



# The Box River Benefice

*Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton*



**A short book of prayers**

## **A PRAYER FOR OUR CHURCHES**

Almighty and Ever-living God,

Eternal friend and source of love,

Help us to see you day by day and to respond to your call.

Keep us in the power of the Resurrection and the unity of the Holy Spirit,

Grant the richness of your blessing upon our fellowship at All Saints', our

Diocese,

Bishops, Priests, Deacons, Ministers and all for whom we ought to pray,

That our life may be hallowed,

our way directed,

and our work made fruitful,

For the good of your Church and the glory of your Holy Name. **Amen**

## **FOR THE CHILDREN OF OUR CHURCH (everywhere)**

O Lord Jesus Christ, who did take into your arms the children brought to you for blessing: bless always and in

all places the children of your Church, and the Church

in telling them of you, that they may grow into your

likeness, keeping innocence, obedient to your will and

happy in your holy houses: for your tender mercy's sake. **Amen**

## **A PRAYER FOR PERSECUTED CHRISTIANS**

O Lord God,

Your Son Jesus Christ suffered and died for us.

In his resurrection he restores life and peace in all creation.

Comfort, we pray, all victims of intolerance

and those oppressed by their fellow humans.

Remember in your kingdom those who have died.

Lead the oppressors towards compassion and give hope to the suffering.

Through the same Jesus Christ our Lord. **Amen**

## **A PRAYER FOR THE NIGHTTIME (CR COMPLINE)**

Visit this place, O Lord, we pray,

and drive far from it the snares of the enemy;

may your holy angels dwell with us and guard us in peace,

and may your blessing be always upon us;

through Jesus Christ our Lord.

**Amen**

## **PSALM 23**

The LORD is my shepherd; I shall not want.  
He makes me lie down in green pastures.  
He leads me beside still waters.  
He restores my soul.  
He leads me in paths of righteousness  
for his name's sake.  
Even though I walk through the valley of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the LORD forever. **Amen**

## **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,  
Forever and ever. **Amen**

## **THE SERENITY PRAYER**

God grant me the serenity to  
accept the things I cannot change,  
courage to change things I can,  
and wisdom to know the difference. **Amen**

## **MAY THE LORD BLESS YOU (A JUDEO-CHRISTIAN BLESSING)**

May the Lord bless you and keep you.  
May the Lord make his face to shine upon you,  
and be gracious to you.  
May the Lord lift up his countenance upon you,  
and give you peace.

## **ANIMA CHRISTI**

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, inebriate me  
Water from Christ's side, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within Thy wounds hide me  
Suffer me not to be separated from Thee  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto Thee  
That I may praise Thee with Thy saints  
and with Thy angels. **Amen**

## **THE GRACE**

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

## **NUMBERS 6:24-26**

The LORD bless you and keep you;  
the LORD make his face to shine upon you and be gracious to you; the LORD  
lift up his countenance upon you and give you peace.

## **THE ANGELUS (4<sup>th</sup> Century traditionally said daily at 12noon)**

The Angel of the Lord declared unto Mary.

And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord s with thee,  
blessed are thou among women and blessed is the  
fruit of thy womb Jesus,  
Holy Mary mother of God,  
pray for us sinners now and in the hour of our death.

Behold the handmaid of the Lord.

Be it done unto me according to thy word.

Hail Mary, full of grace, the Lord s with thee,  
blessed are thou among women and blessed is the  
fruit of thy womb Jesus,  
Holy Mary mother of God,  
pray for us sinners now and in the hour of our death.

And the word was made Flesh.

And dwelt among us.

Hail Mary, full of grace, the Lord s with thee,  
blessed are thou among women and blessed is the  
fruit of thy womb Jesus,  
Holy Mary mother of God,  
pray for us sinners now and in the hour of our death.

Pray for us O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us Pray

We beseech you, O Lord,

Pour your grace into our hearts;

That as we have known the incarnation of your Son Jesus Christ,

By the message of an Angel,

So by his passion and cross

We may be brought to the glory of his resurrection.

Through the same Christ, our Lord.

Amen.

***SPECIAL PRAYERS OF THE SAINTS and ASKING THE SAINTS  
FOR THEIR HELP IN PRAYER***

**HOLY FAMILY PRAYER**

JESUS, Son of God and Son of Mary, bless our family. Graciously inspire in us the unity, peace, and mutual love that you found in your own family in the little town of Nazareth.

MARY, Mother of Jesus and Our Mother, nourish our family with your faith and your love. Keep us close to your Son, Jesus, in all our sorrows and joys.

JOSEPH, Foster-father to Jesus, guardian and spouse of Mary, keep our family safe from harm. Help us in all times of discouragement or anxiety.

HOLY FAMILY OF NAZARETH, make our family one with you. Help us to be instruments of peace. Grant that love, strengthened by grace, may prove mightier than all the weaknesses and trials through which our families sometimes pass. May we always have God at the center of our hearts and homes until we are all one family, happy and at peace in our true home with you. Amen.

**THE HAIL MARY (3<sup>rd</sup> Century)**

Hail Mary, full of grace, the Lord s with thee,  
blessed are you among women and blessed is the  
fruit of your womb Jesus,  
Holy Mary mother of God,  
pray for us sinners now and in the hour of our death. **Amen**

**MARY, HELP THOSE IN NEED**

Holy Mary, help those in need,  
give strength to the weak,  
comfort the sorrowful,  
pray for God's people,  
assist the clergy  
intercede for religious.  
Mary, may all who seek your help  
Experience your unfailing protection. **Amen**

## **SAINT MARY MAGDALENE PRAYER**

Saint Mary Magdalene,  
woman of many sins, who by conversion  
became the beloved of Jesus,  
thank you for your witness  
that Jesus forgives  
through the miracle of love.  
You, who already possess eternal happiness  
in His glorious presence,  
please intercede for me, so that someday  
I may share in the same everlasting joy. **Amen**

## **SAINT CHRISTOPHER**

Dear Saint Christopher, protect me today  
in all my travels along the road's way.  
Give your warning sign if danger is near  
so that I may stop while the path is clear.  
Be at my window and direct me through  
when the vision blurs from out of the blue.  
Carry me safely to my destined place,  
like you carried Christ in your close embrace. **Amen**

## **SAINT ANTHONY, Guide to Pilgrims**

Dear St Anthony, we are all pilgrims.  
We came from God and we are going to him.  
He who created us will welcome us at journey's end.  
The Lord Jesus is preparing a place for all His Brothers and Sisters.  
St Anthony, Guide of Pilgrims, direct my steps in the straight path.  
Protect me until I am safely home in heaven.  
Help me in all needs and difficulties. **Amen**

## **PRAYER OF SAINT RICHARD**

Thanks be to you, our Lord Jesus Christ,  
for all the benefits which you have given us,  
for all the pains and insults which you have borne for us.  
Most merciful Redeemer, Friend and Brother,  
may we know you more clearly,  
love you more dearly, and follow you more nearly,  
day by day. **Amen.**

## **PRAYERS OF SAINT FRANCIS**

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy. **Amen**

O, Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love;  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
it is in dying that we are born again to eternal life. **Amen**

## **PRAYER OF SAINT MOTHER TERESA**

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of yours. Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. **Amen.**

*Happy Moments – Praise God*  
*Difficult moments – Seek God*  
*Quiet Moments – Worship God*  
*Painful Moments – Trust God*  
*Every Moment – Thank God*

*Praise God,*  
FROM WHOM  
*All Blessings*  
FLOW