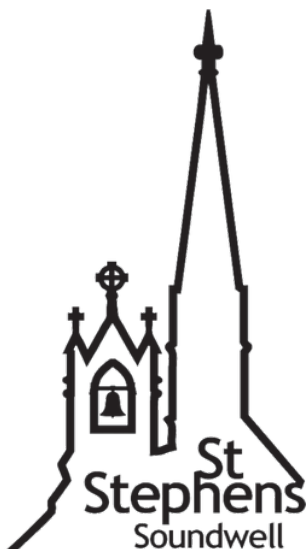


PRAYERS IN ISOLATION... A SPECIAL TIME WITH GOD

Prayer resources for those who are unable to meet
together



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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 website or use
the readings for Sunday found on page 8*

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.

Silence is kept

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

How to find a bible reading.

Check the index in your bible to find out if it numbers all the pages consecutively, or starts again for the New Testament.

Before Easter the first Reading is from the Old Testament.
After Easter all but the Psalms are from the New Testament.

Look at the name of the book that you need to find.
Numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text often raised above the line of the text to stop them interrupting the flow of reading.

Once you've found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book= 1st book of Samuel (in the Old Testament)

Chapter =16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book= 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a,36-41

Book= Acts of the Apostles (in the New Testament)

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

A comma means skip a section, a or b means first or last sentence of the verse.

Don't worry if you don't find exactly the right passage- St Paul assure us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

Bible readings and Collects for Sundays

Sun 22 Mar 2020 The Fourth Sunday of Lent

1 Samuel 16.1-13; Ephesians; 5.8-14; Psalm 23
John 9.1-41

Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen

Sun 29 Mar 2020 The Fifth Sunday of Lent

Ezekiel 37.1-14; Romans 8.6-11; Psalm 130;
John 11.1-45

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen

Sun 5 Apr 2020 Palm Sunday

Isaiah 50.4-9a; Philippians 2.5-11; Psalm 31.9-16; Matthew 26.14 – 27.66

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

Sun 12 Apr 2020 Easter Day

Principal Feast

Acts 10.34-43; Colossians 3.1-4; Psalm 118.1-2,14-24;
Matthew 28.1-10

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

Sun 19 Apr 2020 The Second Sunday of Easter

Acts 2.14a,22-32; 1 Peter 1.3-9; Psalm 16; John 20.19-31

Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. Amen

Sun 26 Apr 2020 The Third Sunday of Easter

Acts 2.14a,36-41; 1 Peter 1.17-23; Psalm 116.1-3,10-17;
Luke 24.13-35

Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen

Sun 3 May 2020 The Fourth Sunday of Easter

Acts 2.42-47; 1 Peter 2.19-25; Psalm 23; John 10.1-10

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen

Sun 10 May 2020 The Fifth Sunday of Easter

Acts 7.55-60; 1 Peter 2.2-10; Psalm 31.1-5,15-16;
John 14.1-14

Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Sun 17 May 2020 The Sixth Sunday of Easter

Acts 17.22-31; Psalm 66.7-18; 1 Peter 3.13-22; John 14.15-21

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Sun 24 May 2020 Sunday after Ascension Day

Acts 1.6-14; 1 Peter 4.12-14; 5.6-11; Psalm 68.1-10,32-35
John 17.1-11

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen

Sun 31 May 2020 Day of Pentecost

Acts 2.1-21; 1 Corinthians 12.3b-13; Psalm 104.26-36,37b;
John 7.37-39

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen

Sun 7 June 2020 Trinity Sunday

Isaiah 40.12-17,27-31; 2 Corinthians 13.11-13; Psalm 8;
Matthew 28.16-20

Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen.

Sun 14 June 2020 The First Sunday after Trinity

Exodus 19.2-8a; Romans 5.1-8; Psalm 100;
Matthew 9.35-10.9

God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son. Amen.

Sun 21 June 2020 The Second Sunday after Trinity

Jeremiah 20.7-13; Romans 6.1b-11; Psalm 69.8-11,18-20;
Matthew 10.24-29

Faithful Creator, whose mercy never fails: deepen our faithfulness to you and to your living Word, Jesus Christ our Lord. Amen.

We hope and pray to all be back in Church, worshipping our Lord together, way before this date..... I am simply filling the page!!!

Love and prayers – Lisa xxx

Prayer during the Day

Many people have evolved a daily Quiet Time, for reading Scripture and for praying. With this in mind, Prayer During the Day is offered as a framework for personal devotion; it follows a pattern which would be shared with others.

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Psalm 27.10

Praise

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

from Te Deum Laudamus

The Word of God

Psalmody

On any Sunday

Psalm 19

On any Monday

Psalm 126

On any Tuesday

Psalm 17: 1-8

On any Wednesday

Psalm 48

On any Thursday

Psalm 133

On any Friday

Psalm 23

On any Saturday

Psalm 63: 1-8

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.

Short readings

*(Select reading appropriate for the week of the month or
another of your choice)*

Week One

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Genesis 1.1-5

Week Two

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

2 Corinthians 5.17-19a

Week Three

The man went away and told the Jews that it was Jesus who had made him well. Therefore, the Jews started persecuting Jesus, because he was doing such things on the sabbath. But Jesus answered them, 'My Father is still working, and I also am working.' For this reason, the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

John 5.15-18

Week Four

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

Revelation 21.1-4

Or, on any Sunday

Wisdom says, 'I was beside him, like a master worker; and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the human race.'

Proverbs 8.30,31

Response

Silence

Jesus said, I am the living bread
that came down from heaven.
Whoever eats of this bread will live for ever.

John 6.51a

Prayers

Prayers may include these concerns:

The universal Church

Bishops, synods and all who lead the Church

The leaders of the nations

The natural world and the resources of the earth

All who are in any kind of need

or the following prayer is said

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.
Amen.

From St Patrick's Breastplate

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.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

May God who made both heaven and earth bless us.
Amen.

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 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

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 may be said

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.

Or, in Easter

Into your hands, O Lord, I commend my spirit.
Alleluia, alleluia.
For you have redeemed me, Lord God of truth.
Alleluia, alleluia.
Glory to the Father and to the Son
and to the Holy Spirit.
Into your hands, O Lord, I commend my spirit.
Alleluia, alleluia.

Gospel Cantic

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.

- 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*

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.

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.

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.
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.

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 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

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.

-Common Worship

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.

-Common Worship

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.

-Common Worship

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.

-Common Worship

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. Amen.

-Common Worship

Other support

Television Programmes

- Songs of Praise Sundays at 1.15pm on BBC1

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

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

- Lent Talks Wednesdays at 8.45pm on Radio 4
- Choral Evensong – Wednesday at 3.30pm and the same service is repeated on Sundays at 3pm on Radio 3

A few internet resources

- Keep up to date with Parish news on our website =

<https://www.saintstephensoundwell.org>

or find us on Facebook =

<https://www.facebook.com/saintstephensoundwell/>

- Church of England Daily Prayer

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

<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>

- Live Streaming of Sunday service at the following:

<https://bristol-cathedral.co.uk>

<https://www.ahbtt.org.uk/live-stream/>

[https://www.bpchurch.uk/Groups/224904/Buckingham Parish Church/Whats On/Services/Livestream Services/Livestream Services.aspx](https://www.bpchurch.uk/Groups/224904/Buckingham_Parish_Church/Whats_On/Services/Livestream_Services/Livestream_Services.aspx)

<https://thesundayservice.gallery.video/stnicholascanvey>

<https://www.youtube.com/channel/UCI-G5lrRtm4g5h9yzVkogAw/videos>

<https://www.stmaryskenton.org/live-church-webcam/>

Footprints in the sand

One night a man had a dream. He dreamed he was walking along the beach with the LORD.

Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it: "LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied:

"My precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

If you are lonely whilst self-isolating

- Please do call one another on the telephone – each member of the church should bring comfort and support to one another. Lisa is able to share telephone numbers of those who have agreed to them being passed on. Please let Lisa know if you would like your number shared with others for this purpose.

- You can of course call or email any of us...

Lisa - 0117 957 4297

lisawigmore66@gmail.com

Sandy / Lin - 0117 967 2621

linsand@blueyonder.co.uk

Peter - 0117 967 9576

peter-robbins@outlook.com

Jenny Bishop - 0117 957 5729

Gill Mayo - 0117 956 9796