

Prayer resources for those who
are unable to meet together



South Tamar
Mission Community



The United Benefice of
Milton Abbot with
Dunterton, Lamerton with
Sydenham Damerel,
Marystowe and Coryton

If You Are Lonely

- Please do call one another on the telephone - each member of the church should bring comfort and succour to one another. Fr Andy is able to share telephone numbers of those who have agreed to them being passed on. If you would like your number to be shared with others in the church for this purpose, please let Fr Andy know on 870298.
- You can call the Samaritans free on 116 123
- You can call Silverline (aged 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.
- You can, of course, call Fr Andy on 870298. Do leave an answerphone message if he is unavailable to take your call and he will get back to you as soon as possible.

Live Streaming of Services

You can use this small book of prayers by itself, or if you have internet access, join in with a 'Live Streamed' service. Details of these services can be found on our website:

<http://www.southtamar.church/live-services/>

You can also complete a small form on-line which will allow us to keep and use your contact details so that we can keep in touch with you.

<http://www.southtamar.church/privacy-notice/online-consent-form/>

Contents

If you are lonely.....	page 2
Live Streaming of Services	page 2
Contents	page 3
How to find a bible reading	page 4
Bible readings and Collects for Sundays	page 7
A reflective Service	page 12
Morning Prayer	page 17
Night Prayer	page 24
Various Prayers	page 30
Prayer on TV, Radio and the Internet	page 34
Contact details	page 36

How to find a bible reading.

Check the index in your bible to find out if it numbers all the pages consecutively; or starts again for the New Testament.

Before Easter the first Reading is from the Old Testament.
After Easter all but the Psalms are from the New Testament.

Look at the name of the book that you need to find, numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text, often raised above the line of the text to stop them interrupting the flow of reading. Once you've found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book= 1st book of Samuel (in the Old Testament)

Chapter =16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book= 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a,36-41

Book= Acts of the Apostles (in the New Testament)

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

A comma means skip a section, a or b means first or last sentence of the verse.

Don't worry if you don't find exactly the right passage - St Paul assures us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

Bible readings and Collects for Sundays

Sun 22 Mar 2020 The Fourth Sunday of Lent

I Samuel 16.1-13; Ephesians; 5.8-14; Psalm 23

John 9.1-41

Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen

Sun 29 Mar 2020 The Fifth Sunday of Lent

Ezekiel 37.1-14; Romans 8.6-11; Psalm 130;

John 11.1-45

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen

Sun 5 Apr 2020 Palm Sunday

Isaiah 50.4-9a; Philippians 2.5-11; Psalm 31.9-16; Matthew 26.14 – 27.66

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

Sun 12 Apr 2020 Easter Day

Principal Feast

Acts 10.34-43; Colossians 3.1-4; Psalm 118.1-2,14-24;
Matthew 28.1-10

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

Sun 19 Apr 2020 The Second Sunday of Easter

Acts 2.14a,22-32; 1 Peter 1.3-9; Psalm 16; John 20.19-31

Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. Amen

Sun 26 Apr 2020 The Third Sunday of Easter

Acts 2.14a,36-41; 1 Peter 1.17-23; Psalm 116.1-3,10-17;
Luke 24.13-35

Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen

Sun 3 May 2020 The Fourth Sunday of Easter

Acts 2.42-47; I Peter 2.19-25; Psalm 23; John 10.1-10

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen

Sun 10 May 2020 The Fifth Sunday of Easter

Acts 7.55-60; I Peter 2.2-10; Psalm 31.1-5,15-16; John 14.1-14

Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Sun 17 May 2020 The Sixth Sunday of Easter

Acts 17.22-31; Psalm 66.7-18; I Peter 3.13-22; John 14.15-21

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Sun 24 May 2020 Sunday after Ascension Day

Acts 1.6-14; 1 Peter 4.12-14; 5.6-11; Psalm 68.1-10,32-35
John 17.1-11

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen

Sun 31 May 2020 Day of Pentecost

Acts 2.1-21; 1 Corinthians 12.3b-13; Psalm 104.26-36, 37b;
John 20.19-23

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen

Sun 7th June 2020 Trinity Sunday

Isaiah 40.12-17,27-31, Psalm 8, 2 Corinthians 13.11-13,
Matthew 28.16-20

Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen

Sun 14th June 2020 First Sunday after Trinity

Exodus 19.2-8a, Psalm 100, Romans 5.1-8,
Matthew 9.35 - 10.8 [9-23]

God of truth, help us to keep your law of love
and to walk in ways of wisdom, that we may find true life
in Jesus Christ your Son. Amen

Sun 21st June 2020 Second Sunday after Trinity

Jeremiah 20.7-13, Psalm 69.8-11 [12-17] 18-20
Romans 6.1b-11, Matthew 10.24-39

Faithful Creator, whose mercy never fails:
deepen our faithfulness to you and to your living Word,
Jesus Christ our Lord. Amen

Sun 28th June 2020 Third Sunday after Trinity

Jeremiah 28.5-9, Psalm 89.1-4, 15-18
Romans 6.12-23, Matthew 10.40-42

God our saviour, look on this wounded world
in pity and in power; hold us fast to your promises of
peace won for us by your Son,
our Saviour Jesus Christ. Amen

A Reflective Service for those who are unable to be at Church on Sunday

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you
and also with you.

We come from scattered lives to meet with God.
Let us recognise God's presence with us now.

Keep a short silence, still your heart.

As God's people we have gathered;
**Let us worship God now together,
Across the miles yet joined**

Let us pray.

Come, Holy Spirit,
fill the hearts of your faithful people,
and kindle in us the fire of your love;
through Jesus Christ our Lord,
Amen.

In the light of Jesus, let us examine ourselves
and confess our sins.

Keep a short silence, leave your sins at the cross

Confession

**Father, we have sinned against heaven
and against you.
We are not worthy to be called your children.
We turn to you again,
have mercy on us,
bring us back to yourself
as those who once were dead
but now have life through Christ our Lord.
Amen.**

Absolution

May the Father of all mercies
cleanse *us* from *our* sins,
and restore *us* in his image
to the praise and glory of his name,
through Jesus Christ our Lord.
Amen.

Praise

Let everything be said and done in the name of the Lord
Jesus,
giving thanks to God through Jesus Christ.
Sing psalms, hymns and sacred songs:
let us sing to God with thankful hearts.
Open our lips, Lord:
and we shall praise your name.

Find the bible reading for Sunday on page 7.

We affirm our faith in Jesus Christ the Son of God:

**Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself and was obedient to death,
even the death of the cross.
Therefore, God has raised him on high,
and given him the name above every name:
that at the name of Jesus every knee should bow,
and every voice proclaim
that Jesus Christ is Lord,
to the glory of God the Father.
Amen.**

cf Philippians 2.6-11

Prayers

We intercede for others in the quiet of our hearts.

Lord, meet us in the silence
And hear our prayer.

Silence for prayer is kept:

Pray for yourself in your isolation, that God would sit with you.

Pray for others in their loneliness.

Pray for our Country.

Pray for the World.

**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.**

Silence is kept

**Faithful God, may we who share in this time of
worship Glory in the cross of our Lord Jesus Christ,
Our salvation and hope, who reigns as Lord now
and forever.**

**Fill us, Good Lord with your Spirit of love;
And as you have fed us with your presence,
so, make us one in heart and mind,
In Jesus Christ our Lord.
Amen.**

Conclusion

The Lord bless us, and preserve us from all evil, and keep us in eternal life.

Amen.

**The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.**

Amen.

“For God has said, ‘I will not leave you or forsake you’ so we can confidently say, ‘The Lord is my helper; I will not fear’.”

(Hebrews 13:5-6)

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not be dismayed.”

(Deuteronomy 31:8)

**Please God, we ask that we can meet
together in church again, soon.**

Amen

Morning Prayer

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

The Lord is good, a strong refuge when trouble comes.
God is close to those who trust in him.

Nahum 1.7

Opening Sentences

○ Lord, open our lips
and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

As we rejoice in the gift of this new day,
so may the light of your presence, ○ God,
set our hearts on fire with love for you;
now and for ever. **Amen.**

Bible Reading

You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

1. The Lord is my shepherd; ◆ therefore can I lack nothing.

2. He makes me lie down in green pastures ◆ and leads me beside still waters.
3. He shall refresh my soul ◆ and guide me in the paths of righteousness for his name's sake.
4. Though I walk through the valley of the shadow of death, I will fear no evil; ◆ for you are with me; your rod and your staff, they comfort me.
5. You spread a table before me in the presence of those who trouble me; ◆ you have anointed my head with oil and my cup shall be full.
6. Surely goodness and loving mercy shall follow me all the days of my life, ◆ and I will dwell in the house of the Lord for ever.

**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.**

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

Sunday Morning

But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters,
I will be with you; and through the rivers, they shall not
overwhelm you; when you walk through fire you shall not
be burned,
and the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

Monday Morning

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

Tuesday Morning

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

Saturday Morning

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you, you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely to the
beginning of this day.
Keep us from falling into sin
or running into danger;
order us in all our doings
and guide us to do always
what is righteous in your sight;
through Jesus Christ our Lord. **Amen.**

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.**

The Lord's Prayer

**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

The Lord bless us, and preserve us from all evil, and keep us in eternal life.

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

Opening Sentences

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.

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

Bible Reading

*You may wish to say here the psalm given below, or Psalm 27,
or another chosen psalm.*

Psalm 91

I. Whoever dwells in the shelter of the Most High ◆ and
abides under the shadow of the Almighty,

2. Shall say to the Lord, 'My refuge and my stronghold, ◆ my God, in whom I put my trust.'

3. For he shall deliver you from the snare of the fowler ◆ and from the deadly pestilence.

4. He shall cover you with his wings and you shall be safe under his feathers; ◆ his faithfulness shall be your shield and buckler.

5. You shall not be afraid of any terror by night, ◆ nor of the arrow that flies by day;

6. Of the pestilence that stalks in darkness, ◆ nor of the sickness that destroys at noonday.

7. Though a thousand fall at your side and ten thousand at your right hand, ◆ yet it shall not come near you.

8. Your eyes have only to behold ◆ to see the reward of the wicked.

9. Because you have made the Lord your refuge ◆ and the Most High your stronghold,

10. There shall no evil happen to you, ◆ neither shall any plague come near your tent.

11. For he shall give his angels charge over you, ◆ to keep you in all your ways.

12. They shall bear you in their hands, ◆ lest you dash your foot against a stone.

13. You shall tread upon the lion and adder; ♦ the young lion and the serpent you shall trample underfoot.

14. Because they have set their love upon me, therefore will I deliver them; ♦ I will lift them up, because they know my name.

15. They will call upon me and I will answer them; ♦ I am with them in trouble, I will deliver them and bring them to honour.

16. With long life will I satisfy them ♦ and show them my salvation.

**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.**

*You may wish to use one of the following short readings or
choose a passage of your own.*

Sunday Evening

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.

Jeremiah 14.9

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday Evening

Jesus said, '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.

Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Prayers

Merciful God,
we entrust to your unfailing and tender care this night
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. **Amen.**

Be present, O merciful God,
and protect us through the silent hours of this night, so
that we who are wearied
by the changes and chances of this fleeting world, may
rest upon your eternal changelessness, through Jesus
Christ our Lord. **Amen.**

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy; may your
holy angels dwell with us in peace, and may your blessing
be always upon us; through Jesus Christ our Lord.

Amen.

The Lord's Prayer

**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

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us;
The Lord make his face to shine upon us and be gracious
to us;
The Lord look kindly upon us and give us peace. **Amen.**

Various prayers

Prayers on rising:

We give you hearty thanks for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks unto you; through Jesus Christ our Lord. Amen.

-Eastern Orthodox Prayer

○ Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly/sisterly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord. Amen.

-Based on the Rule of Taizé

○ God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

-BCP

Prayers before bed:

Visit this place, O Lord, we pray, and drive far from it all 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; though Jesus Christ our Lord. Amen.

-Common Worship

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, O Christ our Redeemer. Amen.

-after St. Augustine of Hippo

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

-Lancelot Andrewes

Grace before a meal:

Bless, O Lord, this food for our use and us in your service and keep us ever mindful of the needs of others; for Christ's sake. Amen.

-Traditional

Prayers of penitence and contrition:

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen.

-Common Worship

Lord Jesus Christ, Son of God, have mercy on me, a sinner. [Repeat x3]

-The Jesus Prayer

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen.

-BCP

Holy God,
Holy and mighty,
Holy and immortal:
Have mercy on us. Amen

-The Trisagion

Prayers before worship:

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen.

-St. Anselm

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

-BCP

For extraordinary use when you are unable to attend the communion

My Jesus, I believe that you are present in the Blessed Sacrament, I love you above all things and I desire you in my soul. Since I cannot receive you now sacramentally, come at least spiritually into my soul. As though you were already there I embrace you and unite myself wholly to you; permit not that I should ever be separated from you. Amen

-*St. Alphonsus Liguori*

In the time of any common Plague of Sickness.

O ALMIGHTY God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. Amen.

-BCP

Prayer on TV, Radio and the Internet

Television programmes

- Songs of Praise Sundays at 1.15pm on BBC 1

Radio programmes

- 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

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

- Lent Talks Wednesdays at 8.45pm on Radio 4
- Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

A few internet resources

- Keep up to date with benefice news at <http://www.southtamar.church/> and <https://www.facebook.com/southtamar.church/>
 - Church of England daily prayer <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>
 - Audio daily prayer <https://pray-as-you-go.org>
 - <https://www.24-7prayer.com>
-

With thanks to various Church of England clergy who helped compile much of the information contained in this booklet that we might continue to praise and worship God.

Materials in this booklet are drawn from Common Worship: Services and Prayers for the Church of England, Common Worship: Pastoral Services, and Common Worship: Daily Prayer, all of which are copyright © The Archbishops' Council of the Church of England.

South Tamar Mission Community

Fr. Andy Atkins
The Vicarage
The Parade
Milton Abbot
Tavistock Devon
PL19 0NZ

Tel
01822 870298

e-mail
vicar@southtamar.church

Website
<http://www.southtamar.church/>

Facebook
<https://www.facebook.com/southtamar.church/>

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.