PRAYING AT HOME DURING LOCKDOWN

### Prayer resources for those who are unable to meet together in church

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### St Paul’s Church, Whitley Bay

### January 2021

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Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. **Amen.**

## A Reflective Service: Called to Be People of Hope

We spiritually join our community of faith, trusting in God's promise of new life. During these uncertain times let us turn to our God who is our source of strength, hope and love.

**1st READING**

*Ezekiel 36:24-28*

I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleanness, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh.I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances.Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

**Spirit of God, teach us your ways,** **that we may walk in the paths of peace.**

1.    Come, let us go up to the mountain of God,  ♦

to the house of the God of Jacob;

2. That God may teach us his ways,  ♦

and that we may walk in his paths.

3.    For the law shall go out from Zion,  ♦

and the word of the Lord from Jerusalem.

4.    God shall judge between the nations,  ♦

and shall mediate for many peoples.

5.    They shall beat their swords into ploughshares,  ♦

and their spears into pruning hooks.

6.    Nation shall not lift up sword against nation,  ♦

neither shall they learn war any more.

7.    O people of Jacob, come:  ♦

let us walk in the light of the Lord.

*Isaiah 2.3-5*

**Glory to the Father and to the Son** **and to the Holy Spirit;** **as it was in the beginning is now** **and shall be for ever. Amen.**

**Spirit of God, teach us your ways, that we may walk in the paths of peace.**

**2nd READING**

*1 Peter 1:3-7*

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you,who are being protected by the power of God through faith for a salvation ready to be revealed in the last time.In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honour when Jesus Christ is revealed.

**PRAYERS OF PETITION**

*Pray for yourself in your circumstances, that God would bring hope to your heart*

*Pray for the church and the ministers of hope*

*Pray for others in their distress*

*Pray for our country*

*Pray for the world*

*Keep a moment of quiet reflection giving thanks for all that brings you hope.*

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.**

It is our confidence in you, O God, that causes us to hope. May this hope give us courage and creativity for ministry, bringing us closer and closer to the realization of your reign. We ask this through Jesus, our companion and guide. **Amen**

Faithful God, may we who share in this time of worship

Glory in the cross of our Lord Jesus Christ,

Our salvation and hope, who reigns as Lord now and forever.

Fill us, Good Lord with your Spirit of hope, and as you have fed us with your presence, so, make us one in heart and mind, in Jesus Christ our Lord.

**Amen.**

Let us bless the Lord,

**Thanks be to God.**

“For God has said, ‘I will not leave you or forsake you’ so we can confidently say, ‘The Lord is my helper; I will not fear’.” Hebrews 13:5-6

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not be dismayed.” Deuteronomy 31:8

**Please God, we ask that we can meet together in church again, soon. Amen**

# Bible readings and Additional Collects for Sundays

**Sun 24th Jan 2021: 3rd Sunday of Epiphany**

Genesis 14.17-20; Psalm 128; Revelation 19.6-10; John 2.1-11

God of all mercy, your Son proclaimed good news to the poor, release to the captives, and freedom to the oppressed: anoint us with your Holy Spirit and set all your people free to praise you in Christ our Lord. Amen

**25th Jan 2021: Conversion of St Paul**

Acts 9.1-22: Matthew 19.27-end

Almighty God, who caused the light of the gospel to shine throughout the world through the preaching of your servant Saint Paul: grant that we who celebrate his wonderful conversion may follow him in bearing witness to your truth; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

**Sun 31st Jan 2021: 4th Sunday of Epiphany**

Deuteronomy 18.15-20; Psalm 111; Revelation 12.1-5a; Mark 1.21-28

God of heaven, you send the gospel to the ends of the earth and your messengers to every nation: send your Holy Spirit to transform us by the good news of everlasting life in Jesus Christ our Lord. Amen

**2nd Feb 2021: Presentation of Christ in the Temple**

Malachi 3.1-5; Psalm 24.[1-6]7-10; Hebrews 2.14-18; Luke 2.22-40

Lord Jesus Christ, light of the nations and glory of Israel: make your home among us, and present us pure and holy to your heavenly Father, your God, and our God. Amen

**Sun 7th Feb 2021: 2nd Sunday before Lent**

Proverbs 8.1,22-31; Psalm 104.26-37; Colossians 1.15-20; John 1.1-14

Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord. Amen

**Sun 14th Feb 2021: Sunday next before Lent**

2 Kings 2.1-12; Psalm 50.1-6; 2 Corinthians 4.3-6; Mark 9.2-9

Holy God, you know the disorder of our sinful lives: set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord. Amen

**LENT**

**17th Feb 2021: Ash Wednesday**

Isaiah 58.1-12; Psalm 51.1-18; 2 Corinthians 5.20b - 6.10; Matthew 6.1-6,16-21

Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen

**Sun 21st Feb 2021: 1st Sunday of Lent**

Genesis 9.8-17; Psalm 25.1-9; 1 Peter 3.18-22; Mark 1.9-15

Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. Amen

**Sun 28th Feb 2021: 2nd Sunday of Lent**

Genesis 17.1-7,15,16; Psalm 22.23-31; Romans 4.13-25; Mark 8.31-38

Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ’s sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. Amen

**Sun 7th Mar 2021: 3rd Sunday of Lent**

Exodus 20.1-17; Psalm 19; 1 Corinthians 1.18-25; John 2.13-22

Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. Amen

**Sun 4th Mar 2021: Mothering Sunday** *(4th Sunday of Lent)*

1 Samuel 1.20-28; Psalm 34.11-20; Colossians 3.12-17; Luke 2.33-35

God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. Amen

**Sun 21st Mar 2021: 5th Sunday of Lent**

Jeremiah 31.31-34; Psalm 51.1-13; Hebrews 5.5-10; John 12.20-33

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour’s blood, Jesus Christ our Lord. Amen

**25th Mar 2021: Annunciation of Our Lord to the Blessed Virgin Mary**

Isaiah 7.10-14; Luke 1.26-38

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 cross and passion  
we may be brought to the glory of his resurrection; through Jesus Christ your Son our Lord. Amen

**Sun 28th Mar 2021: Palm Sunday**

Isaiah 50.4-9a; Philippians 2.5-11; Mark 14.1 - 15.47

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

**Sun 4th Apr 2021: Easter Day**

Isaiah 25.6-9; Acts 10.34-43; Mark 16.1-8

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

An order for the office of Prayer During the Day - Lent

O God, make speed to save us.

**O Lord, make haste to help us.**

Hear my prayer, O Lord, and give ear to my cry;

**hold not your peace at my tears.**

Jesus, like a mother you gather your people to you;

you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;

through your gentleness we find comfort in fear.

Your warmth gives life to the dead,

your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;

in your love and tenderness remake us.

In your compassion bring grace and forgiveness,

for the beauty of heaven may your love prepare us.

**Psalm 51.1-10**

1    Have mercy on me, O God, in your great goodness;  ♦

according to the abundance of your compassion blot out my offences.

2    Wash me thoroughly from my wickedness  ♦

and cleanse me from my sin.

3    For I acknowledge my faults  ♦

and my sin is ever before me.

4    Against you only have I sinned  ♦

and done what is evil in your sight,

5    So that you are justified in your sentence  ♦

and righteous in your judgement.

6    I have been wicked even from my birth,  ♦

a sinner when my mother conceived me.

7  Behold, you desire truth deep within me  ♦

and shall make me understand wisdom in the depths of my heart.

8    Purge me with hyssop and I shall be clean;  ♦

wash me and I shall be whiter than snow.

9    Make me hear of joy and gladness,  ♦

that the bones you have broken may rejoice.

10  Turn your face from my sins  ♦

and blot out all my misdeeds.

**Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

*The following short lesson or another suitable passage is read:*

Jesus said, ‘There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.’

*Luke 15.7*

*The following responsory may be said:*

Blessed are the merciful, **for they will receive mercy.**

*Prayers of intercession and thanksgivings may be offered here.*

*Prayers may include these concerns*

¶    *Those preparing for baptism and confirmation*

¶    *Those serving through leadership*

¶    *Those looking for forgiveness*

¶    *Those misled by the false gods of this present age*

¶    *All who are hungry*

*The Collect of the day or the following prayer is said*

Teach us, good Lord, to serve you as you deserve;

to give and not to count the cost;

to fight and not to heed the wounds;

to toil and not to seek for rest;

to labour and not to seek for any reward,

save that of knowing that we do your will. **Amen.**

*Ignatius of Loyola (1556)*

*The Lord’s Prayer is said.*

May God bless us and show us compassion and mercy.

**Amen.**

# An order for the office of Compline (Night Prayer) – Lent

The Lord almighty grant us a quiet night and a perfect end.  
**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

**Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do.  
Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen.**

*The following or another suitable hymn may be said or sung.*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

*The following psalm may be used.*

*Psalm* 139.1-18

1    O Lord, you have searched me out and known me;  ♦

you know my sitting down and my rising up; you discern my thoughts from afar.

2    You mark out my journeys and my resting place  ♦

and are acquainted with all my ways.

3    For there is not a word on my tongue,  ♦

but you, O Lord, know it altogether.

4    You encompass me behind and before  ♦

and lay your hand upon me.

5    Such knowledge is too wonderful for me,  ♦

so high that I cannot attain it.

6    Where can I go then from your spirit?  ♦

Or where can I flee from your presence?

7    If I climb up to heaven, you are there;  ♦

if I make the grave my bed, you are there also.

8    If I take the wings of the morning  ♦

and dwell in the uttermost parts of the sea,

9    Even there your hand shall lead me,  ♦

your right hand hold me fast.

10  If I say, ‘Surely the darkness will cover me  ♦

and the light around me turn to night,’

11  Even darkness is no darkness with you;

the night is as clear as the day;  ♦

darkness and light to you are both alike.

12  For you yourself created my inmost parts;  ♦

you knit me together in my mother’s womb.

13  I thank you, for I am fearfully and wonderfully made;  ♦

marvellous are your works, my soul knows well.

14  My frame was not hidden from you,  ♦

when I was made in secret and woven in the depths of the earth.

15  Your eyes beheld my form, as yet unfinished;  ♦

already in your book were all my members written,

16  As day by day they were fashioned  ♦

when as yet there was none of them.

17  How deep are your counsels to me, O God!  ♦

How great is the sum of them!

18  If I count them, they are more in number than the sand,  ♦

and at the end, I am still in your presence.

*At the end of the psalmody, the following is said or sung*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*The following short lesson or another suitable passage is read:*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

*Isaiah 58. 6,7*

*The following responsory may be said:*

Into your hands, O Lord, I commend my spirit.  
**Into your hands, O Lord, I commend my spirit.**For you have redeemed me, Lord God of truth.  
**I commend my spirit.**Glory to the Father and to the Son  
and to the Holy Spirit.  
**Into your hands, O Lord, I commend my spirit.**

*The Nunc Dimittis (The Song of Simeon) is said or sung*

**Christ died for us, so that, whether we wake or sleep, we might live with him.**

1. Now, Lord, you let your servant go in peace:  
   your word has been fulfilled.
2. My own eyes have seen the salvation  
   which you have prepared in the sight of every people;
3. A light to reveal you to the nations  
   and the glory of your people Israel.

*Luke 2.29-32*

**Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.**

**Christ died for us, so that, whether we wake or sleep, we might live with him.**

*Prayers of intercession and thanksgivings may be offered here.*

*Silence may be kept.*

Almighty God, may we, by the prayer and discipline of Lent, enter into the mystery of Christ’s sufferings;

that by following in the Way, we may come to share in the glory; through Jesus Christ our Lord. **Amen.**

*The Lord's Prayer may be said.*

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

May God bless us, that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace.

**Amen.**

# Various prayers

**Prayers on rising**

We give you hearty thanks for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks unto you; through Jesus Christ our Lord. Amen.

-*Eastern Orthodox Prayer*

O Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly/sisterly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord. *-Based on the Rule of Taizé*

O God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen. *-BCP*

**Prayers before bed**

Visit this place, O Lord, we pray, and drive far from it all 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; though Jesus Christ our Lord. Amen.

*-Common Worship*

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love’s sake, O Christ our Redeemer.

*-after St. Augustine of Hippo*

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing  upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

*-Lancelot Andrewes*

**Grace before a meal**

Bless, O Lord, this food for our use and us in your service and keep us ever mindful of the needs of others; for Christ’s sake. Amen

-*Traditional*

**Prayers of penitence and contrition**

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen

*-Common Worship*

Lord Jesus Christ, Son of God, have mercy on me, a sinner. *[Repeat x3]*

-*The Jesus Prayer*

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen.

*-BCP*

Holy God,

Holy and mighty,

Holy and immortal:

Have mercy on us. *-The Trisagion*

**Prayers before worship**

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen.

*-St. Anselm*

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

*-BCP*

**Prayers about the outbreak**

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. Amen.

**For those who are ill**

Merciful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. Amen.

**For hospital staff and medical researchers**

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure.  
Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord.Amen.

**From one who is ill or isolated**

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord.Amen.

**For the Christian community**

We are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours’ safety. We are not people of greed: we are people of generosity. We are your people God, giving and loving, wherever we are, whatever it costs. For as long as it takes wherever you call us. Amen.

**A prayer for when a friend is ill**

Dear God, (*name of friend*) is ill. They are not allowed to go to school or come over to play. I’m sad because I miss them. They must be feeling miserable and lonely as well. Please be close to them. Please be with the people who are looking after them. Please help them to get better and to know that you love them. Amen.

**A prayer for the world**

God of love and hope, you made the world and care for all creation,  
but the world feels strange right now. The news is full of stories about Coronavirus. Some people are worried that they might get ill.  
Others are anxious for their family and friends. Be with them and help them to find peace. We pray for the doctors and nurses and scientists, and all who are working to discover the right medicines to help those who are ill. Thank you that even in these anxious times, you are with us. Help us to put our trust in you and keep us safe. Amen.

**A prayer remembering God is with us**

Lord God, you are always with me. You are with me in the day and in the night. You are with me when I’m happy and when I’m sad.  
You are with me when I’m healthy and when I am ill. You are with me when I am peaceful and when I am worried. Today I am feeling *(name how you are feeling)* because (*reasons you are feeling this way).* Help me to remember that you love me and are with me in everything today. Amen.

**Prayer of Spiritual Communion**

My Jesus, I believe that you are present in the Blessed Sacrament, I love you above all things and I desire you in my soul. Since I cannot receive you now sacramentally, come at least spiritually into my soul. As though you were already there I embrace you and unite myself wholly to you; permit not that I should ever be separated from you. Amen ­*-St. Alphonsus Liguori*

**In the time of any common Plague of Sickness**

O Almighty God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. Amen.

Prayer on TV, Radio and Online

**Television programmes**

* Songs of Praise: Sundays at 1.15pm on BBC 1

**Radio programmes**

* Prayer for the Day daily at 5.43am on Radio 4
* Sunday Worship Sundays at 8.10am on Radio 4
* Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

* Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

**A few internet resources:**

* Watch St Paul’s services on YouTube. Go to <https://www.youtube.com/> and search for: ‘St Paul’s Parish Church Whitley Bay’
* Keep ‘up to date’ with Parish news at www.saintpaulswhitleybay.org.uk
* Church of England daily prayer <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>
* Light a candle online <https://www.churchofengland.org/our-faith/light-candle>
* Audio daily prayer <https://pray-as-you-go.org>
* <https://www.24-7prayer.com>

# If you are lonely

**Daily Hope phone line**

Daily Hope is a free national telephone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone.

The line – which is available 24 hours a day on:

**0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind; to provide comfort and spiritual nourishment to the most isolated in our society.



* Please do call one another on the telephone- each member of the church should bring comfort and succour to one another.
* You can, of course, call Fr John on 0191 252 4916 or 07860828852. Do leave an answerphone message if he is unavailable to take your call and he will get back to as soon as possible.
* You can call the Samaritans free on 116 123
* You can call Silverline (aged 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.

**For any more information**

Please contact the Vicar or the Church Wardens:

The Revd John Vilaseca

0191 252 4916 / 07860828852 / [vilaseca26@yahoo.es](mailto:vilaseca26@yahoo.es)

Ann Laing

0191 297 0276 / [ann\_laing@hotmail.com](mailto:ann_laing@hotmail.com)

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