



St Mark's Church
to love, to serve, to give, to all - in Jesus' name

SPIRITUAL RESOURCES

for keeping the faith aflame while at home



from All Saints Day into Advent

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THIS GUIDE

This booklet is an update for this second wave of the pandemic and for this darker season as we move from All Saints into Advent. These resources are offered to help us all to rely upon and draw close to the presence of Christ at all times, especially in these difficult days. My hope is that we will know that we remain the Body of Christ even when kept physically apart because we can trust that we are all praying the same prayers each day. Please know that the church is praying always and by using these resources you join in this wider community of prayer. Do look out on our websites for the times when these prayers will be said live and online. God Bless you all,

Rachel

One family, we dwell in him, one Church, above, beneath; - Charles Wesley

SIMPLE FORMS OF PRAYER

- * Lighting a candle and sitting quietly before you pray can help you focus and listen.
- * Jesus taught us the Lord's Prayer so that we would always have words to say. Please do use it, it is a perfect prayer.
- * 'Lord Jesus Christ, son of the Living God, have mercy on me a sinner' is a simple prayer from the Orthodox tradition that is repeated quietly for a period of time.
- * The "Examen", despite its name, is a very simple way to prayerfully review your day with God in five steps
 1. Become aware of God's presence, or ask God to help you remember that he's there with you
 2. Review the day with gratitude (as best you can!)
 3. Pay attention how you are feeling about it.
 4. Choose one feature of the day and pray about it.
 5. Look toward tomorrow. What do you expect the day to hold?
Ask God to help you remember that he's with you

MORNING PRAYER *(All Saints to Advent)*

O Lord, open our lips
and our mouth shall proclaim your praise

All Saints to Advent:

Your faithful servants bless you.

They make known the glory of your kingdom.

Advent:

Reveal among us the light of your presence
that we might behold your power and glory

Blessed are you, Sovereign God,
ruler and judge of all,
to you be praise and glory for ever.
In the darkness of the age that is passing away
may the light of your presence which the saints enjoy
surround our steps as we journey on.
May we reflect your glory this day
and so be made ready to see your face
in the heavenly city where. Night shall be no more.
Blessed be God, Father, Son, and Holy Spirit.
Blessed be God for ever.

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

silence is kept

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

Amen

The Word of God

Psalm 42 1-7 or one from the list on page 17

1. As the deer longs for the water brooks,
so longs my soul for you, O God.
2. My soul is athirst for God, even for the living God;
when shall I come before the presence of God
3. My tears have been my bread day and night,
while all day long they say to me 'Where is now your God?'
4. Now when I think on these things, I pour out my soul:
how I went with the multitude and led the procession to the
house of God.
5. With the voice of praise and thanksgiving,
among those who kept holy day.
6. Why are you so full of heaviness, O my soul,
and why are you so disquieted within me?
7. O Put your trust in God;
for I will yet give him thanks, who is the help of my countenance,
and my God.

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.

Bible Reading *(one of these or see page 17: for longer ones)*

From All Saints to Advent:

'When you call upon me and come and pray to me, I will hear you.
I will let you find me, 'says the Lord, 'and I will restore your fortunes.'
(Jeremiah 29.12,14)

Advent:

Now is the time to wake out of sleep, for now our salvation is nearer than
when we first believed. *(Romans 13.11)*

Our Lord says, 'Surely, I come quickly.' Even so; come, Lord Jesus. (Rev 22.20)

Benedictus

1. Blessed be the Lord the God of Israel:
for he has come to his people and set them free.
2. He has raised up for us a mighty saviour:
born of the house of his servant David.
3. Through his holy prophets he promised of old:
that he would save us from our enemies,
from the hands of all that hate us.
4. He promised to show mercy to our fathers:
and to remember his holy covenant.
5. This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
6. free to worship him without fear:
holy and righteous in his sight all the days of our life.
7. You my child shall be called the prophet of the most
high: for you will go before the Lord to prepare his way,
8. to give his people knowledge of salvation:
by the forgiveness of all their sins.
9. In the tender compassion of our God:
the dawn from on high shall break upon us,
10. to shine on those who dwell in darkness and the
shadow of death: and to guide our feet into the way of peace.

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.**

Prayers

*We keep silence or pray in our own words for the church, the world,
those we care for, and those in need. Please pray for the parish and
those on the bulletin list who have asked for our prayers.*

Kyrie

Lord have mercy upon us.
Christ have mercy upon us.
Lord have mercy upon us.

The Lord's Prayer

Collect and Conclusion (*these or the prayer on the bulletin sheet*)

All Saints to Advent

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**

Let us bless the Lord. **Thanks be to God.**

Advent

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.

Amen

Let us bless the Lord.

Thanks be to God

EVENING PRAYER *All Saints into Advent*

O God, make speed to save us;
O Lord, make haste to help us.

All Saints to Advent:

Your faithful servants bless you.

They make known the glory of your kingdom.

Blessed are you, sovereign God, our light and our salvation, to you be praise and glory for ever. Now as darkness is falling, wash away our transgressions, cleanse us by your refining fire and make us temples of your Holy Spirit. By the light of Christ, dispel the darkness of our hearts and make us ready to enter your kingdom, where songs of praise forever sound.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God forever.

Advent:

Reveal among us the light of your presence

that we might behold your power and glory

Blessed are you sovereign God, creator of light and darkness, to you be glory and praise for ever. As evening falls you renew your promise to reveal among us the light of your presence. May your word be a lantern to our feet and a light upon our path that we may behold your coming among us. Strengthen us in our stumbling weakness and free our tongues to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God forever.

The Word of God

Psalm 112 or a Psalm from the list on page 17

- 1 Alleluia. Blessed are those who fear the Lord;
and have great delight in his commandments.
- 2 Their descendants will be mighty in the land;
a generation of the faithful that will be blest.
- 3 Wealth and riches will be in their house;
and their righteousness endures for ever.
- 4 Light shines in the darkness for the upright;
gracious and full of compassion are the righteous.
- 5 It goes well with those who are generous in lending;
and order their affairs with justice,
- 6 For they will never be shaken;
the righteous will be held in everlasting remembrance.
- 7 They will not be afraid of any evil tidings;
their heart is steadfast, trusting in the Lord.
- 8 Their heart is sustained and will not fear;
until they see the downfall of their foes.
- 9 They have given freely to the poor;
their righteousness stands fast for ever;
their head will be exalted with honour.
- 10 The wicked shall see it and be angry;
they shall gnash their teeth in despair;
the desire of the wicked shall perish.

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.

Bible Reading (*one of these or see page 17: for others*)

From All Saints to Advent:

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant. (*Hebrews 12.22a,23b,24a*)

Advent:

Watch at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.

(Luke 21.36)

Magnificat

1. My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour;
2. for he has looked with favour on his lowly servant:
from this day all generations will call me blessed;
3. the Almighty has done great things for me:
and holy is his name.
4. He has mercy on those who fear him:
in every generation.
5. He has shown the strength of his arm:
he has scattered the proud in their conceit.
6. He has cast down the mighty from their thrones:
and has lifted up the lowly.
7. He has filled the hungry with good things:
and the rich he has sent away empty.
8. He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
9. the promise he made to our fathers:
to Abraham and his children 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.**

Prayers

We keep silence or pray in our own words for the church, the world, those we care for, and those in need. Please pray for the parish and those on the bulletin list who have asked for our prayers.

Kyrie

Lord have mercy upon us.
Christ have mercy upon us.
Lord have mercy upon us.

The Lord's Prayer

Collect and Conclusion *(these or the prayer on the notice sheet)*

All Saints to Advent

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**
Let us bless the Lord. **Thanks be to God.**

Advent

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.
Amen

Let us bless the Lord. **Thanks be to God**

With grateful thanks to the Scottish Episcopal Church (Anglican) for their shortened liturgy for Morning and Evening Prayer which is used in this booklet.

NIGHT PRAYER

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.

*A period of silence for reflection on the past day may follow.
The following or other suitable words of penitence may be used*

Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed and in what we
have failed to do. Forgive us our sins, heal us by your Spirit
and raise us to new life in Christ.

Amen.

O God, make speed to save us.

O Lord, make haste to help us.

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.**

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.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done

Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Psalm 4

- 1 Answer me when I call, O God of my righteousness;
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;
how long will you love vain things and seek after
falsehood?
- 3 But know that the Lord has shown me his marvellous
kindness; when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;
commune with your own heart upon your bed,
and be still.
- 5 Offer the sacrifices of righteousness
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?'
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart,
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep,
for it is you Lord, only, who make me dwell in safety.

In Advent Psalm 143

Psalm 134

- 1 Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary; and bless the Lord.
- 3 The Lord who made heaven and earth
give you blessing out of Zion.
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.**

Bible Reading *one of the following is suggested*

From All Saints to Advent:

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations. *(Matthew 24.13,14a)*

Advent:

Keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say, I say to you all: Keep awake. *(Mark 13.35-end)*

Silence is kept

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

Nunc Dimittis

- 1 Now, Lord, you let your servant go in peace:
your word has been fulfilled.
- 2 My own eyes have seen the salvation
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations
and the glory of your people Israel.

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.**

We keep silence or pray in our own words

The Collect

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

Lighten our darkness, we beseech thee, O Lord; and by thy great
mercy defend us from all perils and dangers of this night; for the
love of thy only Son, our Saviour, Jesus Christ. Amen.

The Lord's Prayer *may be said.*

The Conclusion

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

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

All Saints to Advent

May the light of Christ, the King of all, shine ever brighter in our
hearts, that with the saints in light we may shine forth as lights in
the world **Amen**

Advent

Restore us again, O God of hosts; show us the light of your
countenance and we shall be saved. Bless and keep us this night
and always. **Amen**

With thanks to the Church of England for this form of Night Prayer

AN ACT OF SPIRITUAL COMMUNION

Settle yourself into a quiet place and allow your attention to silently withdraw from external things and focus into the heart.

You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:

O God, come to my aid;

O Lord, make haste to help me.

Next, if you have a Missal, say the Entrance verse or:

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

and then call to mind any sins you have committed and make an Act of Contrition in words such as:

Lord Jesus Christ, Son of the Living God;
have mercy on me, a sinner.

Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence.

Offer your own prayers ending with the Our Father.

Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament.

As you see them approach, say:

Lord, I am not worthy to receive you,
but only say the word and I shall be healed.



Then, make an Act of Spiritual Communion in these or other words:

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

*As you imagine yourself receiving the Bread of Heaven,
be still and rest in the love of God. Thank Him for entering
beneath the roof of your soul with words such as:*

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesu, hear me.

Within your wounds hide me.

Suffer me not to be separated from you.

From the malicious Enemy defend me.

In the hour of my death call me

and bid me come to you,

that with your Saints I may praise you,

for ever and ever.

Amen.

Let us bless the Lord. **Thanks be to God**

*With thanks to the Spiritual Association of the COMPASSIONATE HEARTS of
JESUS and MARY (CHJM) for these prayers*

Psalms Cycle

All Saints to Advent

Sunday	46, 47, 126
Monday	18.31-end, 61
Tuesday	19, 63
Wednesday	21, 78.1-39
Thursday	25, 110
Friday	32, 96
Saturday	98, 111

Advent

Sunday	44,
Monday	80, 82
Tuesday	5, 7
Wednesday	26, 17
Thursday	20, 21, 23
Friday	96. 1, 10-end
Saturday	50. 1-6, 62

Scripture Cycle

All Saints to Advent

Monday	Matt 18.1-10
Tuesday	Isaiah 1.21-end
Wednesday	Exodus 23.1-9
Thursday	Deut 28. 1-6
Friday	Luke 19. 1-10
Saturday	Revelation 12
Sunday	John 17.6-9

Advent

Monday	Luke 1. 5-20
Tuesday	1 Thessalonians 2.1-12
Wednesday	Isaiah 48. 1-11
Thursday	Jeremiah 1.4-10
Friday	John 14. 18-23
Saturday	Song of Songs 2.8-end
Sunday	Matthew 1.1-17

COLLECTS AND OTHER PRAYERS

FOR REMEMBRANCE

O God of truth and justice, we hold before you those whose memory we cherish, and those whose names we will never know.

Help us to lift our eyes above the torment of this broken world, and grant us the grace to pray for those who wish us harm.

As we honour the past, may we put our faith in your future; for you are the source of life and hope, now and for ever.

Amen.

Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy; through Jesus Christ our risen redeemer. Amen.

FOR COMFORT

O God, our sovereign and our shepherd,
who brought again your Son Jesus Christ from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever.
Amen.

Lord God, whose Son, Jesus Christ,
understood people's fear and pain
before they spoke of them,
we pray for those in hospital or sick at home;
surround the frightened with your tenderness;
give strength to those in pain;
hold the weak in your arms of love,
and give hope and patience
to those who are recovering;
we ask this through the same Jesus Christ, our Lord.
Amen.

FOR DIVINE ASSISTANCE

O Thou Whose face is the object of my adoration,
Whose beauty is my sanctuary, Whose habitation is my goal,
Whose praise is my hope, Whose providence is my companion,
Whose love is the cause of my being, Whose mention is my solace,
Whose nearness is my desire,
Whose presence is my dearest wish and highest aspiration, \\\nI entreat Thee not to withhold from me the
things Thou didst ordain for the chosen ones among Thy servants.
Supply me, then, with the good of this world and of the next.
Amen

Other Sources for Prayer and Worship

BROADCAST AND PHONE RESOURCES

Pennington Youtube Channel – Every Sunday at 10am.
<http://www.youtube.com/c/PenningtonChurch>

Daily Hope - Free 24/7 telephone line for hymns and prayers
0800 804 8044 updated for the seasons.

Television programmes

'Songs of Praise' - Sundays at 1.15pm on BBC 1

Radio programmes (and through the BBC website)

'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

'Choral Evensong'

Wednesdays at 3.30pm and the same service is
repeated Sundays at 3pm on Radio 3

ONLINE RESOURCES

If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.

Websites

Check penningtonchurch.uk and www.lymingtonchurch.org for news, diary, and links to online services,

www.adventonline.faith

a day by day resource of advent music, reflection and art

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

www.universalis.com

for a wealth of Catholic resources and readings for each day

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

PASTORAL SUPPORT

If you require pastoral support or have special requests for prayer please call

Lymington Church Office: 676194, office@lymingtonchurch.org

Revd Rachel Noel, 01590 462022, vicar@penningtonchurch.uk

God Bless you all

please take very good care of yourself at this time.