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Following the Government guidance and at the instruction of our bishops, all public worship has now been suspended at The Abbey, as in the rest of the Church of England and many other worshipping communities throughout the world. This is a cause of great sadness and we will have to adapt as we look for new ways to continue to worship and pray together. With that in mind, this little booklet has been produced to help our whole community continue the pilgrim path together.

The options for what to include here are near limitless—the Church has the most wonderful treasury of prayers and devotions, but I have settled on two, in particular, which I commend to you and that I would like to encourage everyone from our Church community to share in and to offer for the good of the world, our nation, Nuneaton, our parish, and our church community through these difficult times: the **Angelus** and the **Litany of the Sacred Heart of Jesus**. Alongside your own daily prayers, please pray these as well and know that we are all praying them together. I commend to you the Angelus to be prayed three times each day (as described on its page in this booklet) and the Litany of the Sacred Heart to be prayed regularly, but particularly on Fridays, between 9am & 10am, if at all possible.

Of most importance, though, is **An Act of Spiritual Communion**, which you will be able to find towards the back of this booklet. St Thomas Aquinas called the Act of Spiritual Communion 'an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we had actually received Him.' Being present at Mass and receiving Holy Communion is, of course, always preferable, but for those who can't make it to Mass, it is still possible to participate in the Church's and the Parish's act of worship on Sundays and everyday and reach out to Him, Who, in His inestimable love and mercy, reaches out to us—our Blessed Lord and Saviour, Jesus Christ.

There are going to be some tough weeks ahead, so please keep up your prayers, keep turning to Scripture, and remember that God is with you. Always. Lean on Him.

Mass will be offered every single day in the Parish for the Parish —you will be remembered at the altars to which you will soon return. Know, then, that I am praying for you and please, please do not hesitate be in touch with me if there is anything I can do to help you in the weeks and months ahead.

Although Mass can't be offered publicly, we are, at present, able to open the church for private prayer and will be doing so every morning between Monday and Saturday from 9am to 10am, when the Blessed Sacrament will be exposed for adoration and the Vicar will be available to hear confessions.

For those with access to the internet, our hope is to live stream worship on Sundays and solemnities, as well as other regular acts of devotion, so that you can participate from home—please keep checking our website **ww.abbeychurchnuneaton.com** and the Facebook page for news on that.

I will miss worshipping with you in person, but I know that we will be approaching the Lord together in spirit. We remain in communion, one body, united throughout by our common Baptism and the wonderful gift of Faith.

I will pray for you and I ask you, please, among the many others I know that you will be trying to remember before God, to pray for me, too.

'May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope' (*Romans 15.13*).

With love.

FOON

the angelus

The Angelus is a beautiful prayer in which we remember, give thanks for, and contemplate the Incarnation of the Lord and the perfect example of discipleship set by the Blessed Virgin Mary; in which we pray, too, for God's grace and a share in the rewards in which Our Lady already rejoices. It is also a reminder that we are prayed for from heaven above by the great company of saints that worship already before the Throne of Grace. Traditionally it is said at 6am, midday, and 6pm but saying it in the morning, around midday, and in the afternoon is good, too. I encourage you to use it and to offer it three times each day for a speedy resolution to this crisis. The Angelus bell will be rung three times each day from The Abbey (three sets of three rings, followed by nine rings) as an important reminder for us to share in this prayer and as a reminder to our neighbours that the Church is neither silent nor inactive, but constantly at prayer and present.

The Angel of the Lord brought tidings to Mary and she conceived by the Holy Ghost.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Behold, the Handmaid of the Lord, be it unto me according to Thy word.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

And the Word was made flesh and dwelt among us. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Pray for us, holy Mother of God, that we may be made worthy of the promises of Christ.

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, as we have known the Incarnation of Thy Son by the message of an angel, so by His Cross and Passion we may be brought to the glory of His Resurrection. Through the same, Christ our Lord.

Amen.



the litary of the sacred heart of jesus

In the Sacred Heart of Jesus we see God's unfathomable love. The heart, of course, is a universal symbol of love, but Christ's physical heart represents His Incarnation and, in its wounds, tells of His willingness to die for us and our salvation. It is, therefore, the perfect image of God's unspeakable love for each one of us. To contemplate the Sacred Heart of Jesus and pray this beautiful litany is a great privilege. Please do make use of it—especially on Fridays between 9am & 10am, if you can. Particularly, you might offer it as an act of reparation for sins, as you seek God's mercy and forgiveness. It is fairly long, but that is part of its beauty and value—to become immersed in the Sacred Heart of Jesus is to be at peace.

Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us.

Christ, hear us. Christ, graciously hear us.

God the Father of Heaven,
have mercy on us.
God the Son, Redeemer of the world,
have mercy on us.
God the Holy Ghost,
have mercy on us.
Holy Trinity, One God,
have mercy on us.

Heart of Jesus, Son of the Eternal Father, have mercy on us. Heart of Jesus, formed by the Holy Ghost in the Virgin Mother's womb, have mercy on us.

Heart of Jesus, substantially united to the Word of God, have mercy on us.

Heart of Jesus, of infinite majesty,

have mercy on us.

Heart of Jesus, Sacred Temple of God,

have mercy on us.

Heart of Jesus, Tabernacle of the Most High,

have mercy on us.

Heart of Jesus, House of God and Gate of Heaven, have mercy on us.

Heart of Jesus, burning furnace of charity,

have mercy on us.

Heart of Jesus, abode of justice and love,

have mercy on us.

Heart of Jesus, full of goodness and love,

have mercy on us.

Heart of Jesus, abyss of all virtues,

have mercy on us.

Heart of Jesus, most worthy of all praise,

have mercy on us.

Heart of Jesus, King and centre of all hearts,

have mercy on us.

Heart of Jesus, in Whom are all the treasures of wisdom and knowledge,

have mercy on us.

Heart of Jesus, in Whom dwells the fullness of the Godhead, have mercy on us.

Heart of Jesus, in Whom the Father was well pleased, have mercy on us.

Heart of Jesus, of Whose fullness we have all received, have mercy on us.

Heart of Jesus, desire of the everlasting hills, have mercy on us.

Heart of Jesus, patient and most merciful, have mercy on us.

Heart of Jesus, enriching all who invoke Thee, have mercy on us.

Heart of Jesus, fount of life and holiness, have mercy on us.

Heart of Jesus, propitiation for our sins, have mercy on us.

Heart of Jesus, loaded down with opprobrium, have mercy on us.

Heart of Jesus, bruised for our offences, have mercy on us.

Heart of Jesus, obedient unto death, have mercy on us.

Heart of Jesus, pierced with a lance,

have mercy on us.

Heart of Jesus, source of all consolation, have mercy on us.

Heart of Jesus, our life and resurrection, have mercy on us.

Heart of Jesus, our peace and reconciliation,

have mercy on us.

Heart of Jesus, victim for our sins,

have mercy on us.

Heart of Jesus, salvation of those who trust in Thee, have mercy on us.

Heart of Jesus, hope of those who die in Thee, have mercy on us.

Heart of Jesus, delight of all the saints, have mercy on us.

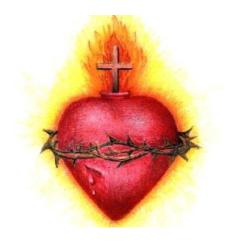
Lamb of God, Who takest away the sins of the world, spare us, O Lord.

Lamb of God, Who takest away the sins of the world, graciously hear us, O Lord.

Lamb of God Who takest away the sins of the world, have mercy on us, O Lord.

Jesus, meek and humble of Heart, make our hearts like unto Thine.

Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the Name of the same Jesus Christ, Thy Son, Who livest and reignest with Thee forever and ever. Amen.



an act of spiritual communion

Perhaps the most important thing in this little booklet—if you can't be at Mass, especially on a Sunday, please make use of this little rite at home around the time of the Parish Mass, if that is at all possible. Use it in conjunction with the readings for each Sunday listed on the back page or with the daily readings which will still be available on the Parish website.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Here call to mind and confess your sins:

Almighty God, our heavenly Father, we have sinned against You and against our neighbour, in though, and word, and deed; through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of Your Son, Jesus Christ, Who died for us, forgive us all that is past and grant that we may serve You in newness of life, to the glory of Your Name.

Amen.

May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Amen.

Here, read the reading(s) for the given Sunday listed below (or the reading of the day which will be found on the website).

We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through Him all things were made.

For us and for our salvation He came down from heaven, WAS INCARNATE FROM THE HOLY SPIRIT AND THE VIRGIN MARY AND WAS MADE MAN. For our sake He was crucified under Pontius Pilate; He suffered death and was buried. On the third day He rose again in accordance with the Scriptures; He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son, Who with the Father and the Son is worshiped and glorified, Who has spoken through the Prophets. We believe in one holy Catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come.

Amen.

Our Father, Who art in heaven...

Here make your act of spiritual communion, praying:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.

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

Amen.

SUNDAY 22ND MARCH—THE FOURTH SUNDAY OF LENT <i>John</i> 9.1-41
WEDNESDAY 25TH MARCH – THE ANNUNCIATION Luke 1.26-38
SUNDAY 29TH MARCH—THE FIFTH SUNDAY OF LENT <i>John</i> 11.1-45
SUNDAY 5TH APRIL – PALM SUNDAY Matthew 21.1-11 & Matthew 26.14-27.66
THURSDAY 9TH APRIL—MAUNDY THURSDAY John 13.1-15
FRIDAY 10TH APRIL – GOOD FRIDAY John 18.1-19.42
SUNDAY 12TH APRIL—EASTER SUNDAY John 20.1-9
SUNDAY 19TH APRIL – THE SECOND SUNDAY OF EASTER John 20.19-31
THURSDAY 23RD APRIL – ST GEORGE John 15.1-8
SUNDAY 26TH APRIL—THE THIRD SUNDAY OF EASTER Luke 24.13-35
SUNDAY 3RD MAY—THE FOURTH SUNDAY OF EASTER <i>John</i> 10.1-10
SUNDAY 10TH MAY—THE FIFTH SUNDAY OF EASTER John 14.1-12
SUNDAY 17TH MAY – THE SIXTH SUNDAY OF EASTER <i>John</i> 14.15-21
THURSDAY 21ST MAY—THE ASCENSION OF THE LORD Matthew 28.16-20
SUNDAY 24TH MAY—THE SEVENTH SUNDAY OF EASTER John 17.1-11