



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.

### The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

### The Blessing

May we find Blessing and rest:  
sustained by God's strong love,  
nurtured by the words of Christ,  
transformed by the Holy Spirit.  
Amen

## Being Church

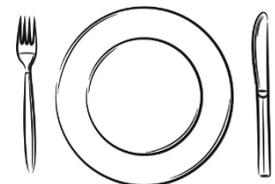
### while the building is closed

We gather together at the same time to worship,  
in our separate homes, 11am Sunday and Wednesday,  
knowing that many of us will be worshipping at the same  
time; either with others in our household or on our own.

### Christ sits and eats with Us

As we look at how to continue to be the church during  
this period of uncertainty, many of us will be missing  
the opportunity to share the Eucharist, Holy Communion  
together. I thought it may help to go back to the very  
first-last supper when Jesus shared a simple meal with  
his friends.

I would suggest putting out an extra  
empty plate as we sit to eat our meals  
each Sunday, to simply remind us that  
our Lord Jesus Christ sits and eats  
with us, in communion with us, his friends.



Common Worship reminds us that:

*'Believers who cannot physically receive the sacrament are to be assured that they are partakers by faith of the body and blood of Christ and of the benefits he conveys to us by them.'*

Romans Ch.8 v.38-39 reassures us that Illness, self-isolation, and quarantine cannot separate us from the love of God in Jesus Christ.

*You may wish to light a candle and have some reflective music playing in the background. Read the words out loud if you can.*

## **We say together**

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

*Nahum Ch.1 v.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.

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.

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 Ch.43 v.1-3a*

## **Say or sing**

*Amazing Grace, How sweet the sound  
That saved a wretch like me  
I once was lost, but now am found  
T'was blind but now I see  
T'was Grace that taught my heart to fear  
And Grace, my fears relieved  
How precious did that grace appear  
The hour I first believed*

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.