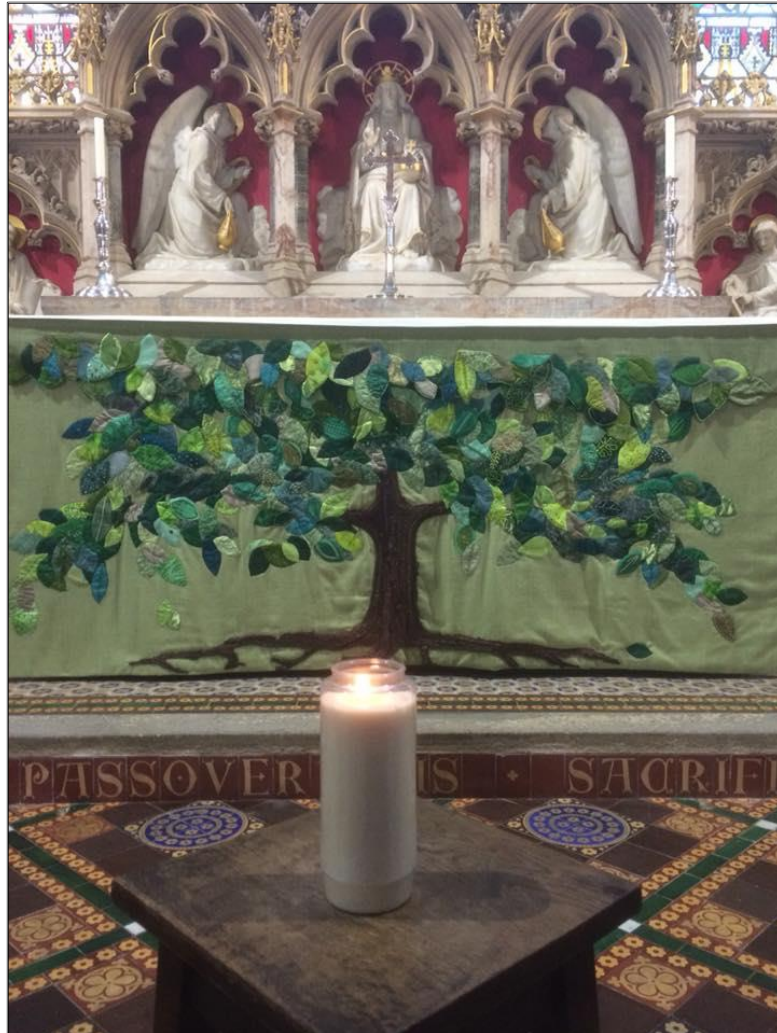


# The Parish of Louth and Deanery of Louthesk

Worship resources for use  
in the home



[www.teamparishoflouth.org.uk](http://www.teamparishoflouth.org.uk)



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# WORSHIP DURING THE WEEK...

The following basic pattern of services takes place each week, and all services marked \* are streamed via the Parish of Louth facebook page ([www.facebook.com/louthchurch](http://www.facebook.com/louthchurch)) and Evening Prayer will be streamed when possible.

(N.B.: You should not need to be signed up to Facebook to access this – just click 'Not now' if it asks you to sign up)

<b>Sunday</b>	10am	<b>Eucharist*</b> at St James'
	6pm	<b>Choral Evensong or Plainsong Evensong*</b> at St James'
<b>Monday</b>	9 15am	<b>Matins*</b> at St James'
	4pm	<b>Evening Prayer</b> in one of the villages
	7 30pm	<b>Compline*</b> at St James'
<b>Tuesday</b>	9 15am	<b>Morning Prayer*</b> at Trinity Centre
	11am	<b>Holy Communion*</b> at St James'
	4pm	<b>Evening Prayer</b> in one of the villages
	7 30pm	<b>Compline*</b> at St James'
<b>Wednesday</b>	9 15am	<b>Matins*</b> at St James'
	3 30pm	<b>Choral Evensong</b> , broadcast on BBS Radio 3
	7 30pm	<b>Compline*</b> at St James'
<b>Thursday</b>	9 15am	<b>Matins*</b> at St James'
	4pm	<b>Evening Prayer</b> in one of the villages
	7 30pm	<b>Compline*</b> at St James'
<b>Monday</b>	9 15am	<b>Matins*</b> at St James'
	4pm	<b>Evening Prayer</b> in one of the villages
	7 30pm	<b>Compline*</b> at St James'
<b>Saturday</b>	12 30pm	<b>Midday Prayer*</b> at St James'

## JOINING IN WORSHIP with Facebook and Pow-Wow

 Watch Louth CofE Services as live streams (and previously recorded) on Facebook. No account needed

All our worship at St James' is being streamed on the Parish of Louth facebook page. You do not need a Facebook account to view these services – just click on 'Not know' when it asks you to sign up.

[www.facebook.com/louthchurch/live](http://www.facebook.com/louthchurch/live)

### The Sunday morning and evening services are accessible by 'phone.

Please 'phone Tiffany Noden on 01507 600929 for the ID number that you will need in order to access the service.

At 10am or 6pm on Sunday, please join the service by calling 0330 336 0036 – you will be asked to enter the ID to access the service.

# Spiritual Communion when unable to attend a celebration of the Eucharist

*If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in bold type. If alone read all the words aloud. You may want to light a candle before you begin, and have a bible, cross or crucifix to look at.*

The Lord is here. **His Spirit is with us.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

*The Collect Prayer and Readings (printed in the Weekly Newsletter)*

*Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic. End your intercessions with The Lord's Prayer.*

**OUR Father, which art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil: For thine is the kingdom, The power, and the glory, For ever and ever. Amen.**

*An Act of Contrition*

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

*An Act of Spiritual Reception*

In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

O LORD and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion. Amen.

*End by praying the Grace:*

The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us now and evermore. **Amen.**

# Matins and Evensong: An Order of Service

*If used in the context of a family or household the words in **bold** are said by all. If said alone, all words are spoken by the individual praying.*

*Along with this order of service you will need a Bible for the psalm and readings. Details of which psalm and readings to use are found in the Weekly Newsletter.*

O Lord, open thou our lips.

**And our mouths shall shew forth thy praise.**

O God, make speed to save us.

**O Lord, make haste to help us.**

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.**

Praise ye the Lord.

**The Lord's name be praised.**

## ***The Word of God***

*Say or recite the **Easter Anthems** (at Matins during Eastertide), the **Venite, Exultemus Domino** (Psalm 95, at Matins at other times) and the appointed **Psalm(s)**.*

**Christ our passover is sacrificed for us: therefore let us keep the feast;**

**Not with the old leaven, nor with the leaven of malice and wickedness: but with the unleavened bread of sincerity and truth.** *1 Corinthians 5.7b, 8*

**Christ being raised from the dead dieth no more: death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. Likewise reckon ye also yourselves to be dead indeed unto sin: but alive unto God, through Jesus Christ our Lord.** *Rom 6.9-11*

**Christ is risen from the dead: and become the first fruits of them that slept. For since by man came death: by man came also the resurrection of the dead. For as in Adam all die: even so in Christ shall all be made alive.** *1 Cor 15.*

**Glory be to the Father, and to the Son: and to the Holy Ghost;** *20-22*

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

**Amen.**

*The Psalm ends with the 'Gloria patri':*

**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.**

*A Reading from The Old Testament. (See the Weekly Newsletter for details)*

*Say or sing the **Canticle**; either the Benedictus (at Matins) or Magnificat (at Evening Prayer):*

**Blessed be the Lord God of Israel: for he hath visited and redeemed his people; And hath raised up a mighty salvation for us: in the house of his servant David; As he spake by the mouth of his holy prophets: which have been since the world began; That we should be saved from our enemies: and from the hands of all that hate us; To perform the mercy promised to our forefathers: and to remember his holy covenant; To perform the oath which he sware to our forefather Abraham: that he would give us; That we being delivered out of the hand of our enemies: might serve him without fear; In holiness and righteousness before him: all the days of our life. And thou child shalt be called the Prophet of the Highest: for thou shalt go before the face of the Lord to prepare his ways; To give knowledge of salvation unto his people: for the remission of their sins, Through the tender mercy of our God: whereby the day-spring from on high hath visited us; To give light to them that sit in darkness and in the shadow of death: and to guide our feet into the way of peace.**

**My soul doth magnify the Lord: and my spirit hath rejoiced in God my Saviour. For he hath regarded: the lowliness of his handmaiden. 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.-**

*A Reading from The New Testament. (See the Weekly Newsletter for details)*

*At Evening Prayer, we also say the **Nunc Dimittis**:*

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

## ***The Creed***

*You may wish to stand to say the Apostles' Creed:*

**I believe in God the Father almighty,  
maker of heaven and earth:  
and in Jesus Christ his only Son our Lord,  
who was conceived by the Holy Ghost,  
born of the Virgin Mary, suffered under Pontius Pilate,  
was crucified, dead and buried.  
He descended into hell; the third day he rose again from the dead;  
he ascended into heaven,  
and sitteth on the right hand of God the Father almighty;  
from thence he shall come to judge the quick and the dead.  
I believe in the Holy Ghost; the holy catholic Church;  
the communion of saints; the forgiveness of sins;  
the resurrection of the body, and the life everlasting.  
Amen.**

## ***The Prayers***

*The Lesser Litany, Lord's Prayer and Prayers:*

The Lord be with you.

**And with thy spirit.**

Let us pray.

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**Our Father which art in heaven, Hallowed be thy name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.**

O Lord, shew thy mercy upon us.

**And grant us thy salvation.**

O Lord, save the Queen.

**And mercifully hear us when we call upon thee.**

Endue thy ministers with righteousness.

**And make thy chosen people joyful.**

O Lord, save thy people.

**And bless thine inheritance.**

Give peace in our time, O Lord.

**Because there is none other that fighteth for us,  
but only thou, O God.**

O God, make clean our hearts within us.

**And take not thy Holy Spirit from us.**

*These Prayers end with one or more Collects for the Day (see page 1) and the following morning or evening Collects:*

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom; defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

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.**

O God, from whom all holy desires, all good counsels, and all just works do proceed; give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that, by thee, we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. **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.**



## ***A time for Reflection***

*You may find this a good time to play a piece of recorded music or listen to one of the podcasts/video meditations.*

## ***The Conclusion***

*The service ends by praying the **Grace**:*

The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us now and evermore. **Amen.**





# Morning Prayer (Common Worship): An Order of Service

*Additional canticles and responsories for daily and seasonal use can be accessed from the Church of England website ([www.churchofengland.org](http://www.churchofengland.org)) which also provides the psalm and readings appropriate for each day.*

## ***Preparation***

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

Blessed are you, creator of all,  
to you be praise and glory for ever.  
As your dawn renews the face of the earth  
bringing light and life to all creation,  
may we rejoice in this day you have made;  
as we wake refreshed from the depths of sleep,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.  
Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

*after Lancelot Andrewes (1626)*

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**Amen.**

*A candle may be lit and silence may be kept.*

Come, Holy Spirit of God,  
**and search our hearts with the light of Christ.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

The second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

*After a period of reflection*

Come, let us return to the Lord and say:

**Lord our God,  
in our sin we have avoided your call.  
Our love for you is like a morning cloud,  
like the dew that goes away early.  
Have mercy on us;  
deliver us from judgement;  
bind up our wounds and revive us;  
in Jesus Christ our Lord.**

**Amen**

*cf Hosea 6*

May almighty God,

who sent his Son into the world to save sinners,  
bring *us* his pardon and peace, now and for ever.

**Amen.**

## ***The Word of God***

*The appointed psalm(s) is/are said. Each psalm or group of psalms may end with*

**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.**

*One or more readings appointed for the day are read.*

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

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,

*Luke 1.68-79*

**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.**

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

*Intercessions are offered:*

*for the day and its tasks*

*for the world and its needs*

*for the Church and her life*

*The Collect of the Day is said.*

*The Lord's Prayer is said*

As our Saviour taught us, so we pray

**Our Father in heaven,**

**hallowed be your name,**

**your kingdom come,**

**your will be done,**

**on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours**

**now and for ever.**

**Amen.**

## ***The Conclusion***

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

# Evening Prayer (Common Worship): An Order of Service

*Additional canticles and responsories for daily and seasonal use can be accessed from the Church of England website ([www.churchofengland.org](http://www.churchofengland.org)) which also provides the psalm and readings appropriate for each day.*

## ***Preparation***

O God make speed to save us.

**O Lord make haste to help us.**

Blessed are you, Lord God, creator of day and night:  
to you be praise and glory for ever.

As darkness falls you renew your promise  
to reveal among us the light of your presence.

By the light of Christ, your living Word,  
dispel the darkness of our hearts  
that we may walk as children of light  
and sing your praise throughout the world.

Blessed be God, Father, Son and Holy Spirit:

**Blessed be God for ever.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept.*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.

**Amen.**

## ***The Word of God***

*The appointed psalm(s) is/are said. Each psalm or group of psalms may end with*

**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.**

*One or more readings appointed for the day are read.*



**My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.  
From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.**

**He has mercy on those who fear him,  
from generation to generation.**

**He has shown strength with his arm  
and has scattered the proud in their conceit,  
Casting down the mighty from their thrones  
and lifting up the lowly.**

**He has filled the hungry with good things  
and sent the rich away empty.**

**He has come to the aid of his servant Israel,  
to remember his promise of mercy,  
The promise made to our ancestors,  
to Abraham and his children for ever.**

*Luke 1.46-55*

**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.**

## ***Affirmation of Faith***

Let us declare our faith in God.

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit.  
Amen.**

*Intercessions are offered:*

*for peace*

*for individuals and their needs*

*The Collect of the Day is said.*

*The Lord's Prayer is said*

As our Saviour taught us, so we pray

**Our Father in heaven,**

**hallowed be your name,**

**your kingdom come,**

**your will be done,**

**on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours**

**now and for ever.**

**Amen.**

## ***The Conclusion***

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

# Compline (or Night Prayer): An Order of Service

## *The Preparation*

The Lord almighty grant us a quiet night and a perfect end.

**Amen.**

Brethren, be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist, steadfast in the faith.

But thou, O Lord, have mercy upon us.

**Thanks be to God**

Our help is in the name of the Lord  
**who hath made heaven and earth.**

*Silence is kept.*

**We confess to God almighty, the Father, the Son and the Holy Ghost,  
that we have sinned in thought, word and deed, through our own grievous fault.  
Wherefore we pray God to have mercy upon us.**

**Almighty God, have mercy upon us, forgive us all our sins and deliver us from all evil,  
confirm and strengthen us in all goodness, and bring us to everlasting life,  
through Jesus Christ our Lord.**

**Amen.**

Turn us, O God our Saviour.

**And let thine anger cease from us.**

O God, make speed to save us.

**O Lord, make haste to help us.**

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.**

Praise ye the Lord.

**The Lord's name be praised.**

## *The Office Hymn*



Before the ending of the day,  
**Creator of the world, we pray  
That with thy wonted favour thou  
Wouldst be our guard and keeper now.**

From all ill dreams defend our eyes  
From nightly fears and fantasies;  
Tread under foot our ghostly foe,  
That no pollution we may know.

O Father, that we ask be done,  
Through Jesus Christ, thine only Son;  
Who with the Holy Ghost and thee,  
Doth live and reign eternally. Amen.

## ***The Word of God***

*Verses from Psalm 4, or another suitable psalm are said or sung.*

**Antiphon** (which may be said before and after the psalm)

Have mercy upon me, O God, **and hearken unto my prayer.**

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 Ghost.**

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

*A Reading from the Old and/or New Testament is read. The following suggested readings may be suitable:*

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God. *Jeremiah 14.9*

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever. *Revelation 22.4, 5*

## ***Responsory***

Into thy hands, O Lord, I commend my spirit.

**Into thy hands, O Lord, I commend my spirit.**

For thou hast redeemed me, O Lord, thou God of truth;

**I commend my spirit.**

Glory be to the Father, and to the Son, and to the Holy Ghost.

**Into thy hands, O Lord, I commend my spirit.**

Keep me as the apple of an eye;

**Hide me under the shadow of thy wings.**

## ***Gospel Cantic: Nunc Dimittis***

**Antiphon** (which may be said before and after the cantic)

Preserve us, O Lord, while waking, **and guard us while sleeping,**

**that awake we may watch with Christ, and asleep we may rest in peace.**

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

## ***The Prayers***

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**Our Father, which art in heaven, hallowed be thy name, thy kingdom come, thy will be done in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.**

*A time of prayer ends with the following or another suitable Collect:*

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.**

## ***The Conclusion***

We will lay us down in peace and take our rest.

**For it is thou, Lord, only that makest us dwell in safety.**

Abide with us, O Lord

**for it is toward evening and the day is far spent.**

As the watchmen look for the morning

**so do we look for thee, O Lord.**



The Lord be with you  
**and with thy spirit.**  
Let us bless the Lord  
**Thanks be to God.**

The almighty and merciful Lord, the Father, the Son, and the Holy Ghost,  
bless us and preserve us. **Amen.**

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## SOME MORE RESOURCES FOR REFLECTION

### Parish of Louth on Facebook

So far as possible, all services are being streamed on Facebook Live (*you do not need to be a registered facebook user to access this* – please click on the 'Not now' button when it asks you to sign in):

<https://www.facebook.com/louthchurch>

### Parish of Louth website:

Downloadable resources (including this leaflet), an uploaded broadcast of Sunday Eucharist from St James, and regular video meditations:

[www.teamparishoflouth.org.uk](http://www.teamparishoflouth.org.uk)

### Deanery of Louthesk: The Confraternity of St Herefrith

Video and other prayer resources will be available from the confraternity's website, including a regular meditations by members of the clergy serving the Deanery of Louthesk.

<https://herefrith.org/confraternity-resources/video/>

### Society of Jesus: Resources for daily reflection:

A general resource for daily reflection:

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>

A resource for reflection for families:

<https://www.dsj.org/wp-content/uploads/2016/10/STF-Daily-Examen-for-Families.pdf>

**Church of England: Daily HOPE:** A free phone line of hymns, prayers and reflections (24 hours a day):

**0800 804 8044**