

St Mary's Church, Shalford
Parish of Shalford & Peasmarsh

SPIRITUAL RESOURCES
for keeping the faith aflame while at home

November 2020: All Saints Day to Advent



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THIS BOOKLET

This booklet is offered particularly for this second wave of the pandemic and this season of darker days with light breaking in as we move from All Saints into Advent. These resources are offered to help us all as we rely on, and draw close to, the presence of Christ, especially in these difficult days. My prayer is that we will also know that support and closeness which is the loving family that is the church, even when kept physically and socially apart: we can trust that we are all praying the same prayers each day. Please know that the church is praying always here in the parish and across the world, and by using these resources you join in this wider community of prayer. This booklet also complements our two *Parish Prayers Etc* booklets which are available in St Mary's church building - still open everyday to all through this lockdown.

Please join in your home at 6pm daily, as we join as a parish the Archbishops' call for a wave of daily prayer across the nation through this lockdown. p3

Within this booklet on p5 you will find our simple order of service for our 3 Sundays in November of informal *St Mary's Home Church* zoom worship together - please join via zoom from home via the link on e-news or website.

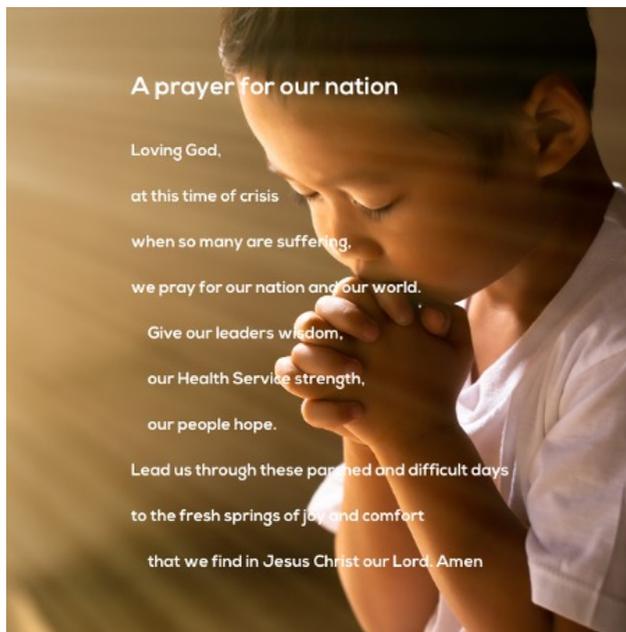
On at least Mondays, Wednesdays and Friday mornings we say Daily Morning Prayer together in the parish via St Mary's Facebook Live at c.8.30am. On most Tuesday & Thursday nights Compline is also shared on Facebook live at 9pm. You can find short forms of these offices in this booklet too - the same prayers said daily by Christians across the world.

May the Lord bless you and keep you,
the Lord make his face shine upon you,
and give you peace.

Rev'd Sarah

WAVE OF DAILY PRAYER - ACROSS THE NATION

A call to prayer together from the Archbishops



Please join together with churches and Christians across England, including the church here in the Parish of Shalford & Peasmarsch, to pray daily together at 6pm through this month long lock-down until 2nd Dec.

- * Set a reminder on your phone/alarm for 6pm
- * St Mary's church bell will toll each evening at 6pm
- * Light a candle at home, pause, and join this prayer for our nation and all the world, or of course pray as you wish...

Loving God, at this time of crisis when so many are suffering, we pray for our nation and our world. Give our leaders wisdom, our health service strength, our people hope. Lead us through parched and difficult days to the fresh springs of joy and comfort that we find in Jesus Christ our Lord. Amen

* Daily themes suggested nationally:

Sundays: pray for family, friends, loved ones; Mondays for schools, colleges, children, young; Tuesdays for older, isolated, vulnerable; Wednesdays for businesses, work, welfare; Thursdays for NHS, key workers, care homes; Friday for governments national & local, world regions; Saturdays for the grieving, suffering physical and mental health, sick and the dying

PERSONAL DAILY PRAYERS **- a few more -**

Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy; through Jesus Christ our risen redeemer. 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.

Grant us, Jesus, that tender, indestructible love
which asks forgiveness for its executioners
and gives hope to the thief on the cross.
keep me compassionate when the way is hard,
and gentle with those who oppose us. Amen
(from A New Zealand Prayer Book)

SIMPLE FORMS OF PRAYER

- * Lighting a candle and sitting quietly before you pray can help you focus and listen.
- * Jesus taught us the Lord's Prayer so that we would always have words to say. Pray it slowly, it is a perfect prayer, all we need.
- * 'Lord Jesus Christ, son of the Living God/have mercy on me a sinner' is the simple 'Jesus Prayer' from the Orthodox tradition, repeated quietly for a period of time. (Begin by breathing in, pause at the / then exhale.
- * The "Examen" is a very simple Ignatian way to prayerfully end and review your day with God in five steps
 1. Become aware of God's presence, ask God to help you as you..
 2. Review the day with gratitude (as best you can)
 3. Pay attention to your emotions, & where you sensed God.
 4. Choose one feature of the day and pray with God about it.
 5. Look toward tomorrow, ask God to remind you he's with you

Sunday Worship - All Saints to Advent St Mary's Home Church

Sundays 15th, 22nd, 29th November
10am via zoom only with coffee to follow
Zoom link available by email, or via e-newsletter
or via website: www.stmarysshalford.com

Greeting each other and welcome

The Lord be with you **and also with you.**

Opening prayer - this or another:

Loving Lord, fill us with your life-giving,
Joy-giving, peace-giving presence,
That we may praise you now with our lips
And all the day long with our lives
Through Jesus Christ our Lord **Amen**

Hymn

Prayers of Penitence

Since we are surrounded by a great cloud of witnesses,
let us also lay aside every weight and the sin that clings so closely,
looking to Jesus in penitence and faith. *Hebrews 12.1*

**Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy, and walk humbly with you, our God. Amen.**

May the God of love and power
forgive *you* and free *you* from *your* sins,
heal and strengthen *you* by his Spirit,
and raise *you* to new life in Christ our Lord. **Amen.**

The Collect – this or the collect for the day

Silence is kept

God of holiness,
your glory is proclaimed in every age:
as we rejoice in the faith of your saints,

inspire us to follow their example
with boldness and joy;
through Jesus Christ our Lord. **Amen.**

Scripture Reading

Short reflection

Hymn

Reflecting through poem, psalm, image, photo, or object

The Nicene 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 - ending with the Lord's Prayer

The Peace

To crown all things there must be love,
to bind all together and complete the whole.

Let the peace of Christ rule in our hearts.

The peace of the Lord be always with you

And also with you

we exchange a sign of peace with one another

Final Hymn

The Blessing

May God give to you and to all those whom you love
his comfort and his peace, his light and his joy,
in this world and the next **Amen**

Go in peace to love and serve the Lord,
In the name of Christ, Amen.

Coffee follows!

MORNING PRAYER (*All Saints to Advent*)

O Lord, open our lips

and our mouth shall proclaim your praise

All Saints to Advent:

Your faithful servants bless you.

They make known the glory of your kingdom.

Advent:

Reveal among us the light of your presence

that we might behold your power and glory

Blessed are you, Sovereign God,
ruler and judge of all,
to you be praise and glory for ever.
In the darkness of the age that is passing away
may the light of your presence which the saints enjoy
surround our steps as we journey on.
May we reflect your glory this day
and so be made ready to see your face
in the heavenly city where. Night shall be no more.
Blessed be God, Father, Son, and Holy Spirit.

Blessed be God for ever.

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 out hearts on fire
with love for you; now and for ever.

Amen

The Word of God

Psalm 42 1-7 or one from the list on page 18

As the deer longs for the water brooks,
so longs my soul for you, O God.
My soul is athirst for God, even for the living God;
when shall I come before the presence of God
My tears have been my bread day and night,
while all day long they say to me ‘Where is now your God?’
Now when I think on these things, I pour out my soul:
how I went with the multitude and led the procession to the
house of God.

With the voice of praise and thanksgiving,
among those who kept holy day.
Why are you so full of heaviness, O my soul,
and why are you so disquieted within me?
O put your trust in God;
for I will yet give him thanks,
who is the help of my countenance, and my God.

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.**

Bible Reading *(see page 18)*

Prayers

We keep silence or pray in our own words for the church, the world, those we care for, and those in need. Please pray for the parish and those who have asked for our prayers.

Lord have mercy upon us.
Christ have mercy upon us.
Lord have mercy upon us.

The Lord's Prayer

Collect *(this or collect of the day)*

All Saints to Advent

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**
May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**
Let us bless the Lord. **Thanks be to God.**

Advent

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.

Amen

Let us bless the Lord. **Thanks be to God**

EVENING PRAYER *All Saints into Advent*

O God, make speed to save us;

O Lord, make haste to help us.

All Saints to Advent:

Your faithful servants bless you.

They make known the glory of your kingdom.

Blessed are you, sovereign God, our light and our salvation, to you be praise and glory for ever. Now as darkness is falling, wash away our transgressions, cleanse us by your refining fire and make us temples of your Holy Spirit. By the light of Christ, dispel the darkness of our hearts and make us ready to enter your kingdom, where songs of praise forever sound.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God forever.

Advent:

Reveal among us the light of your presence

that we might behold your power and glory

Blessed are you sovereign God, creator of light and darkness, to you be glory and praise for ever. As evening falls you renew your promise to reveal among us the light of your presence. May your word be a lantern to our feet and a light upon our path that we may behold your coming among us. Strengthen us in our stumbling weakness and free our tongues to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God forever.

The Word of God

Psalm from the list on page 18

Bible Reading *(one from page 18)*

Magnificat

My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour;
for he has looked with favour on his lowly servant:
from this day all generations will call me blessed;
the Almighty has done great things for me:
and holy is his name.

He has mercy on those who fear him:
in every generation.

He has shown the strength of his arm:
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones:
and has lifted up the lowly.

He has filled the hungry with good things:
and the rich he has sent away empty.

He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
the promise he made to our fathers:

to Abraham and his children for ever.

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

We keep silence or pray in our own words for the church, the world, those we care for, and those in need. Please pray for the parish and those who have asked for our prayers.

Lord have mercy upon us.

Christ have mercy upon us.

Lord have mercy upon us.

The Lord's Prayer

Collect

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever.

Amen.

May the Lord, when he comes, find us watching and waiting.

Amen

Let us bless the Lord.

Thanks be to God

COMPLINE or NIGHT PRAYER

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.
The following or other suitable words of penitence may be used*

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.
O Lord, make haste to help us.

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.**

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.

Psalm 4

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.

How long will you nobles dishonour my glory;
how long will you love vain things and seek after
falsehood?

But know that the Lord has shown me his marvellous
kindness; when I call upon the Lord, he will hear me.

Stand in awe, and sin not;
commune with your own heart upon your bed,
and be still.

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

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

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

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

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

In Advent Psalm 143

Psalm 134

Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.

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.**

Bible Reading

Advent:

Keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say, I say to you all: Keep awake. *(Mark 13.35-end)*

Silence is kept

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.

Nunc Dimittis

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.

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.**

We keep silence or pray in our own words

The Collect

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.

Lighten our darkness, we beseech thee, O Lord; and by thy great
mercy defend us from all perils and dangers of this night; for the
love of thy only Son, our Saviour, Jesus Christ. Amen.

The Lord's Prayer *may be said.*

The Conclusion

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.

All Saints to Advent

May the light of Christ, the King of all, shine ever brighter in our
hearts, that with the saints in light we may shine forth as lights in
the world **Amen**

Advent

Restore us again, O God of hosts; show us the light of your
countenance and we shall be saved. Bless and keep us this night
and always. **Amen**

SPACE OF CONTEMPLATION

Settle yourself into a quiet place and allow your attention to silently withdraw from external things and focus into the heart. You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:

- God, come to my aid.
- Lord, make haste to help me.
- Be still and know that I am God.

Or choose a short passage of scripture, and read it slowly and prayerfully letting a word or phrase come into your mind and contemplation. Read the passage again, twice, and let that word or phrase become your meditation or prayer.

A Psalms Cycle

All Saints to Advent

Sunday	46, 47, 126
Monday	18.31-end, 61
Tuesday	19, 63
Wednesday	21, 78.1-39
Thursday	25, 110
Friday	32, 96
Saturday	98, 111

Advent

Sunday	44,
Monday	80, 82
Tuesday	5, 7
Wednesday	26, 17
Thursday	20, 21, 23
Friday	96. 1, 10-end
Saturday	50. 1-6, 62

A Scripture Cycle

All Saints to Advent

Monday	Matt 18.1-10
Tuesday	Isaiah 1.21-end
Wednesday	Exodus 23.1-9
Thursday	Deut 28. 1-6
Friday	Luke 19. 1-10
Saturday	Revelation 12
Sunday	John 17.6-9

Advent

Monday	Luke 1. 5-20
Tuesday	1 Thessalonians 2.1-12
Wednesday	Isaiah 48. 1-11
Thursday	Jeremiah 1.4-10
Friday	John 14. 18-23
Saturday	Song of Songs 2.8-end
Sunday	Matthew 1.1-17

OTHER SOURCES FOR PRAYER & WORSHIP

BROADCAST AND PHONE RESOURCES

Daily Hope - Free 24/7 telephone line for hymns and prayers
0800 804 8044 updated for the seasons.

TV programmes

'Songs of Praise' - Sundays at 1.15pm on BBC 1

Radio (and through BBC website)

'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

'Choral Evensong'

Wednesdays at 3.30pm repeated Sundays 3pm on Radio 3

Apps:

Common Worship Daily Prayer

Lectio 365

Pray as you go

ONLINE RESOURCES

Websites

www.stmarysshalford.com

our parish resource of worship and prayer links....still developing!

www.adventonline.faith

a day by day resource of advent music, reflection and art

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

www.youtube.com/user/ArchbishopsCouncil

Church of England online services

PASTORAL SUPPORT

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call Rev'd Sarah (01483 565012 or email vicar.shalford@icloud.com in the first instance and you will be connected with someone with whom you can talk.



God Bless you

please take good care of yourself at this time.

www.stmarysshalford.com
[@stmarysshalford](https://www.instagram.com/stmarysshalford)