

Praying at Home



**The Diocese of Edinburgh
How as a Diocese we can
still pray together.**

The Covid19 Virus outbreak has led us into extraordinary times and we might not always be able to gather together for worship. At such times when we are not able to celebrate the Eucharist at church we can unite ourselves spiritually by praying at the same time from our homes.

On Sundays the Eucharist will be celebrated at **10am** either in the church or at the Rectory if at all possible. You are invited to use the resources in this booklet to join in the Eucharist as it is celebrated.

You can use these prayers at home. If possible try to create your own prayer space with a candle, a cross or an open Bible.



PREPARATION

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

Light your candle

Collect for Purity

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.

Kyries

Lord have mercy: Lord have mercy

Christ have mercy: Christ have mercy

Lord have mercy: Lord have mercy

Collect of the Day & Readings

(see appendix)

Reflection on the readings

Re-read one of the readings and then sit in silence for a few moments and reflect on what word or phrase is in your mind. Ask yourself what God is saying to you in His Holy Scripture?

Intercessions

Pray for the world and its people; the Church and its members; all who are unwell; all who mourn and all who have died.



THE LITURGY OF THE SACRAMENT

Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours. All things come from you, and of your own we give you.

The Great Thanksgiving

*St. Paul's narrative of the institution of Holy Communion from
1Corinthians 11:23-26*

I received from the Lord, what I also delivered to you, that the Lord Jesus on the night that he was betrayed took bread, and when he had given thanks, he broke it and said: 'This is my body which is for you. Do this in remembrance of me'. In the same way also the cup, after supper, saying: 'This cup is the new covenant in my blood. Do this in remembrance of me'. For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

While we cannot receive Holy Communion at this time we can still make an act of Spiritual Communion in which we express our faith in Jesus Christ and in his presence in the Eucharist and invite him to unite himself with us.

An Act of Spiritual Communion

Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are present in the Most Holy Sacrament. I seek you. I worship and adore you. Since I cannot receive you in the Eucharistic bread and wine today, I pray that you will come into my heart and soul, that I may be united to you by your ever-present Holy Spirit. I pray this, trusting that you yourself are my life, my peace, and my everlasting joy. Amen.

or

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my heart and soul. Since I cannot at this moment receive you sacramentally, come 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.

The Lord's Prayer

As our Saviour Christ has commanded and taught us,
we are bold to say:

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

Give thanks to our gracious God.
Whose mercy endures for ever.

Father, your steadfast purpose is the completion of all things in your Son. May we who have received the pledges of the kingdom, live by faith, walk in hope and be renewed in love, until the world reflects your glory and you are all in all; through Jesus Christ our Lord. Amen.

The Grace

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

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



APPENDIX

Lent Collect to be used as the second collect on Lent IV, Lent V, Palm Sunday.

Almighty God, you hate nothing you have made, and forgive the sins of all who are penitent: create in us a clean and contrite heart; that, in lamenting our sinfulness, we may receive from you, the God of all mercy, forgiveness and perfect peace; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Lent IV Mothering Sunday 22nd March

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in our joys and sorrows we may know your presence to bind together and to heal; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

Amen

Readings: 1Samuel 1:20-28; Colossians 3:12-17; Luke 2:33-35

Lent V Passion Sunday 29th March

Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us with the power of your Spirit, that we may be raised to new life in Christ and serve you in holiness and righteousness all our days; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Ezekiel 37:1-14; Romans 8:6-11; John 11:1-45

Palm Sunday 5th April

Almighty God, who, in your tender love for the human race, sent your Son, our Saviour Jesus Christ, to take our nature upon him, and to suffer death upon the cross, giving us the example of his great humility: mercifully grant, that we may both follow the example of his passion, and also, be made partakers of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Palm Gospel Matthew 21:1-11

Isaiah 50:4-9a; Philippians 2:5-11;

Matthew 26:14-27:66 (Passion Gospel)

Maundy Thursday 9th April

God our Father, as you invite us to share in the supper that your Son gave to his Church to proclaim his death until he comes: inspire us by his service, and unite us in his love; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Exodus 12:1-14; 1 Corinthians 11:23-26; John 13:1-15

Intercessions (Please sit or kneel)

Let us pray to the Father, as Christ prayed for his disciples.

Holy Father, as you are one, may we who are Christ's Body also be one. Let the Church in this place reflect your glory to the world.

Silence

May we and all Christian people be united in your love. Let us recognise in each other, and in all people, your image in which we are made.

Silence

May your name be manifested in us. May we be sanctified in your truth. May your love be in us.

Silence

May we be united with those who suffer for their faith in your Son. Let us be ready to meet the cost of following him.

Silence

Bring us all, through the death and burial of your only-begotten Son, to the joy of his resurrection.

Silence

Father, accept the prayer of your Church on this day when Christ, our high priest, gave himself to us in the Eucharist; who lives and reigns forever and ever. **Amen.**

Concluding Prayer

Almighty God, source of all love, whose only-begotten Son, on the night of his betrayal, gave his disciples a new commandment, to love one another as he loved them: write this commandment in our hearts; and give us the will to serve others as he was the servant of all, who gave his life and died for us, yet is alive and reigns with you in the unity of the Holy Spirit, one God, world without end. **Amen.**

Followed by

Lamentation

How lonely sits the city that once was full of people.
How like a widow she has become, she that was great among the nations. She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has no-one to comfort her.

Jerusalem, Jerusalem, return to the Lord your God.

The roads to Zion mourn, for no-one comes to the festivals; all her gates are desolate, her priests groan; her young girls grieve and her lot is bitter. Her children have gone away, captives before the foe. Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow.

Jerusalem, Jerusalem, return to the Lord your God.

From on high he sent fire; it went deep into my bones; he spread a net for my feet, he turned me back; he has left me stunned, faint all day long. For these things I weep; my eyes flow with tears; for a comforter is far from me, one to revive my courage; my children are desolate, for the enemy has prevailed.

Jerusalem, Jerusalem, return to the Lord your God.

All who pass along the way clap their hands at you; they hiss and wag their heads at daughter Jerusalem; 'is this the city that was called the perfection of beauty, the joy of all the earth?'

The thought of my affliction and homelessness is wormwood and gall.

Jerusalem, Jerusalem, return to the Lord your God.

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him.' The Lord is good to those who wait for him, to the soul that seeks him.

Jerusalem, Jerusalem, return to the Lord your God.

It is good that one should wait quietly for the salvation of the Lord. It is good for one to bear the yoke of youth, to sit alone in silence when the Lord has imposed it, to put one's mouth to the dust (there may yet be hope), to give one's cheek to the smiter, and be filled with insults. For the Lord will not reject for ever.

Jerusalem, Jerusalem, return to the Lord your God.

You may wish to keep a short period of silence as you contemplate Jesus' time in the Garden of Gethsemane and his eventually arrest.

The silence ends with these words:

When the disciples had sung a hymn they went out to the Mount of Olives. Jesus prayed to the Father, 'If it is possible, take this cup of suffering from me'. He said to his disciples, 'How is it that you were not able to keep watch with me one hour? The hour has come for the Son of Man to be handed over to the power of sinful men. Come let us go.'



**Good Friday 10th April
See service sheet**



**Easter Day Sunday 12th April ALLELUIA!
See service sheet**



Low Sunday Easter II Sunday 19th April Alleluia!

Almighty God, in your great goodness, grant that we, as pilgrims through the Easter mysteries, may hold them fast in our lives; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

Readings: Acts 2:14a, 22-32; 1Peter 1:3-9; John 20:19-31

Easter III Sunday 26th April Alleluia!

O God, who, in the death and resurrection of your Son, have raised up this fallen world: may we and all your people, whom you have saved from the gates of everlasting death, rejoice in your eternal presence; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

Amen

Readings: Acts 2:14a, 36-41; 1Peter 17-23; Luke 24:13-35

Easter IV GOOD SHEPHERD SUNDAY our patronal festival.

Sunday 3rd May

O God of peace, who brought again from the dead our Lord Jesus Christ, that great shepherd of the sheep, by the blood of the eternal covenant, make us perfect in every good work to do your will, and work in us that which is well-pleasing in your sight; through Jesus Christ our Lord. **Amen.**



Readings: Acts 2:42-47; 1Peter 2:19-25; John 10:1-10

Easter V Sunday 10th May Christian Aid Sunday

***Please pray for the work of Christian Aid
through out the world.***

O God, who alone can bring harmony to the minds of your faithful people: give us grace to love the things you command, and to desire the things you promise; that, amid the uncertain changes of this world, our hearts may be firmly fixed where true joys are to be found; through Jesus Christ, our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, world without end. Amen.

O Holy Spirit of love, quicken our imaginations that we may feel more deeply for the needs of others as we put ourselves in their place. Give us hearts of self-forgetting compassion which will move us to give from that which you have given us, and to be good neighbours to those both near and far, for the sake of him who taught us that it is more blessed to give than receive, even Jesus our Lord. **Amen.**

Readings: Micah 6:1-9; Revelation 21:3-6; Mark 10:17-27

Easter VI Sunday 17th May

O God, from whom all good things arise: grant such grace to those who call on you, that, by your inspiration, we may ponder those things that are right, and by your guidance, do them; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Acts 17:22-31; 1Peter 3:13-22; John 14:15-21

Ascension Day Thursday 20th May

Introit acclamation:

Hail the day that sees him rise! **Alleluia! Alleluia!**



O God, your Son Jesus Christ ascended to the throne of heaven that he might rule over all things as Lord. Keep the Church in the unity of the Spirit and in the bond of peace, and bring the whole of creation to worship at his feet, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Readings: Acts 1:1-11; Luke 24:44-53

Concluding Prayer

*Eternal Giver of love and power, your Son Jesus Christ has sent us into all the world to preach the Gospel of his kingdom. Confirm us in this mission, and help us to live the Good News we proclaim. Through Jesus Christ our Lord. **Amen.***

Concluding Acclamation & Dismissal

Hail the day that sees him rise, **Alleluya!**
Glorious to his native skies, **Alleluya!**
Christ, awhile to mortals given, **Alleluya!**
Enters now the highest heaven! **Alleluya!**

Easter VII Sunday after the Ascension Sunday 24th May

O God, King of Glory, hear our prayer : that as we believe your Son Jesus Christ to be exalted with great triumph to your kingdom in heaven; so also may we know his presence with us now and to the end of time; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Acts 1:6-14; 1Peter 4:12-14; 5:6-11; John 17:1-11

Pentecost (Whitsun) Sunday 24th May

O God, who on the day of Pentecost enlightened the hearts of your people by the fire of the Holy spirit: give us wisdom and understanding, and lead us into all truth, that your Church may be kept in the unity of the Spirit and the bond of peace; through Jesus Christ, our Lord, who lives and reigns with you, and the Holy Spirit, one God, world without end. **Amen.**

Readings: Acts 2:1-21; 1Corinthians 12:3b-13; John 20:19-23



Additional Concluding Prayer by St. Augustine of Hippo

Breathe in me O Holy Spirit that my thoughts may all be holy; Act in me Holy Spirit that my works too, may be holy; Draw my heart O Holy Spirit that I may love what is holy; Strengthen me O Holy Spirit to defend that which is holy; Guard me O Holy Spirit that I may always be holy. **Amen.**

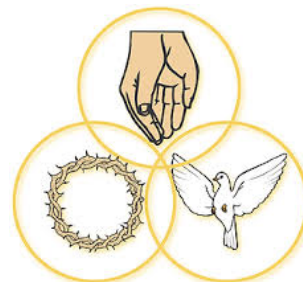
The Visitation of Mary to Elizabeth Monday 1st June

Almighty God, by whose grace Elizabeth rejoiced with Mary and greeted her as the mother of the Lord: grant that we, with them, may magnify your holy name and rejoice to acclaim Jesus Christ as Lord and Saviour; who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**

Readings: Zephaniah 3:14-18; Romans 12:9-16; Luke 1:39-56

TRINITY SUNDAY 7th June

Almighty and everlasting God, you have given us grace in the profession of true faith to recognise the glory of the eternal Trinity: keep us steadfast in this faith and bring us to see you in perfect and eternal unity; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. **Amen.**



Readings: Isaiah 40:12-17, 27-31; 2Corinthians 13:11-13; Matthew 28:16-20

Loving God, source of healing and comfort, fill us with your grace; that the sick may be made whole, that those who care for us will be strengthened, that the anxious will be calmed, and those most vulnerable be protected in the power of the Spirit, in the the faith of Jesus Christ our Lord. Amen.

Prayer from Southwark Cathedral