

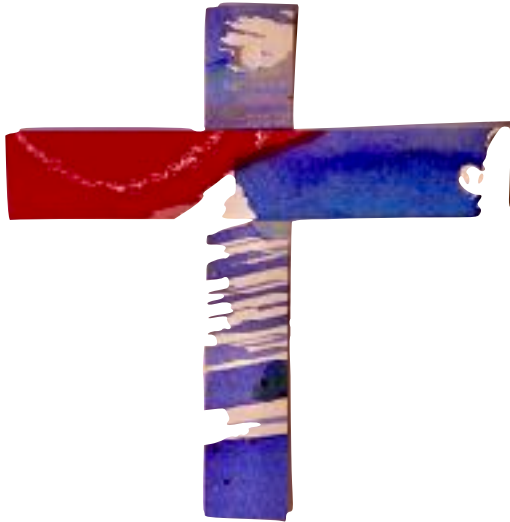
St Mary's Church, Shalford

Parish of Shalford & Peasmarsch

SPIRITUAL RESOURCES

Journeying together in faith at home through

LENT



Creative Ways to Pray - Page 3

Personal Daily Prayers & Scripture - Page 6

Actions in Lent - Page 8

Weekly Lent Reflections & St Mary's Lent Group Resources - Page 9

Recommended Reading in Lent - Page 16

Sunday Worship St Mary's *Church at Home* (on zoom) page 17

The Daily Hours or Offices: Liturgies for praying through the Day - Pages 20-28

Psalms and Scripture Readings - Page 29

Other Resources, and Spaces for Being Together Again - Pages 30-31

Introduction

As we enter this season of Lent, I hope these resources may help in your journey through Lent, as we draw closer to the presence of Christ, especially in these difficult days. Beginning on Ash Wednesday, Lent is a season of 40 days offering space for deeper reflection, a turning and re-turning to God, penitence, forgiveness, and preparation for life ahead. On Ash Wednesday you can join our simple midday Ash Wednesday service via St Mary's Youtube channel this year (12 noon or anytime later). During that service, or in your own time, we are invited to mark a sign of the cross on our forehead or hand. This year we have to do this for ourselves, which brings its own deep meaning perhaps. As Lent begins, gather some ash/dust/mud that you have prepared in advance (burning last year's palm cross to form ash, then mixing with a little olive oil, is traditional), and begin your lenten journey with your cross and the words that guide us in this season 'Remember you are dust and to dust you shall return, turn away from sin and be faithful to Christ'.

With this booklet (or on request) you will find two tangible gifts in case these help carry and encourage you in your daily rhythm of prayer and life with the cross. A bundle of 5 colourful cards to write on to form your personal pocket prayer 'breviary' (see p3), pausing in a new rhythm through the day. You could even combine with praying the liturgies of 'hours' of Lauds, Terce, Sext, Vespers, Compline included on page 20-28 too, sharing in the same prayers with Christians across the world. Also included, a branch from St Mary's Christmas tree for you to make your own small cross to carry/focus through Lent and Holy Week (p4).

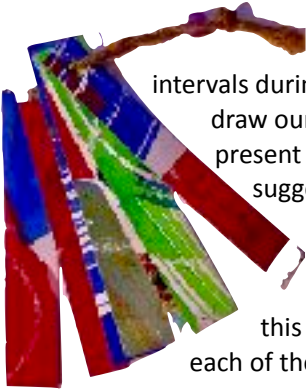
On p17 you will find the order of service for our 5 Sundays of Lent. Please join via zoom for informal *St Mary's Church at Home* worship together - via the zoom link on weekly E-newsletter or email. Hope and pray we may be able to offer safely in-person worship again at Easter, with the great Easter feast celebration of new life. Also continuing online through Lent: Monday Morning Prayer 9am Facebook (& other mornings); Tuesday Prayer Vigil or Compline 6pm Facebook; Wednesday Simply Holy Communion 12noon Youtube; Thursday Sunrise St Mary's Zoom Worship 3.30pm. Please know that the church is praying together always with you here in the parish and across the world, and we join together in this wider community of prayer.

I hope and pray these resources will be of some value to you, and that we may all find deeper daily rhythms of prayer, worship, and life with God and with each other, this lenten season and for our lives beyond.

With love, prayers and every blessing, Rev'd Sarah

CREATIVE WAYS TO PRAY

Your Daily Prayer Breviary



A breviary (short book of hours) is a way to pray at intervals during the day & night: ‘praying the hours’. A beautiful way to draw our attention back to God by pausing, giving thanks, being present in the moment. The traditional 8 monastic hours are the 5 suggested for you below plus Prime (the first hour after sunrise c.7am), None (below), and Vigils (rising for prayer during the night, c2am). Choose 5 of the 8 hours which might fit with your daily patterns through Lent. You’ll also find in this booklet a short service or liturgy which you can use with each of the hours in your daily pattern of prayers through Lent/life!

- * Take your 5 painted paper strips and write a prayer or psalm/scripture on the reverse (or on separate card/paper strips and stick on to reverse). You could follow traditional themes listed below; write a verse from psalm or choose any other words.
- * Thread a piece of ribbon/thread through all the strips, thread the bead to sit at the ends of the ribbon you knot together.

- * You could keep your breviary in your pocket through Lent, inviting you to stop briefly and pray the prayer at each particular time of day.

| <i>Name of Office</i> | <i>Traditional Time</i> | <i>Themes / Psalms for selecting a verse</i> |
|-----------------------|---------------------------|---|
| Lauds | 6am or Sunrise | Resurrection, darkness into light. Ps 66 (eg: Let your face shed its light upon us); Ps 50, 19, 95, 147 |
| Terce | 9am, 3rd hr after sunrise | Deliberate beginning to the working/active day. Psalm 119, 120, 121, 122. |
| Sext | 12 noon | Hour of illumination, commitment, faithfulness. Ps 123, 124, 125, Isaiah 48:10 |
| None | 3pm | A little hour, peace, justice, love, Ps 125, 126, 127 |
| Vespers | 6pm or Dusk | God as creator, gratitude, praise, community. Ps 34, 139, 145, Luke 1:46-55 |
| Compline | 9pm or bedtime | Night prayer, review day, rest, silence, protection. Ps 4, 23, 34:9, 91, 134, 141:2. |

Your Cross from the Tree



You should have received with this resource a branch of the large Christmas tree in St Mary's Church as we celebrated the incarnation, Christ born like us, God with us. As we now turn towards Holy Week and Christ's passion/suffering and crucifixion, we're invited to take up our own cross as we reflect through Lent and know God with us through all suffering, separations, pain, through and beyond death.

Craft your own cross from your Christmas tree branch, to keep with you through Lent and Holy Week. Simply bind with twine where two lengths join.

More Ways to 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 the prayer that has all the words we need.
- * The '*Jesus Prayer*' from the Orthodox tradition, '*Lord Jesus Christ, son of the Living God / have mercy on me a sinner*' repeated quietly for a period of time. Begin breathing in, pause at the /, complete breathing out.
- * The "*Examen*" is a beautiful 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



A PRAYER LABYRINTH

You might find it helpful to 'walk' the labyrinth by tracing this image with your finger. Or make your own labyrinth in your garden or in the woods? Many great resources online to guide you through walking, praying the labyrinth



PERSONAL DAILY PRAYERS

- a few to add to yours -

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.
Amen

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.

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

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.

A Blessing for Lent
The Lord enrich you with his grace,
and nourish you with his blessing;
the Lord defend you in trouble and keep you from all evil;
the Lord accept your prayers,
and absolve you from your offences,
for the sake of Jesus Christ, our Saviour. Amen.



Short Passages of Scripture

The sacrifice of God is a broken spirit;
a broken and contrite heart, O God, you will not despise. *Psalms 51.18*

The Lord is full of compassion and mercy,
slow to anger and of great kindness. *Psalms 103.8*

For thus said the Lord God, the Holy One of Israel:
In returning and rest you shall be saved;
in quietness and in trust shall be your strength. *Isaiah 30.15*

He was in the wilderness for forty days, tempted by Satan;
and he was with the wild beasts; and the angels waited on him. *Mark 1.13*

Be alert at all times, praying that you may have the strength to
escape all these things that will take place, and to stand before the
Son of Man. *Luke 21.36*

ACTIONS OF LENT



Lent offers a season for each of us, and as a community together, to grow in deeper reflection, self-examination, acts of love & hope, in our life-time with God. One of these popular acts through Lent might help:

YOUR *GLASS* OF LENT BLESSINGS

Count your blessings each day, and blessings you give to others too? Find a clear glass or jar, set a pile of post-its and a pen beside, and when you feel blessed or can be a channel of blessing, or see God's blessing around, just note and drop into your *Glass*. Watch how your blessings grow!

Watch this *Glass* poem video too to inspire:

<https://www.facebook.com/watch/?v=1320063441709561>

40 ACTS OF KINDNESS

40acts is the generosity challenge for Lent, created by UK Christian charity, Stewardship. For ten years, *40acts* has asked a question: what if Lent could be about more than just giving stuff up? What if it could be a time of radical generosity as well as spiritual discipline? *40acts* is a simple idea to commit to 40 days of giving out – to put others before ourselves and to walk in the footsteps of Jesus and follow his call to love our neighbours. See details here, or make up your own!: www.40acts.org.uk

FASTING & FOCUS

Lent can function as a life-changing invitation to a spiritual or physical discipline. One way is through fasting (one day a week, or one meal, or just that teatime snack), or small acts of abstinence or sacrifice (chocolate being the most famous!). Something that is a reminder, a prompt, something of a stripping back to a simplicity of life which helps us focus, re-turn, repent, and create space to be filled afresh in God's forgiveness, grace, and new life as we look to Easter life.

So, perhaps it's not so much 'giving up', as 'giving space' for life.

Seeking to understand Christ's sacrifice and resurrection in our lives.

What might you do without, and do with, this Lent?

REFLECTING WEEKLY THROUGH LENT TOGETHER

BEING DISCIPLES - St Mary's Lent Reflections Focus

'Williams invites us into a way of life that is profoundly attentive, generously forgiving and always drawn to service and joy'

These quotes from Rowan Williams' *'Being Disciples'* and *'Candles in the Dark'*, these questions to ponder, and images for wonder, form part of the resources we'll draw on in our St Mary's Lent Small Fellowship Groups this year via zoom. If you would still like to join a Lent group any time please contact Rev Sarah. Whether you can join the groups or not, I hope the following reflections enable you to ponder and pray with these weekly prompts from wherever you are as we journey together.



1st Week of Lent: beginning 22nd Feb

Being Disciples

Scripture to dwell: John 1:36-39

From 'Being Disciples': Discipleship is about how we live; not just the decisions we make or the things we believe, but a state of being... Disciples are expectant in the sense that they take it for granted that there is always something about to break through from the Master, the Teacher, something about to burst through the ordinary and uncover a new light on the landscape... You are hanging around; you are watching; you are absorbing a way of being that you are starting to share... You learn by sharing life; you learn by looking and listening. Being with the God is recognising that who you are is finally going to be determined by your relationship with him... Love God less and you love everyone and everything less... Discipleship isn't about choosing our company, but choosing the company of Jesus and the company he keeps... A disciple is ultimately learning how to be a place in the world where the act of God can come alive.

From 'Candles in the Dark': As a national community (in this pandemic), we have taken on board the need to act so as to safeguard the most vulnerable; learned afresh to recognise the role of those who quietly keep the common life going; become more aware of the realities of hidden privation, emotional strain, acute loneliness, to be alert to abuse behind closed doors. We haven't retreated into little individual bunkers.. Auden wrote that it was easy enough to say 'I will love you forever'; the difficult thing was to say 'I will love you at 4.15 next Thursday'. How do we go on loving, making the love real, in every moment when moods and circumstances change?

Questions to ponder:

What does it mean to you to be a disciple?

What does it mean to you to 'live in Christ's company'?

What new habits have you formed through this pandemic?

Where have you seen extraordinariness in the daily rhythm of life in pandemic?

Image for wonder: Still Life with Ginger Pot, Mondrian



2nd Week of Lent: beginning 1st March

Faith, Hope and Love

Scripture to dwell: 1 Corinthians 13:8-13

From 'Being Disciples': To grow as a disciple is to take the journey from understanding into faith, from memory into hope, and from will into love...

In confusion and loss where our understanding is concerned, faith grows in its true meaning, appears as *dependable relationship*... You learn somehow to be confident in a presence, an 'other, who does not change or go away, does not let you go.....

As Christians we need to point quite simply to the God who does not let go, to the Christ who does not run away... Hope like faith is hope in relation; relation to a reality that knows and sees and holds who we are and have been... Love: not simply as doing good but as a deep contemplative regard for the world, for human beings and for God... Love is generated by being loved. It is not that we love God, but that he loves us (1 John 4:10). The dependable presence that doesn't go away.



From 'Candles in the Dark': The great question, when we emerge from the shadow of the pandemic, will be: what have we learned? Our dependence on one another? Our shared failures and insecurities? Trust that we can face the truth without being destroyed? Hope that the crisis is not the last word about what's possible for human beings? Love, the full hearted will for the well-being of the entire world we inhabit.

Questions to ponder:

In the crises of identity/continuity we live through, 'Am I the same person as I was?'
Is the church an environment in which people can open themselves to joy, a place that is dependable, patient, still, quiet, where we can find God?

Image for wonder: In God's Gaze, Mark Cazalet

3rd Week of Lent: beginning 8th March

Forgiveness

Scripture to dwell: Matthew 7:7-9

From 'Being Disciples': We feed each other by honouring the truth of the divine image in each other... Part of the nourishment we need is knowing that our sisters and brothers see and hear our needs as they are, not as others imagine them to be...

The person who asks forgiveness has renounced the privilege of being right or safe; she has acknowledged that she is hungry for healing, for the bread of acceptance and restoration to relationship. But equally the person who forgives has renounced the safety of being locked into the position of the offended victim; she has decided to take the risk of creating afresh a relationship known to be capable of involving hurt.

Forgiveness is one of the most radical ways in which we are able to nourish one another's humanity... No power, but the powerlessness of the God whose nature is love is what is shown in the act of forgiving... The Eucharist is a sacrament of forgiveness; it is the risen Jesus returning to his unfaithful disciples to create afresh in them this communion of the new world.

From 'Candles in the Dark': Our identity as Christians is to be in the place where Jesus stands, the place from which we can see into the reality that is the outpouring of God's life... Standing with Jesus, is like standing under a waterfall: the life of God is around us, soaking, overwhelming us. We can't grab it, hold on to it, can't contain it.



Questions to ponder:

Think through an experience of profound hurt and how you have coped with it - what sort of things have made it harder or easier to manage?

Think of when you have experienced being forgiven:
how does it change the way you see yourself and others?

Image for wonder: The Great Wave, Hokusai

4th Week of Lent: beginning 15th March

Holiness

Scripture to dwell: 2 Corinthians 3:17-18; 4-6



From 'Being Disciples': One common response to talk about holy places or holy people is to run a mile!.... The way Jesus talks about holiness at the Last Supper is transforming. Holiness is seen as going into the heart of where it's most difficult for human beings to be human... The crucifixion is in one sense the holiest event that ever happened - yet it's found outside conventional holy places, an execution machine on a rubbish dump outside the city wall... Holiness is Jesus going right into the middle of the mess and suffering of human nature... Being holy is not about being separated, but being absolutely involved... The holy person somehow enlarges your world, makes you feel more yourself, opens you up, affirms you. The landscape changes with a new light on it. A holy person makes you see things in yourself and

around you that you haven't seen before. Allows you to see not them, but the world around them. Allows you to see not them, but God... Becoming holy is being so taken over by the extraordinaries of God, that that is what you are really interested in, and that is what radiates from you to reflect on other people.

From 'Candles in the Dark': Healing and holiness come when we are gifted by Christ's Spirit to pick up the quiet hints, the shifts of movement and possibility, that will allow us to travel on together. Look at the flocks of migrating birds flying in formation and ask 'what if human communities, what if Christian communities, could learn that kind of free thinking together and acting together.

Questions to ponder:

Have you met anyone who strikes you as holy?

Can you think of yourself as someone called to be holy?

What does a holy church look like?

How might this pandemic have effected community life together

Image for wonder: Pink Bowl with Grapes, Aitchison



5th Week of Lent: beginning 22nd March

Faith in Society & Life in the Spirit

Scriptures to dwell: 1 Corinthians 12:12-26; Galatians 5:16-22

From 'Being Disciples' Faith in Society: We are each of equal value to God, and we are all dependent on each other... The Christian vision is dynamic - everyone is engaged in building up everyone else's human life and dignity. No one's value can be measured by how successful or productive they are... There will always be something precious in us all that does not need to be proved by success, something that escapes what society expects or demands... Everyone not only has the dignity of possessing a gift and a purpose, but everyone also has the dignity of being a giver, able to give, being important to someone else... I stand before holy ground when I encounter another person. The reverence I owe to every person is connected with the reverence I owe to God, who brings them into being and keeps them in being.... In our environmental crisis, we're now more than ever in need of an attitude to a world that is not ours but is related to God before it is related to us... Being disciples means being called to see others, especially others in profound need, and our world, from the perspective of an eternal and unflinching, unalterable love.

Life in the Spirit: The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Whenever we're tempted to think that spirituality is something a bit remote and specialised, or exotic and exciting in the corner of our lives, we ought just to say to ourselves: love, peace, patience....bog-standard human goodness... To sustain yourself spiritually requires some disciplines of self-awareness. Am I capable of taking my intense feelings, positive and negative, out of the depths of my guts for a moment, and putting them where I can look at them- and where Christ can look at them?.. To hear what God is saying we need a degree of stillness of body, of mind, of heart... Finding ways that settle and still us...like waves on the beach on a calm day; small words or phrases that keep us steady and hold us when everything else is pushing us around. Self-awareness and stillness, growth and joy- the building blocks of a life of discipleship that can stand up to everything around us, in the Church, the world and in ourselves.

From 'Candles in the Dark': Our churches can breath invitation... They're not just convenient buildings to have services in: they are spaces open for our discovery of God, helping us to see all space, every place as a centre for God's loving presence... Moments when we come face to face with mortality, moments like this time we're



living through, can be moments of grace- not just reminders that we must die but moments when I recognise that I don't have to make myself live forever and that the universe doesn't depend on me personally holding it together and forcing it into shape. We are the infinitely precious and diverse children of God, called to receive gifts without limit and to receive them with and for one another in the unthinkableably odd community of the Church.

Questions to ponder:

How does our Christian community locally, nationally & internationally act in ways that demonstrate commitment to the dignity of every person?

How can/do we make an effective contribution to public debate?

What keeps us going as disciples?

What helps to still your mind? How can you use this to open up more space for God?

Image for wonder: Interior with Open Windows, Dufy

SOME RECOMMENDED READING IN LENT

Being Disciples – Rowan Williams

Candles in the Dark: Faith, hope and love in a time of pandemic – Rowan Williams

A Cross in the Heart of God – Samuel Wells. Frilliant read to dwell deeply through lent. Sam is a Shalford parishioner of course; also Vicar of St Martin in the Fields, and one of the leading Christian voices internationally today; also married to Bishop Jo.

See I am doing a new thing – our Guildford Diocese Lent resources can be found on our diocese website; you can sign up to receive weekly Lent resource too.

Thy Will be Done – Stephen Cherry

God on Mute : Engaging the Silence of Unanswered Prayer – Pete Greig (leading Christian writer & leads Emmaus Rd church in Guildford Yvonne Arnaud)

Opening Our Lives: Devotional Readings for Lent – Trystan Owain Hughes (BRF publication), includes practical daily reflections

Living His Story: Revealing the extraordinary love of God in ordinary Ways – Hannah Steele. The Archbishop of Canterbury's Lent book.

Sunday Worship in Lent

St Mary's Church at Home

Sundays 21st, 28th Feb; 7th, 14th, 21st March
10am via zoom only with coffee to follow

Zoom link available by email, or via St Mary's E-newsletter

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

Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

**Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.**

**We have wounded your love,
and marred your image in us.**

**We are sorry and ashamed,
and repent of all our sins.**

**For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past;
and lead us out from darkness
to walk as children of light. Amen.**

or:

Wash me thoroughly from my wickedness
and cleanse me from my sin:

Lord, have mercy.

Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me:

Christ, have mercy.

Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me:

Lord, have mercy.

Lord, have mercy.

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 for the day

Scripture Readings

Sermon / Reflection

Reflections or responses by all - through through reflection, poem, psalm, image,
photo, object, sound.

Hymn or reflective music

Affirmation of Faith (or The Nicene Creed)

Let us declare our faith in God.

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God; Father, Son and Holy Spirit. Amen.**

Prayers of intercession - ending with the Lord's Prayer

The Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

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

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God Almighty
the Father, the Son and the Holy Spirit
be with you now and forever **Amen**

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

Notices

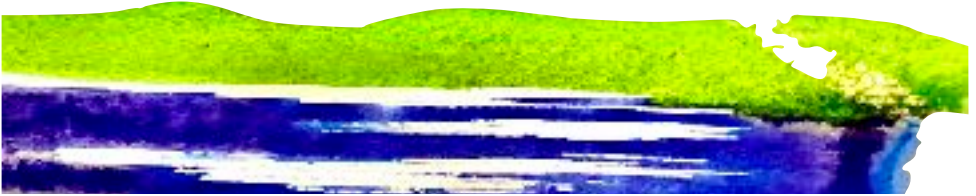
Coffee (your own!) follows - in break-out rooms. Leave when you wish.



(Lauds) AWAKENING PRAYER

Prayer for the day's dawning

from The Earth Cries Glory: Daily Prayer with Creation by Steven Shakespeare,



OPENING

The morning star rises
in the cold air.

**It beckons us,
lifting the soul.**

The sun's fingers stretch
through fields and streets.

**It reaches us,
kindling the heart.**

The sleeping earth stirs,
pulsing with life.

**It grounds us,
cradling our roots.**

The mist descends
in sparkling dew.

**It washes us,
cleansing our awareness.**

Silence is kept

We are grateful for this air, this fire, this earth, this water;
for the elements that make up our world,
our diverse bodies, our souls and our dreams.

**May Christ the morning star
reveal the light in all things,
in the wonderful strangeness of all that we are.**

ATTENDING

This is not the time
to think that all is right with the world.
This is not the time
to accept prejudice and poverty.
This is the time
to face the truth of our past,
the shadows of the present,
the promise of what is to yet.

We pray for the mind of Christ:
attentive love, deep compassion
and a fierce longing that all might have fullness of life. Amen

OFFERING

We offer ourselves,
our light and our shadows,
to the sacred circle of love.

Where certainties condemn
and the witness of hate
builds temples to itself:

**We offer ourselves,
our light and our shadows,
to the sacred circle of love.**

Personal prayers for ourselves, others and the world.

**May the hurts we cause be forgiven
and the hurts we receive be healed.
May we cherish the life we share with all.
For all love, and life and power
is the gift of the Spirit. Amen**

BLESSING

May we tread lightly on the sleeping earth;
may we be cleansed by the shining air;
and may the blessing of the living God,
the God of shadow, seed and silence,
form our hearts and guide our steps. Amen

(Terce) MORNING PRAYER

O Lord, open our lips

and our mouth shall proclaim your praise

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

according to your judgment 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.

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**

Psalm 51 Returning to God (*or a Psalm from the list on page page 29*)

Have mercy on me, O God, in your enduring goodness:

according to the fullness of your compassion blot out my offences.

Wash me thoroughly from my wickedness:

and cleanse me from my sin.

For I acknowledge my rebellion:

and my sin is ever before me.

Create in me a clean heart, O God:

and renew a right spirit within me.

Do not cast me out from your presence:

do not take your holy spirit from me.

O give me the gladness of your help again:

and support me with a willing spirit.

The sacrifice of God is a broken spirit:

a broken and contrite heart, O God, you will not despise.

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 29*)

Prayers

*Keep silence or pray in your own words for the the world, the church,
those we care for, and those in need, those we love, those we don't know.
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

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.
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.

Collect (*this or the Collect of the day*)

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord.

May God our Redeemer show us compassion and love **Amen**
Let us bless the Lord. **Thanks be to God**



(Sext) MIDDAY PRAYER

from The Celtic Daily Prayer Book

A Visual Call to Worship from Iona: Iona by Kenneth C. Steven

Is this place really nearer to God?
is the wall thin between our whispers
And his listening? I only know
The world grows less and less –
Here what matters is conquering the wind.
Coming home dryshod, getting the fire lit.
I am not sure whether there is no time here
Or more time, whether the light is stronger
Or just easier to see. That is why
I keep returning, thirsty, to the place
That is older than my understanding.
Younger than my broken spirit.

Let the beauty of the Lord our God be upon us.
Establish Thou the work of our hands;
establish Thou the world of our hands.

Teach us, dear Lord, to number our days;
that we may apply our hearts unto wisdom.
Oh, satisfy us early with Thy mercy,
that we may rejoice and be glad all of our days.

And let the beauty of the Lord our God be upon us;
and establish Thou the world of our hands.
And let the beauty of the Lord our God be upon us;
and establish Thou the work of our hands.

The Lord's Prayer

Let nothing disturb thee, nothing affright thee;
all things are passing, God never changes.
Patient endurance attains all things; who God possesses
in nothing is wanting; alone God suffices.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

(Vespers) EVENING PRAYER

O God, make speed to save us;
O Lord, make haste to help us.

That this evening may be
holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept

As our evening prayer rises before you, O god,
so may your mercy come down upon us
to cleanse our hearts and set us free to sing
your praise, now and forever. Amen

Psalm 130 Returning to God (*or a Psalm from the list on page 29*)

Out of the depths have I called to you, O Lord:
Lord, hear my voice.

O let your ears consider well:
the voice of my supplication.

If you, Lord, should note what we do wrong:
who then, O Lord, could stand?

But there is forgiveness with you:
so that you shall be feared.

I wait for the Lord, my soul waits for him:
and in his word is my hope.

My soul looks for the Lord:
more than watchmen for the morning, more, I say, than
watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy:
and with him is ample redemption.

He will redeem Israel:
from the multitude of his sins.

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 (*from page 29*)

The 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

Keep silence or pray in your own words

Lord have mercy upon us.

Christ have mercy upon us.

Lord have mercy upon us.

The Lord's Prayer

The Collect

Lord, God almighty, come and dispel the darkness from our hearts,
that in the radiance of your brightness we may know you,
the only unfading light, glorious in all eternity. Amen



(Compline) 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.

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 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

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*

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 depart in peace:

according to your word

For my 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.**

Keep silence or pray in your own words

The Collect

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.

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 Blessing

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.

CONTEMPLATIVE PRAYER

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:

O God, come to my aid.

O Lord, make haste to help me.

Be still and know that I am God.

Or, in *lectio divina* way of praying, choose a short passage of scripture, and read it slowly and prayerfully letting a word or phrase come into your mind for contemplation. Read the passage again, twice, and let that word or phrase become your meditation or prayer. You could also use your prayer breviary cards for this.

A FORTNIGHT CYCLE OF PSALMS

| | | | |
|----------|-------------|-----------|-------------|
| Sunday | 119.1-32 | Monday | 119.33-56 |
| Tuesday | 119.57-80 | Wednesday | 119.81-104 |
| Thursday | 119.105-128 | Friday | 119.129-152 |
| Saturday | 119.153-end | | |
| Sunday | 121, 122 | Monday | 123, 124 |
| Tuesday | 125, 126 | Wednesday | 127 |
| Thursday | 128 | Friday | 129, 130 |
| Saturday | 131, 133 | | |

BIBLE READINGS

| | |
|------------------------------|------------------------------|
| Sunday: Revelation 21.1-4, | Monday: Isaiah 49.1b-4, |
| Tuesday: Deuteronomy 28.1-6, | Wednesday: Matthew 9.35-end, |
| Thursday: John 17.18-23, | Friday: Luke 9.22-25, |
| Saturday: John 11.17-26a. | |

OTHERS

| | |
|--------------------|--------------------|
| Psalms 23 | Jeremiah 29.11-13 |
| Psalms 27 | Psalms 139 |
| Isaiah 43.1-21 | Habbakuk 3.17-19 |
| Matthew 6.25-34 | Matthew 11.25-29 |
| John 14.1-7 | John 17:1-6 |
| Romans 8.18-38 | Colossians 3.12-17 |
| Philippians 4.1-13 | 1 Corinthians 13 |

OTHER SOURCES FOR PRAYER & WORSHIP

Broadcast & Radio

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

TV: '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' Wed 3.30pm repeat Sun 3pm on Radio 3

Apps: Common Worship Daily Prayer Lectio 365 Pray as you go

Other Online Resources

www.stmarysshalford.com - our Shalford & Peasmarsh Parish resource of worship and prayer links...still developing!

www.cofeguildford.org

our Guildford Diocese website with links to weekly Bishops' sermons etc

The Northumbria Community:

www.northumbriacommunity.org/offices/how-to-use-daily-office/.

Short but poetic forms of daily prayer in the "Celtic" style.

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.youtube.com/user/ArchbishopsCouncil

Church of England online services

PASTORAL or PRACTICAL SUPPORT

If you would value any pastoral or practical support,

if you have any requests for prayer,

or would simply like a chat, please call

Rev'd Sarah (01483 565012 or email vicar.shalford@icloud.com)

Sarah also be able to connect you to a St Mary's Pastoral Care Visitor if you would like that, or to a volunteer to help from Shalford Community Support Network.

God Bless you and Keep You

Worship together

Holy Week & Easter

*It is difficult to plan at the moment,
but if it is safe to do so we hope to be able to worship in person
together again at St Mary's Church either outside or inside or both,
as well as continuing online,
through Holy Week and for our great festival celebration of Christ Risen,
Easter Day*

*Details will be announced via St Mary's e-news,
website, posters and parish magazine for*

*Holy Week Complines - Monday-Wednesday
Maundy Thursday Communion, with The Watch in Churchyard
Good Friday Mediations & Music & Children's Easter Garden
Easter Sunday:
Dawn Eucharist, Outdoor 10am Easter All Age Communion
Churchyard Easter Egg Hunt*

*We also hope to open the Shalford Parent & Toddler Group
and other opportunities to gather and meet,
and worship, for children and families
as soon as possible.*

*Please get in touch if you would like to help or be involved in any of
the above, or other.*

To keep uptodate with latest news and resources, please
Subscribe to St Mary's Weekly E-Newsletter via St Mary's website.

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

