

Subject: Daily Prayer 20th March 2020
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Dear all Father Simon has very kindly written a few words for us today:-

Good Morning Everybody!

Now even though we unexpectedly find ourselves enveloped by the Covid 19 pandemic, we are blessed with blue sky, Sunshine and the gift of another day to praise the Lord.

So however heavy our hearts may feel, whatever our fears - we all have very much for which to thank the Lord and this must be the foundation stone of each and every day.

Our enforced isolation here on Mallorca is a God-given opportunity to do some Spritual Spring-cleaning! Now is the time to put our Spritual lives in order.....perhaps for the first time in many years. We have been given time, perhaps unwanted by some, to review our lives to date and to restore our relationship with Christ, our family, our friends and the world. Now is the time for penance and for admitting our failings before God. God loves a penitent sinner. With His forgiveness, we are transformed and can transform bruised and broken relationships. We can become empowered by the Holy Spirit to use these days to God's greater glory ; and to extend his Kingdom here in Pollenca.

May I suggest that every day during this Emergency and beyond, you observe, as I do here in St Andrews, 1200 - 1300 as a Holy Hour during which we can advance our Spritual Spring Cleaning. Your HH will need to be Bible based. You will have your own favorite Bible texts. And the Psalter with for example Psalm 23 may claim a lot of your attention. But of equal importance are times of silence, so that you can hear God speaking loudly and clearly to you, as He sometimes does.! Just one hour a`day free from the TV and the smartphone!

May we grow together as a community in God's love!

Fr Simon

As a note the Spanish are praying at 3pm every day too.

Let's spend a few minutes in silence before we begin.

Lord our God, we thank you for the help you have given us so that we can stand before you, rejoicing in the certainty of faith. We thank you for guiding and leading our lives and for letting us see a goal ahead. Be with us in times of silence when we seem to be alone. Keep us strong and steadfast through all the turmoil of life. Help us to remain unshaken, for you walk with us holding us by the hand. Amen.

Psalm 81:6-10, 13, 16.

'I relieved your shoulder of the burden;
your hands were freed from the basket.
In distress you called, and I rescued you;
I answered you in the secret place of thunder;
I tested you at the waters of Meribah.

Selah

Hear, O my people, while I admonish you;
O Israel, if you would but listen to me!
There shall be no strange god among you;
you shall not bow down to a foreign god.
I am the LORD your God,
who brought you up out of the land of Egypt.
Open your mouth wide and I will fill it.

O that my people would listen to me,
that Israel would walk in my ways!

I would feed you with the finest of the wheat,
and with honey from the rock I would satisfy you.'

Mark 12:28-34

The First Commandment

One of the scribes came near and heard them disputing with one another, and seeing that he answered them

well, he asked him, 'Which commandment is the first of all?' Jesus answered, 'The first is, "Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, "You shall love your neighbour as yourself." There is no other commandment greater than these.' Then the scribe said to him, 'You are right, Teacher; you have truly said that "he is one, and besides him there is no other"; and "to love him with all the heart, and with all the understanding, and with all the strength", and "to love one's neighbour as oneself",—this is much more important than all whole burnt-offerings and sacrifices.' When Jesus saw that he answered wisely, he said to him, 'You are not far from the kingdom of God.' After that no one dared to ask him any question.

Let us now say together the Lord's Prayer

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come;

thy will be done;

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who 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.

Let us end our time today with a few moments of silence followed by a message from Pope Francis (thank you Nicky)

Tonight before falling asleep, think about when we will return to the street. When we will hug again, when all the shopping together will seem like a party. Let's think about when the coffees will return to the bar, the small talk, the photos close to each other. We think about when it will be a memory, but normality will seem an unexpected and beautiful gift. We will love everything which has so far seemed futile to us. Every second will be precious. Swims in the sea, the sun until late, sunsets, toasts laughter. We will go back to laughing together. Strength and courage. See you soon!

Wishing you blessings and love

Until tomorrow - Vicky