



The SIXTH SUNDAY *of* EASTER *to* TRINITY SUNDAY

A resource for praying at home



The SIXTH SUNDAY of EASTER

Sunday, 17th May 2020

THE INTRODUCTION

Light a candle and spend some time in silence if you can. As we continue to rejoice in Christ's resurrection, sing or read this hymn:

1. YE CHOIRS of new Jerusalem,
Your sweetest notes employ,
The Paschal victory to hymn
In strains of holy joy.

2. How Judah's Lion burst his chains,
And crushed the serpent's head;
And brought with him, from death's
domains,
The long-imprisoned dead.

3. From hell's devouring jaws the prey
Alone our Leader bore;
His ransomed hosts pursue their way
Where he hath gone before.

4. Triumphant in his glory now
His sceptre ruleth all,
Earth, heaven, and hell before him bow,
And at his footstool fall.

5. While joyful thus his praise we sing,
His mercy we implore,
Into his palace bright to bring
And keep us evermore.

6. All glory to the Father be,
All glory to the Son,
All glory, Holy Ghost, to thee,
While endless ages run. Alleluya!
Amen.

Then, making the sign of the Cross, say (it is good to say all the prayers out loud):

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

Spend some time in silence, calling to your mind your sins. Then say,
Lord Jesus, you call us to new life in you: Lord, have mercy.

You were sent to heal the contrite of heart: Christ, have mercy.

You are seated at the right hand of the Father to intercede for us:
Lord have mercy.

Remind yourself of the gift of God's forgiveness, by reading these words from 1 John 1.9:

If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

Then say the Collect: Grant, almighty God, that we may celebrate with heartfelt devotion these days of joy, which we keep in honour of the risen Lord, and that what we relive in remembrance we may always hold to in what we do. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

THE LITURGY OF THE WORD

Then read today's appointed readings:

- Acts 8.5-17: Peter and John lay hands on those baptized in Samaria.
- 1 Peter 3.15-18: The reason for your hope: have your answer ready.

Alleluia, alleluia! Jesus said: "If anyone loves me he will keep my word, and my Father will love him, and we shall come to him." Alleluia!

- John 14.15-21: The Father will give you another advocate.

If you are able to, you might like to listen to the Motet "If ye love me" by Thomas Tallis <https://www.youtube.com/watch?v=n1rGdp1AhE0>

Spend some to time, if you can, in quiet contemplation, asking the Holy Spirit to show you what the scriptures have to say to you today.

And then spend time praying for the Church, the world and all its needs.



SPIRITUAL COMMUNION

Say the OUR FATHER. Then make your act of SPIRITUAL COMMUNION. Spend a moment meditating on Jesus' love for us and your own longing for the fullness of resurrection life in union with him. Then pray:

MY JESUS, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I 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.

Spend some time in silence, giving thanks, and then say:

Blessed, praised and adored be Jesus Christ on his throne of glory, and in the Most Holy Sacrament of the Altar. Amen. Alleluia!

In thanksgiving, you might want to sing this hymn

LOVE DIVINE, all loves excelling,
Joy of heaven, to earth come down,
Fix in us thy humble dwelling,
All thy faithful mercies crown.
Jesus, thou art all compassion,
Pure unbounded love thou art;
Visit us with thy salvation,
Enter every trembling heart.

2 Come, almighty to deliver,
Let us all thy life receive;
Suddenly return, and never,
Never more thy temples leave.
Thee we would be always blessing,
Serve thee as thy hosts above,
Pray, and praise thee, without ceasing,
Glory in thy perfect love.

3 Finish, then thy new creation,
Pure and spotless let us be;
Let us see thy great salvation,
Perfectly restored in thee,
Changed from glory into glory,
Till in heaven we take our place,
Till we cast our crowns before thee,
Lost in wonder, love, and praise!

Say this concluding prayer: Almighty God, give us the grace of an attentive love to celebrate these days of joy devoted to the honour of the Risen Lord. Teach us to hold fast in our actions to the mystery we recall in worship. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

And then pray for God's blessing, saying: The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

The ASCENSION of the LORD

Thursday, 21st May 2020



Following the same structure as for the Sixth Sunday of Easter, use the hymns and readings below.

HAIL THE DAY that sees him rise Alleluya!
Glorious to his native skies; Alleluya!
Christ, awhile to mortals given, Alleluya!
Enters now the highest heaven! Alleluya!

2. There the glorious triumph waits;
Lift your heads, eternal gates!
Christ hath vanquished death and sin;
Take the King of glory in.

3. See! the heaven its Lord receives,
Yet he loves the earth he leaves:
Though returning to his throne,
Still he calls mankind his own.

4. See! he lifts his hands above;
See! he shows the prints of love:
Hark! his gracious lips bestow
Blessings on his Church below.

5. Still for us he intercedes;!
His prevailing death he pleads;!
Near himself prepares our place,
Harbinger of human race. Alleluya!

6. Lord, though parted from our sight,
Far above yon azure height,
Grant our hearts may thither rise,
Seeking thee beyond the skies.

7. There we shall with thee remain,
Partners of thine endless reign;
There thy face unclouded see,
Find our heaven of heavens in thee.

The Collect: Gladden us with holy joys, almighty God, and make us rejoice with devout thanksgiving, for the Ascension of Christ your Son is our exaltation, and, where the Head has gone before in glory, the Body is called to follow in hope. Through our Lord Jesus Christ, your Son. Amen.

The readings are :

- *Acts 1.1-11: Jesus was lifted up while they looked on.*
- *Eph. 1.17-23: Christ seated at the right hand of the Father of glory.*
Alleluia, alleluia! Go, make disciples of all the nations. I am with you always; yes, to the end of time. Alleluia!
- *Matt. 28.16-20: Jesus gives the Great Commission.*

As a hymn in thanksgiving after your act of spiritual communion:

THE HEAD that once was crowned with thorns
Is crowned with glory now:
A royal diadem adorns
The mighty victor's brow.

2. The highest place that heaven affords
Is his, is his by right,
The King of kings and Lord of lords,
And heaven's eternal light;

3. The joy of all who dwell above,
The joy of all below,
To whom he manifests his love,
And grants his name to know.

4. To them the cross, with all its shame
With all its grace is given:
Their name an everlasting name,
Their joy the joy of heaven.

5. They suffer with their Lord below,
They reign with him above,
Their profit and their joy to know
The mystery of his love.

6. The cross he bore is life and health,
Though shame and death to him;
His people's hope, his people's wealth,
Their everlasting theme.

*You might like to listen
to Viri Galilaei by Byrd:
youtube.com/watch?v=QZvVMID4Q4E*

The concluding prayer:

Almighty ever-living God, who allow those
on earth to celebrate divine mysteries, grant,
we pray, that Christian hope may draw us
onward to where our nature is united with
you. Through Christ our Lord. Amen.



The SEVENTH SUNDAY of EASTER

Sunday, 24th May 2020

For an opening hymn, sing or say:

COME, YE FAITHFUL, raise the strain
Of triumphant gladness;
God hath brought His Israel
Into joy from sadness;
Loosed from Pharaoh's bitter yoke
Jacob's sons and daughters;
Led them with unmoistened foot
Through the Red Sea waters.

2. 'Tis the spring of souls to-day:
Christ hath burst His prison,
And from three days' sleep in death
As a sun hath risen;
All the winter of our sins,
Long and dark, is flying
From his light, to whom we give
Laud and praise undying.

3. Now the queen of seasons, bright
With the day of splendour,
With the royal feast of feasts,
Comes its joy to render;
Comes to glad Jerusalem,
Who with true affection
Welcomes in unwearied strains
Jesu's Resurrection.

4. Neither might the gates of death,
Nor the tomb's dark portal,
Nor the watchers, nor the seal,
Hold thee as a mortal;
But today amidst thine own
Thou didst stand, bestowing
That thy peace which evermore
Passeth human knowing.

The Collect: Graciously hear our supplications, O Lord, so that we, who believe that the Saviour of the human race is with you in your glory, may experience, as he promised, until the end of the world, his abiding presence among us. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

The readings are :

- *Acts 1.12-14. The Apostles and Our Lady in continuous prayer.*
- *1 Peter 4.13-16: It is a blessing to share in Christ's sufferings.*

Alleluia, alleluia! I will not leave you orphans, says the Lord; I will come back to you, and your hearts will be full of joy. Alleluia!

- *John 17.1-11: This is eternal life*

As a hymn in thanksgiving after your act of spiritual communion:

O THOU, who at thy Eucharist didst pray
That all thy Church might be for ever one,
Grant us at every Eucharist to say
With longing heart and soul, 'Thy will be done.'
Oh, may we all one Bread, one Body be,
One through this Sacrament of unity.

2 For all thy Church, O Lord, we intercede;
Make thou our sad divisions soon to cease;
Draw us the nearer each to each, we plead,
By drawing all to thee, O Prince of Peace:
Thus may we all one Bread, one Body be,
One through this Sacrament of unity.

3 We pray thee too for wanderers from thy fold;
O bring them back, good Shepherd of the sheep,
Back to the faith which saints believed of old,
Back to the Church which still that faith doth keep:
Soon may we all one Bread, one Body be,
One through this Sacrament of unity.

4 So, Lord, at length when sacraments shall cease,
May we be one with all thy church above,
One with thy saints in one unbroken peace,
One with thy saints in one unbounded love:
More blessed still, in peace and love to be
One with the Trinity in Unity.

The concluding prayer: Lord God, we believe that the Saviour of mankind is enthroned with you in majesty. Listen to our prayer, and, according to his promise, let us feel his presence among us to the end of time. Through our Lord Jesus Christ, your Son. Amen.



PENTECOST SUNDAY

Sunday, 31st May 2020



For an opening hymn, sing or say:

1. COME DOWN, O Love divine,
Seek thou this soul of mine,
And visit it with thine

own ardour glowing;

O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy

flame bestowing.

2. O let it freely burn,
Till earthly passions turn
To dust and ashes in

its heat consuming;

And let thy glorious light
Shine ever on my sight,
And clothe me round, the

while my path illuming.

3. Let holy charity
Mine outward vesture be,
And lowliness become

mine inner clothing;

True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings

weeps with loathing.

4. And so the yearning strong,
With which the soul will long,
Shall far outpass the

power of human telling;

For none can guess its grace,
Till it become the place
Wherein the Holy Spirit

makes his dwelling.

The Collect: O God, who by the mystery of today's great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ, your Son. Amen.

The readings are :

- Acts 2.1-11: *Filled with the Holy Spirit, they began to speak.*
- 1 Cor. 12.3-13: *In the Spirit we were all baptized.*

The sequence, Veni Sancte Spiritus is usually sung before the Gospel. Below is a translation by J.M. Neale, or you can listen to the Latin chant here: <https://www.youtube.com/watch?v=iM0suM9wee4>

COME, THOU holy Paraclete,
And from Thy celestial seat
Send Thy light and brilliancy:
Father of the poor, draw near;
Giver of all gifts, be here;
Come, the soul's true radiancy.

2. Come, of comforters the best,
Of the soul the sweetest guest,
Come in toil refreshingly:
Thou in labour rest most sweet,
Thou art shadow from the heat,
Comfort in adversity.

3. O Thou Light, most pure and blest,
Shine within the inmost breast
Of Thy faithful company.
Where Thou art not, man hath nought;
Every holy deed and thought
Comes from Thy divinity.

4. What is soiled, make Thou pure;
What is wounded, work its cure;
What is parched, fructify;
What is rigid, gently bend;
What is frozen, warmly tend;
Strengthen what goes erringly.

5. Fill Thy faithful, who confide
In Thy power to guard and guide,
With Thy sevenfold mystery.
Here Thy grace and virtue send:
Grant salvation to the end,
And in Heav'n felicity.

Alleluia, alleluia! Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!

- *John 20.19-23: As the Father sent me, so am I sending you.*

As a hymn in thanksgiving after your act of spiritual communion:

1. BREATHE ON ME, Breath of God,
Fill me with life anew,
That I may love what thou dost love,
And do what thou wouldst do.

2. Breathe on me, Breath of God,
Until my heart is pure,
Until with thee I will one will,
To do and to endure.

3. Breathe on me, Breath of God,
Till I am wholly thine,
Until this earthly part of me
Glows with the fire divine.

4. Breathe on me, Breath of God,
So shall I never die,
But live with thee the perfect life
Of thine eternity.

The concluding prayer: Lord God, you sanctify your Church in every people and nation by the mystery we celebrate on this day. Pour out the gifts of the Holy Spirit on all mankind, and fulfil now in the hearts of your faithful what you accomplished when the Gospel was first preached on earth. Through our Lord Jesus Christ, your Son. Amen.



TRINITY SUNDAY

Sunday, 7th June 2020



For an opening hymn, sing or say:

FIRMLY I believe and truly
God is Three, and God is One;
And I next acknowledge duly
Manhood taken by the Son

2. And I trust and hope most fully
In that Manhood crucified;
And each thought and deed unruly
Do to death, as he has died.

3. Simply to his grace and wholly
Light and life and strength belong,
And I love supremely, solely,
Him the holy, him the strong.

4. And I hold in veneration,
For the love of him alone,
Holy Church as his creation,
And her teachings are his own.

5. Adoration ay be given,
With and through the angelic host,
To the God of earth and heaven,
Father, Son, and Holy Ghost. Amen.

The Collect: God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through our Lord Jesus Christ, your Son. Amen.

The readings are :

- *Exodus 34.4-9: The God of tenderness and compassion.*
- *2 Cor. 13.11-13: "The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all."*

Alleluia, alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit; the God who is, who was, and who is to come. Alleluia!

- *John 3.16-18: "God so loved the world that he gave his only Son."*

As a hymn in thanksgiving after your act of spiritual communion:

HOLY, HOLY, HOLY! Lord God Almighty!
Early in the morning our song shall rise to thee;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

2 Holy, Holy, Holy! all the saints adore thee,
Casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before thee,
Who wert, and art, and evermore shalt be.

3 Holy, Holy, Holy! though the darkness hide thee,
Though the eye of sinful man thy glory may not see,
Only thou art holy, there is none beside thee
Perfect in power, in love, and purity.

4 Holy, Holy, Holy! Lord God Almighty!
All thy works shall praise thy name, in earth, and sky, and sea;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

The concluding prayer: God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy. Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite in majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



