

St Michael's, Heighington

St Matthew & St Luke's, Darlington



Morning, Evening and Night Prayer

with readings and collects for June-August 2020

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Telephone Services - Sunday Morning
Prayer from 9:30am and Wednesday
Evening Prayer from 7pm. 01325 527446



Did you know that we are also online?

To keep up to date with all that is going on at Church, including Live services why not check out our Facebook pages at

www.facebook.com/stmatthewstlukes

www.facebook.com/St-Michaels-Heighington-Durham-220704468064457/

St Matthew and St Luke's website is at
www.stmatthewstlukes.org.uk

Our online worship is at the following times

Sunday

11am Holy Communion from the Vicarage
6pm Evening Prayer, live from the loft

Tuesday

10am Morning Prayer

Friday

10am Holy Communion in traditional language from the Vicarage

Saturday

3pm Live Facebook Family Services - fun, songs and stories for our younger worshippers



You DO NOT need a Facebook account to view any of our pages.

Morning Prayer

Opening

O Lord, open our lips
and our mouth shall proclaim your praise.
May Christ the daystar dawn in our hearts
and triumph over the shades of night.

O come, let us sing to the Lord;
let us heartily rejoice in the rock of our salvation.
Let us come into his presence with thanksgiving
and be glad in him with psalms.
For the Lord is a great God
and a great king above all gods.
Come, let us worship and bow down
and kneel before the Lord our Maker.
For he is our God;
we are the people of his pasture and the sheep of
his hand.

Psalm 95

**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.**

A Prayer of Thanksgiving

Blessed are you, creator of all,
to you be praise and glory for ever.
As your dawn renews the face of the earth
bringing light and life to all creation,
may we rejoice in this day you have made;

as we wake refreshed from the depths of sleep,
open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.
Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

after Lancelot Andrewes (1626)

1 or 2 Psalms and passages of Scripture are usually read here

The Benedictus (The Song of Zechariah)

Blessed be the Lord the God of Israel,
who has come to his people and set them free.
He has raised up for us a mighty Saviour,
born of the house of his servant David.
Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
To show mercy to our ancestors,
and to remember his holy covenant.
This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
Free to worship him without fear,
holy and righteous in his sight
all the days of our life.
And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation
by the forgiveness of all their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,

To shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.

Luke 1.68-79

**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.**

Prayers - Intercessions are offered

*for the day and its tasks
for the world and its needs
for the Church and her life
for her leaders and care-takers
for those who we love
for those who frustrate or irritate
for those struggling in body, mind or spirit
and those in the midst of grief*

Silence may be kept.

The Lord's Prayer

Either

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.

Or

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.

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.



Evening Prayer

Opening

○ God, make speed to save us.

○ 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.**

A Song of God's Greatness

Bless the Lord, O my soul.

○ Lord my God, how excellent is your greatness!

You are clothed with majesty and honour,
wrapped in light as in a garment.

The sun knows the time for its setting.

You make darkness that it may be night.

○ Lord, how manifold are your works!

In wisdom you have made them all;
the earth is full of your creatures.

When you send forth your spirit, they are created,
and you renew the face of the earth.

May the glory of the Lord endure for ever;

may the Lord rejoice in his works;

I will sing to the Lord as long as I live;

I will make music to my God while I have my being.

*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.*

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

Silence is kept.

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.

1 or 2 Psalms and passages of Scripture are usually read here

The Magnificat (The Song of Mary)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.
From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.

He has mercy on those who fear him,
from generation to generation.

He has shown strength with his arm
and has scattered the proud in their conceit,
Casting down the mighty from their thrones
and lifting up the lowly.

He has filled the hungry with good things
and sent the rich away empty.

He has come to the aid of his servant Israel,
to remember his promise of mercy,

The promise made to our ancestors,
to Abraham and his children for ever.

Luke 1.46-55

**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.**

Prayers - Intercessions are offered

*for the day and its tasks
for the world and its needs
for the Church and her life for her leaders and care-takers
for those who we love
for those who frustrate or irritate
for those struggling in body, mind or spirit
and those in the midst of grief*

Silence may be kept.

The Lord's Prayer

Either

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.

or

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.

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 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.

Night Prayer

Opening

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

Amen.

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

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

Penitence

Most merciful God,
we confess to you,
before the whole company of heaven,
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.

○ God, make speed to save us.

○ **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.

Psalm 31 vv 1-5, 19-end

In you, O Lord, have I taken refuge;
let me never be put to shame;
deliver me in your righteousness.

Incline your ear to me;
make haste to deliver me.

Be my strong rock, a fortress to save me,
for you are my rock and my stronghold;
guide me, and lead me for your name's sake.

Take me out of the net
that they have laid secretly for me,
for you are my strength.

Into your hands I commend my spirit,
for you have redeemed me, O Lord God of truth.

How abundant is your goodness, O Lord,
which you have laid up for those who fear you;
which you have prepared in the sight of all
for those who put their trust in you.

You hide them in the shelter of your presence
from those who slander them;
you keep them safe in your refuge from the strife of tongues.

Blessed be the Lord!

For he has shown me his steadfast love
when I was as a city besieged.

I had said in my alarm,
'I have been cut off from the sight of your eyes.'
Nevertheless, you heard the voice of my prayer
when I cried out to you.

Love the Lord, all you his servants;
for the Lord protects the faithful,
but repays to the full the proud.

Be strong and let your heart take courage,
all you who wait in hope for the Lord.

**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.**

A Passage of Scripture is read here

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

Or

Humble yourselves therefore under the mighty hand of God, so that
he may exalt you in due time. Cast all your anxiety on him, because
he cares for you.

1 Peter 5.6,

Into your hands, O Lord, I commend my spirit.
For you have redeemed me, Lord God of truth.
Glory to the Father and to the Son
and to the Holy Spirit.
Into your hands, O Lord, I commend my spirit.

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.**
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.

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 - Intercessions and thanksgivings may be offered here.

The Collect

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

The Lord's Prayer.

The Conclusion

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.

Bible readings and Collects for Sundays For June and July

Sun 7th June - Trinity Sunday

Isaiah 40:12-17,27-end, Psalm 8, 2Corinthians 13:11-end, Matthew 28:16-20

Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever.

Sun 14th June - Trinity 1

Exodus 19:2-8a, Psalm 100, Romans 5:1-8, Matthew 9:35-10:8

God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son.

Sun 21st June - Trinity 2

Jeremiah 20:7-13, Psalm 69:8-11,18-20, Romans 6:1b-11, Matthew 10:24-39

Faithful Creator, whose mercy never fails: deepen our faithfulness to you and to your living Word, Jesus Christ our Lord.

Sun 28th June - Trinity 3

Jeremiah 28:5-9, Psalm 89:8-18, Romans 6:12-end, Matthew 10:40-end

God our saviour, look on this wounded world in pity and in power; hold us fast to your promises of peace won for us by your Son, our Saviour Jesus Christ.

Sun 5th July - Trinity 4

Zechariah 9:9-12, Psalm 145:8-15, Romans 7:15-25a, Matthew 11:16-19,25-end

Gracious Father, by the obedience of Jesus you brought salvation to our wayward world: draw us into harmony with your will, that we may find all things restored in him, our Saviour Jesus Christ.

Sun 12th July - Trinity 5

Isaiah 55:10-13, Psalm 65, Romans 8:1-11, Matthew 13:1-9, 18-23

Almighty God, send down upon your Church the riches of your Spirit, and kindle in all who minister the gospel your countless gifts of grace; through Jesus Christ our Lord.

Sun 19th July - Trinity 6

Isaiah 44:6-8, Psalm 86:11-end, Romans 8:12-25, Matthew 13:24-30, 36-43

Creator God, you made us all in your image: may we discern you in all that we see,
and serve you in all that we do; through Jesus Christ our Lord.

Sun 26th July - Trinity 7

1 Kings 3:5-12, Psalm 119:129-136, Romans 8:26-end, Matthew 13:31-33, 44-52

Generous God, you give us gifts and make them grow: though our faith is small as mustard seed, make it grow to your glory and the flourishing of your kingdom; through Jesus Christ our Lord.

Sun 2nd August - Trinity 8

Isaiah 55:1-5, Psalm 145:15-end, Romans 9:1-5, Matthew 14:13-21

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord.

Sun 9th August - Trinity 9

1 Kings 19:9-18, Psalm 85:8-13, Romans 10:5-15, Matthew 14:22-33

Gracious Father, revive your Church in our day, and make her holy, strong and faithful, for your glory's sake in Jesus Christ our Lord.

Sun 16th August - Trinity 10

Isaiah 56:1,6-8, Psalm 67, Romans 11:1-2a,29-32, Matthew 15:21-28

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord.

Sun 23rd August - Trinity 11

Isaiah 51:1-6, Psalm 138, Romans 12:1-8, Matthew 16:13-20

God of glory, the end of our searching, help us to lay aside all that prevents us from seeking your kingdom, and to give all that we have to gain the pearl beyond all price, through our Saviour Jesus Christ.

Sun 30th August - Trinity 12

Jeremiah 15:15-21, Psalm 26:1-8, Romans 12:9-end, Matthew 16:21-end

God of constant mercy, who sent your Son to save us: remind us of your goodness, increase your grace within us, that our thankfulness may grow, through Jesus Christ our Lord.

Dealing with **Loneliness** and **Isolation: FIVE TOP TIPS**



1. **Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**



2. **Talk about how you feel.**
This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



3. **Focus on the things that you can change, not on the things you can't.**



4. **Look after yourself – physically, emotionally, spiritually.**
Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



5. **Look after others – even if only in small ways, but do what you can:**
a smile, a kind word, writing a letter or an email.

Materials in this booklet are drawn from *Common Worship: Services and Prayers for the Church of England*, *Common Worship: Pastoral Services*, and *Common Worship: Daily Prayer*, all of which are copyright © The Archbishops' Council of the Church of England.