

A prayer for the morning

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

A prayer before going to sleep

Generous God by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord. Amen.

CHURCH CONTACTS

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The Parish of Hempsted with St Mary de Lode
and St Mary de Crypt, Gloucester
in partnership with Gloucester Cathedral



'I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.'

Romans 8:38,39

In these unprecedented times, I invite you to join with me in resting in the love of God who offers us a living hope in Christ Jesus. As many of you will now know, public worship has been suspended in our churches which means that our Sunday and mid week services will not be taking place. Messy Church and all church meetings are suspended too. Nevertheless, we remain a people of prayer and prayer is something that we can all do however young or old we are. Indeed, I am grateful to lead a wonderfully praying parish and ask that in the days ahead, you continue to pray at home. I would like to suggest that at 12noon each day you pause, if you can, to say *The Lord's Prayer* knowing that as you do, others in our parish are doing the same. We may not be able to gather in person, but we can gather in prayer.

On Sunday 22 March at 7pm, there will be a great wave of prayer across our country in which you can also join. The Archbishops invite us all to light a candle and put it in our windows as a sign of prayer, solidarity and hope. I know that you will want to do this if you can.

Both the Cathedral and St Swithun's are open for private prayer. I will continue to aim to say Morning Prayer in St Mary de Lode on Thursdays and on Friday at St Swithun's, both at 9am, and Prayers for the City in St Mary de Crypt on Friday at 1pm. The diocesan website indicates different ways in which you can engage in services that are being live streamed www.gloucester.anglican.org Prayers will be updated on the parish website too and via the Discover DeCrypt and Hempsted Messy Church Facebook pages. We will continue to remain in contact with one another on the phone, through WhatsApp, skype and zoom. If you are in need of shopping, please do be in touch and we can connect you with others who are volunteering to help anyone in need. And if you are able to help a neighbour, let us know. The Foodbank continues to ask for donations and these can be left in St Swithun's. We are also working with Hempsted School and others to ensure that children are fed and families supported now and in the weeks ahead.

My favourite psalm is Psalm 23. The Psalmist speaks of our God who leads us all the days of our life, through the valley of the shadow of death and into eternity. Although this is turning into a very long Lent, resurrection *will* dawn and new life will begin again. In the meantime, we continue to serve our community and each other with clean hands, open hearts, prayer, hope and love. Please pray for me as I pray for you. *Nikki*



Prayers for use at home

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.

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.

A prayer to pray with children remembering God is with us

Loving God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*.
Help me to remember that you love me and are with me in everything today. **Amen.**