



The Shoreline Benefice Prayer and Worship Resources (3rd edition)

This is already the third edition of our prayer and worship resources booklet. Like before still current items remain, other items have changed and new ones have been added.

If you are missing a favoured item, please email me as I do have the other editions sitting on my computer!

With lockdown extended for at least another three weeks, you may wish to look at some of study material, which gives you the opportunity to find out and engage with faith and faith aspects in new ways.

***“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”
(Matthew 6.34)***

Our churches remain closed and new ways of worshipping have sprung up like the cow parsley and buttercups in the rectory garden: in abundance! Like the various worship styles in church, we may well find that we are attracted to some new ways while others leave us cold or even put us off. Don’t worry about that. Use the time we are given to find what really feeds and strengthens you. And don’t forget that being challenged often leads to growth in ways you had never expected possible.

My hope and prayer is that we all find ways to draw closer to the God who loves us, just as we are.

What’s New?

If all you want to know what is really new (rather than edited or updated), this is it:

- * Time to Pray App - page 3
- * The Prayer Course - page 9
- * The Bible Chat Mat - page 9
- * Living Generously - page 9

And:

* The dodgy link issues have been resolved. If you got the impression I am having shares in Apple, because whatever the links told you quite a few led you to the Apple website, then rest assured. I have simply been battling with the word processor’s facility for including links.

Online Worship Resources

Church online:

The Church of England has really interesting recorded services that can be found on: <https://www.churchofengland.org/more/media-centre/church-online>

From the Bishop’s Oratory Chapel and the Cathedral:

Everyone is invited to join in to pray daily. You can view the following services live on Facebook:

<https://www.facebook.com/BishopsCofEsuffolk/>
<https://www.facebook.com/stedscathedral/>

or through the Worship Page on the Cathedral website:

<https://stedscathedral.org/worship/>

*** daily from the Bishop’s Oratory:**

8.30am - Morning Prayer (Monday to Saturday)

The full text for this service is found on:
<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

* **initially from St Edmundsbury Cathedral, now from the homes of our cathedral clergy:**

12 noon on Monday - Said Eucharist

3.30pm on Saturdays - Said Eucharist

5.00pm - Evening Prayer (Monday to Friday)

10.00am and 3.30pm Sunday Service

Our own Website: [Shorelinebenefice.co.uk](http://shorelinebenefice.co.uk)

As so many services are being (live) streamed on Sunday, I won't double that effort. In stead I will produce a short act of worship for each Wednesday with a reading and reflection, to break up the week. shorelinebenefice.co.uk

I will be using this act of worship at 9.30am at home. Although we can't hear or see each other, it would be lovely to "gather" at that time and join in prayer and worship. This service can be found on our Website under What's on - Services.

Instrumental Music and Reflection

Each weekday at 10.00am a piece of instrumental music and a written reflection is posted on the cathedral website Worship page (and also available through YouTube) .

<https://stedscathedral.org/worship/>

Other Online Resources

* "God Pause" is an excellent daily reflection often on a bible reading, which is included, or eg a hymn coming into your email inbox. Subscribe at www.luthersem.edu/godpause.

* Church of England Smart Speaker apps can be downloaded

for free via: <https://www.churchofengland.org/our-faith/our-smart-speaker-apps>

* Time to Pray is the Church of England App for your phone or tablet, that gives you the text for Morning and Evening Prayer, with the readings for the day included. The App is free to use.

Download on:

<https://www.chpublishing.co.uk/apps/time-to-pray>

Radio and TV

* BBC1 is broadcasting a church service on Sunday mornings.

Please check the timings as they change every week!

Sunday 19th April the service starts at 10.15am.

* BBC4 Radio is broadcasting "Sunday Worship" at 8.10am

Short Bible Passages for Reading and Contemplation

[Psalm 27](#) The Lord is my light and my salvation

[Psalm 46](#) Be still, and know that I am God.

[Psalm 91](#) He shall cover you with his wings

[Psalm 139](#) O Lord, you have searched me out and known me

[Isaiah 43](#) (esp vv.1-7) Do not fear, for I am with you

[John 14](#) Do not let your hearts be troubled

The Natural World as Source of Prayer

Do check out the Wild worship Field Guide. It is brilliant!

http://thesanctuarycentre.org/resources/creative_prayer_idea_wild_worship_field_guide.pdf

Creative Prayer Material

Pick up A Pencil is a wonderful blog by Hannah Dunnett.

Hannah is an artist who incorporates words from the bible in her paintings. In her blog she shows how she has gone about her

work, as well as guides you through how you can make your own. The subjects so far: Making a rayer Tree, Painting a Patchwork, and from Scripture to a Picture. This is also a great activity for/ to do with children.

<https://www.benandhannahdunnett.com/blog/>

Personal prayers

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.

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.

from St Patrick's Breastplate

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.

St Benedict

4.

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.

Praise to the Father,

Praise to the Son,

Praise to the Spirit,

The Three in One.

*adapted from Alexander Carmichael
Carmina Gadelica (1900)*

For those who are worried/social cohesion

Loving Jesus,

you are compassionate to those in need
and heal the sick in body and mind.

Look kindly on those who are fearful at this time.

Help us all to put away all thoughts and actions
that separate us from you and from one another.

Give us grace to live our lives

confident in your promise that you are with us always. 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 care for the sick,
and to assure the isolated

5.

of our love, and your love,
for your name's sake. Amen.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord. Amen.

Before going to sleep

God our Father, by whose mercy
the world turns safely into darkness
and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord. *Church of South India*

After a time of prayer

Be with us, Lord, in all our prayers,
and direct our way toward the attainment of salvation,
that among the changes and chances of this mortal life,
we may always be defended by your gracious help,
through Jesus Christ our Lord. Amen.

Prayers with Children

Before praying, it is suggested that there is a discussion with the children about the people and places they wish to pray for.

A Prayer about Coronavirus

Dear God,
When I feel worried about what is happening in the world,
Blow my worries away
like the wind blows leaves on an autumn day.
When I feel sad
about how this virus is making so many people sick,
Wash my tears away like a waterfall washes over rocks
and makes them smooth.
When I feel scared that I might get this horrible virus,
Calm my fears like the dawn makes a dark night fade away
and I feel safe again.
Thank you that you are with me
and everyone I am worried about.
Thank you that you love me and will always be with me. Amen.
This was written by Dorothy Moore Brooks, Chaplain at Great Ormond Street Hospital

A prayer for when a friend is ill

Dear God, *(name of friend)* is ill.
They are not allowed to go to school or come over to play.
I'm sad because I miss them.
They must be feeling miserable and lonely as well.
Please be close to them.
Please be with the people who are looking after them.
Please help them to get better
and to know that you love them. Amen.

A prayer for the world

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.
Thank you that even in these anxious times,
you are with us.
Help us to put our trust in you and keep us safe. Amen.



A prayer at bedtime

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. Tonight we pray
especially for *(names family or friends who are affected by
Coronavirus)* and the people of *(country or place which is
affected by Coronavirus)*.
Please give skill and wisdom
to all who are caring for them. Amen.

A prayer remembering God is with us

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.

Today I am feeling *(name how you are feeling)* because *(reasons
you are feeling this way)*.

Help me to remember that you love me
and are with me in everything today. Amen.

Study Materials

* If you want to use some time to find out more about the bible,

Enter the Bible is a great resource, available for free on:

<https://www.enterthebible.org>

The material is very accessible, high quality and bitesize. Have
a look! I am sure you will enjoy it.*

* **The Prayer Course** is an excellent course of 8 sessions, based
on the Lord's Prayer. Although intended for use by small groups,
the 20 minute video sessions will also work for you to do at
home, on your own or together with whoever wants to join in.

<https://prayercourse.org>

* **The Bible Chat Mat.** A wonderful resource for people of all
ages. Download and print the Chat Mat. Read a bible passage,
doodle, colour, discuss or just sit, think and pray. [https://
www.bathandwells.org.uk/supporting-children/youth-children/
resources/bible-chat-mat/](https://www.bathandwells.org.uk/supporting-children/youth-children/resources/bible-chat-mat/)

* **Living Generously.** I found a beautifully written booklet on
the Oxford Diocese, which you can download for free. It gives
seven short reflections on John 12.3 : 'Mary took a pound of
costly perfume made of pure nard, anointed Jesus' feet, and
wiped them with her hair.' [https://www.oxford.anglican.org/wp-
content/uploads/2018/06/Living-Generously-web-version.pdf](https://www.oxford.anglican.org/wp-content/uploads/2018/06/Living-Generously-web-version.pdf)

With prayers and best wishes,

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