

Maundy Thursday : [John 13:1-17](#); [John 13:34-35](#) “As I have washed your feet so you should do likewise. Love one another as I have loved you”

Prayer

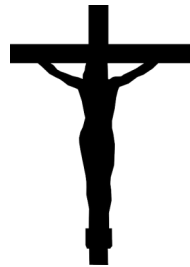
Lord God, You sent your Son into the world, And before his hour had come, He washed his disciples' feet. You had given all things into his hands. He had come from you, and was going to you, And what did he do? He knelt down on the floor, And washed his friends' feet. He was their teacher and their Lord, Yet he washed their feet. Lord God, help us learn from his example; Help us to do as he has done for us. The world will know we are his disciples If we love one another. Strengthen our hands and our wills for love, And for service. Keep before our eyes the image of your Son, Who, being God, became a Servant for our sake. All glory be to him who lives and reigns with you and the Holy Spirit, One God, now and forever. Amen.



Good Friday: [John 18:1-40](#), [John 19:1-42](#); “My God, My God, why have you forsaken me”?

Prayer

Lord God, Jesus cried out to you on the cross, “Why have you forsaken me?” You seemed so far from his cry, And from his distress. Those who stood at the foot of the cross Wondered where you were, As they saw Jesus mocked and shamed and killed. Where were you then? Lord God, We, too, ask where you are, When there is trouble and suffering and death, And we cry out to you for help. Be near to us, and save us So that we may praise you for your deliverance. Lord God, We wait, on Friday, for the resurrection of Sunday, And sometimes our lives seem a succession of Fridays, And we cannot see what is “Good.” Teach us to call your name, As Jesus did. Make us to trust in you like little children. In Jesus' name, Amen.



Prayers, Readings, and Reflections during this time of Isolation and Anxiety



Prayers for Lent and Holy Week
2020

As we approach Easter this year, we do so in the most difficult and challenging circumstances our country has ever known outside of wartime. Many people can watch Sunday Worship online and many people are using the internet to experience worship specially broadcast over the internet for their own church. At St Mary Haverhill we are “live streaming” worship on Sundays and as of next week, on Wednesdays too **BUT**, we’re also aware that many people do not have computers and still rely on the telephone and the written word to keep connected. This booklet, although given to everyone, will be particularly useful to you if you do not have internet access

We are isolated in our homes and limited in where we can go and what we can do. As the weeks and possibly months go by, we will need to stop and pray more than ever. Calming ourselves for a short time each day to allow God in, will reduce our anxiety and relieve our frustration. During times of tension and crisis, Christians have always prayed and looked to the Bible for help and comfort. We’ve compiled this booklet to offer an easy way to find prayers and Bible readings to use in our daily prayer routine. There is also a section for Holy Week and for Easter. For those of us for whom Holy Week and Easter are the most special times in the Christian year and our own life of faith, this Easter will be reduced and probably feel very strange and maybe more than a bit lonely if we are isolated on our own. We need to remember that Easter is about struggle and pain and loneliness transformed into something more real. Death becomes life and hopelessness becomes the joy of “hopeful ness”. In the darkness of our

didn’t care about the poor, really – He just wanted to fill his own pockets, And make Mary feel ashamed. Lord God, Often we cannot discern what is best: When to pour out costly perfume for your sake, Even if the world thinks it a waste. When to be busy serving, Or when to rest at your Son’s feet and learn. Give us ears to hear you and eyes to see. For the sake of your Son, Jesus Christ. Amen.

Tuesday in Holy Week: [Matthew 26:36-46](#); [Hebrews 5:7-9](#) “The message of the Cross is folly, a stumbling block to many”

Prayer

Lord God, The message of the cross is difficult to take. How can death give way to life? How can weakness be strength? Yet your word says that Jesus, being God, Took on human flesh. And suffered the worst kind of death. How can this be? This message is indeed difficult to take. But your foolishness is wiser than our wisdom. Your weakness is greater than our strength. Help us to know that none of us can boast before you. It is only in Christ Jesus that we can boast. In his name, we ask you to help our unbelief. That we may love you, and walk in the way Jesus taught us. In his name, Amen.



Wednesday in Holy Week: [Matthew 26:27-56](#); “It is one who sits at this table and breaks bread with me who will betray me”

Prayer

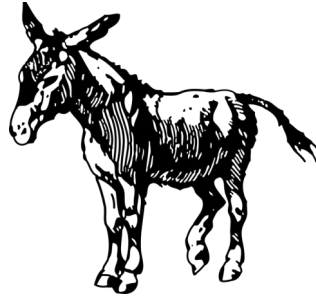
Lord God, We tremble to think That it was one of Jesus’ own friends who betrayed him. One who sat by him, who broke bread with him. Give us strength, we pray, To walk faithfully with Jesus, Even when the road we walk is rocky Even when the message of the cross seems like foolishness And even when we feel betrayed. You, Lord, are always faithful. We stumble, we become lost, But you are steady and sure. Give us the grace to endure our troubles, And reveal to us the glory of your kingdom, Through your son, Jesus Christ, who lives and reigns with you and the Holy Spirit. Amen.

Prayers for Holy Week

Palm Sunday: [Matthew 21:10-17](#); [John 12:1-8](#) “Jesus rode into Jerusalem on a Donkey and the crowds scattered palm branches before him. They cried “Hosanna, Hosanna, Hosanna to the Son of David”

Prayer

Lord God, I give you thanks, for you are good, and your mercy is endless. Here I stand, at the start of this holy week, This week in which your church remembers Jesus' passion and death, And I am anxious and by many things. Turn my eyes now to the One who comes in your name, The one who opens the gates of righteousness, The one who answers when we call. I bless you, Lord, for shining your light upon me, And for sending your son to us, in human frailty. To walk the road we walk. Open my eyes that I may see him coming, And may praise him with all of my heart. And may walk in the way of his suffering, As he walks with me in mine. And may I share also in his resurrection, as his light shines in my darkness. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever.
Amen.



Monday in Holy Week: [Matthew 26:27-56](#); Mary and Martha tend to Jesus in their home. One busies herself with tasks, the other sits and listens. A woman washes his feet and dries it with her hair and anoints his feet with oil.

Prayer

Lord God, Six days before his death, your son sat with Lazarus, Whom he had raised from the dead, And ate dinner with his friends. Once again, your gospel tells us, Martha served, And Mary knelt at Jesus' feet, To anoint them with costly perfume. The disciple who was about to betray him, Said that it was a waste. He

isolation and anxiety, we might just be able to see “the light that shines in the darkness”. To pray is to come into that light as it shines into our darkness in this time of crisis for our whole world.

Rev. Chris Eyden



Your Church Needs you

One of the most worrying future consequences of the Corona Virus crisis for St Marys Church Haverhill, is the lack of money collected each week. Our Church has a future when this virus is over. We face real difficulties because so much of our weekly income comes from Sunday Collections. Now is the time to continue giving, investing for our future. The best way to do it is by setting up a standing order with your bank. You can do it online or by telephone, or you can contact our treasurer John Eccleston who will give you any help you might need and send you a standing order form in the post, which you can fill in and return by post.

John's email: john.eccleston@btinternet.com

John's Telephone number: 07703 112842

Don't let Corona Virus damage your Church

Bible Passages

The Bible offers much help and solace in a time of national crisis and fear. It offers it quite simply because the history of the Hebrew people is a history of plague and pestilence, illness and death. Invasion, civil disruption, cruelty and injustice. In the early Church, there was persecution, isolation, threat of execution and death. The early Christian Community helped each other both in prayer and in practical help.

For the early Church and the Church today, Jesus is described as the "Prince of Peace" for those who choose to let him indwell their hearts and minds. He offers peace for our troubled minds and freedom from fear. Here are just a few of the great verses in the Bible about God's power to deliver us from fear – we begin with the words of Jesus from the Gospel of John:

John 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."



Isaiah 41:10

"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

Amen

God our Father, Creator of the world, almighty and merciful, out of love for us
You sent your Son into the world as the doctor of our souls and our bodies,
look upon your children who, in this difficult time of confusion and dismay in
many regions of Europe and the world, turn to you seeking strength, salvation
and relief, deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy and reward to our doctors, nurses and volunteers, eternal life to the dead. Do not abandon us in the moment of trial but deliver us from all evil. We ask this of Thee, who with the Son and the Holy Spirit, live and reign for ever and ever.

Amen.

God of compassion,
Be close to all of us who feel, afraid or are in isolation.
Be close at this time
In our loneliness, be our consolation.
in our anxiety, be our hope;
in our darkness, be our light;
through him who suffered alone on the cross,
but reigns with you in glory, Jesus
Christ our Lord.

Amen.



Loving God

Bless us all, particularly now.

Particularly when we are comforting others

Particularly when we are offering hope

Particularly when people are isolated

Particularly when we feel

Overwhelmed ourselves

Particularly when we are afraid.

Help us to remember that you
are right here, now, in the midst
of us

Calling us by name.

Amen.



Extract from Saint Patrick's Breastplate

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of everyone who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me, Christ in every ear that
hears me.

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Deuteronomy 31:8

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Psalms 27:1

The LORD is my light and my salvation - so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?

1 Peter 5:7

"Cast all your anxiety on him because he cares for you."

2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Psalms 34:4

"I sought the Lord, and he answered me; he delivered me from all my fears."

2 Chronicles 7:13-14 begins by talking about plagues and ends with God's power to heal and restore our land.

"If I shut up the heavens so that there is no rain, or if I command the locust to devour the land, or if I send pestilence among My people, and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land."

Psalms 91 is a classic and often quoted passage about God's protection for those who seek refuge in the Most High God.

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Surely, he will save you from the fowler's snare and from the deadly pestilence.

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

You will not fear the terror of night, nor the arrow that flies by day,

nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

Prayers

This is an occasion for all of us to pray more intensely for each other and especially for those who have succumbed to illness. We should pray also for those on the frontlines – especially doctors, nurses and medical staff and other carers, that the Lord will protect them as they place their own wellbeing at risk in the service of all.

Loving God

Bless us all, particularly now.

Particularly when we are comforting others

Particularly when we are offering hope

Particularly when people are isolated

Particularly when we feel overwhelmed ourselves

Particularly when we are afraid.

Help us to remember that you are right here, now, in the midst of us

Calling us by name.

Amen

Keep us, good Lord,

under the shadow of your mercy.

Sustain and support the anxious,

be with those who care for the sick,

and lift up all who are brought low.

that we may find comfort

knowing that nothing can separate us

from your love

in Christ Jesus our Lord.

Amen.

