

SUNDAYS AT HOME

These are strange days indeed when attending church is not an option which is open to us. As that is the case, perhaps you might like to pause at 10 o'clock (or thereabouts) every Sunday morning and think about one another? Perhaps sit down, on your own or with those with whom you live, light a candle and meet with others in the St. James' family "in spirit."

- 1) You may wish to spend a few moments quietly looking at the candle flame, listening to the sounds around you, recalling faces which usually surround you at church and remembering the East window with Christ on the cross.
- 2) You may wish to read the passages set for each Sunday over the coming weeks:

Lent 4	22nd March	John 9 v.1-41
Passion Sunday	29th March	John 11 v.1-45
Palm Sunday	5th April	Matthew 27 v.11-54
Easter Sunday	12th April	John 20 v.1-18 or Matthew 28 v.1-10 & Acts 10 v.34-43
Second Sunday of Easter	19th April	John 20 v.19-end and Acts 2 v.14, 22-32
Third Sunday of Easter	26th April	Luke 24 v.13-35 and Acts 2 v.14, 36-41
Fourth Sunday of Easter	3rd May	John 10 v.1-10 and Acts v.42-end

And think about the Christ who is being described in the story- what He looks like, what He sounds like, what He is experiencing and communicating to us about who God is. Then simply spend time in His presence.

- 3) You may wish to bring into that presence the brokenness, need, vulnerability, fear, loneliness, questioning, suffering of the world. Then see Him in your mind reaching out into each of them with compassion, healing, reassurance and love.
- 4) Seeking His blessing, His strength, His energy and inspiration, not just for yourself but for all those who need His strengthening Spirit to sustain them: those researching into an effective vaccine, those working in our hospitals, those supporting people suffering with the coronavirus, those separated from loved ones, those in governments taking difficult decisions, those trying to transport food and medical supplies to those who need them etc, those fearful for their jobs - gather all together in your thoughts and pray: **The Lord's Prayer.**
- 5) Remembering that Christ Jesus longs to bless, inspire, reassure, feed, nourish, nurture you- be open to Him looking into your eyes, into your mind, into your heart, knowing you, understanding you, accepting you, forgiving you and filling you with the calm reassurance that He loves you and longs that you may know His Peace: "Peace I give you" said the Lord, and breathed upon them with the Holy Spirit".

May God be with us over the coming days and may He bring peace, comfort and strength for all in need.

Some prayers that might help:

1. Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress.
Sustain and support the anxious and fearful, and lift up all who are brought low, that we may rejoice in your comfort knowing that nothing can separate us from your love. Amen
2. God, help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your love
revealed in Jesus Christ our Lord. Amen

With our love and prayers

Fr Henry, Fr Martin, Fr Steve