

Worship and prayer at home in the event of isolation and/or church closure

Prayer and worship is central to the life of Christian faith, and in the event of the suspension of large gatherings, alternative ways can be sought in order to maintain some kind of common life of prayer and worship in our homes. Technology offers one way of doing this. However, we must keep in mind those in the Body of Christ who struggle with access to online resources, and have alternatives available for these brothers and sisters as well. Some of these resources in hard copy are mentioned below.

In terms of online resources, there are a wealth of materials available to us. The challenge of this, however, is to try and access similar things as a church in order to maintain a common life, and even to have something to talk about with each other when we are in contact remotely. The Church of England is adding to its online resources rapidly in light of the call to churches to cease gathering for public worship as per the government guidance. Therefore a great place to start is the Church of England website (www.churchofengland.org) under the 'Daily Services Online' section.

Below are forms of online worship that may be helpful to us when we find ourselves in isolation:

Daily Prayer

A rhythm of prayer during the day can be helpful, even if only to provide some structure and rhythm to a day if we are in isolation. Daily prayer can, in the Anglican tradition, take the form of Morning Prayer, Midday Prayer (otherwise known as Prayer During the Day), Evening Prayer and Compline (Night Prayer), with other similar 'offices' -the fancy word for the service- in other traditions too. Doing one or more of these offices may be helpful to maintain a routine of prayer and worship each day.

The Church of England's **Daily Prayer** is available digitally, via the Church of England website:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

or via the apps:



(Daily Prayer App- Morning prayer, Evening Prayer and Night Prayer)

The logo consists of the word "Pray" in a white, serif font, centered within a dark blue square.

(Time to Pray App- Prayer During the Day and Night prayer)

Prayer During the Day and Night Prayer are the shortest offices.

For a **prayer for the day**, go to <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer/todays-prayer> to read, say or listen to the Church of England's collect prayer for the week (the prayer which summarises the theme for the week).

Celtic Daily Prayer from the Northumbrian Community is also a really beautiful daily office with Morning, Midday and Night Prayer, which is also available online.

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

(Go to the links at the bottom of the web page to access the materials).

Some of the other things being developed on the Church of England website include:

- A simple daytime prayer and night prayer service – building on the existing daily prayer feed, we will record audio to accompany daytime prayer and night prayer per day, which will be available via an updated app and accompanying podcasts.
- More video content – this will include video services and more content for Holy Week and Easter. In addition, we will make Holy Week audio content available.
- Mental health reflections – daily reflections to help people, especially at a time when they are feeling lonely, isolated or anxious

To find out more, go to:

<https://www.churchofengland.org>

and look for the Daily Services Online and Smart Speaker Apps

Update: Audio versions of Prayer during the Day and Night Prayer have appeared on the website using soundcloud.

Sunday Services

Live streaming

Services at churches across the Church of England are being streamed online. On Mothering Sunday, the Archbishop of Canterbury live streamed a service on The Church of England Facebook page, so it is worth checking each week if a service is being live streamed here. The Church of England website has also listed some churches which are live-streaming, including:

All Hallows by the Tower

<https://www.ahbtt.org.uk/live-stream/>

This service is recorded, so services can be watched also after the event.

The Church of England is also looking to expand the number of available services being live-streamed, so do keep an eye on the Church of England website above to see what is available.

In terms of maintaining worship within these Benefices, the clergy here (along with all clergy across the Church of England) are committed to saying Morning and Evening Prayer on behalf of the parish each day. We are also exploring the possibilities of what can be done online here too in terms of live streaming etc., so please watch this space, and check the website and facebook page for updates.

Radio

The BBC's **Sunday Worship** radio programme could help to connect with what others around the country are listening to. The BBC's **Daily Service** could also help to provide daily spiritual sustenance.

Sunday Notice Sheets!

Redemptorist Publications, who print the side of our Sunday notice sheet with the prayers and Bible readings, are making their Sunday sheets (and an extra homily!) available online as part of their contribution to the wider church as more of us become isolated. They are also providing access to the all-age 'Look' activity sheet which focuses on the themes and Bible readings for each Sunday and could be good for families to do together. To access these, go to:

https://www.rpbooks.co.uk/regular-downloads-anglican?utm_source=Anglican+Regulars&utm_campaign=e7c800616b-EMAIL_CAMPAIGN_2020_03_18_02_35_COPY_01&utm_medium=email&utm_term=0_d53d96a6d5-e7c800616b-218200799&mc_cid=e7c800616b&mc_eid=1164c770fd

Hard Copy Resources

We have compiled a number of resources which can be used at home, which we will aim to make available using the this website. If you would like to use these, or you know someone who would benefit from using them and who does not have access to online resources, then please do make use of them .

Resources available:

- **Worship at Home-** A special service of Morning Prayer and Night Prayer for use at home when in isolation
- **Personal Prayers particularly if you can't get to church**
- **Prayers with Children**
- **Prayers about the outbreak**

Whatever we do and use, please do continue to keep people all across the globe, our own country and those known to us affected by the Corona virus in our prayers.

Many thanks to the Revd Robert Suekarran for compiling this document