

St Mary's Church, Shalford
Parish of Shalford and Peasmarsh

Parish Prayers etc

*Prayers, Poetry & Prose
in troubled times*

First Edition



*A companion of favourites
from and for the people of Shalford & Peasmarsh*

Welcome ...

to our first volume of *Parish Prayers etc*, from and for all in the Parish of Shalford and Peasmarsh. We hope this will prove a valuable companion to you through these coronavirus isolation days and beyond. Also that these prayers and readings will be a resource to share in the growing number of *Prayer & Care Triplets* which are keeping people connected more closely across the parish. If you would like to join a new triplet, please contact Rev Sarah.

We are also developing a children's volume. Please send poems, prayers, or prose for or by children to Rev Sarah for now (do mention if you'd like to help compile the children's volume).

Parish Prayers etc is a constantly evolving companion, so please continue to send in your favourite prayers, poetry, scripture passages or other prose, or any you find meaningful, comforting or uplifting which you think others will value or enjoy. We will try to include your suggestions in the Second Edition, which even now is being prepared! Just send to any of your *Parish Prayers* team below.

With thanks and prayers from our *Parish Prayers* team:

Ian Johnson - i.johnson987@btinternet.com

Tony Beet - tony.beet@btinternet.com

Ann Hyde - annpatriciahyde@aol.com

Sue Odell - sueodell100@hotmail.com

Val Helliwell - robval1@btinternet.com

Do not be anxious about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be known to God'

Philippians 4:7

Thanksgiving & Contemplative

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch
a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway
into thanks, and a silence in which
another voice may speak

Mary Oliver

I love to see the summer beaming forth
And white wool sack clouds sailing to the north
I love to see the wild flowers come again
And Mare blobs stain with gold the meadow drain
And water lilies whiten on the floods
Where reed clumps rustle like a wind shook wood
Where from her hiding place the Moor Hen pushes
And seeks her flag nest floating in bull rushes
I like the willow leaning half way o'er
The clear deep lake to stand upon its shore
I love the hay grass when the flower head swings
To summer winds and insects happy wings
That sport about the meadow the bright day
And see bright beetles in the clear lake play
I love to see the summer grow John Clare



Love is patient; love is kind;
love is not envious or boastful or arrogant or rude.
It does not insist on its own way; it is not irritable or resentful;
it does not rejoice in wrongdoing, but rejoices in the truth.
It bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13 v 4-7

Glory be to God for dappled things –
For skies of couple-colour as a brindled cow;
For rose-moles all in stipple upon trout that swim;
Fresh-firecoal chestnut-falls; finches' wings;
Landscape plotted and pieced – fold, fallow, and plough;
And all trades, their gear and tackle and trim.
All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise him.

Pied Beauty, Gerard Manley Hopkins

Prayer for our times

Great God who calls us to belonging,
Who delights in curiosity, invention, ingenuity.
Praise be for minds that bend and flex despite restriction,
for bodies that signal love by staying apart.
Praise be for neighbours talking across fences,
calling from balconies, waving through windows,
for greetings that cross the space between us.
Praise be for strangers, careful on footpaths,
for children asking their questions,
for truth tellers who earn our trust and speak to our fear.
Praise be for friends who warn and chide and encourage,
for human warmth in time of distance.
Praise be.



He thought his happiness was complete when, as he meandered aimlessly along, suddenly he stood by the edge of a full-fed river. Never in his life had he seen a river before— this sleek, sinuous, full-bodied animal, chasing and chuckling, gripping things with a gurgle and leaving them with a laugh, to fling itself on fresh playmates that shook themselves free, and were caught and held again. All was a-shake and a-shiver— glints and gleams and sparkles, rustle and swirl, chatter and bubble. The Mole was bewitched, entranced, fascinated. By the side of the river he trotted as one trots, when very small, by the side of a man who holds one spell-bound by exciting stories; and when tired at last, he sat on the bank, while the river still chattered on to him, a babbling procession of the best stories in the world, sent from the heart of the earth to be told at last to the insatiable sea.

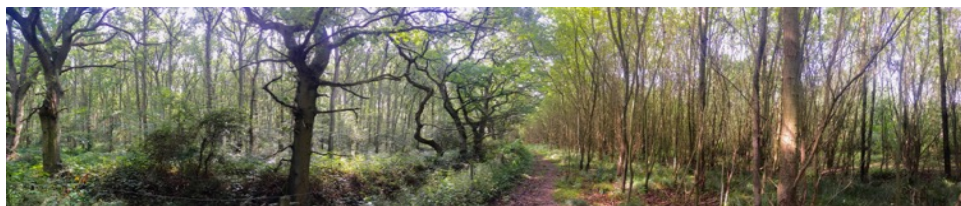
from Wind in the Willows, in loving memory of Graham Ward



Thus says the LORD of hosts: Old men and old women shall again sit in the streets of Jerusalem, each with staff in hand because of their great age. And the streets of the city shall be full of boys and girls playing in its

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new

2 Corinthians 5:17



When I am among the trees,
 especially the willows and the honey locust,
 equally the beech, the oaks, the pines,
 they give off such hints of gladness.
 I would almost say that they save me, and daily.
 I am so distant from the hope of myself,
 in which I have goodness, and discernment,
 and never hurry through the world
 but walk slowly, and bow often.
 Around me the trees stir in their leaves
 and call out, 'stay awhile'
 The light flows from their branches.
 And they call again, 'it's simple' they say
 'and you too have come
 into the world to do this, to go easy, to be filled
 with light, and to shine'.

Marv Oliver

This is the time to be slow,
 Lie low to the wall
 Until the bitter weather passes.
 Try, as best you can, not to let
 The wire brush of doubt
 Scrape from your heart
 All sense of yourself
 And your hesitant light.
 If you remain generous,
 Time will come good;
 And you will find your feet
 Again on fresh pastures of promise,
 Where the air will be kind
 And blushed with beginning. John O'Donohue

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
 He knows
 He understands
 He loves you with
 an enormous love
 He only wants to
 look upon you
 with his love
 Quiet
 Still
 Be

Jonny Baker

One day when Pooh was thinking, he thought he would go and see Eeyore, because he hadn't seen him since yesterday. And as he walked through the heather, singing to himself, he suddenly



remembered that he hadn't seen Owl since the day before yesterday, so he thought that he would just look in at the Hundred Acre Wood on the way and see if Owl was at home. Well, he went on singing, until he came to the part of the stream where the stepping-stones were, and when he was in the middle of the third stone he began to wonder how Kanga and Roo and Tigger were

getting on, because they all lived together in a different part of the Forest. And he thought, "I haven't seen Roo for a long time, and if I don't see him to-day it will be a still longer time." So he sat down on the stone in the middle of the stream, and sang another verse of his song, while he wondered what to do. The other verse of the song was like this: I could spend a happy morning Seeing Roo, I could spend a happy morning Being Pooh. For it doesn't seem to matter, If I don't get any fatter (And I don't get any fatter), What I do. The sun was so delightfully warm, and the stone, which had been sitting in it for a long time, was so warm, too that Pooh decided to go on being Pooh in the middle of the stream for the rest of the morning. *The House at Pooh Corner*

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."

john 20:19



Best of any song
is bird-song
in the quiet, but first
you must have the quiet.

Wendell Berry



Waiting,
waiting in silent stillness,
Pondering
the Word of God in her heart.
Mary listens
in attentive willingness
To His Word
that, in speaking,
acts.

I go among trees and sit still.
All my stirring becomes quiet
around me like circles on water.
My tasks lie in their places
where I left them, asleep like cattle.
Then what is afraid of me comes
and lives a while in my sight.
What it fears in me leaves me,
and the fear of me leaves it.
It sings, and I hear its song.
Then what I am afraid of comes.
I live for a while in its sight.
What I fear in it leaves it,
and the fear of it leaves me.
It sings, and I hear its song.
After days of labor,
mute in my consternations,
I hear my song at last,
and I sing it. As we sing,
the day turns, the trees move.

Wendell Berry



Forgiveness

You love us, God,
you know us.
You know how we hurt ourselves,
how we hurt each other,
how we hurt your world.
We are sorry,
We want to change.
Help us and heal us. Amen



O God, bring new life
where we are worn and tired;
new love
where we have turned hard-hearted;
forgiveness
where we have wounded;
and the joy and freedom of your Holy Spirit
where we are the prisoners of our selves.
John Bell



Psalm 51:1-4a,7,10
Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.
For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.



Blessing in the Chaos

To all that is chaotic
in you,
let there come silence.
Let there be a calming
of the clamoring,
a stilling
of the voices that
have laid their claim
on you,
that have made their
home in you,
that go with you
even to the
holy places
but will not
let you rest,
will not let you
hear your life
with wholeness
or feel the grace
that fashioned you.

We need your healing, merciful God;
give us true repentance.
Some sins are plain to us;
some escape us,
some we cannot face.
Forgive us;
set us free to hear your word to us;
set us free to serve you.
A New Zealand Prayer Book



Let what distracts you
cease.
Let what divides you
cease.
Let there come an end
to what diminishes
and demeans,
and let depart
all that keeps you
in its cage.
Let there be an opening
into the quiet
that lies beneath
the chaos,
where you find
the peace
you did not think
possible
and see what shimmers
within the storm.

Jan Richardson

Discipleship

Servant Christ,
help us to follow you
into the place of quiet
to intercede for the confused, the
despairing, the suffering,
to prepare ourselves for costly
service with you;

Servant Christ,
help us to follow you.
Amen.

Take, Lord, and receive all my
liberty,
my memory, my understanding
and my entire will.
All I have and call my own,
You have given all to me,
to you, Lord, I return it.
Everything is yours; do with it what
you will.
Give me only your love and
your grace,
that is enough for me. Amen
St Ignatius of Loyola



Lord, raise up your Church
to be your well-washed hands and
faithful feet
to be present to the pain
to respond with love in action
if even from a safe distance.
God, in your mercy,
Hear our prayer. Amen



Most High, glorious God,
enlighten the darkness of my
heart
and give me
true faith,
certain hope,
and perfect charity,
sense and knowledge,
Lord, that I may carry out
Your holy and true command
St Francis of Assisi

Risen Christ,
for whom no
door is locked, no
entrance barred:
open the doors of
our hearts,
that we may seek
the good of
others
and walk the
joyful road of
sacrifice and
peace,
to the praise of
God the Father.

*The Collect for 2nd
Sunday of Easter*

God of surprises,
who chose not the mighty but
the vulnerable
to be the vehicle of your
salvation.
Give us the courage of Mary to
say 'yes'
to your vision of a world made
whole,
that we may labour with
creation
to give birth to justice and new
life.

Be happy, be brave
put your hand into the hand of God
and to thine own self be true.

God in heaven,
your name is to be
honoured.
May your new community of
hope
be realized on earth as it is
in heaven.
Give us today the essentials
of life.
release us from our
wrongdoing
as we also release those who wrong us.
Do not test us beyond our enduring; save us from all that is evil.
For you embrace justice, love and peace, now and to the end of time.
Amen.

Iona Community The Lord's Prayer



Lord, I live, yet no true life I know,
And, living thus expectantly,
I die because I do not die.

St Teresa of Avila

O Holy Jesus, most merciful Redeemer,
Friend and Brother,
May I know thee more clearly,
Love thee more *dearly*,
And follow thee more *nearly*,
Amen.

Prayer of St Richard of Chichester

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.
St Patrick's Breastplate



Come, my Way, my Truth, my Life:
Such a Way, as gives us breath:
Such a Truth, as ends all strife:
And such a Life, as killeth death.
Come, my Light, my Feast, my Strength:
Such a Light, as shows a Feast:
Such a Feast, as mends in length:
Such a Strength, as makes his guest.
Come, my Joy, my Love, my Heart:
Such a Joy, as none can move:
Such a Love, as none can part:
Such a Heart, as joys in Love.

George Herbert

St Mary's Church
Shalford
Prayer for our
Pilgrim Life

Father in Heaven,
draw near us in **prayer**,
mould us into
the likeness of Christ;
and stir up in us,
the fire of your Love.

Lord Jesus Christ,
renew us in our
discipleship;
help us to serve you
with a quiet mind,
a burning spirit, and
an open heart in
hospitality to all.

Holy Spirit,
fill us
with your power;
and help us to tell
of the Love of God
in word, in witness,
in **loving service**.

Father, Son,
and Holy Spirit,
keep us in the **joy**,
simplicity, & compassion
of your
gospel.

Amen

Unless the grain of
wheat dies, it
remains just a grain
of wheat. But if it
dies, it will bear
much fruit *John 12:24*

O gracious and Holy Father,
Give us wisdom to perceive thee,
Diligence to seek thee,
Patience to wait for thee,
A heart to meditate upon thee
And a life to proclaim thee,
Through the power of the Spirit
Of Jesus Christ our Lord. Amen

Walking together
Singing psalms
Breaking bread
Pouring wine
Arguing fiercely
Speaking truth lovingly
Dancing on the earth
Spinning with the
stars.....



Christ has no body on earth but ours
no hands but ours to raise up the fallen,
no feet but ours to seek out the lost.
no eyes but ours to see the silent tears of the
suffering,
no ears but ours to listen to the lonely.
no tongue but ours to speak a word of comfort
to the sad,

no heart but ours to love the
unloved.

Father, send us your Holy Spirit
so that we can be the body of
Jesus our Lord.

Grant us warm and humble hearts
to love one another and do your
will. Amen.



Global Friends

Love never fails

Even in the darkest moments, love gives hope.

Love compels us to fight against coronavirus alongside our sisters and brothers living in poverty.

Love compels us to stand together in prayer with our neighbours near and far.

Love compels us to give and act as one.

Now, it is clear that our futures are bound together more tightly than ever before.

Lord, as we pray in our individual homes around the nation and around the world, we are united as one family.

Help us to pause and find a moment of peace, as we lift up our hearts together in prayer for all struggling throughout the world. *Christian Aid*



Loving Father, in these difficult days we turn to you.

Thank you for the work of the emergency services and key workers across our nation. We ask for your

hand of protection upon them. We also thank you for your Church and the work she is doing to help those most in need.

For those who are sick, bring healing

For those who mourn, bring comfort.

For those who face uncertainty financially, bring stability.

For those who don't know what to do, bring clarity.

For those who are at risk, bring protection.

For those who are frightened, bring calm.

We ask these things also for our producers across the globe. Grant them reassurance that they are not forgotten and that we continue to stand with them. Continue to keep their routes to market open, their cash flow strong and protect their crop. Mighty God, for whom all things are known, we pray these things in the name of your son Jesus Christ. Amen *Traidcraft fair trade prayer*

Heavenly Father
In this time of great uncertainty,
we pray for our world, our nation, our villages
and our neighbours.
In particular, we pray for those who suffer isolation,
that they may find friendship;
for those who have lost loved ones,
that they may find new hope;
for those whose work does not pay,
that they may find the help they need;
for those risking themselves to help others,
that they may find joy;
for those who give up time to care,
that they may find rest;
for those who have nowhere to go,
that they may find shelter;
for those with responsibility for leadership,
that they may know wisdom;
and for those who have lost all,
that they may find new life.
Finally we pray for ourselves,
that we may know the saving, loving, peace-giving
presence of Jesus. Amen



Sickness & Struggle

From pain and weariness,

God of Light, set us free

From heavy burdens,

God of Light, set us free

From pride and bitterness,

God of Light, set us free

From past regret,

God of Light, set us free

From painful memories,

God of Light, set us free

From anxiety about the future,

God of Light, set us free

From deep despair,

God of Light, set us free

From guilt and terror,

God of Light, set us free

In darkness and in light, in trouble and in joy,

help us, heavenly Father, to trust your love. Amen



Keep us, good Lord,

under the shadow of your mercy.

Sustain and support the anxious,

be with those who care for the sick,

and lift up all who are brought low;

that we may find comfort

knowing that nothing can separate us from your love

in Christ Jesus our Lord.

Amen

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

Romans 15:13

Lingering in Happiness

After rain after many days without rain,
it stays cool, private and cleansed, under the trees,
and the dampness there, married now to gravity,
falls branch to branch, leaf to leaf, down to the ground.
where it will disappear - but not, of course, vanish
except to our eyes. The roots of the oaks will have their share,
and the white threads of the grasses, and the fusion of moss;
a few drops, round as pearls, will enter the mole's tunnel;
and soon so many small stones, buried for a thousand years,
will feel themselves being touched.

Mary Oliver



O God, you know we are often filled with fear and foreboding.
Give us courage and deepen our trust.
You are a rock which nothing can shatter.
On you we can place the whole weight of our lives.

Richard Harries

Every generous act of giving, with every perfect gift, is from above,
coming down from the Father of lights, with whom there is no variation
or shadow due to change. James 1.17-27

O Lord Jesus Christ, Son of God, have mercy on me, a sinner.
The Jesus Prayer

Look down this night, O Lord God,
on all who dread its approach;
who suffer and can find no sleep.
Through the long watches grant them
awareness of thy Presence.
support and solace from thy love.
O Lord, God, let the night soon pass,
and the day break bright with thy healing, thy peace.



Rejoice always,
pray without ceasing, give
thanks in all circumstances;
for this is the will of God in
Christ Jesus for you.

May the God of peace
himself sanctify you entirely;
and may your spirit and soul
and body be kept sound and
blameless at the coming of
our Lord Jesus Christ.

The one who calls you is
faithful, and he will do this.

1 Thessalonians 5:16-18,23,24

Let mutual love continue. Do not neglect to show
hospitality to strangers, for by doing that some have
entertained angels without knowing it.

Hebrews 13: 1-5



Psalm 23

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

Jesus said to them, 'I am the bread of life.
Whoever comes to me will never be
hungry, and whoever believes in me will
never be thirsty. *John 6:35*

Lord, where can I escape from your Spirit:
or where can I flee from your presence?
If I ascend to heaven you are there:
if I make my bed in the grave, you are there also.
If I spread out my wings towards the morning
and dwell in the farthest parts of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.
Psalm 139. 7-10

In moments of
confusion,
God keep you safe.
In moments of clarity,
God grant you joy.
In moments of
frustration,
God give you peace.
In moments of sorrow,
God bring you comfort.
May he who sees into
the secret places of your
mind,
beyond the
depredations of this
disease
to the person that is
you,
encircle you in his arms
until that day when all is
made new
in his eternal kingdom
Amen

God, you have
made us for
yourself, and our
hearts are restless
till they find their
rest in you: pour
your love into our
hearts and draw us
to yourself, and so
bring us to your
heavenly city where
we shall see you
face to face.
Saint Augustine.



*The sea is so large
and my boat is so small
be with me
Breton fishermen's prayer*

Calm me, Lord, as you stilled the storm;
Still me Lord, keep me from harm
Let all the strivings within me cease
Enfold me, Lord, in your peace. Amen.

Wild Geese

You do not have to be good.

You do not have to walk on your knees
for a hundred miles through the desert, repenting.

You only have to let the soft animal of your body
love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.

Mary Oliver

As
the
rain
hides
the stars,
as the mist hides the hills,
as the clouds veil
the blue of the sky, so
the dark happenings of my
lot
hide the shining of thy
face from me.
Yet, if I may hold thy hand
in the darkness,
it is enough, since I know,
that though I may stumble
in my going,
Thou dost not fall.



Now may the Lord of peace himself
give you peace at all times and in
every way 2 Thessalonians 3:16

Grief and Death

God be in my head, and in my
understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my
speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my
departing.

We lie
like broken bits of glass
shattered
scattered
silent
until the rising sun
enfolds and permeate
each lonely particle with light
and all in union
reflect a given glory.

Transfiguration

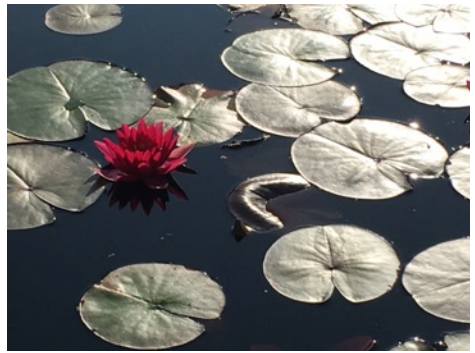


My days are few, o fail not,
with thine immortal power,
to hold me that I quail not
in death's most fearful hour:
that I might fight befriended,
and see in my last strife
to me thine arms extended
upon the cross of life.

God who speaks the word 'Beloved,'
Keep watch on those who give voice to care,
Who speak trenchant truths,
explaining, instructing and chiding without blame.
Let us hear the warmth and strength in voices that stir
response
and nourish hope in thoughtful action.
Give us ears to listen without fear.
Julie Perrin

Lover of all, Who watches through the night,
draw close to those who are dying,
and to those who mourn.
Calm our terror of abandonment.
Let us hold faith with one another
that love reaches beyond death.

God who weeps,
comfort those who are dying
may they die without fear.
And while they are yet living
give us courage to tell our love
and trust in yours.
Julie Perrin



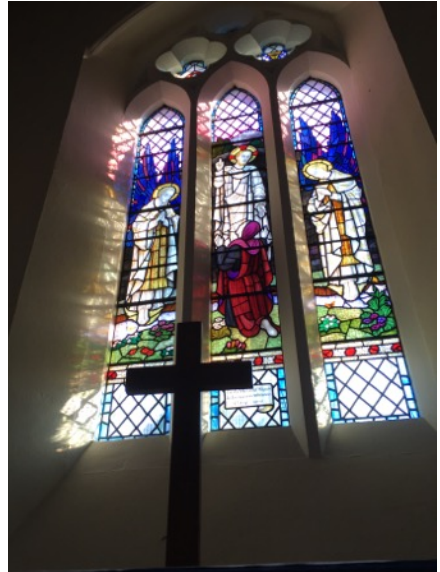
The Peace of the Presence

I asked for your peace
You offered your presence
I asked for your hope
You came to my side
I asked for joy
You lit my journey
I asked for love
You gave me yourself.

Jesus,
our dead and living friend,
holding fear in one hand
and courage in the other.
Come find us when we are locked away.
Come enliven us.
Come bless us with your peace.
Because you are the first day of creation
And all days of creations. Amen
Padraig O Tuama

The incarnate Word is with us,
is still speaking, is present
always, yet leaves no sign
but everything that is.

Most merciful God,
whose wisdom is beyond our
understanding,
surround the family of
with your love,
that they may not be overwhelmed
by their loss,
but have confidence in your
goodness,
and strength to meet the days
to come.
We ask this through Christ our Lord. Amen



God is our refuge and
strength, a very present
help in trouble, therefore
we will not fear.

Psalms 46: 1-2a

I believe in the sun even when it isn't shining.
I believe in love even when I am alone.
I believe in God even when he is silent.



Yesterday I was crucified with Christ,
today I am glorified with him.
Yesterday I was dead with Christ;
today I am sharing in his resurrection.
Yesterday I was buried with him;
today I am waking with him
from the sleep of death.

Gregory of Nazianzus

Morning



*All this day, O Lord,
let me touch as many lives
as possible for thee;
and every life I touch,
by thy spirit quicken,
whether through the word I speak,
the prayer I breathe,
or the life I live.*

Amen

Mary Sumner's prayer

I watch this morning
for the light that the darkness has not overcome,
I watch for the fire that was in the beginning
and that burns still in the brilliance of the rising sun.
I watch for the glow of life that gleams in the
growing earth
and glistens in sea and sky.
I watch for your light, O God,
in the eyes of every living creature
and in the ever-living flame of my own soul.
If the grace of seeing were mine this day
I would glimpse you in all that lives.
Grant me the grace of seeing this day.
Grant me the grace of seeing. Amen

Lord be with us, as we open the door.
Come in with us, go out with us.
Do not sleep when we sleep,
but watch over us, protect us and keep us safe,
our only helper and maker. Amen

*As we rejoice
in the gift of
this new day
So may the
light of your
presence, O
God,
Set our hearts
on fire with
love for you;
Now and for
ever
Amen*



Today may you give and receive love.
Today may you work for justice.
Today may you listen and pray.
Today may you sing God's praises.
Today may you delight in God's beauty.
Today and every day.
(Ruth Burgess)

As the morning approaches, I pray:
Risen Lord, by my light, my life,
and my hope.
Come: enlighten my darkness and
bring me life
by your life. Amen



May today there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.
May you use those gifts that you have received,
and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones, and allow your soul the freedom
to sing, dance, praise and love.
It is there for each and every one of us.

Evening

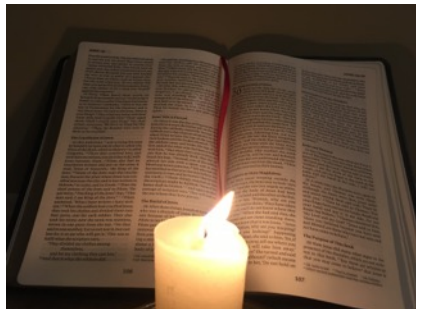
Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace. Alleluia.

Lord, now lettest thou thy servant depart in peace:
according to thy word.

For mine eyes have seen: thy salvation;
Which thou hast prepared :
before the face of all people;
To be a light to lighten the Gentiles :
and to be the glory of thy people Israel.

Lighten our darkness, we beseech thee,
O Lord; and by thy great mercy defend us
from all perils and dangers of this night;
for the love of thy only Son, our Saviour,
Jesus Christ.

May dawn find you awake and alert,
approaching your new day with dreams,
Possibilities and promises.
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. Amen



Go, and know that the Lord goes with you:
let him lead you each day into the quiet place of
your heart,
where he will speak with you;
know that he loves you and watches over you –
that he listens to you in gentle understanding,
that he is with you always,
wherever you are and however you may feel.



*Great is thy faithfulness.
Great is thy faithfulness.
Morning by morning, new mercies I see.
All I have needed, thy hand hath provided.
Great is thy faithfulness, Lord, unto me.*

Circle us Lord.
Keep darkness out, keep light within.
Keep fear without, keep peace within.
Keep hatred out, keep love within.

Renew me this night in the image of your love
renew me in the likeness of your mercy, O God.
May any refusal to forgive
that lingers with me from the day
any bitterness of soul
that hardens my heart
be softened by your graces of the night.
Renew me in the image of your love, O God,
Renew me in the likeness of your mercy.

Blessings

Go gently, my friend:
Feel the good earth
beneath your feet,
celebrate the rising of the sun,
listen to the birds at dawn,
walk gently under
the silent stars,
knowing you are on holy ground
held in love

May the God of hope fill
you with all joy and peace
as you trust in him, so that
you may abound in hope
by the power of the Holy
Spirit. *Romans 15:13*

Deep peace of the running wave 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 Son of Peace to you, for ever.

May the light of your soul guide you.
May the light of your soul bless the work
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 the bland absences.
May the day never burden you.

I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3:16-19



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

Number 6:24-26

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