

The Parish of St Michael and
All Angels
Wood Green Team

Praying at home

*prayers for various
occasions*

This booklet is a resource to help sustain your life of prayer during this extraordinary time in which public worship has been suspended in the Church of England.

The clergy are committing to maintaining a rhythm of daily prayer in Church at which we will be praying for all members of our congregation, the people of Wood Green and for the entire nation as we respond to the challenges posed by the Coronavirus outbreak.

We invite you to use the resources in this booklet as a way of joining your prayers with ours and the saints in heaven, trusting that we all are united together in Christ.

Throughout the week the clergy will also be celebrating the Eucharist on behalf of the people at various times and, of course, on Sundays mornings. We encourage you to make your 'spiritual communion' at home every Sunday using the order on page 4 each week.

Contents

An act of Spiritual Communion	p.4
The Angelus	p.8
Morning Prayer	p.9
Night Prayer	p.15
Prayers for parents and children	p.20
Prayers for any occasion	p.22
Other resources	p.26

Spiritual Communion

When Unable to Attend a Celebration of the Mass

It is an ancient practice of the Church that, when people are prevented from attending the Holy Eucharist, they are invited to express, in the words of St Thomas Aquinas, “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.”

*If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in **bold** type.*

If alone read all the words aloud.

You may want to light a candle before you begin, and have a bible, cross or crucifix to look at.

Preparation

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

Amen

**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.**

Bible Reading

You could use one or more of the readings of the day or the following short readings:

First Reading - Revelation 3:20

Behold, I stand at the door and knock; if anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Psalm - Psalm 62

On God alone my soul in stillness waits; from him comes my salvation. He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.

Gospel - John 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Prayers

Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic.

**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.**

Act of Contrition

**Almighty God, our heavenly Father,
we have sinned against you and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us, forgive us all that is past,
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

Act of Spiritual Reception

**My Jesus, I believe that you are in the Blessed Sacrament.
I love you above all things, and I long for you in my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
As though you have already come,
I embrace you and unite myself entirely to you;
never permit me to be separated from you.
Amen.**

Or

**Lord Jesus Christ,
you are the bread of life and the one true vine.
I believe that you are truly present
in the Most Holy Sacrament of the Eucharist.
I seek you. I worship and adore you.
Since I cannot receive you
in the eucharistic bread and wine,
I pray that you will come into my heart and soul,
that I may be united to you,
by your all-powerful and ever-present Holy Spirit.**

**Let me receive you, and be nourished by you.
Become for me the manna in my wilderness,
the bread of angels
for my very human journey through time,
a foretaste of the heavenly banquet,
and solace in the hour of my death.
I pray all this, trusting that you yourself are
our Life, our Peace, and our everlasting Joy.
Amen.**

Conclusion

O Lord and heavenly Father,
we your humble servants entirely desire your fatherly goodness
mercifully to accept this our sacrifice of praise and thanksgiving;
most humbly beseeching you to grant,
that by the merits and death of your Son Jesus Christ,
and through faith in his blood,
we and all your whole Church may obtain remission of our sins,
and all other benefits of his passion.
Amen.

The peace of God, which passes all understanding,
keep our hearts and minds in the knowledge and love of God,
and of his son Jesus Christ our Lord:
and the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be among us and remain with us always.
Amen.

The Angelus

We invite you to join us with this at home at 9am, midday and 6pm each day when the Angelus will be rung on the bells in Church.

V. The Angel of the LORD declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst women, and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. Behold the handmaid of the LORD.
R. Be it done unto me according to thy word.

Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst women, and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. And the Word was made flesh.
R. And dwelt among us.

Hail Mary, full of grace; the LORD is with thee: blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray,

Pour forth, we beseech Thee, O LORD, Thy grace into our hearts; that, we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. **Amen.**

V. Glory be to the Father, and to the Son, and to the Holy Spirit.
R. As it was in the beginning, is now and ever shall be, world without end.
Amen.

Morning Prayer

You may want to light a candle before you begin, and have a bible, cross or crucifix to look at.

Opening Sentences

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him.

Nahum 1.7

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 10, Psalm 16, Psalm 25, Psalm 77 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; ◆
5 for you are with me;
your rod and your staff, they comfort me.
6 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.
7 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.

Hail Mary, full of grace, the Lord is with thee!
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death.
Amen.

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.**

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 want to light a candle before you begin, and have a bible, cross or crucifix to look at.

Opening Sentences

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33.27

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 4, Psalm 27, Psalm 134 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.**

Lighten our darkness,
Lord, we pray,
and in 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.

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.

Hail Mary, full of grace, the Lord is with thee!
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death.

Amen.

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.

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.

Prayers for Parents and Children

Children's Prayers in the Morning

(Parts in bold said together)

Lord Jesus, bless this day.
Lord Jesus, bless this day.
Lord Jesus, help us pray.
Lord Jesus, help us pray.
Lord Jesus be in all I do and say.
Lord Jesus be in all I do and say.

Children's Prayers in the Day

Let the children come to me; for it is to these that the Kingdom of
Heaven belongs.

Lord Jesus...
Lord Jesus...

We are sorry for when we have done wrong
We are sorry for when we have done wrong

Help us when we are doing right
Help us when we are doing right

Thank you for all we have
Thank you for all we have

And bless those who have not
And bless those who have not

Amen.
Amen.

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.

Children's Prayers at Night

We thank you for this day, Lord God.
We thank you for this day, Lord God.
Bless the people we love.
Bless the people we love.
Protect us while we sleep Lord Jesus.
Protect us while we sleep Lord Jesus.

Prayers for parents

God our Father, we ask your blessing on these children entrusted to our care. Grant that they may grow up healthy and strong, wise and good, in the knowledge of your love and in the service of your Son, Jesus Christ our Lord. **Amen.**

Almighty God, you have taught us that all children are embraced by your love and under your care: look in your tender mercy on these children. In their weakness hold them in your arms of your strength and turn their simple hearts to the knowledge and love of your son, Jesus Christ. **Amen.**

Prayers about the outbreak to be said on any occasion

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.

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities which may happen to
the body,
and from all evil thoughts which may assault and hurt the soul;
through 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.

Intercessions

SET A

Let us pray to God,
who alone makes us dwell in safety:
For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:
Lord, hear us,
Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:
Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:
Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.
Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

SET B

Let us pray to the Lord,
who is our refuge and stronghold.
For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:
Lord, hear us,
Lord, graciously hear us.

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:
Lord, hear us,
Lord, graciously hear us.

For our homes and families,
our schools and young people,
and all in any kind of need or distress:
Lord, hear us,
Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,

where all are known and cared for:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.
Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Other ways you can join in with worship:

Mobile phone app

You can download the 'Daily Prayer' app on your phone and join in with Morning Prayer, Evening Prayer and Night Prayer.

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

'Lent Talks' - Wednesdays at 8.45pm on Radio 4

'Celebration' (Act of worship) - Sundays at 7.30pm on BBC Radio
Wales

‘Choral Evensong’ - Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on Radio 3

Much of the material is taken and adapted from Common Worship: Daily Prayer (London: Church House Publishing, 2005), © The Archbishops’ Council 2005, Common Worship: Times and Seasons (London: Church House Publishing, 2006, © The Archbishops’ Council, 2006 and Parish Prayers edited by F. Colquhoun 1967 (Thirteenth impression 1988). Material also taken from the Church of England website where more resources and information can be found:
<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>