



NEWCASTLE
CATHEDRAL

Praying in a Time of Trouble

Prayer resources
for those who are unable to meet together.



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A Reflective Service: for Worship in Isolation

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 one in faith and hope and love

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 forgive us by the death of the Son, (+)
and strengthen us to live
in the power of the Spirit all our days.
Amen.

Bible Reading:

You can find the bible readings for the day in the Lectionary, if you have one – and online here <https://tinyurl.com/LectionaryYearA> – or if you prefer, you can use one of the readings on page 6.

We suggest you use only one of the readings for each day, reading it slowly and attentively to hear what God might be saying to you through it.

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

We intercede for others in the quiet of our hearts.
Lord, meet us in the silence
And hear our prayer.

Keep silence for prayer.

You might like to use some of the prayers that begin on page 15.

*Pray for yourself in your isolation,
that you would know God's presence by your side.*

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.

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.

Let us bless the Lord.

Thanks be to God.

Scripture that may give Comfort.

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

And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you.

1 Peter 5:10

Those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

Isaiah 40:31

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

John 14:27

If you do not have a bible at home, but have access to the internet, a good and simple website for finding scripture passages and psalms is: bible.oremus.org (N.B. no "www" required !)

Bible Readings and Collects for Sundays

Sun 29 Mar 2020 The Fifth Sunday of Lent (Passion Sunday)

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

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; I 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; I 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; I 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; I 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.

An order for the Office of Compline (Night Prayer)

The office of Compline (Night prayer) comes from an ancient practice of daily prayers by Christian monastic communities. It is a good way to end the day in quiet contemplation and reflection upon the past day before commending oneself to God and a peaceful night's sleep.

The office should be said before going to bed, in a quiet and calm way.

A candle may be lit and you might like to sing a simple hymn.

**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.

**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.**

The following or another suitable hymn may be said or sung.

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.

The following psalm – or another of your choice, may be used.

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.

Psalm 134

*Other short psalms appropriate to this time, may be: Psalm 3, Psalm 6,
Psalm 20, Psalm 23, Psalm 46, Psalm 85, Psalm 100, Psalm 121, Psalm 131.*

At the end of the psalm, the following is said or sung

**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.**

One of the following short lessons or another suitable passage is read:

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

(or)

Be sober, be vigilant, because your adversary the devil is prowling
round like a roaring lion, seeking for someone to devour. Resist him,
strong in the faith.

1 Peter 5.8, 9

(or)

The servants of the Lamb shall see the face of God, whose name will
be on their foreheads. There will be no more night: they will not need
the light of a lamp or the light of the sun, for God will be their light, and
they will reign for ever and ever.

Revelation 22.4,5

Silence may be kept.

The following responsory may be said:

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.

The Nunc Dimittis (The Song of Simeon) is said or sung

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

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.

Luke 2.29-32

**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 of intercession and thanksgivings may be offered here.

Silence may be kept.

Visit this place, and the places of those we love, O Lord, we pray,
and drive far from them 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.

We say 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.

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.

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.

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

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.

Book of Common Prayer 1662

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;
through Jesus Christ our Lord. Amen.

Common Worship Night Prayer

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.

after St. Augustine of Hippo

Blessed are you,
O Lord, the God of our forebears,
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 ourselves in your service
and keep us mindful of the needs of others;
for Christ's sake. Amen

Traditional

Lord, create in us today
a hunger for what will truly satisfy.
Increase our appetite for charity
and fill us to bulging with your love.
If we deny ourselves today,
help us to do so in a spirit of humility and love for others.
Turn our attention away from ourselves
and towards those who need our help. Amen.

Fr. Jamie McMorrin (BBC Prayer for The Day, 28th Feb 2020)

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

To be repeated as a centering and stilling meditation, in rhythm with your breathing in and out:

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

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.

Book of Common Prayer 1662

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

The Trisagion

Prayers before watching or listening to 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,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy Name;
through Christ our Lord. Amen.

Common Worship

For extraordinary use when you are unable to attend Holy 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 about the outbreak

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. Amen.

*Barbara Glasson,
President of the Methodist Conference*

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
- + 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

Internet resources

- + Keep up to date with news from the Cathedral at www.newcastlecathedral.org.uk
- + Visit and “like” our Facebook page to be notified when we upload anything new: www.facebook.com/newcastlecathedral

Morning Prayer

- + Join us for Morning Prayer, led by a member of the Cathedral Ministry Team, every Monday to Friday at 8.30am. This is filmed “live” on the Cathedral’s Facebook Page if you want to tune in with others – but you can also join in and listen later on in the day if you prefer.
- + You can find the words, and bible readings to follow each day’s daily prayer here: <https://tinyurl.com/CVdailyprayer> this link can also be found (so you can click on it, rather than having to type it out) right underneath the Facebook video for the day.

- + If you have a smartphone (one with a touch screen and internet access) you can also download a free app that has the whole Daily Prayer service on it each day (and other services too!) Just go to Google Play/App Store and search for “Daily Prayer: Church of England”

Daily Reflections

Each day, Monday to Friday, the Cathedral Ministry Team are also producing a video reflection - topical thoughts and prayers, inspired by the Gospel for the day. You can watch these by visiting <https://tinyurl.com/NclCathedral> This will take you to our YouTube Channel.

If you “subscribe” to the channel, you will then be notified whenever we upload anything new!

Social media is not something we all feel comfortable using – but it is a huge asset at this time of social distancing. Facebook is a great way to keep in touch – and signing up is free.

General rules of safety apply – don’t talk to strangers, and never share your personal or financial details unless you’re sure the person is who they say they are! If you think that someone is pretending to be your friend, a good way to check it out is to ask them how and where you first got to know them. (Only a genuine friend will know the answer to that!)

Mental Health and Wellbeing

If you are on Facebook, check out the “Diocese of Newcastle Wellbeing Wisdom” group. This is a Facebook group that anyone can join, and there are daily uploads of gentle, common sense advice from Rev Rachel Hudson, the Diocesan Adviser for Counselling and Wellbeing.

If you are lonely whilst self-isolating

- + We are sure that many of you are doing this already, but please do call one another on the telephone - each member of the Cathedral community can bring comfort and succour to one another.
- + 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, get in touch with the Clergy Team and Pastoral Visitors Team, headed up by Canon Jean. Do leave an answerphone message if they are unavailable to take your call and they will get back to you asap.
 - Canon Jean – 07731 683500
 - Canon Peter – 07940 706123
 - Canon Clare – 07952 760168
 - The Dean – 07894 944731

Five tips for tackling loneliness and isolation:

1. Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
2. Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. Focus on the things that you can change, not on the things you can't.
4. Look after yourself – physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

**Please know
that you are held in prayer
by the Dean and Ministry Team
of the Cathedral at this time.
May God's protection and blessing be
upon you and those you love
this day and always.**

“God is our refuge and our strength:
a very present help in time of trouble.”

(Psalm 46:1)

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A worshipping community: inclusive, nurturing, engaged

Much of this booklet is based on a resource
produced by St George's Church, Jesmond –
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