

Dear Diocesan IMC,

Our focus of attention in recent days has been taken up with the latest news and advice regarding the Coronavirus, and its impact on our lives. As Mothers' Union members, prayer is at the core of everything we do. We are a caring organisation and already members are involved in their communities helping those who are confined to their homes.

I hope that the following prayers, suggested readings and ideas will be useful to you in your diocese as you keep in touch with your Indoor Members, following guidelines being given by government and health services. You may be able to pass on prayers, readings and ideas to Branch Leaders via e mail. If you have any other ideas, please feel free to share them. We are living in challenging times and I know that you will play your part caring for others,

Take care,

Norma (All Ireland Indoor Member Contact)

A Prayer for Peace of Mind

You will keep them in perfect peace whose mind is stayed on you.

Heavenly Father, in your love and wisdom you know the fears of all your children. Your Son, Jesus Christ, said to His disciples: "Do not be afraid, it is I," and to the tempest: "Peace be still."

We ask not only for ourselves but for all others especially our healthcare workers, that we may cast all our cares on you, for we know that you care for us.

Give us peace of mind and unshaken trust in you and guide us into perfect peace. Through Jesus Christ our Lord. Amen

(Archbishop Jackson & Archbishop elect McDowell)

Dear Lord, You are the Maker of heaven and earth, as we face the Coronavirus pandemic help us to lift our eyes to you.

May your peace be with those who are feeling anxious,

May your strength be with those working to keep others safe,
May your comfort be with those who are grieving,
May your wisdom light the way for those making decisions,
May your healing be upon those who are unwell,
May your hope fill those who are fearful of the future,
May your compassion prompt us to love our neighbours,
Keep us from harm, watch over our coming and going, both now and forevermore,
Amen (*Christian Aid*)

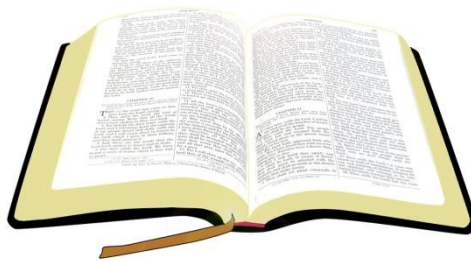


A Personal Prayer

Lord Jesus Christ, you said to your disciples, "I am with you always." Be with me today as I offer myself to you. Hear my prayers for others and for myself and keep me in your care. Amen

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,

Christ in hearts of all that love me,
Christ in mouth of friend and stranger
(attributed to St. Patrick)



Some verses of scripture:

Isaiah 41: 10 - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Psalms 62: 8 Trust in Him at all times O people - pour out your hearts to Him for God is our refuge.

Psalms 91 and Psalm 121 are psalms people turn to in times of anxiety.

Some suggestions:

- Set a time every day e.g. 8 pm to pause and pray for your neighbours, church, community and MU members
- Leave a posy of Spring flowers from your garden for an Indoor Member or an elderly neighbour or a lonely person
- Some children / teenagers might practise their handwriting and letter writing skills by writing a letter to a lonely person or elderly relative
- Share a devotional item with an Indoor Member either by telephone, email or a hand written note

- Phone an Indoor Member, someone living alone and chat about the weather, the plants growing in their garden, the birds which they feed daily
- A Neighbour Care card showing practical Christianity - Those confined to their home can have prescriptions collected, shopping picked up; their dog walked or have a friendly chat by telephone with someone.

If you are self isolating, I can help.

My name is:

My phone number :

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping ☐

Urgent Supplies ☐

Walking your dog ☐

A friendly phone call ☐

Posting mail ☐

Prayer Support ☐

Just call or text me and I will do my best to help you (for free)

Coronavirus is contagious. Avoid physical contact (2m / 6 ft distance)
 Wash your hands regularly. Items will be left on your doorstep