shadow of your wings.

Gospel Canticle

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

**All 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;

3 A light to reveal you to the nations ♦
and the glory of your people Israel.

Luke 2.29-32

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

Prayers

Intercessions and thanksgivings may be offered here.

The Collect

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.

***All* Amen.**

The Lord's Prayer (here) may be said.

The Conclusion

In peace we will lie down and sleep;

All for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,

All for the night is at hand and the day is now past.

As the night watch looks for the morning,

All so do we look for you, O Christ.

[Come with the dawning of the day

All and make yourself known in the breaking of the bread.]

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.

All Amen.

A Reflective Service for Sunday morning: For worship in isolation

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

A moment to be still and light a candle.

Play a hymn/worship song if you wish to do so

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 time of reflection

Confession:

God, 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 reading for today.

Be still for a short while to think about the bible reading.

The Creed

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,

eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down from
heaven,
was incarnate from the Holy Spirit and the Virgin
Mary
and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and
the dead,
and his kingdom will have no end.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and
glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,
and the life of the world to come.

Amen.

Prayers of Intercession

We intercede for others in the quiet of our hearts.

Lord, meet us in the silence

And hear our prayer.

- For today
- For the world
- For those that lead us
- For our parish and our church community
- For those who are sick
- For ourselves

Lord's prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation

but deliver us from evil.

For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

Play a hymn or song if you are able

Concluding prayers

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)

Fill us, 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.

ALTERNATIVE PRAYER IDEAS

The “Examen” (end of the day prayers)

Don't let the name put you off! This is a very simple way to prayerfully review your day with God in five steps:

1. Become aware of God's presence, or ask God to help you remember he's there with you.
2. Review the day with gratitude (as best you can!)
3. Pay attention to how you're feeling about it.
4. Choose one feature of the day and pray about it.
5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember He is with you.

Lectio Divina:

Again, if this is new to you, don't let the name put you off. Lectio helps you to read the Bible in a prayerful way. Pick a short passage of Scripture (it can be anything you like, but if you're stuck, parables of Jesus or the shorter Psalms are a good choice). Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, what do I want to say to God? - then say it. Lastly, sit quietly and know that God is with you.

A Prayer Labyrinth

You might find it helpful to 'walk' the labyrinth by tracing it with your finger as you pray.



Labyrinth with thanks to Dr Jo Kershaw

Plumb-line prayers

Using Amos 7.7-9 where God is holding a plumb-line against a wall. The plumb-line would show if the wall had been straight or, because a plumb-line always drops in a direct perpendicular, it would also show how crooked the wall is.

A plumb-line could represent the truth of God. We should try and align our lives to God's plumb-line. To live in a way that He wants us to live. If everyone lived their lives according to God's plumb-line peace and justice will reign.

Make your own plumb-line out of some rope or string with a weight tied to the bottom.

During this time of prayer in your home, attach your prayers to the string or rope to remind us that when we cannot meet together, we all have this one thing in common:

God is our plumb-line and is at the centre of our lives.

You could also attach the names of family and friends who need God's peaceful presence during this time of uncertainty.

Plumb-line prayer: With thanks to Creative Ideas for Whole Church Family Worship by Brind and Wilkinson

Psalms (assembled by the Revd Dr Melody Knowles):

The psalms have given voice to human anxiety and prayer for centuries. Here are some ancient prayers for those who are anxious:

“Listen to my cry for help, for I have been brought very low.”

Prayers for help: Psalms 27, 90, 138, and 142

“I have taken refuge in you.”

Prayers expressing confidence in God’s protection: Psalms 46, 91, 100, and 121

“I sought the LORD, and God answered me.”

Prayers of thanksgiving for God’s salvation: Psalms 34 and 116

“Why are you so full of heaviness, O my soul?”

Prayers of encouragement to trust in God: Psalms 42, 71, 77, and 130

General Prayers for this Time

God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart;
bring hope and courage to us as we wait in
uncertainty.

Bring hope that you will make us the equal
of whatever lies ahead.

Bring us courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you. Amen.

New Zealand Prayer Book

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Loving God,
we pray for all those who are suffering because of the
coronavirus,
may they know your healing power.
When we are afraid for ourselves and our loved ones,
give us your strength and courage.
When we feel alone and isolated,
reassure us with a sense of your presence.
Give wisdom to those in authority
and may our community work together for the good of
all.
We give thanks for those who care for others
and ask you to bless them in all they do.
We ask this in the name of Jesus, healer and
physician. Amen

Diocese of Bath and Wells

Sovereign God,
the defence of those who trust in you
and the strength of those who suffer:
look with mercy on our affliction
and deliver us through our mighty Saviour Jesus
Christ. Amen.

O God, our sovereign and our shepherd,
who brought again your Son Jesus Christ from the
valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever. Amen.

Lord God, whose Son, Jesus Christ,
understood people's fear and pain
before they spoke of them,
we pray for those in hospital or sick at home;
surround the frightened with your tenderness;
give strength to those in pain;
hold the weak in your arms of love,
and give hope and patience
to those who are recovering;
we ask this through the same Jesus Christ, our Lord.
Amen.

Almighty God,
you see that we have no power of ourselves to help
ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
 which may happen to the body,
and from all evil thoughts which may assault and hurt
the soul;
through Jesus Christ our Lord. Amen.

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.

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 tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake. Amen.

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.

All from Common Worship

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

Prayer for those who are Ill or Isolated

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

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.

We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are, whatever it costs
For as long as it takes
wherever you call us. Amen.

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.

Almighty God: Our times are in your hand.
We call upon you in this hour of our need, when we
are lonely and must stand apart.
Be our strength, O Sovereign Lord, our calm in the
midst of raging seas, our refuge and our dwelling
place. Sanctify to us this time drawn away from
others, even as your Son, O Father, drew away to a
lonely place for prayer. Deepen our need of you, O
Lord, that every breath may be a whisper of the
Spirit's prompting, a renewed searching of the deep
things of God.
Stir up in us the great act of intercession, that we may
spend our time apart in prayer for the world you
created and sustain. Bless us in our turning toward
you, and make us a blessing to those who stand in
need of you, the whole fragile earth.
All this we ask in the name of great Physician, even
Jesus Christ our Lord. Amen.

The Revd Dr Kate Sonderegger

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.

Suffering God,
your Beloved Son endured temptations and the
wilderness for forty days after his Baptism. New life
gave him suffering.
The Light was dark and the Word without a voice.
From the solitary Jesus we learn that the broken bread
is our only food.
For once and always, O Lord, be present to those in
self-quarantine.
Give them ears to hear you say: "I am here."
Give them the grace to breathe in the perfect love that
casts out fear.
Give them food for their bodies and hope for their
beings.
This is our prayer for our brothers and sisters in Christ.
In the healing name of Jesus, we make our petitions.
Amen.

The Revd Dr Barney Hawkins

Prayer 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.

Church of England Liturgical Commission

This hour we turn to you, O Lord, in full knowledge of our frailty, our vulnerability, and our great need as your mortal creatures.

We cry to you, as one human family, unsure of the path ahead, unequal to the unseen forces around us, frightened by the sickness and death that seem all too real to us now.

Stir up your strength and visit us, O Lord; be our shield and rock and hiding place! Guide our leaders, our scientists, our nurses and doctors. Give them wisdom and fill their hearts with courage and determination.

Make even this hour, O Lord, a season of blessing for us, that in fear we find you mighty to save, and in illness or death, we find the cross to be none other than the way of life.

All this we ask in the name of the One who bore all our infirmities, even Jesus Christ our Risen and Victorious Lord. Amen.

The Revd Dr Kate Sonderegger

Prayers for the Night

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes and
chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. Amen.

Abide with us, Lord, for it is evening,
and day is drawing to a close.

Abide with us and with your whole Church,
in the evening of the day,
in the evening of life,
in the evening of the world;
abide with us and with all your faithful ones, O Lord,
in time and in eternity. Amen.

Lord Jesus Christ, Son of the living God,
who at this evening hour lay in the tomb
and so hallowed the grave
to be a bed of hope for all who put their trust in you:
give us such sorrow for our sins,
which were the cause of your passion,
that when our bodies lie in the dust,
our souls may live with you forever. Amen.

Both from *Common Worship*

God our Father, by whose mercy
the world turns safely into darkness and returns again
to light:

we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.

To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.

Church of South India

Lord, it is night.
The night is for stillness.
Let us be still in the presence of God.

It is night after a long day.

What has been done has been done; what has not been done has not been done; let it be.

The night is dark.

Let our fears of the darkness of the world and of our own lives rest in you.

The night is quiet.

Let the quietness of your peace enfold us, all dear to us, and all who have no peace.

The night heralds the dawn.

Let us look expectantly to a new day, new joys, new possibilities.

In your name we pray. Amen.

From New Zealand Prayer Book

A prayer for those unable to take the Eucharist:

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar.

I love you above all things, and long for you in my soul.

Since I cannot now receive you sacramentally, come at least spiritually into my heart.

As though you have already come, I embrace you and unite myself entirely to you;

never permit me to be separated from you. Amen.

St Alphonsus de Liguori