

Keep Calm and Carry on Praying



***Some prayers from Wheathampstead Churches
Together to provide Spiritual Support
during the Corona Virus Outbreak.***

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God” Philipians 4:6.

Dear Reader

Praying is simply talking with God... but sometimes it doesn't feel simple.

We offer you this little booklet of prayers as a way to connect to our gracious, loving, kind Heavenly Father. We very much hope that prayer will calm your anxieties, strengthen your faith and fill you with hope. Not surprisingly, the prayers focus on The Corona Virus outbreak, but prayer to God is a natural human response whatever the situation.

Many people find it helpful to establish a rhythm of prayer. For centuries Christians have prayed in the morning and evening - effectively offering the whole day to God by encasing it, or book-ending it, with prayer. This can provide a chance to be still and reflect with thankfulness. Alternatively your prayers may be characterised by desperately crying out to God, "HELP!" That is perhaps the most authentic prayer any of us can pray.

Whenever and however you pray, God is waiting to hear from you. Like a loving Father he is delighted when his children choose to come to him.

Last of all, you might like to light a candle or play some quiet reflective music to help you focus on prayer.

Rest assured that we are praying for you, our community and for our nation at this challenging time. May you encounter the Divine goodness of God as you seek Him in prayer.

God bless you

Rev Richard Banham

St Helen's & St Peter's

Church of England Churches

Fr Michael Mannion

St Thomas More

Roman Catholic Church

Mrs Jane Deller

Elder

Wh't'd United Church



PRAYER DURING THE DAY

Preparation

○ God, make speed to save us.

○ **Lord, make haste to help us.**

One of the following prayers is used

Jesus, like a mother you gather your people to you;
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,
for the beauty of heaven may your love prepare us.

Anselm (1109)

○ 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

The Word of God

Psalms

| | | | |
|-----------|---------------------|----------|---------------------|
| Sunday | <i>Psalm 19</i> | Thursday | <i>Psalm 133</i> |
| Monday | <i>Psalm 126</i> | Friday | <i>Psalm 23</i> |
| Tuesday | <i>Psalm 17:1-8</i> | Saturday | <i>Psalm 63:1-8</i> |
| Wednesday | <i>Psalm 48</i> | | |

Short readings

*You may wish to use the weekly pattern of short readings given below,
or choose a passage of your own.*

| | | | |
|-----------|---------------------------|----------|--------------------------|
| Sunday | <i>Isaiah 43.1-3a</i> | Thursday | <i>Ephesians 2.19-22</i> |
| Monday | <i>John 14.1-6</i> | Friday | <i>Ephesians 2:13-18</i> |
| Tuesday | <i>Philippians 4.8-9</i> | Saturday | <i>Revelation 5:8-10</i> |
| Wednesday | <i>Colossians 3.16,17</i> | | |

Response

Jesus said, I am the good shepherd.

The good shepherd lays down his life for the sheep.

Prayers *One of these sets of prayers may be used, or the prayers inside the back cover.*

Prayers of intercession for our current situation

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:

Lord, hear us, **Lord, graciously hear us.**

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:

Lord, hear us, **Lord, graciously hear us.**

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:

Lord, hear us, **Lord, graciously hear us.**

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:

Lord, hear us, **Lord, graciously hear us.**

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ.

Amen.

(or)

General Prayers of intercession

For the peace and stability of all peoples
and for the leaders of the nations ...;

Loving God

hear our prayer.

For places of work, education and leisure ...;
Loving God
hear our prayer.

For a blessing on our homes;
for our relations and friends and all whom we love ...;
Loving God
hear our prayer.

For the sick and suffering and all who minister to their needs ...;
Loving God
hear our prayer

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Collect for the day or the following prayer is said.

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.

Amen.

Benedict of Nursia (c.550)

The Lord's Prayer is said.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who
 sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

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 kindle in us the fire of his love. **Amen.**

EVENING PRAYER FROM THE IONA COMMUNITY.

Opening Responses

Come Lord Jesus,
you too were tired
when day was done;
you met your friends at evening time.

Come Lord, Jesus.

Come Lord Jesus,
you too enjoyed
when nights drew on;
you told your tales at close of day.

Come Lord Jesus.

Come Lord Jesus,
you kindled faith
when lamps were low;
you opened scriptures,
broke the bread
and shed the light
as darkness fell.

**Come Lord Jesus,
meet us here.**

Prayer

Before and after time,
there is God.

Where past and future are gathered,
there is God.

Beyond the death of the body,
there is God.

**For you, O Lord, are everlasting,
faithful for ever and eternally present;
you are the great 'I AM' and we worship you.
Word of God.**

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

When our eyes are open again,
may they do so
not to end our devotions
but to expect your kingdom,
for Jesus' sake.

Amen.

Blessing

May God bless us
in our sleep with rest,
in our dreams with vision,
in our waking with a calm mind
in our soul with the friendship of the Holy Spirit
this night and every night.

Amen.

The building may be closed, but our Church Services continue

Although we are not meeting together physically to pray and worship, we continue to pray together and worship God.

We hold **Morning Prayer from Monday to Thursday and Saturdays at 9am**. We gather together online by Video Conference using *Zoom Pro*. If you would like to join us, (you will need a device with a camera and microphone to participate fully) please email office@sth-stp.org and we will send you instructions on how to join us online.

Each week we publish an **Online Sunday Service** video in place of our main Sunday worship service. This includes a bible reading, hymns, a talk, prayers and a choir anthem. We hope this will help you feel connected to our church community. Visit our website www.sth-stp.org to view our recent services.



St Helen's + St Peter's · Wheathampstead

living and working for the glory of God



When Mass cannot be celebrated publicly

*The Lord is my light and my salvation; whom then shall I fear?
the Lord is the stronghold of my life; of whom shall I be afraid?*

These words from Psalm 26 were penned by David in the twilight of his life. Having experienced many ups and downs as King of Israel, he reflects on the one steadfast thing, the love of God for him. In these difficult times when our worlds can seem to be upside down and the familiar patterns of life are removed from us, we turn to God and rely on his mercy and loving compassion for us all. This booklet has been provided as a help for prayer when Mass is not available to us. Our priests will continue to offer Mass for the Church and the world at this time, and we can unite ourselves to their celebrations through a spiritual communion. St Thomas Aquinas described Spiritual Communion as, 'an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him'. As our pattern of life changes, we should endeavour to keep a pattern of prayer and praise in our days, and this is one way we can unite ourselves in prayer to our Lord and his world.

Be assured of my prayers for you all at this time.

Cardinal Vincent Nichols

President

Catholic Bishops' Conference of England and Wales

Introduction

*Some will find it helpful to have a space as a focus for their prayer.
This might include a crucifix, icon or other holy image, and a lighted candle.*

Sign of the Cross

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

Examen

Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?
Where did I stray from God: through words, actions or things I did not do.
How might I do better tomorrow?
What grace do I ask from God in order to live more closely in his love.

You may wish to conclude by saying:

Lord Jesus, you have revealed yourself as the way to the Father:
Lord, have mercy. Lord, have mercy.
You have poured out on your people the Spirit of truth:
Christ, have mercy. Christ, have mercy.
You are the Good Shepherd, leading us to eternal life:
Lord, have mercy. Lord, have mercy.

The Word of God

The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day.

Psalm 85 (1-6, 11, 15-16)

Gospel Mark 4:35–41

Silent reflection

Pause for a moment of silent reflection.



Prayers of Intercessions

Pray for family and loved ones so that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus.

If the following intentions are said in a family or other group you may wish to conclude each one with the response:

Lord, in your mercy. Hear our prayer

For those in authority:

may they offer advice with care and integrity,
may they seek to protect the poor and vulnerable.

For all who work in healthcare:

give strength to all who look after the sick
so that they may bring comfort and relief to the suffering.

For the Church:

may she offer prayers and consolation for all those affected.

For our local community and all for those in need:

may those who are isolated know the support
and service of their neighbours.

Lord's Prayer

Our Father...

Spiritual Communion—Prayer of St Alphonsus

My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.

Conclusion

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

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Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross you participated in Jesus' pain, with steadfast faith.
You, Salvation of the Roman People, know what we need.
We are certain that you will provide, so that, as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.
Help us, Mother of Divine Love, to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself, and bore our sorrows to bring us,
through the Cross, to the joy of the Resurrection.
Amen.
We seek refuge under your protection, O Holy Mother of God.
Do not despise our pleas — we who are put to the test —and deliver us
from every danger, O glorious and blessed Virgin.

Invocation of Our Lady

Remember, O most gracious Virgin Mary, that never was it known
that anyone who fled to your protection, implored your help,
or sought your intercession was left unaided.
Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in your mercy, hear and answer me.

For ourselves and others

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.

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.



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.

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.



Shine a Light for Hope

**Place a candle in your window
on Sunday 8pm**

to demonstrate our unity,
despite Social Distancing.

Look out for other lit candles
in your neighbourhood too.

Some Prayer Apps and Websites which you may like to try...



Join the Church of England in **Daily Prayer** with daily services for Morning, Evening and Night Prayer. Available as an App or online at ChurchofEngland.org



Make a '**Sacred Space**' in your day, praying with the help of scripture and on-screen guidance. Provided by the Irish Jesuits available as an App or at www.sacredspace.ie



Pray As You Go is a daily audio session, a framework for your own prayer. It combines music, scripture and some questions for reflection. www.pray-as-you-go.org