



Church at Home

some spiritual resources
during the coronavirus pandemic



You're not alone

St Nicolas' church is a family. We pray for each other and care for one another. As a church community there is no 'distancing' or 'isolation'. We are the church, not the building. We are 'open' and we are still a worshipping community.

Self-care

But this is a stressful time for all of us. So we need to take care of ourselves, body and mind as well as spirit. Some suggestions are:

- Take breaks from watching the news – too much doesn't help!
- Do some simple physical exercising – the RVS offers good accessible guidance with videos, or ask the church office for a print-out.
www.royalvoluntaryservice.org.uk/our-services/advice-and-support/easy-exercises-to-do-at-home
- Eat healthy balanced meals and get plenty of sleep
- Read that book you've never got round to, or get into listening properly to music or plays etc on the radio
- Make lots of time for any hobbies
- Connect with others

Please Beware of Scams – be wary of offers of help from those you don't know

A retreat at home!

Yes, it's forced on us, but now we have time, and can leave aside the busyness that normally distracts us from prayer. Where is God? Closer than we often realise, and this can be our opportunity to refresh that awareness.

This might happen by getting into a simple rhythm of daily prayer. But 'prayer' does not have to be a formal saying of set words. You might start the day by making a very slow sign of the Cross.

Have a coffee and look out of the window at God's world.

Maybe you could read a bit from one of the gospels, or some other part of the Bible. The psalms are especially good because they cover the whole range of human emotions. Read, stop and mull it over, let it sink in and then perhaps read again. Speak to God, or let God speak to you in the depths of your heart.

One excellent resource is **Pray As You Go** with a short input for each day.

www.pray-as-you-go.org

Maybe this would be a good time to learn, or return to meditation? The way of centring prayer is simple and works well for many people. There are handouts in church, or from the church office, or go to:

www.contemplativeoutreachuk.com

A lovely way to end the day is with Compline. Try the **Internet Church** hosted at St Stephen Walbrook in the City of London.

www.ststephenwalbrook.net

Let the Mass come into your home

Of course, the Eucharist is the centre of our life at St Nicolas', so how sad to have to keep away. But look at our website for details of when Mass is being celebrated and how you might be able to connect online with that.

Most Sundays there will be something on BBC radio / television. Or you could go to St Thomas', Fifth Avenue, New York for their excellent regular webcasts (nb USA time is 4 hours behind UK GMT).

www.saintthomaschurch.org

Spiritual Communion

When it is not possible to receive sacramental communion, we can all be united through making a spiritual communion.

Good Jesus, we believe that you are present in the breaking of the bread.
Through you, may God's love shine on us all, so that I too know myself to be held safe and sure.
As I cannot now receive you sacramentally,
come spiritually to me,
so that I may know myself to be wholly united in communion with God,
now and forever. Amen.

based on a prayer of St Alphonsus Liguori

The Divine Office

That's the proper name for Morning and Evening Prayer which clergy are expected to say every day, when possible in their parish church after ringing the bell. The bell is to encourage people to join in. You might not be able to hear the bell, but you could join in.

Just click on 'prayer & worship' on the Church of England website – you can also download there a free app – to give you the whole of both Morning and Evening Prayer each day. You can choose the traditional or modern options. If you can't do that just contact the parish office and we will send you all you need in a paper form.

The Roman Catholic version – fuller and prayerfully covering the whole day – can be followed on www.universalis.com

church help phone number

If you'd appreciate some spiritual support from a priest or deputies, have any practical needs, or just feel the need to reach out, please ring:

01483 564526

Parish office email

parishoffice@saintnics.com

We shall endeavour to post the latest information and any news on the church website:

www.saintnics.com



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