

ONLINE RESOURCES

If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.

Websites

Check <https://www.sspeterandpaul-rustington.org.uk/>

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

An Ordinary Office: <http://anordinaryoffice.org.uk/>.

"An Ordinary Office" is designed to be very accessible (you can follow it through text, symbol, audio, or video). Easy to pray if you're unwell or very tired. Morning, midday, and evening prayer, plus "nocturnes" for those who can't sleep.

The Northumbria Community:

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>.

Short but poetic forms of daily prayer in the "Celtic" style.

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

A separate pack is being made for children and families.

But for some initial ideas for children please see:

<http://www.thebricktestament.com/home.html>

Search for 'veggietales' or 'julia plaut' or 'Hillsongs Jr.'

Investigate Saddleback kids animated bible stories:

https://www.youtube.com/playlist?list=PL5aPdmniG3y_n7hXEKTV4qQnleCe-p6Ws

There are loads of Christian puzzles, crafts and colouring sheets if you search for them. Have fun!

A PRAYER LABYRINTH

You might find it helpful to 'walk' the labyrinth by tracing it with your finger as you pray.



PASTORAL SUPPORT

If you require pastoral or practical support or have special requests for prayer, please call the church office on 01903 850509 and if necessary leave a message, or email spsp.office@gmail.com
In an emergency call the Vicar Natalie Loveless on 07485 298145.

Take care of yourself at this time.

Please follow the Advice from Public Health England.