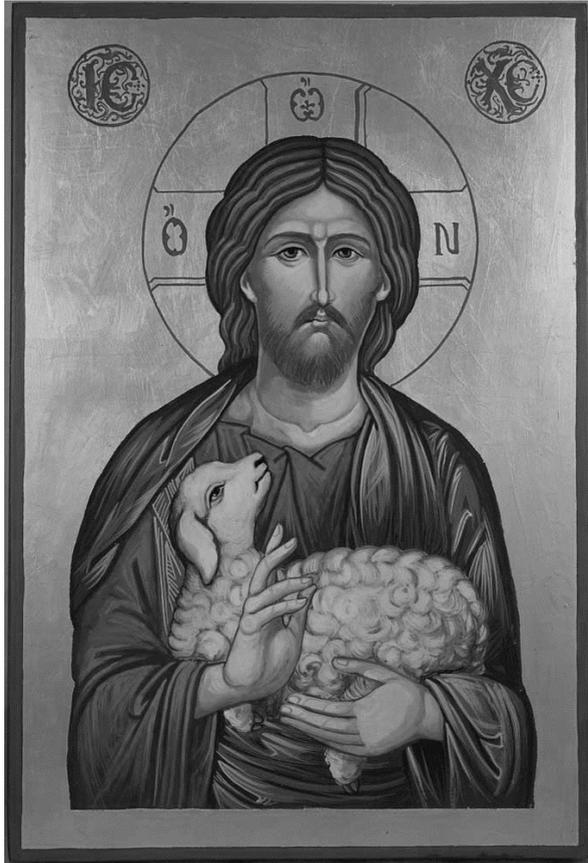


# TEWKESBURY ABBEY



## Praying at home.

Do not fear, for I am with you,  
do not be afraid, for I am your God;  
I will strengthen you, I will help you,  
I will uphold you with my victorious right hand.

*Isaiah 41:10*

# Prayers for those affected by Coronavirus

God of healing and hope,  
in Jesus you meet us in our places of pain and fear.  
Look with mercy on those who have contracted the new virus,  
on any who are vulnerable, and on all who feel in danger.  
Through this time of global concern, by your Holy Spirit  
bring out the best not the worst in us.  
Make us more aware of our interdependence on each other,  
and of the strength that comes  
from being one body in you.  
Through Christ our wounded healer.  
Amen.

*The Rev'd Dr Sam Wells  
Vicar of St Martin's in the Field*

Loving Lord,  
We pray for your love and compassion to abound  
as we walk through this challenging season.  
We ask for wisdom for those who bear  
the load of making decision with widespread consequences.  
We pray for those who are suffering with sickness  
and for all who are caring for them.  
We ask for protection for the elderly and vulnerable  
to not succumb to the risks of virus.  
We pray for misinformation to be curbed  
that fear may take no hold in hearts and minds.  
As we exercise the good sense that you in your mercy provide  
may we also approach each day in faith and peace,  
trusting in the truth of your goodness towards us.  
Amen.

*Mothers' Union*



***Our Lady of Tewkesbury, pray for us.***

O Mary,  
you always shine on our path  
as a sign of salvation and of hope.  
We entrust ourselves to you, Health of the Sick,  
who at the cross took part in Jesus' pain, keeping your faith firm.  
You, Salvation of the Roman People,  
know what we need,  
and we are sure you will provide  
so that, as in Cana of Galilee,  
we may return to joy and to feasting  
after this time of trial.  
Help us, Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who has taken upon himself our sufferings  
and carried our sorrows  
to lead us, through the cross,  
to the joy of the resurrection. Amen.

*Pope Francis*

This booklet has been prepared to aid those who are self-isolating at this time. Our Lord Jesus Christ said, 'Remember, I am with you always, to the end of the age.'

We are never alone, and we never pray alone. By praying the same words as the rest of the Church, even if we cannot see our brother and sister Christians physically, we know that we join with all the angels and saints of heaven whenever we pray.

*For as long as is possible, prayers will be still be said daily in the Abbey for Tewkesbury, for the Church of God, and for all creation. The bell will be rung beforehand, and times will be advertised online so that you can pray alongside the Abbey from home.*

*Some Churches are 'streaming' services online. Please keep an eye on the Abbey social media for links to these services.*

Please let us know if you are self-isolating so that we can pray for you, help you in any way we can, and keep in touch by telephone or email. Ring the Abbey Office on 01684 850959 (please leave a message if the Office is closed) or email [info@tewkesburyabbey.org.uk](mailto:info@tewkesburyabbey.org.uk). **Please call one another on the telephone, and stay in contact online, so that we can support and bring succour to each other.**

**A member of the Abbey clergy will always be available in an emergency, please ring 07588 615645.**

## **Contents:**

Morning and Evening Prayer	5
Spiritual Communion	8
Collects and Readings	9
Compline	17

# Morning and Evening Prayer

Morning and Evening Prayer is said every day in the Abbey.

The 'Daily Prayer' app can be downloaded onto a smartphone or tablet, and each service is available to view online at

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

Using these links means you will be saying the same Psalms and readings as those praying in the Abbey day by day.

A simple service can also be followed below:

We come from scattered lives to meet with God.

**Let us recognise God's presence with us now.**

*Keep a short silence, still your heart.*

As God's people we have gathered;  
Let us worship God now together,  
Across the miles yet joined.

Let us pray:

Come, Holy Spirit,  
fill the hearts of your faithful people,  
and kindle in us the fire of your love;  
through Jesus Christ our Lord,

**Amen.**

In the light of Jesus, let us examine ourselves  
and confess our sins.

*Keep a short silence, leave your sins at the cross*

Father, we have sinned against heaven and against you.  
We are not worthy to be called your children.  
We turn to you again, have mercy on us,  
bring us back to yourself as those who once were dead  
but now have life through Christ our Lord.

**Amen.**

May the Father forgive us by the death of the Son,  
and strengthen us to live in the power of The Spirit  
all our days. **Amen.**

*Read a passage of the scriptures.*

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God,  
but made himself nothing. Taking the form of a slave,  
he was born in human likeness. He humbled himself  
and was obedient to death, even the death of the cross.  
Therefore, God has raised him on high,  
and given him the name above every name: that at the name of Jesus  
every knee should bow, and every voice proclaim  
that Jesus Christ is Lord, to the glory of God the Father.  
Amen.

*cf Philippians 2.6-11*

We intercede for others in the quiet of our hearts.  
Lord, meet us in the silence  
**And hear our prayer.**

*Silence for prayer is kept*

*Pray for yourself in your isolation, that God would sit with you  
Pray for others in their loneliness  
Pray for our country  
Pray for the world*

**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.**

*Silence is kept*

Faithful God, may we who share in this time of worship  
glory in the cross of our Lord Jesus Christ,  
our salvation and hope, who reigns as Lord now and forever.

Fill us, Good Lord with your Spirit of love;  
and as you have fed us with your presence,  
so, make us one in heart and mind,  
in Jesus Christ our Lord.  
**Amen.**

Let us bless the Lord  
**Thanks be to God.**

# Spiritual Communion

It is an ancient practice of the Church that, when you are prevented from attending the Holy Eucharist, people are invited to express, in the words of St. Thomas Aquinas, “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” Therefore, during this time you are invited to pray this prayer, which may be said as often as you desire:

**My Jesus, I believe that you are in the Blessed Sacrament.  
I love you above all things, and I long for you in my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
As though you have already come,  
I embrace you and unite myself entirely to you;  
never permit me to be separated from you. Amen.**

## **Collects and Readings for each Sunday:**

### **Third Sunday of Lent**

Exodus 17.1-7

Psalm 95

Romans 5.1-11

John 4.5-42

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Fourth Sunday of Lent**

1 Samuel 16.1-13

Psalm 23

Ephesians 5.8-14

John 9.1-41

Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered from the chains of those sins  
which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ's sake, our blessed Lord and Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Fifth Sunday of Lent (Passion Sunday)**

Ezekiel 37.1-14

Psalm 130

Romans 8.6-11

John 11.1-45

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Palm Sunday**

Isaiah 50.4-9a

Psalm 31.9-16

Philippians 2.5-11

Matthew 26.14 - 27.66

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Maundy Thursday**

Exodus 12.1-4[5-10], 11-14

Psalms 116.1,10-17\*

I Corinthians 11.23-26

John 13.1-17,31b-35

God our Father,  
you have invited us to share in the supper  
which your Son gave to his Church  
to proclaim his death until he comes:  
may he nourish us by his presence,  
and unite us in his love;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Good Friday**

Isaiah 52.13 - 53.12

Psalms 22\*

Hebrews 10.16-25

John 18.1 - 19.42

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ was content to be betrayed  
and given up into the hands of sinners  
and to suffer death upon the cross;  
who is alive and glorified with you and the Holy Spirit,  
one God, now and for ever.

## **Easter**

Acts 10.34-43 or

Jeremiah 31.1-6

Psalm 118.1-2,14-24\*

Colossians 3.1-4 or

Acts 10.34-43

John 20.1-18 or

Matthew 28.1-10

Lord of all life and power,  
who through the mighty resurrection of your Son  
overcame the old order of sin and death  
to make all things new in him:  
grant that we, being dead to sin  
and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit  
be praise and honour, glory and might,  
now and in all eternity.

## **The Second Sunday of Easter**

Acts 2.14a,22-32

Psalm 16

1 Peter 1.3-9

John 20.19-31

Almighty Father,  
you have given your only Son to die for our sins  
and to rise again for our justification:  
grant us so to put away the leaven of malice and wickedness  
that we may always serve you  
in pureness of living and truth;  
through the merits of your Son Jesus Christ our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **The Third Sunday of Easter**

Acts 2.14a,36-41

Psalm 116.1-3,10-17\*

1 Peter 1.17-23

Luke 24.13-35

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **The Fourth Sunday of Easter**

Acts 2.42-47

Psalm 23

1 Peter 2.19-25

John 10.1-10

Almighty God,  
whose Son Jesus Christ is the resurrection and the life:  
raise us, who trust in him,  
from the death of sin to the life of righteousness,  
that we may seek those things which are above,  
where he reigns with you  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **The Fifth Sunday of Easter**

Acts 7.55-60

Psalm 31.1-5,15-16\*

I Peter 2.2-10

John 14.1-14

Almighty God,  
who through your only-begotten Son Jesus Christ  
have overcome death and opened to us the gate of everlasting life:  
grant that, as by your grace going before us  
you put into our minds good desires,  
so by your continual help  
we may bring them to good effect;  
through Jesus Christ our risen Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **The Sixth Sunday of Easter**

Acts 17.22-31

Psalm 66.7-18

I Peter 3.13-22

John 14.15-21

God our redeemer,  
you have delivered us from the power of darkness  
and brought us into the kingdom of your Son:  
grant, that as by his death he has recalled us to life,  
so by his continual presence in us he may raise us  
to eternal joy;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Ascension Day**

Acts 1.1-11 or Daniel 7.9-14

Psalm 47 or Psalm 93

Ephesians 1.15-23 or

Acts 1.1-11

Luke 24.44-53

Grant, we pray, almighty God,  
that as we believe your only-begotten Son our Lord Jesus Christ  
to have ascended into the heavens,  
so we in heart and mind may also ascend  
and with him continually dwell;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Sunday after Ascension Day**

Acts 1.6-14

Psalm 68.1-10,32-35\*

I Peter 4.12-14; 5.6-11

John 17.1-11

O God the King of glory,  
you have exalted your only Son Jesus Christ  
with great triumph to your kingdom in heaven:  
we beseech you, leave us not comfortless,  
but send your Holy Spirit to strengthen us  
and exalt us to the place where our Saviour Christ is gone before,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **Pentecost**

Acts 2.1-21 or

Numbers 11.24-30

Psalm 104.26-36,37b\*

I Corinthians 12.3b-13

or Acts 2.1-21

John 20.19-23 or

John 7.37-39

God, who as at this time  
taught the hearts of your faithful people  
by sending to them the light of your Holy Spirit:  
grant us by the same Spirit  
to have a right judgement in all things  
and evermore to rejoice in his holy comfort;  
through the merits of Christ Jesus our Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

# Compline

The ancient office of Compline derives its name from a Latin word meaning 'completion' (completorium). It is above all a service of quietness and reflection before rest at the end of the day. It is most effective when the ending is indeed an ending, without additions, conversation or noise.

## Preparation

The Lord almighty grant us a quiet night and a perfect end.  
**Amen.**

*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.**

O God, make speed to save us.  
**O 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.**  
**[omitted in Lent: Alleluia.]**

## Hymn

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

## Psalmody

### Psalm 4

1 Answer me when I call, O God of my righteousness;   
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.

2 How long will you nobles dishonour my glory;   
how long will you love vain things and seek after falsehood?

3 But know that the Lord has shown me his marvellous kindness;  
  
when I call upon the Lord, he will hear me.

4 Stand in awe, and sin not;   
commune with your own heart upon your bed, and be still.

5 Offer the sacrifices of righteousness   
and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?' ♦  
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart, ♦  
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep, ♦  
for it is you Lord, only, who make me dwell in safety.

**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 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.

- 7 Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.
- 8 Your eyes have only to behold ♦  
to see the reward of the wicked.
- 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.
- 13 You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample underfoot.
- 14 Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.
- 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 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 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.

**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.**

### **Reading**

*One of the following short lessons or another suitable passage is read*  
You, O Lord, are in the midst of us and we are called by your name;  
leave us not, O Lord our God.

*Jeremiah 14.9*

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*

The servants of the Lamb shall see the face of God, whose name will  
be on their foreheads. There will be no more night: they will not need  
the light of a lamp or the light of the sun, for God will be their light,  
and they will reign for ever and ever.

*Revelation 22.4, 5*

## **Responsory**

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

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

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

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

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

*Or, in Easter*

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

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

For you have redeemed me, Lord God of truth.

**Alleluia, alleluia.**

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

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

Keep me as the apple of your eye.

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

## **The Nunc dimittis (The Song of Simeon)**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

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*

**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.**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

### **Prayers**

*Prayers are offered, which may conclude with*

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.**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.

**Amen.**

### **Hymn to the Blessed Virgin Mary (in Lent)**

Hail, O Queen of Heaven  
enthroned.

Hail, by angels mistress  
owned.

Root of Jesse, Gate of Morn  
Whence the world's true  
light was born:

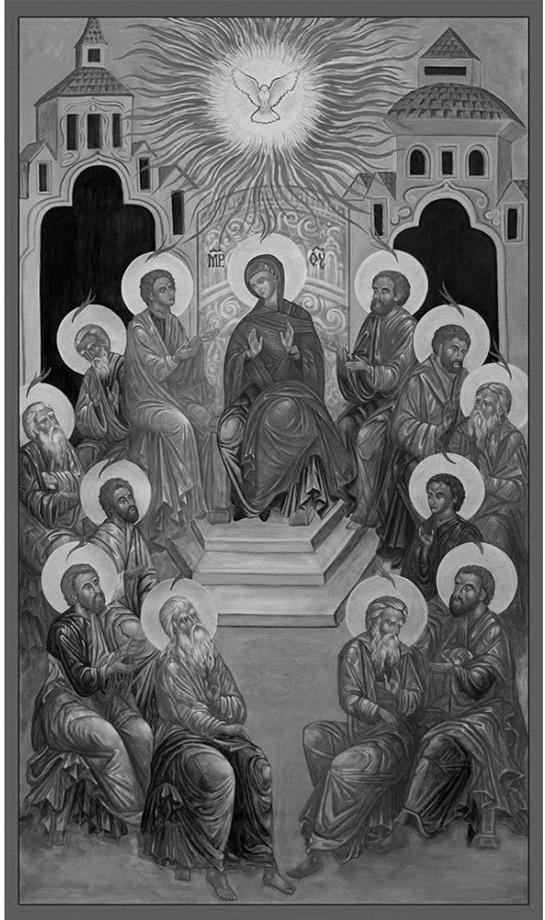
Glorious Virgin, Joy to thee,  
Loveliest whom in heaven  
they see;  
Fairest thou, where all are  
fair,  
Plead with Christ our souls to  
spare.

### **Hymn to the Blessed Virgin Mary (in Easter)**

Joy to thee, O Queen of  
Heaven, alleluia!

He whom thou wast meet to  
bear, alleluia!

As He promised hath arisen, alleluia!  
Pour for us to God thy prayer, alleluia!



*Simple Office created by The Rev'd  
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