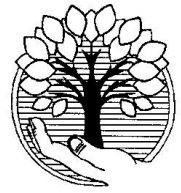


Let Us Pray...



'Your word is a lamp for my steps and a
light for my path.
By your word give me life'



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May the God

Of new beginnings lead us forward this day.

May the God

*Who brought us new life in Christ,
Fill us with the joy of the Resurrection this day.*

May the God

*Who lives within us,
Be revealed to everyone we meet this day.*

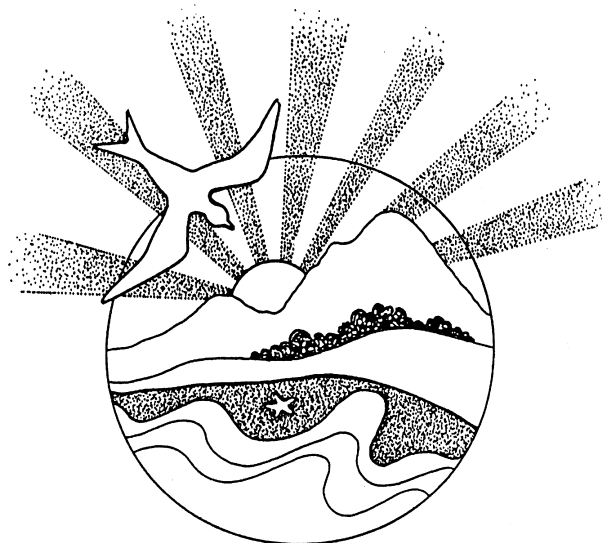
May the God

*Who comforts and protects us,
Soothe all heartaches and worries this day.*

May the God

*Who created the universe,
Renew our spirits with joy and peace this day,
And every day of our lives.*

Amen



*On this day Lord,
I welcome you into my heart.
Thank you for the gift of this day,
For the restful sleep
That has prepared me
For the day's journey.
Thank you for the rising sun
And as I go forth into this day,
Let me carry the joy
Of knowing that I am loved
Unconditionally and Eternally.
On this day, Lord,
I welcome you into my heart.*



A Jewish Prayer

*'In the name of the Lord God of Israel
May Michael, the protection of God
Be at my right hand,
And Gabriel, the power of God at my left.
Before me, Uriel, the light of God.
Behind me, Raphael, the healing of God.
And above my head, the Shekinah,
The presence of God.'*

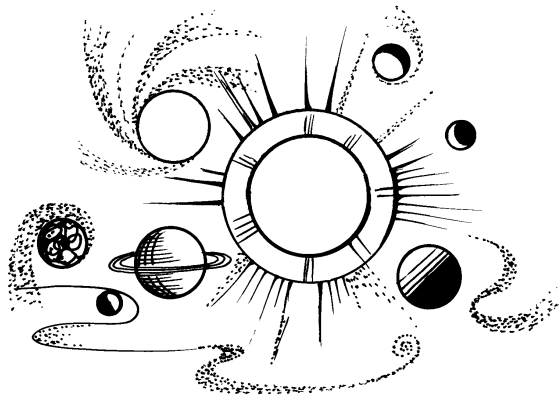
*In my coming and in my going this day
May I greet all as Christ.
Give me the vision
To see you in those around me.
Let me not pass them by
Be they in stranger or in friend.
Lord, Bless this day for me and for everyone.
As I begin it, mindful of the resurrection,
May I end it thankful
For the life and the growth
That the joy of your resurrection
Has given to me this day.
Amen*

Prayer for a Journey

**May God who called our Father Abraham
To journey into the unknown
And guarded him and blessed him.
May he protect me too and bless my journey.
May his confidence support me as I set out
May his spirit be with me on the way
And may he lead me back to my home in peace.
Those I love, I commend to his care
He is with them, I shall not fear.
As for myself, may his presence
be my companion
So that blessing come to me
And to everyone I meet.
Blessed are you Lord
Whose presence journeys with
his people.**

**{From the Siddur, a Jewish
prayer book}**





In the silence of the stars
In the quiet of the hills
In the heaving of the sea

Speak Lord.

In the stillness of this room
In the calming of my mind
In the longing of my heart

Speak Lord.

In the voice of a friend
In the words of a child
In the words of a stranger

Speak Lord.

In the opening of a book
In the seeing of a picture
In the sound of music

Speak Lord.

For your servant is listening...

The Golden Cord

Through every moment of this day
Be with me Lord.

Through every day of all this week
Be with me Lord.

Through every week of all this year
Be with me Lord.

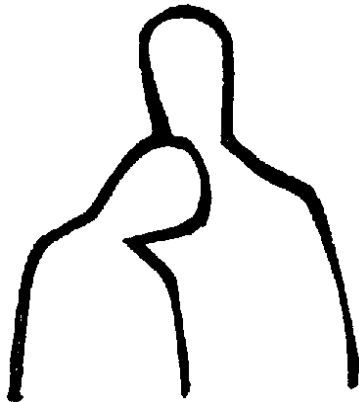
Through all the years of all this life
Be with me Lord.

So shall the days and weeks and years
Be threaded on a golden cord.

And all draw with sweet accord
Unto your fullness, Lord

That so, when time is past
By grace I may at last,
Be with you Lord.

{John Oxenham, 1862 - 1941}



Circle Me O God

Circle me O God,
Keep protection near, and danger far away.

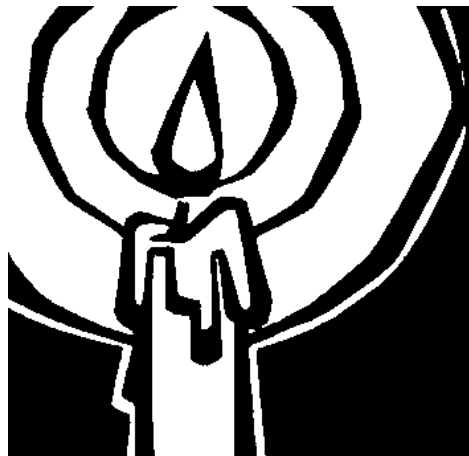
Circle me O God,
Keep hope within, keep doubt without.

Circle me O God,
Keep light near, and darkness far away.

Circle me O God,
Keep peace within, keep evil out.

Circle me O God,
Keep calm within, keep storms without.

{David Adam}



The Lord is my Shepherd

Psalm 22

1. The Lord is my shepherd, there is nothing I shall want.
Fresh and green are the pastures
Where he gives me repose.
Near restful waters he leads me,
To revive my drooping spirit.

2. He guides me along the right path,
He is true to his name.
If I should walk in the valley of darkness,
No evil would I fear.
You are there with your crook and your staff,
With these you give me comfort.

3. You have prepared a banquet for me
In the sight of my foes.
My head you have anointed with oil
My cup is overflowing.



4. Surely goodness and
kindness shall follow me
all the days of my life.
In the Lord's own house
shall I dwell for ever and
ever.

Prayer of St Francis

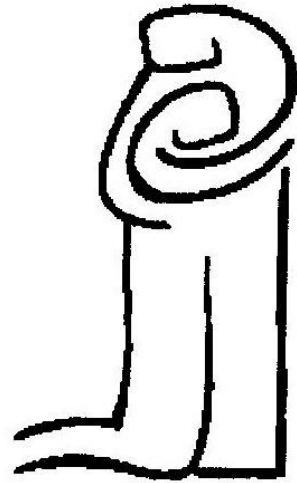
*Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, let me bring pardon.
Where there is despair, let me bring hope.
Where there is doubt, let me bring faith.
Where there is darkness, let me bring light.
And where there is sadness, let me bring joy.*

*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.
And it is in dying
That we are born to eternal life.*



My Father,

I come to you at the beginning of this day
To ask you to guide me and help me.
Give me courage
To face the problems that lie ahead.
Give me a heart wide open to the
joys
You have prepared for me.
Forgive my many sins,
That I may start this day anew.
And as you forgive me,
May I learn to be forgiving and
compassionate
To others in return.
My Father, I long to serve you aright.
May all that I do and all that I say
Be pleasing in your sight.
Amen.



**Welcome Lord, into your calm and peaceful
kingdom**

**Those who out of this present life,
Have departed to be with you;
Grant them rest and a place with the spirits
of the just
And give them life that knows not age
The reward that passes not away
Through Jesus Christ our Lord.**

{Ignatius Loyola, 1491 – 1556}

The Caim

May the angels of heaven
Protect me this day
And circle me with the fragrance of peace.
May Christ my Lord and loving friend
Protect me this day
And circle me with affection and love.
May the Spirit of Truth
Who dwells in my heart protect me this
day
And circle me and fill me with joy.
My Father, I am your child.
I go forth in your name.
Keep me safe.
Amen.



*God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can
And wisdom
To know the difference...*



Direct, control, suggest, this day
All I design, or do, or say.
That all my powers
With all their might,
In thy sole glory may unite.

{Bishop Thomas Ken 1637 – 1711}

Jesus, I Give you my whole self

*Lord Jesus,
I give you my hands to do your work,
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak as you do.
I give you my mind that you may think in me.
I give you my spirit that you may pray in me.
Above all, I give you my heart
That you may love in me
Your Father and all humankind.
I give you my whole self
That you may grow in me.
So that it is you, Lord Jesus,
Who live and work and pray in me.
Amen*



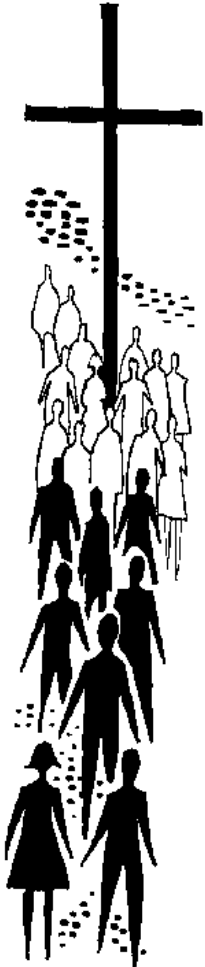
Prayer of St Teresa of Avila

*Christ has no body now but yours,
No hands, no feet, on earth but yours.
You are the eyes through which He looks
Compassion on this world*

*Yours are the feet
With which He walks to do good.*

*You are the hands
With which He blesses all the world
Yours are the hands, yours are the feet.
Yours are the eyes, you are His body.*

*Christ has no body now but yours,
No hands, no feet on earth but yours
Yours are the eyes, through which He Looks
compassion on the world.
Christ has no body now on earth but yours.*



The still, small voice

There came a mighty wind,
So strong that it split rocks apart...
But the Lord was not in the wind.
After the wind came an earthquake...
But the Lord was not in the earthquake.
After the earthquake there came a fire...
But the Lord was not in the fire.
And then, after the fire,
There came a gentle, whispering breeze.
And in that silence,
The Lord spoke to Elijah...
Lord, speak to my heart this day
That I may hear your voice
And follow you all the days of my life.



Bless O God The Dwelling...

*Bless O God, this dwelling
And each who rests herein this night
Bless, O God, my dear ones
In every place wherein they sleep
In the night that is tonight
And every single night
In the day that is today
And every single day*

Just passing through...

I shall pass through this world but once.

Any good therefore that I can do,

Any kindness I can show,

Let me do it now.

Let me not defer nor neglect it,

For I shall not pass this way again...



This day Lord

This day Lord is full of promise and opportunity,

Let me waste none of it.

This day is full of mystery and the unknown,

Help me to face it with wonder and enthusiasm.

This day is blessed by beauty and enterprise.

Make me fully alive to it all.

Be Still...

**Be silent, be still.
Alone, empty before your God.
Say nothing, ask nothing.
Be silent, be still.
Let your God look upon you,
That is all.
God knows, God understands.
God loves you with an
enormous love.
God only wants to look upon
you with love.
Quiet, still, be...
Let your God love you.
Amen**



Old Irish Blessing

**Open our eyes to your presence
Open our minds to your grace
Open our lips to your praises.**

**May the raindrops fall lightly on your brow.
May the soft winds freshen your spirit.
May the sunshine brighten your heart.
May the burdens of the day rest lightly upon you.
And may God enfold you in the mantle of love.**

Lord, I ask for your help

Lord, I ask for your help.
When I need a calm mind, give me your peace.
When I need a clear head, give me your wisdom.
When I need to take care, give me
your patience.
When I need to be inspired, give
me your insight.
Keep me from being too anxious
As I put my trust in your power to
guide me.
This day and every day.
Amen



Reflection...

When night comes again,
May I look back on this day
With no grief in my heart.
May nobody be unhappy or hurt
Because of anything I have done
Or anything I have failed to do.

Peace

O God,

Give me in my life the fruit of peace.

Help me to take things calmly.

Help me not to get into a panic,

When things go wrong.

Help me not to worry,

But to take things as they come

A day at a time.

Help me not to be nervous,

but to keep cool,

When I have something important to do.

Help me never to lose my temper,

No matter how annoying things

or people may be.

Keep me calm and steady,

So that I will never collapse,

And that others may be able to rely on me

When they are up against it.

This I ask for Jesus' sake,

Amen



Bless this day

Lord, bless this day for me and for everyone.

Make it a day in which we grow

In the likeness and mind of Jesus your Son.

And at the day's end,

May I be thankful for encountering you

In so many human ways and situations

And in other people.

Jesus, help me to follow you more nearly

Day by day.

Amen



Let nothing disturb you;

Let nothing dismay you.

All things pass; God never changes.

Patience attains all it strives for.

The one who has God

Finds that nothing is lacking.

God alone suffices.

{St. Teresa of Avila (1515 – 1582)}

Desiderata

‘Go placidly amid the noise and haste,
And remember what peace there may
be in silence...

Be on good terms with all persons.
Speak your truth quietly and clearly,
Be at peace with God,
And whatever your labours and
aspirations,
In the noisy confusion of life,
Keep peace with your soul.
With all its sham, drudgery
And broken dreams...

It is still a
beautiful
world.
Strive to be
happy...’



Always Caring...

*God, you have given me people
To love and care for,
And people who love and care for me.
For these loved ones whose lives are
connected to mine, I thank you.
Through them I glimpse you,
In their love and concern, I see your own.
For all whom I love, I pray.
Keep them in your care
Keep them from all evil
Hold them in the palm of your hand.*

Amen



If there is righteousness in the heart,
there will be beauty in the character.
If there is beauty in the character,
there will be harmony in the home.
If there is harmony in the home,
there will be order in the nation.
If there is order in the nation,
there will be peace in the world.

So let it be

{*Scottish Blessing*}

The New Day ~ All for God

For this day I give thanks
For its brightness and newness,
For its open doors of possibility,
For its hope of new beginnings.

Help me to make use
Of this day's opportunities.

Today, O Lord:

Give me courtesy, give me sincerity.

Give me patience, give me courage,

Give me peace.

At the start of this new day,

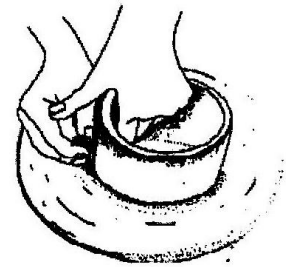
Grant me the grace to be faithful to you.

AMEN



Always New in God

Lord, you created me.
You have made me what I am.
You have loved and cared for me
Through the years.
As I come into your presence,
I ask you to re-create me
and to make me new.



Fashion me into your likeness,
So that my life may proclaim your presence.
Fashion me into your likeness,
So that my life may shine in the dark.
Fashion me into your likeness,
So that my life may be pleasing to you,
Now and always.

Amen



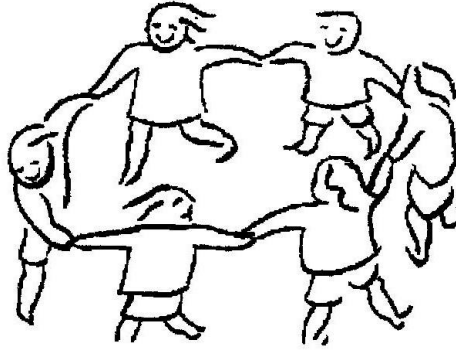
May you have -
Walls for the wind
And a roof for the rain,
And drinks bedside the fire
Laughter to cheer you
And those you love near you,
And all that your heart may desire

{Celtic Blessing}

Family Blessing

O God our Father,
By whose will we live together in families,
Let your blessing rest upon our homes
And those we love.
Bless our parents and members of our families,
Give them health and strength of soul and body.
Unite us all in the love of you,
Through Christ Jesus Our Lord,

Amen

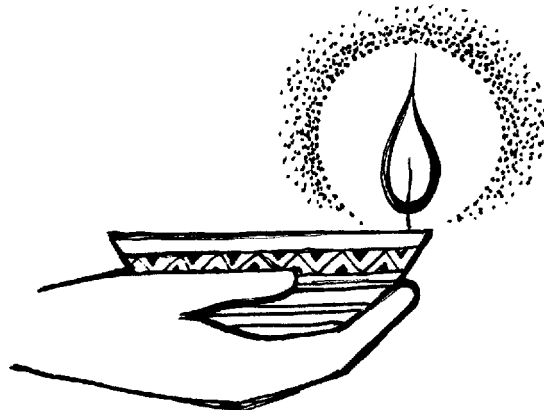


A Family Prayer

**Dear Father in Heaven,
I ask for your touch,
Bless all my family, we need you so much.
Teach us to love, to forgive and to share,
With the help of your Spirit,
To thrive and to dare.
But most of all Lord,
When our journey is through,
Bind us together
For ever
With you.**

A Scottish Blessing

*May the blessing of light be upon you
Light without and light within.
May the blessed sunlight shine upon you
And warm each heart
Until it glows like a great fire,
So that strangers and friends
May come in and warm themselves.
And may the light shine out
From your eyes,
Like a candle
Set in the windows of a house.
And may the blessing of the rain be on you
May it beat upon your Spirit and wash it fair and clean,
And leave there a shining pool
Where the blue of Heaven shines,
And may the blessing of the earth be on you,
Soft under your feet as you pass along the roads
Soft under you as you lie out on it, tired at the end of day;
And now may the Lord bless you,
And bless you kindly.
Amen*



Prayer to the Holy Spirit

*Come Holy Spirit,
Fill the hearts of your faithful
And kindle in them
The fire of your love.
Send forth your Spirit Lord,
And they shall be created.
And you will renew
The face of the Earth*



The Cross in my Pocket

I carry a cross in my pocket,
It's not for the world to see.
It's simply an understanding
Between my Saviour and me.
It reminds me to be thankful
For my blessings day by day
And strive to serve him better
In all that I do and say
Reminding no one but me
That Jesus Christ is Lord of my life
If only I'll let him be.

Prayer to St. Michael

*St Michael the Archangel
Defend us in our day of battle
Be our safeguard against the wickedness
And deceit of the devil.
May God rebuke him, we humbly pray,
And you, O Prince of the heavenly host,
And by the power of God
Banish into hell Satan and all evil spirits
Who wander the world
For the ruin of souls
Amen*



An Old Wedding Blessing

May God be with you and bless you.
May you see your children's children.
May you be poor in misfortune, rich in blessings.
May you know nothing but happiness
From this day forward



The Angelus

The Angelus is traditionally recited morning (6:00 a.m.), noon and evening (6:00 p.m.)

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, etc.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.

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



*I said to the man who stood
At the gate of the year, give me a light
That I may tread safely into the unknown.
And he replied, Go out into the darkness
And put your hand into the hand of God.
That shall be to you better than light
And safer than a known way.
May that almighty hand
Guide and uphold us all.*



My Name is I Am

I was regretting the past and fearing the future.

Suddenly, my Lord was speaking:

"My name is I AM" he paused.

I waited and continued.

"When you live in the past

With its mistakes and regrets, it is hard.

I am not there. My name is not I WAS.

When you live in the future,

With its problems and fears,

It is hard. I am not there.

My name is not I WILL BE.

When you live in this moment,

It is not hard, I am here.

"My name is I AM"

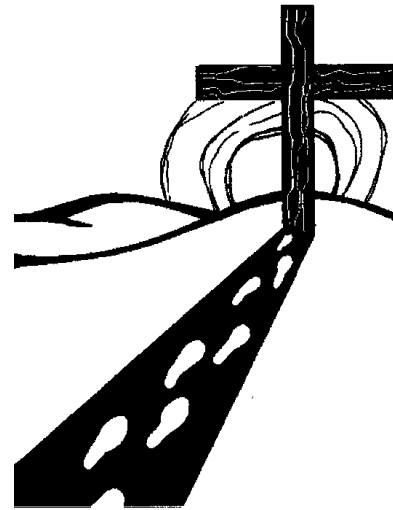
{H.Mallicoat}

Prayer by St Thomas More

And, therefore, my own good daughter,
Do not let you mind be troubled
Over anything that shall happen to me
In this world.

Nothing can come but what God wills.

And I am very sure
That whatever that be,
However bad it may seem,
It shall indeed be the best.



Hashkivenu

Let us lie down

O Lord our God

Let us rise O King to life

Spread over us the tabernacle of your peace

Direct us through your own good counsel

Save us in the Spirit of your name

Be a shield around us

Keeping at a distance enmity, disease, war and hunger

Keep the adversary distant

Before and behind us

Shelter us in the shadow of your wings

For you are our guardian and deliverer

O gracious and merciful King.

An Irish Friendship Prayer

**May there always be work
For your hands to do
May your purse
Always hold a coin or two
May the sun always shine
On your windowpane
May a rainbow
Be certain to follow each rain
May the hand of a friend
Always be near you
May God fill your heart
With gladness to cheer you**



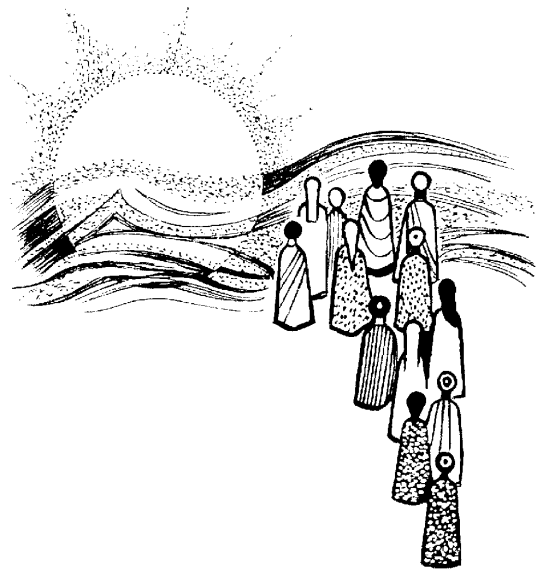
*O Lord, open our lips
And our mouth shall declare your praise
O Lord, open our eyes
That we may behold your presence
O Lord, open our ears
That we may hear your call
O Lord, open our hearts
That we may respond to your love
O Lord, open our lives
That we may rejoice in your creation*

Moments

If God brings you to it
He will bring you through it.
Happy moments, praise God
Quiet moments, worship God
Painful moments, trust God
Every moment, thank God

A Celtic Blessing

May the peace of the Lord Christ go with you,
wherever he may send you.
May he guide you through the wilderness, protect
you through the storm.
May he bring you home rejoicing
At the wonders he has shown you.
May he bring you home
rejoicing
Once again to our doors.





Some Jewish Prayers

Lord, where shall I find you?
High and hidden is your place.
And where shall I not find you?
The world is full of your glory.
I have sought your nearness
With all your heart I called you.
And going out to meet you
I found you coming to meet me
{Judah Halevi}

May I love God above all
And my neighbour as myself.
May I be a living witness
To the truth that never changes.
In the quietness of this Sabbath
I turn my thoughts to you.
Help me to hear your voice,
To find your image in my soul
And to be at peace.
Amen
{Sabbath Morning Service}



The Spirit of God

*The Spirit of God is upon you
The Spirit of God strengthen you
The Spirit of God guide you
The Spirit of God protect you
The Spirit of God enlighten you
The Spirit of God fill you
Today and ever more
Amen*

Peace comes from you

*Peace between me and each friend
Peace in the morning
And at the day's end
Peace in each hour
And in the whole day
Peace on my journey
And all of the way
Peace in the work
That I need to do
Peace in my life
Peace comes from you.*



The Blessing of Him

*The blessing of him
Who stilled the storm
The blessing of peace
And a deep new calm
The blessing of joy
Come to your mind
The blessing of love
Help you unwind
Peace in your dealings
Peace in your days
Peace in your living
And give God praise*



O Christ, You Calm The Storm

*O Christ, you calm the storm at sea
In tempest sore, be calming me.*

*O Christ, you walk upon the wave
When sinking fast, my footing save.*



*O Christ, the stricken child you
raise*

My spirit lift in joy and praise.

*O Christ, you heal the man born
blind*

*Make bright the darkness in my
mind.*

*O Christ, you feed the crowd
with bread*

*With words of truth let me be
fed.*

*O Christ, you make the water wine
Take humble gifts and make them fine.*

*O Christ, the Resurrection Morn
With your new life, my life adorn.*

Jesus I love you

*Jesus I love you
Jesus I welcome you
Jesus I need you
Jesus I adore you
Jesus I thank you
Help me to be like you
Help me to be kind like you
Help me to be loving like you
Help me to bring your peace
And love into the world
Bless me and bless all the people I love*

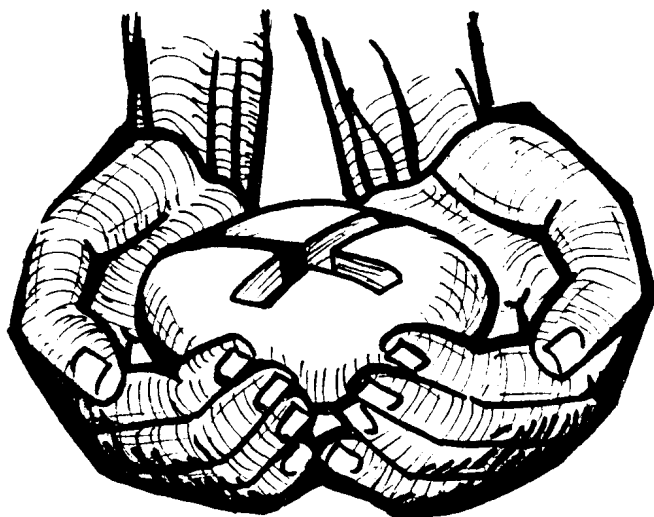
Guardian Angel

Angel of God, my guardian dear
To whom his love commits me here
Ever this day be at my
side
To light and guard
To rule and guide



May the road rise to meet you

*May the road rise to meet you
May the wind
Be always at your back
May the sun shine
Warm upon your face
The rains fall soft upon your fields
And until we meet again
May God hold you
In the palm of his hand...*



Day By Day

*Jesus, friend and brother
May we know you more clearly
Love you more dearly
And follow you more nearly
Day by day
Amen*

DEEP PEACE

**Deep peace of the
Running water to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the
Shining stars to you
Deep peace of the
Majestic mountains to
you
Deep peace of the
Empty desert to you
Deep peace of the
Son of Peace to you**



A Jewish Blessing

*May the Lord bless you
And keep you
May the Lord
Let his presence shine upon you
And be kind and gracious to you
May he shed his radiance around you
And grant you peace
Amen*

Psalm 42

*By day
The Lord will send
His loving kindness
At night
His song shall be with
me
A prayer to the God
of my life*



I will bless the Lord at all times

*The Spirit of the Lord has been given to me,
For he has anointed me.*

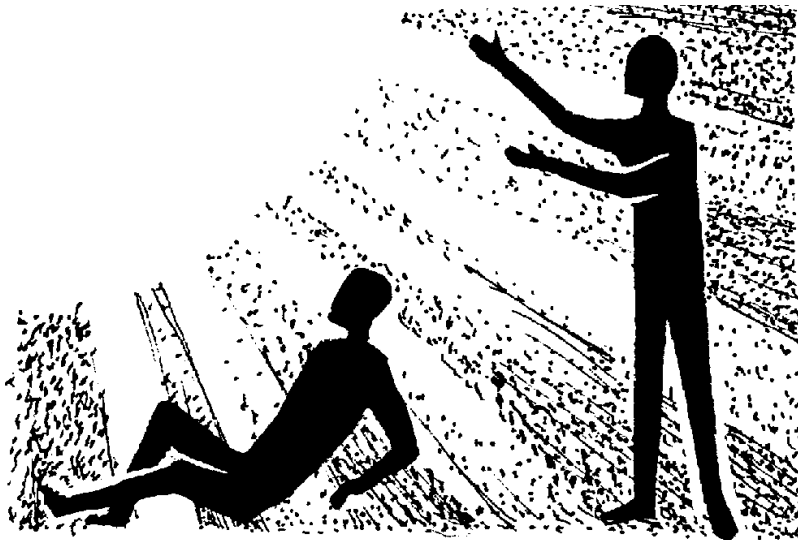
*He has sent me to bring the good news to the poor,
To proclaim liberty to captives
And to the blind new sight,
To set the downtrodden free,
To proclaim the Lord's year of favour.*

*I will bless the Lord at all times,
His praise always on my lips.*

Glorify the Lord with me,

Together let us praise his name.

*I sought the Lord and he answered me,
From all my terrors he set me free.*



May God the Father Bless Us

May God the Father bless us
May Christ take care of us
The Holy Spirit enlighten us
All the days of our life.
The Lord be our defender
And keeper of body and soul.
Both now and forever.
On our heads and our houses
The blessing of God.
In our coming and going
The Peace of God.
In our life and believing
The love of God.
At our end
And new beginning
The arms of God
To welcome us
And bring us
Home.

Amen



The Shema

Hear O Israel, The Lord is Our God

The Lord is One

Love the Lord your God

With all your heart

With all your soul

With all your might

Lay these words,

Which I command you this day

Upon your heart

Teach them diligently to your children

Talk of them when you are in your home

When you are on the way

When you lie down

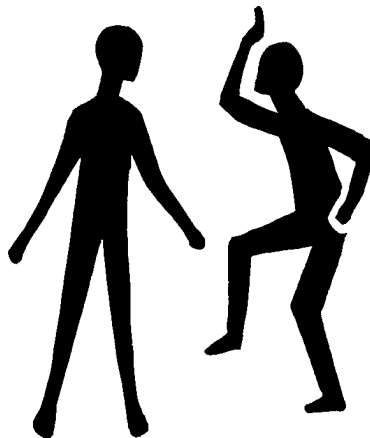
And when you rise

{From Dt 6}



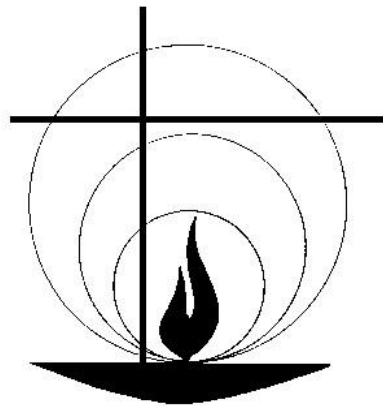
Friendship Prayer

May you be blessed with good friends
May you learn to be a good friend to your self
May you be able to journey to that place
In your soul
Where there is great love and warmth
Feeling and forgiveness
Peace and tranquillity.
May you treasure your friends
May you be good to them
May you be there for them
May they bring you all the blessings
You need for your life's journey
May you never feel alone
And may you always be
In the gentle presence
Of good friends



May He Support Us All The Day Long

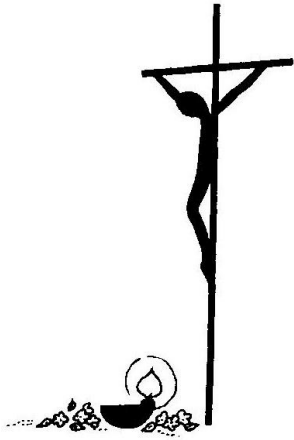
May he support us all the day long
Till the shades lengthen
The evening comes
The busy world is hushed
The fever of life is over
Our work is done.
Then, in his mercy
May he give us a safe lodging
A holy rest
And peace at the last.
{Cardinal Newman}



Prayer of St Augustine

*You have made us for yourself
And our hearts are restless until
They find their rest in you...*

Remembering the Dead



*Loving and merciful God
We entrust our loved ones
Who have died to your mercy
You loved them greatly in this life
Now that they are freed from all
of its cares
Give them happiness and peace
for ever.*

*Their present life has passed
away*

*Welcome them now into paradise
Where there will be no more sorrow
No more weeping or pain
But only peace and joy with Jesus your Son
And the Holy Spirit, for ever and ever
Amen*

Eternal Rest...

**Eternal rest grant unto them O Lord
And let perpetual light shine upon them
May they rest in peace.**

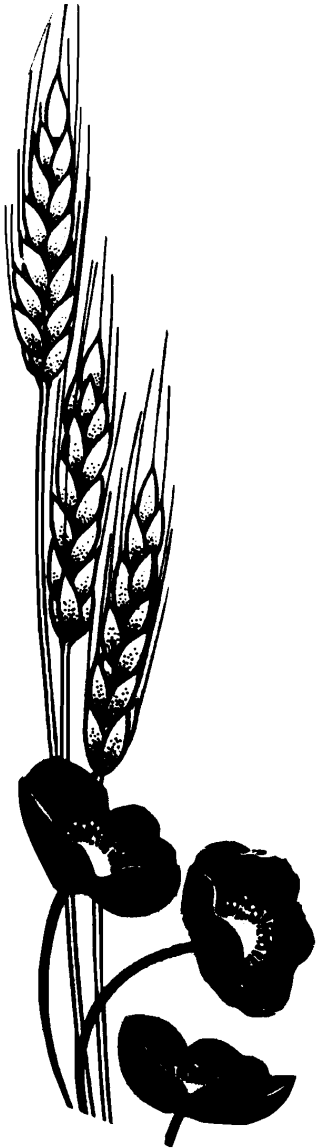
Amen.

**May their souls and the souls
Of all the faithful departed
Through the mercy of God rest in peace.**

Amen

Act of Remembrance...

**They shall not grow old
as we that are left grow old
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them...**



**Almighty and eternal God
From whose love in Christ we
cannot be parted
Either by death or life.
Hear our prayers and
thanksgivings
For all whom we remember this
day
Fulfil in them the purpose of your
will
And bring us all, with them, to
your eternal joy
Through Jesus Christ our Lord.
Amen**

Advent Prayer

*Almighty and ever gracious God
As Christmas approaches
Give us a share of that Divine experience
Enjoyed by Mary and Joseph
Shepherds and wise men
Who encountered angels
And came to believe that God
was Faithful to his promises
May we rejoice at the birth
Of the long awaited Messiah
As they did all those years ago.
We make this prayer
Through Christ our Lord
Amen*



*Watch, dear Lord, with those who wake, or watch, or weep
tonight, and give your angels charge over those who sleep.
Tend your sick ones, O Lord Jesus; rest your weary ones;
bless your dying ones; soothe your suffering ones; pity your*



*afflicted ones; shield your joyous ones.
All for your love's sake.
The power and peace of the Presence
protect you.
The grace and goodness of the saints
inspire you.
The good and gracious God go with you
And keep you always.*

{St Augustine}

The Way

Alone with none but thee, my God,
I journey on my way.

What need I fear, when thou art near,
O king of night and day?
More safe am I within thy hand
Than if a host did round me stand.



Be A Bright Flame

My dearest Lord,
Be a bright flame before me,
Be a guiding star above me,
Be a smooth path beneath me,
Be a kindly shepherd behind me.
Today, tonight and for ever.

I am tired and I am a stranger,
Lead me to the land of angels
For me it is time to go home
To the court of Christ,
To the peace of heaven.

(St Columba of Iona, 521 – 597)

Light of the World

*Light of the World...
Infiltrate my darkness*

*Light of the World...
Restore my strength*

*Light of the World...
Illuminate my pathway
Grant me your peace
That I might find my way
home to you
Amen*



The Circle of Your Care

*Though the dawn breaks cheerless
On this isle today,
My spirit walks upon a path of light.
For I know my greatness.
You have built me a throne within your
heart.
I dwell safely within the circle of your care.*

A Time for Everything

There is a time for everything
And a season for every activity under heaven:
A time to be born and a time to die,
A time to plant and a time to uproot,
A time to kill and a time to heal,
A time to tear down and a time to build,
A time to weep and a time to laugh,
A time to mourn and a time to dance,
A time to scatter stones and a time to gather
them,
A time to embrace and a time to refrain,
A time to search and a time to give up,
A time to keep and a time to throw away,
A time to tear and a time to mend,
A time to be silent and a time to speak,
A time to love and a time to hate,
A time for war and a time for
peace.

{Ecclesiastes 3}



In The Beginning

In the beginning was the Word
And the Word was with God
And the Word was God.

Through him all things were made
Without him, nothing was made that has been made.

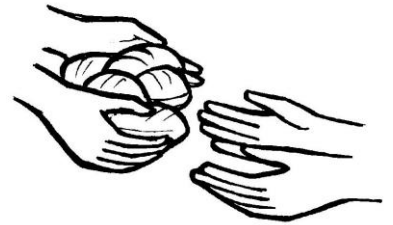


In him was life,
And that life was the light of all people.
The light shines in the darkness,
But the darkness
Has not overcome it...

Prayer to make poverty history

Christ our Lord,

Your light shines into the shadows,
And shows us where the obstacles to change lie.
We know that often they are in our own hearts,
In the way we live, and in our daily choices and actions.



We pray that we may accept the light of your love
As a challenge to change ourselves and our world.

We pray that, each day,
We make the choices and take the actions
That will bring an end to poverty and hunger,
And lead us all towards a fairer world.

Be with us, Lord, as we face your challenge

And learn how to live our lives in love.

Amen

Be Thou my Vision

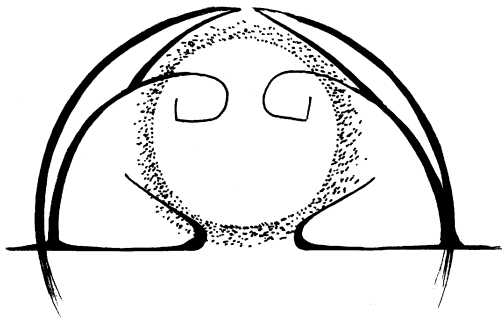
Be thou my vision,
O Lord of my heart,
Be all else but naught to me,
Save that thou art;
Be thou my best thought
In the day and the night
Both waking and sleeping
Thy presence, my light.
Be thou my wisdom
Be thou my true word,
Be thou ever with me
And I with thee, Lord
Be thou my great Father
And I thy true son
Be thou in me dwelling
And I with thee one.

*8th Century
Irish Prayer*



The Light of Lights

*May the Light of lights come
To my dark heart from thy place;
May the Spirit's wisdom come
To my heart's tablet from my Saviour.
Be the peace of the Spirit mine this night,
Be the peace of the Father mine this night,
The peace of all peace be mine this night,
Each morning and evening of my life.*



*A low prayer,
A high prayer,
I send through space.
Arrange them thyself,
O King of Grace.*

{From the Gael}

The Crossroads

The Lords says this,
'Stand at the crossroads and look.
Ask for the ancient paths,
Ask where the good way is,
Take it and you will find rest for your souls.'
(Jeremiah 6:16)

Enfold Me

Hear
Hold
Love
Enfold
God of all hearing
God of all holding
God of all loving
God all enfolding.
Above the winds, hear me;
Upon the sea, hold me;
On lonely isle, love me;
In dark night, enfold me.
(Joyce Denham)





Advent Prayer to say while lighting a candle

*O God, as light comes from this
candle,*

*May the blessing of Jesus Christ come to us,
Warming our hearts and
Brightening our way.*

*May Christ our Savior bring life
Into the darkness of this world,
And to us, as we wait for his coming.*

The Spirit of the Lord

**The Spirit of the Lord has been given to me,
For he has anointed me.
He has sent me
To bring the good news to the poor,
To proclaim liberty to captives,
And to the blind new sight,
To set the downtrodden free,
To proclaim the Lord's year of favour.**

Prayer of St Ignatius Loyola

‘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 to ask for no reward, save that of knowing that I do your will; through Jesus Christ our Lord.’



*I love you Jesus my love
Above all things
I repent with my whole heart
Of having offended you
Never permit me to separate myself from
you again
Grant that I may love you always
And then do with me what you will...*

{St Alphonsus}

The Memorae

Remember,

○ most loving Virgin Mary,

That it is a thing unheard of,

**That anyone who ever had recourse to your
protection, implored your help,**

Sought your intercession, was left forsaken.

**Filled therefore with confidence in your
goodness, I fly to you,**

○ Mother, Virgin of virgins.

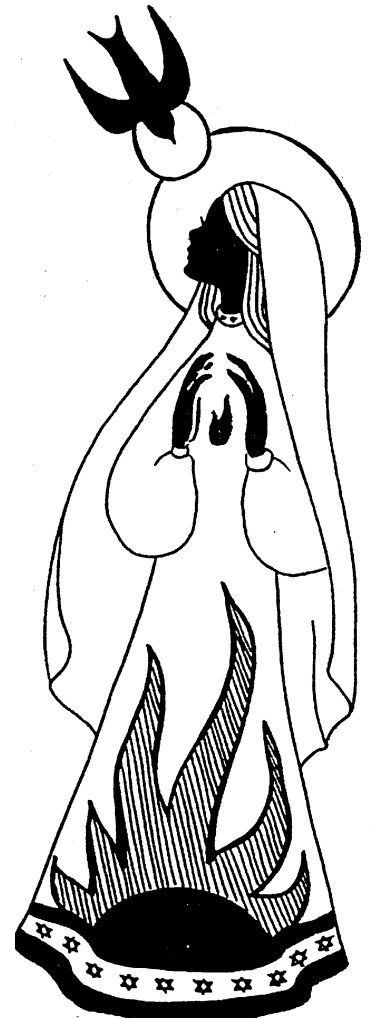
To you I come, before you I stand,

A sorrowful sinner.

Despise not my poor words,

○ Mother of the Word of God,

**But graciously hear and grant my
prayer.**



Hail, Holy Queen, Mother of Mercy; hail our life, our sweetness and our hope! To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy towards us and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.



1 Corinthians 13

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends; as for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. For our knowledge is imperfect and our prophecy is imperfect; but when the perfect comes, the imperfect will pass away. When I was a child,

I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways. For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood. So faith, hope, love abide, these three; but the greatest of these is love.



**Out of the depths I cry
to you Lord, Lord, hear me**

**Let your ears be attentive to the voice
of my pleading.**

**If you, O Lord, should mark our guilt,
Lord, who would survive?**

**For with you is found forgiveness, for
this we revere you.**

**My soul is waiting for the Lord, I
count on his Word.**

**My soul is longing for the Lord, more
than watchmen for daybreak.**



**Because with the Lord
there is mercy and
fulness of redemption.**

**Israel indeed he will
redeem from all its
iniquity.**

O God, you

Page 60

you know me

*O God, you search me and you know me.
All my thoughts lie open to your gaze,
When I walk or lie down you are before me:
Ever the maker and keeper of my days.*

*You know my resting and my rising.
You discern my purpose from afar,
And with love everlasting you besiege me:
In every moment of life or death, you are.*

*Before a word is on my tongue, Lord.
You have known its meaning through and through,
You are with me beyond my understanding:
God of my present, my past and future too.*



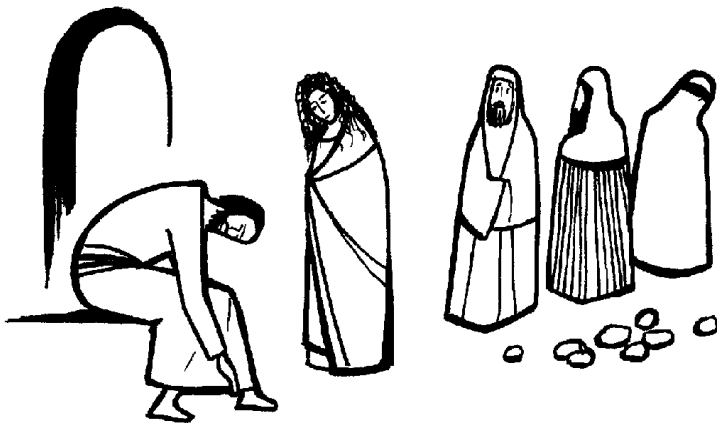
*Although your Spirit is upon me.
Still I search for shelter from your light,
There is nowhere on earth
I can escape you...
Even the darkness is radiant in your sight.
For you created me and shaped me.
Gave me life within my mother's womb,
For the wonder of who I am I praise you:
Safe in your hands,
All creation is made anew.*

*Oh the Love of my Lord is the essence
Of all that I love here on earth.
All the beauty I see, he has given to me
And his giving is gentle as silence.*

*Every day, every hour, every moment
Have been blessed by the strength of his love.
At the turn of each tide,
He is there at my side,
And his touch is as gentle as silence.*

*There've been times when I've turned from his
presence,
And I've walked other paths, other ways.
But I've called on his name,
In the dark of my shame,*

*And his mercy
was gentle as
silence.*



Psalm 83

Page 62

How lovely is your dwelling } -----

*Lord, God of Hosts.
My soul is longing and yearning
Is yearning for the courts of the Lord.
My heart and my soul ring out their joy
To God, the living God.
They are happy, who dwell in your house,
For ever singing your praise.
They are happy, whose strength is in you.
They walk with ever growing strength.
O Lord, God of Hosts,
Hear my prayer.
Give ear, O God of Jacob.
Turn your eyes, O God our shield
Look on the face of your anointed.*



[On I](#)

You who dwell in the shelter of the 1

*Who abide in his shadow for life
Say to the Lord, 'My refuge, my rock in whom I
trust!'*

*And he will raise you up on eagle's wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of his hand.*

*The snare of the fowler will never capture you
And famine will bring you no fear
Under his wings your refuge, his faithfulness your
shield.*

*You need not fear the terror of the night
Nor the arrow that flies by day
Though thousands fall about you, near you it shall
not come.*

*Foy to his angels he's given a command, to guard
you in all of your ways.*

*Upon their hands they will bear you up
Lest you dash your foot upon a stone
And he will raise you up on eagle's wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of his hand.*

How blessed are the poor in Spirit
The Kingdom of Heaven is theirs
Blessed are the Gentle
They shall have the earth as their inheritance
Blessed are those who
mourn
They shall be
comforted
Blessed are those who
hunger and thirst for
righteousness
They shall have
justice
Blessed are the
merciful
They shall have mercy shown them
Blessed are the pure in heart
They shall see God
Blessed are the peacemakers
They shall be called children of God
Blessed are those who are persecuted in the cause
of truth
Theirs is the Kingdom of Heaven
Blessed are you when people abuse and persecute
you and speak all kinds of calumny against you
falsely on my account
Rejoice and be glad for your reward will be great in
heaven...



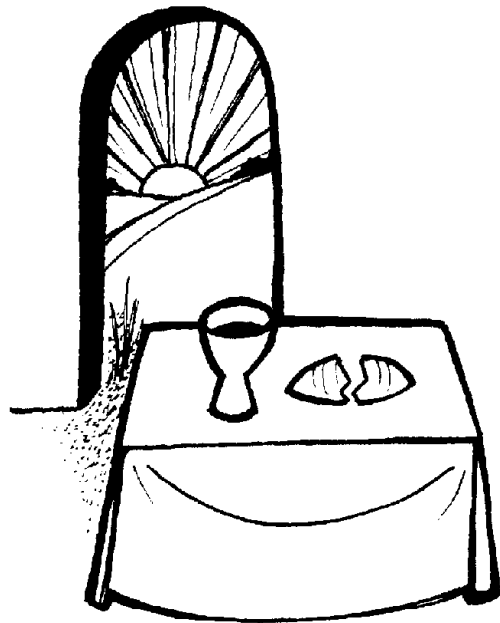
Your Work of Art

Lord God, you are Our Father.
You are the Potter and we are the clay.

**Your own hands have shaped and moulded us.
Re-form us now,
So that we may more closely resemble
The image and likeness of Jesus your Son.
Lead us to live in such a way today,
That others may recognise,
That we are made by your hands.
Inspire us to realise
And lead others to appreciate,
That each of us is your work of art.**

Christ in my rising

*Lord, At the rising of your sun each morning,
Let the greatest of all lights, your love
Rise like the sun within my heart.
Let your gentle light remind me
That you choose to be with me now as I pray.
Like the disciples,
Who met you on the road to
Emmaus,
So too, may my heart burn within
me
With the warmth of your presence.
Amen*



*Be still for the presence of the Lord,
The Holy One is here;
Come bow before him now in reverence and fear:
In him no sin is found, we stand on holy ground.
Be still, for the presence of the Lord,
The Holy One is here.*

*Be still for the glory of the Lord
Is shining all around;
He burns with holy fire,
With splendour he is crowned:
How awesome is the sight,
Our radiant king of light!
Be still for the glory of the Lord
Is shining all around.*



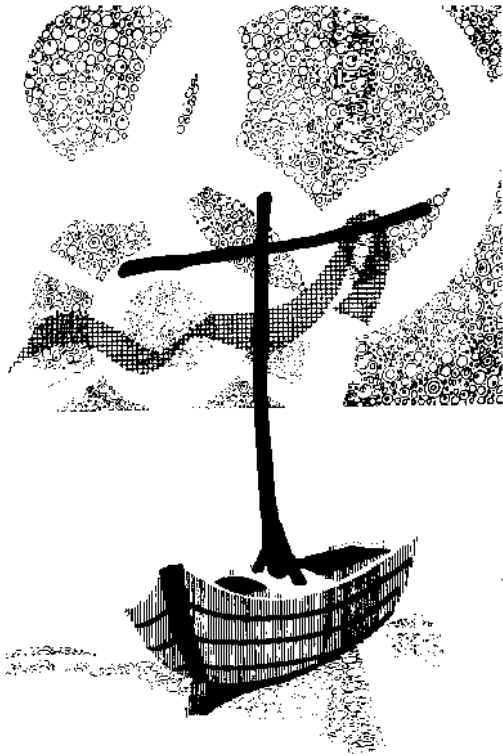
*Be still for the power of the Lord
Is moving in this place:
He comes to cleanse and heal, to minister his grace.
No work too hard for him,
In faith receive from him.
Be still,
For the power of the Lord is moving in this place...*

*Truly God is my salvation
In whom I trust, I shall not fear.
For the Lord is my strength and my song.
He is my saviour.
With joy shall I draw water
From the wells of salvation.
How beautiful on the mountains
Are the feet of him
Who brings good news
Who heralds peace and brings happiness
And proclaims salvation.
All the ends of the earth shall see
The salvation of our God.*

{From Isaiah 12 and 52}



O Lord, you search me and you know me,
You know my resting and my rising,
You discern my purpose from afar.
You mark when I walk or lie down;
All my ways lie open before you.



O where can I go from your
spirit?

Where can I flee from your
face?

If I climb the heavens, you
are there.

If I lie in the grave, you are
there.

If I take the wings of the
dawn

And dwell at the sea's
furthest end,

Even there your hand

would lead me,

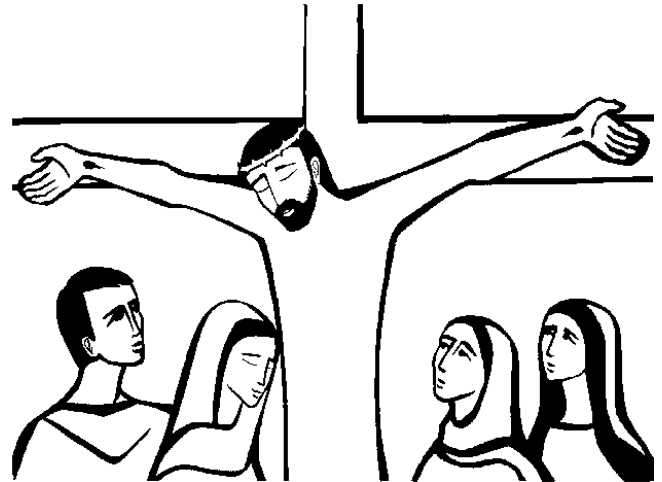
Your right hand would hold me fast.

For it was you who created my being,
Knit me together in my mother's womb.
I thank you for the wonder of my being,
For the wonders of all your creation.

Prayer for those in need

**Let us pray for those who are sick (n.n.)
Heal your loved ones Lord,
Who are sick and put their trust in you.
Send them help Lord,
And comfort them from your holy place...**

**Let us pray for those in
difficulty
Or in need (n.n.)
Reach out to them Lord
in their distress,
And grant them peace of
mind...**



**Let us pray for our
families.
Lord, grant our families the grace to follow
the example of your holy family of Nazareth,
So that our children may grow up in your
love...
Lord hear us...Lord graciously hear us**

Friend of Jesus...

**Jesus said, 'I call you friends'...
May I be your true friend, Jesus.
Now and all the days of my life.
Amen**

You Alone Lord

Lord, you mark when I walk
And when I lie down.
All my ways lie open to you.
When I cease activity,
Calm my mind.
When I am by myself,
Be my companion and friend.
When I am weary and heavily laden,
May your Spirit renew me.
When I lie down, may it be in peace,
For sleep to heal and refresh me.
For you alone Lord,
Make me dwell in safety.
Watch my
sleeping,
Guard my
waking,
Be always
near...



The Apostles Creed

I believe in God, the Father Almighty

Creator of heaven and Earth

I believe in Jesus Christ

His only Son, Our Lord

He was conceived

By the power of the Holy Spirit

And born of the Virgin Mary

He suffered under Pontius Pilate

Was crucified, died and was buried

He descended to the dead

On the third day he rose again

He ascended into heaven

And is seated at the right hand of the Father

He will come again to judge

The living and the dead.

I believe in the Holy Spirit

The Holy Catholic Church

The Communion of Saints

The forgiveness of sins

The resurrection of the body

And the life everlasting

Amen



Psalm 5

*I call upon you, O Lord.
In the morning you hear me;
In the morning I offer you my prayer,
Watching and waiting.*

*I lift my heart to you,
O Lord,
To be strengthened for
this day.
Be with me in all I do,
my God;
Guide me in all my ways.*



*I will carry some burdens today;
Some trials will be mine.
So I wait for your help, Lord,
Lest I stumble and fall.*

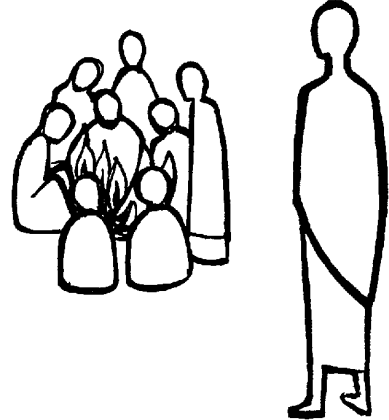
*I will do my work, Father,
The work begun by your Son.
He lives in me and I in him;
May his work today be done.*

Glory to the Father...

To you, O Lord, I lift up my soul (Psalm 24)

*Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth and teach me
For you are God my Saviour.*

*The Lord is good and upright
He shows the path to those who stray.
He guides the humble in the right path
He teaches his way to the poor*



*His ways are faithfulness and love
For those who keep his covenant and
will
The Lord's friendship is for those who revere him
To them he reveals his covenant.*

Visit this place

Visit this place we pray you, Lord.
Drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in
peace.
And let your blessing be always upon us.
Through Christ Our Lord.

{From the Night Prayer of the Liturgy}

I will be with you

**I will be with you, wherever you go
Go now throughout the world!
I will be with you, in all that you say.
Go now and spread my word!
Come, walk with me on stormy waters.
Why fear? Reach out, and I'll be there.**



**And you, my friend, will you
now leave me,
Or do you know me as your
Lord?**

**Your life will be
transformed with power
By living truly in my name.**

**And if you say : 'Yes, Lord, I
love you,'**

Then feed my lambs and feed my sheep.

Father in heaven

**Father in heaven,
You have given us a mind to know you
A will to serve you
And a heart to love you.
Be with us today in all that we do
So that our light may shine out in our lives
Through Jesus Christ our lord**

{St Thomas More}

Colossians 3:12f

*'You are the people of God
He loved you and chose you for his own.
So then, you must clothe yourselves with compassion,
Kindness, humility, gentleness and patience.
Be tolerant with one another and forgive each other.
You must forgive one another just as the Lord has
forgiven you. And to all these qualities add love, which
binds everything together in perfect unity.
The peace that Christ gives is to guide you in the
decisions you make for it is to this peace that God has
called you together in the one body...
Sing to God with thanksgiving in your hearts.
Everything you do or say, then, should be done in the
name of the Lord Jesus, as you give thanks through him
to God the Father.'*



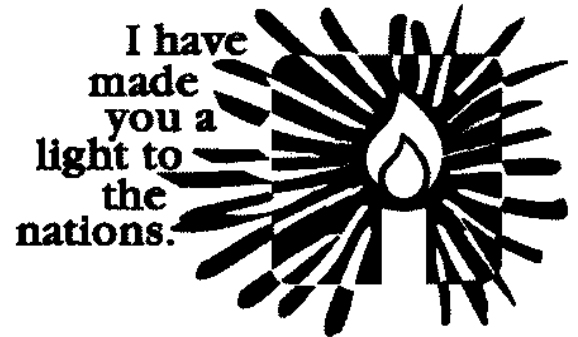
The Magnificat

**My soul magnifies the Lord
My Spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness
Henceforth, all generations will call me blessed.
The Almighty works marvels for me
And holy is his name!
His mercy is from age to age,
On those who fear him.
He puts forth his arm in strength
And scatters the proud hearted.
He casts the mighty from their thrones
And raises up the lowly.
He fills the hungry with good things
Sends the rich
away empty-
handed.
He protects Israel,
his servant,
Remembering his
mercy,
The mercy
promised to our
fathers,
To Abraham and
his sons for ever.**



Faithful, faithful is Our God

*In love there is no one more faithful than our God,
Who brings the light into our darkness,
The God who shares the breath of life
In you and me,
All living things upon the earth.
In quiet moments God whispers tenderly
The mystery of unending love,
For God is good and holds us as we sleep
Then wakes us with the morning light.
The mercy of our God is ours to share each day,
To help each other on our way,
To be God's hands and heart,
God's tenderness and care
God's faithful people in the
world.*



Direct, we ask you...

Direct, we ask you, O Lord
All our actions by your holy inspiration
And carry them on by your gracious assistance
That every prayer and work of ours
May begin always with you
And by you be happily ended.
Through Christ Our Lord.
Amen

The love I have for you

**The love I have for you my Lord,
Is only a shadow of your love for me;
Your deep abiding love.
My own belief in you, my Lord,
Is only a shadow of your faith in me;
Your deep and lasting faith.
My life is in your hands
My love for you will grow, my God.
Your light in me will shine.
The dream I have today, my Lord,
Is only a shadow of all that will be; if I
but follow you.
The joy I feel today
my Lord,
Is only a shadow of
your joys for me;
Only a shadow of your
joys for me,
When we meet face to
face...**



Psalm 71

In his days justice shall flourish
And peace till the moon fails
He shall rule from sea to sea
From the great river to the earth's bounds.
He shall save the poor when they cry
And the needy who are helpless
He will have pity on the weak
And save the lives of the poor.
May his name be blessed forever
And endure like the sun.
Every tribe shall be blessed in him
All nations bless his name.



Yahweh, I know you are near,
Standing always at my side.
You guard me from the foe,
And you lead me in ways everlasting.

Lord, you have searched me heart, and you
know
When I sit and when I stand.
Your hand is upon me protecting me from
death,
Keeping me from harm.

Where can I run from your love?
If I climb to the heavens, you are there.
If I fly to the sunrise or sail beyond the sea,
Still I'd find you there.

You know my heart and its ways,
You who formed me before I was born,
In the secret of darkness,
Before I saw the sun, in my mother's womb.

Marvellous to me are your works;
How profound are your thoughts, my Lord!
Even if I could count them,
They number as the stars,
You would still be there...



*Do not be afraid, for I have redeemed you.
I have called you by your name; you are mine.
When you walk through the waters I'll be with you.
You will never sink beneath the waves.
When the fire is burning all around you,
You will never be consumed by the flames.
When the fear of loneliness is looming,
Then remember I am at your side.
When you dwell in the exile of the stranger,
Remember you are precious in my eyes
You are mine, O my child; I am your Father,
And I love you with a perfect love.*



'Be happy at all times, pray constantly and for all things give thanks to God, because this is what God expects you to do in Christ Jesus. Never try to suppress the Spirit or treat the gift of prophecy with contempt. Think before you do anything ~ hold on to what is good and avoid every form of evil. May the God of peace make you perfect and holy and may you all be kept safe and blameless, spirit, soul and body, for the coming of our Lord Jesus Christ. God has called you and he will not fail you.'

{1 Thess 5 : 16 - 24}

*When we are living,
We are in the Lord,
And when we're dying,
We are in the Lord;
For in our living and in our dying
We belong to God.*

*Each day allows us to decide for good,
Loving and serving as we know we should;
In thankful giving, in hopeful living,
We belong to God.*

*Sometimes we sorrow, other times we embrace,
Sometimes we question everything we face;*

*Yet in our yearning is
deeper learning:*

We belong to God,

We belong to God.



The Silence

There is a time for silence and a time for speech

Lord, teach me the silence of humility

The silence of wisdom

The silence of love

The silence of perfection

The silence that speaks without words

The silence of faith

Lord, teach me to silence my own heart

That I may listen to the gentle breeze

Of the Holy Spirit within me

And sense the depths which are of God

AMEN



{16th C, source unknown}

O my God

I love you with my whole heart

And above all things

Because you are infinitely good and perfect.

I love my neighbour as myself

For the love of you.

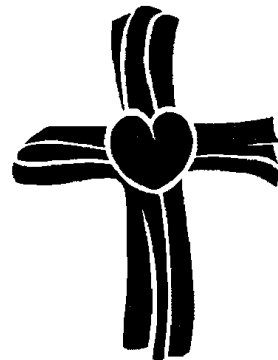
Grant me that I may love you

More and more

In this life,

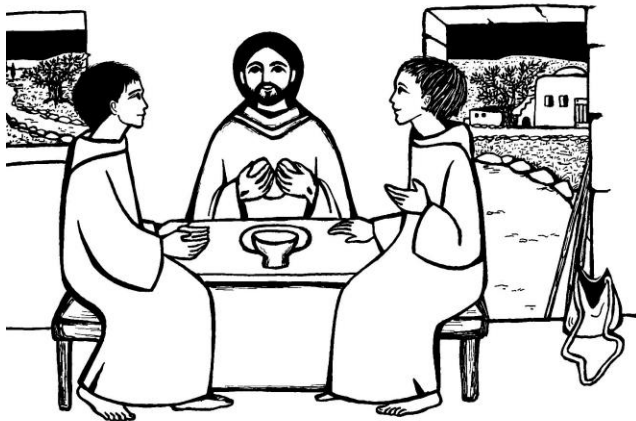
And in the next,

For all eternity...



Prayer for priests

Keep them I pray thee dearest Lord
Keep them for they are thine.
Thy priests whose lives burn out
Before thy consecrated shrine.
Keep them and comfort them
In hours of loneliness and pain
When all their lives of sacrifice for souls
Seem but in vain.
Keep them for they are in the world
Though from the world apart
When earthly pleasures tempt and allure
Shelter them in thy heart.
Keep them and remember O Lord
They have no-one but thee.
Yet they have only human hearts with human
frailty.
Keep them as spotless as the host



That daily they
caress.
Their every thought,
word and deed
Then dearest Lord to
bless.

Our beginning was when we were made

**I learned that love was our Lord's meaning
And I saw for certain, both here and elsewhere
That before ever he made us
God loved us
And that his love has never slackened, nor ever shall.
In this love all his works have been done
And in this love he has made everything
And in this love our life is
everlasting.
Our beginning was when we
were made,
But the love in which he made us
Never had beginning.
All this we shall see in God for
ever
May Jesus grant this
Amen
{Julian of Norwich, 1342 - 1416}**



Morning Prayer

Into your hands, O Lord, we commend ourselves this day. Let your presence be with us to its close.

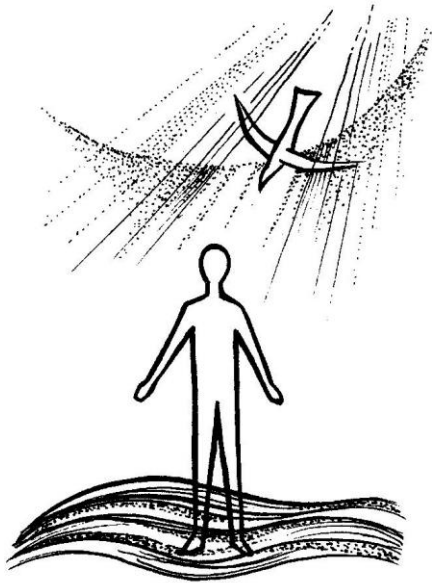
Strengthen us to remember that in whatsoever good work we do we are serving you.

Give us a diligent and watchful spirit, that we may seek in all things to know your will, and knowing it, gladly to perform it, to the honour of your name.

{unknown}

This new day you give to me
From your great eternity
This new day now enfold
Me in your loving hold

You are the star of the morn
You are the day newly born
You are the light of our night



You are the Saviour by your
might

God be in me this day
God every with me stay
God be in the night
Keep us by thy light
God be in my heart
God abide, never depart

{David Adam}

*Dear Lord, help me to trust in you
Because in whom else can trust be found?
Help me to find peace with you
Because where else can true peace be found...*
{Ben Johan}

Your way, not mine...

**Your way, not mine, O Lord
However dark it may be;
Lead me by your own hand,
Choose out the path for me.
Smooth let it be or rough,
It will still be the best;
Winding or straight it leads
Right onwards to your rest.
Choose for me my friends
My sickness or my health;
Choose my cares for me,
My poverty or my wealth.
Not mine, not mine the choice
In things or great or small;
You be my guide and my strength
My wisdom and my all.
{**Horatius Bonar, 1808 - 1889**}**



O Lord, open my lips,
And my mouth shall declare your praise.
O Lord, open my eyes,
That I may behold your presence.
O Lord, open my ears,
That I may hear your call.
O Lord, open my heart,
That I may respond to your love.
O Lord, open my life,
That I may rejoice in your creation.



*Dear Lord, may I follow you all the days of my life.
May my steps always walk in your ways.
Help me to see your beauty,
In every place and in every face.
Help me to hear the joy of your song in all creation.
All you have freely given to me,
May I freely give to others.
Bless all my dear family,
And all my dear friends.
Bless all those I will see today,
And those I love that are far away.
Bless those I have known and loved and since departed,
And one day to meet merrily again.
Keep them safe in your mercy so I pray.
Like a river returns to the sea,
Your great love one day will return for me.
My true home at last to find
Safe in your loving hands
Forever and ever
Amen
{Ben Johan}*



FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand, one belonged to him, and the other to the Lord. When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life there is only one set of footprints. I don't understand why, when I needed you most you would leave me."

The Lord replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Mary Stevenson 1922 – 1999



Lord, we offer you ourselves this day
For the work you want accomplished,
For the people you want us to meet,
For the word you want to be spoken,
For the silence you want to be kept,
For the places you want us to enter,
For the new ways you want to be pioneered.
Go with us along the way, Lord,
And enable us to realize your presence,
At all times and in all places
Our loving Lord Jesus Christ.

{Moris Maddocks}

*O sweet and loving God,
When I stay asleep too long,
Oblivious to your many blessings,
Then please wake me up
And sing to me your joyful song.
It is a song without noise or notes.
It is a song of love beyond words,
Of faith beyond the power of human telling.
I can hear it in my soul,
When you awaken me to your presence.*



{Mechthild of Magdeburg, 1210 – 1280}

And death is only a horizon...

*We give them back to you, dear Lord
Who gave them to us.
Yet as you did not lose them in giving,
So we have not lost them by their return.
What you have given you have not taken away
O lover of souls
For what is yours is ours also if we are yours.
And life is eternal and love is immortal
And death is only a horizon
And a horizon is nothing save the limit of our sight.
Lift us up, strong Son of God,
That we may see further,
Cleanse our eyes that we may see more clearly,
And draw us closer to yourself,
That we may know ourselves to be nearer
To our loved ones who are with you.
Prepare us also for that happy place,
That where they are and you are,
We too may be for evermore.*

{William Penn, 1624 - 1691}



Psalm 15

Preserve me, God. I take refuge in you.
O Lord, it is you who are my portion and cup
It is you yourself who are my prize.
I keep the Lord always before me
With him at my right hand,
There is nothing that can shake me.
And so my heart rejoices, my soul is glad
Even my body shall rest in safety
For you will not leave my soul among the dead
Nor let your beloved know decay.
You will show me the path of life,
The fullness of joy in your presence,
At your right hand happiness is forever.

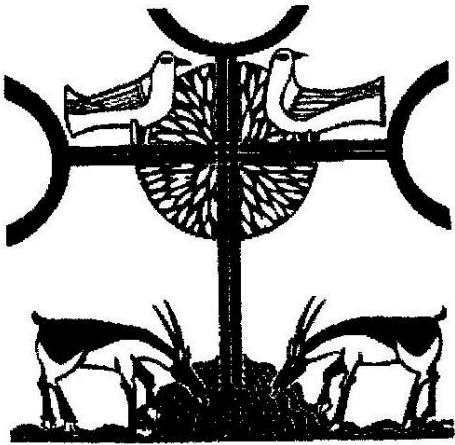


*My life is an instant, an hour which passes by.
My life is a moment, which I have no power to stay.
You know, O my God, that to love you here on earth
I have only today...*

{St Therese of Lisieux, 1873 – 97}

As The Deer

As the deer pants for the water
So my soul longs after you.
You alone are my heart's desire
And I long to worship you.
You alone are my strength, my shield
To you alone may my spirit yield.
You alone are my heart's desire
And I long to worship you.
I want you more than gold or silver
Only you can satisfy



You alone are the real joy-giver
And the apple of my eye.
You're my friend and you
are my brother
Even though you are a king.
I love you more than any
other
So much more than
anything.

I am only a spark ~ make me a fire.
I am only a string ~ make me a lyre.
I am only a drop ~ make me a fountain.
I am only an ant-hill ~ make me a mountain.
I am only a feather ~ make me a wing.
I am only a rag ~ make me a king!

{Source unknown, Mexico}

Psalm 104 (Send Forth Your Spirit)

Send forth your Spirit O Lord
And renew the face of the Earth.
O bless the Lord
My soul bless your name
How great are your ways in the world.
Great is God in heaven's domain
Gentle the breath of God's love.
Our days shall fall, like flowers in the field
Winds blow they blossom no more.
Our God is good, in justice revealed
Gentle the way of the Lord.
The eagle soars in strength flying
high.
Great is the name of the Lord.
East is west as day is to night
Gentle the love of the Lord.

Lead Kindly Light

*Lead kindly light, amid the encircling
gloom
Lead thou me on.
The night is dark
And I am far from home
Lead thou me on.
Keep thou my feet
I do not ask to see
The distant scene
One step is enough for me.*

{John Henry Newman, 1801 – 1890}



"God Speaks to Man"

From The Essene Gospel of Peace (One of the Dead Sea Scrolls)

I speak to you...

I spoke to you when you were born... (Be still, know I am God)

I spoke to you at your first sight (rpt)

I spoke to you at your first word. (rpt)

I spoke to you at your first thought. (rpt)

I spoke to you at your first love. (rpt)

I spoke to you at your first song. (rpt)

I speak to you through the grass of the meadows. (rpt)

I speak to you through the trees of the forests. (rpt)

I speak to you through the valleys and the hills. (rpt)

I speak to you through the Holy Mountains. (rpt)

I speak to you through the rain and snow. (rpt)

I speak to you through the waves of the sea. (rpt)

I speak to you through the dew of the morning. (rpt)

I speak to you through the peace of the evening. (rpt)

I speak to you through the splendour of the sun. (rpt)

I speak to you through the brilliant stars. (rpt)

I speak to you through the storm and the clouds. (rpt)

I speak to you through the thunder and lightening. (rpt)

I speak to you through the mysterious rainbow. (rpt)

I will speak to you when you are alone. (rpt)

*I will speak to you through the Wisdom of the
Ancients. (rpt)*

I will speak to you at the end of time. (rpt)

*I will speak to you when you have seen my Angels.
(rpt)*

I will speak to you throughout Eternity. (rpt)

I speak to you...



Do not stand at my grave and Weep

{left in an envelope for his parents by a soldier killed on duty in Northern Ireland, to be opened in the event of his death}

*Do not stand at my grave and weep
I am not there, I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow.
I am the sunlight on ripened grain,
I am the gentle Autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry
I am not there, I did not die.
{Author ~ Anon}*



Neilah Service

**For yet another home you have prepared for us
When our time on earth has ended
An eternal home
More sure than all the earthly homes that we
have known
The stars will soon appear in the dusk
Be our guiding star as we journey into life
everlasting
And as the gates of this world close
Open again the gates of mercy for us
And we shall enter in...**

A Blessing

**May the light of your soul guide you.
May the light of your soul bless the work that you do
With the secret love and warmth of your heart.
May you see in what you do the beauty of your own
soul.**

**May the sacredness of your work bring healing,
Light and renewal to those who work with you
And to those who see and receive your work.**

May your work never weary you.

**May it release within you wellsprings
Of refreshment, inspiration and excitement.**

May you be present in what you do.

May you never become lost in bland absences.

May the day never burden.

**May dawn find you awake and alert,
Approaching your new day with dreams and
possibilities**

May evening find you gracious and fulfilled.

**May you go into the night blessed, sheltered and
protected.**

May your soul calm, console and renew you.

A Thought...

'How long the years, how
far I roam,
I pray the path will lead

me home.'

Make us walk in



*Lord, make us walk in your way:
Where there is love and wisdom,
There is neither fear nor ignorance;
Where there is patience and humility,
There is neither anger nor annoyance;
Where there is poverty and joy,
There is neither greed nor avarice;
Where there is peace and contemplation,
There is neither care nor restlessness;
Where there is the fear of God to guard the dwelling,
There, no enemy can enter;
Where there is mercy and prudence,
There is neither excess nor harshness;
This we know through your Son,
Jesus Christ Our Lord.
{St Francis of Assisi}*



I will kindle my fire...

*I will kindle my fire this morning
In the presence of the holy angels of heaven
Without malice, without jealousy, without envy,
But the Holy Son of God to shield me.
God, kindle Thou in my heart within
A flame of love to my neighbour,
To my foe, to my friend, to my kindred all.*

Celtic Oral Tradition - 1st Millennium

You are the peace of all things calm
You are the place to hide from harm
You are the light that shines in dark
You are the heart's eternal spark
You are the door that's open wide
You are the guest who waits inside
You are the stranger at the door
You are the calling of the poor
You are my Lord and with me from ill
You are the light, the truth, the way
You are my Saviour this very day.

I asked God for strength that I might achieve;

I was made weak

That I might learn humbly to obey.

I asked for help that I might do greater things;

I was given infirmity that I might do better things.

I asked for riches that I might be happy;

I was given poverty that I might be wise.

I asked for all things

That I might enjoy life;

I was given life

That I might enjoy all things.

I was given nothing that I asked for;

But everything that I had hoped for.

Despite myself, my prayers were answered;

**I am among all people most richly
blessed.**

