



Central Hartlepool Group

One Family, Three Parishes,
Growing the Kingdom.

SPIRITUAL RESOURCES

for the month of prayer during the Coronavirus Pandemic



from All Saints Day into Advent

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THIS GUIDE

Following the announcement of the second Coronavirus lockdown, the Archbishops of Canterbury and York have called upon members of the Church of England to make November a month of prayer, and in particular to use a Thursday to pray for our nation, its leaders, its health and essential services and all who suffer.

This booklet is provided to help you engage in this month of prayer and to help you through this darker season as we move from All Saints into Advent. These resources are offered to help us all to rely upon and draw close to the presence of Christ at all times, especially in these difficult days.

'Rejoice in hope, be patient in suffering, persevere in prayer. Rejoice with those who rejoice, weep with those who weep. Romans 12:12,15

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. Please do use it, it is a perfect prayer.
- * 'Lord Jesus Christ, son of the Living God, have mercy on me a sinner' is a simple prayer from the Orthodox tradition that is repeated quietly for a period of time.
- * The "Examen", despite its name, is a very simple way to prayerfully review your day with God in five steps
 1. Become aware of God's presence, or ask God to help you remember that he's there with you
 2. Review the day with gratitude (as best you can!)
 3. Pay attention how you are feeling about it.
 4. Choose one feature of the day and pray about it.
 5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember that he's with you

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

Psalm 42 1-7 or you may wish to use an alternative such as Psalm 23, 16 or 139.

1. As the deer longs for the water brooks,
so longs my soul for you, O God.
2. My soul is athirst for God, even for the living God;
when shall I come before the presence of God
3. My tears have been my bread day and night,
while all day long they say to me 'Where is now your God?'
4. 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.
5. With the voice of praise and thanksgiving,
among those who kept holy day.
6. Why are you so full of heaviness, O my soul,
and why are you so disquieted within me?
7. 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

One of the readings below or:

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 Thess. 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

From All Saints to Advent:

'When you call upon me and come and pray to me, I will hear you. I will let you find me,' says the Lord, 'and I will restore your fortunes.'
(Jeremiah 29.12,14)

Advent:

Now is the time to wake out of sleep, for now our salvation is nearer than when we first believed. *(Romans 13.11)*

Our Lord says, 'Surely, I come quickly.' Even so; come, Lord Jesus. *(Rev 22.20)*

Benedictus

1. Blessed be the Lord the God of Israel:
for he has come to his people and set them free.
2. He has raised up for us a mighty saviour:
born of the house of his servant David.
3. Through his holy prophets he promised of old:
that he would save us from our enemies,
from the hands of all that hate us.
4. He promised to show mercy to our fathers:
and to remember his holy covenant.
5. This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear:
6. holy and righteous in his sight all the days of our life.
7. You my child shall be called the prophet of the most
high: for you will go before the Lord to prepare his way,
8. to give his people knowledge of salvation:
by the forgiveness of all their sins.
9. In the tender compassion of our God:
the dawn from on high shall break upon us,
10. to shine on those who dwell in darkness and the
shadow of death: and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning is now, and shall be for ever. **Amen.**

Prayers

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 on the notice sheet who have asked for our prayers.

The Lord's Prayer Collect and Conclusion

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

NIGHT PRAYER

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33.27

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.

Pause and reflect on the day that is past.

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.**

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.

Or in Advent Psalm 143

Bible Reading *one of the following is suggested*

From All Saints to Advent:

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations. (*Matthew 24.13,14a*)

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.

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.

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**

Taken from Church of England Daily Prayer

AN ACT OF SPIRITUAL COMMUNION

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.

Next, if you have a Missal, say the Entrance verse or:

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

and then call to mind any sins you have committed and make an Act of Contrition in words such as:

Lord Jesus Christ, Son of the Living God;
have mercy on me, a sinner.

Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence.

Offer your own prayers ending with the Our Father.

Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament. As you see them approach, say:

Lord, I am not worthy to receive you,
but only say the word and I shall be healed.



Then, make an Act of Spiritual Communion in these or other words:

My Jesus,
I believe that You are present in the Most Holy Sacrament. I love You above all things, and desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.
Amen.

As you imagine yourself receiving the Bread of Heaven, be still and rest in the love of God. Thank Him for entering beneath the roof of your soul with words such as:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within your wounds hide me.
Suffer me not to be separated from you.
From the malicious Enemy defend me.
In the hour of my death call me
and bid me come to you,
that with your Saints I may praise you,
for ever and ever. **Amen.**
Let us bless the Lord. **Thanks be to God**

With thanks to the Spiritual Association of the COMPASSIONATE HEARTS of JESUS and MARY (CHJM) for these prayers

An act of remembrance at home

Begin by reading Psalm 23

They shall grow not old,
as we that are left grow old;
age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning,
we will remember them.

We will remember them

Two minutes' silence to be observed.

O God of truth and justice,
we hold before you those people
who have died in active service.
As we honour their courage and cherish their memory,
may we put our faith in your future;
for you are the source of life, peace and hope,
now and forever.

Amen

COLLECTS AND OTHER PRAYERS

For those who are ill

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen

For hospital 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.

For Comfort

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

A prayer of St Benedict

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord.

Lord Jesus Christ, you said to your
disciples,
'I am with you always'.
Be with me today, as I offer myself
to you.
Hear my prayers for others and
for myself,
and keep me in your care.

Other Sources for Prayer and Worship

BROADCAST AND PHONE RESOURCES

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

Television programmes

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

Radio programmes (and through the 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 Longwave and DAB

'Choral Evensong'

Wednesdays at 3.30pm and the same service is
repeated Sundays at 3pm on Radio 3

ONLINE RESOURCES

If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.

Websites

Go to either www.stlukeshartlepool.org or
www.stranton-church.org.uk for news, diary, and links to
online services provided in our Group.

<https://www.facebook.com/aidancolumba>
<https://www.facebook.com/allsaintsstranton>
<https://www.facebook.com/stlukeshartlepool>
<https://www.facebook.com/hartlepoolcoh>

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.universalis.com

for a wealth of Catholic resources and readings for each day

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

PASTORAL SUPPORT

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call:

Revd Norman Shave 01429 233609

Revd Gemma Sampson 07780 675322

Or contact one of the Churchwardens.

God Bless you all

please take very good care of yourself at this time.

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.

When this is over
May we never again
Take for granted
A handshake with a stranger
Full shelves at the store
Conversations with the neighbours
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself

When this ends
May we find
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
That way - better
For each other
Because of the worst

Laura Fanucci