

— SPIRITUAL
RESOURCES
FOR HOME —

**GOOD
NEWS
IS COMING**



a church for
everyone



**THE CHURCH
OF ENGLAND**

This booklet is being delivered to everyone in Durham City Centre who lives in the Parish of St Nicholas Church — the church in the market place.

Over the centuries St Nics has provided care and support to the people of Durham in practical and spiritual ways.

This booklet is an update for this second wave of the pandemic and for this darker season as we move from All Saints into Advent. These resources are offered to help us all to rely upon and draw close to the presence of Christ at all times, especially in these difficult days. Our hope is that we will know that we remain the Body of Christ even when kept physically apart because we can trust that we are all praying the same prayers each day. Please know that the church is praying always and by using these resources you join in this wider community of prayer.

In addition to the prayers offered in this booklet, there are many other resources and ways to learn about faith available on our website — stnics.org.uk

Pray with us

Pray with us as we pray with the whole church. Join us for daily prayer, Monday through Friday at 8am, 12pm, and 9pm. This is live streamed from our facebook page (@stnicsdurham), but don't worry, you can still join even without a facebook account.

All of our resources on prayer can be found at stnics.org.uk/prayer

Worshipping Online

Under current advice, the church has suspended our usual practice of public worship on Sunday. There is however still an opportunity to join together in worship through digital means. Join us online Sundays at 11am and 6:30pm. You can find our livestream either on our website at www.stnics.org.uk or on our facebook page and Youtube channel (just search for “St Nics Durham”).

Church open for Private Prayer

As long as Government advice enables us to do so, St Nics will remain open for private prayer, Wednesdays and Saturdays 11am-1pm. There will be an opportunity to say a prayer or just sit in silence and reflect. Staff will be present if there are any needs but all interactions will observe the Government's guidelines on social distancing.

Pastoral Support

St Nics is here for you during this time. If you or someone you know is in need of help, whether its practical or emotional support, do not hesitate to reach out to us. Our Pastoral team would love to help you in any way they are able.

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call the Parish Office on 07838 880238 or email: office@stnics.org.uk and leave your name and contact details.

Simple Forms of Prayer

- Lighting a candle and sitting quietly before you pray can help you focus and listen.
- Jesus taught us the Lord's Prayer so that we would always have words to say. Please do use it, it is a perfect prayer.
- 'Lord Jesus Christ, son of the Living God, have mercy on me a sinner' is a simple prayer from the Orthodox tradition that is repeated quietly for a period of time.



The Examen

Despite its name, this is a very simple way to prayerfully review your day with God in five steps:

1. Become aware of God's presence, or ask God to help you remember that he's there with you
2. Review the day with gratitude (as best you can!)
3. Pay attention how you are feeling about it.
4. Choose one feature of the day and pray about it.
5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember that he's with you

Collects and Other Prayers

The Benedictus (*Luke 1:68-79*)

- 1 Blessed be the Lord the God of Israel:
for he has come to his people and set them free.
- 2 He has raised up for us a mighty saviour:
born of the house of his servant David.
- 3 Through his holy prophets he promised of old:
that he would save us from our enemies,
from the hands of all that hate us.
- 4 He promised to show mercy to our fathers:
and to remember his holy covenant.
- 5 This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
- 6 Free to worship him without fear:
holy and righteous in his sight all the days of our life.
- 7 You my child shall be called the prophet of the most
high:
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation:
by the forgiveness of all their sins.
- 9 In the tender compassion of our God:
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the
shadow of death:
and to guide our feet into the way of peace.

The Magnificat (*Luke 21.36*)

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
- 2 for He has looked with favor on His humble servant:
From this day all generations will call me blessed;
- 3 the Almighty has done great things for me,
and holy is His Name.
- 4 He has mercy on those who fear Him
in every generation.
- 5 He has shown the strength of his arm:
He has scattered the proud in their conceit.
- 6 He has cast down the mighty from their thrones:
and has lifted up the lowly.
- 7 He has filled the hungry with good things,
and the rich He has sent away empty.
- 8 He has come to the help of His servant Israel
for He has remembered his promise of mercy,
- 9 the promise He made to our fathers,
to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be for ever.

Amen.

The Lord's Prayer (*Matthew 6:9-13*)

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.



For Remembrance

O God of truth and justice, we hold before you those whose memory we cherish, and those whose names we will never know. Help us to lift our eyes above the torment of this broken world, and grant us the grace to pray for those who wish us harm. As we honour the past, may we put our faith in your future; for you are the source of life and hope, now and for ever. Amen.

Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy; through Jesus Christ our risen redeemer. Amen.



For Comfort

O God, our sovereign and our shepherd, who brought again your Son Jesus Christ from the valley of death, comfort us with your protecting presence and your angels of goodness and love, that we also may come home and dwell with him in your house for ever. Amen.

Lord God, whose Son, Jesus Christ, understood people's fear and pain before they spoke of them, we pray for those in hospital or sick at home; surround the frightened with your tenderness; give strength to those in pain; hold the weak in your arms of love, and give hope and patience to those who are recovering; we ask this through the same Jesus Christ, our Lord. Amen.

For Divine Assistance

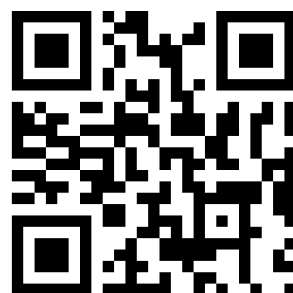
O Thou Whose face is the object of my adoration,
Whose beauty is my sanctuary,
Whose habitation is my goal,
Whose praise is my hope,
Whose providence is my companion,
Whose love is the cause of my being,
Whose mention is my solace,
Whose nearness is my desire,
Whose presence is my dearest wish and highest aspiration,
I entreat Thee not to withhold from me
the things Thou didst ordain for the chosen ones among
Thy servants.
Supply me, then, with the good of this world and of the
next. Amen.



More resources and prayers like these can be found
on the Church of England's Daily Prayer App and on
our website at stnics.org.uk/prayer



Get the App



Learn More

More
information
available at
stnics.org.uk



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