Special prayers for you at this difficult time



Reverend Tim Watson of Leesland Community Church in Gosport, who regularly supports the Diocesan Education Team, has written the following prayers and poems for those feeling isolated. These selections come from his book, *Poems, Prayers, and Postures for the Isolated*, which can be downloaded free on line at

<https://proost.co.uk/free-stuff>

**MORNING PRAYER FOR THOSE SOCIALLY DISTANCING OR IN ISOLATION**

**Opening Prayer**

Creator God,

I hold before you the day that lies ahead:

The hours that stretch out before me

I hold before you my heart

Help me to find space for you and the things that uplift

I hold before you my mind

Help me to find both stimulation and rest when they are needed

I hold before you my body

Help me to stay healthy and find a balance of activity in the hours ahead

In the midst of it all, you Lord are present

Amen

**Stepping Into Silence**

In the silence I wait on you Lord, knowing that you are near

*silence is kept*

In the silence I wait on you Lord, knowing that you care

*silence is kept*

In the silence I wait on you Lord, knowing that I can trust in you.

*silence is kept*

**Prayers for Others**

Wonderful God,

I hold before you all those who I would have seen today

Neighbours

Colleagues

Friends

Make yourself known to them.

Help me to hope for them from a distance

Help me to love them from a distance

Amen



**EVERY DAY**

Every day

New news batters

And bruises

Posts post truths

Causes clueless Confusions

All nonsense

No sense found

Up feels down

And here we stand

**A SOCIALLY DISTANT NIGHT LIKE THIS**

I see you in the street

Almost a world away

While our eyes may meet

Our hands will not

For you have your isolation

And I have mine

Barely a road width apart

Orbiting different homes

Flung out by different forces

The neighbourhood torn apart

Our job is to tether it together

And raise a glass from afar



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