

## Keeping in Contact and Worshipping at Home

During these uncertain times it is important to keep in touch and be connected as much as possible



I am planning to have this as a weekly sheet. As the weeks go by I am sure this will evolve as to how this can best be done and with other peoples ideas and suggestions.

For this week I am offering a prayer for each day, thoughts for Sunday, a suggested time when we can pray together, possible links to other places for prayers and services, and any other added information.

I am very happy for people to offer thoughts...suggestions and ideas as to how this can be improved.

One of the things that will be important is building up a pattern of phoning, texting and being in contact with people as much as we can, especially any we think who may be on their own and looking to ways we can respond to need appropriately. I am happy for anyone to contact me even if it is just for a chat.

My mobile: 07753856503 email: hazcook@cheerful.com

Services available on the Methodist website:

[www.methodist.org.uk/worship-during-coronavirus](http://www.methodist.org.uk/worship-during-coronavirus)

### **This Sunday, 22<sup>nd</sup> March at 7pm people are encouraged by to Pray**

*Presidents of Churches Together in England have issued a call to prayer in the light of the Coronavirus.*

[www.cte.org.uk/calltoprayer](http://www.cte.org.uk/calltoprayer)

### **Light a candle of hope: A national call to prayer**

Lighting a candle - following care and safety - in a window if possible.



“Cast all your anxiety on him, because he cares for you” 1 Peter 5:7

### **Daily praying together**

Is it possible for people as much as possible to pray at the same time each day, or to choose another time which is more suitable?

**Suggestion: 11am and/or 7pm**

“May you know a hope that holds you, a love that lasts, and a peace that passes all understanding “

## Prayers for the week

### Monday

Look out of the window and give thanks for a sign of Spring. Think of someone who is close to you and remember them at this time. Pray for those who are working in the NHS. If you feel alone today contact a friend.



**Dear Lord:** Whatever we are facing, however we are feeling, may we rest in your presence, knowing your care is with us always. Amen.

### Tuesday

Give thanks for the first drink or food of the day. Think of someone who is worried about getting enough food in for themselves or their families. Pray for the shopkeepers, assistants and delivery people.

**Dear Lord,** May the promises of your Word sustain us, may we find courage and strength to live each day to the best. Amen.

**Thought** - Is it time to start a new book, do a jigsaw, or if at home tidy a drawer in need of a bit of attention?

### Wednesday

In the midst of uncertainty what is going to make us smile today? Remember those who feel that smiling is difficult, think of those who will be affected directly by coronavirus today.

Pray for the emergency services, those who work in pharmacies, and who work in the community for the health agencies.

**Dear Lord,** when we are ill or anxious, be our strength, when we are worried help us to find our peace in you. Amen.

Remember it is Lent....what do you think of the theme of the wilderness at the moment?

### Thursday

Give thanks today for family and friends. Think and pray for those who are separated from families and friends. Remember those in care homes and the pressure on social care and the many carers who work long hours.

**Dear Lord,** life is full of twists and turns, joys and sorrows, blessings and trials. May God remind you that He is with you. May you be given strength, comfort, hope and faith for each day. Can you contact someone you have not heard from for a while with a message of encouragement?

### Friday

Think of a happy time you have had in your life when people of all ages have been together. Give thanks. We think of families of all different situations today, for those who can't go to school or college and the extra pressures that might bring.

**Dear Lord,** we pray for those who struggle with the long hours at home, for those who feel frustrated or fearful, help each one to find a space to share their worries and fears.

Why not get out an old game you can play, on your own with a family member at home.

### Saturday

We give thanks for those hobbies and other activities that have helped us in our lives.

We remember those who can't carry out their usual leisure and sporting activities, whether playing or watching and the effect it might have on their sense of wellbeing, fun and enjoyment.

**Dear Lord,** sometimes life has its limits and constraints which we find difficult and hard, help us find small ways to find something new...even if it is in our front room.

Why not think of ways you can do suitable exercise at home or in the garden?

**“Worshipping at Home”** for Mothering Sunday, March 22<sup>nd</sup> 2020

***At home by teacup and television, armchair and houseplant, we find a space to worship***

Our minds may turn to Sunday at Church and the familiar things of weekly worship – the welcome handshake at the door, the time before worship for greeting friends, the time to catch up and share news, the music and hymns, prayers and words to help us, time to share with friends young and old with coffee and biscuits. We think of the people we usually sit near, the conversation, the support, tears and laughter.



**We hold onto all this in our hearts. These are holy moments**

In this place of **“worship at home”**, our worship will be different, maybe there is something visible you can find to mark your worship time...a flower, a cross, a candle...There will be time to ponder and think, and hear God speaking to us afresh.

**We are the church at home!**

**Prayer**

Loving God, at this time still our hearts, assure us of your presence and help us to know we are not alone. May we know your steadfast love and mercy for each moment of day and night.

**A verse from Psalm 23...**

“The Lord is my shepherd I shall not want; he leads me beside still waters.”

**Take a moment to share in this familiar verse of a hymn**

How sweet the name of Jesus sounds in a believers’ ear, it soothes his sorrow, heals his wounds and drives away his fear”

**Ponder: How do these words speak to you today?**

**Some Bible verses for Mothering Sunday**

**Isaiah 66:13:** “As one whom his mother comforts, so I will comfort you.”

**Ruth 2:12** – “May you be richly rewarded by the LORD, the God of Israel, under whose wings you have come to take refuge.”

**Isa. 66:13** – “As a mother comforts her child, so will I [God] comfort you; and you will be comforted over Jerusalem.”

**Ps. 57:1** – “I will take refuge in the shadow of your wings until the disaster has passed.”

**Ponder:**

How do these verses speak to you about the nature and care of God? How does that help you in your life and as you think of others?

**From the hymn** “Praise to the Lord the Almighty the King of creation!

O my soul, praise him for he is thy health and salvation! All ye who hear, brothers and sisters, draw near, praise him in glad adoration.

Praise to the lord, who doth nourish thy life and restore thee, fitting thee well for the tasks that are ever before thee, then to thy need he like a mother doth speed, spreading the wings of grace o'er thee.

**Words to encourage us and inspire us**

**To ponder**

Mothering Sunday is also known as Refreshment Sunday, the fourth Sunday of Lent, when we can take a break from any Lenten Practice before we enter the final journey towards Good Friday and Easter.

It is also now commonly known as Mother's Day, the day when we give thanks for those who care, nurture us, stand by us through thick and thin and love us no matter what.



There will be different people who have these qualities for us in our lives.

We remember for some it is a difficult day, those for whom today will be full of anguish, sorrow, disappointment and grief.

**May God hold each one**

We think of children and families today, for those whose ordinary practice of Mothering Sunday is disrupted.

**May God hold each one**

**“What a friend we have in Jesus all our sins and griefs to bear, what a privilege to carry everything to God in prayer.”**

Spend a few moments thinking of any others you may want to pray for, praying for your own family, friends and for yourself.

If needs be, write names down and add to them during the coming days.

**“What a friend we have in Jesus all our sins and griefs to bear, what a privilege to carry everything to God in prayer.”**

In our weekly service we make a collection. If it feels right for you, is there a way you can do this for the church over the coming weeks?

**Blessing** – May the Lord bless you and keep you, make his face to shine upon you and be gracious unto you, may the Lord lift up the light of his countenance upon you and give you peace.



**Have a cup of tea or coffee....and I'll be in touch next Week. Hazel.**

**If this has been hand delivered please be assured that best practice has been followed for hygiene purposes, using gloves and strict washing of hands.**

**God Bless.**