



The United Benefice of Old Shoreham and Kingston Buci  
The Churches of St Nicolas, St Julian and St Giles

# **SPIRITUAL RESOURCES**

*for keeping the faith aflame while at home*



from All Saints Day into Advent

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## **THIS GUIDE**

This booklet is an update for this second wave of the pandemic and for this darker season as we move from All Saints into Advent. These resources are offered to help us all to rely upon and draw close to the presence of Christ at all times, especially in these difficult days. My hope is that we will know that we remain the Body of Christ even when kept physically apart because we can trust that we are all praying the same prayers each day. Please know that the church is praying always and by using these resources you join in this wider community of prayer. Do look out on our websites for the times when these prayers will be said live and online. God Bless you all, *The Rector*

*One family, we dwell in him, one Church, above, beneath; - Charles Wesley*

## **SIMPLE FORMS OF PRAYER**

- \* Lighting a candle and sitting quietly before you pray can help you focus and listen.
- \* Jesus taught us the Lord's Prayer so that we would always have words to say. Please do use it, it is a perfect prayer.
- \* 'Lord Jesus Christ, son of the Living God, have mercy on me a sinner' is a simple prayer from the Orthodox tradition that is repeated quietly for a period of time.
- \* The "Examen", despite its name, is a very simple way to prayerfully review your day with God in five steps
  1. Become aware of God's presence, or ask God to help you remember that he's there with you
  2. Review the day with gratitude (as best you can!)
  3. Pay attention how you are feeling about it.
  4. Choose one feature of the day and pray about it.
  5. Look toward tomorrow. What do you expect the day to hold?

Ask God to help you remember that he's with you

## MORNING PRAYER *(All Saints to Advent)*

O Lord, open our lips  
**and our mouth shall proclaim your praise**

*All Saints to Advent:*

Your faithful servants bless you.

**They make known the glory of your kingdom.**

*Advent:*

Reveal among us the light of your presence  
**that we might behold your power and glory**

Blessed are you, Sovereign God,  
ruler and judge of all,  
to you be praise and glory for ever.  
In the darkness of the age that is passing away  
may the light of your presence which the saints enjoy  
surround our steps as we journey on.  
May we reflect your glory this day  
and so be made ready to see your face  
in the heavenly city where. Night shall be no more.  
Blessed be God, Father, Son, and Holy Spirit.  
**Blessed be God for ever.**

The night has passed and the day lies open before us;  
let us pray with one heart and mind.

*silence is kept*

As we rejoice in the gift of this new day, so may the  
light of your presence, O God, set out hearts on fire  
with love for you; now and for ever.

**Amen**

## The Word of God

*Psalm 42 1-7 or one from the list on page 17*

1. As the deer longs for the water brooks,  
so longs my soul for you, O God.
2. My soul is athirst for God, even for the living God;  
when shall I come before the presence of God
3. My tears have been my bread day and night,  
while all day long they say to me 'Where is now your God?'
4. Now when I think on these things, I pour out my soul:  
how I went with the multitude and led the procession to the  
house of God.
5. With the voice of praise and thanksgiving,  
among those who kept holy day.
6. Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?
7. O Put your trust in God;  
for I will yet give him thanks, who is the help of my countenance,  
and my God.

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.**

## Bible Reading *(one of these or see page 17: for longer ones)*

*From All Saints to Advent:*

'When you call upon me and come and pray to me, I will hear you.  
I will let you find me,' says the Lord, 'and I will restore your fortunes.'  
*(Jeremiah 29.12,14)*

*Advent:*

Now is the time to wake out of sleep, for now our salvation is nearer  
than when we first believed. *(Romans 13.11)*

Our Lord says, 'Surely, I come quickly.' Even so; come, Lord Jesus. *(Rev 22.20)*

## **Benedictus**

1. Blessed be the Lord the God of Israel:  
for he has come to his people and set them free.
2. He has raised up for us a mighty saviour:  
born of the house of his servant David.
3. Through his holy prophets he promised of old:  
that he would save us from our enemies,  
from the hands of all that hate us.
4. He promised to show mercy to our fathers:  
and to remember his holy covenant.
5. This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear:
6. holy and righteous in his sight all the days of our life.
7. You my child shall be called the prophet of the most  
high: for you will go before the Lord to prepare his way,
8. to give his people knowledge of salvation:  
by the forgiveness of all their sins.
9. In the tender compassion of our God:  
the dawn from on high shall break upon us,
10. 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.**

## **Prayers**

*We keep silence or pray in our own words for the church, the world, those we care for, and those in need. Please pray for the parish and those on the bulletin list who have asked for our prayers.*

## **Kyrie**

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

## The Lord's Prayer

**Collect and Conclusion** (*these or the prayer on the bulletin sheet*)

### *All Saints to Advent*

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**

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

### *Advent*

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.  
**Amen**

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

## **EVENING PRAYER** *All Saints into Advent*

O God, make speed to save us;  
**O Lord, make haste to help us.**

*All Saints to Advent:*

Your faithful servants bless you.

**They make known the glory of your kingdom.**

Blessed are you, sovereign God, our light and our salvation, to you be praise and glory for ever. Now as darkness is falling, wash away our transgressions, cleanse us by your refining fire and make us temples of your Holy Spirit. By the light of Christ, dispel the darkness of our hearts and make us ready to enter your kingdom, where songs of praise forever sound.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God forever.**

*Advent:*

Reveal among us the light of your presence

**that we might behold your power and glory**

Blessed are you sovereign God, creator of light and darkness, to you be glory and praise for ever. As evening falls you renew your promise to reveal among us the light of your presence. May your word be a lantern to our feet and a light upon our path that we may behold your coming among us. Strengthen us in our stumbling weakness and free our tongues to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God forever.**

## **The Word of God**

*Psalm 112 or a Psalm from the list on page 17*

- 1 Alleluia. Blessed are those who fear the Lord;  
and have great delight in his commandments.
- 2 Their descendants will be mighty in the land;

- a generation of the faithful that will be blest.
- 3 Wealth and riches will be in their house;  
and their righteousness endures for ever.
  - 4 Light shines in the darkness for the upright;  
gracious and full of compassion are the righteous.
  - 5 It goes well with those who are generous in lending;  
and order their affairs with justice,
  - 6 For they will never be shaken;  
the righteous will be held in everlasting remembrance.
  - 7 They will not be afraid of any evil tidings;  
their heart is steadfast, trusting in the Lord.
  - 8 Their heart is sustained and will not fear;  
until they see the downfall of their foes.
  - 9 They have given freely to the poor;  
their righteousness stands fast for ever;  
their head will be exalted with honour.
  - 10 The wicked shall see it and be angry;  
they shall gnash their teeth in despair;  
the desire of the wicked shall perish.

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.**

### **Bible Reading** *(one of these or see page 17: for others)*

*From All Saints to Advent:*

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant. *(Hebrews 12.22a,23b,24a)*

*Advent:*

Watch at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.

*(Luke 21.36)*



## **Magnificat**

1. My soul proclaims the greatness of the Lord:  
my spirit rejoices in God my Saviour;
2. for he has looked with favour on his lowly servant:  
from this day all generations will call me blessed;
3. the Almighty has done great things for me:  
and holy is his name.
4. He has mercy on those who fear him:  
in every generation.
5. He has shown the strength of his arm:  
he has scattered the proud in their conceit.
6. He has cast down the mighty from their thrones:  
and has lifted up the lowly.
7. He has filled the hungry with good things:  
and the rich he has sent away empty.
8. He has come to the help of his servant Israel:  
for he has remembered his promise of mercy,
9. the promise he made to our fathers:  
to Abraham and his children 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.**

## **Prayers**

*We keep silence or pray in our own words for the church, the world, those we care for, and those in need. Please pray for the parish and those on the bulletin list who have asked for our prayers.*

## **Kyrie**

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

## **The Lord's Prayer**

## **Collect and Conclusion** *(these or the prayer on the bulletin sheet)*

### *All Saints to Advent*

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**

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

### *Advent*

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the

unity

of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.  
**Amen**

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

*With grateful thanks to the Scottish Episcopal Church (Anglican) for their shortened liturgy for Morning and Evening Prayer which is used in this booklet.*

## NIGHT PRAYER

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.*

*The following or other suitable words of penitence may be used*

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.**

○ God, make speed to save us.

**○ Lord, make haste to help us.**

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.**

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.  
○ 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.

## Psalm 4

- 1 Answer me when I call, O God of my righteousness;  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;  
how long will you love vain things and seek after  
falsehood?
- 3 But know that the Lord has shown me his marvellous  
kindness; when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;  
commune with your own heart upon your bed,  
and be still.
- 5 Offer the sacrifices of righteousness  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?'  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart,  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep,  
for it is you Lord, only, who make me dwell in safety.

*In Advent Psalm 143*

## Psalm 134

- 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.  
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.**

**Bible Reading** *one of the following is suggested*

*From All Saints to Advent:*

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations. (*Matthew 24.13, 14a*)

### *Advent:*

Keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say, I say to you all: Keep awake. (*Mark 13.35-end*)

*Silence is kept*

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.**

### **Nunc Dimittis**

- 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.

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.**

*We keep silence or pray in our own words*

### **The Collect**

Visit this place, O Lord, we pray,  
and drive far from it 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.

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

**The Lord's Prayer** *may be said.*

## **The Conclusion**

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.**

*All Saints to Advent*

May the light of Christ, the King of all, shine ever brighter in our  
hearts, that with the saints in light we may shine forth as lights in  
the world **Amen**

*Advent*

Restore us again, O God of hosts; show us the light of your  
countenance and we shall be saved. Bless and keep us this night  
and always. **Amen**

*With thanks to the Church of England for this form of Night Prayer*

## **AN ACT OF SPIRITUAL COMMUNION**

*Settle yourself into a quiet place and allow your attention to silently withdraw from external things and focus into the heart.*

*You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:*

O God, come to my aid;  
**O Lord, make haste to help me.**

Next, if you have a Missal, say the Entrance verse or:

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

*and then call to mind any sins you have committed and make an Act of Contrition in words such as:*

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

*Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence.*

*Offer your own prayers ending with the Our Father.*

*Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament.*

*As you see them approach, say:*

Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.



*Then, make an Act of Spiritual Communion in these or other words:*

My Jesus,  
I believe that You are present in the Most Holy  
Sacrament. I love You above all things,  
and desire to receive You into my soul.

Since I cannot at this moment receive You  
sacramentally, come at least 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.**

*As you imagine yourself receiving the Bread of Heaven, be still and rest in the love of God. Thank Him for entering beneath the roof of your soul with words such as:*

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesu, hear me.  
Within your wounds hide me.  
Suffer me not to be separated from you.  
From the malicious Enemy defend me.  
In the hour of my death call me  
and bid me come to you,  
that with your Saints I may praise you,  
for ever and ever. **Amen.**

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

*With thanks to the Spiritual Association of the COMPASSIONATE HEARTS of  
JESUS and MARY (CHJM) for these prayers*



## **Psalms Cycle**

### *All Saints to Advent*

Sunday	46, 47, 126
Monday	18.31-end, 61
Tuesday	19, 63
Wednesday	21, 78.1-39
Thursday	25, 110
Friday	32, 96
Saturday	98, 111

### *Advent*

Sunday	44,
Monday	80, 82
Tuesday	5, 7
Wednesday	26, 17
Thursday	20, 21, 23
Friday	96. 1, 10-end
Saturday	50. 1-6, 62

## **Scripture Cycle**

### *All Saints to Advent*

Monday	Matt 18.1-10
Tuesday	Isaiah 1.21-end
Wednesday	Exodus 23.1-9
Thursday	Deut 28. 1-6
Friday	Luke 19. 1-10
Saturday	Revelation 12
Sunday	John 17.6-9

### *Advent*

Monday	Luke 1. 5-20
Tuesday	1 Thess 2.1-12
Wednesday	Isaiah 48. 1-11
Thursday	Jeremiah 1.4-10
Friday	John 14. 18-23
Saturday	Song 2.8-end
Sunday	Matthew 1.1-17

## **COLLECTS AND OTHER PRAYERS**

### *FOR REMEMBRANCE*

O God of truth and justice, we hold before you those whose memory we cherish, and those whose names we will never know.

Help us to lift our eyes above the torment of this broken world, and grant us the grace to pray for those who wish us harm.

As we honour the past, may we put our faith in your future; for you are the source of life and hope, now and for ever.

Amen.

Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy; through Jesus Christ our risen redeemer. Amen.

## FOR COMFORT

O God, our sovereign and our shepherd,  
who brought again your Son Jesus Christ from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever.  
Amen.

Lord God, whose Son, Jesus Christ,  
understood people's fear and pain  
before they spoke of them,  
we pray for those in hospital or sick at home;  
surround the frightened with your tenderness;  
give strength to those in pain;  
hold the weak in your arms of love,  
and give hope and patience  
to those who are recovering;  
we ask this through the same Jesus Christ, our Lord.  
Amen.

## FOR DIVINE ASSISTANCE

O Thou Whose face is the object of my adoration,  
Whose beauty is my sanctuary, Whose habitation is my goal,  
Whose praise is my hope, Whose providence is my companion,  
Whose love is the cause of my being, Whose mention is my  
solace,  
Whose nearness is my desire,  
Whose presence is my dearest wish and highest aspiration, \\\nI entreat Thee not to withhold from me the  
things Thou didst ordain for the chosen ones among Thy servants.  
Supply me, then, with the good of this world and of the next.  
Amen

## Other Sources for Prayer and Worship

### BROADCAST AND PHONE RESOURCES

**Daily Hope** - Free 24/7 telephone line for hymns and prayers  
**0800 804 8044** updated for the seasons.

#### 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

#### 'Choral Evensong'

Wednesdays at 3.30pm and the same service is  
repeated Sundays at 3pm on Radio 3

### ONLINE RESOURCES

*If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.*

#### Websites

Check [www.stnicolas.org.uk](http://www.stnicolas.org.uk) or [www.parishofkingstonbuci.org.uk](http://www.parishofkingstonbuci.org.uk)  
for news, diary, and links to online services provided in this  
benefice

[www.facebook.com/parishofkingstonbuci](https://www.facebook.com/parishofkingstonbuci)  
[www.facebook.com/StNicolasOldShoreham/](https://www.facebook.com/StNicolasOldShoreham/)

[www.adventonline.faith](http://www.adventonline.faith)

a day by day resource of advent music, reflection and art  
[www.churchofengland.org](http://www.churchofengland.org)  
search 'Daily Prayer' for full Church of England Offices

[www.sacredspace.ie](http://www.sacredspace.ie)  
daily guided *lectio divina* with the Gospels

[www.universalis.com](http://www.universalis.com)  
for a wealth of Catholic resources and  
readings for each day

**Apps:** (for handheld or mobile devices)

Common Worship Daily Prayer  
Lectio 365  
Pray as you go

### **PASTORAL SUPPORT**

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call  
The Rector Fr James 01273979811 [frjames.grant@gmail.com](mailto:frjames.grant@gmail.com)  
Rev'd Pat 01273276190 [pat@looksouth.net](mailto:pat@looksouth.net)

*If you or someone you care for require extreme unction at this time, do not  
hesitate to contact The Rector*

***God Bless you all***

please take very good care of yourself at this time.