



St George's Cathedral Anglican Diocese of Perth

Praying Alone *Praying Together*

*For those unable to attend public worship
& for those isolating themselves
from the spread of Coronavirus Disease 2019*

JOIN US IN PRAYER

We never pray alone. We are constantly held in the love of God, Father, Son, and Holy Spirit. One God in Three Persons — the perfect expression of community. When we pray, we enter into the divine community, and we join our prayers with those of our fellow Christians, and with the constant prayer of the angels and saints. We never pray alone.

If you find yourself in isolation, please know that we are praying for you and with you. Although we cannot be together physically, we can be together spiritually, in unity of prayer and intention.

In this booklet, you will find

- Some prayers against COVID-19, on pages 3 and 4.
- An act of Spiritual Communion for those unable to attend a celebration of the Eucharist, on pages 5–7.
- Two Morning Collects are offered at the foot of page 7 to pray in each day.
- Night Prayer, for the end of the day (also known as *Compline*), on pages 8–12.
- A collection of prayers and meditations for reading to one's self or incorporating in the other prayers is offered on pages 14 and 15.

MORE RESOURCES

The Cathedral website (www.perthcathedral.org) and the Cathedral Facebook Page (www.facebook.com/StGeorgesCathedral) will be kept updated with information, prayers and resources. We shall also be livestreaming and recording services and prayers for you to view and pray along with us.

A small crew will be praying Morning and Evening Prayer daily at the Cathedral, as well as offering a daily Eucharist, you can pray the same prayers and read the same Bible readings using the free ePray app (j.mp/eprayapp).

If you are lonely or need help, please call the Old Deanery (Cathedral Office) on 9325 5766 between 9 am and 5 pm Monday–Friday.

SOME PRAYERS AGAINST COVID-19

God of strength, we ask you to protect us from the spread of the coronavirus. You are powerful and merciful; may this be our prayer:

Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed. *Psalm 57:1*

Keep a moment of quiet.

God of peace, we remember those living in the worst-affected areas, and all in isolation. May we know your presence in our isolation, your peace in our turmoil, and your patience in our waiting. Prince of Peace, you are powerful and merciful; may this be our prayer:

May your mercy come quickly to meet us, for we are in desperate need. Help us, God our Saviour, for the glory of your name. *Psalm 79:8*

Keep a moment of quiet.

God of comfort and counsel, we pray for those who are grieving the sudden loss of loved ones. May they find your fellowship in their suffering, your comfort in their loss, and your hope in their despair. We name before you the weak and vulnerable, and those in particular need of prayer: *[add the names of those for whom we pray]*. God of all comfort, you are powerful and merciful; may this be our prayer:

He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us. *II Corinthians 1:10*

Keep a moment of quiet.

God of healing, we ask for your blessing on medical professionals, and all who are fighting the spread of the virus. Grant them resilience in weakness, discernment in diagnosis, and compassion in their care. God of all healing, you are powerful and merciful; may this be our prayer:

Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. *Jeremiah 32:17*

Keep a moment of quiet.

God of wisdom, we pray for our leaders; especially the World Health Organisation, national governments, and local leaders. Grant those in positions of responsibility wisdom and strength to seek the safety and well-being of those in their charge. God of all wisdom, you are powerful and merciful; may this be our prayer:

God is our refuge and strength, and ever-present help in trouble. Therefore we will not fear. *Psalm 46:1, 2*

Keep a moment of quiet.

Lord God almighty, we take refuge in you. Fill us with your reconciling love, and grant us the comfort of your saving presence.

The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen. *II Timothy 4:18*

Prayer in a time of epidemic disease

LORD JESUS CHRIST, healer and friend, come and care for all of us through the danger and uncertainty of the coronavirus epidemic. To people who are sick, bring healing. To people who are displaced, isolated, or cut off from family, friends or work, bring comfort and companionship. Work with medical staff as they care for the sick, and protect them from harm. Give skill and fruitful research to scientists as they search for treatments, prevention and a cure. To public health authorities, give wisdom to decide the best ways to manage both this crisis and our anxieties. When communities are fearful, give a calm spirit, and kindness to neighbours and strangers. Through this testing time, and through all the risks we face together, teach us once again how we can love one another as you have loved us. Amen.

Prayer of St Augustine

Watch thou, O Lord, with those who wake, or watch, or weep tonight *[today]*, and give thine angels charge over those who sleep. Tend the sick, rest the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous, and all for thy love's sake. Amen.

SPIRITUAL COMMUNION

*When we are unable to attend a celebration of the Eucharist, it is most fruitful to make instead our Spiritual Communion; in it, although we do not receive the sacramental signs under bread and wine, we focus our prayerful intention on union with Christ and thereby receive him spiritually. If a household is praying together, one person may act as leader, and the others as the congregation and they join in the sections in **bold type**. If alone, read all the words aloud. You may want to light a candle before you begin, and have a Bible, cross or crucifix to look at.*

The Lord is here.

His Spirit is with us.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Christ our Lord. Amen.

You may want to pray the Collect of the Day here from an app or book. You could use one or more of the readings of the day or the following short readings.

First reading

Listen! I am standing at the door, knocking;
if you hear my voice and open the door,
I will come in to you and eat with you, and you with me. *Revelation 3:20*

Psalm

On God alone my soul in stillness waits;
from him comes my salvation.
He alone is my rock and my salvation,
my stronghold, so that I shall never be shaken. *Psalm 62:1, 2*

Gospel

I AM THE VINE, you are the branches.
Those who abide in me and I in them bear much fruit,
because apart from me you can do nothing. *John 15:5*

Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current pandemic, including the prayer over the page.

Lord Jesus Christ, healer and friend, come and care for all of us through the danger and uncertainty of the coronavirus epidemic. To people who are sick, bring healing. To people who are displaced, isolated, or cut off from family, friends or work, bring comfort and companionship. Work with medical staff as they care for the sick, and protect them from harm. Give skill and fruitful research to scientists as they search for treatments, prevention and a cure. To public health authorities, give wisdom to decide the best ways to manage both this crisis and our anxieties. When communities are fearful, give a calm spirit, and kindness to neighbours and strangers. Through this testing time, and through all the risks we face together, teach us once again how we can love one another as you have loved us. Amen.

The Lord's Prayer

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. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

Act of Contrition

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

Act of Spiritual Reception

In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

St Teresa of Ávila wrote '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'.

Lord and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion. **Amen.**

THE PEACE OF GOD, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord. **Amen.**

TWO MORNING COLLECTS

ETERNAL GOD AND FATHER,
by whose power we are created
and by whose love we are redeemed;
guide and strengthen us by your Spirit,
that we may give ourselves to your service,
and live this day in love to one another and to you;
through Jesus Christ our Lord. **Amen.**

LORD AND HEAVENLY FATHER,
you have brought us safely to this new day:
keep us by your mighty power, protect us from sin,
guard us from every kind of danger,
and in all we do this day
direct us in the fulfilling of your purpose,
through Jesus Christ our Lord. **Amen.**

NIGHT PRAYER

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

A period of silence may be kept for reflection on the past day.

Lord Jesus, you came to call sinners to repentance,
have mercy on us.

Lord Jesus, sent to heal those who are burdened in soul,
have mercy on us.

Lord Jesus, now seated at the Father's right hand to intercede for us,
have mercy on us.

Our help is in the name of the Lord,
who made heaven and earth.

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever.
Praise the Lord!

Psalmody

One of more of Psalms 4, 91 and 134 is read.

PSALM 4

Answer me when I call, O God of my righteousness:
you set me free when I was hard-pressed;
have mercy on me now and hear my prayer.

How long, you people, will you turn my honour into shame:
how long will you love what is worthless
and seek after falsehood?

Know that the Lord has shown me wonderful kindness:
when I call upon the Lord, the Lord will hear me.

Tremble, then, and do not sin:
commune with your own heart upon your bed and be still.

Offer sacrifices that are right:
and put your trust in the Lord.

There are many who say, 'Who can show us any good?:
The light of your countenance has departed from us, O Lord.'

Yet you have put more gladness in my heart:
than they have when grain and new wine abound.

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

Those who dwell in the shelter of the Most High:
who abide under the shadow of the Almighty,
They shall say to the Lord,
‘You are my refuge and my stronghold:
my God in whom I put my trust.’
‘Surely I shall deliver you,’ says the Lord, ‘from the snare of the hunter:
and from the deadly pestilence.
I shall cover you with my feathers,
and you will be safe under my wings:
my faithfulness will be your shield and defence.
You shall not be afraid of any terror by night:
nor of the arrow that flies by day;
Of the pestilence that stalks in the darkness:
nor of the plague that destroys at noon.
A thousand may fall beside you
and ten thousand at your right hand:
but you it shall not come near.
Your eyes have only to look:
to see the reward of the wicked.
Because you have made the Lord your refuge:
and the Most High your stronghold,
No evil shall happen to you:
nor shall any plague come near your dwelling.
For I shall give my angels charge over you:
to keep you in all your ways.
They will lift you up in their hands:
lest you dash your foot against a stone.
You will tread upon the lion and the adder:
you will trample the young lion and the serpent under your feet.
Because you are bound to me in love,
therefore I will deliver you:
I will protect you, because you know my name.
You will call upon me, and I shall answer you:
I will be with you in trouble;
I will rescue you and bring you to honour.
With long life will I satisfy you:
and show you my salvation.’

Come now, praise the Lord, all you servants of the Lord:
 you that stand by night in the house of the Lord.
 Lift up your hands in the holy place and praise the Lord:
 May the Lord bless you from Zion,
 the Lord who made heaven and earth.

Bible reading

The following, or some other reading from the Bible, is read.

Sunday

The servants of God shall see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they shall reign for ever and ever.

Revelation 22:4-5

Monday

I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions.

Joel 2:28

Tuesday

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith.

I Peter 5:8-9a

Wednesday

In him was life, and the life was the light of all people. The light shines in the darkness, and the darkness has not overcome it.

John 1:4-5

Thursday

Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.

Ephesians 4:26-27

Friday

For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

I Thessalonians 5:9-10

Saturday

Hear O Israel: the Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them

when you are at home, and when you are away, when you lie down and when you arise.

Deuteronomy 6:4-7

Responsory

Into your hands, Lord, I commend my spirit.

Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord, God of truth.

I commend my spirit.

Glory to God; Father, Son, and Holy Spirit.

Into your hands, Lord, I commend my spirit.

Nunc dimittis

Save us, Lord, while we are awake;

protect us while we are asleep;

that we may keep watch with Christ

and rest with him in peace.

NOW, LORD, you let your servant go in peace:
your word has been fulfilled.

My own eyes have seen the salvation:

which you have prepared in the sight of every people:

A light to reveal you to the nations:

and the glory of your people Israel.

the Song of Simeon, Luke 2:29-32

Save us, Lord, while we are awake;

protect us while we are asleep;

that we may keep watch with Christ

and rest with him in peace.

Prayers

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

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.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power, and the glory are yours
now and for ever. Amen.

*Other prayers may be added, either from the heart of prayers elsewhere in this
booklet. One or more of the following prayers may be prayed.*

In your mercy, Lord, dispel the darkness of this night. Let your
household so sleep in peace that at the dawn of a new day they may
with joy waken in your name; through Christ our Lord. Amen.

Lighten our darkness, Lord, we pray: and in your great mercy defend
us from all perils and dangers of this night; for the love of your only
Son our Saviour Jesus Christ. Amen.

Come, O Spirit of God, and make within us your dwelling place and
home. May our darkness be dispelled by your light, and our
troubles calmed by your peace; may all evil be redeemed by your love,
all pain transformed through the suffering of Christ, and all dying
glorified by his risen life. Amen.

The prayers conclude

Let us praise the Father, the Son and the Holy Spirit;
God is worthy to be praised and exalted for ever.

May the almighty and merciful God bless us and keep us. Amen.

PRAYERS & MEDITATIONS

Prayer the Churches banquet, Angels age,
Gods breath in man returning to his birth,
The soul in paraphrase, heart in pilgrimage,
The Christian plummet sounding heav'n and earth;

Engine against th' Almighty, sinners towre,
Reversed thunder, Christ-side-piercing spear,
The six-daies world-transposing in an hour,
A kinde of tune, which all things heare and fear;

Softness, and peace, and joy, and love, and blisse,
Exalted Manna, gladnesse of the best,
Heaven in ordinarie, man well drest,
The milkie way, the bird of Paradise,

Church-bels beyond the starres heard, the souls bloud,
The land of spices; something understood.

Prayer (I), George Herbert (1593–1633)

Come, Holy Spirit,
fill the hearts of your faithful people
and kindle in us the fire of your love.

Invocation before prayer

Moments of great calm
Kneeling before an altar
Of wood in a stone church
In summer, waiting for the God
To speak; the air a staircase
For silence ...

from 'Kneeling', R.S. Thomas (1913–2001)

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise, that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting.

St John Chrysostom (349–407)

Steer the ship of my life, good Lord, to your quiet harbour, where I can be safe from the storms of sin and conflict. Show me the course that I should steer. Renew in me the gift of discernment, so that I can always see the right path in which I should go. And give me the strength and courage to choose the right course even when the sea is rough and the waves are high, knowing that through enduring hardship and danger we shall find comfort and peace.

St Basil of Caesarea (330–79)

O God, from whom to be turned is to fall, to whom to be turned is to rise, and in whom to stand is to abide for ever; grant us in all our duties your help, in all our perplexities your guidance, in all our dangers your protection, and in all our sorrows your peace; through Jesus Christ our Lord.

Almighty God, in whom we live and move and have our being, thou hast made us for thyself, and our hearts are restless till they find their rest in thee; grant us such purity of heart and strength of purpose, that no selfish passion may hinder us from knowing thy will, and no weakness from doing it; but that in thy light we may see light, and in thy service find perfect freedom; through Jesus Christ.

two prayers of St Augustine of Hippo (354–430)

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