

Church at Home

Some spiritual resources

During the Covid-19 pandemic

Holy Trinity

Cuckfield



You are not alone

Holy Trinity, Cuckfield 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 (although we dearly love it). We are 'open' and we are still a worshipping community.

Self-care

However, 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:

- 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 check the church porch for a print-out.

www.royalvoluntaryservice.org.uk/our-services/advice-and-support/easyexercises-to-do-at-home

- Eat healthy balanced meals and get plenty of sleep
- Read that book you've never got round to, or listening to music, items or plays on the radio
- Make lots of time for any hobbies
- Connect with others, particularly if you need help

Please Beware of Scams – be wary of offers of help from those you don't know. We have had several recently. Phone people to see if they have contacted you via email, and don't download attachments until you are sure. Better safe than sorry!

A retreat at home

Because of the circumstances, we now have time and can leave aside the busyness that normally distracts us from prayer. Where is God? Closer than we can imagine, 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 saying the verse of a well-loved hymn or making a very slow sign of the Cross to remind how much you are loved by God through Jesus Christ.

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

Read a passage 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 the words over, let them sink in and then perhaps read again. Speak to God, or let God speak to you in the depths of your heart.

Prayer at home

One excellent resource is Pray As You Go with a short input for each day. Based on Ignatian spirituality, it is very accessible:

www.pray-as-you-go.org

Perhaps this would be a good time to learn, or return to Christian meditation. The Centering Prayer is simple and works well for many people.

www.contemplativeoutreachuk.com

Several people enjoy the daily reflections from the Centre for Action and Contemplation. This multi-denominational group (Director: Richard Rohr) produces a daily reflection:

www.cac.org

Most Sundays there will also be something on BBC radio / television.

We are exploring the opportunity to provide online worship - keep an eye on the website:

www.holytrinitycuckfield.org

Let Holy Communion - the Eucharist— come into your home

The Eucharist is at the centre of our worshipping community at Holy Trinity, but at present we are unable to share around the table of the Lord. However, Michael will still preside at the Eucharist in church at 9.45 on Sundays (and at other times) although the church **will not be open for you to come**. However, if you can, set aside some time during the time of our main act of worship to pray with and for the rest of the community, together with our neighbours and friends.

When it is not possible to receive Holy Communion, we can all be united through making a spiritual communion. Copies of a form of worship will be provided online and in the church porch. Here is a lovely prayer to help you.

***Good Loving Jesus, we know you to be present in the breaking of the bread.
Through you, may we recognise God's love shining on us.
May I too know myself to be held safe and sure.
As I cannot receive you through the sacrament, come spiritually to me
that I may know myself to be wholly in communion with God now and forever. Amen***

Based on a prayer of St Alphonsus Liguori

Daily Prayer

Morning and Evening Prayer and Compline are part of the pattern of worship open to everyone every day. You can download a free app. Just one thing – sometimes the readings can be very long, so it is quite acceptable to perhaps do just the Old Testament Reading at Morning Prayer and the New Testament at Evening Prayer. Don't be afraid to cut some of the other responses etc which are optional. You can choose the traditional or modern options. Make it work for you!

www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

The Bible Society offers an excellent daily Bible meditation which is another good way to interact with the Scriptures

www.biblesociety.org.uk/explore-the-bible/daily-reflection

The Roman Catholic Daily Prayer contains an Office of Readings usually with an early Christian reading (which can be rewarding) as well as a Biblical one, although I don't care for the psalm translation used!

www.universalis.com

Church Help Phone Number

If you would appreciate some spiritual support from Michael or the team, have any practical needs, to update us on members of the church family, or just want to talk to someone, please ring;

01444 456461

and we will get back to you as quickly as possible. Do also check the website for the latest information and church news

www.holytrinitycuckfield.org

Parish Office email: htcuckfield.churchoffice@talktalk.net

***O Great Love, we thank you for living and loving in us and through us.
May all that we do flow from the knowledge of our deep connection with you and all creation.
Help us become a community that shares each other's burdens and reveals the wonder
of your glory. Listen to our hearts' longings for the healing of our world
knowing that you hear more clearly than we can speak;
we offer this prayer through Jesus Christ, your Son, Our Lord. Amen.***



*I am the vine and you are the branches.
If you remain in me and I in you,
you will bear much fruit.*

John 15: 5