

God With Us

An Act of Spiritual Communion for use at home during the coronavirus outbreak.

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

Remember you are not on your own. You pray with people round the world today, in our own Diocese and with our church family at St Helen's and St Richard's.

Remember Our Lord's assurance "I am with you always, even to the end of the world." He is our bread from heaven, who feeds us through the Scriptures, through our prayers, and strengthens us by his Holy Spirit.

Remember to give time to listen to what he is saying to you, as well as asking for your needs.

Our Need of God

In a few moments of quiet call to mind your need of God and all that separates us from God, the frailty of our faith, and the hope and love that brings healing and reconciliation. Then say:

Lord Jesus, you are the light of the world. Lord, have mercy.
You bring healing and peace to the broken in heart. Christ, have mercy.
You make one by your Spirit the torn and divided. Lord, have mercy.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. Amen.

Opening Prayer: Lord our God, help us to know that you are with us always and that you walk with us on our journey through life, giving us your love and peace and hope. We ask this through Christ our Lord. Amen

Our Song of Praise

Praise the Lord, my soul!
All my being, praise his holy name!
Praise the Lord, my soul,
and do not forget how kind he is.

He forgives all my sins;
He fills my life with good things,
so that I stay young and strong like an eagle.
Praise the Lord, all you heavenly powers,
you servants of his, who do his will!
Praise the Lord, all his creatures
in all the places he rules.
Praise the Lord, my soul!

Some verses from Psalm 103

Listening to His Word

Read the Scripture readings for today, if you have them. They may be on the Parish Website. Or it could be the following one:

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

John 6: 35

Our Prayers

For the Church, for Bishop Martin, our Diocese, our Parish, for Priests and Chaplains, for Christians everywhere to bring the light and peace of Christ....

Lord hear us.

For those suffering in anyway because of the Corona Virus; for the sick, the anxious, those distressed in hospital or at home; for those worried for their jobs and families....

Lord hear us.

For Doctors, Nurses and Carers, for paramedics and ambulance crews, for all on the 'front line' in looking after us; that God will protect and bless them....

Lord hear us.

For scientists and researchers trying to find vaccines and medicines to heal and cure us; that God will speed their work....

Lord hear us.

For those known to us personally who need our prayers and our love, for our families and friends; that we may be to them as Christ....

Lord hear us.

For those who have died, and those who mourn, that theirs may be the peace of Christ....

Lord hear us.

And now for your own special prayers, all in your heart and mind at this time..

Lord hear us.

We ask Our Lady, Saint Helen, St Richard and St Luke the healer to pray for us, and we say,

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. Amen.

As Christ taught us so we pray:

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. Amen.

The Prayer of Spiritual Communion

In place of receiving the bread and wine of communion we now make a spiritual communion where we are united wholly with God and with each other, as we say:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. I embrace you

there, and unite myself wholly to you. Never allow me to be separated from you. Amen.

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 Thy wounds hide me

Suffer me not to be separated from thee

From the malignant enemy defend me

In the hour of my death call me

And bid me come to thee

That with all thy saints

I may praise thee

Forever and ever.

Amen

- A period of silence -

Father I thank you for all you have given me: for everyone and everything I love: for my freedom to enjoy and serve you in your world, and to share in your life. In Jesus' name. Amen

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

Go in the peace of Christ.

Thanks be to God.