

Prayer resources for those who are unable to meet together - 2021



South Tamar
Mission Community



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

About this booklet

You will find here a small collection of prayers for personal and group use at this challenging time in our lives, when we are struggling to find words.

These prayers will help Christians to pray in solidarity with one another even when it is not possible to gather together in church.

It's essential at all times – but particularly in times of anxiety and fear – that we continue to develop and strengthen our own habits of prayer. A simple form of prayer to say each morning and evening is included here.

It can be shared with all who are at home and unable to worship together, especially those who are unable to access online resources.

This booklet can be downloaded here:

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

If You Are Lonely

- Please do call one another on the telephone - each member of the church should bring comfort and support 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/>

If you do not have access to the Internet, you can listen to our Wednesday and Sunday services using our dedicated telephone line. There are no extra charge's for this service, it is charged as a local call which may even be free on your call plan.

01822 730132

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/>

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Prayers about the outbreak

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.

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

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. **Amen**

Barbara Glasson President of the Methodist Conference

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

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)*

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

The Jesus Prayer

O God, the protector of all who trust in you, without
whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy; that with
you as our ruler and guide, we may so pass through
things temporal that we lose not our hold on things
eternal; through Jesus Christ our Lord.

Common Worship

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.

Common Worship

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*

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

O 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

O 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

Before going to sleep

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

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.

Amen.

Church of South India

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

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

Prayers with children

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 (*family or friends*) and the people of (*country or place*).

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.

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

Opening Sentences

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
cleans *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.

Bible Readings

*The Bible Reading for each Sunday can be found in our Church Magazine.
<https://www.southtamar.church/church-magazine/>*

Creed

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 Philipians 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.

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.**

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

O 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, O 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

1. 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.**

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.)

- 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>

South Tamar Mission Community

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