



The Benefice of The Boldons

St Nicholas
West Boldon

St George
East Boldon

St Nicholas
Hedworth

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Dear Sisters and Brothers of the Benefice

I know I don't have to remind any of you just how strange the current times are. Although as I write there are signs of a possible easing of some of the lockdown restrictions, it seems clear that a return to pre-pandemic life is still a long way away. Amongst the other changes we've had to accept is, of course, the suspension of our worship together and the closure of our buildings.

While it's difficult being apart, the closure of the buildings doesn't mean that the church is closed or our faith is suspended. God is faithful and powerful and is certainly not confined to the walls of any building! We remain united in prayer and in praise through the power of the Holy Spirit even in our dispersal, and we're still called to live out our Christian calling. Many of you have told me that you've been taking advantage of the offerings of worship available online, or resources like the Church of England's Daily Hope telephone service (details below). We're planning to make our own worship for the Benefice available alongside these resources very soon, and we'll be back in touch to share the details.

One of the most important jobs that we're given as followers of Jesus, is to pray. Prayer is very powerful and effective. God hears every prayer, and St Paul tells us that when we pray the Holy Spirit prays in us and through us, so prayer is a vital part of our relationship with God. As we pray, our lives, the lives of others, and the lives of our communities, are changed in ways we often don't see or understand at the time.

I know that the great majority of you will have found really good ways to continue your life of prayer even as we've been confined to our homes, and many of you will have built up good resources of material over many years. But all of us can feel discouraged or isolated in prayer at times, and under the current circumstances, when we can't physically meet with each other, this can become even more of a problem.

As a priest, like other ministers, I have committed to praying the Daily Offices every day. At 9am I pray Morning Prayer, and at 5pm I pray Evening Prayer. I'm including in this pack some simple orders for the Church of England Daily Offices for Eastertide (from now until Pentecost, 31st of May) and for Ordinary Time, from Pentecost onward. I'll be using these orders at home each day. If you find them useful please do join me from your own home at the same times, or at a time that works for you. Doing this together even though we're apart will, I hope, help to remind us of our unity of spirit and God's continued blessing.

However you are continuing your discipleship journey while the restrictions remain in force, know that Emma and I are holding the communities and people of the Benefice in our prayers everyday. If you have specific or urgent requests for prayer, please do get in touch.

With every blessing *Rev Paul*



The Church of England Daily Hope service offers music, prayers and reflections, as well as full worship services which can be listened to for free over the phone.

The line is available 24 hours a day by calling 0800 804 8044. Once connected you are invited to choose what you'd like to hear by using your telephone keypad.

Notes for Using this Prayer Pack

The settings of morning and evening prayer included in this pack cards are slightly simplified versions of the standard settings found in Common Worship: Daily Prayer. The Eastertide orders can be used up until and including the day of Pentecost (Whit Sunday) which this year falls on the 31st of May. The Ordinary Time orders should be used after Pentecost.

Feel free to be as imaginative as you like when using these orders. Choose a different psalm and bible reading for each time and try to read from both the old and new testaments. Light a candle and use music, find a picture or prayer card, a cross or crucifix as a focus for reflection. If you can, try to include a little quiet time after the scripture to listen to what God might be saying. Use whatever helps you personally connect with God. You might want to share what works for you with other people - it's a great way to encourage each other.

The full versions of the orders, including the psalms and readings set for each day, can be found online or in the Church of England Daily Prayer app. You can find the online version here - [Church of England daily prayer](#). The app is available free for smartphones and tablets from the Google or Apple app stores, search for "Daily Prayer".

Keeping in Touch

Keeping in touch with each other is always really important, but is critical at the moment when we can't all physically meet to pass on our news. While we recognise that not everyone has access to or is comfortable with the internet, the online world and the use of email can be a great help. We're trying hard to update people both on and off line but being able to do this by email is invaluable, as it limits the amount of resources we use, can be kinder for the environment, and is less risky for members of the church family who are delivering things by hand.

If we currently hold an email address for you in our contacts list we'll continue to use that to keep in touch. **If you would prefer not to be contacted by email, or you're worried we don't have an email address or might have the wrong one, please send a message to Reverend Paul at revpaulbarker@gmail.com to let him know this.** He will then update the list accordingly.

Facebook is a great way to find out what's going on at church and in the local community. We'll be updating our Facebook pages regularly. Did you know you can see what's on our Facebook pages even if you're not a Facebook user? Here are the links:

St Nicholas West Boldon	www.facebook.com/StNicholasWest
St George East Boldon	www.facebook.com/EastStGeorge
St Nicholas Hedworth	www.facebook.com/StNicholasHedworth
Boldons Messy Church	www.facebook.com/BoldonsMessyChurch

The Benefice of the Boldons

Common Worship Morning Prayer for Eastertide (Until Pentecost)

If you're praying by yourself, pray all the words. If there are more than one praying together, one person may like to say the non-bold parts with everyone joining in the bold parts. At the psalm and scripture reading you could choose a different passage for each day. Lighting a candle and using music or singing a hymn or worship song at the beginning of the prayers can help to prepare well.

Preparation

○ Lord, open our lips
and our mouth shall proclaim your praise.

In your resurrection, ○ Christ,
let heaven and earth rejoice. Alleluia.

Prayer of thanksgiving

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.
As once you ransomed your people from Egypt
and led them to freedom in the promised land,
so now you have delivered us from the dominion of darkness
and brought us into the kingdom of your risen Son.
May we, the first fruits of your new creation,
rejoice in this new day you have made,
and praise you for your mighty acts.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Opening prayer

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Keep a moment of quiet.

As we rejoice in the gift of this new day,
so may the light of your presence, ○ God,
set our hearts on fire with love for you;
now and for ever.

Amen.

The Word of God

Psalm 8 (or read a psalm from your Bible)

- 1 O Lord our governor,
how glorious is your name in all the world!
- 2 Your majesty above the heavens is praised
out of the mouths of babes at the breast.
- 3 You have founded a stronghold against your foes,
that you might still the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers,
the moon and the stars that you have ordained,
- 5 What are mortals, that you should be mindful of them;
Mere human beings, that you should seek him out?
- 6 You have made them little lower than the angels
and crown them with glory and honour.
- 7 You have given them dominion over the works of your hands
and put all things under their feet,
- 8 All sheep and oxen,
even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea
and whatsoever moves in the paths of the sea.
- 10 O Lord our governor,
how glorious is your name in all the world!

**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.**

Scripture Reading

Read a passage from your Bible. You could have a time of quiet reflection afterwards.

Responsory

Death is swallowed up in victory.

Where, O death, is your sting?

Christ is risen from the dead,
the first fruits of those who have fallen asleep.

Death is swallowed up in victory.

The trumpet will sound
and the dead shall be raised.

Where, O death, is your sting?

We shall not all sleep,
but we shall be changed.

Death is swallowed up in victory.

Where, O death, is your sting?

Gospel Canticle - The Benedictus (The Song of Zechariah)

**The Lord is risen from the tomb
who for our sakes hung upon the tree. Alleluia.**

- 1 Blessed be the Lord the God of Israel,
who 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 God promised of old
to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God 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 And you, 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.

**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**

**The Lord is risen from the tomb
who for our sakes hung upon the tree. Alleluia.**

A Time of prayer to pray in your own way for the world, our country and community,
the Church and one another.

An Eastertide Collect

God of glory,
by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way of life stands open
in our Saviour Jesus Christ.

Amen

The Lord's Prayer is prayed.

Our Father ...

The Conclusion

May the risen Christ grant us the joys of eternal life.
Amen.

Let us bless the Lord. Alleluia, alleluia.
Thanks be to God. Alleluia, alleluia.

The Benefice of the Boldons

Common Worship Evening Prayer for Eastertide (Until Pentecost)

If you're praying by yourself, pray all the words. If there are more than one praying together, one person may like to say the non-bold parts with everyone joining in the bold parts. At the psalm and scripture reading you could choose a different passage for each day. Lighting a candle and using music or singing a hymn or worship song at the beginning of the prayers can help to prepare well.

Preparation

○ God, make speed to save us.

○ Lord, make haste to help us.

In your resurrection, ○ Christ,

let heaven and earth rejoice. Alleluia.

Prayer of thanksgiving

Blessed are you, Sovereign Lord,
the God and Father of our Lord Jesus Christ,
to you be glory and praise for ever.

From the deep waters of death
you brought your people to new birth
by raising your Son to life in triumph.

Through him dark death has been destroyed
and radiant life is everywhere restored.

As you call us out of darkness into his marvellous light
may our lives reflect his glory
and our lips repeat the endless song.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God forever.

Opening prayer

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Keep a moment of quiet.

As our evening prayer rises before you, ○ God,
so may your mercy come down upon us
to cleanse our hearts and set us free to sing your praise
now and for ever.

Amen.

The Word of God

Psalm 93 (or read a psalm from your Bible)

- 1 The Lord is king and has put on glorious apparel;
the Lord has put on his glory
and girded himself with strength.
- 2 He has made the whole world so sure
that it cannot be moved.
- 3 Your throne has been established from of old;
you are from everlasting.
- 4 The floods have lifted up, O Lord,
the floods have lifted up their voice;
the floods lift up their pounding waves.
- 5 Mightier than the thunder of many waters,
mightier than the breakers of the sea,
the Lord on high is mightier.
- 6 Your testimonies are very sure;
holiness adorns your house, O Lord, for ever.

**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.**

Scripture Reading

Read a passage from your Bible. You could have a time of quiet reflection afterwards.

Responsory

The Lord is my strength and my song:
he has become my salvation.

**The Lord is my strength and my song:
he has become my salvation.**

I shall not die, but live,
and declare the works of the Lord.

He has become my salvation.

Glory to the Father and to the Son and to the Holy Spirit.
The Lord is my strength and my song:
he has become my salvation.

Gospel Canticle, The Magnificat (The Song of Mary)

**The stone which the builders rejected
has become the chief cornerstone. Alleluia.**

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him,
from generation to generation.
- 4 He has shown strength with his arm
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones
and lifting up the lowly.
- 6 He has filled the hungry with good things
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,
to remember his promise of mercy,
- 8 The promise made to our ancestors,
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 shall be for ever. Amen.**

**The stone which the builders rejected
has become the chief cornerstone. Alleluia.**

A Time of prayer to pray in your own way for the world, our country and community, the Church and one another.

An Eastertide Collect

God of glory,
by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way of life stands open
in our Saviour Jesus Christ.

Amen

The Lord's Prayer is prayed.

Our Father ...

The Conclusion

May the risen Christ grant us the joys of eternal life.

Amen.

Let us bless the Lord. Alleluia, alleluia.

Thanks be to God. Alleluia, alleluia.

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Common Worship Morning Prayer for Ordinary Time

If you're praying by yourself, pray all the words. If there are more than one praying together, one person may like to say the non-bold parts with everyone joining in the bold parts. At the psalm and scripture reading you could choose a different passage for each day. Lighting a candle and using music or singing a hymn or worship song at the beginning of the prayers can help to prepare well.

Preparation

O Lord, open our lips
and our mouth shall proclaim your praise.

Prayer of thanksgiving

Blessed are you, Sovereign God, creator of all,
to you be glory and praise for ever.
You founded the earth in the beginning
and the heavens are the work of your hands.
In the fullness of time you made us in your image,
and in these last days you have spoken to us
in your Son Jesus Christ, the Word made flesh.
As we rejoice in the gift of your presence among us
let the light of your love always shine in our hearts,
your Spirit ever renew our lives
and your praises ever be on our lips.
Blessed be God, Father, Son and Holy Spirit.
All Blessed be God for ever.
Blessed be God forever.

Opening prayer

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Keep a moment of quiet.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

Amen

The Word of God

Psalm 96.1-10 (or read a psalm from your Bible)

- 1 Sing to the Lord a new song;
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his name;
tell out his salvation from day to day.
- 3 Declare his glory among the nations
and his wonders among all peoples.
- 4 For great is the Lord and greatly to be praised;
he is more to be feared than all gods.
- 5 For all the gods of the nations are but idols;
it is the Lord who made the heavens.
- 6 Honour and majesty are before him;
power and splendour are in his sanctuary.
- 7 Ascribe to the Lord, you families of the peoples;
ascribe to the Lord honour and strength.
- 8 Ascribe to the Lord the honour due to his name;
bring offerings and come into his courts.
- 9 O worship the Lord in the beauty of holiness;
let the whole earth tremble before him.
- 10 Tell it out among the nations that the Lord is king.
He has made the world so firm that it cannot be moved;
he will judge the peoples with equity.

**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.**

Scripture Reading

Read a passage from your Bible. You could have a time of quiet reflection afterwards.

Responsory

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

You have died and your life is hid with Christ in God.

Awake, O sleeper, and arise from the dead.

Set your minds on things that are above,
not on things that are on the earth.

And Christ shall give you light.

When Christ our life appears
you will appear with him in glory.

**Awake, O sleeper, and arise from the dead,
and Christ shall give you light.**

Gospel Canticle - The Benedictus (The Song of Zechariah)

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

- 1 Blessed be the Lord the God of Israel,
who 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 God promised of old
to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God 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 And you, 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.

**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**

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

A Time of prayer to pray in your own way for the world, our country and community,
the Church and one another.

The Collect

God, who from of old
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
Amen

The Lord's Prayer is prayed.

Our Father ...

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.
Amen.

Let us bless the Lord.
Thanks be to God.

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Common Worship Evening Prayer for Ordinary Time

If you're praying by yourself, pray all the words. If there are more than one praying together, one person may like to say the non-bold parts with everyone joining in the bold parts. At the psalm and scripture reading you could choose a different passage for each day. Lighting a candle and using music or singing a hymn or worship song at the beginning of the prayers can help to prepare well.

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Prayer of thanksgiving

Blessed are you, Lord God, creator of day and night:
to you be praise and glory for ever.

As darkness falls you renew your promise
to reveal among us the light of your presence.

By the light of Christ, your living Word,
dispel the darkness of our hearts
that we may walk as children of light
and sing your praise throughout the world.

Blessed be God, Father, Son and Holy Spirit:

Blessed be God for ever.

Opening prayer

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Keep a moment of quiet.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts and set us free to sing your praise
now and for ever.

Amen.

The Word of God

Psalm 121 (or read a psalm from your Bible)

- 1 I lift up my eyes to the hills;
from where is my help to come?
- 2 My help comes from the Lord,
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble;
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep.
- 5 The Lord himself watches over you;
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,
neither the moon by night.
- 7 The Lord shall keep you from all evil;
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.

**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.**

Scripture Reading

Read a passage from your Bible. You could have a time of quiet reflection afterwards.

Responsory

The Lord is my light and my salvation;
the Lord is the strength of my life.

**The Lord is my light and my salvation;
the Lord is the strength of my life.**

The light shines in the darkness
and the darkness has not overcome it.

The Lord is the strength of my life.

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

**The Lord is my light and my salvation;
the Lord is the strength of my life.**

Gospel Canticle, The Magnificat (The Song of Mary)

**You have done great things, O God,
and holy is your name.**

- 1 My soul proclaims the greatness of the Lord,
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he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him,
from generation to generation.
- 4 He has shown strength with his arm
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones
and lifting up the lowly.
- 6 He has filled the hungry with good things
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,
to remember his promise of mercy,
- 8 The promise made to our ancestors,
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 shall be for ever. Amen.**

**You have done great things, O God,
and holy is your name.**

A Time of prayer to pray in your own way for the world, our country and community,
the Church and one another.

The Collect

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

The Lord's Prayer is prayed.

Our Father ...

The Conclusion

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.

Amen.

Let us bless the Lord.

Thanks be to God.

