



**Worship and prayer resources to use during the
Covid-19 pandemic**

June 2020

The Benefice of Cotham Parish Church with St Paul's Clifton

Worship at home

"We urge you sisters and brothers to become a different sort of church in these coming months: hopeful and rooted in the offering of prayer and praise and overflowing in service to the world." (Archbishops of the Church of England, March 17th)

We wanted to offer some resources to help you to pray and worship at home, even if we are physically distant at this time, we can be in solidarity with each other in the Benefice and beyond through praying and worshipping in our own homes, knowing we are joined in our common bonds of love for each other and the world.

This booklet contains a range of resources to help you pray and worship at home:

Places to find worship and prayer while at home

Prayers written especially for this outbreak

Bible Passages for Meditation

Quotes and Art for contemplation



The Church of England has created this Free phone number designed to help those that don't have access to a computer or online Services.

Places & Times to Pray

You might find it helpful to set aside specific times of the day and week to pray and worship.

You might like to join with the Daily Office of Morning Prayer at 8.30am or a simple time of quiet and prayer, knowing across the Benefice many are doing the same.

At 8pm we are holding a daily Vigil, lighting a candle to be in quiet solidarity with each other and offer prayers for the world.

Sundays at 10am we are having a Benefice Worship Service (via the internet), if you would like a CD or DVD version of the service, please let the office know. (0117 973 3395).

Places to find prayer and worship while at home

There is a daily service on **Radio 4** every morning at 9.45am.

Premier Christian Radio broadcasts Bible studies at intervals throughout the day.

At noon and at 2.30pm they have “worship hours” which include worship songs, prayer and Bible readings.

BBC One broadcasts Songs of Praise every Sunday at 1.15pm.

If you have access to the internet, you can find Benefice services and resources at <http://cothamparishchurch.org/covid-19-church-at-home/>

You might want to light a candle to create a prayerful atmosphere and to use as a focus for your prayers.

Prayers about the Pandemic

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.

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.**

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.**

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.**

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.**

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.

Barbara Glasson, President of the Methodist Conference

Prayers of Intercession

Let us pray to the Lord,
who is our refuge and stronghold.

For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:

Lord, hear us,

Lord, graciously hear us.

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:

Lord, hear us,

Lord, graciously hear us.

For our homes and families,
our schools and young people,
and all in any kind of need or distress:

Lord, hear us,

Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:

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.

Bible Passages For Meditation

Psalm 27

“The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? ... Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling”

(Verses 1, 3-5)

Psalm 46

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea... He makes wars cease... He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’ The Lord Almighty is with us; the God of Jacob is our fortress”

(Verses 1-2, 9-11)

Psalm 143

“Let me hear of your loving kindness in the morning, for in you I put my trust; show me the way I should walk in, for I lift up my soul to you.”

(Verse 8)

Isaiah 41:13

“For I, the Lord your God, hold your right hand; it is I who say to you, “Do not fear, I will help you.”

John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Matthew 11: 28-30

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Revelation 21: 3-4

“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.”

Quotes and Images for Contemplation

'The voice of God sings in creation and in the depths of our souls.'

Thomas Merton



Since my house burned down
I have had a better view
Of the rising sun.

Haiku trans. from Mizuta Masahide (1657 - 1723)



But Jesus (who in this vision informed me of all that I needed) answered by this word and said: "Sin is inevitable, but all shall be well, and all shall be well, and all manner of thing shall be well." (*Julian of Norwich, Revelations of Divine Love, Ch 27*)



If I choose to hide you away, it is for a reason. I have brought you to this place.

Drink in the silence. Seek solitude.

Listen to the silence

It will teach you. It will build strength. Let others share it with you. It is little to be found elsewhere.

Silence will speak to you more in a day than the world of voices can teach you in a lifetime. Find silence. Find solitude-and having discovered her riches, bind her to your heart.

(Frances J. Roberts)

Our lives are long enough to learn what we need to learn, but not long enough to change anything. That is our flaw. Each age must learn everything afresh. Such waste!

Such waste - making all the mistakes once and again, each generation making the same mistakes, fumbling in ignorance and darkness.

This oak was already old when I was born,

Now I am old and soon to die, and this tree grows strong still. We are small creatures. Our lives are not long,

But long enough to learn.

(Stephen Lawhead)



Artist: Sara Sherwood

A Final Prayer

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

A Practical Project

If you are of a creative bent, Cotham has a Covid Patchwork Project that you are invited to participate in.

The idea is for anyone interested in textiles who would like to join in can make a 12" square textile piece while at home. The theme is **Coronavirus and Isolation**, which includes anything it means to you, even if it's using up your bits of fabric and wool etc. At some point in the future unknown as yet, we will put all the pieces together in some form. You can use any materials and techniques you wish, so it could be knitting, sewing, crochet , embroidery, tapestry, applique or anything else you like.

If the textiles idea doesn't appeal, the art group could make drawings, paintings, poems, collage, photos, etc. (endless possibilities) on the same theme.

Contact the Church Office if you want to know more.