

PRAYERS  
FOR THE  
LONG HAUL

*prayer at home  
in Time of the Virus*

Almighty and everlasting God,  
mercifully look upon our infirmities,  
and in all our dangers and necessities  
stretch forth your right hand,  
to help and defend us,  
through Christ our Lord. Amen.

*Collect for the Third Sunday after Epiphany*

## Preface

*by the Bishop of Ebbsfleet*

Dear Friends

### **Man cannot live by bread alone**

In these difficult times when our lives feel as if they have been turned upside down and inside out, and the number of those suffering and dying from the scourge of the coronavirus is rising rapidly, our instinct is to turn to God, to rely on his mercy and loving compassion for all of us, and to seek wisdom and courage. In other words we are discovering, in a rather shocking way, a truth we're better at forgetting than remembering – a truth underlined by Jesus in his temptations in the wilderness – that it takes more than bread to keep men and women alive. We *need* more. Feeding our bodies is not enough, while our souls starve. We are most alive when we feed from the word that comes from the mouth of God (*Matt* 4.4), a word for which God himself makes us hungry (*Amos* 8.11).

### **Do not be anxious: Pray**

With 24-hour news coverage of the pandemic comes anxiety and fear as well as shared experience. Into this situation St Paul says, 'Do not be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.' (*Phil* 4.6–7). He is encouraging us, at a time when the churches are closed, when the Church cannot gather together to pray, and its public witness is so constrained, to turn to God in all the ways that are *always available* to us, whatever the circumstances of our lives: personal and family prayer, reading and meditating on the scriptures, interceding for the sick and needy, and longing for the grace of the Eucharist.

This little collection is intended to support lay people in doing just that. The clergy have their prayer books and breviaries, and we quite rightly expect that they will be offering the Church's daily prayer (what is called the Liturgy of the Hours). Indeed some lay people also use the *Book of Common Prayer* or something like it at home. These prayers can easily supplement rather than replace such praying habits. But many will not be used to a daily pattern of prayer, and may not have anything to support their prayer. They may not have access to the different kinds of technology that the clergy are using to share resources online, or have the confidence to use them. This collection has them especially in mind. All you will otherwise need is a Bible. I hope it can be adapted to many different situations. It includes:

- 1 A short act of dedication – when you rise from sleep
- 2 A short prayer service 'During the day' – a single act of prayer for any point in the day
- 3 An act of spiritual communion – for use at any time of the day
- 4 A small selection of hymns
- 5 Gospel passages until Pentecost (31 May)

It is also intended for what will seem like a long haul. Some will be living this time completely alone, others will be alongside members of their immediate family. Either way, it is a way of living we are used to, and it will bring its own strains and anxieties. To some it might even feel at times like Christmas without any of the benefits! All the more reason to use the blessing of prayer to give structure and meaning to our daily experience, and to help us open up our daily habits and routines and behaviours to the light – and joy – of God.

May God bless you, and let's keep going wholeheartedly together.

+*Jonathan*

*Hill House, Caversham*

*3 April 2020*

## 1 A MORNING ACT OF DEDICATION

*Try to begin your day, as soon as you rise from sleep, before any other activity, with a simple Act of Dedication. Any of these would help. They are some of the prayers that I have found helpful, even essential, in beginning the day. You need only choose one, and say it every morning. It is worth committing to heart. Key phrases have a way of coming back throughout the events of each day.*

*Begin with the Sign of the Cross:*

+ In the name of the Father and of the Son and of the Holy Spirit.

ALL glory be to you my God: for you are three persons, one all holy God. My God I desire to love you with all my heart, with all my soul, with all my mind, and with all my strength. I offer my life to you in complete union with the supreme offering of my Lord, Jesus Christ, perfect adorer of your majesty and glory.

*(or)*

HEAVENLY King, Comforter, Spirit of Truth, present everywhere, filling all things, treasury of blessings, giver of life: come and dwell in us, cleanse us from every stain, and in your goodness, save our souls.

*(or)*

O LORD grant that I may meet everything this coming day may bring me with spiritual peace. Grant me to surrender myself gladly to your holy will. In every hour of this day, support me in all I undertake. Teach me to accept whatever news I may receive in the course of the day with peace of soul, and with the firm conviction that your holy will is in all things. In all my words and actions direct my thoughts and feelings. In all unforeseen events, do not let me forget that everything is sent by you. Teach me to act frankly and reasonably with everyone I meet, and with every member of my family, neither embittering nor embarrassing anyone. O Lord, grant me the strength to endure the fatigue of the coming day and all that may happen in it. Direct my will and teach me to pray, to believe, to hope, to be patient perhaps with suffering, to forgive, and to love. Amen.

*(or)*

FATHER, I raise to thee my whole being, a vessel emptied of self. Accept Lord, this my emptiness, and so fill me with thyself, thy Light, thy Life, thy Love, that these thy precious gifts may over-flow the chalice of my heart into the hearts of anyone whom I meet this day, revealing unto them the beauty of thy joy and wholeness, and the serenity of thy peace which nothing can destroy. Amen.

OUR FATHER, who art in heaven ...

*You might also end that prayer with the Angelus, a scriptural prayer celebrating the mystery of the Lord's incarnation. You could say alone in the morning, or with others at home at noon and in the early evening.*

V. The Angel of the Lord brought tidings to Mary.

R. *And she conceived by the Holy Spirit.*

Hail Mary, full of grace; the Lord is with thee: blessed art thou among 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.*

V. Behold the handmaid of the Lord.

R. *Be it done unto me according to thy word.*

Hail Mary, full of grace; the Lord is with thee: blessed art thou among 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.*

V. And the Word was made flesh.

R. *And dwelt among us.*

Hail Mary, full of grace; the Lord is with thee: blessed art thou among 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.*

V. Pray for us, O Holy Mother of God.

R. *That we may be made worthy of the promises of Christ.*

POUR forth, we beseech thee, O Lord, thy grace into our hearts; that as we have known the incarnation of thy son, Jesus Christ, by the message of an angel, so by his cross and passion we may be brought to the glory of his resurrection. Through the same Christ our Lord. Amen.

## 2 PRAYER DURING THE DAY

*A single act of prayer during the day to read the word of God. Some will find it helpful to have a particular space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.*

### Preparation

*As in the early morning, begin with the Sign of the Cross:*

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

*Before listening to the Word of God, take a moment to reflect:*

- *For what am I grateful to God for today?*
- *Where did I stray from God: through words, actions or things I did not do?*
- *How might I do better? Stay closer to what I have learned from the Lord?*
- *What grace do I ask God for in order to live more closely in his love?*

*To conclude your time of reflection say:*

Lord Jesus, you have revealed yourself as the way to the Father:

*Lord, have mercy. Lord, have mercy. Lord, have mercy.*

You have poured out on your people the Spirit of truth:

*Christ, have mercy. Christ, have mercy. Christ, have mercy.*

You are the Good Shepherd, leading us to eternal life:

*Lord, have mercy. Lord, have mercy. Lord, have mercy.*

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

### Psalms

*If you have a prayer book, you may prefer to follow the daily pattern of saying the psalms.*

*Excerpts from three psalms are provided here as a daily preparation to read the word of God. Say one or all of them, quietly and slowly.*

#### *From Psalm 27*

- 1 THE Lord is my light and my salvation; whom then shall I fear? ♦  
The Lord is the strength of my life; of whom then shall I be afraid?
- 4 One thing have I asked of the Lord and that alone I seek: ♦  
that I may dwell in the house of the Lord all the days of my life,
- 5 To behold the fair beauty of the Lord ♦  
and to seek his will in his temple.
- 6 For in the day of trouble he shall hide me in his shelter; ♦  
in the secret place of his dwelling shall he hide me and set me high upon a rock.
- 9 Hear my voice, O Lord, when I call; ♦  
have mercy upon me and answer me.
- 10 My heart tells of your word, 'Seek my face.' ♦  
Your face, Lord, will I seek.

- 11 Hide not your face from me, ♦  
nor cast your servant away in displeasure.
- 12 You have been my helper; ♦  
leave me not, neither forsake me, O God of my salvation.
- 13 Though my father and my mother forsake me, ♦  
the Lord will take me up.
- 16 I believe that I shall see the goodness of the Lord ♦  
in the land of the living.
- 17 Wait for the Lord; be strong and he shall comfort your heart; ♦  
wait patiently for the Lord.

Glory be to the Father, and to the Son, and to the Holy Spirit; ♦  
as it was in the beginning, is now, and ever shall be: world without end. Amen.

*From Psalm 139*

- 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.
- 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.
- 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.
- Glory be to the Father ...*

*From Psalm 91*

- 1 WHOEVER dwells in the shelter of the Most High ♦  
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold, ♦  
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler ♦  
and from the deadly pestilence.
- 4 He shall cover you with his wings and you shall be safe under his feathers; ♦  
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night, ♦  
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness, ♦  
nor of the sickness that destroys at noonday.
- 9 Because you have made the Lord your refuge ♦  
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦  
neither shall any plague come near your tent.

- 11 For he shall give his angels charge over you, ♦  
to keep you in all your ways.
- 12 They shall bear you in their hands, ♦  
lest you dash your foot against a stone.
- 15 They will call upon me and I will answer them; ♦  
I am with them in trouble, I will deliver them and bring them to honour.
- 16 With long life will I satisfy them ♦  
and show them my salvation.  
*Glory be to the Father ...*

### The Word of the Lord

*Read the Scripture for the Day. (See the final page for the daily readings.)*

This is the word of the Lord.  
*Thanks be to God.*

*Keep a period of silent reflection (not less than 10 minutes) on the passage of Scripture*

### Prayers in the Time of the Virus

*In a time of free intercession, lift to God in your own simple words your concerns for the day, saying occasionally: Lord have mercy, and let my prayer come to you.*

*Pray ♦ for the people you love, your family and friends; ♦ for those who work while most of us must remain isolated, especially all health care workers; ♦ for all clergy ministering to the sick and dying; ♦ for those who are very fearful and the elderly; ♦ for those who are suffering from the virus, especially those facing the end of their life; ♦ for the dead and those who are grieving; ♦ for all in positions of leadership in our nation.*

OUR FATHER ... deliver us from evil.

HEAVENLY Father, we thank you for the gift of good health and peace that we have enjoyed for so many years. As we find ourselves in this time of crisis today, we ask for your divine intervention and mercy to be upon each of us.

Come and guide the minds of those working to discover a treatment to the Covid-19 virus. Grant them wisdom, knowledge, and clarity of mind, so that all peoples will be free from the threat of this ailment.

We also pray for the healthcare workers that are standing in the front line of this battle. Father, we thank you for their hearts of service, putting the needs of society before their own, generously responding to the cry of Your people. We ask that You will grant them strength and protection. As they give of themselves in selfless service, may You fill them with your Holy Spirit as they work to be Your healing hands and feet!

Father, we also surrender to You all those who have been afflicted with the virus. Grant them Your healing grace, merciful Father, so that they may recover swiftly and continue to be witnesses of Your love in their lives.

Mother Mary, we ask for your intercession in this great time of need. Cover each of us with your blue mantle of protection, so that we may be preserved in good health to continue to glorify your son, Jesus Christ. We make this prayer through Christ, our Saviour and Redeemer. Amen. *Pope Francis*  
(or)

O LORD our God, enter not into judgement with your servants, and protect us from the pestilence among us. Spare us, your humble and unworthy servants, who in repentance, with a warm faith and contrite hearts, fall down before you, our merciful and generous God, trusting in your mercy, for to you belong mercy and salvation, who alone love humankind. Amen. *Patriarch Kyril of Russia*

(or)

ALMIGHTY God, it is you who made the heavens and the earth by your great power, and by your outstretched arm. Nothing is beyond your power. We turn to you in our need, to ask your protection against coronavirus which has claimed lives and affected many. We pray for those afflicted. May they soon be restored to health. Grant this through Christ our Lord. Amen.

*(or)*

ALMIGHTY ever-living God, the only support of our human weakness, look with compassion upon the sorrowful condition of your children who suffer because of this pandemic; relieve the pain of the sick, give strength to those who care for them, welcome into your peace those who have died and, throughout this time of tribulation, grant that we may all find comfort in your merciful love. Through Christ our Lord. Amen.

### 3 AN ACT OF SPIRITUAL COMMUNION

*God never ceases to give himself to us in Christ, and to fill us with his Spirit. 'I tell you a solemn truth', said Jesus, 'anyone who hears my word, and believes in the one who sent me, has already passed from death to life.' (Jn 5.24) And at the Last Supper, 'If anyone loves me, he will keep my word. My Father will love him and we will come and make our home within him.' (Jn 14.23). The Church has therefore always encouraged those who cannot be physically present at the Eucharist, for whatever reason, to trust in the grace of the Eucharist and to make an act of faith of the kind that follows – a so-called prayer of 'spiritual communion'.*

*The first edition of the Book of Common Prayer in 1549 assured those who were seriously sick, that if we truly repent of our sins, and*

*stedfastly believe that Jesus Christ hath suffered death upon the Cross for [us], and shed his Blood for our redemption, remembering the benefits he hath thereby, and giving him hearty thanks therefore; he doth eat and drink the Body and Blood of our Saviour Christ profitably to his soul's health, although he do not receive the Sacrament with his mouth.*

*And there that assurance has stayed through all the editions ever since. Of course, as a spiritual practice, it is not as great as actual attendance at the Eucharist. And it may well seem, at first, like a very poor substitute indeed. But 'spiritual communion' is in itself a tremendous grace, as has been attested by saints and theologians over the centuries.*

*St Teresa of Avila is just one of many of the saints who encourage us in this way of being present by our intention to receive communion: 'When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.' (Way of Perfection, 35). St Thomas Aquinas described Spiritual Communion as, 'an strong desire to receive Jesus in the most holy sacrament and lovingly embrace him'.*

*It may be that during the present restrictions on gathering to celebrate the Mass, you can watch a celebration according to the catholic tradition of the Church being streamed on the internet or broadcast on television. During that act of worship it may be possible to make an act of what is called 'spiritual communion' at the point that you might otherwise have received communion – an act of faith toward the Eucharist in which you cannot be physically present, and the Sacrament you cannot materially receive.*

*But if you are unable to share in a distant celebration in this way, nothing prevents you from saying the following prayers at any time, even many times a day.*

*Begin with the Sign of the Cross:*

+ In the name of the Father and of the Son and of the Holy Spirit.

LORD, I am not worthy that you should enter under my roof:  
but only speak the word and my soul shall be healed. (Matt 8.8)

JESUS, I believe that you are present in the Most Holy Sacrament of the altar. I love you above all things, and I desire to receive you body and blood, soul and divinity. 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, or from the community of your body, the Church, and lead me with all your people into your banquet in heaven. Amen.

GLORY be to you, O Christ, our King, the only begotten Son of God, who were pleased to become a sacrifice for our sins, a redemption from calamity, the physician and the medicine, the life and the health, the meat and the drink of our souls. With indescribable mercy you descended to the weakness of sinful flesh, remaining still in the perfect purity of Spirit, and made us into partakers of your holy Body and Blood. Do not condemn us when you come in judgement; rather keep us ever in your truth, in your fear, and in your favour, that we may share in your inheritance, where holiness and purity, where joy and everlasting praises, dwell for ever. Amen.

*Jeremy Taylor (1613–1667)*

## Two Meditations

*Extracted verses from St John of the Cross's 'Song of the Soul that rejoices in knowing God through faith' written in prison, denied the Sacrament, in 1578*

THAT eternal spring is hidden,  
I know well where it lies,  
*although it is night.*

I know that nothing else is so beautiful  
And heaven and earth drink from it,  
*although it is night.*

I know that it is bottomless  
And no one is able to cross it,  
*although it is night.*

I know well the stream that flows from this spring  
Is mighty in reach and in power  
*although it is night.*

This eternal spring is hidden  
In this Living Bread to give us life  
*although it is night.*

This living spring that that I long for  
I see in this Bread of Life  
*although it is night.*

*trans Keiran Cavanaugh (© ICS Publications)*

*Extracted verses from St Thérèse of Lisieux's 'Song for Today' (1894) about living in the present moment with awareness of the Lord.*

MY life is but an instant, a passing hour.  
My life is but a day that escapes and flies away.  
O, my God! You know that to love you on earth  
I only have today!

Oh, I love you, Jesus! My soul yearns for you.  
Be my sweet support for one day alone.  
Come reign in my heart, give me your smile  
Just for today!

Lord, what does it matter if the future is bleak?  
I cannot pray for tomorrow's needs  
Keep my heart pure, keep me in your shade.  
Just for today.

If I think about tomorrow, I fear my inconstancy,  
And feel stirrings of sadness and boredom in my  
heart;  
But I gladly accept the trial of suffering O my God,  
Just for today.

Living Bread, Bread of Heaven, Eucharist divine,  
Moving mystery that is the work of love:  
Come live my heart, Jesus, my white Host,  
Just for today.

Soon I shall fly away to sing his praises  
When the day without sunset dawns upon my soul.  
Then I shall sing on an angelic lyre  
THE ETERNAL TODAY.

*trans Donald Nicholl (1923–97; © Ignatius Press)*

## 4 HYMNS

*Singing lifts our hearts and gives life to our prayers. These few hymns, to very familiar tunes are included to help you to sing to God in the time of your daily prayer. They can be sung during prayer, or at any time.*

### Passiontide

**1**  
Tune: ROCKINGHAM

WHEN I survey the wond'rous cross  
On which the prince of glory died,  
My richest gain I count but loss,  
And pour contempt on all my pride.

2 See from his head, his hands, his feet,  
Sorrow and love flow mingled down!  
Did e'er such love and sorrow meet?  
Or thorns compose so rich a crown?

3 His dying crimson, like a robe,  
Spreads o'er his body on the tree;  
Then am I dead to all the globe,  
And all the globe is dead to me.

4 Were the whole realm of nature mine,  
That were a present far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all.

**2**  
Tune: SAVANNAH

*If you want to sing the Alleluyas use LLANFAIR familiar as the tune to 'Hail the day that see him rise'*

LOVE'S redeeming work is done; [Alleluya!]  
Fought the fight, the battle won: [Alleluya!]  
Lo, our Sun's eclipse is o'er, [Alleluya!]  
Lo, he sets in blood no more. [Alleluya!]

2 Vain the stone, the watch, the seal; [etc]  
Christ has burst the gates of hell;  
Death in vain forbids his rise;  
Christ has opened paradise.

3 Lives again our glorious King;  
Where, O death, is now thy sting?  
Dying once, he all doth save;  
Where thy victory, O grave?

### General

**3**  
Tune: SLANE

BE thou my vision, O Lord of my heart,  
Be all else but naught to me, save that thou art;  
Be thou my best thought in the day and the night,  
Both waking and sleeping, thy presence my light.

2 Be thou my wisdom, be thou my true word,  
Be thou ever with me, and I with thee Lord;  
Be thou my great Father, and I thy true son;  
Be thou in me dwelling, and I with thee one.

3 Be thou my breastplate, my sword for the fight;  
Be thou my whole armour, be thou my true might;  
Be thou my soul's shelter, be thou my strong tower:  
O raise thou me heavenward, great Power of my power.

4 High King of heaven, thou heaven's bright sun,  
O grant me its joys after victory is won;  
Great Heart of my own heart, whatever befall,  
Still be thou my vision, O Ruler of all.

**4**  
Tune: KINGSFOLD

I HEARD the voice of Jesus say,  
'Come unto me and rest;  
Lay down, O weary one, lay down  
Your head upon my breast.'  
I came to Jesus as I was,  
Weary and worn and sad;  
I found in him a resting place,  
And he has made me glad.

2 I heard the voice of Jesus say,  
'I am this dark world's Light;  
Look unto me, your morn shall rise,  
And all your days be bright.'  
I looked to Jesus and I found  
In him my Star, my Sun;  
And in that light of life I'll walk,  
Till travelling days are done.

## 5

Tune: SLANE

LORD of all hopefulness, Lord of all joy,  
 Whose trust, ever child-like, no cares can destroy,  
 Be there at our waking, and give us, we pray,  
 Your bliss in our hearts, Lord, at the break of the day.

2 Lord of all eagerness, Lord of all faith,  
 Whose strong hands were skilled at the plane and the lathe,  
 Be there at our labours, and give us, we pray,  
 Your strength in our hearts, Lord, at the noon of the day.

3 Lord of all kindness, Lord of all grace,  
 Your hands swift to welcome, your arms to embrace,  
 Be there at our homing, and give us, we pray,  
 Your love in our hearts, Lord, at the eve of the day.

4 Lord of all gentleness, Lord of all calm,  
 Whose voice is contentment, whose presence is balm,  
 Be there at our sleeping, and give us, we pray,  
 Your peace in our hearts, Lord, at the end of the day.

## 6

Tune: RAVENSHAW

LORD, thy word abideth,  
 And our footsteps guideth;  
 Who its truth believeth  
 Light and joy receiveth.

2 When our foes are near us,  
 Then thy word doth cheer us,  
 Word of consolation,  
 Message of salvation.

3 When the storms are o'er us,  
 And dark clouds before us,  
 Then its light directeth,  
 And our way protecteth.

4 Word of mercy, giving  
 Succor to the living;  
 Word of life, supplying  
 Comfort to the dying!

5 O that we, discerning,  
 Its most holy learning,  
 Lord, may love and fear thee,  
 Evermore be near thee!

## 7

Tune: ST COLUMBA

THE King of love my shepherd is,  
 Whose goodness faileth never.  
 I nothing lack if I am his,  
 And he is mine forever.

2 Where streams of living water flow,  
 My ransomed soul he leadeth;  
 And where the verdant pastures grow,  
 With food celestial feedeth.

3 Perverse and foolish, oft I strayed,  
 But yet in love he sought me;  
 And on his shoulder gently laid,  
 And home, rejoicing, brought me.

4 In death's dark vale I fear no ill,  
 With thee, dear Lord, beside me;  
 Thy rod and staff my comfort still,  
 Thy cross before to guide me.

5 And so through all the length of days,  
 Thy goodness faileth never;  
 Good Shepherd, may I sing thy praise  
 Within thy house forever.

## With an Act of Spiritual Communion

8

Tune: SCHMÜCKE DICH

DECK thyself, my soul, with gladness,  
 Leave the gloomy haunts of sadness;  
 Come into the daylight's splendour,  
 There with joy thy praises render  
 Unto him whose grace unbounded  
 Hath this wondrous banquet founded:  
 High o'er all the heavens he reigneth,  
 Yet to dwell with thee he deigneth.

2 Now I sink before thee lowly,  
 Filled with joy most deep and holy,  
 As with trembling awe and wonder  
 On thy mighty works I ponder:  
 How, by mystery surrounded,  
 Depth no mortal ever sounded,  
 None may dare to pierce unbidden  
 Secrets that with thee are hidden.

3 Sun, who all my life dost brighten,  
 Light, who dost my soul enlighten,  
 Joy, the sweetest heart e'er knoweth,  
 Fount, whence all my being floweth,  
 At thy feet I cry, my Maker,  
 Let me be a fit partaker  
 Of this blessed food from heaven,  
 For our good, thy glory, given.

4 Jesus, Bread of Life, I pray thee,  
 Let me gladly here obey thee;  
 Never to my hurt invited,  
 Be thy love with love requited:  
 From this banquet let me measure,  
 Lord, how vast and deep its treasure;  
 Through the gifts thou here dost give me,  
 As thy guest in heaven receive me.

### Two hymn-poems

BY gracious powers so wonderfully sheltered,  
 And now securely waiting, come what may,  
 We know that God is with us night and morning  
 And never fails to greet us each new day.

2 Yet is my heart by its old foe tormented,  
 Still evil days bring burdens hard to bear;  
 O give our frightened souls the sure salvation  
 For which, O Lord, you taught us to prepare.

9

Tune: SONG 1 *familiar as the tune for Eternal ruler of the ceaseless round*

FATHER of all, we give you thanks and praise,  
 That when we languished, still far off, in sin,  
 You met us in your Son, and brought us home  
 To dwell with him close to your loving heart.  
 Dying and living, he declared your love,  
 Gave us his grace and opened glory's gate.

2 May we who share Christ's body know his life;  
 Who drink his cup, that life to others bring;  
 We whom the Spirit lights, give light to all  
 Who long to know your blessing and your peace.  
 Help us to trust the hope that you made known,  
 So all the earth may live to praise your name.

10

Tune: ST CATHERINE (Tynemouth)

O BREAD of heaven beneath this veil  
 Thou dost my very God conceal;  
 My Jesus, dearest treasure, hail;  
 I love thee and adoring kneel;  
 Each loving soul by thee is fed  
 With thine own self in form of bread.

2 O food of life, thou Who dost give  
 The pledge of immortality;  
 I live; no, 'tis not I that live;  
 God gives me life, God lives in me:  
 He feeds my soul, he guides my ways,  
 And every grief with joy repays.

3 Beloved Lord in heaven above,  
 There, Jesus, thou awaitest me;  
 To gaze on thee with changeless love,  
 Yes, thus I hope, thus shall it be:  
 For how can he deny me heaven  
 Who here on earth himself hath given?

3 And when this cup you give is filled to brimming  
 With bitter suffering, hard to understand,  
 We take it thankfully and without trembling,  
 Out of so good and so beloved a hand.

4 Yet when again in this same world you give us  
 The joy we had, the brightness of your sun,  
 We shall remember all the days we lived through,  
 And our whole life shall then be yours alone.

*Dietrich Bonhoeffer, 1906—45*

IN the hour of my distress  
 When temptations me oppress,  
 And when I my sins confess,  
 Sweet Spirit, comfort me, comfort me!

2 When I lie within my bed,  
 Sick in heart, and sick in head,  
 And with doubts discomforted,  
 Sweet Spirit, comfort me, comfort me!

3 When the house doth sigh and weep,  
 And the world is drowned with sleep,  
 Yet mine eyes the watch do keep,  
 Sweet Spirit, comfort me, comfort me!

*Robert Herrick, 1591—1674*

## GOSPEL PASSAGES FOR THE COMING WEEKS

5 April	<i>Palm Sunday</i> Matthew 26.14—end of 27	3 Sunday	<i>4th of Easter</i> John 10.1—10
6 M	John 12.1—11	4 M	John 12.20—26
7 T	John 12.20—35	5 T	John 10.22—30
8 W	John 13.21—32	6 W	John 12.44—50
9 T	<i>Maundy Thursday</i> John 13.1—17, 31b—35	7 T	John 13.16—20
10 F	<i>Good Friday</i> John 18.1—end of 19	8 F	John 14.1—6
11 S	<i>Holy Saturday</i> Matthew 27.57—end	9 S	John 14.7—14
12 Sunday	<i>Easter Day</i> John 20.1—18	10 Sunday	<i>5th of Easter</i> John 14.1—14 (*5.19—29)
13 M	Matthew 28.8—15	11 M	John 14.21—26
14 T	John 20.11—18	12 T	John 14.27—31a
15 W	Luke 24.13—35	13 W	John 15.1—8
16 T	Luke 24.35—48	14 T	John 15.9—11
17 F	John 21.1—14		<i>This is also St Matthias's day</i>
18 S	Mark 16.9—15	15 F	John 15.12—17
19 Sunday	<i>2nd Sunday of Easter</i> John 20.19—end	16 S	John 15.18—21
20 M	John 3.1—8	17 Sunday	<i>6th of Easter</i> John 14.15—21
21 T	John 3.7—15	18 M	John 15.26—16.4a
22 W	John 3.16—21	19 T	John 16.5—11
23 T	John 3.31—36	20 W	John 16.12—15
	<i>This is also St George's day</i>	21 T	<i>Ascension Day</i> Luke 24.44—end
24 F	John 6.1—15	22 F	John 16.16—20
25 S	John 6.16—21	23 S	John 16.23b—28
	<i>This is also St Mark's day</i>	24 Sunday	<i>7th of Easter</i> John 17.1—11
26 Sunday	<i>3rd Sunday of Easter</i> Luke 24.13—35	25 M	John 16.29—33
27 M	John 6.22—29	26 T	John 17.1—11a
28 T	John 6.30—35	27 W	John 17.11b—19
29 W	John 6.35—40	28 T	John 17.20—26
30 T	John 6.44—51	29 F	John 21.15—19
May 1 F	John 6.52—59	30 S	John 21.20—25
	<i>This is also SS Philip and James's day</i>	31 SS	<i>Pentecost</i> John 20.19—23
2 S	John 6.60—69		

\*John 14.1-14 will be read in public prayers that day; but at home, having read that passage in the lectionary for the previous two days, the passage from John 5 may be read instead