

**The Benefice of All Saints, Highbrook &  
St Margaret of Antioch, West Hoathly**

***Worship at Home***

***Edition 4: February - April 2021***



This booklet offers a simple act of worship for the Sundays when you can't get to church, and is offered to help us rely upon and draw close to the presence of Christ.

The words can be said out loud or in the silence of your heart.

Morning Prayer	Page 2
Simple Night Prayer	Page 5
Devotional Poems and Readings	Page 11
Sunday Readings and Collect Prayers	Page 13

# **Morning Prayer**

## **Preparation**

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

Blessed are you, God of compassion and mercy,  
to you be praise and glory for ever.

In the darkness of our sin,  
your light breaks forth like the dawn  
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,  
sustain us with your bountiful Spirit  
and open our lips to sing your praise.

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 our hearts on fire with love for you;  
now and for ever. Amen.

## **Psalm**

*The appointed Psalm for the day is said. The readings for each Sunday  
can be found at the back of the booklet.*

*Each Psalm may end with:*

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.

## **First Reading**

*The Old or New Testament Reading is read here.*

## **Hymn**

*Sing, listen or read a hymn*

## **Gospel Reading**

*The Gospel Reading is read here.*

## **Gospel Canticle**

Blessed be the Lord the God of Israel,  
who has come to his people and set them free.  
He has raised up for us a mighty Saviour,  
born of the house of his servant David.  
Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,  
To show mercy to our ancestors,  
and to remember his holy covenant.  
This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,  
Free to worship him without fear,  
holy and righteous in his sight all the days of our life.  
And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation  
by the forgiveness of all their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
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 of Intercession**

*Silence for prayer is kept:  
Pray for yourself in your isolation,  
that God would sit with you  
Pray for the sick, the lonely, the sorrowful  
Pray for our country  
Pray for the world*



## **The Collect**

*The Collect of the Day is prayed here. This can be found at the back of the booklet.*

## **The Lord's Prayer**

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.  
For thine is the kingdom,  
the power, and the glory  
for ever and ever.  
Amen.

## **Conclusion**

May God our Redeemer show us compassion and love.  
Amen.

Let us bless the Lord.  
Thanks be to God.

## **Simple Night Prayer**

*Compline or Night Prayer is a service of quietness and reflection before rest at the end of the day. It can be particularly helpful when feeling worried or distressed in providing a period of calm, and space to give the worries and stresses of the day to God.*

### **Preparation**

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.*

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.

## Psalm

*One or more of the following psalms may be used.*

### Psalm 139.1-18

- 1 O Lord, you have searched me out and known me;  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place  
and are acquainted with all my ways.
- 3 For there is not a word on my tongue,  
but you, O Lord, know it altogether.
- 4 You encompass me behind and before  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me,  
so high that I cannot attain it.
- 6 Where can I go then from your spirit?  
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there;  
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me,  
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me  
and the light around me turn to night,'
- 11 Even darkness is no darkness with you;  
the night is as clear as the day;  
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts;  
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made;  
marvellous are your works, my soul knows well.

- 14 My frame was not hidden from you,  
when I was made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my form, as yet unfinished;  
already in your book were all my members written,
- 16 As day by day they were fashioned  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God!  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand,  
and at the end, I am still in your presence.

### 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.

*At the end of the psalmody, the following is said or sung*

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.

## Scripture Reading

*One of the following short lessons or another suitable passage is read:*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

*(Isaiah 58. 6,7)*

*(or)*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*(1 Peter 5.8-9)*

*(or)*

In returning and rest you shall be saved; in quietness and trust shall be your strength. The Lord waits to be gracious to you; blessed are those who wait for him.

*(Isaiah 30.15,18)*

*The following **responsory** may be said*

Into your hands, O Lord, I commend my spirit.

**All Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**All I commend my spirit.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**All Hide me under the shadow of your wings.**

## **Gospel Canticle**

*The Nunc dimittis (The Song of Simeon) is said or sung*

- All* Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.
- 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.

*(Luke 2.29-32)*

*All* 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.

*All* Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.

## **Prayers**

*Intercessions and thanksgivings may be offered here.*

## **The Collect**

*Silence may be kept.*

*One or more of the following are said:*

Almighty God, may we, by the prayer and discipline of Lent, enter into the mystery of Christ's sufferings; that by following in the Way, we may come to share in the glory; through Jesus Christ our Lord. Amen.

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in your eternal changelessness. Amen.

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.

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, O Christ our Redeemer. 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.

May God bless us, that in us may be found love and humility,  
obedience and thanksgiving, discipline, gentleness and peace.  
Amen.

## **Devotional Poems and Readings**

### **I open my life** by David Adam

I open my life to you, Lord,  
I make space in this day for your coming.  
I move from busyness to your stillness.  
I move from sounds to your silence.  
I move from insensitivity to awareness.  
I thrust out from the land and look to heaven.  
I open my life to you.  
I open my heart to your love.  
I open my ears to your call.  
I open my eyes to your presence.  
I open my life to you.

### **Encouragement**

by Pam Brown

Some of the greatest achievements of humankind have come from people suffering under great burdens - loss and imprisonment, sickness and deprivation. They demonstrate as no others can the dignity and power of the human spirit. Beethoven wrote his most noble and imaginative works after deafness had overtaken him. Milton wrote from blindness. Bunyan from jail. Stephen Hawking surveyed the universe from a wheelchair. The persecuted raise their voices from oppression to speak for their people. The disfigured in war bring hope to the deprived.

Some are only known to a few. Some are never recognised. But they tell us not to be afraid. There is work still to be done. There are things to be achieved. There is beauty to be created. There are puzzles to be solved. There is happiness to be had.

The world is full of marvels. Accept them and be glad. Do not let anything deprive you of a love for life.

## **Will your anchor hold?** by Priscilla J. Owens

We have an anchor that keeps the soul  
steadfast and sure while the billows roll;  
fastened to the Rock which cannot move,  
grounded firm and deep in the Saviour's love!

## **A Reflection from Celtic Daily Prayer**

by Aidan Clarke

Imagine your soul as being like the Tyne Bridge. There are busy times and quiet times. The job of the bridge is not to ask what is in the cars and lorries but simply to bear their weight for a few seconds and then allow them to go on their way. There is no problem when the flow of traffic is even but when breakdowns and bottlenecks occur, the fights and impatience begin. Your soul too has to take the weight and let it go. The suffering becomes prolonged only when you do not acknowledge its existence and let it pass on. Then it sits on your soul like a judgement.

The time to repair the bridge is in the night when the traffic is light. Your prayer in quiet times gives you the strength to cope with the heavy, busy times. You dig, patch and repair in the night. As a result, the world can flow over your soul in the day without congestion. You must allow the flow of faith, love, healing, hope, joy and light to pass through you into the world. You must allow the flow of hatred, darkness and sin to flow from the world through you to God.

All this is done by prayer, and by forgiveness of yourself, of others and perhaps even of God Himself for what you feel He has done to you. Little by little, you grow in the power of prayer, in the ability to bear the weight and accept the contradictions of the two-way flow between God and the world.

## **Pied Beauty**

by Gerard Manley Hopkins

Glory be to God for dappled things –

For skies of couple-colour as a brinded cow;

For rose-moles all in stipple upon trout that swim;

Fresh-firecoal chestnut-falls; finches' wings;

Landscape plotted and pieced – fold, fallow, and plough;

And áll trádes, their gear and tackle and trim.

All things counter, original, spare, strange;

Whatever is fickle, freckled (who knows how?)

With swift, slow; sweet, sour; adazzle, dim;

He fathers-forth whose beauty is past change:

Praise him.

## **An extract from the 1967 London Lecture**

by Malcolm Muggeridge

It is precisely when every earthly hope has been explored and found wanting, when every possibility of help from earthly sources has been sought and is not forthcoming, when every recourse this world offers, moral as well as material, has been explored to no effect, when in the shivering cold the last faggot has been thrown on the fire and in the gathering darkness every glimmer of light has finally flickered out, it's then that Christ's hand reaches out sure and firm. Then Christ's words bring their inexpressible comfort, then his light shines brightest, abolishing the darkness forever.

## **Readings and Prayers for the Coming Sundays in Ordinary Time**

*Don't worry if you don't find exactly the right passage - St Paul assure us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.*

<b>Date</b>	<b>Readings</b>	<b>Collect Prayer</b>
Sun 7 Feb 2021 Second Sunday Before Lent	Proverbs 8.1, 22-31 Psalm 104.26-37 Colossians 1.15-20 John 1.1-14	Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord. Amen.
Sun 14 Feb Sunday Next Before Lent	2 Kings 2.1-12 Psalm 50.1-6 2 Corinthians 4.3-6 Mark 9.2-9	Holy God, you know the disorder of our sinful lives: set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord. Amen
Wed 17 Feb Ash Wednesday	Isaiah 58.1-12 Psalm 51.1-18 2 Corinthians 5.20b-6.10 John 8.1-11	Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen
Sun 21 Feb First Sunday of Lent	Genesis 9.8-17 Psalm 25.1-9 1 Peter 3.18-end Mark 1.9-15	Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. Amen.

<b>Date</b>	<b>Readings</b>	<b>Collect Prayer</b>
Sun 28 Feb Second Sunday of Lent	Genesis 17.1-7 Psalm 22.23-31 Romans 4.13-end Mark 8.31-end	Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. Amen.
Sun 7 March Third Sunday of Lent	Exodus 20.1-17 Psalm 19 1 Corinthians 1.18-25 John 2.13-22	Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. Amen.
Sun 14 March Fourth Sunday of Lent	Numbers 21.4-9 Psalm 107.1-9 Ephesians 2.1-10 John 3.14-21	Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen
Sun 21 March Fifth Sunday of Lent	Jeremiah 31.31-34 Psalm 51.1-13 Hebrews 5.5-10 John 12.20-33	Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen
Sun 28 March Palm Sunday	Isaiah 50.4-9 Psalm 31.9-16 Philippians 2.5-11 Mark 15.1-39	True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

Date	Readings	Collect Prayer
		Separate booklets will be supplied for Holy Week
Sun 4 April Easter Day	Isaiah 25.6-9 Psalm 118.14-24 Acts 10.34-43 Mark 16.1-8	God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen
Sun 11 April Second Sunday of Easter	Acts 4.32-35 Psalm 133 1 John 1.1-2.2 John 20.19-end	Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. Amen
Sun 18 April Third Sunday of Easter	Acts 3.12-19 Psalm 4 1 John 3.1-7 Luke 24.36b-48	Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen
Sun 25 April Fourth Sunday of Easter	Acts 4.5-12 Psalm 23 1 John 3.16-end John 10.11-18	Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen.