



The Diocese of Southwell & Nottingham for the first time is marking Carers Sunday. This is set for June 5th to coincide with National Carers Week beginning on Monday 6th June.

Here are some resources for anyone wanting to mark that within the life of their church:-

Liturgies

www.mentalhealthmatters-cofe.org/Worship

Selection of Helpful Prayers

A Carer's Prayer by Heather Smith

Let me be kind when tiredness overwhelms
my weary brain and turns my legs to lead;
let me brave when truths must be conveyed,
confronting the past and all things left unsaid;
let me fight on for you when various rules
make nonsense of your rights and reinforce your fears;
grant me the stamina to speak and treat with fools,
remaining calm when biting back the tears.
Help me to know somehow that life goes on
beyond this time of stress and sleepless nights;
help me to smile and love you in the midst
of endless pointless and exhausting fights.
And when the caring ends, help me to be
kind, in my guilt and weariness, to me.

A Prayer For Young Carers (The Children's Society)

Healing Lord,
We pray for all who are sick and all who care for them.
We pray for medical staff, for support services, for researchers and scientists.
And we remember those who society does not see –
Those who care for loved ones.
Be with all who care for parents and siblings.
For all who carry a burden of care beyond their years.
Be with us so that we do not forget.
And we may all be made whole.

St Declan's Peshurst Carer's Prayer

<http://www.stdeclanspeshurst.org/assets/prayer-carers.pdf>

Looking for New Ways to Care by Godfrey Holmes (see recommended books)

Lord, I am stuck in my ways.
I try one routine to the neglect of other routines;
One recipe – to the neglect of more varied recipes;
One programme – to the neglect of better programmes;
One armchair – to the neglect of cosier armchairs.
Each day, each week is perfectly predictable-
Because it runs on tramlines.
Lord, take me beyond my set ways;
Entice me out of entrenched habits;
Make me question cherished customs.
May I never scorn other people's advice,
Other people's methods, other people's secrets.
Instead, may I become brisker and bolder in all I undertake.

Hope and renewal for every new day (Godfrey Holmes)

Through my solid door-frame, I see a tiny strip of life;
Through the hole in that fence, I see a tiny sprig of foliage;
Through dark clouds, I see a tiny hint of sunshine;
Through dusty dunes, I see a tiny drop of moisture.

My purpose here below seems to be giving,
And giving, and giving again until I can give me more.
Sometimes Lord the track round which I run
Is merely circular. So soon, I am back where I started.

At these times I would more easily understand kindnesses shown to me
Than my need to be kind
Benefits beneficial to me
Than my need to be beneficent.

Renew my sense of purpose with the renewal of each day-
And may each eventide suggest new purpose and hope for the day that follows.

A new person to care for (Godfrey Holmes)

O Lord, you have now given me someone new to care for.
This is exciting, challenging, extending, daunting.
Perhaps neither of us expected this opening, this opportunity.
Perhaps both of us, some time, have quivered at the prospect.

Now give me patience and dedication, understanding and compassion.
And when these are in short supply, fill me with life anew.
May your Holy Spirit replenish my resources, redouble my efforts.

Carers in developing countries (Godfrey Holmes)

I am very aware that I live and care in a country that actively promotes health and welfare.
A community with a safety net, set at many levels, through which relatively few needy people can fall, or fall
a long way without alerting the rest of us.

I think today about countries still underdeveloped-
With a shortage of medicines, nurses, doctors, hospitals
With fewer social workers, priests, volunteers and carers outside the immediate family.

Yet may needy people in these growing countries somehow be supplied with new health and strength: Free from the fear that they will be displaced, forgotten or abandoned, as much by wealthy developed nations as by their own.

Support to endure (Godfrey Holmes)

O God, so often do I ask WHY?
WHY the suffering?
WHY the pain?
WHY the misery?
WHY the disease?

So often do I sow that another might reap;
I endure that another might prosper;
I labour that another might repose;
I wrestle that another might simply watch.

There is a land:
A land flowing with milk and honey,
A land where the sun rises and never sets;
A land yet undiscovered,
Where people ask what they might do for society, not what society might do for them.

Come, Come to meet me Jesus.
Rise from this tomb of suffering encasing humankind-
As surely as in those days of old, You rose from Joseph's tomb.

Stories from Carers and Pause for Thought interviews themed on Carers

<http://www.bbc.co.uk/programmes/articles/TWjnzfH07DbwgXq77q9D38/carers-week-2015-our-stories>

Recommended books

(a copy of the first two is available from Jubilee House):

'Freed for Devotion: A Carers Book of Prayers' Godfrey H Holmes
'Seasons of My Soul – Conversations in the Second Half of Life'
'Worshipping with Dementia: Meditations, Scriptures and Prayers for Sufferers and Carers' Louise Morse
'An Invitation to Prayer: Featuring Prayers for Carers and the People they Care For' Wendy Whitehead
'One Day at a Time: Meditations for Carers' Dorothy M Stewart