



**The Parish of
St James's
Clacton-on-Sea
with
St Christopher's
Jaywick**

**RESOURCES FOR
PRAYER AT HOME**

SPRING 2020

INTRODUCTION

We are living in strange and unprecedented times at the moment. Many in our communities are fearful and anxious, and the public health situation appears to be very unpredictable.

For many in our communities the Church provides a lifeline: the routine of public worship is a mainstay for lots of people, and many in our society today rely increasingly on the social support of the church in a variety of different ways. It has therefore been distressing (not a word I use lightly) this week that we have been instructed by the Archbishops of Canterbury and York that regular public worship should be temporarily suspended.

This suspension means that there will be no Morning or Evening Prayer in public, nor will the Mass be celebrated in public each day. In addition, all other parochial activities – meetings, choir, serving team, PCC meetings, Lent course, Sunday School etc – are indefinitely suspended. Public worship might be suspended but the prayer of the church definitely is not, and I encourage each of us to follow the injunctions of St Paul to pray without ceasing.

That is what this booklet of resources is for. You will find a variety of resources here, for different times of the day, for different needs and occasions, and to unite yourself with the Prayer of the Church particularly on the most important day of the week, Sunday.

It is also very important, more so than ever, that we continue to pray for one another and for ourselves. If you do not have one already, try to create a prayer space at home, with a crucifix, a statue or an icon and develop your routines for personal prayer, using perhaps part of the Office, the Rosary, reading and meditating on the Scripture readings from the day. Resources contained here will help you with some of that, I hope.

Meanwhile, I pray for you all without ceasing in the church building. I will go each day, as far as possible, to pray Morning and Evening Prayer, and to offer the Mass. Please let me know if I can pray for you and be in touch with any prayer intentions. If you think I do not have your contact details for whatever reason, please be in touch and let me know.

STAYING IN TOUCH

Please stay in touch! I will be pleased to hear from you.

Fr Justin Hutcherson 01255 426602 frjustin@stjamesclacton.org.uk

Please do your best also to stay in touch as regularly as you can with anyone you know who might feel particularly isolated, vulnerable or anxious at this time.

With the assurance of my prayers, good wishes and every blessing,

Fr Justin Hutcherson
19th March

THE DAILY OFFICE

The Liturgy of the Hours is the richest single prayer resource of the Christian Church, with prayers, psalms and readings for each of the Hours, changing each day and through the seasons. It allows us to order our prayers throughout the day and causes us to think deeply about the importance of the sanctification of our time.

When we pray the Office, we might do so alone in physical terms, but in reality our prayer is joined and united with those of millions of other Christians throughout the world.

At St James's the offices are said according to the Book of Common Prayer. You may follow them by using your own copy, alternatively you can find morning, evening, midday and night prayer on the Church of England page www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer.

THE DAILY MASS

The Mass, for Christian people, is the source and summit of Christian life. At the moment, Mass will be offered in private each day at St James's. You can join us as we broadcast it live on facebook. You do not need to have a profile (be signed up) to view our facebook page. www.facebook.com/stjamesclacton/. On Sundays there are currently services broadcast on the Radio, (BBC Radio 4 at 08:10) and there are also plans for additional broadcasts.

SPIRITUAL COMMUNION

In times when we are unable to receive Holy Communion physically, it is good practice to make an act of Spiritual Communion. When we do so, we ask the Lord to come into our lives, to be present in us, just as he is physically present in his Body and Blood on the altar. Please see the end of this booklet for an order for Spiritual Communion, which I hope will help and sustain you. It would be a good idea if possible, to read and meditate upon the scripture readings set for the day

PASTORAL CARE

As your priest I am always pleased to hear from parishioners, particularly those who are unwell or in any distress. Please feel free to be in touch with me. I do not often hear from the chaplains in our local healthcare institutions to be advised that one of our parishioners is being cared for. Please make sure to notify me yourself or ask a friend or family member to do so for you.

It is vital that we care for one another in the days and weeks ahead. Please be especially mindful of those known to you who are elderly or vulnerable or who live alone. Please let me know if these people might appreciate a phone call or a note.

I will do our very best in the circumstances to respond quickly to calls for emergency visits and for requests for Confession and for Anointing.

OPEN CHURCH

The church building is open daily for quiet prayer and reflection from 09:00 - 18:00.

We are required to distance ourselves physically from others to slow the rate of infection. Please be very mindful of this requirement when sitting in church and also that we are obliged to keep our hands scrupulously clean, either by washing them with soap and hot water or using alcohol hand sanitiser (at least 60% alcohol).

Despite this physical distance between us, I hope that these resources will assist you to come close to God, that we may enjoy his presence and ask his blessing and protection.

SOME USEFUL PRAYERS

In the times ahead these prayers may be of use to you and others:

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.
Amen.

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.

For those who are ill

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

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.
Amen.

From one who is ill or isolated

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord.
Amen.

For the Christian community

We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are,
whatever it costs
For as long as it takes
wherever you call us.

SPIRITUAL COMMUNION

When unable to attend Mass

✠ In the Name of the Father, and of the Son, and of the Holy Ghost.
Amen.

Our Father...

COLLECT

Let the power of the Holy Spirit come upon me, O Lord, I beseech you: that he may both mercifully cleanse my heart and defend me from adversities. Through Christ our Lord. Amen.

THE EPISTLE (REVELATION 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open up the door, I will come in to him, and will sup with him, and he with me.

THE GOSPEL (ST. JOHN 15:5)

I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

ACT OF CONTRITION

O God, I am sorry I have sinned against you who are so good. Forgive me for Jesus' sake, and I will try to sin no more.

ACT OF RECEPTION

In Union, dear Lord, with the faithful at every altar of your Church where your blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving. I believe that you art truly present in the Holy Sacrament, and since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself unto you, and embrace you with all the affections of my soul. Let me never be separated from you. Let me live and die in your love. Amen.

Come Lord Jesus, dwell in your servant in the fulness of your strength, and in the perfection of your ways, and in the holiness of your spirit, and rule over every hostile power

in the might of your Spirit, and to the glory of your Father, Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

ACT OF PRAISE AND THANKSGIVING

✠ Blessed, praised and adored be Jesus Christ on his throne of glory in Heaven,
and in the most Holy Sacrament of the Altar. Amen

ANIMA CHRISTI

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 Jesus, hear me.

Within Your wounds hide me.

Separated from You let me never be.

From the malignant enemy, defend me.

At the hour of death, call me.

And close to You bid me.

That with Your saints I may be Praising You, forever and ever. Amen.

CONCLUSION

✠ May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.



SUNDAY LECTIONARY READINGS

A simply way to maintain our worship on a Sunday is to follow the readings from the lectionary. These are given below for the next 8 weeks.

22 MARCH - MOTHERING SUNDAY (LENT 4)

Exodus 2.1–10 - Psalm 34.11–20
2 Corinthians 1.3–7 - Luke 2.33–35

29TH MARCH - LENT 5

Ezekiel 37.1–14 - Psalm 130
Romans 8.6–11 - John 11.1–45

5TH APRIL - PALM SUNDAY

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

12TH APRIL - EASTER SUNDAY

Acts 10.34–43 - Psalm 118.1–2,14–24*
Colossians 3.1–4 - John 20.1–18

19TH APRIL - EASTER 2

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

26TH APRIL - EASTER 3

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

3RD MAY - EASTER 4

Acts 2.42–47 - Psalm 23
1 Peter 2.19–25 - John 10.1–10

10TH MAY - EASTER 4

Acts 7.55–60 - Psalm 31.1–5,15–16*
1 Peter 2.2–10 - John 14.1–14

17TH MAY - EASTER 5

Acts 17.22–31 - Psalm 66.7–18
1 Peter 3.13–22 - John 14.15–21

MOTHERING SUNDAY - 22ND MARCH

The Archbishop of Canterbury has asked us to keep this Sunday as a special day of pray for the nation. Christians from all denominations have

been invited to **light a candle** in the windows of their homes at 7PM as a visible sign of the light and life of Jesus Christ in these troubled and anxious times. I encourage as many of you as able to join in this act and light a candle and say a prayer for our nation, our church and the world.

HOLY WEEK 5TH-12TH APRIL

It seems increasingly likely that our church will be closed over the period when we would usually celebrate Easter. Whilst worship will continue behind closed doors at the church, the congregation and wider public will still be unable to attend because of rules surrounding social distancing.

I am in the process of putting together some resources for Holy Week to help you mark these events at home. This **'Holy Week' in a bag** will either be delivered to you, or available to collect from church.

OUR USUAL PATTERN OF WORSHIP

Although you are not invited to attend, I want you to know what our usual pattern of services is so that you might pray or watch with us at the appropriate times:

	Morning Prayer	Mass	Evening Prayer
Mon	08:00	09:00	17:30
Tue	09:00	19:30*	19:00
Wed	09:00	09:30*	17:30
Thu	09:00	09:30*	17:30
Fri	09:00	09:30*	17:30
Sat	09:00	09:30*	17:30
Sun	08:00	10:30*	17:30

** These services will be streamed live on facebook*

SERVING OTHERS

Alongside our worship, its important that we show Christ's love to the world through out care and service to others. We can do this in many different ways. Last week, in the online newsletter I outlined five points that should characterise a Christian response to this crisis and I include them here for you:

As Christians and as a church we also have a distinctive role to play; a role which goes beyond public health.

1) Check on your vulnerable friends and neighbours. Would you know if they were self-isolating? Do you have each other's phone numbers? A good time (and good excuse) to swap contact details with your neighbours.

2) Don't stockpile, or people with medical conditions who need extra toilet roll, painkillers, face masks or hand gel all the time will suffer if they can't get them or the prices become ridiculous. Also, face masks only stop an affected person passing on the virus if *they* wear one, most of them will not stop you from getting it if *you* wear one. As for hand sanitiser, your chances of avoiding the virus are increased if everyone else can keep their hands clean as well so sharing is better than hoarding.

3) If you have these resources, consider who you could share them with.

4) Some people who are self-employed or have no sickness cover in their contract will suffer financial hardship if they have to self-isolate. Consider giving to charities like Foodbank that will support them.

5) Stay calm and help keep others calm.

A prayer for those who cannot go to mass

Dear Guardian Angel, go for me to the church; there kneel down at Mass for me. At the Offertory, take me to God, and offer Him my service: What I am, what I have, offer as my gift. At the Consecration, with your seraphic strength, adore my Saviour truly present, praying for those who have loved me, for those who have offended me, and for those now deceased, that the blood of Jesus may purify them all. During Holy Communion, bring to me the body and blood of Jesus uniting Him with me in spirit, so that my heart may become His dwelling place. Plead with Him, that through His sacrifice all people throughout the world may be saved. When the Mass ends, bring home to me and to every home, the Lord's blessing. Amen.

Tome de Souza

