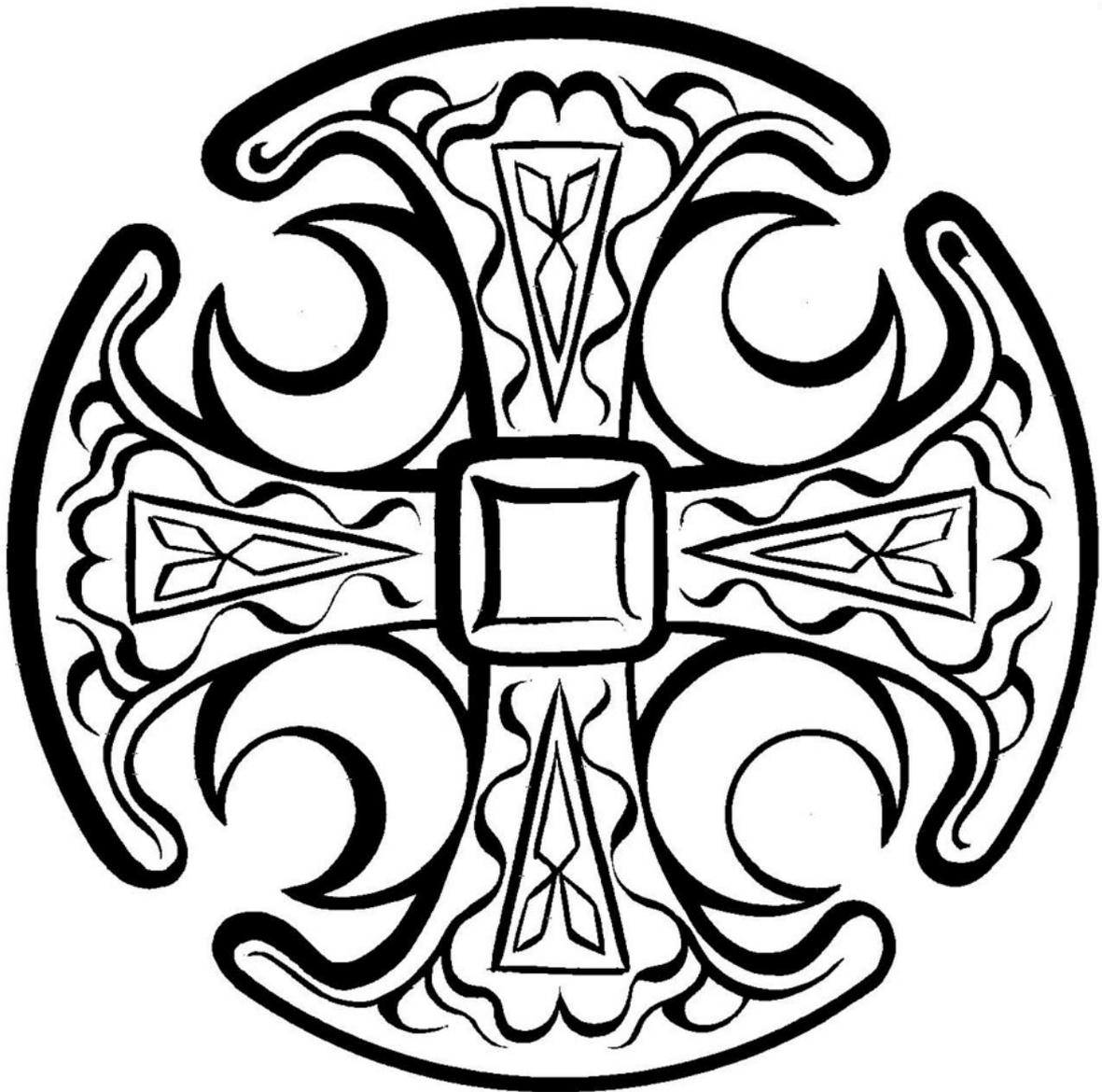


Alyn Mission Area

St Martin's Church, Llay Christ Church, Rossett
St Paul's Church, Isycoed

Praying at Home

Some Forms of Prayer for
Ordinary Time



Dear friends,

Over the past few weeks, we have had to come to terms with a whole new pattern of life, in the midst of the ongoing Coronavirus Pandemic. We have had no public worship in our Church buildings for two months, which is a cause of real distress for many of us. However, it is heartening to know that prayer and worship hasn't ceased, and there are many reasons to have hope.

Hope is a word that's often misused, we reduce it to 'wishful thinking' or 'optimism'. But real hope is grounded in our knowledge that, through all this, God is still God. After his Ascension, Jesus didn't leave the Church to fend for itself, he promised his followers the Holy Spirit to be with them forever. The power of the Spirit is the source and strength of Christian hope. Without the Spirit, we will be thrown back on our own resources, which, as we know from experience, often fail us when the going gets tough. So, as we enter 'Ordinary Time', the long season which follows the Feast of Pentecost, we can trust in the fact that God has given us the Holy Spirit - which means that, whatever anxieties the future might hold, we can face that future with a power that is much greater than ourselves. That power is God's own Spirit, the gift of God's very self. The reality of the Spirit was the hope and help of those first disciples who changed the world around them. It can be ours too as the world continues to change around us.

As well as this booklet, we are now producing daily online videos, and a simple Sunday Eucharist, for those who have access to the internet – and these can be accessed on llaychurch.com (by clicking on the 'Coronavirus Information' link at the top of the webpage). We are also commending to people the Church of England's free 'Daily Hope' telephone line, where you can listen to hymns, services and reflections, by dialling 0800 8048044.

When we pray from home, we are uniting our prayers with those of our brothers and sisters from around the world who face similar challenges. Indeed, going beyond that, it is an opportunity to deepen our prayer lives and draw closer to God. Please don't hesitate to be in touch with us by 'phone or email, if there's anything you need or to send us any prayer requests you may have.

With the assurance of our prayers,
Fr Huw and Fr Dominic

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Morning Prayer

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

As a deer pants for flowing streams, so pants my soul for you, ○ God.
My soul thirsts for God,
For the living God. (Psalm 42)

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.**

*A Psalm is read (perhaps using the one set for Sunday),
or you could use one of these psalms:*

Sunday: Psalm 19

Monday: Psalm 126

Tuesday: Psalm 17.1-8

Wednesday: Psalm 48

Thursday: Psalm 133

Friday: Psalm 23

Saturday: Psalm 63.1-8

A Bible Reading is read – perhaps using one of the Sunday readings, or read a small portion of any book of the Bible (maybe one of the Gospels, such as Luke, or a Letter, such as Ephesians, or something from the Old Testament, such as Exodus).

**In your tender compassion, ○ God,
the dawn from on high shall break upon us.**

Blessed be the Lord the God of Israel
for he has come to his people and set them free.

The Lord has raised up for us a mighty Saviour
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies
from the hands of all who hate us.

To show mercy to our forebears
and to remember his holy covenant.

This was the oath God swore to our father Abraham
to set us free from the hands of our enemies,

Free to worship him without fear
holy and righteous before him all the days of our life.

And you, child, shall be called the prophet of the Most High
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation
by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,

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.**

**In your tender compassion, O God,
the dawn from on high shall break upon us.**

Various prayers are offered for:

- *The Church*
- *The World*
- *The Local Community*
- *Those in particular need*

You could use this form of prayer (a short litany), followed by offering some prayers for those people or situations particularly on your heart.

Be exalted, Lord, above the heavens:
may your glory cover the earth.

Renew your Church in holiness:
and give your people the blessing of peace.

Keep our nation under your care:
and guide us in justice and truth.

Let your way be known on earth:
your saving power among all nations.

Do not let the needy, O God, be forgotten:
nor the hope of the poor be taken away.

Lord, hear our prayer:
for we put our trust in you.

Let us commend ourselves and all for whom we pray to the Father, in the words our Saviour taught us.

Our Father...

The Collect for the Day is said (see Sunday Readings in this booklet) or

Eternal God and Father,
by your power we are created
and by your love we are redeemed:
guide and strengthen us by your Spirit,
that we may give ourselves to you
in love and service of one another;
through Jesus Christ our Lord. **Amen.**

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

Let us bless the Lord.
Thanks be to God.

Spiritual Communion

This could be used at 8.45am each day, when the clergy will be offering the Holy Eucharist, or at 10am on Sunday. This Order of Service has been adapted from the one provided by Bishop Gregory for use across the Diocese.

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

Jesus, Saviour of the world, we thank you
that in this wonderful sacrament
you have left us a memorial of your passion:
grant us so to reverence the sacred mysteries
of your body and blood
that we may know within ourselves the fruit of your redeeming love;
who live and reign with the Father and the Holy Spirit,
one God, for ever and ever. **Amen.**

Listen to the Gospel of Christ according to Saint N
Glory to you, O Lord

The Gospel for the day is read.

This is the Gospel of the Lord:
Praise to you, O Christ.

We offer up to God all our worries, hopes, fears and failings.

Heavenly Father,
we have sinned in thought, word and deed,
and have failed to do what we ought to have done.
We are sorry and truly repent.

For the sake of your Son Jesus Christ who died for us,
forgive us all that is past and lead us in his way
to walk as children of light. Amen.

Almighty God, who forgives all who truly repent,
have mercy on us and set us free from sin,
strengthen us in goodness
and keep us in eternal life;
through Jesus Christ our Lord. **Amen.**

Listen to the words of comfort our Saviour Christ says
to all those who truly turn to him.

Come to me, all who labour and are heavy laden, and I will give you
rest. (*Matthew 11.28*)

God so loved the world, that he gave his only Son, that whoever
believes in him should not perish but have eternal life. (*John 3.16*)

Listen also to what Saint Paul says.

The saying is trustworthy and deserving of full acceptance,
that Christ Jesus came into the world to save sinners (*1 St. Timothy 1.15*)

Listen also to what Saint John says.

If anyone does sin, we have an advocate with the Father, Jesus
Christ the righteous. He is the propitiation for our sins (*1 John 2.1,2*)

*Take a moment to reflect upon the Eucharist and Christ's command to
"Do this in remembrance of me".*

**O Blessed Lord, in union with the faithful throughout the
world, at every altar of your Church where the Eucharist
is being celebrated, I desire to offer you praise and
thanksgiving. I present to you my soul and body with the
earnest wish that may always be united to you. Since I
cannot now receive you in the Sacrament, I invite you to
come spiritually into my heart. I unite myself to you, and
embrace you with heart and mind and soul. Let nothing
ever separate you from me, so that I may live and die in
your love. Amen.**

*Conclude with the ancient prayer “Anima Christi”
in place of a Blessing.*

Jesus, may all that is you flow into me.
May your Body and Blood be my food and drink.
May your Passion and Death be my strength and life.
Jesus, with you by my side enough has been given.
May the shelter I seek be the shadow of your Cross.
Let me not run from the love which you offer,
But hold me safe from the forces of evil.
On each of my dyings shed your light and your love.
Keep calling me until that day comes
when, with you saints, I may praise you forever. **Amen.**

Simple Evening Prayers

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

Let my prayer be counted as incense before you,
and the lifting up of my hands as the evening sacrifice. (*Psalm 141*)

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise. **Amen.**

You might like, at this point, to read a short passage from the Bible (see the guide given at Morning Prayer) and then spend some time thinking about what God is saying to you through this passage.

Intercessions

A time of prayer where you can pray for all those on your heart at this time, you may want to use these short prayers:

That this evening may be holy, good and peaceful:

we pray to you, O Lord.

That your holy angels may lead us in the paths of peace and goodwill:

we pray to you, O Lord.

That we may be pardoned and forgiven for our sins and offences:

we pray to you, O Lord.

That there may be peace in your Church and for the whole world:

we pray to you, O Lord.

That we may be bound together by your Holy Spirit, in communion with the Blessed Virgin Mary, St Martin, St Peter, St Paul, and all your saints, entrusting one another and all our life to Christ:

we pray to you, O Lord.

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God.

A time of silence may be kept to offer your own prayers and concerns to the Father.

Jesus taught us to call God, our Father, and so we have the courage to say:

Our Father, who art in heaven...

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

Or

Creator of the universe, watch over us and keep us in the light of your presence. Let our praise continually blend with that of all creation, and bring us, with all for whom we pray, to the eternal joys which you promise in your love;

through Jesus Christ our Saviour. **Amen.**

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

Let us bless the Lord.
Thanks be to God.

Reflecting on the Lord's Prayer

The Lord's Prayer is at the heart of our spiritual lives, so simple that we learnt it as children and so deep that we still find solace and comfort in saying this prayer everyday. To help you reflect on these well-known words more deeply, we thought we'd share with you these sonnets from the poet, Malcolm Guite.

Our Father

I heard him call you his beloved son
And saw his Spirit lighten like a dove,
I thought his words must be for you alone,
Knowing myself unworthy of his love.
You pray in close communion with your Father,
So close you say the two of you are one,
I feel myself to be receding further,
Fallen away and outcast and alone.
And so I come and ask you how to pray,
Seeking a distant supplicant's petition,
Only to find you give your words away,
As though I stood with you in your position,
As though your Father were my Father too,
As though I found his 'welcome home' in you.

Hallowed be thy name

There's something in the sound of the word hallow;
A haunting sense of everything we've lost
Amidst the trite, the trivial, the shallow,
Where nothing lingers, nothing seems to last.
But Hallowed, summons up our fear and wonder,
And summons us to stand on holy ground.
To sense the mystery that stands just under

Familiar things we'll never understand.
Hallowed be thy name: the name unspoken,
The name from which all other names arise,
The name that heals the sick and binds the broken,
Whose living glory calls the dead to rise.
You make this prayer my rising and my rest
That I might bless the name by which I'm blessed.

Thy Kingdom come, thy will be done

Thy kingdom come thy will be done on earth
Can we imagine what we're asking for?
When all we know and all we think we're worth
As vanity might vanish, disappear,
Fading before the splendours you reveal:
The beggars crowned with glory, all the meek
Exalted even as the mighty fall,
And everywhere the triumph of the weak.
And we, who have been first, will be the last
And queue for mercy like the refugees
Whom only moments earlier we passed
By on the other side. For now the seas
That separated are no more. The Sun
Is risen like justice, and his will is done.

Give us this day our daily bread.

Give us this day our daily bread we pray,
As though it came straight from the hand of God,
As though we held an empty plate each day,
And found it filled, by miracle, with food,
Although we know the ones who plough and sow,
Who pick and plant and package whilst we sleep
With slow backbreaking labour, row by row,
And send away to others all they reap,
We know that these unseen who meet our needs
Are all themselves the fingers of your hand,
As are the grain, the rain, the air, the land,
And, slighting these, we slight the hand that feeds.
What if we glimpsed you daily in their toil
And found and thanked and served you through them all?

Forgive us our trespasses

Forgive as we forgive: the prayer you give us,
Comes home so close yet radiates so far.
We set the limits on our own forgiveness;
As generous or grudging as we are.
The wounds we give and take in all our weakness,
The injuries that smoulder, burning slow,
The sins that others visited upon us,
Are ours to hold or utterly let go.
You tell the story of the wretched debtor,
The one forgiven everything he owed,
Who then exacted payment, to the letter,
From one who could not bear the given load.
Oh lift my given load that I, forgiven,
Might give away forgiveness, free as heaven.

Lead us not in temptation, but deliver us from evil

Oh do not bring us to the time of trial,
Deliver us, deliver us from evil.
How is it that your own petitions fail
As evil slams its hammer to the anvil?
For you were brought to trial and not delivered
You let the prince of darkness do his worst
The sun shrank from that sight, the whole world shivered,
The fount of blessing let himself be cursed.
How is it? Is it that your dereliction
Makes possible the answer to my prayer?
Am I delivered by your bitter passion,
As you face every evil for me there?
Unanswered answerer, forsaken friend,
Bring me to my beginning through your end.