

St Marylebone

Mini Mobile Monastery

‘Lockdown’ November 2020

The Archbishops of Canterbury and York and the Bishop of London encourage us to fast pray intentionally during this second lockdown.

Many of us will be anxious, lonely, feeling disconnected and unsettled.

This St Marylebone Mini Mobile Monastery timetable will unite us, purposefully, in daily prayer and worshipping together for the good of all and the glory of God, despite being separated.

Join in with this simple pattern in whichever way you find helpful and enriching. As you do, know that you are not alone: saints, angels, *and* the clergy and other St Marylebone parishioners are praying with you.



Sunday

(Always a Feast Day – treat yourself!)

Upon Waking

+ Grant, O Lord, that none may love you less this day because of me; that never word or act of mine may turn one soul from thee; And, ever daring, yet one more grace would I implore, That many souls this day, because of me, may love thee more. Amen.

8.30am

Our Father...



11.00am

Act of Spiritual Communion / watch the Eucharist on the Parish Church's YouTube Channel



Sunday Continued (Always a Feast Day – treat yourself!)

At 5.00pm

Psalm 121

I will lift up mine eyes unto the hills:
from whence cometh my help.

My help cometh even from the Lord:
who hath made heaven and earth.

He will not suffer thy foot to be moved:
and he that keepeth thee will not sleep.

Behold, he that keepeth Israel:
shall neither slumber nor sleep.

The Lord himself is thy keeper:
the Lord is thy defence upon thy right hand;

So that the sun shall not burn thee by day:
neither the moon by night.

The Lord shall preserve thee from all evil:
yea, it is even he that shall keep thy soul.

The Lord shall preserve thy going out, and thy coming in in:
from this time forth for evermore.

Glory be to the Father, and to the Son: and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be: world without end. Amen



Upon Retiring

+ Lord, now lettest thou thy servant depart in peace:
according to thy word.

For mine eyes have seen:
thy salvation;

Which thou hast prepared:
before the face of all people;

To be a light to lighten the Gentiles :
and to be the glory of thy people Israel.

Glory be to the Father, and to the Son: and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be: world without end. Amen

Monday

Upon Waking

+ Father, I offer to you this day

All my thoughts, words and actions,

All my sufferings and disappointments, and all my joys.

And I unite my life with that of your beloved Son, Jesus Christ. Amen.

At 9.30am

From Psalm 96

O sing unto the Lord a new song :

sing unto the Lord, all the whole earth.

Sing unto the Lord, and praise his Name:

be telling of his salvation from day to day.

Declare his honour unto the heathen:

and his wonders unto all people.

For the Lord is great, and cannot worthily be praised:

he is more to be feared than all gods.

As for all the gods of the heathen, they are but idols:

but it is the Lord that made the heavens.

Glory and worship are before him:

power and honour are in his sanctuary.

Ascribe unto the Lord, O ye kindreds of the people:

ascribe unto the Lord worship and power.

Ascribe unto the Lord the honour due unto his Name:

bring presents, and come into his courts.

O worship the Lord in the beauty of holiness:

let the whole earth stand in awe of him.

Glory be to the Father, and to the Son:

and to the Holy Spirit,

as it was in the beginning,

is now, and ever shall be:

world without end. Amen



Monday Continued

At Noon

Our Lady of Tyburn, Pray for us,

that we may be made worthy of the promises of Christ.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His + Cross and Passion be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

At 5.00pm

May the thanks we express this evening, Lord, be for us a foretaste of the grateful joy which will fill our hearts when your Kingdom comes.

Until then, let us grow ever stronger in faith, hope and love.

Through Christ our Lord. Amen

Upon Retiring

From Psalm 62

My soul, wait thou still upon God:

for my hope is in him.

He truly is my strength and my salvation:

he is my defence, so that I shall not fall.

In God is my health, and my glory:

the rock of my might, and in God is my trust.

O put your trust in him always, ye people:

pour out your hearts before him, for God is our hope.

As for the children of men, they are but vanity:

the children of men are deceitful upon the weights, they are altogether lighter than vanity itself.

O trust not in wrong and robbery, give not yourselves unto vanity:

if riches increase, set not your heart upon them.

God spake once, and twice I have also heard the same:

that power belongeth unto God;

And that thou, Lord, art merciful:

for thou rewardest every man according to his work.

Glory be to the Father, and to the Son: and to the Holy Spirit,

as it was in the beginning, is now, and ever shall be: world without end. Amen



Tuesday

Upon Waking

+ Father,

You have brought us to the beginning of a new day.

Your hand is upon us to care for and protect us.

We offer you our lives and hearts.

May we always do your will

And love our neighbour as ourselves. Amen.

7.40am

Jesus says: 'I am the Good shepherd. I know my sheep and my sheep know me' (St John)

Spend a few minutes in silent prayer, whilst 'Spiritual Gym' is celebrated.

At 9.30am

St Paul's First Letter to the Corinthians (15.51-55)

Listen, I tell you a mystery: We will not all sleep, but we will all be changed - in a flash, in the twinkling of an eye, at the last trumpet.

For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: "Death has been swallowed up in victory."

"Where, O death, is your victory?

Where, O death, is your sting?

At Noon

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of death. Amen.

Our Father...



Tuesday Continued

At 5.00pm

Psalm 4

Hear me when I call, O God of my righteousness:

thou hast set me at liberty when I was in trouble; have mercy upon me, and hearken unto my prayer.

O ye sons of men, how long will ye blaspheme mine honour:
and have such pleasure in vanity, and seek after leasing?

Know this also, that the Lord hath chosen to himself the man that is godly:
when I call upon the Lord, he will hear me.

Stand in awe, and sin not:

commune with your own heart, and in your chamber, and be still.

Offer the sacrifice of righteousness:

and put your trust in the Lord.

There be many that say:

Who will shew us any good?

Lord, lift thou up:

the light of thy countenance upon us.

Thou hast put gladness in my heart:

since the time that their corn, and wine, and oil, increased.

I will lay me down in peace, and take my rest:

for it is thou, Lord, only, that makest me dwell in safety.

Glory be to the Father, and to the Son:

and to the Holy Spirit,

as it was in the beginning, is now, and ever shall be:

world without end. Amen

Upon Retiring

I hand over to your care, Lord,

+ My soul and body, my mind and thoughts,

My prayers and my hopes, my health and my work,

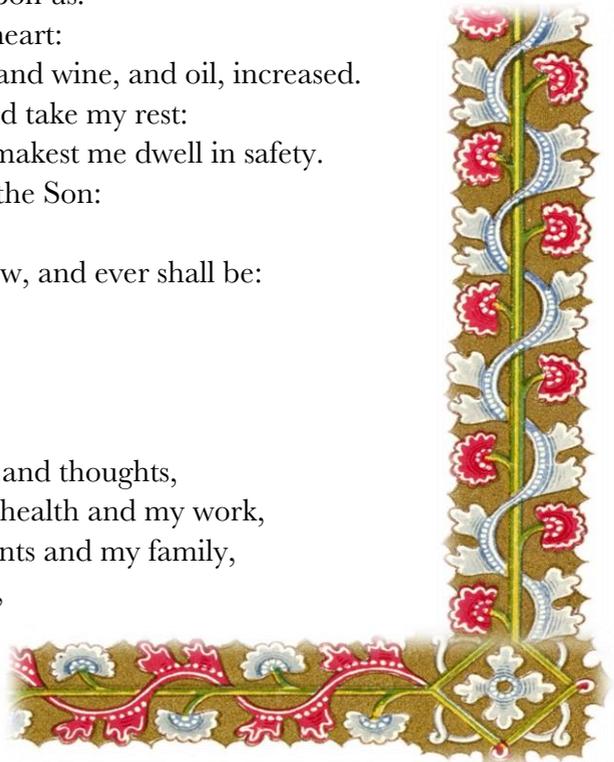
My life and my death, my parents and my family,

My friends and my neighbours,

My country, and all people.

Today and always.

Amen.



Wednesday

(Fast day)

Upon Waking

O Lord, open thou our lips: And our mouth shall shew forth thy praise.
+ O God, make speed to save us: O Lord, make haste to help us.

At 9.30am

Psalm 91

Whoso dwelleth under the defence of the most High:
shall abide under the shadow of the Almighty.

I will say unto the Lord, Thou art my hope, and my strong hold:
my God, in him will I trust.

For he shall deliver thee from the snare of the hunter:
and from the noisome pestilence.

He shall defend thee under his wings, and thou shalt be safe under his feathers:
his faithfulness and truth shall be thy shield and buckler.

Thou shalt not be afraid for any terror by night:

nor for the arrow that flieth by day; For the pestilence that walketh in darkness:
nor for the sickness that destroyeth in the noon-day.

A thousand shall fall beside thee, and ten thousand at thy right hand:
but it shall not come nigh thee.

Yea, with thine eyes shalt thou behold: and see the reward of the ungodly.

For thou, Lord, art my hope: thou hast set thine house of defence very high.

There shall no evil happen unto thee:

neither shall any plague come nigh thy dwelling.

For he shall give his angels charge over thee: to keep thee in all thy ways.

They shall bear thee in their hands: that thou hurt not thy foot against a stone.

Thou shalt go upon the lion and adder:

the young lion and the dragon shalt thou tread under thy feet.

Because he hath set his love upon me, therefore will I deliver him:

I will set him up, because he hath known my Name.

He shall call upon me, and I will hear him:

yea, I am with him in trouble; I will deliver him, and bring him to honour.

With long life will I satisfy him: and shew him my salvation.

Glory be to the Father, and to the Son:

and to the Holy Spirit,

as it was in the beginning, is now, and ever shall be:

world without end. Amen

Wednesday Continued

(Fast day)

At 1.10pm

Pray for the St Marylebone HCC, our ministries of healing and hospital chaplaincy. For all who are sick in body, mind or spirit. Join in the Holy Eucharist with Healing Prayers on the Parish Church YouTube Channel.

At 5.00pm

Blessed are you, sovereign God,
our light and our salvation,
to you be praise and glory for ever.
Now as darkness is falling, wash away
our transgressions, cleanse us by your refining fire
and make us temples of your Holy Spirit.
By the light of Christ, dispel the darkness of our hearts
and make us ready to enter your kingdom,
where songs of praise forever sound.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God forever.

Upon Retiring

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may thy holy angels dwell with us and guard us in peace,
and may thy + blessing be always upon us;
through Jesus Christ our Lord.
Amen.

Lighten our darkness, we beseech thee, O Lord;
and by thy great mercy defend us
from all perils and dangers of this night;
for the love of thy only Son,
our Saviour, Jesus Christ. Amen.

*On Fast Days, choose to forego a treat
- maybe meat or chocolate, alcohol or TV?
Do it intentionally as a sacrifice
on behalf of all who are suffering.*



Thursday

Upon Waking

O LORD, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. Amen.

At 9.30am

From St Paul's Letter to the Philippians (4.4-9)

Rejoice in the Lord always. I will say it again: Rejoice!

Let your gentleness be evident to all. The Lord is near.

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.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.

Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

At Noon

Holy Spirit, giver of Life,

Who didst overshadow the Blessed Virgin Mary

that she might become the Mother our Lord,

do Thou likewise, work silently within my heart, to form within me,

the fullness of His redeemed and redeeming humanity;

that my heart may burn with love of God and love for men.

Give me a share, in His joy and His sorrow,

His weakness and His strength,

His labour for the world's salvation.

May Mary, blessed among women, pray for me,

that Christ may be formed within me,

and that I may live in union of heart and will with Him,

Who is alive and reigns at the Father's right hand,

now and for ever. Amen.

Thursday Continued

At 5.00pm

Psalm 134

Behold now, praise the Lord:

all ye servants of the Lord;

Ye that by night stand in the house of the Lord:

even in the courts of the house of our God.

Lift up your hands in the sanctuary:

and praise the Lord.

The Lord that made heaven and earth:

give thee blessing out of Sion.

Glory be to the Father, and to the Son:

and to the Holy Spirit,

as it was in the beginning, is now, and ever shall be:

world without end. Amen

Upon Retiring

The Methodist Covenant Prayer

I am no longer my own but yours.

Put me to what you will,

rank me with whom you will;

put me to doing,

put me to suffering;

let me be employed for you,

or laid aside for you,

exalted for you,

or brought low for you;

let me be full,

let me be empty,

let me have all things,

let me have nothing:

I freely and wholeheartedly yield all things

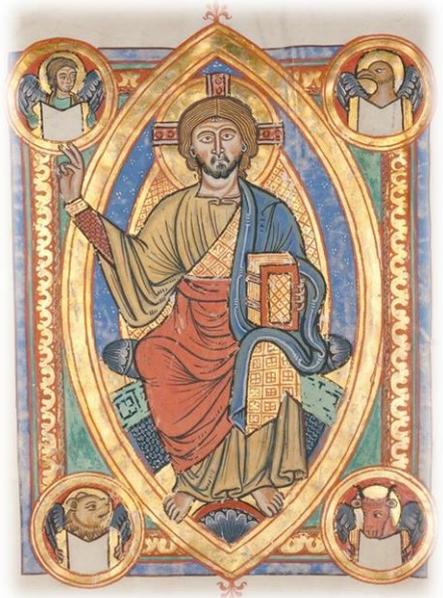
to your pleasure and disposal.

And now, glorious and blessed God,

+ Father, Son and Holy Spirit,

you are mine and I am yours. So be it.

And the covenant now made on earth, let it be ratified in heaven.



Friday

(Fast day)

Upon Waking

+ 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.
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.

At 9.30am

Pray for the community of St Marylebone Parish Church, the worldwide Church and all in need whilst the 9.30 Friday Holy Eucharist is celebrated.

At Noon

+ Soul of Christ, sanctify me. Body of Christ, save me.
Blood of Christ, inebriate me. Water from the side of Christ, wash me.
Passion of Christ, strengthen me. O good Jesu, hear me.
Within your wounds hide me. Suffer me not to be separated from you.
From the malicious Enemy defend me. In the hour of my death call me
and bid me come to you, that with your Saints I may praise you, for ever. Amen.

At 5.00pm

From St John's Gospel (3.16)

For God so loved the world, that He gave His only begotten Son, that
whosoever believeth in Him should not perish, but have everlasting life.

Upon Retiring

God, our Father, this day is done. We ask you and Jesus Christ, your Son,
that with the Spirit, our welcome guest, you guard our sleep and bless our rest.
Amen.

Saturday

Upon Waking

O Lord, open thou our lips: And our mouth shall shew forth thy praise.
+ O God, make speed to save us: O Lord, make haste to help us.

At 9.30am

From St John's Gospel (11) After the death of Lazarus.

Jesus said to Martha, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

"Yes, Lord," she replied, "I believe that you are the Messiah, the Son of God, who is to come into the world."

At Noon

Our Father...



At 5.00pm

+ My soul doth magnify the Lord:
and my spirit hath rejoiced in God my Saviour.
For he hath regarded: the lowliness of his hand-maiden.
For behold, from henceforth: all generations shall call me blessed.
For he that is mighty hath magnified me: and holy is his Name.
And his mercy is on them that fear him: throughout all generations.
He hath shewed strength with his arm:
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat:
and hath exalted the humble and meek.
He hath filled the hungry with good things: and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel:
as he promised to our forefathers, Abraham and his seed, for ever.
Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

Upon Retiring

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.