

Social Distancing not Spiritual Distancing

Prayer and resources for those who are
unable to meet together at St James' Southam



www.stjames-southam.co.uk

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A Reflective Service: for worship in isolation

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 reading for today on the Church of England website or use the readings for Sunday found on page 4

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 in your isolation, 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,
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.

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

Bible readings for Sundays

Sun 29 Mar 2020 The Fifth Sunday of Lent

Mark 13:1-8, 24-37 and Psalm 102:12-17

Sun 5 Apr 2020 Palm Sunday

Mark 11:1-11 and Mark 14:3-9 and Psalm 116:25-29

Thur 9 April 2020 Maundy Thursday

Mark 14:22-42 and Psalm 118:25-29

Fri 10 April 2020 Good Friday

Mark 15:16-39 and Psalm 22:1-2, 14-21

Sun 12 Apr 2020 Easter Day

Mark 16:1-8 and Psalm 118:21-27

Sun 19 Apr 2020

Acts 1:1-14 and Mark 6:7-13

Sun 26 Apr 2020

Acts 3:1-10 and Mark 6:53-56

Sun 3 May 2020

Acts 17:1-9 and Mark 13:9-11

Sun 10 May 2020

Acts 18:14 and Mark 9:34-35

Sun 17 May 2020

Acts 18:1-4 and 1 Corinthians 1:10-18 and Mark 9:34-35

Sun 24 May 2020

1Corinthians 15:1-26, 51-57 and Mark 12:26-27a

Sun 31 May 2020 Pentecost

Acts 2:1-4 and 1Corinthians 12:1-13 and Mark 1:4-8

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.

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

**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 short lesson or another suitable passage is read:

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.**

Now, Lord, you let your servant go in peace: your word has been fulfilled.

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.**

Prayers of intercession and thanksgivings may be offered here.

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.

Various prayers

Prayers about the 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.

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.

For those who are ill:

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.

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.

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 the Christian community:

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.

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.

-BCP

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

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.

-BCP

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.

-BCP

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

-*St. Alphonsus Liguori*

In the time of any common Plague of Sickness:

O ALMIGHTY God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. **Amen.**

-BCP

Prayer on TV, Radio and the internet

Television programmes

- Songs of Praise Sundays at 1.15pm on BBC 1

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
- 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 St James' Southam www.facebook.com/stjameschurchsoutham
www.stjames-southam.co.uk
- Look up Bible passages <https://www.biblegateway.com/>
- 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>
- Prayer organisation: <https://www.24-7prayer.com>

If you are lonely whilst self-isolating

- Please do call and message one another on the telephone- each member of the church should bring comfort to one another.
- You can, of course, call Rev Vikki 07983 402614. Do leave an answerphone message if she is unavailable to take your call and someone will get back to you.
- You can also call Crossline 9.00 am - midnight every day on 0300 111 0101
- You can call the Samaritans free on 116 123
- You can call Silverline (aged 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.

With thanks to various Church of England clergy who helped compile much of the information contained in this booklet that we might continue to praise and worship God.

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