

# **DAILY PRAYERS AND REFLECTIONS**

## **WEEKS 1-20**

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## Preface

'The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.' (From Romans 8.26-27) Anyone who has ever seriously tried to pray knows how true it is to say 'We do not know how to pray as we ought.' But prayer is less a matter of what *we* do, or even try to do, than of what God does in us, if we create a space. 'If at first the "I" seems to be the most important element in prayer, prayer teaches us that the situation is actually different. The "Thou" is more important because our prayer begins with God.... it is always God's initiative within us.' (1)

This book is for ordinary men and women, and takes their working week into consideration. For instance, Sunday is a day of community prayer for most Christians, often centring on the Eucharist; the prayers chosen for Sunday reflect this. Similarly, Monday is the start of the working week, so the prayers are often directed to the theme of work and commitment to service. Those during the week recall the ordinary challenges and demands of working life: good relationships with others, social justice, discernment, speaking the truth with justice and kindness, deliverance from temptation, trusting in Providence, and seeking forgiveness - among many others. Constant themes throughout the entire week are those of thanksgiving,

celebration and praise of God. In keeping with a long-standing Christian tradition, Friday is a day of reflection on the suffering and death of Christ; prayers for that day focus on people's tiredness from work, the need for perseverance and forgiveness of sin, prayer for the sick, the dying and the dead, and the search for meaning in suffering. Saturday is a day, if not of rest, then at least of change from ordinary work, and ideally a family day; the prayers chosen respond to this need. Saturday evening prayers are often a preparation for the Sunday Eucharist. As weekends are less pressured in terms of demands on time, prayers and reflections for Saturday and Sunday are usually a little longer than for other days.

If you can't say a prayer for yourself, e.g. one for the sick if you're well (or one for the dead!) you can always say it for another. A Christian's prayer is never a solo, do-it-yourself effort; even when said alone, it is always with others, for others, and in the name of others. In order to emphasize this community dimension, some prayers have been adapted from the original by changing them from the singular to the plural. However, prayers of confession of sin are always in the singular: our sins are solely our own responsibility.

One way of using the book is to read some or all of the prayers for each period, and to consider *one* of the Reflections. Continue in this way until the weeks have been completed; then start again, taking for consideration a different Reflection, and so on. (Where possible, Reflections have been chosen which resonate with the prayers.) The weeks given in the book are not

related to the liturgical year; they stand independently of it.

It is best to read slowly and reflectively, with frequent periods of silence, allowing the meaning to sink in and take hold. It is better to say one prayer thoughtfully than to feel under pressure to say them all in order to “get them in.” It is not important to finish a page in each period of prayer; what matters is to pray well, keeping in mind that 'the best kind of prayer is that in which there is most love.' What matters is for prayer to be genuine and from the heart: 'What the mouth speaks, let the mind within confess; what the tongue utters, let the heart feel.'

(2)

The user should feel free to adapt the prayers to his or her situation by, for example, changing the number or person of a phrase, or by adding personal favourites. In a similar vein, many have been amended to make them inclusive of women and men. Where a prayer or reflection has been adapted for any reason, the note which follows about the source is preceded by the word *From*.

The style of the book makes it most suitable for private use, as that involves least adaptation. (Its content is of value, I hope, in public as well as in private.) For communal use, it offers much, provided that the prayer leader is willing to give a little time to preparation and adaptation, and to communicate clearly with the group. Flexibility finds a way around most problems: 'I think it useful to have diversity and variety in the prayers and

psalms at the regular hours, because, where there is monotony, the soul tends to become weary and distracted: but when there is change and variety in the psalmody and in the pattern of each hour, then the desire of the soul is renewed and concentration is restored.' (3)

The sources on which I have drawn in compiling this book are as follows:-

1. *The Bible*: I have drawn especially on the Psalms, from which there are some twenty extracts. The selections have been edited to remove from them expressions which are self-righteous, judgmental, vindictive or tribalistic. Other prayers and canticles of both Testaments, as well as short phrases or aspirations have been used, sometimes with substantial adaptation, such as by linking phrases from different parts of a text.

2. *The liturgy*: in the words of Pope Paul VI, the liturgy is 'an incomparable school of spirituality.' (4) Where liturgical prayer and private prayer are integrated, each drawing on the other for support, they strengthen and enrich each other, and give a unity and wholeness to the spirituality of a person or community. I have used especially missals and sacramentaries, breviaries, rituals and benedictionals, both ancient and modern.

3. *The Fathers of the Church*: They provide an almost limitless resource, though a good deal of editorial work is necessary to make them more resonant with contemporary sensibilities and priorities. Sometimes texts from different parts of a writer's work have been drawn together into one: an example of this is the

conflation of extracts from *The Confessions* of Saint Augustine.

4. *Ecumenical sources*: prayers have been drawn from Catholic, Anglican, Orthodox, and Protestant sources, as also from Celtic spirituality, the latter experiencing something of a renaissance in recent years, and now deservedly enjoying its place in the sun. Its gutsy, down-to-earth style, in tune with nature and constantly evoking powerful mental images that are fresh and appealing, resonate well with our contemporaries. For all its appeal, it does not lack challenge, especially regarding the care of the poor.

Apart from a few quotations from Jewish sources - and Jews are our older brothers and sisters in the faith - I have not quoted non-Christian prayers. This is not because I think them unsuitable - quite the contrary: as Ambrosiaster wrote, 'All truth is God's truth, by whomsoever it is mediated.' (5) But I feel that to do so might be considered by some non-Christians as a covert attempt to "co-opt" their thoughts and ideas to ours, and might therefore be resented by them. In addition, because of my unfamiliarity with non-Christian religions, I do not feel competent to use their prayers without the risk of wrenching them out of their context and injecting into them a meaning which might not be that of the original writers, and that would be to do them an injustice. A book of prayers from all religions, including so-called "pagan" religions, such as those of the original peoples of North America or Africa, is an attractive project, but it calls for a competence greater than mine. But 'Wherever people are praying in the



world, there the Holy Spirit is, the living breath of prayer.' (6)

The sources I have quoted are generally from the first millennium of the Christian era; there are not many quotations from contemporary writers of prayers. I find that a mixture of old and new is a very difficult blend to bring together satisfactorily without an excess of changes of mood and context, without jarring and jolting from one frame of mind to another. It is analogous to the problem of renovating an old church building: it is often best to leave it in its original style rather than try to modernize it, ending up with the church of "Saint Formica." Choosing between the old and the new in prayers, I opted for the old because I felt that they were more meaty, they had more bite in them, they were - as indeed they should be - more God-centred. Fortunately, however, there are many contemporary writers of prayers who are producing new prayers and styles of prayers which people of our time may find more appealing than those of the past. But that would be a different style of book from the present. In the final analysis, this matter is one of subjective judgment and preference. For me, 'the old is better' - like the wine at Cana. But the Scholastics undoubtedly had a point when they said: *De gustibus non disputandum* - don't get into a row over matters of taste.

A limitation in the book is the relative scarcity of prayers for married people, families, children and healing, or prayers about work and social responsibility. These are difficult to find in the traditional sources on

which I drew, though I tried to make the best use of what was there by drawing, for example, on Church of Ireland sources, which have a lot to offer in those areas. The reason for this limitation is that many traditional prayers derive from a monastic spirituality. One of the benefits of developments in recent years is that modern writers of liturgical texts and private prayers are well aware of this limitation and give such prayers greater representation than in the past. In a similar way, prayers by women, which were almost non-existent in earlier years, are now widely available.

The best way to learn how to pray is to start doing it. Like learning how to swim, you have to take the plunge and get into it; sitting on a river bank reading a book on the subject will not do the trick. The way to do it is to do it, and the way to do it better is to do it often. Dom John Chapman summarizes it well: 'Pray as you can, and don't try to pray as you can't.' (7)

### Notes

1. Pope John Paul II, *Crossing the Threshold of Hope*, ed. by Vittorio Messori, Jonathan Cape, London, 1994, pp.16, 17.
2. Saint Ambrose, *On the Mysteries*, nn.52-54.
3. Saint Basil of Caesarea, *Extended Monastic Rule*, n.37
4. Pope Paul VI, *Ecclesiam Suam*, n.38.
5. Ambrosiaster, PL 17, 245.
6. Pope John Paul II, *Dominum et Vivificantem*, n.65.
7. Dom John Chapman, *Spiritual Letters*, Sheed and Ward, London, 1935, p.25.

## COMMON PRAYERS

### **The Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **Our Father**

Our Father, who are in heaven,  
hallowed be your name;  
your Kingdom come;  
your will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

### **Hail, Mary**

Hail, Mary, full of grace, the Lord is with you!  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners  
now and at the hour of our death. Amen.

### **Glory**

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.

## **The Apostles' Creed**

I believe in God, the Father almighty, creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord.  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come 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.

## **An act of sorrow**

My God, I thank you for loving me.  
I am sorry for all my sins,  
for not loving others and for not loving you.  
Help me to live like Jesus,  
and not to sin again. Amen.

## WEEK 1 SUNDAY MORNING

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **The Lord's Prayer**

Our Father, who art in heaven, hallowed be thy name; thy Kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. (*Adapted from Matthew 6.9-13; Luke 11.2-4*)

### **I approach your holy table**

Lord Jesus Christ, I approach your holy table in fear and trembling, for I am a sinner and dare not rely on my own worth but only on your goodness and mercy. I am defiled by many sins in body and soul, and by my unguarded thoughts and words.

Gracious God of majesty and awe, I seek your protection, I look for your healing. Sinner that I am, I appeal to you, the fountain of all mercy. I cannot bear your judgment, but I trust in your salvation. Lord, I show my wounds to you and uncover my shame before you. I know my sins are many and great, and they fill me with fear, but I hope in your mercies, for they cannot be numbered.

Lord Jesus Christ, eternal king, divine and human, crucified for humanity, look upon me with mercy and hear my prayer, for I trust in you. Have mercy on me, full of sin and sorrow, for the depth of your compassion

never ends. Praise to you, saving sacrifice, offered on the wood of the cross for me and for all. Praise to the noble and precious blood, flowing from your wounds and washing away the sins of the whole world.

Remember, Lord, your creature, whom you have redeemed with your blood. I repent of my sins, and I long to put right what I have done.

Merciful Lord, take away all my offences and sins; purify me in body and soul, and make me worthy to taste the holy of holies. May your body and blood, which I intend to receive, although I am unworthy, be for me the remission of my sins, the washing away of my guilt, the end of my evil thoughts, and the re-birth of my better instincts. May it spur me on to works pleasing to you and be beneficial to my health in body and soul. Amen.

*(Attributed to Saint Ambrose)*

### **May your sacred scriptures be my delight**

Lord, may your sacred scriptures be my delight; turn to me, my God. You are fullness of day to those that can see, you are light to the blind; you are power to the strong, strength to the weak; turn to me. Listen to my cry from the depths.... There are so many mysteries in the scriptures, and yet it was not without purpose that you wished them to be written.... Let me praise you for all the truths I discover in these sacred books. Help me to listen to the voice of prayer; refresh me as I meditate on the wonders of your law; from the beginning of time when you created the heavens and the earth, to the moment when we shall reign with you for ever and ever. Amen. *(Adapted from Saint Augustine)*

## **Reflections**

‘Christ Jesus came into the world to save sinners.’  
(*1Timothy 1.15*)

‘Christ is always present in his church, especially in its liturgical celebrations.’ (*Adapted from Vatican II, Sacrosanctum Concilium*)

‘The Eucharist is the primary sacrament of reconciliation. Going to the Eucharist is not a moral statement; we go to the Eucharist because we need health, not because we are healthy.’ (*Adapted from Ronald Rolheiser*)

## WEEK 1 SUNDAY EVENING

### **May this heavenly mystery renew us**

May the heavenly banquet sanctify us, purify us from all sin, and so make us worthy of the divine confidence in us to be other Christs.

Almighty God, we humbly ask that we whom you refresh with your sacraments may serve you worthily by living lives pleasing to you.

May your grace, Lord, never forsake us, but may it consecrate us to your holy service and always bring us your help.

Lord, may the receiving of this sacrament cleanse us from our sin and lead us to the Kingdom of heaven.

We have been filled with your heavenly gifts; may we always remain thankful for them.

May this heavenly mystery renew us both in soul and body. May we feel within us the power of the sacrament which we celebrate. We ask this in Jesus' name. Amen.

*(Adapted from Pope Paul VI)*

### **We praise you, God (Te, Deum, laudamus)**

We praise you, O God: we acclaim you as the Lord.

Everlasting Father, all the world bows down before you.

All the angels sing your praise, the hosts of heaven and all the angelic powers,

all the cherubim and seraphim call out to you in unending song:

Holy, holy, holy is the Lord God of angel hosts!

The heavens and the earth are filled with your majesty and glory.



The glorious band of apostles, the noble company of prophets,  
the white-robed army who shed their blood for Christ, all  
sing your praise.

And to the ends of the earth your holy church proclaims  
her faith in you:

Father, whose majesty is boundless, your true and only  
Son who is to be adored,  
the Holy Spirit sent to be our advocate.

You, O Christ, are the king of glory, Son of the eternal  
Father.

When you took our nature to save mankind you did not  
shrink from birth in the virgin's womb.

You overcame the power of death, opening the Father's  
Kingdom to all who believe in you.

Enthroned at God's right hand in the glory of the Father,  
you will come in judgment according to your promise.

You redeemed your people by your precious blood.  
Come, we implore you, to our aid.

Grant us, with the saints, a place in eternal glory.  
*(Attributed to Saint Ambrose)*

### **Blessing**

May God, the Lord, bless us with all heavenly blessing,  
and make us pure and holy in his sight.

May the riches of his glory abound in us.

May he instruct us with the word of truth, inform us with  
the gospel of salvation, and enrich us with his love.

Amen. *(Adapted from the Gelasian Sacramentary)*

## Reflections

‘Stand up and bless the Lord your God from everlasting to everlasting.

Blessed be your glorious name which is exalted above all blessing and praise.’ (*Nehemiah 9.5*)

‘It is of the utmost importance that you be convinced that you go to adoration, not to receive, but to give, and, what is more, to give, often without realizing that you are giving or knowing what you are giving. You go to adoration to deliver up to God, in the night of faith, your entire being. You must also realize [i.e., make real] all that these words “deliver up your entire being” mean in the way of obscure faith, in the way of suffering at times, in the way of wealth of love at all times.’ (*Adapted from René Voillaume*)

‘God became man that man might become God.’  
(*Adapted from Saint Athanasius*)

## WEEK 1 MONDAY MORNING

### **Into your hands, O Lord**

Into your hands, O Lord, we commend ourselves this day, together with all who are dear to us. May the gift of your presence be with us even to its end. Grant that we may never lose sight of you all the day long, but rather praise and beseech you that our thanks may come to you again at its close. (*Adapted from the Gelasian Sacramentary*)

### **Heavenly Father, make us strong**

Heavenly Father, make us strong with your protection, with the shield of faith, the sword of the spirit, the helmet of salvation, the belt of truth and the breastplate of righteousness so that we may be able to stand against evil. And, having resisted the enemy, and fought to the end, may we come to you; through Jesus Christ our Lord. Amen. (*Adapted from Ephesians 6.13-17*)

### **Share in your work of creation**

Father, you have called men and women, through their daily work, to share in your work of creation. May we recognize every person as our brother or sister, and, by the power of your Spirit, strive with them for a more just world where men and women will find that work which accords with the dignity of their vocation and will contribute to the progress of all mankind. We ask this through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

**In temptation**

Lord, save me or I perish. Keep me close to you by your grace, or I may sin and fall away from you. Lord, I am very weak; give me grace and make my will strong so that I may not sin. Jesus, help me; Mary, pray for me; my guardian angel, watch over me. (*Anon.*)

**The sea of love**

God who are the deep source of peace, the sea of love, the fountain of blessings and the bestower of affection, who send peace to those who are ready to receive it, open to us this day the sea of your love, and shower us with the riches of your grace from the well-springs of your kindness. Enable us to live in quiet and peace, give us the fire of your love, give us reverence for your name, strengthen our weakness by your power, bind us closely to you and to each other in a firm and indissoluble bond of unity. Amen. (*Adapted from the Syrian liturgy*)

## **Reflections**

‘I exhort the elders among you to tend the flock of God that is in your charge, exercising the oversight, not under compulsion but willingly, as God would have you do it, not for sordid gain but eagerly. Do not lord it over those in your charge, but be examples.’ (*Adapted from 1 Peter 5.1-3*)

‘By means of their work, people commit themselves, not only for their own sake, but also for others and with others.’ (*Pope John Paul II, Centesimus Annus*)

‘Think globally, act locally.’ (*Anon.*)

## WEEK 1 MONDAY EVENING

### **Putting God first**

Lord God, I know that if I do not love you with all my heart, with all my mind, with all my soul and with all my strength, I shall love something else with all my heart and mind and soul and strength. Grant that, putting you first in all my loving, I may be liberated from all lesser loves and loyalties, and have you as my first love, my chief good and my final joy. *(Adapted from George Appleton)*

### **The majesty of the Lord, the dignity of the person**

How great is your name, Lord our God, through all the earth!

Your majesty is praised above the heavens; on the lips of children and of babes you have found praise to foil your enemy, to silence the foe and the rebel.

When I see the heavens, the work of your hands, the moon and stars which you arranged, what are people that you should keep them in mind, mortal beings that you care for them?

Yet you have made us little less than God; with glory and honour you crowned us, gave us power over the work of your hands, putting all things under our feet.

All of them, sheep and cattle, yes, even the savage beasts, birds of the air and fish that make their way through the waters.

How great is your name, Lord our God, through all the earth! *(Adapted from Psalm 8)*

### **A passion for social justice**

Lord, we ask that you will hasten the time when no one will live in contentment while knowing that others live in need. Inspire in us and in people of all nations a passion for social justice, so that the hungry may be fed, the homeless welcomed, the sick healed, and a just and peaceful order be established in the world, according to your gracious will made known in Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Lord, draw near**

We bring before you, O Lord, the troubles and perils of peoples and nations, the sighing of those unjustly imprisoned, the sorrows of the bereaved, the necessities of strangers, the helplessness of the weak, the despondency of the weary and the failing powers of the aged. Lord, draw near to each, for the sake of Jesus Christ our Lord. Amen. (*Saint Anselm*)

### **Blessing**

May the eternal God bless and keep us, guard our bodies, save our souls, direct our thoughts and bring us safe to the heavenly country, our eternal home, where Father, Son and Holy Spirit ever reign, one God, for ever and ever. Amen. (*Adapted from the Sarum Breviary*)

## **Reflections**

‘This is how you shall act: in reverence for the Lord, in faithfulness, and with your whole heart.’ (*Adapted from 2 Chronicles 19.9*)

‘During this mortal life, we must choose eternal love or eternal death; there is no middle choice.’ (*Saint Francis de Sales*)

‘Charity cannot take the place of justice withheld.’ (*Pope Pius XI, Quadragesimo Anno*)



## WEEK 1 TUESDAY MORNING

### **Come, Holy Spirit**

Come, Holy Spirit, fill the hearts of the faithful and enkindle in them the fire of your love.

Send forth your Spirit and they shall be created;  
and you shall renew the face of the earth.

O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation; through Christ our Lord. Amen.  
*(Adapted from the Gregorian Sacramentary)*

### **Keep us this day**

We give thanks to the author of every good, to the merciful Lord, the Father of our Lord God and Saviour Jesus Christ, for he has shielded us and helped us. He has kept us safe and brought us near to himself, welcomed us as his own, and taken us under his protection. He has strengthened us, and brought us unharmed to this present hour. Let us ask him to keep us this day, and all the days of our life in peace. *(Coptic liturgy)*

### **One human family**

God our Father, you are Father of all people equally, of Christians and Jews, of whites and blacks - and all those in between; you are Father of those who believe in you and equally of those who don't. Send your Holy Spirit, the Spirit who unites people, so that all will forget their differences, put aside their prejudices, and work together

for the common good, no matter what their creed, class or colour, so that, at the end, this world, perfected by people cooperating with one another and with you, may be handed over to you by your beloved Son, Jesus Christ. Unite especially all those who believe in him: all Christians - Catholic, Anglican, Orthodox and Protestant; break down the divisions between Christians so that soon all may be united again and once more be one family around your table. Still more we pray to you, to unite closely those of our own faith, those who love only change and those who love only permanence, so that your pilgrim people, led by the Spirit towards your Kingdom, may work, pray and live happily together in charity and peace. We ask this in Jesus' name. Amen. *(Adapted from Catholic Prayer Book, Zimbabwe)*

**A life to proclaim you**

Gracious and holy Father, give us diligence to seek you, patience to wait for you, wisdom to perceive you, intelligence to understand you, eyes to look upon you, a heart to meditate on you, and a life to proclaim you, through the power of the Spirit of Jesus Christ our Lord. Amen. *(Adapted from Saint Benedict)*

## **Reflections**

‘With thanksgiving let your requests be made known to God.’ (*Philippians.4.6*)

‘All Christian prayer is basically the experience of being filled with the Holy Spirit, and so, in any talking or thinking about prayer, we should fix the spotlight firmly on the Spirit, not ourselves.’ (*John Main*)

‘All the human race is, in Christ, one person; and the unity of Christians is one Person.’ (*Saint Augustine*)

## WEEK 1 TUESDAY EVENING

### **King of kings**

The blessed and only Sovereign, the King of kings and Lord of lords: he alone has immortality and dwells in unapproachable light. No one has ever seen him or can see him. To him be honour and eternal dominion. Amen. (*Adapted from 1 Timothy 6.15-16*)

### **Health of mind and body**

Grant, Lord, that we, your servants, may enjoy unfailing health of mind and body, and, through the prayers of the ever blessed Virgin Mary in her glory, free us from sorrows in this world and give us eternal happiness in the next; through Christ our Lord. Amen. (*Anon.*)

### **O God, where are you?**

O God, where are you? I make the cry my own, and so I find you. I breathe in something of you as I let my soul burst free within me with shouts of praise and thanksgiving and joyful sounds of celebration. Yet my soul remains sorrowful because it sinks back and remains a dark abyss, or rather because it knows it is always a place of darkness. And so, it is my faith, which you kindled in the night as a light to my path which asks, 'Why are you cast down, my soul? Why are you troubled? Hope in the Lord: his word will light your way. Hope, and keep on until the night is over, until at last the morning breaks and the darkness disappears. Hope in the Lord.' (*Adapted from Saint Augustine*)

**Perfect trust**

May almighty God, the source of every good and of every grace flowing ceaselessly into our souls, grant us to have perfect trust in Christ our Lord, and to win his mercy. Having freed us from our habit of daydreaming, may he teach us to think correctly, honestly and with purpose, so that our minds may always be truly alert to the voice of our Lord speaking in us. (*Adapted from the Benedictional of John Longlonde*)

**Do the will of God**

May we do the will of God, sharing in the death of Christ and rise in the light of heaven.

May we rest safely this night, sleep in perfect peace and rise with the morning light.

May the Father watch over our beds, Christ fill our dreams and the angels guard our souls. Amen. (*Celtic*)

**Blessing**

May the Lord Jesus Christ be near us to defend us, within us to refresh us, around us to preserve us, before us to guide us and above us to bless us. Amen. (*Anon., tenth century*)

## **Reflections**

‘The Lord said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.’ (*2 Corinthians 12.9*)

‘The future of humanity is in the hands of those who are capable of providing the generations to come with reasons for life and hope.’ (*Vatican II, Gaudium et Spes*)

‘Devotion is nothing less than the will to give oneself readily to the service of God.’ (*Saint Thomas Aquinas*)

## WEEK 1 WEDNESDAY MORNING

### **O sing a new song to the Lord**

O sing a new song to the Lord, his praise in the assembly of the faithful.

Let them praise his name with dancing and make music with timbrel and harp.

For the Lord takes delight in his people, he crowns the poor with salvation.

Let the faithful rejoice in their glory, shout for joy and take their rest.

Let the praise of God be on their lips; this honour is for all his faithful. (*From Psalm 149*)

### **You do not fall**

As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my life hide the shining of your face from me, Lord. Yet if I may hold your hand in the darkness, it is enough. Since I know that although I may stumble in my going, you do not fall. (*Celtic*)

### **Those who are alone**

Lord, I am often alone, and it can be a time for dreaming, for praying, for catching up on things. But I am thinking of those who are really alone, alone in their loneliness, alone even when surrounded by people: desperately lonely, lonely in heart and in mind. Beloved Lord, whoever they may be, wherever they may be, touch the sadness of their loneliness with your presence. Hold them in your arms, so that they may feel the

comfort of your nearness, and the depth of your everlasting love. Amen. (*Anon.*)

**Guide us in all truth**

Almighty God, who has sent the Spirit of truth to us to guide us in all truth, rule our lives by your power, that we may be truthful in thought, word, and deed. May no fear or favour ever make us false in act or speech; remove from us whatever makes us false, and bring us all into the perfect freedom of your truth, through Jesus Christ, who is himself the way, the truth and the life. Amen. (*Adapted from the Church of Ireland*)

**Keep us safe**

Into your hands, Lord God, we commit ourselves this day. Be with us until its close. May we remember that your eye is upon us, that you see all we do, know all we think, and care for all our joys and sorrows. Look in tender love on each of us and keep us safe to the end; for the sake of Jesus Christ the Lord. Amen. (*Anon.*)



## **Reflections**

‘I am not alone, because the Father is with me.’ (*From John 8.16; 16.32*)

‘Lord, you wake us to delight in your praise.’ (*Saint Augustine*)

‘We ought not to be weary of doing small things for the love of God, for he does not look so much at the greatness of the work as at the love with which it is performed.’ (*Brother Lawrence of the Resurrection*)

## WEEK 1 WEDNESDAY EVENING

### **I believe that you accept me**

My God, Jesus revealed you as a waiting Father, full of compassion and love, ever willing to welcome anyone who turns to you. I believe that you accept me just as I am; help me to accept myself. I believe that your arms are open to receive me; help me to cast myself into them. I believe that you hear me even before I begin to pray, and that you know my heart's deepest desires. You are with me here right now, loving me, forgiving me, finding joy in my being with you. And so I can come to you with great confidence, knowing that all you want is my trust.  
*(Elizabeth Ruth Obbard)*

### **Peace in Christ**

Lord Jesus Christ, like so many people today, I feel restless at times. Lord, I turn to you and I know that you, Jesus, are the answer. I hear you saying to me: 'Are you hungry? I am the bread of life. Are you thirsty? I am the source of living water. Do you need to see and understand? I am the light of the world. Do you desire justice and freedom? I am the liberator from the shackles of sin and pride. Are you in need of love? I am the supreme giver of love - God is love.' *(Pope Paul VI)*

### **Your will**

Most humble Jesus, give me a share of your humility. Take from my heart everything that displeases you; convert it totally to you, so that I may no longer will or

desire anything other than what you will. (*Saint Alphonsus Liguori*)

### **Saint Joseph**

God our Father, you chose Saint Joseph as the husband of Mary, the mother of your Son. May he who cared for your Son here on earth continue to care for us from your home in heaven; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Lamb of God**

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace. (*From the Roman liturgy, based on John 1.29*)

### **Blessing**

May the peace of God which surpasses all understanding keep our hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord, and may the blessing of God almighty, the Father, the Son, and the Holy Spirit be among us and remain with us always. (*Adapted from the Book of Common Prayer*)

## Reflections

‘I will not fail you or forsake you. Only be strong and very courageous, being careful to act in accordance with all the law that my servant Moses commanded you; do not turn from it to the right hand or to the left, so that you may be successful, wherever you go. This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. I hereby command you: be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.’ (*Adapted from Joshua 5.7-9*)

‘One form of gentleness we should practise is towards ourselves. We should never get irritable with ourselves because of our imperfections. It is reasonable to be displeased and sorry when we commit faults, but not fretful or spiteful to ourselves. Some make the mistake of being angry because they have been angry, hurt because they have been hurt, vexed because they have been vexed. Besides this, all irritation with ourselves tends to foster pride and springs from self-love, which is displeased at finding that we are not perfect.’ (*Adapted from Saint Francis de Sales*)

‘If we fall we are to get up quickly, for the worst pain a soul can have is to let sin take it away from God.’ (*Julian of Norwich*)

## WEEK 1 THURSDAY MORNING

### **Help us during this day**

O God, great and wonderful, you have given us the hope of your promised Kingdom through the gifts you have already given us. Help us to avoid all evil during this day, so that, at its close, we may stand without blame before your holy glory and praise you, the God of our life, the lover of humanity; through Christ our Lord. Amen. (*Orthodox*)

### **The mystery of your body and blood**

Lord Jesus Christ, you gave your church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood that its redeeming power may sanctify us always, you who live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Remove divisions among Christians**

Lord, pour out upon us the fullness of your mercy, and, by the power of your Spirit, remove divisions among Christians. Let your church rise more clearly as a sign for all the nations so that the world may be filled with the light of your Spirit and believe in Jesus Christ whom you have sent, he who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Let me adore you**

God, let me rise to the edges of time and open my life to your eternity; let me run to the edges of space and gaze into your immensity; let me climb through the barriers of sound and pass into your silence. And then, in stillness and silence let me adore you who are Life - Light - Love - without beginning and without end, the Source - the Sustainer - the Restorer - the Purifier - of all that is; the Lover who has bound earth to heaven by the beams of a cross; the Healer who has renewed a dying race by the blood of a chalice; the God who has taken us into your glory by the wounds of sacrifice; God ... God... God... Blessed be God. Let me adore you. (*Sister Ruth*)

### **You are the Christ**

'You are the Christ, the Son of the living God'. With Peter we say to you: 'Lord, to whom shall we go? You have the words of eternal life.' We make our own the cry of sorrow and the sincere avowal of Peter: 'Lord, you know everything; you know that we love you...'. We welcome your humility and confess your greatness. We hear your word and await your return at the end of time. We thank you for having saved us, raised us to the dignity of children of God, made us your brothers and sisters, and filled us with the gifts of the Holy Spirit. We promise you to live as Christians, striving to be sensitive to your grace and renewing our way of life. We shall do our utmost to spread throughout the world your message of salvation and love. (*Pope Paul VI*)

## Reflections

‘The Lord said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.’ (*Adapted from 2 Corinthians 12.9*)

Of our fellow-Christians: ‘They will cease to be our brothers and sisters only when they cease to say “Our Father.”’ (*Saint Augustine*)

‘I was not born to be free; I was born to adore and to obey.’ (*C. S. Lewis*)

## WEEK 1 THURSDAY EVENING

### **Bless the Lord**

All you works of the Lord, o bless the Lord.  
To him be highest glory and praise for ever.

And you, angels of the Lord, o bless the Lord.  
To him be highest glory and praise for ever.

And you, the heavens of the Lord, o bless the Lord.  
And you, clouds of the sky, o bless the Lord.  
And you, all armies of the Lord, o bless the Lord.  
To him be highest glory and praise for ever.

And you, sun and moon, o bless the Lord.  
And you, the stars of the heavens, o bless the Lord.  
And you, showers and rain, o bless the Lord.  
To him be highest glory and praise for ever.

And you, all you breezes and winds, o bless the Lord.  
And you, fire and heat, o bless the Lord.  
And you, cold and heat, o bless the Lord.  
To him be highest glory and praise for ever.

And you, showers and dew, o bless the Lord.  
And you, frosts and snow, o bless the Lord.  
To him be highest glory and praise for ever.

Let the earth bless the Lord.  
To him be highest glory and praise for ever.



And you, mountains and hills, o bless the Lord.  
And you, all plants of the earth, o bless the Lord.  
And you, fountains and springs, o bless the Lord.  
To him be highest glory and praise for ever.

And you, rivers and seas, o bless the Lord.  
And you, creatures of the sea, o bless the Lord.  
And you, every bird in the sky, o bless the Lord.  
And you, wild beasts and tame, o bless the Lord.  
To him be highest glory and praise for ever.

And you, all people on earth, o bless the Lord.  
To him be highest glory and praise for ever.

And you, priests of the Lord, o bless the Lord.  
And you, servants of the Lord, o bless the Lord.  
To him be highest glory and praise for ever.

And you, spirits and souls of the just, o bless the Lord.  
To him be highest glory and praise for ever.  
And you, holy and humble of heart, o bless the Lord.  
To him be highest glory and praise for ever.

Let us praise the Father, the Son and the Holy Spirit.  
To you be highest glory and praise for ever.

May you be blessed, Lord, in the heavens.  
To you be highest glory and praise for ever.  
*(Adapted from Daniel 3)*

## Reflections

‘To the One seated on the throne, and to the Lamb, be blessing and honour and glory and might forever and ever. Amen.’ (*Revelation 5.13*)

‘God has the right to demand of us that we relinquish our transitory human activities, that we belong exclusively to him, in his presence. That is what worship, or adoration, is.’ (*René Voillaume*)

‘Mental prayer is nothing else, in my opinion, but being on terms of friendship with God, frequently conversing in secret with him who, we know, loves us.’ (*Saint Teresa of Ávila*)

## WEEK 1 FRIDAY MORNING

### **The light of Christ**

May the light of Christ, rising in glory, dispel the darkness of our hearts and minds. Amen. (*Adapted from the Roman liturgy*)

### **We stand at the foot of the cross**

Almighty God, as we stand at the foot of the cross of your Son, help us to see and know your love for us, so that in humility, love and joy we may place at his feet all that we have and all that we are; through Jesus Christ our Saviour. Amen. (*Society of Saint Francis*)

### **Your Passion between your judgment and our souls**

Lord Jesus Christ, Son of the living God, set your passion, cross and death between your judgement and our souls, now and in the hour of our death. Grant mercy and grace to the living, rest to the departed, peace and concord to your people and to us sinners forgiveness, and everlasting life and glory; for, with the Father and the Holy Spirit, you are alive and reign, one God, now and for ever. Amen. (*From Society of Saint Francis*)

### **Sanctify our souls and bodies**

God, the Father of our Saviour Jesus Christ, whose name is great, whose nature is joyful, whose goodness is inexhaustible, God and Ruler of all things, who are blest forever, before whom stand thousands and thousands and ten thousand times ten thousand, the hosts of holy angels and archangels, sanctify, O Lord, our souls and bodies

and spirits, search our consciences and cast out of us every evil thought, every base desire, all envy and pride, all bitterness and anger, and all that is contrary to your holy will. And grant us, Lord, who are the lover of humanity, with a pure heart and contrite soul to call upon you, our holy God and Father, who are in heaven. Amen.  
*(Liturgy of Saint James)*

### **Those who suffer persecution**

Father, in the mystery of your providence your people were to share in the sufferings of Christ your Son. Give those who suffer persecution for their faith a share also in the patience and love of your Son, that they may be true and faithful witnesses to his promise of resurrection and eternal life; through the same Christ our Lord. Amen. *(Pope Paul VI)*

### **The friend of sinners**

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart, and bring love, truth and holiness to me and to others. Amen.  
*(Adapted from the Catholic Truth Society)*

## Reflections

‘I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church.’  
(*Colossians 1.24*)

‘The church, following the apostles, teaches that Christ died for all without exception: “There is not, never has been, and never will be a single human being for whom Christ did not suffer.”’ (*Council of Quiercy, 853 AD*)

‘It is the hope of this world's prince to get hold of me and undermine my resolve, set as it is upon God. Let none of you lend him any assistance, but take my part instead, for it is the part of God. Do not have Jesus Christ on your lips, and the world in your heart; do not cherish thoughts of grudging me my fate. Even if I were to come and implore you in person, do not yield to my pleading; keep your compliance for this written entreaty instead. Here and now, as I write in the fullness of life, I am yearning for death with all the passion of a lover. Earthly longings have been crucified; in me there is left no spark of desire for worldly things, but only a murmur of living waters that whispers within me, “Come to the Father.” There is no pleasure for me in any food that perishes, or in the delights of this life; I crave the bread of God, which is the flesh of Jesus Christ; and for my drink I crave that Blood of his which is love imperishable.’ (*Saint Ignatius of Antioch on his way to martyrdom*)

## WEEK 1 FRIDAY EVENING

### **Lord of the Friday**

O Chief and Lord of the Friday, whose limbs were stretched on the cross,

O Lord who did suffer the bruises, the wounds and the loss,

we stretch ourselves beneath the shield of your might,  
some fruit from the tree of your passion fall on us this night. (*Celtic*)

### **Praises of God**

You are holy, Lord, the only God, and your deeds are wonderful. You are strong, you are great, you are the most high. You are almighty. You, holy Father, are king of heaven and earth. You are three and one, Lord God, all good. You are good, all good, supreme good, Lord God, living and true. You are love. You are wisdom. You are humility. You are endurance. You are rest. You are peace. You are joy and gladness. You are justice and moderation. You are all our riches, and you suffice for us. You are beauty. You are gentleness. You are our protector. You are our guardian and defender. You are courage. You are our haven and our hope. You are our faith, our great consolation. You are our eternal life, great and wonderful Lord, God almighty, merciful Saviour. (*Saint Francis of Assisi*)

### **Ever follow your will**

Holy God, in whom is all goodness, whose pity and mercy made you descend from heaven into this world,

the valley of woe and weeping, and here to take our nature, and in that nature to suffer pain and death, to bring our souls to your Kingdom; merciful God, forgive us all the sins that we have done, thought and said. Glorious Trinity, send us cleanness of heart and purity of soul; restore us with your Holy Spirit, and strengthen us with your might that we may always withstand temptation. Comfort us with your Holy Spirit, and fill us with grace and charity, that we may live virtuously and love you with all our heart, with all our might, and with all our soul, so that we may never offend you, but ever follow your will in thought, word and deed. Now grant this, Lord God, you who are infinite and live for ever; through Jesus Christ your Son. Amen. (*Richard Rolle*)

### **Doing God's will**

Give me, O Lord, knowledge of your will in all things, both small and great; give me grace to choose it, to follow it, and to love it at all costs, simply because it is yours, so that I may please you. Amen. (*Anon.*)

### **Blessing**

May the road rise to meet you. May the wind be always at your back. May the sun shine warmly on your face. May the rains fall softly on your fields, and, until we meet again, may God hold you in the hollow of his hand. (*Celtic*)

## Reflections

‘Let it be known to you, therefore, that through this man forgiveness of sins is proclaimed to you; by this Jesus everyone who believes is set free from all those sins from which you could not be freed by the law of Moses.’  
*(Acts of the Apostles 13.38-39)*

‘The will of God is a curse for demons, law for the servants of God, and freedom for the children of God.’  
*(Alexis Khomiakov)*

‘In a genuine charism there is always a mixture of new creativity and interior suffering. The historical fact of the connection between charism and cross... is an extremely helpful sign in discerning the authenticity of a call of the Spirit.’ *(Post-Vatican II documents)*



## WEEK 1 SATURDAY MORNING

### **All young people**

We commend all young people to you, Lord: children, teenagers and students; engaged and newly married couples, and young parents. Grant them health, wisdom, and the joy of living in your presence; and grant those who care for them, their leaders, teachers and counsellors, your spirit of understanding and love; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Praise of God, King of the world**

The Lord is King, with majesty enrobed; the Lord has robed himself with might,  
he has girded himself with power.

The world you made firm, not to be moved; your throne  
has stood firm from of old.  
From all eternity, Lord, you are.

The waters have lifted up, O Lord, the waters have lifted  
up their voice,  
the waters have lifted up their thunder.

Greater than the roar of mighty waters, more glorious  
than the surgings of the sea,  
the Lord is glorious on high.

Truly your decrees are to be trusted, holiness is fitting to  
your house, O Lord,  
until the end of time. (*Psalms 92*)

**For Jews**

Almighty and eternal God, long ago you gave your promise to Abraham and his descendants. Listen to your people as we pray that those whom you first made your own may arrive at the fulness of redemption. We ask this through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

**Temperate and holy**

Eternal God, who has taught us by your word that our bodies are temples of the Holy Spirit, keep us, we ask you, temperate and holy in thought, word and deed; grant that all who are burdened by sexual temptation may be enabled by the power of the Holy Spirit to bring their bodies into subjection, and to live in fidelity to your will. We ask this through Christ our Lord. Amen. *(Adapted from the Church of Ireland.)*

## Reflections

‘Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God forever and ever! Amen.’ (*Revelation 7.12*)

‘The young should become the first apostles of the young, in direct contact with them, exercising the apostolate by themselves among themselves.’ (*Vatican II, Apostolicam Actuositatem*)

‘But I, wretched, most wretched, in the very commencement of my early youth, had asked you for chastity, saying, “Give me chastity, Lord, but not yet.” For I was afraid lest you should hear me too soon, and cure me of the disease of lust, which I wished to satisfy rather than extinguish.’ (*Saint Augustine*)

## WEEK 1 SATURDAY EVENING

### **For friends**

Blessed Lord, you have commanded us to love one another. You have freely given us many gifts of body and soul. Give us grace so that, in loving you, and for your sake, we may love everyone else in the world. We ask your mercy for all, but especially for the friends your love has given us (*names*). Love them, you fountain of love, and lead them to love you with all their hearts, so that they may will, and speak, and do only those things that are pleasing to you. Amen. (*Saint Anselm*)

### **Those who are aged**

Eternal Father, you who are unchanged down the changing years, be near to those who are aged. Even though their bodies weaken, grant that their spirit may be strong; may they bear weariness and affliction with patience, and, at the end, meet death with serenity; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Night prayer**

My God, I thank you for the benefits I have received from you, especially this day. Give me light to see what sins I have committed, and grant me grace to be truly sorry for them. (*Reflect for a while in silence; then express sorrow for your sins*)

### **Act of sorrow for sin**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have

sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin.

Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen. (*Adapted from the Roman liturgy*)

### **Commendation**

Into your hands, Lord, I commend my spirit; Lord Jesus, receive my soul. Holy Mary, be a mother to me. May our Blessed Lady, Saint Joseph, and all the saints, pray for us to our Lord, that we may be preserved this night from sin and from all evil. Amen. (*Anon.*)

### **Blessing**

The Lord bless us and keep us from all evil, and bring us to everlasting life. And may the souls of the faithful departed through the mercy of God rest in peace. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Our Lord does not ask for great achievements, only for self-surrender and gratitude.’ (*Saint Thérèse of Lisieux*)

‘Whoever says, “I am in the light,” while hating a brother or sister, is still in the darkness.’ (*1 John 2.9*)

‘What the soul has to do is nothing more than to be gentle and without noise. By noise, I mean going about with the understanding in search of words and reflections whereby to give God thanks for his grace, and heaping up its sins and imperfections together to show that it does not deserve it. Let it simply say words of love that suggest themselves immediately, firmly grounded in the conviction that what it says is true.’ (*Saint Teresa of Ávila*)

## WEEK 2 SUNDAY MORNING

### **We wait for you**

Lord, be gracious to us; we wait for you. Be our strong arm every morning, our salvation in time of trouble.  
*(Adapted from Isaiah 33.2)*

### **The food of your word**

God, you have taught us that we do not live on bread alone but by every word that comes from the mouth of God; grant us always to hunger for the food of your word, which you have given for our nourishment to eternal life; through Christ our Lord. Amen. *(Church of Ireland)*

### **Soul of Christ**

Soul of Christ, sanctify me.  
Body of Christ, heal me.  
Blood of Christ, drench me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
Good Jesus, hear me.  
In your wounds, shelter me.  
From turning away, keep me.  
From the evil one, protect me.  
At the hour of my death, call me.  
Into your presence, lead me,  
to praise you with all your saints  
for ever and ever. Amen. *(Anon., fourteenth century)*

**Look kindly on your church**

God of power and eternal light, look kindly on your church, that wonderful and sacred mystery; and, by your constant care, carry out the task of your people's salvation. Let the whole world feel and see that things which were cast down are being raised up, that those which had grown old are being made new, and that all things are returning to perfection, through him from whom they started, Jesus Christ, your Son, our Lord. Amen. (*Gelasian Sacramentary*)

**Bless all Christian families**

Bless all Christian families, especially (*names*). May the light of your presence shine in them and from them to the world. Amen. (*Adapted from the Catholic Truth Society*)



## Reflections

‘Love the bible and wisdom will love you; love it and it will preserve you; honour it and it will embrace you.’  
(*Saint Jerome*)

‘Praise the Lord for he is good, for his steadfast love endures for ever.’ (*2 Chronicles 5.13*)

‘The family is the domestic church.’ (*Vatican II, Lumen Gentium*)

## WEEK 2 SUNDAY EVENING

### **There is no other God**

There is no other God,  
there never was and there never will be,  
than God the Father  
unbegotten and without beginning,  
from whom is all beginning,  
the Lord of the universe as we have been taught;  
and his son Jesus Christ  
whom we declare to have always been with the Father  
and to have been begotten spiritually by the Father  
before the beginning of the world,  
before all beginning,  
in a way that defies description;  
and by him are made all things, visible and invisible.  
He was made man,  
defeated death,  
and was received into heaven by the Father,  
who has given him power over all names  
in heaven, on earth, and under the earth;  
and every tongue will acknowledge to him  
that Jesus Christ is the Lord God.  
We believe in him  
and we look for his coming soon  
as judge of the living and the dead,  
who will treat all according to their deeds.  
He has poured out the Holy Spirit on us in abundance,  
the gift and the guarantee of eternal life,  
who makes those who believe and obey  
children of God and joint heirs with Christ.

We acknowledge and adore him  
as one God in the Trinity of the holy name.  
*(Attributed to Saint Patrick)*

**Blessing**

May the love of the Lord Jesus draw us to himself;  
may the power of the Lord Jesus strengthen us in his  
service;  
may the joy of the Lord Jesus fill our souls.  
May the blessing of God almighty, Father, Son, and  
Holy Spirit  
be among us and remain with us always. Amen.  
*(William Temple)*

## Reflections

‘The Old Testament proclaimed the Father clearly, but the Son more obscurely. The New Testament revealed the Son, and gave us a glimpse of the divinity of the Spirit. Now the Spirit dwells among us and grants us a clearer vision of himself.’ (*Saint Gregory Nazianzus*)

‘Keep silent! - what a strange expression! Silence keeps us.’ (*Georges Bernanos*)

‘If you had walked in the way of God, you would be living in peace forever. Learn where there is wisdom, where there is strength, where there is understanding, so that you may discern where there is length of days, and life, where there is light for the eyes, and peace.’ (*Baruch 3.13-14*)

## WEEK 2 MONDAY MORNING

### **Paraphrase of the Our Father**

*Our Father:* most holy, our Creator and Redeemer, our Saviour and our Comforter.

*Who art in heaven:* with the angels and the saints. You give them light so that they may have knowledge, because you, Lord, are light. You inflame them so that they may have love, because you, Lord, are love. You live continually in them and you fill them so that they may be happy, because you, Lord, are the supreme good, the eternal good, and it is from you that all good comes, and without you there is no good.

*Hallowed be thy name:* may our knowledge of you become ever clearer, so that we may realize the extent of your benefits, the steadfastness of your promises, the sublimity of your majesty and the depth of your judgments.

*Thy Kingdom come:* so that you may reign in us by your grace and bring us to your Kingdom, where we shall see you clearly, love you perfectly, be happy in your company and enjoy you for ever.

*Thy will be done on earth as it is in heaven:* that we may love you with our whole heart by always thinking of you; with our whole mind by directing our whole intention towards you and seeking your glory in everything; and with all our strength by spending all our energies and affections of soul and body in the service of your love alone. And may we love our neighbours as ourselves, encouraging all to love you as best we can, rejoicing at the good fortune of others, just as if it were

our own, and sympathizing with their misfortunes, while giving offence to no one.

*Give us this day our daily bread:* your own beloved Son, our Lord Jesus Christ, to remind us of the love he showed for us and to help us understand and appreciate it and everything that he did or said or suffered.

*And forgive us our trespasses:* in your infinite mercy, and by the power of the Passion of your Son, our Lord Jesus Christ, together with the merits and the intercession of the Blessed Virgin Mary and all your saints.

*As we forgive those who trespass against us:* and if we do not forgive perfectly, Lord, make us forgive perfectly, so that we may really love our enemies for love of you, and pray fervently to you for them, returning no one evil for evil, anxious only to serve everybody in you.

*And lead us not into temptation:* hidden or obvious, sudden or unforeseen.

*But deliver us from evil:* present, past, or future. Amen.  
(*Attributed to Saint Francis of Assisi*)

### **What we do and what we are**

Lord, you have given your gospel as salt to the earth and light to the world. Pour out the Spirit of your Son upon those of us who live in the midst of the world and its concerns, so that by what we do and what we are we may build up your Kingdom; through the same Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

## Reflections

‘Whether you eat or drink, or whatever you do, do everything for the glory of God.’ (*1 Corinthians 10.31*)

‘If anything is lacking, it is not writing or speaking (for generally there is a surfeit of these anyway), but silence and work.’ (*Saint John of the Cross*)

‘Giving is the highest expression of potency.... Giving is more joyous than receiving, not because it is a deprivation, but because in the act of giving lies the expression of my aliveness.’ (*Erich Fromm*)

## WEEK 2 MONDAY EVENING

### **The good pleasure of your will**

Grant me, Lord, to know what I ought to know, to love what I ought to love, to praise what delights you most, to value what is precious in your sight, to hate what is offensive to you. Do not allow me to judge according to appearances, nor to pass sentence following the judgment of the ignorant, but to discern with true judgment between things visible and spiritual, and, above all things, to seek to know what is the good pleasure of your will. (*Thomas à Kempis*)

### **Justice and Peace**

Lord, guide national leaders to establish the rule of justice and peace for the whole human family so that all may enjoy that harmony which is a foretaste of your heavenly Kingdom. We ask this through Christ our Lord. Amen. (*Anon.*)

### **Lord, why are you silent?**

Lord, how long must I call for help before you listen, before you save us from violence? Why do you make me see such trouble? How can you bear to look on such wrongdoing? Destruction and violence are all around me, and justice is never done. The evil get the better of the righteous, and so justice is perverted. Lord, you are my God, holy and eternal. Your eyes are too holy to look upon evil. Lord, why are you silent? (*Adapted from Habakkuk 1*)



**Make us wholly yours**

God of power, make us wholly yours in soul and body, and let our whole life be one of sincere service of you. Increase in us a longing for yourself. Help the prayer that falters on our lips, and, by your power, overcome the enemy within us; through Christ your Son, our Lord. Amen. (*Gothic Breviary*)

**I adore you**

I adore you, my God, and I want to love you with all my heart. I thank you for having created me, made me a Christian, and preserved me this day. I offer you this evening, and all that is in it. May I do your will and act for your greater glory. Keep me from sin and all evil. May your grace be with me always and with all whom I love. Amen. (*Anon.*)

**Blessing**

May our Lady and all the saints pray for us, and the holy guardian angels watch over us and keep us under their protection. And may the blessing of God almighty, the Father, the Son, and the Holy Spirit descend upon us and remain with us always. Amen. (*Adapted from Anthony de Vere*)

## **Reflections**

‘Do not be overcome by evil, but overcome evil by good.’ (*Romans 12.21*)

‘Man infinitely surpasses man.’ (*Blaise Pascal*)

‘Those who pray only when they feel ready for prayer are using prayer to further their self-love.’ (*Capuchin documentation*)

## WEEK 2 TUESDAY MORNING

### **The Holy Spirit**

Breathe into me, Holy Spirit, that my mind may turn to what is holy.

Move me, Holy Spirit, that I may do what is holy.

Stir me, Holy Spirit, that I may love what is holy.

Strengthen me, Holy Spirit, that I may preserve what is holy.

Protect me, Holy Spirit, that I may never lose what is holy. *(Saint Augustine)*

### **Willing and ready**

Lord, although rich, you became poor for our sakes, and promised in the gospel that whatever is done to the least of our brothers and sisters is done to you. Give us grace, we ask you, to respond to the needs of our fellow-creatures, and to spread the blessings of your Kingdom all over the world, to your praise and glory, who are God over all, blessed forever. *(Saint Augustine)*

### **All who suffer illness**

Comfort, Lord, all who suffer illness of mind or body. Bring them healing as you will through the care of doctors and nurses. Bless the many others who work behind the scenes to support them. We ask you, Father, to hear this prayer in Jesus' name. Amen. *(Adapted from the Catholic Truth Society)*

### **God help my thoughts!**

God help my thoughts! They stray from me, setting off on the wildest journeys. When I am in a church, they run off like naughty children, quarrelling and making trouble. When I read the bible, they fly to a distant city, filled with beautiful women. My thoughts can cross an ocean with a single leap; they can fly from earth to heaven, and back again, in a single second. They come to me for a fleeting moment, and then away they go again. No chains, no locks can hold them back; no threats of punishment can restrain them, no hiss of a lash can frighten them. They slip from my grasp like tails of eels; they swoop hither and thither like swallows in flight. Dear chaste Christ, who can see into every heart and read every mind, take hold of my thoughts. Bring my thoughts back to me, and clasp me to yourself. *(Celtic)*

### **May we be found faithful**

God, you work in us unceasingly, and you give each of us our appointed task. Help us steadfastly to fulfil the duties of our calling. When we are called to account, may we be found faithful, and enter into your eternal joy; through Jesus Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

## **Reflections**

‘The Holy Spirit is God's gift to those who obey him.’  
*(Adapted from Acts of the Apostles 5.32)*

‘If you want to love Christ, spread charity all over the earth, because the members of Christ are all over the earth.’ *(Saint Augustine)*

‘Following Christ is not an outward imitation.... it means becoming conformed to him.’ *(Adapted from Pope John Paul II)*

## WEEK 2 TUESDAY EVENING

### **Children of your household**

You, Father of all, are the beginning of all, the light eternal and the source of all light; you call us in our weakness from the dust and raise us up out of corruption. And so you have called us through your beloved Son to the freedom and dignity of children of your household. Grant us to be saintly children; may we not be unworthy of such a title, but fulfil our calling through the holiness of our lives. May we do so with pure hearts and clean minds; through Christ our Lord. Amen. (*Liturgy of Saint Denis*)

### **Prayer and praise**

God of hope, true light of faithful souls and brightness of the blessed, who are truly the light of the world, grant that our hearts may render you a worthy prayer and always glorify you with the offering of praise; through Jesus Christ our Lord. Amen. (*Gelasian Sacramentary*)

### **My path to you**

Grant me, I ask you, almighty and most merciful God, that I may fervently desire, wisely search out, and perfectly fulfil all that is well-pleasing to you. Arrange the circumstances of my life to the glory of your name. Grant me knowledge of all that you wish me to do, the desire to do it, and the ability to do it as I ought. May my path to you be safe, straightforward and constant until the end. Give me, Lord, a steadfast heart which no unworthy affection may have power to drag downwards;

give me an unconquerable heart which no trouble can wear down, an upright heart which no unworthy motive may draw aside from its purpose. Give me also, Lord my God, understanding to know you, diligence to seek you, and a loyalty that will finally embrace you. Amen. *(Adapted from Saint Thomas Aquinas)*

**He lives with us**

Father, hear our prayers; and as we trust that the Saviour of mankind is seated with you in your majesty, so may we feel that he lives with us to the end of the world, as he has promised; through the same Christ our Lord. Amen. *(Adapted from the Leonine Sacramentary)*

**Angel of God**

Angel of God, appointed by God's mercy to be my guardian, enlighten and protect, direct and govern me this night. Amen. *(Anon.)*

**Blessing**

May the God of all patience and consolation grant to all the members of our family that they may live in harmony with one another. With one heart, may we give glory to God our Father, and to Jesus Christ our brother, in the unity and love of the Holy Spirit. Amen. *(Anon.)*

## Reflections

‘Prayer of adoration - the essence of true prayer - serves no “useful purpose”, in the strict sense of the term, and, so long as one fails to see this, one can never really know how to pray.’ (*René Voillaume*)

‘We are foolish to look for “signs” on the way - it is a form of spiritual materialism that Jesus rebuked - because if we *are* on the way, which means in the Mystery, in the bright cloud of God's presence, then all things are signs. Everything mediates the love of God.’ (*John Main*)

‘For the ways of the Lord are right, and the upright walk in them.’ (*Hosea 14.9*)



## WEEK 2 WEDNESDAY MORNING

### **Into your hands, Lord**

Into your hands, Lord God, we commend ourselves and all who are dear to us this day. Let the gift of your presence be with us even to its close. Grant that we may never lose sight of you all the day long, but worship you and pray to you, so that in the evening we may again give you thanks; through Christ our Lord. Amen. *(Adapted from the Gelasian Sacramentary)*

### **May your name be praised**

God of truth, Father, Son and Holy Spirit, hear our prayer for those who do not know you so that your name may be praised among all peoples of the world. Sustain and inspire your servants who bring them the gospel. Bring fresh vigour to wavering faith; sustain our faith when it is still fragile. Renew our missionary zeal. Make us witnesses to your goodness, full of love, of strength, and of faith, for your glory and for the salvation of the world. Amen. *(Pope Paul VI)*

### **You know our difficulties**

Father, you know our difficulties and our needs. In your love we can overcome all things; strengthen our confidence and our faith, and let us know your fatherly care; through Christ our Lord. Amen. *(Pope Paul VI)*

### **Truth is rejoicing in you**

Happiness is the possession of the truth, and truth is rejoicing in you, Lord, who are my light, my salvation,

my God. This happiness, this life, the only life, is what we seek. We long to possess the truth, and to be possessed by you, Lord, who are the truth. Grant us this for your love's sake. Amen. (*Adapted from Saint Augustine*)

### **A song of God's children**

In Christ Jesus, the life-giving law of the Spirit has set us free from the law of sin and death.

All who are led by the Spirit of God are children of God; it is the Spirit that enables us to call you Father.

The Spirit bears witness that we are God's children; and if we are God's children, then we are heirs of God.

We are heirs of God and fellow-heirs with Christ; if we share his sufferings now, we shall share his glory in heaven.

These sufferings that we now endure are not worth comparing with the glory that is to be revealed, for the creation waits with eager longing for the children of God to be revealed. (*Adapted from Romans 8*)

### **Peace of mind**

Lord, make us able to walk blamelessly, to act justly, to speak truthfully, and to give no welcome to speaking badly of our neighbour. Then we shall know that peace of mind to which sincerity gives the only true claim. (*Spanish collect, seventh century*)

## Reflections

‘The people of our day are more impressed by witnesses than by teachers, and if they listen to these, it is because they also bear witness.’ (*Pope Paul VI*)

‘The truth can impose itself on the human mind only in virtue of its truth.’ (*Adapted from Saint Thomas Aquinas*)

‘Jesus said, “My grace is sufficient for you, for my power is made perfect in weakness.”’ (*2 Corinthians 12.8*)

## WEEK 2 WEDNESDAY EVENING

### **Thank you for my friends**

Lord, I thank you for my friends, for those who understand me better than I understand myself, for those who know me at my worst and still love me, for those who have forgiven me when I had no right to expect to be forgiven. Help me to be as true to my friends as I would wish them to be true to me. Help me to take the first step to get in touch again with friends from whom I have drifted apart. And help me to have no bitterness, but only forgiveness, to any of my friends who failed or who turned against me; through Jesus Christ our Lord. Amen. (*Adapted from William Barclay*)

### **Grant peace**

In your loving-kindness, God, grant peace to all who love you. Since you delight in the nobility of true kindness, renew kindness in us. May the grace of charity free us from all that tears down. Only let the spirit of peace be in our hearts, and we shall overcome all anger, resentment and hostility. This charity shall atone for our many sins. We ask this in Jesus' name. Amen. (*Gothic Breviary*)

### **A sense of humour**

Give us a sense of humour, Lord, and also things to laugh about; give us the grace to take a joke against ourselves, and to see the funny side of the things we do; save us from annoyance, bad temper, resentment against our friends. Help us to laugh even in the face of

trouble, and fill our minds with the love of Jesus; for his name's sake. (*Michael Hollings and Etta Gullick*)

### **This household**

Heavenly Father, we ask you to give this household, and each member of it, a desire and a hunger for spiritual things, for holiness and for the love of heaven. Grant that whatever things are true, whatever are honourable, whatever are just, whatever are pure, whatever are lovely and of good reputation, if there is anything which is unselfish or generous, if there is anything you will accept or reward, may we think on those things, and, by the help of your Holy Spirit, may we order our lives and our characters according to them; through Jesus Christ our Lord. Amen. (*Adapted from Philipians 4.8*)

### **Jesus, Mary and Joseph**

Jesus, Mary and Joseph, I give you my heart and my soul.

Jesus, Mary and Joseph, assist me now and in my last agony.

Jesus, Mary and Joseph, may I breathe forth my soul in peace with you. Amen. (*Anon.*)

### **Blessing**

The God and Father of the Lord Jesus - blessed be he for ever! - be with us for ever. Amen. (*Adapted from 2 Corinthians 11.31*)

## **Reflections**

‘The arms race is one of the greatest curses on the human race, and the harm it inflicts on the poor is more than can be endured.’ (*Vatican II, Gaudium et Spes*)

‘Brothers and sisters, do not be children in your thinking; rather, be children in evil, but be adults in thinking.’ (*Adapted from 1 Corinthians 14.20*)

‘If you can't do the best, do the best you can.’ (*Andrew Carew*)

## WEEK 2 THURSDAY MORNING

### **Deliver us from fear**

Lord, we ask you to deliver us from fear of the unknown future: from fear of failure; from fear of poverty; from fear of bereavement; from fear of loneliness; from fear of sickness and pain; from fear of age; and from fear of death. Help us, Father, by your grace to love you above all, and to fear nothing. Fill our hearts with cheerful courage and loving trust in you; through our Lord and Master, Jesus Christ. Amen. (*Adapted from Akanu Ibraim, Nigeria*)

### **I trust in you, Lord**

I trust in you, Lord, for safety; all the good things I have come from you. You, Lord, are all I have, and you give me all I need; my future is in your hands. I feel completely secure because you protect me from the power of death. You will not abandon me; you will show me the path that leads to life. Your presence fills me with joy and brings me pleasure forever. (*Adapted from Psalm 15*)

### **Freed from our sinful ways**

God our Father, when your Son was born of the virgin Mary, he became like us in all things but sin. May we who have been reborn in him be freed from our sinful ways; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Perseverance until death**

Dear Redeemer, relying on your promises, because you are faithful, all-powerful and merciful, we hope, through the merits of your passion, for the forgiveness of our sins, perseverance until death in your grace, and, at length, by your mercy, to see and love you eternally in heaven. Amen. (*Adapted from Saint Alphonsus Liguori*)

### **A watchful driver**

Lord, make me a watchful and careful driver, so that I may not cause pain or death through neglect or carelessness. Protect all who travel with me so that no harm may come to them. Lord Jesus Christ, be with me on my journeys and always bring me home safely and in peace. At the end of life's journey, meet me and welcome me to my true home in heaven with you. Amen. (*Anon.*)

### **A spirit of service**

Lord of all things in heaven and earth, Lord of the land and the sea and all that is in them, take from us, we ask you, the spirit of greed and covetousness, and give us a spirit of service, so that no one may be in want, but that all, according to their need, may share in your generous goodness; for the love of your only Son Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)



## **Reflections**

‘Fear is nothing but a giving up of the helps that come from reason.’ (*Wisdom of Solomon 17.12*)

‘When a soul holds on to trust in God - whether in seeking him or contemplating him - this is the highest worship it can bring.’ (*Julian of Norwich*)

‘Few of us can do great things; all of us can do small things with great love.’ (*Mother Teresa of Calcutta*)

## WEEK 2 THURSDAY EVENING

### **Relatives and friends**

God our Father, look kindly on our relatives and friends. By the power of your Holy Spirit, pour out on them the gifts of your love. Give them health of mind and body, that they may love you with all their heart, and do your will in all things; through Christ our Lord. Amen. *(Pope Paul VI)*

### **A new commandment**

God of love, through your Son, you have given us a new commandment, that we should love one another as you have loved us, unworthy and wandering as we are. We ask you to give us, your servants, during our stay on earth, a mind forgetful of past ill-will, a pure conscience, and a heart to love others; through your Son Jesus Christ, our Lord. Amen. *(Adapted from the Coptic liturgy)*

### **If I become angry**

Father, if I become angry, do not let my anger lead me into sin; do not let me use harmful words, but words that build up and do good to those who hear me; and do not let me make your Holy Spirit sad. Help me to get rid of all bitterness and hate; help me to be kind and tender-hearted, to forgive, as you have forgiven me through Christ our Lord. Amen. *(Adapted from Ephesians 4.)*

### **Free me from all evils**

Chosen Leader and Lord, conqueror of hell, I, your creature and servant, delivered from eternal death,

magnify and praise you who are infinitely merciful; free me from all evils as I call upon you: Jesus, Son of God, have mercy upon me. Amen. (*Orthodox*)

### **Sorrow for sin**

My God, I am heartily sorry for having offended you, and I detest all my sins, because they have offended you, my God, who are all good and deserving of my love. I firmly resolve, with the help of your grace, to do my best to sin no more and to avoid the occasions of sin. (*Amen*)

### **Blessing**

May the right hand of the Lord keep us in our old age;  
may the grace of Christ defend us from the enemy;  
and may the Lord direct our hearts in the way of peace.  
Amen. (*Adapted from the Book of Cerne*)

## Reflections

‘Cheap grace is the deadly enemy of our church. We are fighting today for costly grace. Cheap grace means grace sold on the market like huckster's wares. The sacraments, the forgiveness of sin and the consolations of religion are thrown away at cut prices. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate.

Costly grace is the treasure hidden in the field; for the sake of it people will gladly go and sell all that they have. It is the pearl of great price to buy which the merchant will sell all his goods. It is the kingly rule of Christ, for whose sake people will pluck out the eyes which cause them to stumble; it is the call of Jesus Christ at which disciples leave their nets and follows him.

Such grace is *costly* because it calls us to follow, and it is *grace* because it calls us to follow *Jesus Christ*. It is costly because it costs people their lives, and it is grace because it gives a person the only true life.’ (*Adapted from Dietrich Bonhöffer*)

‘The effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.’ (*Isaiah 32.17*)

‘My Lord and my God, how great are your wonders! We are here below like simple shepherds; and yet we

understand something of you. But truly it can be hardly more than nothing, because we ourselves are a mystery.’  
*(Saint Teresa of Ávila)*

## WEEK 2 FRIDAY MORNING

### **I have put my trust in you**

Make your mercy known to me in this morning hour, Lord, for I have put my trust in you. I have now lifted up my heart to you, so show me, Lord, the way I must walk. Amen. *(Adapted from the Gothic Breviary)*

### **Christ's Cross**

Christ's cross over this face, and thus over my ear.  
Christ's cross over this eye. Christ's cross over this nose.  
Christ's cross before me to accompany me. Christ's cross behind me to accompany me. Christ's cross to meet every difficulty both in hollow and on hill.

Christ's cross eastward facing me. Christ's cross back towards the sunset. In the north, in the south, increasingly may Christ's cross straightaway be.

Christ's cross up to broad heaven. Christ's cross down to earth. Let no evil or hurt come to my body or soul.

Christ's cross over me as I sit. Christ's cross over me as I lie. Christ's cross be all my strength until we reach the King of heaven.

From the top of my head to the nail of my foot, Lord Christ, against every danger I trust in the protection of the cross.

Till the day of my death, going into the clay - Christ's cross over this face. *(Adapted from the Celtic)*

### **God the source of life**

God, with whom there is the source of life and by whose light we are enlightened, foster in us the nobility of

knowledge so that at this life-giving spring we may quench our thirst. Bring to our darkened minds the heavenly light of intelligence; in Jesus' name. Amen. *(Adapted from the Gothic Breviary)*

**Serve you faithfully**

Grant us, Lord, a true knowledge of salvation, so that, freed from fear and from the power of our foes, we may serve you faithfully all the days of our life. We make this prayer through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

**For one who has died**

God, you have called (*name*) from this life. Father of all mercy, fulfil her (his) faith in you, and lead her (him) safely home to heaven, to be happy with you for ever. Amen. *(Adapted from the Roman liturgy)*

## Reflections

‘When Christ commends his spirit into the hands of his Father, he commends himself to God as man in order to commend all people to God.’ (*Saint Athanasius*)

‘When the goodness and loving kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the washing of re-birth and renewal by the Holy Spirit.’ (*Titus 3.4-5*)

‘God created us without us, but he did not will to save us without us.’ (*Saint Augustine*)



## WEEK 2 FRIDAY EVENING

### **Passion of Jesus**

Good and gentle Jesus, I kneel before you. I see and ponder your five wounds. My eyes see what David prophesied about you, 'They have pierced my hands and my feet; they have counted all my bones.' Engrave on me this image of yourself. Fulfil the yearnings of my heart: give me faith, hope and love, repentance for my sins and true conversion of life. Amen. (*Adapted from the Roman liturgy*)

### **Protect me this night**

My God, I adore you and I wish to love you with all my heart. I thank you for having created me and saved me by your grace, and for having preserved me during this day. I pray that you will take for yourself whatever good I may have done this day, and that you will forgive me whatever evil I have done. Protect me this night, and may your grace always be with me and with those I love. Amen. (*Adapted from Pope Paul VI*)

### **Enlighten that darkness**

Lord, you have lighted in my soul a light by which I see, and truly I am often frightened at my own darkness. Enlighten that darkness which is within me so that I may feel my emotions to be under control; so that I may appreciate, and rightly and justly seek, what is worthy of your love. (*Adapted from Saint Bernard of Clairvaux*)

**Help me to forgive**

God and Father of us all, you have forgiven my sins and sent me your peace. Help me to forgive my neighbour and to work with the people I meet to establish peace and unity in this world. Amen. (*Anon.*)

**One more miracle**

Son of God, perform a miracle for me: change my heart. You whose crimson blood redeems mankind, purify my heart. It is you who make the sun bright and the ice sparkle; you who make the rivers flow and the salmon leap. Your skilled hand makes the nut tree blossom, and the wheat turn golden; your spirit composes the songs of the birds and the buzz of the bees. Your creation is a million wondrous miracles, beautiful to behold. I ask of you just one more miracle: beautify my soul. (*Celtic*)

**Blessing**

May God make us steadfast in faith, joyful in hope, and untiring in love all the days of our life. (*Adapted from the Roman liturgy*)

## **Reflections**

‘If you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.’  
*(Matthew 6.14-15)*

‘We have laboured so long under the delusion that corrections, criticism, and punishments stimulate a person to grow. We have rationalized the taking out of our unhappiness and incompleteness in many destructive ways.’ *(John Powell)*

‘Little satisfies necessity; nothing satisfies sensuality.’  
*(Capuchin Constitutions)*

## WEEK 2 SATURDAY MORNING

### **The Angelus**

The angel of the Lord declared unto Mary;  
and she conceived of the Holy Spirit.

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

Behold the handmaid of the Lord;  
be it done unto me according to your word.

Hail Mary (*as above*)

And the Word was made flesh;  
and dwelt amongst us.

Hail Mary (*as above*)

Pray for us, holy Mother of God:  
that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech you, Lord, your grace into our hearts, that we, to whom the incarnation of Christ your Son was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection; through the same Christ our Lord. Amen.

*(Adapted from Luke 1.26-38)*

### **This day in gladness and peace**

Let my prayer, Lord, come before you this morning. You took to yourself our weak and tempted nature. Grant me to pass this day in gladness and peace, so that, reaching the evening without stumbling or falling, I may

praise you, the everlasting King, who lives and rules, world without end. Amen. (*Mozarabic liturgy*)

**Bless our children**

We pray to you, almighty and kindly Father, creator of this world and giver of life. Though awe-inspiring, you are gentle and merciful, and deserving of all praise.

Lord Jesus, you who laid your hand in blessing on children, we ask you to bless our children. Give them wisdom and increase of goodness. Let them find joy in you, love you and value you. May they reverence you and keep your commandments. So, by your grace, God and Saviour of the world, may they come to the full length of days. Amen. (*Adapted from the Roman liturgy, fifteenth century*)

## Reflections

‘The best is sometimes the enemy of the good.’ (*Anon.*)

‘Love children especially, for, like the angels, they too are sinless, and they live to soften and purify our hearts, and, as it were, to guide us. Woe to them who offend a child!’ (*Fyodor Dostoevsky*)

‘Better a dry morsel with quiet than a house full of feasting with strife.’ (*Proverbs 17.1*)

## WEEK 2 SATURDAY EVENING

### **An instrument of your peace**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is discord, harmony;  
where there is injury, pardon;  
where there is error, truth;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

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 forgetting self that we find ourselves;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
*(Attributed to Saint Francis of Assisi)*

### **Avoid unchastity**

Help me, God, to avoid unchastity; to remember that my body is the temple of your Spirit who lives in me; that I do not belong to myself but to you, and for your glory.’  
*(Adapted from 1 Corinthians 6.18-20)*

**I have sinned against you**

Father of mercy, like the prodigal in the parable I return to you and say: 'I have sinned against you and am no longer worthy to be called your child.'

Christ Jesus, saviour of the world, I pray with the repentant thief to whom you promised paradise: 'Lord, remember me in your Kingdom.'

Holy Spirit, fountain of love, I call on you with trust: 'Purify my heart and help me to walk as a child of light.'  
*(Adapted from the Roman liturgy)*

**Bless and guard our family**

May the God of peace bless and guard our family. May we follow his will in all that we do, and may we be ever more pleasing to him. Amen. *(Pope Paul VI)*



## Reflections

‘Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy that person. For God's temple is holy, and you are that temple.’ (*1 Corinthians 3. 16-17*)

‘At the Last Supper, on the night he was betrayed, our Saviour instituted the Eucharistic sacrifice of his body and blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again, and so to entrust to his beloved spouse, the church, a memorial of his death and resurrection: a sacrament of love, a sign of unity, a bond of charity, a paschal banquet in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us.’ (*Vatican II, Sacrosanctum Concilium*)

‘Let your marriage sustain your love.’ (*Dietrich Bonhöffer to a newly-married couple*)

## WEEK 3 SUNDAY MORNING

### **On entering a church**

We adore you, most holy Lord Jesus Christ, here and in all your churches throughout the world, and we bless you because by your holy cross you have redeemed the world. (*Saint Francis of Assisi*)

### **The Divine Praises**

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most sacred heart.

Blessed be his most precious blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be Saint Joseph, her holy husband.

Blessed be God in his angels and in his saints.

(*From the Benedictional of the Roman liturgy*)

### **Your Christ**

Lord God, give us your Christ, let us know your Christ, let us see your Christ, not as his contemporaries saw him, and then crucified him, but as the angels see him and rejoice. (*Saint Augustine*)

### **The local church**

Father, in each and every local church, pilgrims here on earth, you show forth your one, holy, catholic and apostolic church. Gathered around our bishop (*name*) may this family grow in the love and unity of the Holy Spirit through the gospel and the Eucharist. Make us become true witnesses to the presence of Christ in the world. We ask this through the same Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

### **Your sacred body**

Let your sacred body, Lord Jesus Christ our God, preserve me unto everlasting life, and your precious blood be given to me for the remission of sins; let this gift of your grace be for me my source of joy, health and gladness; and, in your second coming, count me worthy, though a sinner, to stand on the right hand of your glory: by the prayers of your most holy Mother and of all the saints. Amen. (*Orthodox*)

## Reflections

‘All things are yours, whether the world or life or death or the present or the future: all belong to you, and you belong to Christ, and Christ belongs to God.’ (*From 1 Corinthians 3.21-23*)

‘The teaching of blessed Paul is, in itself, sufficient to give you complete assurance about the divine mysteries, the admission to which makes us “of the same body” and blood with Christ. For he proclaimed, with emphasis and precision that “our Lord Jesus Christ took bread and said: ‘This is my body;’ and, taking the cup, he gave thanks, and said, ‘This is my blood.’” Since Christ himself in his own words asserted of the bread, “This is my body,” who will dare any longer to have doubts? And since in his own words he insisted, “This is my blood,” who will have any doubts or say that it is not his blood? (*From Saint Cyril of Jerusalem*)

‘Do not go losing yourself in your imagination or in roundabout and unnecessarily confusing searching. Jesus is there, within your reach, if you have faith.’ (*From René Voillaume*)

## WEEK 3 SUNDAY EVENING

‘The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with us all.’  
*(From 2 Corinthians 13.13)*

### **Holy Trinity**

God our Father, you revealed the great mystery of your godhead to us when you sent into the world the Word who is truth and the Spirit who makes us holy. Help us to believe in you and to worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite in majesty. We make this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen. *(Adapted from the Roman liturgy)*

### **The prayer of Hannah**

‘My heart exults in the Lord; my strength is exalted in my God.

There is no Holy One like the Lord, no one besides you; there is no Rock like our God.

Talk no more so very proudly, let no arrogance come from your mouth; for the Lord is a God of knowledge, and by him actions are weighed.

The bows of the mighty are broken, but the feeble gird on strength.

The Lord kills and brings to life; he brings down to Sheol and raises up.

The Lord makes poor and makes rich; he brings low, he also exalts.

He raises up the poor from the dust; he lifts the needy from the ash heap, to make them sit with princes and inherit a seat of honour.

For the pillars of the earth are the Lord's, and on them he has set the world. He will guard the feet of his faithful ones.

The Most High will thunder in the heavens; the Lord will judge the ends of the earth.' (*Adapted from 1 Samuel 2.1-10*)

### **The needs of the poor**

Lord, who, although you were rich, yet for our sakes became poor, and promised in your gospel that whatever is done for the least of your brothers and sisters you receive as done for yourself, give us grace, we ask of you, to be always willing and ready to meet the needs of the poor as far as we can, and to extend the blessings of your Kingdom over all the world to your praise and glory, you who are God over all, blest for ever. Amen. (*Saint Augustine*)

### **Blessing**

In the name of the Father, in the name of the Son, in the name of the Spirit, three in one.

Father, cherish us; Son, cherish us; Spirit, cherish us, three all-kindly.

Father, make us holy; Christ, make us holy; Spirit, make us holy, three all-holy.

Three, aid our hope; three, aid our love; three, aid our eyes and keep our feet from stumbling. (*Celtic*)

## Reflections

‘Who can prevent you from turning the eyes of your soul on our Lord just for an instant, if you can do no more?’  
(*Saint Teresa of Ávila*)

‘The poor you have always with you.... All the worse for the rich who pretend to believe it justifies their selfishness. The poor you have always with you, just because there will always be rich, that is to say there will always be hard and grasping men out for power more than possession. These men exist as much among the poor as among the rich...’ (*Georges Bernanos*)

‘Reason is the essential distinction of the person, but it is rare to find reasonable people.’ (*Saint Francis de Sales*)

## WEEK 3 MONDAY MORNING

### **The family you love**

Since it is from you, God our Father, that redemption comes to us, your adopted children, look with favour on the family you love; give true freedom to us and to all who believe in Christ, and bring us all alike to our eternal heritage. We ask this through Christ our Lord. Amen. (*From the Roman liturgy*)

### **Help me**

Lord God, give me the qualities which will enable me to make a contribution to this world. Help me to be: -  
honest, so that people will be able to depend on my word;  
conscientious, so that nothing I do will be less than my best;  
punctual, so that I may not waste the time of others by keeping them waiting for me;  
reliable, so that I may not let people down when I promise to do something;  
responsible, so that I may think of how my actions will affect others.  
Help me to live in the constant memory that you see and hear all that I do and say.  
Hear this my prayer for your love's sake. Amen.  
(*Adapted from William Barclay*)

### **May our love grow richer**

Lord our God, we pray for ourselves and for all your people: may our love grow richer; may our knowledge of



you grow deeper and more perfect, so that we may choose always what is best, and so be free of all blame when we come to meet you on the day of Christ. Amen. *(Adapted from Philippians 1.9-10)*

**Fervent, living faith**

My God, grant me the grace of a deep, fervent, living faith in you and in all you have revealed. Remove from me pride, vanity, insincerity, self-interest, timidity, and anything whatever which might be an obstacle to my complete acceptance of your revealed truth. May I be absolutely true to you, assenting with all my being to everything you would have me believe, and living always according to your holy will. Lead me by your grace to worship you as to you desire to be worshipped, so that, always guided by your truth, I may grow daily in your love. Amen. *(Pope Paul VI)*

**The progress of souls**

Unceasingly we pray your almighty power, Lord God, to grant us the grace of praying to you sincerely, and, in your goodness, make every earthly blessing advance the progress of souls. So, through the ever-changing good things of this life, we shall attain to that good which is without alteration, where fleeting pleasures are surpassed by eternal joys; through Christ our Lord. Amen. *(Gallican liturgy, sixth century)*

## Reflections

‘The interruptions are the job.’ (*David Steindl-Ross*)

‘Because of your love give me life, and I will do your will.’ (*Psalms 118.88*)

‘This above all, to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.’ (*William Shakespeare*)

## WEEK 3 MONDAY EVENING

### **God, the rock of strength**

In God alone is my soul at rest; my help comes from him.

He alone is my rock, my stronghold, my fortress: I stand firm.

In God is my safety and glory, the rock of my strength.  
Take refuge in God, all you people. Trust him at all times.

Pour out your hearts before him for God is our refuge.

Common folk are only a breath, great men an illusion:  
placed in the scales, they rise; they weigh less than a breath.

Do not put your trust in oppression nor vain hopes on plunder.

Do not set your heart on riches even when they increase.

For God has said only one thing, only two do I know:  
that to God alone belongs power and to you, Lord, love;  
and that you repay all according to their deeds.

*(Adapted from Psalm 61)*

### **The Saviour and Defender**

In the face of trouble, let us always cry out to the Lord our God. He will send us the Saviour and Defender who will free us from it. Come, let us bow down and worship

our God, let us show our gladness to the God who made us, for he is himself the Lord our God, and we are his people, the sheep of his flock, and he will send the Saviour to our help. Amen. (*Gallican Breviary, from Psalm 94*)

### **All nations may praise you**

Almighty and everlasting God, who has redeemed us in a wonderful way by sending your only Son to fulfil the promises made to our ancestors, we ask you to open up more and more the knowledge of that salvation, so that, in all parts of the earth, your truth and your power may be made known, and all nations may praise, honour and glorify you; through the same Christ our Lord. Amen. (*Adapted from the Scottish Psalter, 1595*)

### **Blessing**

May the Comforter who proceeds from you bring light into our minds, we pray you, Lord, and guide us to all truth, as your Son promised. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.’ (*Matthew 7.7-8*)

‘We get our ideas about our neighbours from what we are ourselves.’ (*Adapted from the anonymous Russian author of The Way of a Pilgrim*)

‘Those who, through no fault of their own, do not know the gospel of Christ or his church, but who nevertheless seek God with a sincere heart, and, moved by grace, try in their actions to do his will as they know it through the dictates of their conscience - those too may achieve eternal salvation.’ (*Vatican II, from Lumen Gentium*)

## WEEK 3 TUESDAY MORNING

### **Praise God**

Praise God in his holy place, praise him in his mighty heavens.

Praise him for his powerful deeds, praise his surpassing greatness.

Praise him with sound of trumpet, praise him with lute and harp.

Praise him with timbrel and dance, praise him with strings and pipes.

Praise him with resounding cymbals, praise him with clashing cymbals.

Let everything that lives and that breathes give praise to the Lord. (*Psalm 150*)

### **Into the light of day**

We bless and praise and magnify you, God of our ancestors, because you have brought us once more out of darkness into the light of day. We bring our prayers to your kindness. Be merciful to our misdeeds and accept our prayers in your compassion, for you are our refuge from one generation to the next, merciful and almighty God. Allow the true Son of your righteousness to shine in our hearts; enlighten our reason and purify our senses so that we may walk honestly as in the day, in the way of your commandments, and reach at last to life eternal, where we will rejoice in your light. For you are the fountain of life, and in your light we see light; through

Jesus Christ your Son, our Lord. Amen. (*Adapted from the Orthodox*)

### **The freedom of the children of God**

Almighty God, you have broken the tyranny of sin, and have sent the Spirit of your Son into our hearts so that we can call you Father. Give us grace to dedicate our freedom to your service, so that we and all creation may be brought to the glorious freedom of the children of God; through Christ our Lord. Amen. (*Adapted from the Society of Saint Francis*)

### **Good hope**

Lord God, by whose command the order of time runs its course, forgive our impatience, perfect our faith and, while we await the fulfilment of your promises, grant to us a good hope because of your word. We ask this in Jesus' name. Amen. (*Adapted from the Society of Saint Francis*)

### **Let our troubled prayers come before you**

Almighty God, comforter of the sad, strength of sufferers, let our troubled prayers come before you, so that we may rejoice to find that your mercy is present with us in our troubles; through Jesus Christ our Lord. Amen. (*Gelasian Sacramentary*)

## Reflections

‘There is no compulsion found with God. His mission was no pursuit or hounding of us. It was an invitation to us; it was in love, not in judgment, that God sent Jesus....’ (*Epistle to Diognetus*)

‘If only people wanted, instead of liberating humanity, to liberate themselves, they would do much for the liberation of humanity.’ (*Alexander Herzen*)

‘What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?’ (*Micah 6.8*)



## WEEK 3 TUESDAY EVENING

### **Give me wisdom**

‘God of my ancestors and Lord of mercy, who have made all things by your word, and by your wisdom have formed humanity to have dominion over the creatures you have made, and rule the world in holiness and righteousness, and pronounce judgment in uprightness of soul, give me the wisdom that sits by your throne, and do not reject me from among your servants. For I am your servant, the child of your serving girl, one who is weak and short-lived, with little understanding of judgment and laws; for even one who is perfect among human beings will be regarded as nothing without the wisdom that comes from you.

With you is wisdom, she who knows your works and was present when you made the world; she understands what is pleasing in your sight and what is right according to your commandments. Send her forth from the holy heavens, and from the throne of your glory send her, that she may labour at my side, and that I may learn what is pleasing to you. For she knows and understands all things, and she will guide me wisely in my actions, and guard me with her glory.’ (*Adapted from Wisdom of Solomon 9*)

### **Reject what is contrary to the faith**

Almighty God, you show to those who are in error the light of your truth so that they may return to the way of justice; grant to all those who share in the Christian faith that they may reject what is contrary to it, and follow

what is consistent with it; through Christ our Lord. Amen. (*Leonine Sacramentary*)

### **Blessing of a sick child**

Lord Jesus, full of kindness to children, send your blessing on this child (*mention the child's name*) who is sick. Comfort him (her) in this time of difficulty; give him (her) strength in suffering, and hope in despair. And so that the power of God may be displayed in him (her), restore good health to him (her). Take him (her) by the hand and return him (her) to his (her) family, full of life and hope. Lord Jesus, hear our prayer, for you live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Health of mind, body and soul**

My God, by the grace of the Holy Spirit, you have poured out your gifts of love into the hearts of your people; grant to those we love dearly health of mind, body and soul, that they may love you deeply and joyfully do your will; through Christ our Lord. Amen. (*Gregorian Sacramentary*)

### **Blessing**

May the Lord Jesus Christ live in our family and strengthen us in his love. Amen. (*Pope Paul VI*)

## Reflections

‘When you pray, you yourself must be silent; let the prayer speak.’ (*Kallistos Ware*)

‘God does not ask us to be successful, but to be faithful.’  
(*Attributed to Mother Teresa of Calcutta.*)

‘Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven.’ (*Adapted from James 5.14-15*)

## WEEK 3 WEDNESDAY MORNING

### **I pray to you**

Lord God, remind me this morning of your constant love, for I trust in you. I pray to you; show me the way I should go. Protect me, Lord, today, and rescue me from all that threatens me. You are my God; teach me to do your will. Amen. (*Adapted from Psalm 142*)

### **The strength of God**

May the strength of God pilot me! May the power of God preserve me! May the wisdom of God instruct me! May the hand of God protect me! May the way of God direct me! May the shield of God defend me! May the might of God guard me against the snares of evil and the temptations of the world! May your salvation, Lord God, be mine this day and for evermore! (*Attributed to Saint Patrick*)

### **I am your servant**

Lord my God, my strength, my hope, my salvation, listen to my prayer. Keep me from all error by a clear understanding; from all duplicity by a clean heart; from all distrust by a steadfast confidence; from all negligence by an ardent devotion; from all disquiet by gentle prayer; from temptation by constant vigilance; from laziness by useful occupation. Lord God, deliver me from pride, rebellion and stubbornness, from passion and wilfulness. Make me conscientious in my work and other social duties. Lord, do not remember my sins. Make me contrite and humble, so that, with a purified mind and

heart, I may offer you my prayer, my work and my life. Lord, may I never think, or desire, or do anything displeasing to you, nor anything harmful to my neighbour. May I never act contrary to your commandments. If I disobey them, correct me in your mercy. You are my God and I am your servant. (*Anon., from India*)

### **Before a meeting**

We stand before you, Holy Spirit, conscious of our sinfulness, but aware that we gather in your name. Come to us, remain with us and enlighten our hearts. Give us light and strength to know your will, to make it our own, and to live it in our lives. Guide us by your wisdom, support us by your power, for you are God, sharing the glory of the Father and the Son. You desire justice for all; enable us to uphold the rights of others. Do not allow us to be misled by ignorance, or corrupted by fear or favour. Unite us to yourself in the bond of love and keep us faithful to all that is true. As we gather in your name, may we temper justice with love, so that all our decisions may be pleasing to you, and earn the reward promised to good and faithful servants. Amen. (*Saint Isidore of Seville*)

### **Saint Joseph**

Almighty God, at the beginnings of our salvation, when Mary conceived your Son and brought him into the world, you placed them in Joseph's watchful care. May his prayer still help your people to be equally faithful guardians of your mysteries, and signs of Christ to all

humanity. We make this prayer through Christ our Lord.  
Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘Fidelity and humility are God's delight.’ (*Sirach 1.27*)

‘So great is the goodness of God that he has put nothing in this life, in whatever state one finds oneself, which blocks one's salvation.’ (*Saint Catherine of Siena*)

‘Truth is meant to save you first; the comfort comes afterwards.’ (*Georges Bernanos*)

## WEEK 3 WEDNESDAY EVENING

### **Act of Faith**

My God, I firmly believe that you are one God in three divine persons, the Father, the Son and the Holy Spirit. I believe in Jesus Christ, your Son, who became man and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which you have revealed, you who can neither deceive nor be deceived. Lord, increase my faith. Amen. (*Adapted from Pope Paul VI*)

### **Act of Hope**

My God, trusting in your infinite goodness and in your promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Lord, may I live with you for ever and ever. Amen. (*Pope Paul VI*)

### **Act of Charity**

My God, I want to love you above all things, with my whole heart and soul, because you are all-good and worthy of all my love. I love my neighbour as myself for love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Lord, may I love you more and more. Amen. (*Pope Paul VI*)

### **I feel lonely**

Blessed Lord, your body is cold as the stone around you; your skin is as white as the burial-cloth that wraps you. Blessed Lord, you are all alone in the tomb, your friends



too frightened to come near you. Blessed Lord, my heart is cold, my soul is white with fear; I feel lonely, I have no friends at my side. I wait for your glory, when the bright sun of God's love will warm all mankind, and all will be at peace with his neighbours. (*Celtic*)

### **Give us peace**

God our Father, creator of the world, you establish the order which governs all ages. Hear our prayer and give us peace, so that we may rejoice in your mercy and praise you without end; in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Blessing**

May God in the fullness of his love pour upon us the torrents of his grace, bless us and keep us reverent, prepare us for a happy eternity, and receive us at last into immortal glory. Amen. (*Adapted from the consecration of Coventry Cathedral*)

## Reflections

‘How can we learn to stop talking and to start listening? From “strenuous” to “self-acting” prayer... from “my” prayer to the prayer of Christ in me?’ (*Kallistos Ware*)

‘So many choose to be lonely in the crowd rather than find communion in solitude. When we are isolated we cannot see beyond ourselves: this is the terrible delusion of self-centredness.’ (*Adapted from John Main*)

‘Acquire inner peace and thousands around you will find their salvation.’ (*Saint Seraphim of Sarov*)

## WEEK 3 THURSDAY MORNING

### **New earth and new heavens**

We wait, Lord, for what you have promised: a new earth and new heavens, where the events of the past will be forgotten; where there will be no weeping, no calling for help; where babies will no longer die in infancy, and all people will live out their life-span; where people will build houses and live in them themselves; where they will plant vineyards and enjoy the wine; where they will fully enjoy the things they have worked for; where the work they do will be successful, and their children will not meet with disaster; where wolves and lambs will eat together; where lions will eat hay, as cattle do, and snakes will no longer be dangerous. We wait, Lord, for what you have promised. (*Adapted from Isaiah 65.17-25*)

### **That I may walk in the presence of God**

Have mercy on me, God, people crush me; they fight me all day long and oppress me.

My foes crush me all day long, for many fight proudly against me.

When I fear, I will trust in you, in God whose word I praise.

In God I trust, I shall not fear: what can mortal man do to me?

All day long they distort my words, all their thought is to harm me.

They band together in ambush, track me down and seek my life.

You have kept an account of my wanderings, you have kept a record of my tears;  
are they not written in your book?

Then my foes will be put to flight on the day that I call to you.  
This I know, that God is at my side.

In God, whose word I praise, in the Lord, whose word I praise,  
in God I trust; I shall not fear: what can anyone do to me?

I am bound by the vows I have made you.  
God, I will offer you praise for you rescued my soul from death,

You kept my feet from stumbling that I may walk in the presence of God  
and enjoy the light of the living. (*Adapted from Psalm 55; in the Psalms, the "foe" may be understood as temptation, or evil within oneself.*)

## Reflections

‘The Eucharist is the sacrament of mercy, the sign of unity, and the bond of charity.’ (*Saint Thomas Aquinas*)

‘Where there is no love, pour love in and you will draw love out.’ (*Saint John of the Cross*)

‘What have you that you have not received?’ (*1 Corinthians 4.7*)

## WEEK 3 THURSDAY EVENING

### **Those who have been good to us**

Reward those who have been good to us for the sake of your name, Lord, and give them eternal life. (*Anon.*)

### **The wrong kind of anger**

Lord, I discern in my anger a sense of self-righteousness which is much too close to pleasure. And I think of you, Lord. You were never angry in your own defence, and you took no pleasure in anger: else why the Cross? But you were angry for God: you were angry with those who sold him as a commodity; you were angry with those who used him for their own status; or who treated him as belonging only to them. Lord, implant in me a fear of the wrong kind of anger, one which panders to my self-importance, or is simply indulging my frustration. Forgive me, Lord, for all such occasions. (*Adapted from Ruth Etchells*)

### **Returning good for evil**

Lord God, it is your will that we should love those who speak or act against us. Help us to observe the commandments of the new law, returning good for evil and learning to forgive as your Son forgave those who persecuted him; through the same Christ our Lord. Amen. (*Pope Paul VI*)

### **Receive our thanks**

Lord God, source of every good, receive our thanks for all your gifts. May the gift of your love be matched by the generous commitment of our life in your service; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Night prayer**

Before the sun goes down, creator of the world, hear this prayer. You who are good, take us under your care. Grant that no evil dream awake us, that no fantasy frighten us. Restrain the evil spirit, that our minds may be always chaste. Hear us, gentle Father, together with the Son, your perfect image, and with the Holy Spirit, the consoler, may you reign forever. Amen. (*Anon.*)

### **Blessing**

May the Cross of the Son of God who is mightier than all the hosts of Satan, and more glorious than all the angels of heaven, abide with us in our going out and our coming in! By day and night, at morning and evening, at all times and in all places, may it protect and defend us! From the anger of the evil, from the assaults of temptation, from enemies invisible, from the snares of the devil, from all low passions that deceive the body and the soul, may it guard, protect, and deliver us. Amen. (*Adapted from the Christarakana, India*)

## Reflections

‘Do not let the sun go down on your anger.’ (*Ephesians 4.26*)

‘Christianity is not for losers but for those who are not afraid to be losers.... The Christian faith is for those who forgive because they are not afraid of losing.’ (*Gerald O’Collins*)

‘A meditation has been useful when... it enables us to live more precisely and more accurately in accordance with the gospel.’ (*Anthony Bloom*)



## WEEK 3 FRIDAY MORNING

### **Most High, glorious God**

Most High, glorious God, enlighten the darkness of my heart and give me a correct faith, a certain hope, a perfect charity, a sense and a knowledge, Lord, that I may carry out your holy and true command. (*Saint Francis of Assisi*)

### **Our life and work**

On the cross, Lord Jesus Christ, you stretched out your hands for the salvation of the human race; grant that our life and work may be pleasing to you and bear witness to the power of your redeeming love, you who live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **May the will of God be done**

In all things, may the most holy, the most just and the most lovable will of God be done, praised and exalted above all forever. Your will be done, Lord. Blessed be the name of the Lord forever. Amen. (*Anon.*)

### **Longing for God**

God, you are my God, for you I long; for you my soul is thirsting.

My body pines for you like a dry, weary land without water.

So I gaze on you in the sanctuary to see your strength and your glory.

For your love is better than life, my lips will speak your praise.

So I will bless you all my life, in your name I will lift up my hands.

My soul shall be filled as with a banquet, my mouth shall praise you with joy.

On my bed I remember you. On you I muse through the night

for you have been my help; in the shadow of your wings I rejoice.

My soul clings to you; your right hand shall hold me fast. (*Psalms 62*)

### **The almighty Trinity**

May the almighty Trinity, the one and true God, Father, Son, and Holy Spirit, grant us to desire him joyfully, to know him justly and to choose him sincerely. May he give us such a trustful understanding of his constancy that we may never be drawn away from trust in him by any false imaginings. Then may he grant us so to persevere in that faith and charity which will bring us at last to the full understanding of the vision of himself which shall, indeed, be without end. (*Pontifical of Magdalen*)

## **Reflections**

God said: 'I have loved you with an everlasting love; therefore, I have continued my faithfulness to you.'  
*(Jeremiah 31.3)*

'To speak of the divine will is not to speak of what God wants - it is to speak of what God is. What is the divine will? It is, simply, love.'  
*(Adapted from John Main)*

'Pray as you can, and don't try to pray as you can't.'  
*(John Chapman)*

## WEEK 3 FRIDAY EVENING

### **The wood of the cross**

Lord Jesus Christ, who, when the whole world was shrouded in darkness, mounted the wood of the cross as the innocent victim for our redemption, give us always that light which will bring us to eternal life, you who live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Lord, have mercy**

You were sent to heal the contrite. Lord, have mercy.  
You came to call sinners. Christ, have mercy.  
You plead for us at the right hand of the Father. Lord, have mercy. (*Adapted from the Roman liturgy*)

### **When we are tired**

God, you who are the strength of those who labour and the rest of the weary, grant that when we are tired by our work, we may be renewed and re-created by your Spirit, to serve you gladly in freshness of body and mind; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **I believe, trust and love**

God, I believe in you, I trust in you, I want to love you above all things, with all my heart and mind and strength. I want to love you because you are supremely good and worth loving. I am sorry with all my heart for having offended you. Lord, have mercy on me, a sinner. (*Anon.*)

**Lord, grant me light**

Lord, grant me, I pray, in the name of Jesus Christ, the Son, my God, that love which knows no fall, so that my lamp may feel your kindling touch and know no quenching, may burn for me, and may give light to others. Christ our Saviour, kindle our lamps that they may shine continually in your temple, and receive perpetual light from you the light perpetual, so that our darkness may be driven from us. Amen. (*Attributed to Saint Columbanus*)

**Abide with us**

Abide with us, good Lord, through the night, keeping, guarding, guiding, sustaining and sanctifying. With your love gladden us, so that in you we may ever live, and in you die; through Jesus Christ our Lord. Amen. (*Adapted from Edward White Benson*)

**Blessing**

May the God of hope fill us with all joy and peace in believing, so that we may abound in hope by the power of the Holy Spirit. (*Adapted from Romans 15.13*)

## **Reflections**

‘What we are in the sight of God, that we truly are, and nothing else.’ (*Saint Francis of Assisi*)

‘You have made us for yourself, Lord, and our hearts will know no rest until they rest in you.’ (*Saint Augustine*)

Jesus said, ‘I am the light of the world.’ (*John 9.5*)

## WEEK 3 SATURDAY MORNING

### **Magnificat**

My soul glorifies the Lord, my spirit rejoices in God, my Saviour.

He looks on his servant in her lowliness; henceforth all generations will call me blest.

The Almighty works marvels for me. Holy his name!  
His mercy is from age to age, on those who revere him.

He puts forth his arm in strength and scatters the proud-hearted.

He casts the mighty from their thrones and raises the lowly.

He fills the starving with good things, sends the rich away empty.

He protects Israel, his servant, remembering his mercy, the mercy promised to our fathers, to Abraham and his sons for ever. (*Mary, in Luke 1.46-55*)

### **Guide your people**

Father, every good intention has its origin and fulfilment in you. Guide your people along the path of salvation, and look kindly on those who have left all things to follow Christ in chastity, poverty and obedience, and to consecrate themselves to you. In their service to you, Father, and to their sisters and brothers, may they give

faithful witness to Christ; through the same Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

### **Courage, justice, self-control**

Give me courage to do the right thing when it may be difficult; if need be, to be laughed at for my faith, but never being ashamed to show my loyalty to you.

Give me justice, always to be fair in thought and word and action; always to think of the rights of others as much as of my own.

Give me self-control, always to have my impulses, passions and emotions under control; never to be swept into doing things for which I would be sorry; never to do anything which would hurt others, grieve those who love me, or bring shame to myself.

Hear this prayer for your love's sake. Amen. (*Adapted from William Barclay*)

### **Farewell**

Farewell, Mary; farewell Christ; may you guard our souls till we return. Farewell, and may God's blessing be about us. May the grace of God not part from us until we meet again. (*Celtic*)



## **Reflections**

‘Mary treasured the things of God and pondered them in her heart.’ (*Luke 2.19, 51*)

‘We are here on earth to become human beings.’ (*Seán Mac Réamonn*)

‘What matters in prayer is not length but love, not a system but desire for God.’ (*Mark Gibbard*)

## WEEK 3 SATURDAY EVENING

### **The Spirit of truth**

Heavenly King, comforter, Spirit of truth, who are everywhere and fill everything, treasure of blessings and giver of life, come and abide in us. Clean us of all impurity, and, in your goodness, save our souls. Amen. (*Orthodox*)

### **Those who travel**

God our heavenly Father, who are present in every place, preserve all who travel by land, sea or air, especially (*name*). Surround them with your loving care; protect them from every danger, and bring them safely to their journey's end; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Restore me to friendship**

Lord Jesus Christ, you are the Lamb of God; you take away the sins of the world. Through the grace of the Holy Spirit restore me to friendship with your Father; cleanse me from every stain of sin in the blood you shed for me, for the glory of your name. Amen. (*Adapted from the Roman liturgy*)

### **The breastplate of Saint Patrick**

I bind unto myself today the power of God to hold and lead,  
His eye to watch, his might to stay, his ear to listen to my need.

The wisdom of my God to teach, his hand to guide, his shield to ward,  
the word of God to give me speech, his heavenly host to be my guard.

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. (*Attributed to Saint Patrick*)

### **The Canticle of Simeon**

At last, all-powerful Master, you give leave to your  
servant to go in peace according to your promise.  
For my eyes have seen your salvation which you have  
prepared for all nations,  
the light to enlighten the gentiles, and give glory to  
Israel, your people. (*Luke 2.29-32*)

### **Blessing**

May God make us steadfast in faith, joyful in hope, and  
untiring in love all the days of our life. Amen. (*Adapted  
from the Roman liturgy*)

## **Reflections**

‘What matters is.... a determination to do God's Will, and to care for nothing else.’ (*John Chapman*)

‘Mary, by her obedience, brought salvation.’ (*Saint Irenaeus*)

‘The one who perseveres to the end will be saved.’ (*Matthew 24.13*)

## WEEK 4 SUNDAY MORNING

### **King of blessed Sunday**

A hundred thousand welcomes to you, king of blessed Sunday, who has come to help us after the week. Guide my feet early to Mass, open my lips with blest words, stir up my heart and banish out of it all spite. I look up to the Son of the nurse, her one and only Son of mercy, for he it is who has so excellently redeemed us, and his we are whether we live or die. A hundred thousand welcomes to you, king of glorious Sunday. Son of the virgin and king of glory, sweet Jesus, son of Mary, have mercy on us. (*Celtic*)

### **The Benedictus**

Blessed be the Lord, the God of Israel! He has visited his people and redeemed them.

He has raised up for us a mighty saviour in the house of David his servant,  
as he promised by the lips of holy men, those who were his prophets from of old.

A saviour who would free us from our foes, from the hands of all who hate us.  
So his love for our fathers is fulfilled and his holy covenant remembered.

He swore to Abraham our father to grant us, that, free from fear, and saved from the hands of our foes,

we might serve him in holiness and justice all the days of our life in his presence.

As for you, little child, you shall be called a prophet of God, the Most High.

You shall go ahead of the Lord to prepare his ways before him,

to make known to his people their salvation through forgiveness of all their sins,

the loving-kindness of the heart of our God who visits us like the dawn from on high.

He will give light to those in darkness, those who dwell in the shadow of death,

and guide us into the way of peace. (*Luke 1.68-79*)

### **The splendour of the resurrection**

Let the splendour of the resurrection light up our minds and hearts, Lord, scattering the shadows of death, and bringing us to the radiance of eternity; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **The companionship of eternal redemption**

Lord, only king and wondrous beyond all telling, be always ready to help those who praise and glorify your name, that they may make progress in true devotion, be always under your loving care, and, with you as leader, come at last to the companionship of eternal redemption; in Jesus' name. Amen. (*Pontifical of Magdalen*)

## **Reflections**

‘The sabbath was made for the person, not the person for the sabbath.’ (*Mark 2.27*)

‘The liturgy is an incomparable school of spirituality.’  
(*Pope Paul VI*)

‘Christ prays *for* us as our priest, and *in* us as our head.’  
(*Saint Augustine*)

## WEEK 4 SUNDAY EVENING

### **The resurrection of Christ**

We have seen the resurrection of Christ; let us worship the holy Lord Jesus, who alone is without sin. We venerate your cross, Lord Christ, and we praise and glorify your holy resurrection. For you are our God, we know no other; upon your name we call. Come, all you faithful, let us venerate the holy resurrection of Christ: since through the cross joy has come to all the world. Always blessing the Lord, we sing the praises of his resurrection: for he endured the cross on our behalf, and has destroyed death by death. (*Orthodox*)

### **Into your hands, Lord**

Into your hands, Lord, I commend my soul and my body, my mind and my thoughts, my prayers and my promises, my intentions and my attempts, my going out and my coming in, my words and my works, my senses and my limbs, my life and my death. (*Adapted from Gilbert Shaw*)

### **The perfect unity of your love**

Father, Son and Holy Spirit, holy and undivided Trinity, three Persons in one God: inspire your people gathered in your name to witness to the perfect unity of your love, one God, now and for ever. Amen. (*Adapted from the Society of Saint Francis*)



### **Prayer in time of distress**

Lord, do not reprove me in your anger; punish me not in your rage.

Have mercy on me, Lord, I have no strength.

Lord, heal me, my body is racked; my soul is racked with pain.

But you, Lord.... how long? Return, Lord, rescue my soul.

Save me in your merciful love. I am exhausted with my groaning;

Every night I drench my pillow with tears; I bedew my bed with weeping.

My eye wastes away with grief; I have grown old surrounded by my foes.

Leave me, all you who do evil; for the Lord has heard my weeping.

The Lord has accepted my plea; the Lord will accept my prayer. (*Psalm 6*)

### **Blessing**

May the God of steadfastness and encouragement grant us to live in harmony with one another, in accordance with Christ Jesus, so that together we may with one voice glorify the God and Father of our Lord Jesus Christ. Amen. (*Romans 15.5-6*)

## Reflections

‘The Lord is in his holy temple; let all the earth keep silence before him!’ (*Habakkuk 2.20*)

‘From the hand of God receive everything;  
within the hand of God place everything;  
into the hand of God entrust everything.’ (*Anon.*)

‘What then is it that we who profess religion lack? This: a willingness to *be* changed, a willingness to allow Almighty God to change us. We do not like to let go our old selves... But when a person comes to God to be saved, then the essence of true conversion is a *surrender* of oneself, an unreserved unconditional surrender.’ (*Adapted from John Henry Newman*)

## WEEK 4 MONDAY MORNING

### **You are not far**

Almighty God, you have made the world and everything in it. You are Lord of heaven and earth. You give life and breath to everyone. We look for you, yet you are not far from any one of us. For in you we live and move and have our being. (*Adapted from Acts 17.28*)

### **I offer you this new day**

Jesus Lord, I offer you this new day because I believe in you, love you, hope all things in you, and thank you for your blessings. I am sorry for having offended you and forgive everyone who has offended me. Lord, look on me and leave in me peace and courage and your humble wisdom that I may serve others with joy, and be pleasing to you all day. (*Anon.*)

### **When I fail**

My God, when I fail, especially in something I so much wanted to do well, don't let me try to put the blame on everyone and everything except myself. Don't let me be resentful and bitter about it, but help me to accept both success and failure with a good grace. Don't let me be envious and jealous of those who have succeeded where I have failed. Don't ever let me talk about giving up and giving in; but help me to refuse to be beaten. Help me to learn the lesson which you want me to learn even from failure; help me to begin again, and not to make the same mistakes again. Maybe it is hardest of all to meet the eyes of those who are disappointed in me. Help me even

yet to show them that I deserve their trust and to let them see what I can do. This I ask for your love's sake. Amen. *(Adapted from William Barclay)*

**I thank you**

He who made me is good, and He is my own good. I rejoice in his goodness which, even in childhood, filled my existence. I thank you in whom I place my confidence and my trust. I thank you, loving God, for all your gifts, and ask you to keep them for me. *(Adapted from Saint Augustine)*

**United in peace and love**

Sovereign and almighty Lord, bless all your people. Give us your peace, your help, your love that we may be united in peace and love, one body and one spirit, in one hope of our calling, in your divine and boundless love; for the sake of Jesus Christ, the great shepherd of your people. Amen. *(Adapted from Liturgy of Saint Mark)*

## Reflections

‘Once God is forgotten, the creature is lost sight of as well.’ (*Vatican II, Gaudium et Spes*)

‘God, give me grace to be faithful in action, and indifferent as to the success.’ (*François de la Mothe Fénelon*)

‘In all you do, remember the end of your life, and then you will never sin.’ (*Sirach 7.36*)

## WEEK 4 MONDAY EVENING

### **Out of the depths**

Out of the depths I cry to you, Lord; Lord, hear my voice!

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

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

But 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 watchman for daybreak.

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

Israel indeed he will redeem from all its iniquity.  
*(Psalm 129)*

### **Learning to forgive**

Lord God, it is your will that we should love even those who speak or act against us. Help us to observe the commandments of the new law, returning good for evil, and learning to forgive as your Son forgave those who persecuted him. We ask this through the same Christ our Lord. Amen. *(Pope Paul VI)*

### **We bless you for the generous fruits of the earth**

Almighty God and heavenly Father, we glorify you that you have again fulfilled your gracious promise to us, that as long as the earth lasts, planting-time and harvest shall not fail. We bless you for the generous fruits of the earth which you have given for our use. Teach us, we ask you, to remember that it is not by bread alone that we live. Grant us always to feed on him who is the true bread from heaven, Jesus Christ our Lord, to whom with you, and the Holy Spirit, be all honour and glory, for ever and ever. Amen. (*Adapted from the Church of Ireland*)

### **I go to sleep with your blessing**

I go to sleep with your blessing. One day my last evening will come when I will enter eternity. Let me now so live that all that I do in time may be a preparation for that last blessed peace, so that vision may follow faith, possession succeed hope, perfect union replace imperfect love, for you are my final end and greatest good. Amen. (*Saint Francis de Sales*)

### **Blessing**

May the God of peace sanctify us entirely; and may our spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls us is faithful, and he will do this. Amen. (*Adapted from 1 Thessalonians 5*)

## Reflections

‘You will never attain to a life of authentic prayer so long as you are looking for an emotional experience. On your part, the value of your prayer depends on the effort it demands of you. On God's part, the value of your prayer depends on the action of the Holy Spirit within you.’ (*Adapted from Michel Quoist*)

‘The one journey that ultimately matters is the journey into the place of stillness deep within one's self. To reach that place is to be at home; to fail to reach it is to be forever restless.’ (*N. Gordon Cosby*)

‘My God and my all.’ (*Saint Francis of Assisi*)



## WEEK 4 TUESDAY MORNING

### **Grace to fix my mind on you**

Jesus, grant me grace to fix my mind on you, especially in time of prayer, when I converse directly with you. Stop the motions of my wandering head, and the desires of my unstable heart; suppress the power of my spiritual enemies, who endeavour at that time to draw my mind from heavenly thoughts, to many vain imaginations. So shall I, with joy and gratitude, look on you as my deliverer from all the evils I have escaped; and as my benefactor for all the good I have ever received, or can hope for. I shall see that you are my only good, and that all other things are but means ordained by you to make me fix my mind on you, to make me love you more and more, and, by loving you, to be eternally happy. Beloved of my soul, take all my thoughts, so that my eyes, abstaining from vain and hurtful sights, may become worthy to behold you face to face in your glory for ever. Amen. (*Richard Whitford*)

### **Love and loving-kindness**

Where love and loving-kindness are together, God is in their midst.

Christ's love has gathered us together in one company. Rejoice then, and delight in him. Revere and love the living God. Let us love one another without reserve or deception.

Where love and loving-kindness are together, God is in their midst.

Therefore, when we are gathered together in one company, we must not be divided from one another in our feelings. Spite, quarrelling and strife must not be found among us. May Christ, who is God, be in our midst.

Where love and loving-kindness are together, God is in their midst.

May it be ours, gathered together in the company of the saints, to see you, Christ our Lord, in your glory. May this happiness of immeasurable excellence be ours through unending ages. Amen. (*Adapted from the Roman liturgy*)

### **I give thanks to God**

I give thanks tirelessly to God who kept me faithful in the day of trial, so that today I offer sacrifice to him confidently, the living sacrifice of my life to Christ, my Lord, who preserved me in all my troubles. I can say, therefore: Who am I, Lord, and what is my calling that you should cooperate with me? I praise and proclaim your name in all places, not only when things go well but also in times of stress. Whether I receive good or ill, I return thanks equally to God, who taught me always to trust him unreservedly. (*Attributed to Saint Patrick*)

### **Send your Spirit**

God of our Lord Jesus Christ, Father of glory, send your Spirit to make us wise and reveal you to us, so that we may know you. Open our minds to see your light so that we may know what is the hope to which you have called us, how rich the blessings you promise us, how great is

the power at work in us who believe. We ask this in  
Jesus' name. Amen. (*Adapted from Ephesians 1.17-19*)

## Reflections

‘It is far easier for me to lift my soul to God than my hand to my head.’ (*Jan van Ruysbroeck*)

‘Love is the fulfilling of the law.’ (*Romans 13.10*)

‘Without the Holy Spirit, God is far away, Christ stays in the past, the gospel is a dead letter, the church is simply an organization, authority a matter of domination, mission a matter of propaganda, the liturgy no more than an evocation, Christian living a slave morality. But, in the Holy Spirit, the cosmos is resurrected and groans with the birth-pangs of the Kingdom, the risen Christ is there, the gospel is the power of life, the church shows forth the life of the Trinity, authority is a liberating service, mission is a Pentecost, the liturgy is both memorial and anticipation, human action is deified.’  
(*Adapted from Ignatios of Latakia*)

## WEEK 4 TUESDAY EVENING

### **By your grace**

By your grace, God, we do not suffer total death. You warn us to be watchful. By your grace we distinguish good from evil, we can shun evil and seek good and not fall into adversity. By your grace we are enabled both to command and to obey. By your grace we discover that sometimes what we think is ours is alien to us and what we think is alien is ours. By your grace we are freed from the snares and attacks of evil. It is through you that little things do not make us small. By your grace the best in us is not suffocated by the worst in us. By your grace death is swallowed up in victory.

God, you lead us to yourself and strip us of what exists no more in order to clothe us in what does exist. God, you make us worthy to be heard by you. You strengthen us and make us know all truth. You offer us that good which stops us from becoming fools, and you do not allow others to make us foolish. You lead us back onto the right path. You take us right up to the door and open it wide to those who knock. You give us the bread of life and, by your grace, we drink of the water which takes away all thirst. You convict the world of sin, of justice, and of judgment.

By your grace we are not troubled by those who do not believe. By your grace we are not slaves to weakness and disease. God who purifies us and prepares us for divine rewards, come to me in your favour. Amen.  
*(Adapted from Saint Augustine)*

**Your word is a lamp for my steps**

Your word is a lamp for my steps and a light for my path.

I have sworn and have made up my mind to obey your decrees.

Lord, I am deeply afflicted: by your word give me life.  
Accept, Lord, the homage of my lips and teach me your decrees.

Though I carry my life in my hands, I remember your law.

Though the wicked try to ensnare me I do not stray from your precepts.

Your will is my heritage for ever, the joy of my heart.  
I set myself to carry out your will in fulness, for ever.  
*(Adapted from Psalm 118)*

**Blessing**

May grace and peace be ours in abundance in the knowledge of God and of Jesus our Lord. Amen.  
*(Adapted from 1 Peter 1.2)*

## Reflections

‘There, but for the grace of God, go I.’ (*attributed to Saint Francis of Assisi on seeing someone who was spoken of as a sinner*)

‘Love's finest speech is without words.’ (*Hadewijch of Brabant*)

‘When you make a promise to God, do not delay fulfilling it; for he has no pleasure in fools. Fulfil what you promise.’ (*Ecclesiastes 5.4*)

## WEEK 4 WEDNESDAY MORNING

### **Grant us your help**

Lord, from whom to be turned is to fall, to whom to be turned is to rise, in whom to stand is to live forever; grant us in all our duties your help, in all our problems your guidance, in all our dangers your protection, in all our sorrows your peace; through Jesus Christ our Lord. Amen. (*Adapted from Saint Augustine*)

### **Blessed Joseph**

Blessed Joseph, husband of Mary, be with us this day. You protected and cherished the virgin Mary. Loving the child Jesus as your son, you rescued him from danger of death. Defend the church, the household of God, purchased by the blood of Christ. Guardian of the holy family, be with us in our trials. May your prayers obtain for us the strength to flee from error and to wrestle with the powers of corruption so that in life we may grow in holiness, and in death rejoice in the crown of victory. Amen. (*Anon.*)

### **Give us your unreserved willingness for service**

Most Blessed Virgin Mary, mother of Christ and mother of the church, with joy and wonder we seek to make our own your *Magnificat*, joining you in your hymn of thankfulness and love.

With you we give thanks to God 'whose mercy is from generation to generation', for the exalted vocation and the many forms of mission entrusted to us. God has called each of us by name to live our own communion of



love and holiness, and to be one in the great family of God's children. He has sent us forth to shine with the light of Christ and to communicate the fire of the Spirit in every part of society through a life inspired by the Gospel.

Virgin of the *Magnificat*, fill our hearts with gratitude and enthusiasm for this vocation and mission. With humility and magnanimity you were the 'handmaid of the Lord'; give us your unreserved willingness for service to God and the salvation of the world. Open our hearts to the great anticipation of the Kingdom of God and of the proclamation of the gospel to the whole of creation. Your mother's heart is ever mindful of the many dangers and evils which threaten to overpower the men and women of our time.

At the same time your heart also takes notice of the many initiatives undertaken for good, the great yearning for values, and the progress achieved in bringing forth the abundant fruits of salvation.

Virgin full of courage, may your spiritual strength and trust in God inspire us, so that we may know how to overcome all the obstacles that we encounter in accomplishing our mission. Teach us to treat the affairs of the world with a real sense of Christian responsibility and a joyful hope of the coming of God's Kingdom, and of 'new heavens and a new earth.' (2 Peter 3.13)

You who were gathered in prayer with the apostles in the cenacle, awaiting the coming of the Spirit at Pentecost, implore his renewed outpouring on all us faithful, men and women alike, so that we might more fully respond to our vocation and mission, as branches engrafted to the

true vine, called to bear much fruit for the life of the world.

Virgin Mother, guide and sustain us so that we may always live as true sons and daughters of the church of your Son. Enable us to do our part in helping to establish on earth the civilization of truth and love, as God wills it, for his glory. Amen. (*Pope John Paul II, based on the Magnificat, Luke 1.46-55*)

## **Reflections**

‘Be careful, then, how you live, not as unwise people but as wise, making the most of time.’ (*Ephesians 5.15-16*)

‘We are servants of God by nature; we are children of God by grace.’ (*Anon.*)

‘Every act which is performed so that we may be united with God in holy companionship is a true sacrifice.’ (*Saint Augustine*)

## WEEK 4 WEDNESDAY EVENING

### **God the protector**

I lift up my eyes to the mountains: from where shall come my help?

My help shall come from the Lord who made heaven and earth.

May he never allow you to stumble! Let him sleep not, your guard!

No, he sleeps not, nor slumbers, Israel's guard!

The Lord is your guard and your shade; at your right side he stands.

By day the sun shall not smite you nor the moon in the night.

The Lord will guard you from evil, he will guard your soul.

The Lord will guard your going and coming both now and for ever. (*Psalms 120*)

### **Those who wander in doubt**

Have mercy, heavenly Father, on those who wander in doubt and uncertainty amid the darkness of this world, and on all who are hardened through sin. Grant them grace to come to themselves, the will and power to return to you, and the loving welcome of your forgiveness; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

**That I may clearly see**

All-wise and all-seeing God, you look upon all my actions, and see all that I do. Enlighten my understanding that I may clearly see what sins I have committed, and what good I have left undone. Move my heart that I may sincerely repent and amend. *(Spend a few moments in silent reflection)*

**I am sorry for all my sins**

God our Father, I thank you for loving me. I am sorry for all my sins, for what I have done and for what I have failed to do. I will sincerely try to love you and others in everything I do and say. Help me to walk in your light today and always. *(Adapted from the Roman liturgy)*

**Give our bodies restful sleep**

Lord, give our bodies restful sleep, and let the work we have done today be sown for an eternal harvest; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

**Blessing**

The God of love and peace be with us. Amen. *(Adapted from 2 Corinthians 13.11)*

## Reflections

‘Place your mind before the mirror of eternity! Place your soul before the brilliance of glory! Place your heart in the figure of the divine substance! Transform your whole being into the image of the Godhead itself through contemplation, so that you too may feel what his friends feel as they taste the hidden sweetness which God himself has reserved from the beginning for those who love him.’ (*Saint Clare*)

‘If we cannot be condemned by our own conscience, we need not be ashamed in God's presence.’ (*1 John 3.21*)

‘They who would be what they ought, must stop being what they are.’ (*Meister Eckhart*)

## WEEK 4 THURSDAY MORNING

### **For the people of God**

Lord our God, your commandments are a light to the earth; teach us to live in holiness and justice since we glorify you, the true God. Hear us, listen to us: remember, Lord, each one of those who pray with us here, and in your power grant them salvation. Make your people grow in holiness, and bless your inheritance; give peace to your world and all your churches, to those who serve you as priests and to our rulers and all your people. For your Name is worthy of all honour and majesty, and we glorify you in hymns of praise, Father, Son, and Holy Spirit, now and for ever, to the ages of ages. Amen.  
*(Orthodox)*

### **For the pope**

God our Father, shepherd and guide, look with love on *(name)* your servant, the pastor of your church. May his word and example inspire and guide the church, and may he, and all those entrusted to his care, come to the joy of everlasting life; through Christ our Lord. Amen.  
*(Adapted from the Roman liturgy)*

### **For the bishop**

Father, in each and every local church, pilgrims here on earth, you show forth your one, holy, catholic and apostolic church. Gathered around our bishop *(name)*, may this family grow in the love and unity of the Holy Spirit through the gospel and the Eucharist. Make us

become true witnesses to the presence of Christ in the world; through Christ our Lord. Amen. (*Pope Paul VI*)

**For priests**

Father, you appointed your only Son as the eternal high priest. Grant that those he has chosen as ministers of word and sacrament may be faithful in their ministry until the day of his coming; through the same Christ our Lord. Amen. (*Pope Paul VI*)

**Resting in God**

Lord, my heart is not proud nor haughty my eyes.  
I have not gone after things too great, nor marvels beyond me.

Truly I have set my soul in silence and peace.  
A weaned child on its mother's breast, even so is my soul.

Hope in the Lord, both now and for ever. (*Psalms 130*)



## **Reflections**

‘He cannot have God for his father who has not the church for his mother.’ (*Saint Cyprian of Carthage*)

‘The Son of Man came not to be served but to serve and to give his life as a ransom for many.’ (*Mark 10.45*)

‘The church becomes as it were the fulness and completion of the Redeemer, Christ in the church being in some sense brought to complete achievement.’ (*Saint Thomas Aquinas*)

## WEEK 4 THURSDAY EVENING

### **Honour and praise**

Honour and praise to you, Lord our God, for all your tender mercies again bestowed on us during this week. Constant thanks be to you for creating us in your own likeness; for redeeming us by the precious blood of your Son when we were lost; and for sanctifying us with the Holy Spirit.

For your help in our necessities, your protection in many dangers of body and soul; your comfort in our sorrows, and for sparing us in life, and giving us enough time to repent; for all the benefits, most merciful Father, that we have received of your goodness, we thank you. And we ask you to grant us always your Holy Spirit, that we may grow in grace, in steadfast faith, and perseverance in all good works; through Jesus Christ our Lord. Amen.  
*(John Knox)*

### **Open the paths to faith**

Open to us your servants, Lord God, all the paths of faith, so that we may reach the safety and strength of the truth. Make it known more fully to us so that we may learn how to avoid error. May we recognize the things that lead to salvation. May we lay aside all that remains within us of untruth. May we receive the brightness of the full light of Christ. May the stains and sins of the world leave us completely. Christ Jesus, you who open all doors and make known the way of salvation, be pleased to love us your servants who have come to the knowledge of your name and your love. May we desire

to follow you in our thoughts, you whom we profess with our lips. Amen. (*Anon.*)

### **The beauty and meaning of all I see**

Lord God, who has given me the gift of sight, grant that I may see not only with the eyes of my head but also with the eyes of my heart, so that I may perceive the beauty and meaning of all I see, and glorify you, the Creator of all, who are blessed for evermore. Amen. (*Adapted from George Appleton*)

### **You are my hope**

Lord God, you are life, wisdom, truth, bounty and blessedness, the Eternal, the one true good. My God and my Lord, you are my hope and my heart's joy. I confess with thanksgiving that you have made me in your image that I may direct all my thoughts to you and love you rightly, that I may more and more love and possess you. And since in the life here below, I cannot fully attain this blessedness, let it at least grow in me day by day, until at last it be fulfilled in the life to come. Here may the knowledge of you be increased, and there may it be perfected. Here may my love of you grow, and there may it ripen, so that my joy being here great in hope may there in fruition be made perfect. Amen. (*Saint Anselm of Canterbury*)

### **Blessing**

The grace of the Lord Jesus be with us. Amen. (*Adapted from 1 Corinthians 16.23*)

## Reflections

‘I believe, Lord; help my unbelief.’ (Mark 9.24)

‘Mere inherited faith, in those who can have an intelligent faith, is dangerous and inconsistent.’ (*John Henry Newman*)

‘We lament that God is powerless, but if he were powerful in our universe, what would be left for us to do? We cannot in the one breath call for freedom, as mankind has always done, and in the next call for continuous divine intervention.’ (*Seán Ó Conaill*)

## WEEK 4 FRIDAY MORNING

### **I welcome this new day**

God of my life, I welcome this new day. It is your gift to me, a new creation, a promise of resurrection. I thank you for the grace of being alive this morning. I thank you for the sleep that has refreshed me. I thank you for this chance to make a new beginning.

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 without fear or anxiety. This day is blessed with beauty and adventure: make me fully alive to it.

During this day keep me thoughtful, prayerful and kind. May I be courteous and helpful to others, and not turned in on myself. Keep me from any word or deed that would hurt, or destroy, or belittle. And may the thoughts of my mind be pleasing in your sight.

When night comes again, may I look back on this day with no grievance or bitterness in my heart. And may nobody be unhappy because of anything I have done, or anything I have failed to do. Lord, bless this day for me and everyone. Make it a day in which we grow to have the mind of Christ, your Son. Amen. (*Irish Redemptorists*)

### **The dignity of service**

God our Father, who through the life of your Son has shown us the dignity of service, help us to be courteous and considerate to those who serve us in shops and offices, on our journeys and at work, so that all labour

may be held in honour, and people be united in mutual respect; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **For those who suffer persecution**

Be merciful, Lord, to all our brothers and sisters who suffer any kind of persecution or affliction, whether in mind or body, especially those who suffer for your name and gospel; give them patience, constancy and steadfast hope until you send them full and good deliverance of all their troubles; through Jesus Christ our Lord. Amen. (*Adapted from Christian Prayers, 1566.*)

### **Courage to profess the faith**

Grant, Lord God, that your people, signed with the sign of the cross, may never be ashamed to profess faith in Christ crucified, and courageously fight under his banner against sin and all evil, and continue as his faithful soldiers and servants until the end of their lives. We ask this through the same Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **You were led to the cross**

Lord Jesus Christ, you were led to the cross to suffer the penalty of death for the salvation of humanity. In your mercy grant us pardon for our past offences, and, by your power, preserve us from future falls; who live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Fight the good fight of the faith; take hold of the eternal life to which you were called...’ (*1 Timothy 6.12*)

‘Suffering... contains within itself a singular challenge to communion and solidarity.’ (*Pope John Paul II, Salvifici Doloris*)

‘So far as I am concerned, to die in Jesus Christ is better than to be monarch of earth's widest bounds. He who died for us is all that I seek; he who rose again for us is my whole desire. The pangs of birth are upon me; have patience with me, and do not shut me out from life, do not wish me to be stillborn. Here is one who only longs to be God's; do not make a present of him to the world again, or delude him with the things of earth. Allow me to attain to light, light pure and undefiled; for only when I have come there shall I be truly a man. Leave me to imitate the passion of my God.’ (*Saint Ignatius of Antioch in a letter written on his way to martyrdom*)

## WEEK 4 FRIDAY EVENING

### **My heart is open to you**

Lord, I do not know what to ask of you. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I do not ask either a cross or a consolation; I can only wait for you. My heart is open to you. Visit and help me; cast me down and raise me up. I worship in silence your holy will and your inscrutable ways. I offer myself as a sacrifice to you. I put all my trust in you. I have no desire other than to fulfil your will. Teach me how to pray. Do you pray yourself in me. Amen. (*Philaret of Moscow*)

### **Blessed are you, Lord God**

Blessed are you, Lord God of our fathers, and worthy of praise,  
and your name is glorified for ever.

You are just in all that you have done to us, for we have sinned and lawlessly departed from you,  
and have sinned in all things.

For your name's sake do not give us up utterly,  
and do not break your covenant.

Do not withdraw your mercy from us for the sake of Abraham your beloved,  
and for the sake of Isaac your servant, and Israel your holy one,



to whom you promised to make their descendants as  
many as the stars of heaven  
and as the sand on the shores of the sea.

For we, Lord, have become fewer than any nation,  
and are brought low this day in all the world because of  
our sins.

At this time there is no prince, or prophet, or leader,  
no burnt offering, or sacrifice, or oblation, or incense,  
no place to make an offering before you or to find  
mercy.

Yet with a contrite heart and a humbled spirit may we be  
accepted.

Such may our sacrifice be in your sight this day, and  
may we wholly follow you,  
for there will be no shame for those who trust in you.

And now with all our heart we follow you, we revere  
you and seek your face. (*Adapted from Daniel 3. 3, 4, 6,  
11-18*)

### **Blessing**

May the blessing of almighty God, Father, Son and Holy  
Spirit, come down upon us and remain with us always.  
Amen.

## Reflections

‘The voice of the people is the voice of God.’ (*Vox populi, vox Dei: written by Alcuin in a letter to Charlemagne, A.D.800*)

‘Every natural thing in its own way longs for the Divine, and desires to share in the Divine life as far as it can.’ (*Aristotle*)

‘It is easier for a camel to pass through the eye of a needle than for someone who is rich to enter the Kingdom of heaven.’ (*Mark 10.25*)

## WEEK 4 SATURDAY MORNING

### **I offer you my actions**

I adore you, my God, and I wish to love you with all my heart.

I thank you for having created me, made me a Christian, and kept me throughout the night.

I offer you my actions of this day; grant that they may be for my good and for your glory.

Keep me from sin and from all evil.

May your grace be always with me and with my dear ones. Amen. (*Anon.*)

### **Do not send us away empty**

Hear our voice, eternal God; have pity and compassion on us, and receive our prayers with mercy and favour, for you are the God who listens to prayers and petitions. Therefore, do not send us away empty from your presence, our King, because in your mercy you listen to the prayers of your people; for the honour of your great Name. Amen. (*Daily Prayer of the Jews*)

### **Single-minded and sincere**

God, make me single-minded and sincere; take away all that is not true, all that hinders your work in me; for only so shall I serve you. Amen. (*Attributed to Saint Francis of Assisi*)

### **Praise the Lord**

Praise the Lord, all you nations,  
acclaim him, all you peoples!

Strong is his love for us;  
he is faithful for ever. (*Psalms 116*)

**Hail, holy queen**

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 valley 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. (*Adapted from Reichenau Abbey, Germany, about tenth century*)

**Angel guardian**

My good angel, whom God has appointed to be my guardian, watch over me during this day.  
Angels and saints of God, pray for me.  
The Lord bless us and keep us from evil, and bring us to everlasting life. Amen. (*Anon.*)

## Reflections

‘Christian, recognize your dignity, and, having been made a sharer in the divine nature, do not, through unworthy behaviour, return to the base ways of your past.’ (*Pope Saint Leo the Great*)

‘If a fool can hold his tongue, even he can pass for wise, and pass for clever if he keeps his lips tight shut.’ (*Proverbs 17.28*)

‘In the virgin Mary, everything is relative to Christ and dependent upon him.’ (*Pope Paul VI, Marialis Cultus*)

## WEEK 4 SATURDAY EVENING

### **Glory to God**

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly king, almighty God and Father;  
we worship you, we give you thanks, we praise you for  
your glory.

Lord Jesus Christ, only Son of the Father, Lord God,  
Lamb of God,  
you take away the sins of the world: have mercy on us;  
you are seated at the right hand of the Father: receive our  
prayer.

For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father.  
*Amen. (Adapted from the Roman liturgy)*

### **Be near to the aged**

Eternal Father, you who are unchanged down the  
changing years, be near to the aged. Even though their  
bodies weaken, grant that their spirit may be strong;  
may they bear weariness and affliction with patience,  
and, at the end, meet death with serenity; through Christ  
our Lord. Amen. *(Adapted from Pope Paul VI)*

### **Overcome the temptations of this present world**

Almighty God and Father, let your gracious and holy Spirit descend upon us, so that no unchaste thought may corrupt the souls which you have ordained for your praise, no unchaste actions defile the bodies which are temples of the Holy Spirit. Grant that, our hearts being filled with love of you, we may be enabled to overcome the temptations of this present world, and finally be made partakers of the glories of the world to come; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **All that is pleasing to you**

Give me grace, merciful God, to desire strongly all that is pleasing to you, to examine it carefully, to accept it truthfully, and to perform it generously, for the praise and glory of your name. Amen. (*Anon.*)

### **The faithful hands of God**

Into the faithful hands of God we commit ourselves now and always. Lord, let us be yours and remain yours for ever; through Jesus Christ your Son our Lord. Amen. (*Weimarischer Gesangbuch*)

### **Blessing**

May God's grace be with us. Amen. (*Adapted from Colossians 4.18*)

## Reflections

‘Do not speak harshly to an older man, but speak to him as to a father, to younger men as brothers, to older women as mothers, to younger women as sisters - with absolute purity.’ (*1 Timothy 5.1-2*)

‘In Calcutta there are homes for the dying. Those are visible buildings, but many young people in other countries find themselves in invisible homes for the dying. For their lives are characterized by abandonment, lack of affection or worry about their future. Broken relationships have wounded their innocence in childhood or adolescence. In some this leads to disillusionment, so that they ask: “What is the use of living?” “Does life have any meaning?”’ (*Adapted from Mother Teresa of Calcutta*)

‘Sacred scripture will be recognized by all as the unfailing source of the spiritual life, the basis of all Christian instruction, and the very kernel of theological study.’ (*Pope Paul VI*)



WEEK 5 SUNDAY MORNING

**Let the peoples praise you, God**

God, be gracious and bless us and let your face shed its light upon us.

So will your ways be known upon earth and all nations learn your saving help.

Let the peoples praise you, God; let all the peoples praise you.

Let the nations be glad and exult, for you rule the world with justice.

With fairness you rule the peoples, you guide the nations on earth.

Let the peoples praise you, God; let all the peoples praise you.

The earth has yielded its fruit, for God, our God, has blessed us.

May God still give us his blessing till the ends of the earth revere him.

Let the peoples praise you, God; let all the peoples praise you. (*Psalm 66*)

**I now receive your beloved Son**

Almighty and ever-living God, I approach the sacrament of your only-begotten Son, our Lord Jesus Christ. I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, poor and needy to the Lord of heaven and earth.

Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten by blindness, enrich my poverty, and clothe my nakedness.

May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with purity and faith, repentance and love, and a determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's body and blood, and its reality and power.

Loving God, may I receive the body of your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and be numbered among his members.

Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the sign of a sacrament, may I one day see him face to face in glory, who lives and reigns with you for ever and ever. Amen. (*Saint Thomas Aquinas*)

### **Go to Mass shoeless**

Go to Mass shoeless and make no show of your clothes. Go out in the name of the Trinity and greet the poor twice over, for the Son of God is disguised in them. No matter what you have seen of silver and gold, and heard of music on the harp, you will never see the Kingdom of the Son of God without the blessing of the poor and alms to them. (*Celtic*)

### **Holy Trinity**

Father, my hope; Son, my refuge; Holy Spirit, my protection; Holy Trinity, glory be to you. Amen. (*Saint Ioanniki*)

## Reflections

‘Before people can come to the liturgy, they must be called to faith and conversion.’ (*Vatican II, Sacrosanctum Concilium*)

‘The reception of Christ's body and blood does nothing less than transform us into that which we consume, and henceforth we bear in soul and body him in whose friendship we died, were buried and are risen again.’ (*Pope Saint Leo the Great*)

Jesus said to them, “Come apart into a quiet place, and rest for a while.” (*Mark 6.31*)

## WEEK 5 SUNDAY EVENING

### **Persevere with steadfast faith**

Almighty and everlasting God, who has revealed your glory among the nations through Jesus Christ, preserve the works of your mercy, so that your people, spread throughout the world, may persevere with steadfast faith in the profession of your name; through Jesus Christ our Lord. Amen. (*Gelasian Sacramentary*)

### **Generosity to follow your call**

Jesus, Son of the eternal Father and of Mary, grant to men and women the generosity necessary to follow your call, and the courage to overcome all obstacles to their vocation. Give to families that faith, love and spirit of sacrifice which will inspire them to encourage each other to rejoice whenever one of them is called to your service in the priesthood, religious life or in any special way. Let your example, and that of your mother and Saint Joseph, encourage Christian families, and let your grace sustain them. Amen. (*Anon.*)

### **Bless farmers**

Almighty God, you crown the year with your goodness. We ask you to bless with your generosity the farmers and workers on the land, that, as they sow in hope, they may also in due time gather in the harvest with joy; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Our eternal heritage**

Lord God, stand by your people on whom you have bestowed the gift of faith. Grant us our eternal heritage in the resurrection of your only Son; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Christ, Son of the living God**

Christ, Son of the living God, may your holy angels guard our sleep. May they watch over us while we rest and hover around our beds.

Let them reveal to us in our dreams visions of your glorious truth, high prince of the universe, high priest of the mysteries.

May no dreams disturb our rest, and no nightmares darken our dreams. May no fears or worries delay our willing, prompt repose.

May the virtue of our daily work hallow our nightly prayers. May our sleep be deep and soft so that our work be fresh and hard. (*Celtic; attributed to Saint Patrick*)

### **Blessing**

May mercy, peace and love be ours in full measure. Amen. (*Adapted from Jude 25*)

## Reflections

‘The particular discovery that modern man is making... is that reality can be known only as a whole, not in parts, and that this total apprehension can be realized only in silence.’ (*John Main*)

‘Now the word of the Lord came to me saying, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Then I said, “Ah, Lord God! Truly I do not know how to speak, for I am only a child.” But the Lord said to me, “Do not say, 'I am only a child'; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord.”’ (*Adapted from Jeremiah 1.4-8*)

In heaven ‘we shall be at rest and we shall see God; our eyes will feast on him and our hearts will overflow with love; our hearts will overflow with love and we shall praise him - and that will have no end.’ (*Saint Augustine*)

## WEEK 5 MONDAY MORNING

### **Be a rock of refuge for me**

In you, Lord, I take refuge. Let me never be put to shame.

In your justice, set me free, hear me and speedily rescue me.

Be a rock of refuge for me, a mighty stronghold to save me.

For you are my rock, my stronghold; for your name's sake, lead me and guide me.

Release me from the snares they have hidden for you are my refuge, Lord.

Into your hands, I commend my spirit. It is you who will redeem me, Lord. (*Adapted from Psalm 30*)

### **Seeking Christ in prayer**

Christ my Lord, again and again I have said with Mary Magdalene, 'They have taken away my Lord and I don't know where they have put him.' I have been desolate and alone. And you have found me again, and I know that what has died is not you, Lord, but only my idea of you, the image I made to preserve what I found, and to be my security. I will make another image, Lord, better than the last. That, too, must go, and all successive images, until I come to the blessed vision of yourself, Christ my Lord. Amen. (*George Appleton*)

**Let us go forth**

Let us go forth  
in the goodness of our merciful Father, in the gentleness  
of our brother Jesus,  
in the radiance of his Holy Spirit, in the faith of the  
apostles,  
in the joyful praise of the angels, in the holiness of the  
saints, in the courage of the martyrs.

Let us go forth  
in the wisdom of our all-seeing Father, in the patience of  
our all-loving brother,  
in the truth of the all-knowing Spirit, in the learning of  
the apostles,  
in the gracious guidance of the angels, in the patience of  
the saints, in the self-control of the martyrs.

Such is the path for all servants of Christ, the path from  
death to eternal life. (*Celtic; attributed to Saint Patrick*)

**Help me to do the work**

Lord Jesus Christ, only son of the Father, you have said  
to us, 'Without me you can do nothing.' Lord, my Lord,  
with faith I embrace in my heart and soul the words you  
have spoken. Although I am a sinner, help me to do the  
work begun by me for your sake, in the name of the  
Father, and of the Son, and of the Holy Spirit. Amen.  
(*Orthodox*)



## Reflections

‘When Peter noticed the strong wind, he became frightened, and, beginning to sink, he cried out, “Lord, save me! Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?”’ (*Adapted from Matthew 14.30-31*)

‘Politics without principle, wealth without work, commerce without morality, pleasure without conscience, education without character, science without humanity and worship without sacrifice.’ (*The Seven Social Sins, according to Mahatma Gandhi*)

‘If you have lost the taste for prayer, you will regain the desire for it by returning to its practice. Do not forget the evidence of history: faithfulness to prayer or its abandonment are the test of the vitality or the decadence of the Christian life.’ (*Adapted from Pope Paul VI*)

## WEEK 5 MONDAY EVENING

### **Direct our thoughts and actions**

Father, you are the author of all good things; work powerfully in us your servants so that we may do good to all, and be channels of your mercy and grace. Lead us, and direct our thoughts and actions so that we may serve you in justice and holiness. Sanctify us all unto eternal life which we, with all your creatures, working and struggling together, wait for and expect; through Jesus Christ our Lord. Amen. (*Adapted from Philip Melancthon*)

### **For governments**

Enlighten all governments to uphold standards of right and wrong, and so help to dispel the darkness of sin from your creation. Guide national leaders to establish the rule of justice and peace for the whole human family. Amen. (*Anon.*)

### **I want to unite myself to you**

Jesus, I want to unite myself to you and to possess you, so that I no longer live except for you who will be my dwelling-place for eternity. In you, Jesus, I desire to love and work and suffer. Take away from me all that is of self. In its place put yourself; change me so as to be like you. May I no longer live except by you and for you. Be, therefore, my life, my love, my all. (*Saint Margaret Mary Alacoque*)

### **We may always seek your face**

Almighty and merciful God, the fountain of all goodness, who knows the thoughts of hearts, we confess to you that we have sinned against you and done evil in your sight. Wash us from the stains of our sins, and give us grace and power to put away all hurtful things so that, being freed from the slavery which is sin, we may be free for a new life in you.

Eternal light, shine into our hearts. Eternal goodness, deliver us from evil. Eternal power, be our support. Eternal wisdom, scatter the darkness of our ignorance. Eternal pity, have mercy on us. Grant us, that with our heart and mind and strength, we may always seek your face, and finally bring us in your infinite mercy to your holy presence. Strengthen our weakness so that, following in the footsteps of your blessed Son, we may obtain your mercy and enter into your promised joy; through the same Christ our Lord. Amen. (*Adapted from Alcuin*)

### **Blessing**

May the God of peace sanctify us entirely; and may our spirit, and soul, and body, be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls us is faithful, and will do this. Amen. (*Adapted from 1 Thessalonians 5.23-24*)

## Reflections

‘What are you looking for?’ (*John 1.38*)

‘They who sing the song of loyalty to their earthly country must not become deserters and traitors in disloyalty to their God, their church, and their heavenly country.’ (*Pope Pius XI, Mit brennender Sorge*)

‘Knowing God without knowing our own wretchedness makes for pride.’ (*Blaise Pascal*)

## WEEK 5 TUESDAY MORNING

### **May I seek you**

May I seek you, Lord, by praying to you, and let me pray to you by believing in you. *(Saint Augustine)*

### **We give you thanks**

We give you thanks, yes, more than thanks, Lord our God, for all your goodness at all times and in all places, because you have shielded, rescued, helped and guided us all the days of our lives, and brought us to this hour. We pray and beseech you, merciful God, to grant, in your goodness, that we may spend this day and all the days of our life, without sin, in fulness of joy, holiness and reverence for you. Drive away from us, Lord, all envy, fear and temptation. Give us what is good and just. Whatever sin we commit in thought, word or deed, pardon us in your goodness and mercy. And lead us not into temptation, but deliver us from evil; through the grace, mercy and love of your only Son, Jesus Christ our Lord. Amen. *(Adapted from the liturgy of Saint Mark)*

### **Make us complete**

Almighty Father, God of peace, you raised Jesus Christ the great shepherd of the sheep; make us complete in everything good so that we may do his will, and so work in us that we may become pleasing in your sight; through Jesus Christ to whom be the glory for ever and ever. Amen. *(Adapted from Hebrews 13.20-21)*

**Loyalty to the faith**

Almighty God, who show to those who are in error the light of truth so that they may return to the ways of justice, grant to all who are admitted into the communion of saints, that they may renounce all that is contrary to the faith, and follow all that is in keeping with it; through our Lord Jesus Christ. Amen. (*Adapted from the Leonine Sacramentary*)

**Receive your word with reverence and humility**

Lord, heavenly Father, in whom is the fulness of light and wisdom, enlighten our minds by your Holy Spirit, and give us grace to receive your word with reverence and humility, without which no one can understand your truth; for Jesus Christ's sake. Amen. (*John Calvin*)

**Heal the sick**

Lord, comfort all who are ill in body, soul or mind. Heal them as you will. Bless the work of doctors, nurses, and all those who support them. May they join caring to curing in the service of those who are weak and suffering. May they never tire of being compassionate, but persevere in their efforts to relieve the pain of humanity. We ask this in Jesus' name. Amen. (*Anon.*)

## Reflections

‘I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth.’ (*John 16.12-13*)

‘One thing you may be sure of, that while you work for God, whether you succeed or not, he will amply reward you.’ (*Blessed Edmund Ignatius Rice*)

‘Love ought to manifest itself more by deeds than by words.’ (*Saint Ignatius Loyola*)

## WEEK 5 TUESDAY EVENING

### **Break down the walls which divide us**

Lord God, you have created the earth from end to end, and in you there is no distinction of race, colour, class or language, but in you all are one. We ask you to break down the walls which divide us so that we may work together with one mind and heart, with one another and with you. We ask this in Jesus' name. Amen. (*Adapted from the Church of Ireland*)

### **Lord, help me**

Lord, help me to live this evening, quietly, easily;  
to lean on your great strength, trustfully, restfully;  
to wait for the unfolding of your will, patiently, serenely;  
to meet others, peacefully, joyfully;  
to face tomorrow, confidently, courageously. Amen.  
(*Anon*)

### **For someone who is dying**

In the name of God the Father who created you, in the name of Jesus Christ, Son of the living God, who suffered for you, in the name of the Holy Spirit, who was poured out upon you, go forth, faithful Christian. May you live in peace this day, may your home be with God, with Mary the virgin mother of God, with Joseph and all the angels and saints.

My sister (brother) in faith, (*name*), I entrust you to God who created you. May you return to the One who formed you from the dust of this earth. May Mary, the angels, and all the saints come to meet you as you go forth from



this life. May Christ who was crucified for you bring you freedom and peace. May Christ, the Son of God, who died for you, take you into his Kingdom. May Christ, the good shepherd, give you a place in his flock. May he forgive your sins and keep you among his people. May you see your Redeemer face to face and enjoy the sight of God for ever.

Lord Jesus Christ, Saviour of the world, we commend your servant, (*name*), to you and pray for her (him). In mercy you came to earth for her (his) sake: accept her (him) into the joy of your Kingdom. Though she (he) has failed and sinned, she (he) has not denied the Father, the Son and the Holy Spirit, but has believed and worshipped God the Creator: accept her (him) into the joy of your Kingdom. Amen. (*Adapted from the Roman liturgy*)

### **Remember me, Lord**

Remember, Lord, your compassion and mercy which you showed long ago.

Do not recall the sins and failings of my youth.

In your mercy, remember me, Lord, because of your goodness. (*Adapted from Psalm 24.6-7*)

### **Blessing**

May the God of infinite goodness scatter the darkness of sin and brighten our hearts with holiness. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘What do you want me to do for you?’ (*Luke 18.41*)

‘Considering the omnipotence and mercy of God, no one should despair of the salvation of anyone in this life.’  
(*Saint Thomas Aquinas*)

‘The promotion of unity belongs to the innermost nature of the church since she is, by her relationship with Christ, both a sacramental sign and an instrument of intimate union with God, and of the unity of all mankind.’ (*From Post-Vatican II documents*)

## WEEK 5 WEDNESDAY MORNING

### **Another day**

I thank you, Lord, for the wonder of my being, for giving me another day to love and serve you. May I often think of you during it! Inspire everything that I say and do this day. May it all begin from you and, with your unfailing help, be carried through for your glory; through Christ our Lord. Amen. (*From Catholic Truth Society*)

### **Open our hearts**

Lord, open our hearts to your grace. Restrain us from all human waywardness, and keep us faithful to your commandments; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Saint Joseph's example**

Lord God and creator of the universe, you imposed the law of work on the human race. Give us grace, by Saint Joseph's example and at his intercession, to finish the works you give us to do, and to come to the rewards you promise; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **God be with me**

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 my end and at my departing. (*Sarum Primer*)

**Teach me to be generous**

Lord Jesus, teach me to be generous, to serve you as you deserve to be served; to give without counting the cost; to fight without heeding the wounds; to work without seeking for rest; to spend my life without expecting any return other than the knowledge that I do your holy will. Amen. (*Saint Ignatius Loyola*)

**God alone is sufficient**

Let nothing disturb you, nothing frighten you.  
All things are passing, God never changes.  
Patient endurance attains to all things.  
Whom God possesses, in nothing is wanting.  
God alone suffices. (*Adapted from Saint Teresa of Ávila*)

## Reflections

‘Do not say, “It was the Lord's doing that I fell away”;  
for he does not do what he hates. Do not say, “It was he  
who led me astray”;  
for he has no need of the sinful. The Lord hates all abominations;  
such things are not loved by those who revere him. It was he who created  
humanity in the beginning, and he left them in the power of their own  
free choice. If you choose, you can keep the commandments, and to act  
faithfully is a matter of your own choice. He has placed before you  
fire and water; stretch out your hand to whichever you choose. Before  
each person are life and death, and whichever one chooses will be  
given. For great is the wisdom of the Lord; he is mighty in power and  
sees everything; his eyes are on those who revere him, and he knows  
every human action. He has not commanded anyone to be wicked, and  
he has not given anyone permission to sin.”  
(*Sirach 15.11-20*)

‘God is easy to please but hard to satisfy.’ (*George Macdonald*)

‘He who does not bellow the truth when he knows it makes himself the  
accomplice of liars and forgers.’  
(*Charles Péguy*)

## WEEK 5 WEDNESDAY EVENING

### **Free me from falsehood**

Lord my God, hear my prayer: in your mercy answer my request; it is not just for myself, but I make it for others too. You see into my heart and you know that it is so. Let me offer you my mind and tongue in your service, if you will give me the means of making such an offering. I am poor and in need, but you richly bless all who call to you. You who are free from care, care for us. Free my mind and my heart from all falsehood. Let my yes be yes, and my no be no. (*Adapted from Saint Augustine*)

### **You have made me for joy**

As the hand is made for holding and the eye for seeing, you have made me for joy. Share with me the vision that shall find it everywhere: in the wild violet's beauty; in the lark's melody; in the face of a steadfast person; in a child's smile; in a mother's love; in the purity of Jesus. Amen. (*Celtic*)

### **The God of gifts, the gifts of God**

God who made me is good, and is my own good. I rejoice in his goodness which, even in childhood, filled my own existence. I thank you in whom I place my confidence and my trust. I thank you, loving God, for all your gifts, and ask you to keep them for me. (*Adapted from Saint Augustine*)

### **The spirit of the Lord**

May the spirit of the Lord rest on us: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and reverence for the Lord. May our delight be to revere the Lord who does not judge by what his eyes see, or decide by what his ears hear, but who judges with justice. (*Adapted from Isaiah 11.2-3*)

### **Peace and unity**

Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your church, and grant us the peace and unity of your Kingdom where you live for ever and ever. (*From the Roman liturgy*)

### **Blessing**

The God of grace, who calls us to share his eternal glory in union with Christ, will himself perfect us and give us firmness, strength, and a sure foundation. To him be the power for ever! Amen. (*Adapted from 1 Peter 5.10-11*)

## **Reflections**

‘Do you believe that I can do this?’ (*Matthew 9.28*)

‘A person who has lost a sense of wonder is already dead.’ (*William of Saint Thierry*)

‘The shortest way to prevent heresy is to teach all truths, and the surest way of refuting it is to proclaim them all.’ (*Blaise Pascal*)



## WEEK 5 THURSDAY MORNING

### **God the true and supreme good**

Let us desire nothing else, let us wish for nothing else, let nothing else please us and cause us delight, except our creator and redeemer and saviour, the one true God, who is fulness of good, all good, every good, the true and supreme good, who alone is holy, just and true, holy and right, who alone is kind, innocent and pure; from whom and through whom and in whom is all pardon, all grace and all glory. Amen. (*Saint Francis of Assisi*)

### **Praise of God's love**

Lord, you loved me from all eternity; therefore you created me.

You loved me after you had created me; therefore you became man for me.

You loved me after you became man for me; therefore you lived and died for me.

You loved me after you had died for me; therefore you rose again for me.

You loved me after you had risen for me; therefore you went to prepare a place for me.

You loved me after you had gone to prepare a place for me; therefore you came back to me.

You loved me after you had come back to me; therefore you desire to enter into me and be united with me.

This is the meaning of the Blessed Sacrament, the mystery of love. Amen. (*Alban Goodier*)

### **One communion**

Lord Jesus Christ, when you were about to suffer, you prayed for your disciples to the end of time, that they might all be one as you are in the Father and the Father in you. Look down in pity on the many divisions among those who profess your faith, and heal the wounds which human pride has inflicted on your people. Break down the walls of separation which divide one party and denomination of Christians from another. Look with compassion on the souls of those who have been born into one or another of these various denominations, and bring them all into that one communion which you willed from the beginning. (*Adapted from John Henry Newman*)

### **Accept the praises we offer you**

Lord our God, who have subjected all rational and spiritual powers to your will, we pray and beseech you to accept the praises we offer you as well as we are able, together with all creation, and we ask that you will give us all the riches of your goodness; before you every knee shall bow, in heaven and on earth and under the earth: all things living and created praise your unfathomable glory, you who are the one true God, abounding in mercy. With all the powers of heaven we praise and glorify you, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

## Reflections

‘The essence of religion is to become like him whom you worship.’ (*Saint Augustine*)

‘Maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.’ (*Adapted from Ephesians 4.3-6*)

‘The heart has reasons of its own, of which reason knows nothing.’ (*Blaise Pascal*)

## WEEK 5 THURSDAY EVENING

### **Acts of faith, hope and love**

My God, I believe in you and in all that you teach, because you have said it, and your word is true.

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

My God, because you are so good, I want to love you with all my heart, and, for your sake to love my neighbour as myself. Amen. (*Anon.*)

### **I want to have confidence in your love**

My God, I want to have confidence in your love, but so many things seem to hold me back: past wounds, past hurts, past betrayals, past sins - mine and others'.

Open my eyes. Open my heart. Enable me to take the leap of faith that is needed now.

Holiness isn't a matter of starting to love you some time in the future, or even tomorrow. I don't have to wait until I become a better person, more worthy, more virtuous. It's a matter of trusting in your mercy *today*, just as I am. You showed this to the saints; show me, too, and give me a spirit of great confidence.

I ask this through your beloved Son, our merciful Saviour. Amen. (*Elizabeth Ruth Obbard*)

### **Faithful stewards of wealth**

Lord God, whose blessed Son Jesus Christ taught us that all things we possess are committed to us in trust from you, help us to be faithful stewards of the wealth which you have committed to us, so that in earning we may be

just and honourable, and in spending we may seek first not our own selfish interest but the good of others; through the same Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Teach me what you want me to do**

Listen to me, Lord, and answer me for I am helpless and weak. Save me from death. You are my God; be merciful to me, I ask you all the day long. You are good and forgiving, full of constant love for all who pray to you. Listen, Lord, to my prayer; hear my cries for help. I call on you in time of trouble, because you answer my prayers. Teach me, Lord, what you want me to do, and I will obey you faithfully. (*Anon.*)

### **Holy is God**

Holy, holy, holy is the Lord God almighty who was, who is and who is to come.

Our Lord and God, you are worthy to receive glory, honour and power.

For you created all things and by your will they were given life. (*Adapted from Revelation 4.8, 11*)

## Reflections

‘Do you believe in the Son of Man? (*John 9.35*)

‘We need to trust in God as if everything depended on him, and, at the same time, to work generously as if everything depended on us.’ (*Post-Vatican II documents*)

‘There's nothing enlightened about shrinking so that other people won't feel insecure around us. We were born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine we unconsciously give other people permission to do the same. As we were liberated from our own fear, our presence automatically liberates others. (*Nelson Mandela*)

## WEEK 5 FRIDAY MORNING

### **Trust in God's protection**

You who dwell in the shelter of the Most High, and abide in the shade of the Almighty will say to the Lord, 'My refuge, my stronghold, my God in whom I trust!'

You who have said, 'Lord, my refuge!' and have made the Most High your dwelling, upon you no evil shall fall, no plague approach where you dwell.

For you has he commanded his angels, to keep you in all your ways.

They shall bear you upon their hands lest you strike your foot against a stone.

Those who love me, I will deliver; I will protect those who know my name.

When they call to me, I will answer them; I will be with them in trouble.

I will rescue them and honour them. With long life I will satisfy them, and show them my salvation. (*Adapted from Psalm 90*)

### **Remember the poor**

Remember the poor when you look out on the fields you own, on your plump cows.

Remember the poor when you look into your barn, at the abundance of your harvest.

Remember the poor when the wind howls and the rain falls, as you sit warm and dry in your house.

Remember the poor when you eat fine meat and drink fine ale at your fine carved table.

The cows have grass to eat, the rabbits have burrows for shelter, the birds have warm nests.

But the poor have no food except when you feed them, no shelter except your house when you welcome them, no warmth except your glowing fire. (*Celtic*)

### **I abandon myself**

Father, I abandon myself into your hands; do with me as you will.

For whatever you do, I thank you; I am ready for all, I accept all.

Let your will be done in me as in all creatures; I ask nothing else.

Into your hands I commend my soul; I give it to you with all the love of my heart.

I love you and I want to give myself into your hands with a trust beyond all measure because you are my Father. Amen. (*Charles de Foucauld*)



## Reflections

‘Jesus is able for all time to save those who approach God through him, since he always lives to make intercession for them.’ (*Hebrews 7.25*)

‘The one who prays will certainly be saved; the one who does not pray will certainly be lost.’ (*Saint Alphonsus Liguori*)

‘Jesus, compel us to discard our pettiness and to venture forth, resting upon you, into the uncharted ocean of your love.’ (*Teilhard de Chardin*)

## WEEK 5 FRIDAY EVENING

### **Have mercy on me, God**

Have mercy on me, God, in your kindness; in your compassion blot out my offence.

Wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me.

Against you, you alone, have I sinned; what is evil in your sight I have done.

Indeed you love truth in the heart; then in the secret of my heart teach me wisdom.

Purify me, then I shall be clean; wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, that the bones you have crushed may revive.

From my sins turn away your face and blot out all my guilt.

A pure heart create for me, God, and put a steadfast spirit within me.

Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of fervour sustain me

that I may teach transgressors your ways and sinners may return to you.

Rescue me, God my helper, and my tongue shall ring out your goodness.

Lord, open my lips and my mouth shall declare your praise.

For in sacrifice you take no delight, burnt offering from me you would refuse;

my sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn. (*Adapted from Psalm 50*)

### **Angel sent by God**

Angel sent by God to guide me, be my light and walk beside me.

Be my guardian and protect me; on the paths of life direct me. Amen. (*Anon.*)

### **To wait and to watch**

Help us, Lord, always to wait for you and to watch for you, so that at your coming again, you may find us ready. We ask this for your Name's sake. Amen. (*Adapted from an ancient collect*)

### **Blessing**

May God the Father and the Lord Jesus Christ give us peace and love with faith. (*Ephesians 6.23*)

## Reflections

‘Do you now believe?’ (*John 16.31*)

‘Take time to think: it is the source of power.

Take time to play: it is the secret of perpetual youth.

Take time to read: it is the fountain of wisdom.

Take time to pray: it is the greatest power on earth.

Take time to love and to be loved: it is a God-given privilege.

Take time to be friendly: it is the road to happiness.

Take time to laugh: it is the music of the soul.

Take time to give: it is too short a day to be selfish.

Take time to work: it is the price of success.

Take time to do charity: it is the key to heaven.’ (*Anon.*)

‘Compassion is the shaping principle of the human and of the Christian.’ (*Jon Sobrino*)

## WEEK 5 SATURDAY MORNING

### **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 see. I give you my tongue to speak your words.

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 - love the Father and all humanity.

I give you my whole self that you may grow in me, so that you, Lord, may be the one who lives, and works, and prays in me. Amen. (*Irish Redemptorists*)

### **Prayer for another**

Lord Jesus, give (*name*) a heart to love you, a will to choose you, a memory to remember you, a mind to think of you, a soul which may always be united to you. And may you, the God of love and mercy, love (*name*) for ever. Amen. (*Saint Augustine*)

### **New heaven and new earth**

Then I saw a new heaven and a new earth. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them as their God, and they will be his peoples, and God himself will be with them. He will wipe away every tear from their eyes. Death will be no

more; mourning and crying and pain will be no more, for the first things have passed away.' And the one who was seated on the throne said, 'Behold, I make all things new.' (*Adapted from Revelation 21*)

### **Time for things**

God, keep me from smallness of mind. Let me be big in thought, word and action. Let me be finished for ever with self-love and fault-finding. May I put away all pretence, and meet everyone face to face without self-pity or deceit. May I not be hasty in judging others, but may I always be generous. Let me take time for things. Help me grow calm, peaceful and gentle. Teach me to put my good intentions into action. Teach me to be straightforward and fearless. Grant that I may realize that it is the small things in life that separate us, and that in the big things of life we are one. Amen. (*Anon.*)

### **Lord, I believe**

Lord, I believe with joy all that is named from of old in the creeds of the gentle apostles. I believe completely because, in your lifetime, you really revealed them to us. Every moment of my life I believe in my heart in one God in three persons, the bright eternal Father, the most holy Son of peace, and the Holy Spirit who came from them both. (*Pádraig Ó Callanáin*)

## Reflections

‘Serve one another with whatever gift each of you has received.’ (*1 Peter 4.10b*)

‘First, make peace with yourself, so that when you have become peaceful you may bring peace to others.’ (*Pope Paul VI*)

‘The terrible experience of being apparently without faith in order to grow in faith.’ (*Thomas Merton*)

## WEEK 5 SATURDAY EVENING

### **Hail, Mary**

Hail, Mary, full of grace, the Lord is with you! Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen. *(Adapted from Luke 1.27-31, 42)*

### **Deliver us, Lord**

Deliver us, Lord, from every evil and grant us peace in our day. In your mercy keep us free from sin, and protect us from all anxiety, as we wait in joyful hope for the coming of our Saviour, Jesus Christ. *(From the Roman liturgy)*

### **The gifts of God**

Most holy God, we pray and beseech you, give each of us a pure heart and a way of speaking that befits the faith we profess; grant us uprightness of purpose, powers of reasoning unhindered by passions, conduct appropriate to those who venerate you, and full knowledge of your commandments. May we enjoy health in body and in spirit. Grant us a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of your truth to proclaim your goodness to us, so that for ever and in all things placing our trust in you, we may abound in every good work, and that, in Christ, your gifts may increase in every soul.



For to you belong all glory, honour and majesty, Father, Son, and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

**Open to your word**

Almighty Father, your constant love has been handed down to us in human words through the work of others. Help us to be quiet, and to be open to your word when it is proclaimed to us in the scriptures this day and every day. (*Anon.*)

**Be present with us**

Almighty and everlasting God, be present with us in all our duties, and grant the protection of your presence to all who live in this house, so that you may be known to be the defender of this household and the inhabitant of this house; through Jesus Christ our Lord. Amen. (*Gelasian Sacramentary*)

**Blessing**

May our Lord bless us and keep us from all evil, and bring us to everlasting life. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘Do you have eyes and fail to see?’ (*Mark 8.18*)

‘Love for the church will become love for Mary, and vice versa, since the one cannot exist without the other.’  
(*Pope Paul VI*)

‘The gospel is a message of freedom in a collectivized world.’ (*Jean Sullivan*)

## WEEK 6 SUNDAY MORNING

### **Christ Jesus**

Though he was in the form of God, Jesus did not count equality with God a thing to be grasped.

He emptied himself, taking the form of a servant, being born in the likeness of men.

Being found in human form, he humbled himself and became obedient unto death, even death on a cross.

Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. (*Philippians 2.6-11*)

### **The way to eternal life**

God our Father, by raising Christ your Son you conquered the power of death and opened for us the way to eternal life. Let our celebration today of the resurrection of Jesus raise us up and renew our lives by the Spirit that is within us. We ask this through the same Christ our Lord. Amen. (*From the Roman liturgy*)

### **Bear each other's burdens**

Heavenly Father, who by your blessed Son, has taught us to ask you for our daily bread, have compassion on the millions of our brothers and sisters who live in poverty and hunger; relieve their distress. Grant your grace unto us all that we may bear each other's burdens according to

your will; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **For priests**

Lord Jesus, you have chosen your priests from among us and sent them out to proclaim your word and to act in your name. For this gift to your church, we give you praise and thanks. We ask you to fill them with your love that their ministry may reveal your presence in the church. Since they are only human, we pray that your power may be revealed in their weakness. In their afflictions may they never be crushed; in their doubts never despair; in temptation never destroyed; in persecution never abandoned. Inspire them through prayer to live each day the mystery of your dying and rising. In times of weakness send them your Spirit, and help them to praise your heavenly Father and to pray for poor sinners. By the same Holy Spirit put your word on their lips and your love in their hearts, to bring good news to the poor and healing to the broken-hearted. May the gift of Mary your mother to the disciple whom you loved, be your gift to every priest. Grant that she who formed you in her human image, may form them in your divine image, by the power of your Spirit, to the glory of God the Father. Amen. (*Anon.*)

## Reflections

‘God is not to be bargained with. We must give ourselves up to him unconditionally. Give him everything.’ (*Georges Bernanos*)

‘Christ, by whom the church lives, is immeasurably greater than she imagines.’ (*Pierre Teilhard de Chardin*)

‘Prayer with fasting is good, but better than both is almsgiving with justice. A little with justice is better than wealth with wrongdoing. It is better to give alms than to lay up gold. For almsgiving saves from death and purges away every sin.’ (*Obadiah 12.8-9a*)

## WEEK 6 SUNDAY EVENING

### **Raise us up**

God our Father, by raising Christ your Son you conquered the power of death and opened for us the way to eternal life. Let our prayers today raise us up and renew our lives by the Spirit that is within us. We make this prayer through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **You were a friend**

Jesus, you stood to be baptized with sinners at the Jordan; as one of them you fasted in the desert; as one of them you were tempted. You were a friend to the timid Nicodemus. You were a friend to the Samaritan woman, telling her of her sins, making confession for her. You were a friend to her friends. You let the people of the town despise you. You called to yourself the sinner Levi; you dined with him and his friends until self-respecting people were scandalized, saying, ‘Why does he dine with publicans and sinners?’ You were a friend to Mary Magdalen, saying of her, ‘Many sins are forgiven her because she loved much,’ and saying to her ‘Go in peace; your faith has made you safe.’ You were a friend to the adulteress, shaming her accusers, saying, ‘Neither will I accuse; go now and sin no more.’ You were a friend to the rich man who refused to follow you; you looked on him and loved him. You were a friend to the publican Zacchaeus, choosing to stay at his home. You were a friend to Judas who betrayed you, calling him by his name, calling him ‘Friend.’ You were a friend to

Peter who denied you. You were a friend to Pilate who condemned you. You were a friend to the thief who cursed you, winning him to grace, saying to him, ‘This day you will be with me in paradise.’ You were a friend to all people, saying to them, ‘Come to me all you who labour and are over-burdened, and I will give you rest.’  
*(Alban Goodier)*

### **Act of sorrow for sin**

My God, I am heartily sorry for having offended you and I detest all my sins because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the occasions of sin. *(Anon.)*

### **Bless the efforts of your servants**

Lord Jesus Christ, who was born in a stable and had nowhere to lay your head, bless the efforts of your servants to give homes to the homeless, work to the workless, and hope to the hopeless; who live and reign with the Father and the Holy Spirit, one God, forever and ever. Amen. *(Adapted from the Church of Ireland)*

### **Blessing**

The grace of our Lord Jesus Christ, and the love of God, and the companionship of the Holy Spirit be with us all. Amen. *(From 2 Corinthians 13.13)*

## Reflections

‘Who do people say that I am?’ (*Mark 8.27*)

‘We ourselves are the church, we poor, primitive, cowardly people, and together we represent the church. If we look at the church from the outside, as it were, then we have not grasped that we are the church.’ (*Karl Rahner*)

‘Were we to know the merit of only going from one street to another to serve a neighbour for the love of God, we should prize it more than gold or silver.’ (*Blessed Edmund Ignatius Rice*)



## WEEK 6 MONDAY MORNING

### **Make me able to pray**

Make me, my God, self-controlled and alert, to be able to pray. (*Adapted from 1 Peter 4.7*)

### **Fill us with your mercy**

In this hour of this day, fill us, Lord, with your mercy, so that rejoicing throughout the whole day, we may take delight in your praise; through Jesus Christ our Lord. Amen. (*Sarum Breviary*)

### **Give us a favourable hearing**

God of mercy, shed your light on hearts that have been purified by penance, and in your goodness give us a favourable hearing when you move us to pray. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Our Father**

Deliver us from evil and lead us not into temptation. Forgive us our trespasses as we forgive those who trespass against us. Give us this day our daily bread. Your will be done on earth as it is in heaven. Your Kingdom come. Hallowed be your name, our Father who are in heaven. (*From the Russian Orthodox*)

### **Keep me from grumbling**

God, keep me from grumbling. I know that there are few people harder to put up with than those who are always complaining. Don't let me become like that. Don't let me

have discontent written all over my face. If I can't get my own way, don't let me sulk about it. If I can't get what I want, help me to make the best of what I have. Don't let me take offence easily, getting into a huff, even when no harm was intended. Help me all day and every day to see the best in people. Help me, too, to live in the certainty that you are working all things together for good. May I have the patience to wait for your purposes to work out. This I ask for your love's sake. Amen. (*Adapted from William Barclay*)

### **Discerning the signs of the Kingdom**

Lord God, who set before us the great hope that your Kingdom shall come on earth and taught us to pray for its coming: give us grace to discern the signs of its dawning and to work for the perfect day when the world shall reflect your glory; through Jesus Christ our Lord. Amen. (*Society of Saint Francis*)

### **Keep us in your love**

God our Father, in restoring our human nature from sin, you have given us a greater dignity than we had in the beginning. Keep us in your love, and continue to sustain those who have received the new life of baptism. We make this prayer through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Pray in the Spirit at all times.’ (*Ephesians 6.18*)

‘They who pray without ceasing unite all good in this one thing.’ (*Saint Simeon the new theologian*)

‘There are not two separate Kingdoms, one for the living and one for the dead. There is only God's Kingdom and, living or dead, we are all therein.’ (*Georges Bernanos*)

## WEEK 6 MONDAY EVENING

### **I remembered the Lord**

I remembered the Lord, and my prayer came to you in your holy temple. With a voice of thanksgiving I will sacrifice to you; what I have vowed, I will do. Deliverance belongs to the Lord. (*Adapted from Jonah 2. 7,9*)

### **Remember us, Lord**

Hear us, Lord our God, and have pity on us, for you are merciful. May our steps hold to your paths, and may our feet not slip; guide us, Lord, in your way and we shall walk in your truth. May our prayer come before you, Lord; turn your ear to our cry, for our souls are full of trouble. Remember us, Lord, in your goodness and visit us with your salvation.

For you are the God of all mercy and full of compassion; yours is the glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **Past, present and future**

Eternal God and Father, help us to entrust the past to your mercy, the present to your love, and the future to your wisdom, in the name of Jesus Christ our Lord, who is the same yesterday, and today, and for ever. Amen. (*Anon.*)

### **Steer the ship of our life**

Lord our God, teach us to ask you for those blessings of which we are most in need. Steer the ship of our life

towards yourself, you who are the tranquil haven of all storm-tossed souls. Show us the course we should follow. Let your Spirit curb our wilfulness and guide and enable us in what is good, to keep your laws, and in all our works for ever to rejoice in your glorious and gladdening presence. For yours is the glory and praise from all your saints, for ever and ever. Amen. (*Adapted from Saint Basil*)

### **For one who is dying**

All-powerful and merciful Father, in the death of Christ you have opened a gateway to eternal life. Look kindly on (*name*) who is now close to death. United to the passion and death of your Son, and saved by the blood he shed, may (*name*) come before you with confidence; through the same Christ our Lord. Amen. (*Pope Paul VI*)

### **Blessing**

May almighty God strengthen our faith with proofs of his love, so that we may persevere in good works.

May he direct our steps to himself, and show us how to walk in charity and peace. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Who do you say that I am?’ (*Mark 8.29*)

‘If anything is lacking, it is not writing or speaking (for generally there is a surfeit of these anyway) but silence and work.’ (*Saint John of the Cross*)

‘We are all in the gutter, but some of us are looking at the stars.’ (*Oscar Wilde*)

## WEEK 6 TUESDAY MORNING

### **My heart and soul**

Lord my God, give me the will to obey your commandments, to be faithful to you, and to serve you with all my heart and soul. (*Adapted from Joshua 22.5*)

### **Keep us in faith**

Lord, you have honoured us with your own image and given us free will; deliver us from all afflictions that oppress us; keep us in faith and justice all the days of our life, and let us do all things in accordance with your will. For yours is the greatness, the majesty, the power and the glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **Self-offering**

Take and receive, Lord, all my liberty, my memory, my understanding and my will, all that I have and own.

You gave them to me; to you, Lord, I return them. They are all yours; do with them what you will. Give me your love and your grace; these are enough for me; then I am rich enough. I do not ask anything more. Amen. (*Saint Ignatius Loyola*)

### **The gift of your divine love**

Lord Jesus Christ, you have said, ‘Ask and you shall receive; seek and you shall find; knock and the door shall be opened to you’; grant us the gift of your divine love so that we may ever love you with our whole heart in all our words and works, and never cease praising

you, who with the Father and the Holy Spirit live and reign, God, for ever and ever. Amen. (*Anon., from India*)

### **Married love**

Creator Spirit, we thank you for your gift of sexual love by which husband and wife express their delight in each other, find refreshment, and share with you the joy of creating new life. By your grace may *(name)* and *(name)* remain lovers, rejoicing in your goodness; through Christ our Lord. Amen. (*Anglican Church of Aotearoa/New Zealand*)

### **God's loving care**

Father, I thank you for your promise that nothing can come between us and the love of Christ, even if we are troubled or worried, ill or suffering; because I am certain that neither death nor life, nothing in the past, nothing here and now, nothing that is to come, can come between me and your love, Father, in Christ Jesus our Lord. Amen. (*Adapted from the Irish Redemptorists; based on Romans 8.35-39*)



## **Reflections**

‘What a long way it is between knowing God and loving him.’ (*Blaise Pascal*)

‘An isolated humanism is an inhuman humanism.’  
(*Henri de Lubac*)

‘As there is wedlock between a husband and wife, so there is wedlock between God and the soul.’ (*Meister Eckhart*)

## WEEK 6 TUESDAY EVENING

### **Hear our prayer, Lord**

Hear our prayer, Lord: bless, protect and sanctify all those who bow their heads before you; through the grace, mercy and infinite love of your only-begotten Son, to whom with you and your most holy, gracious and life-giving Spirit be blessing, now and for ever. Amen. (*Orthodox*)

### **Receive our evening prayers**

Blessed are you, God, almighty Lord, who made the sun to give light to the day and brightened the night with shining stars: you have brought us through this long day and led us to the threshold of night; hear our prayer and the prayers of your people. Forgive us all the sins we have committed deliberately or in weakness. Receive our evening prayers and pour out upon your adopted children the riches of your goodness and mercy. Set your holy angels round about us, clothe us with justice, strengthen us with your truth and defend us with your power. Deliver us from every attack of the devil who seeks to ensnare us. Grant that this evening, and the night to come, and all the days of our life may pass in holiness and peace, without our falling into sin or error, through the mediation of the holy mother of God and all the saints who have found favour with you since time began. For you indeed, Lord our God, have mercy on us and save us, and we glorify you, Father, Son and Holy Spirit, now and for ever. Amen. (*Orthodox*)

**For the clergy**

Strengthen in love and confirm in their vocation our pope (*name*), our bishop (*name*), our parish priest (*name*), and other priests and deacons. Give light to their minds and love to their hearts. Amen. (*Adapted from Catholic Truth Society*)

**Unless you lead me**

I cannot dance, Lord, unless you lead me. If you will that I leap joyfully then you must be the first to dance and to sing! Then, and only then, will I leap for love. Then will I soar from love to knowledge, from knowledge to fruition, from fruition to beyond all human sense. And there will I remain for evermore. (*Mechthild of Magdeburg*)

**Free your servants**

Almighty God, you know our needs before we ask and our ignorance in asking; free your servants from all anxious thoughts about tomorrow. Give us contentment with your good gifts; and confirm our faith so that, according as we seek first your Kingdom, you will not allow us to lack anything which is necessary; through Christ our Lord. Amen. (*Adapted from Saint Augustine*)

**Blessing**

May God's grace be with all who love our Lord Jesus Christ with undying love. Amen. (*Adapted from Ephesians 6.23-24*)

## **Reflections**

‘What does it profit a man to gain the whole world and suffer the loss of his soul?’ (*Mark 8.36-37*)

‘As we pray, so we believe.’ (*Lex orandi, lex credendi*, attributed to Pope Celestine I)

‘If you wish to see God there in heaven or here on earth, your heart must first become a pure mirror.’ (*Angelus Silesius*)

## WEEK 6 WEDNESDAY MORNING

### **Instruct me, Lord**

Instruct me, Lord, in your way; on an even path lead me.  
(*Psalm 26.11*)

### **You alone know what we need**

Lord, we do not know what we should ask of you, but you already know what we need. You love us better than we know how to love ourselves. Father, give to us, your children, that which we do not know how to ask. We have no desire other than to do your will. Teach us to pray. Pray in us; in Jesus' name. Amen. (*François de la Mothe Fénelon*)

### **Help us to be ready to give**

God our Father, we thank you for your son Jesus Christ, the Saviour of all people. Help us to take every talent and gift which we possess and to lay them on the altar of your service, that we may be used to bring others to you. Help us to be ready to give, and even to sacrifice, our time, our energy, our money, to spread Christ's message wherever we live and to share with others the life of Christ which is in us. Help us so to live that by our words and our lives many more may be moved to give their minds and hearts to you. God our Father, hear this prayer through our Saviour Jesus Christ. Amen.  
(*Adapted from Catholic Prayer Book, Zimbabwe*)

### **Bring us to repentance**

Look mercifully, Lord, on all who sin against you, and, in your great kindness, bring us to repentance, so that, rejecting what is evil we may walk before you in holiness of life; for the sake of Jesus Christ our mediator and advocate. Amen. (*Adapted from the Church of Ireland*)

### **The Holy Family**

Father, we look to your loving guidance and order as the pattern of all family life. By following the example of the holy family of your Son, in mutual love and respect, may we come to the joy of our home in heaven. We ask this through the same Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Sincerity in speech**

Do you, Lord, take care of us and guard us against making light of truth by careless talk. Let us remind ourselves of the sincerity of your own speech and then our words will be well-chosen, thereby saving us much trouble. Shield us with your protection from the false attraction of untruth, and so keep us in body and soul worthy of our high Christian dignity. Amen. (*Adapted from a Spanish collect, seventh century*)

## Reflections

‘One who has the spirit of prayer will find time for actual prayer. Whoever does not find time for prayer does not have the spirit of prayer.’ (*Capuchin documents*)

‘We are neither the masters, nor the authors, but the guardians, the heralds, and the ministers of the word of God.’ (*Pope Paul VI, Evangelii Nuntiandi*)

‘Let the same mind be in you that was in Christ Jesus.’ (*Philippians 2.5*)

## WEEK 6 WEDNESDAY EVENING

### **Rejoice in freedom**

Grant, Lord, we ask you, the gladness of home to those who are far away, and freedom to those who are unjustly imprisoned, so that your people may rejoice in the freedom which your mercy grants us, both in this world and in the world to come. Amen. (*Gothic Missal*)

### **The same mind that was in Christ Jesus**

Father of all, who gave your only-begotten Son to take upon himself the form of a servant and to be obedient even to death on a cross, give us the same mind that was in Christ Jesus so that, sharing his humility, we may come to be with him in his glory, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen. (*Society of Saint Francis*)

### **All peoples and nations**

Almighty and ever-living God, who has willed to restore all things in your well-beloved Son, the King and Lord of all, mercifully grant that all peoples and nations, though divided and wounded by sin, may accept his gentle and loving rule, he who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Church of Ireland*)

### **You alone are inexhaustible**

You, my God, are ever new although you are the most ancient - you alone are the food for eternity. I am to live for ever, not for a time, and I have no power over my



being; I cannot destroy myself even if I wished to do so. I must live on, with intellect and consciousness for ever, in spite of myself. Without you, eternity would be another name for eternal misery. In you alone I have what can support me for ever; you alone are the food of my soul. You alone are inexhaustible, and ever offer me something new to know, something new to love. And so on for eternity I shall ever be like a child being taught the rudiments of your infinite divine nature. For you are yourself the seat and centre of all good, and the only substance in this universe of shadows, and the heaven in which blessed spirits live and rejoice. Amen. (*Adapted from John Henry Newman*)

### **Joy that will never end**

Lord, guard the rock of our faith in your only Son who was born of the virgin Mother with a body like ours, and from all eternity shares your glory. Free your people from present distress, and give them the joy that will never end. (*Adapted from the Roman liturgy*)

### **Blessing**

Grace, mercy and peace will be with us from God the Father and from Jesus Christ, the Father's Son, in truth and love. Amen. (*2 John 3*)

## Reflections

‘Do you love me?’ (*John 21.15*)

‘It is undoubtedly true that if we could see and know ourselves as we are, we would be truly humble.’  
(Adapted from *The Cloud of Unknowing*)

‘Love! - and say it with your life!’ (*Saint Augustine*)

## WEEK 6 THURSDAY MORNING

### **Joy in the Lord**

Cry out with joy to the Lord, all the earth.  
Serve the Lord with gladness.  
Come before him, singing for joy.

Know that he, the Lord, is God.  
He made us, we belong to him;  
we are his people, the sheep of his flock.

Go within his gates, giving thanks.  
Enter his courts with songs of praise.  
Give thanks to him and bless his name.

Indeed, how good is the Lord, eternal his merciful love.  
He is faithful from age to age. (*Psalms 99*)

### **Life means Christ**

For me, life means Christ, for my heart was made for  
you, and it is restless until it rests in you who are the  
source of all life, all love, all light.  
In your mercy is my trust; in your compassion is my  
hope;  
in your will is my peace; in your grace is my dignity;  
in your salvation is my security; in your love is my  
happiness;  
in you alone is my identity.  
Teach me to die to self that I may live more fully to you,  
live a life in you, with you and for you.

Renew my inner self that I may love others as you love me.

Be exalted in me by using me in any way that glorifies you. (*Anon., from Saint Augustine*)

### **Courage to seek unity**

Heavenly Father, who called us in the body of your Son Jesus Christ to continue his work of reconciliation and reveal you to all the world: forgive us the sins which tear us apart, give us the courage to overcome our fears and to seek that gift of unity which is your gift and your will; through Jesus Christ our Lord. Amen. (*Society of Saint Francis*)

### **The world was created by your word**

Lord God, how did you create heaven and earth? Certainly it was neither in heaven nor on the earth that you made them, nor in the air or water which are part of heaven and earth; nor could you create the universe from within the universe, since nowhere existed in which to do it before it had itself been created. You did not even hold in your hand something from which to extract heaven and earth, because where could you have taken it from if you had not already made it? Is there anything that exists other than because you exist? So you gave the word and the world was created; you created it by your word. Amen. (*Adapted from Saint Augustine*)

## **Reflections**

‘A person cannot live without joy. That is why it is inevitable that someone deprived of spiritual joy will pass over into bodily pleasure.’ (*Saint Thomas Aquinas*)

‘Discussion is the beginning of every work and counsel precedes every undertaking.’ (*Sirach 37.16*)

‘Never say no from pride or yes from weakness.’ (*Anon.*)

## WEEK 6 THURSDAY EVENING

### **Serve you always with a pure mind**

Glorious and almighty God, in whom all the blessed place the confidence of their hope, grant to us, by their help, that we may be enabled to serve you always with a pure mind; through Christ our Lord. Amen. (*Sarum Breviary*)

### **Have mercy on all who wish me harm**

Almighty God, have mercy on (*name*), and on all who wish me harm. Have mercy on their faults and on mine together by such easy, tender, merciful means as your infinite wisdom can best devise. Bring us both to heaven together, where we may always live and love together with you and your blessed saints, glorious Trinity, for the sake of the bitter suffering of our Saviour, Jesus Christ. Amen. (*Saint Thomas More*)

### **Do not leave us to our sins**

Almighty Lord God, your glory cannot be approached, your compassion knows no bounds, and your love for all mankind is beyond human expression. In your mercy look on us and on all your people; do not leave us to our sins, but deal with us according to your goodness. Guide us to the haven of your will, and make us truly obedient to your commandments, so that we may not feel ashamed when we come before your judgment seat. For you, God, are good and ever-loving, and we glorify you, Father, Son, and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

**Persevere until death**

My God, I am poor and weak. Enrich me with your grace and make me strong enough to conquer temptation. May I seek the things that please you, and turn away from anything that displeases you, so that I may persevere until death in doing your will. Amen.  
*(Anon., from India)*

**Trust in the Lord God for ever**

You keep them in perfect peace, those whose minds are stayed on you, because they trust in you.

Trust in the Lord God for ever, for the Lord God is an everlasting rock.

In the path of your judgments, Lord, we wait for you.

My soul yearns for you in the night, my spirit within me earnestly seeks you.

Lord, you will ordain peace for us; you have wrought for us all our works. *(Adapted from Isaiah 26.3-4, 8-9, 12)*

**Blessing**

May God make us worthy of his call and fulfil by his power every good resolve and work of faith, so that the name of our Lord Jesus may be glorified in us, and we in him, according to the grace of God and the Lord Jesus Christ. *(Adapted from 2 Thessalonians 1.11-12)*

## Reflections

‘The sooner we get disillusioned with the church the better, because then we will learn that the church lives by the grace of God.’ (*Dietrich Bonhöffer*)

‘Give up your self and you will find your real self.’ (*C. S. Lewis*)

‘Judgment will be without mercy to one who has shown no mercy; mercy triumphs over judgment.’ (*James 2.13*)



## WEEK 6 FRIDAY MORNING

### **Acts of Faith, Hope and Charity**

Lord, Jesus, I accept all that you teach and the way of life you point out to me because your word is true. I believe; Lord, help my unbelief.

Lord Jesus, I have complete confidence in your promise calling me to eternal life. Give me all the help I need to remain true to you. Sacred Heart of Jesus, I place all my trust in you.

Lord Jesus, fill my heart with the Spirit of your love so that I may love you with all my heart and share that love with others. (*Anon.*)

### **Let me live for you**

Rule all by your wisdom, Lord, so that I may always serve you according to your will, and not as I choose. Do not punish me, I ask you, by granting what I wish or ask, if it offends your love, because I want your love to live always in my soul. Let me deny myself so that I may serve you. Let me live for you who in yourself are the true life. Amen. (*Saint Teresa of Ávila*)

### **I place my soul in your hands**

My Father, I abandon myself to you. Do with me as you will. Whatever you may do with me, I thank you. I am prepared for anything, I accept everything. Provided your will is fulfilled in me and in all creatures, I ask for nothing more, my God. I place my soul in your hands. I give it to you, my God, with all the love of my heart because I love you. For me, this gift of myself, this

placing of myself in your hands without reserve in boundless confidence is a necessity of love, because you are my Father. (*Charles de Foucauld*)

**Your image in my family**

Lord Jesus, with Mary and Joseph, you lived in a family; teach me to appreciate the gift of being part of a family. Show me ever new ways of protecting and comforting those closest to me; and, each day, let me do something that will say 'I love you' without speaking those words. Let me never part from any of my family in anger; prompt me always to turn back without delay to forgive and to be forgiven. Let me see your image in my family, in each of them, and in my larger family too, knowing that, in your Kingdom, we will be truly one family, united by your sacrifice on the cross. Amen. (*Anon.*)

**On the cross, Lord Jesus Christ**

On the cross, Lord Jesus Christ, you stretched out your hands for the salvation of the human race. Grant that our life and work may be pleasing to you and bear witness to the power of your redeeming love; you who live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘On the road to union with God, the night of faith shall guide me.’ (*Saint John of the Cross*)

‘Father, not my will, but yours, be done.’ (*Luke 22.42*)

‘There are many whom God has and the church does not have. And there are many whom the church has, and God does not have them.’ (*Saint Augustine*)

WEEK 6 FRIDAY EVENING

**My soul is thirsting for you, my God**

Like the deer that yearns for running streams,  
so my soul is thirsting for you, my God.

My soul is thirsting for God, the God of my life;  
when can I enter and see the face of God?

My tears have become my bread, by night, by day,  
as I hear it said all the day long: 'Where is your God?'

These things will I remember as I pour out my soul:  
how I would lead the rejoicing crowd into the house of  
God,  
amid cries of gladness and thanksgiving, the throng wild  
with joy.

Why are you cast down, my soul, why groan within me?  
Hope in God; I will praise him still, my saviour and my  
God.

Deep is calling on deep in the roar of waters;  
your torrents and all your waves swept over me.

By day the Lord will send his loving kindness;  
by night I will sing to him, praise the God of my life.

I will say to God, my rock: 'Why have you forgotten me?  
Why do I go mourning, oppressed by the foe?'

With cries that pierce me to the heart, my enemies revile me,  
saying to me all the day long: 'Where is your God?'

Why are you cast down, my soul, why groan within me?  
Hope in God; I will praise him still, my saviour and my God. (*Adapted from Psalm 41*)

### **Blessing**

May our Lord Jesus Christ himself and God our Father, who loved us and through grace gave us eternal comfort and good hope, comfort our hearts and strengthen them in every good work and word. Amen. (*2 Thessalonians 2.16-17*)

## **Reflections**

‘Stand erect, hold your heads high, because your liberation is near at hand.’ (*Luke 21.28*)

‘The best place to find God is where we left him.’  
(*Meister Eckhart*)

‘In every person there is a part that is afraid of healing, that does not want change - a brokenness with which one has learned to live, and which seems safer than the unknown.’ (*Jean Vanier*)

## WEEK 6 SATURDAY MORNING

### **A blessing on sons and daughters**

‘You are blessed, my God, with every blessing that is pure;  
may you be blessed for evermore!

You are blessed for having made me glad.  
You have treated us with mercy beyond all measure.

You are blessed for taking pity on my sons and daughters.

Grant them, Master, your grace and your protection;  
let them live out their lives in happiness and grace.’  
(???)

### **A prayer for relatives and friends**

Have mercy, Lord, on all those who are our relatives and friends, and grant that they, with us, may be so conformed to your will, that being cleansed from all sin, we may be found worthy, by the inspiration of your love, to partake together in the blessedness of your heavenly Kingdom; through Jesus Christ our Lord. Amen.  
*(Adapted from Gallican Sacramentary)*

### **As age advances**

Almighty God, by your mercy I have reached my present age; grant that this mercy may not be in vain. Do not let my years be multiplied so as to increase my guilt, but, as age advances, let me become more pure in my thoughts, more regular in my desires, and more obedient to your

laws. Do not let the cares of the world distract me, nor the evils of age overwhelm me, but continue to increase your loving kindness towards me, and, when you shall call me, receive me to everlasting happiness, for the sake of Jesus Christ our Lord. Amen. (*Adapted from Samuel Johnson*)

### **Hail, holy Lady**

Hail, holy Lady, most holy queen, Mary, mother of God, ever virgin; chosen by the most holy Father in heaven, consecrated by him, with his most beloved Son and the Holy Spirit, the Comforter. On you descended and in you still remains all the fulness of grace. Hail, his palace! Hail, his tabernacle! Hail, his robe! Hail, his handmaid! Hail, his mother! And hail, all holy virtues, who, by the grace and inspiration of the Holy Spirit, are poured into the hearts of the faithful so that, faithless no longer, they may be made faithful servants of God through you. Amen. (*Adapted from Saint Francis of Assisi*)

### **Grant us your peace**

Holy Father, keep us in your truth;  
holy Son, protect us under your cross;  
holy Spirit, make us temples and dwelling-places for your glory;  
grant us your peace all the days of our lives, Lord.  
Amen. (*Maronite Church*)



## Reflections

‘The people who get things done... are those who do one thing at a time.’ (*Kallistos Ware*)

‘Whoever does not provide for relatives, and especially for family members, has denied the faith and is worse than an unbeliever.’ (*1 Timothy 5.8*)

‘In the end, life offers only one tragedy: not to have been a saint.’ (*Charles Péguy*)

## WEEK 6 SATURDAY EVENING

### **Preparing for Holy Communion**

Lord Jesus Christ our God, have mercy on us. Amen.

Heavenly King, Comforter, Spirit of truth, who are everywhere and fill all things, the treasure of blessings and giver of life, come and abide in us. Clean us of all impurity, and, in your goodness, save our souls.

Holy God, holy and mighty, holy immortal, have mercy on us.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Most holy Trinity, have mercy on us. Lord, clean us of our sins. Master, pardon our faults. Holy One, visit us and heal our weaknesses for your name's sake.

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Come, let us worship God our King.

Come, let us worship before Christ, our King and our God.

Come, let us worship and fall down before Christ himself, our King and our God. Amen. (*Orthodox*)

### **Grace to refrain from all sin**

You teach us, Lord, to discipline the body for the good of the soul. Give us grace to refrain from all sin, and to set our hearts on fulfilling your precepts; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **The food of your word**

God, you have taught us that we do not live on bread alone but by every word that comes from the mouth of God. Grant us always to hunger for the food of your word, which you have given for our nourishment to eternal life; through Christ our Lord. Amen. (*Church of Ireland*)

### **For those who travel**

Heavenly Father, protector of those who trust in you, you led your people in safety through the desert, and brought them to a land of plenty. Guide your faithful people (*names*) who are travelling today. Fill them with your spirit of love. Preserve them from all harm, and bring them in safety to their destination. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **One people, one faith, one love**

Lord God, you have made one people out of many different races and nations, united through confessing the glory of your name. They were born to new life in baptism: let there be one faith in their hearts, one love in their Christian way of life. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Commendation**

May Mary's prayers win us a peaceful night and a welcome home at the end of our pilgrimage on earth. Amen. (*Anon.*)

## Reflections

‘Do you also wish to go away?’ (*John 6.67*)

‘Does your mind desire the strength to gain mastery over your passions? Let it submit to a greater power, and it will conquer all beneath it. And peace will be in you - true, sure, ordered peace. What is that order? God as ruler of the mind; the mind as ruler of the body. Nothing could be more orderly.’ (*Saint Augustine*)

‘The real challenge is not to discover new lands but to see the present land with new eyes.’ (*Marcel Proust*)

## WEEK 7 SUNDAY MORNING

### **Everything we do**

Lord, may everything we do begin with your inspiration and continue with your help, so that all our prayers and works may begin in you, and by you be happily ended; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Jesus Christ, the firstborn of all creation**

Let us give thanks to the Father who has qualified us to share in the inheritance of the saints in light.

He has delivered us from the dominion of darkness and transferred us to the Kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

He is the image of the invisible God, the firstborn of all creation, for in him all things were created, in heaven and on earth, visible and invisible.

All things were created through him and for him. He is before all things, and in him all things hold together.

He is the head of the body, the church; he is the beginning, the firstborn from the dead, that in everything he might be pre-eminent.

For in him all the fulness of God was pleased to dwell, and through him to reconcile to himself all things, whether in earth or in heaven, making peace by his blood on the cross. (*Colossians 1.12-20*)

### **The Body and Blood of your Son**

I give you thanks, Lord, holy Father, everlasting God. In your great mercy, and not because of my own merits,

you have fed me, a sinner and your unworthy servant, with the precious Body and Blood of your Son, our Lord Jesus Christ.

I pray that this holy communion may not serve as my judgment and condemnation, but as my forgiveness and salvation. May it be my armour of faith and shield of good purpose. May it root out of me all vice and evil desires, increase my love and patience, humility and obedience and every virtue. Make it a firm defence against the wiles of my enemies, seen and unseen, while restraining all evil impulses of flesh and spirit. May it help me to cling to you, the one true God, and bring me a blessed death when you call.

I ask you to bring me, a sinner, to that great feast where, with your Son and the Holy Spirit, you are the true light of your holy ones, their flawless blessedness, everlasting joy, and perfect happiness; through Christ our Lord. Amen. (*Saint Thomas Aquinas*)

### **Prayer for a wife or husband**

Lord, so that I may come nearer to her (him), draw me nearer to you than to her (him). So that I may know her (him), make me know you more than her (him). So that I may love her (him) with the perfect love of a perfectly whole heart, cause me to love you more than her (him) and most of all. Amen. (*Temple Gairdner*)

## Reflections

‘I received from the Lord what I also handed on to you, that the Lord Jesus, on the night when he was betrayed, took a loaf of bread, and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.’ (*1 Corinthians 11.23-26*)

‘At this sacred banquet in which Christ is revealed, the memory of his passion is renewed, our lives are filled with grace, and a promise of future glory is given to us.’ (*Saint Thomas Aquinas*)

‘Communion with God takes us out of ourselves and pushes us to alleviate human suffering in the world.’ (*Mother Teresa of Calcutta*)

## WEEK 7 SUNDAY EVENING

### **Praise to the Trinity**

Be praised a thousand times, Father and Lamb; great and loving glory a thousand times over to the Son of God of victories; a thousand times honour, glory and praise to the surpassing fruit of creation, the Father, the Son and the Holy Spirit, until the day of judgment. Amen.  
*(Celtic)*

### **I believe in God**

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 God 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.  
*(Apostles' Creed)*

### **The resurrection of your only Son**

Lord God, stand by your people on whom you have bestowed the gift of faith. Grant them their eternal heritage in the resurrection of your only Son. We make this prayer through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*



### **For your church**

Lord, we thank you for your church throughout the world. Through your Holy Spirit, grant it life, strength and truth. Put into our hearts a constant love for it, and fill us with longing for the coming of your Kingdom; through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

### **You are the light in my heart**

Lord, you are my refuge from the torment of the sins with which my heart besieges me. My joy is in you. Redeem me from the sorrow that my sins cause me. Because of my sins I am in darkness; but you, my God, will illuminate it. You are the truth and the light of my heart. Let me listen to you and not to the darkness within me. Lord, you are the light in my heart and the bread in the mouth of my soul.

Come, Lord, and act. Rouse and renew me; kindle me and carry me; shine before me and be gentle with me. Let me love and run towards you.

I pray to you, God, for you lead me to every truth, you tell me of every good thing, and you let me come to no harm. Amen. (*Adapted from Saint Augustine*)

### **Blessing**

May the God of peace himself give us peace at all times and in all ways. The Lord be with us all. (2 *Thessalonians 3.16*)

## Reflections

‘If I tell you the truth, why do you not believe in me?’  
(*John 8.46*)

‘Praised be God who has given us a mind that cannot be satisfied with the temporal.’ (*Nicholas of Cusa*)

‘Let us do ever so little for God, we may be sure he will never forget it, nor let it pass unheeded.’ (*Blessed Edmund Ignatius Rice*)

## WEEK 7 MONDAY MORNING

### **Worthily praise your holy name**

Lord God, to whom every heart is open, every desire known, and from whom no secrets are hidden, purify the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily praise your holy name. Amen. (*Gelasian Sacramentary*)

### **Work at our common task**

God our Father, you have placed all the powers of nature under human control and work. May we bring the spirit of Christ to all our efforts, and work with our brothers and sisters at our common task, establishing true love, and guiding your creation to perfect fulfilment; through Jesus Christ, your Son, our Lord. Amen. (*Adapted from the Roman liturgy*)

### **God's goodness to me**

I trusted, even when I said, 'I am sorely afflicted,'  
and when I said in my alarm, 'No one can be trusted.'

How can I repay the Lord for his goodness to me?  
The cup of salvation I will raise; I will call on the Lord's  
name.

My vows to the Lord I will fulfil before all his people.  
Precious in the eyes of the Lord is the death of his  
faithful.

Your servant, Lord, your servant am I, you have loosened my bonds.

A thanksgiving sacrifice I make; I will call on the Lord's name.

My vows to the Lord I will fulfil before all his people.  
*(Adapted from Psalm 115)*

**Justice and peace**

God the source of truth, lead us, we ask you, in the ways of justice and peace; encourage us, strengthen us to break down all oppression and wrong, to gain for all people their due reward, and from all people their due service, so that each may live for all, and all may care for each; in the name of Jesus Christ our Lord. Amen.  
*(Church of Ireland)*

**Fill us from your abundance**

Lord God, life of those who believe in you, glory of the humble and happiness of the saints, listen kindly to our prayer. We long for what you promise; fill us from your abundance; through Christ our Lord. Amen. *(Church of Ireland)*

## Reflections

‘Anyone unwilling to work should not eat. For we hear that some of you are living in idleness, mere busybodies, not doing any work. Now such persons we command and exhort in the Lord Jesus Christ to do their work quietly and to earn their own living.’ (2 *Thessalonians* 3.10-12)

‘Jesus gives all to whoever leaves all.’ (Saint *Bernadette Soubirous*)

‘The best preacher is the heart; the best teacher is time; the best book is the world; the best friend is God.’ (*The Talmud*)

## WEEK 7 MONDAY EVENING

### **This present moment**

Lord God, I thank you for teaching me how to live in the present moment. In this way I enjoy each simple task as I do it without thinking that I must hurry on to the next thing. I do what I am doing with all my ability and all my concentration. My mind is no longer divided, and life is more peaceful. Thank you for teaching me how to do this. Help me how to show others the way to learn to trust you more completely, and to do everything which has to be done at your time and your speed; in Jesus' name. Amen. (*Adapted from Michael Hollings and Etta Gullick*)

### **Your ways, God, are holy**

I cry aloud to God, cry aloud to God that he may hear me.

In the day of my distress I sought the Lord.

At night my hands were raised without ceasing; my soul refused to be consoled.

I remember my God and I groaned. I pondered and my spirit fainted.

You withheld sleep from my eyes. I was troubled, I could not sleep.

I thought of the days of long ago and remembered the years long past.

At night I mused within my heart. I pondered and my spirit questioned.

'Will the Lord reject us for ever? Will he show us his favour no more?

Has his love vanished for ever? Has his promise come to an end?

Does God forget his mercy or in anger withhold his compassion?'

I said, 'This is what causes my grief; that the way of the Most High has changed.'

I remember the deeds of the Lord, I remember your wonders of old,

I muse on all your works and ponder your mighty deeds.

Your ways, God, are holy. What god is great as our God?

You are the God who works wonders. You showed your power among the peoples.

Your strong arm redeemed your people; you guided your people like a flock. (*Adapted from Psalm 76*)

### **Blessing**

May the God of peace be with us, taking away our fears and doubts, and may the mantle of your peace cover those who are troubled and anxious. May the blessing of peace be upon us. Amen. (*Celtic*)

## **Reflections**

‘All people have, of their very nature, a need to express themselves in their work and thereby to perfect themselves.’ (*Pope John XXIII*)

‘It is the good use of the present that assures the future.’  
(*Jean-Pierre de Caussade*)

‘Everyone who lives and believes in me will never die.  
Do you believe this?’ (*John 11.26*)



WEEK 7 TUESDAY MORNING

**The Canticle of Brother Sun**

Most high, all-powerful, all good Lord! All praise is yours, all glory, all honour and all blessing.

To you alone, Most High, do they belong. No mortal lips are worthy to pronounce your name.

All praise be yours, my Lord, through all that you have made, and first my lord Brother Sun who brings the day; and light you give us through him. How beautiful he is, how radiant in all his splendour! Of you, Most High, he bears the likeness.

All praise be yours, my Lord, through Sister Moon and Stars; in the heavens you have made them, bright and precious and fair.

All praise be yours, my Lord, through Brothers Wind and Air, both fair and stormy, all the weather's moods, by which you cherish all that you have made.

All praise be yours, my Lord, through Sister Water, so useful, lowly, precious and pure.

All praise be yours, my Lord, through Brother Fire, through whom you brighten up the night. How beautiful he is, how gay, full of power and strength.

All praise be yours, my Lord, through Sister Earth, our mother, who feeds us in her sovereignty, and produces various fruits with coloured flowers and herbs.

All praise be yours, my Lord, through those who grant pardon for love of you; through those who endure sickness and trial. Happy those who endure in peace; by you, Most High, they will be crowned.

All praise be yours, my Lord, through Sister Death, from whose embrace no mortal can escape. Woe to those who die in mortal sin! Happy those she finds doing your will! The second death can do no harm to them.

Praise and bless my Lord, and give him thanks, and serve him with great humility. (*Saint Francis of Assisi*)

### **Faithful in our responsibilities**

Lord God, who has bound us together in this bundle of life, give us grace to understand how our lives depend upon the courage, the industry, the honesty, and the integrity of our fellow-humans so that we may be mindful of their needs, grateful for their fidelity, and faithful in our responsibilities to them; through Christ our Lord. Amen. (*Adapted from Reinhold Niebuhr*)

## Reflections

‘So often we demand that others love us without being willing to make the sacrifice and abandonment of self that is necessary to become lovable.’ (*John Powell*)

‘An open rebuke is better than hidden love.’ (*Proverbs 27.5*)

‘None can work well, and love God, and be chaste, except God give it to them.’ (*Richard Rolle*)

## WEEK 7 TUESDAY EVENING

### **Truth and intelligence**

Almighty God, let us commit ourselves wholeheartedly to the truth which brings an everlasting reward, and especially with this end in view that we may intelligently see our obligations and with intelligence fulfil them. Then the setbacks of life will find us undisturbed, and we ourselves be found worthy of your heavenly company. (*Adapted from Gregorian Sacramentary*)

### **In your mercy look on us**

Almighty Lord God, your glory cannot be approached, your compassion knows no bounds, and your love for all humanity is beyond human expression. In your mercy look on us and all your people; do not leave us to our sins but deal with us according to your goodness. Guide us to the haven of your will and make us truly obedient to your commandments, that we may not feel ashamed when we come before your judgment seat.

For you, God, are good and ever-loving, and we glorify you, Father, Son and Holy Spirit, now and for ever. Amen. (*Orthodox*)

### **For one who is sick**

Lord Jesus Christ, our Redeemer, by the power of the Holy Spirit, ease the sufferings of (*name*), and make her (him) well again in mind and body. In your loving kindness, forgive (*name*) her (his) sins and grant her (him) full health that she (he) may be restored to your service; through Christ our Lord. Amen. (*Anon.*)

### **The blessing of food**

God our Father, the produce of the land is both your gift and the fruit of human work. May our food bring us bodily nourishment, spiritual growth and peace in our homes. May we use your gifts for the good of all; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Let your life grow in us**

Father, let the gift of your life continue to grow in us, drawing us from death to faith, hope and love. Keep us alive in Christ Jesus. Keep us watchful in prayer and true to his teaching till your glory is revealed in us; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Blessing**

May the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make us complete in everything good so that we may do his will, working among us that which is pleasing in his sight; through Jesus Christ, to whom be the glory forever and ever. Amen. (*Adapted from Hebrews 13.20-21*)

## **Reflections**

‘Salt is good; but if the salt loses its saltiness, how can you season it?’ (*Mark 9.49*)

‘Carrying our own share of honest doubt is surely part of the journey into a living faith.’ (*Wendy Robinson*)

‘The most important result of our fidelity to prayer is that, despite everything, we want to go on praying.’ (*Basil Hume*)

## WEEK 7 WEDNESDAY MORNING

### **All I do today**

Heavenly Father, already the morning sun has risen. I ask that in all I do today, you would keep me from sin and harm. Control my tongue so that quarrels may not arise. Guard my eyes from all that is useless. Let the inner depths of my heart be free from evil. Help me to control myself in food and drink. When the day draws to a close and night surrounds me, may I say to you, my God, a prayer of thanks. Amen. (*Anon.*)

### **Convert people to you**

Lord Jesus Christ, great shepherd of the flock, who search for those who are lost, who bind up those who are broken, and heal those who are sick, we ask you to bless all efforts that are made to convert people to you. Open people's minds to hear the words which will bring them peace, and grant that those whom you raise to the new life of grace may persevere in it till the end, through your mercy, you who live and reign with the Father, for ever and ever. Amen. (*Church of Ireland*)

### **God of truth**

From the cowardice that shrinks from new truths,  
from the laziness that is content with half-truth,  
from the arrogance that thinks it knows all truth,  
God of truth, deliver us. (*Anon.*)

**Open our hearts to your grace**

Lord, open our hearts to your grace. Restrain us from all human waywardness, and keep us faithful to your commandments; through Christ our Lord. Amen.  
*(Adapted from the Roman liturgy)*

**I trust you**

God, you have created me to do you some service. You have given some work to me which you have not given to another. I have my place in your plan: I may never know in this life what it is but I will know it in the next. Therefore, I trust you in all things: if I am sick, my sickness may serve you; if I am worried, my worries may serve you. You do nothing without purpose; you know what you are doing: you may take away my friends and put me among strangers; you may make me feel forgotten, you may allow my spirits to sink, you may hide my future from me, still, you know what you are doing, and I trust you, Lord. Amen. *(John Henry Newman)*



## Reflections

‘If our hearts do not condemn us, we have boldness before God and we receive from him whatever we ask because we obey his commandments and do whatever pleases him.’ (*1 John 3.21-22*)

‘As a lantern raises its light in a dark house, so truth rises in the midst of faith in a person's heart. Four darknesses it expels when it rises there: the darkness of paganism, the darkness of ignorance, the darkness of doubt and the darkness of sin, so that none of them can find room there.’ (*Colmán mac Beognae*)

‘Fear is nothing other but a giving up of the helps that come from reason.’ (*Wisdom of Solomon 17.12*)

## WEEK 7 WEDNESDAY EVENING

### **Redeemed by healing**

Lord, we pray for those who, full of confidence and love, once chose a partner for life, and are now alone after final separation. May they receive the gift of time, so that hurt and bitterness may be redeemed by healing and love, personal weakness by your strength, inner despair by the joy of knowing you and serving others; through Christ our Lord. Amen. (*Susan Williams*)

### **Those who do not acknowledge Christ**

Almighty and eternal God, enable those who do not acknowledge Christ to find the truth as they walk before you in sincerity of heart. Help us to grow in love for one another, to grasp more fully the mystery of your divinity, and to become more perfect witnesses of your love in the sight of all people. We ask this through the same Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Those in doubt and uncertainty**

Have mercy, heavenly Father, on those who wander in doubt and uncertainty amid the darkness of this world, and on all who are hardened through sin. Grant them grace to come to themselves, and the will and power to return to you, and to the loving welcome of your forgiveness; through Christ our Lord. Amen. (*Church of Ireland*)

### **Sing a new song to the Lord**

Sing a new song to the Lord for he has worked wonders.

His right hand and his holy arm have brought salvation.

The Lord has made known his salvation; he has shown his justice to the nations.

He has remembered his truth and love for his household.

All the ends of the earth have seen the salvation of our God.

Shout to the Lord, all the earth, ring out your joy.

Sing psalms to the Lord with the harp, with the sound of music.

With trumpets and the sound of the horn acclaim the King, the Lord.

Let the sea and all within it thunder, the world and all its peoples.

Let the rivers clap their hands and the hills ring out their joy.

Rejoice at the presence of the Lord, for he comes to rule the earth.

He will rule the world with justice and the peoples with fairness. (*Psalm 97*)

### **Blessing**

Grace be to us and peace from him who is and who was and who is to come, and from Jesus Christ, the faithful witness, the first-born from the dead, and the ruler of the kings of the earth. To him who loves us and freed us from our sins by his blood, and made us to be a Kingdom, priests serving his God and Father, to him be

glory and dominion forever and ever. Amen. (*Adapted  
from Revelation 1.4-6*)

## Reflections

‘How much longer must I put up with you?’ (*Mark 9.19*)

‘What we achieve with toil and labour, is, in general, more perfect and lasting than what we acquire in spiritual sweetness.’ (*Saint John of the Cross*)

‘I dreamed that I was in a village church with a peasant congregation. A man came and stood beside me. I did not turn towards him, but immediately I felt that this was Christ. However, when eventually I turned towards him, I saw a face like anyone else's and clothes on him like anyone else's. I was astonished, “What sort of man is this, then? Such an ordinary, ordinary man.” I was suddenly afraid, but I came to my senses. Only then did I realize it was just such a face - a face like all men's faces - that is the face of Christ.’ (*Ivan Turgenev*)

WEEK 7 THURSDAY MORNING

**The memorial of your suffering and death**

Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us, and the peace of the Kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.  
*(Adapted from the Roman liturgy)*

**Sing praise to our God**

Holy, holy, holy is the Lord God almighty, who was, and who is, and who is to come.

Let us praise and glorify him for ever.

Worthy are you, Lord our God, to receive glory and honour and power.

Let us praise and glorify him for ever.

Worthy is the Lamb who was slain to receive power and divinity and wisdom and strength and honour and glory and blessing.

Let us praise and glorify him for ever.

Let us bless the Father and the Son and the Holy Spirit.

Let us praise and glorify him for ever.

Bless the Lord, all you works of the Lord.

Let us praise and glorify him for ever.

Praise our God, all you his servants and you who fear him, the small and the great.

Let us praise and glorify him for ever.

Praise him in his glory, heaven and earth, and every creature that is in heaven and on the earth and under the earth, and such as are on the sea, and all that are in them.

Let us praise and glorify him for ever.

Glory be to the Father and to the Son and to the Holy Spirit.

Let us praise and glorify him for ever.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Let us praise and glorify him for ever.

All-powerful, all-holy, most high and supreme God, sovereign good, all good, every good, you who alone are good, it is to you that we must give all praise, all glory, all thanks, all honour, all blessing; to you we must refer all good always. Amen. (*Saint Francis of Assisi*)

## Reflections

‘To live is to change, and to have changed often is to be perfect.’ (*John Henry Newman*)

‘We must obey God rather than any human authority.’  
(*Acts of Apostles 5.29*)

"What is best for the Christian life? Simplicity and single-mindedness. A careless Christianity which resists great bother, its trial in fire will be great, its reward in heaven will be small. An active Christianity which resists great comfort, its trial in fire will be small, its reward in heaven will be great.

What is best for the mind? Breadth and humility, for every good thing finds room in a broad, humble mind. What is worst for the mind? Narrowness and closedness and constrictedness, for nothing good finds room in a narrow, closed, constricted mind. (*Colmán mac Beognae*)



## WEEK 7 THURSDAY EVENING

### **Our patron saint**

God our Father, you alone are holy; without you nothing is good. Trusting in the prayers of Saint (*name*) we ask you to help us to become the holy people you call us to be. Never let us be found undeserving of the glory you have prepared for us. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **For those who do not believe in God**

Almighty and eternal God, you created the human race so that all people might long to find you, and have peace when you are found. Grant that, in spite of the hurtful things that stand in their way, people will see in the lives of Christians the signs of your love and mercy, and gladly acknowledge you as the one true God and Father of us all. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Watchful and wakeful**

We ask you, Lord God, to make us watchful and wakeful in waiting for the coming of your Son, Jesus Christ, so that when he stands at the door and knocks he may find us not sleeping in carelessness and sin but awake and rejoicing in his praises; through the same Christ our Lord. Amen. (*Gelasian Sacramentary*)

### **Praise God who is faithful**

My soul, give praise to the Lord.

I will praise the Lord all my days, make music to my God while I live.

Put no trust in princes, in mortals in whom there is no help.

Take their breath, they return to clay, and their plans that day come to nothing.

They are happy who are helped by God, whose hope is in the Lord their God,

Who alone made heaven and earth, the seas and all they contain.

God keeps faith for ever, is just to those who are oppressed.

It is God who gives bread to the hungry, the Lord, who sets prisoners free,

the Lord who gives sight to the blind, who raises up those who are bowed down,

the Lord who protects the stranger, and upholds the widow and orphan.

The Lord will reign for ever, the Lord our God from age to age. (*Adapted from Psalm 145*)

### **Blessing**

May God our Father and the Lord Jesus Christ give us grace and peace. (*Adapted from Romans 1.7*)

## Reflections

‘Why are you persecuting me?’ (*Acts of Apostles 9.4*)

‘What value God places on our loving and keeping peace with one another! The good Jesus places it before everything else.’ (*Saint Teresa of Ávila*)

‘The best prayer is to rest in the goodness of God, knowing that that goodness can reach right down to our lowest depths of need.’ (*Julian of Norwich*)

## WEEK 7 FRIDAY MORNING

### **Christ my shield**

My Christ, my shield, my encircler!

Each day, each night, each dark:

be near me, uphold me, my treasure, my triumph,  
in my lying, in my standing, in my watching, in my  
sleeping.

Jesus, son of Mary, my helper, my encircler,

Jesus, son of David, my strength everlasting:

Jesus, son of Mary, my helper, my encircler,

Jesus, son of David, my strength everlasting. (*Celtic*)

### **I offer you this day**

My God, I offer you all my thoughts, words, actions and  
sufferings of this day. I ask you to give me your help so  
that I may not offend you but may faithfully serve you  
and do your will in all things. Amen. (*Anon.*)

### **I place all my trust in you**

Lord Jesus,

if you wish me to be in darkness, may you be blest.

If you wish me to be in light, may you be blest again.

If you are pleased to comfort me, may you be blest.

And if it is your will to punish me, may you also be  
equally blest.

Keep me from all sin, and I will fear neither death nor  
hell.

So long as you do not throw me aside or shut me out  
from heaven,

no suffering that comes to me will hurt, because,

Sacred Heart of Jesus, I place all my trust in you.  
(*Anon.*)

**For those who suffer**

Father, you are the unfailing refuge of those who suffer. Bring peace and comfort to the sick and the infirm, to the aged and the dying. Give all those who look after them knowledge, patience and compassion. Inspire them with actions which will bring relief, words which will enlighten, and love which will bring comfort. We ask this in Jesus' name. Amen. (*Adapted from Pope Paul VI*)

**The will of God**

May the will of God be done in all of us, and let him do in each of us as seems best and according to his perfect knowledge. Amen. (*Saint Kentigern*)

## Reflections

‘God's presence is not external to us. It is interior, the presence that makes up and holds together the ground of our being. So we come no longer to *look* for God's presence in the externals of our life but to *recognize* him in them because our eyes are opened interiorly to his indwelling Spirit.’ (*Adapted from John Main*)

‘Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry).’ (*Colossians 3.5*)

‘Do not wish for crosses unless you have borne well those which have already been offered to you. It is a mistake to wish for martyrdom when we do not have the courage to endure a sharp word.’ (*Saint Francis de Sales*)

## WEEK 7 FRIDAY EVENING

### **May my soul thirst for you**

Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger and feed upon you, so that my soul may be filled with your presence. May my soul thirst for you who are the source of life, wisdom, knowledge, light and all the riches of God our Father. May I always seek you and find you, think on you, speak to you and do all things for the honour and glory of your holy name. Be always my hope, my peace, my refuge and my help in whom my heart is founded, so that I may never be separated from you. Amen. (*Saint Bonaventure*)

### **Give me what I may offer**

Lord, let me offer you the sacrifice of every thought and word; only first give me what I may offer you. (*Saint Augustine*)

### **For those who have died**

Lord, because you are always most merciful and generous with your gifts, look in love on those who have died, especially (*name*). Because you have loved them from eternity, be merciful and forgive their offences. Cleanse them of their sins, and fulfil their desire to see you face to face in your glory. May they enter into the happiness of the Kingdom prepared for them, there to be united with you for ever and ever. Amen. (*Anon., from India*)

**I am sorry for my sins**

My God, I am sorry for my sins with all my heart; by sinning I have deserved your punishment. I am sorry because they have offended you who are infinitely good and worthy to be loved above all things. With your help, I intend never to offend you again, and to avoid whatever leads me to sin. Lord, have mercy and forgive me. Amen. (*Adapted from Pope Paul VI*)

**Salvation through Christ**

God our Father, you loved the world so much that you gave your only Son to free us from the ancient power of sin and death. Help us who wait for his coming, and lead us to true liberty; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blessing**

May peace be with all who belong to Christ. (*Adapted from 1 Peter 5.14*)



## Reflections

‘My God, my God, why have you forsaken me?’ (*Mark 15.34*)

‘Whether we like it or not, whether we know it or not, secretly all nature seeks God and works towards him.’  
(*Meister Eckhart*)

‘If we were not expecting that those who had fallen would rise again, it would have been superfluous and foolish to pray for the dead.’ (*2 Maccabees 12.44*)

## WEEK 7 SATURDAY MORNING

### **Holy Virgin Mary**

Holy Virgin Mary, among all the women of the world there is none like you; you are the daughter and handmaid of the most high King and Father of heaven; you are the mother of our most holy Lord Jesus Christ; you are the spouse of the Holy Spirit. Pray for us, with Saint Michael the archangel and all the powers of heaven and all the saints, to your most holy and beloved Son, our Lord and Master. Amen. (*Saint Francis of Assisi*)

### **I offer my children to you**

Heavenly Father, I offer my children to you. Be their God and Father. Mercifully make up for whatever is missing in me, through weakness, neglect or sin. Deliver them from evil, seen or unseen. Pour your grace into their hearts. Strengthen and increase in them the gifts of your Holy Spirit. May they grow daily in grace and in the knowledge of our Lord Jesus Christ, in whose name we make this prayer. Amen. (*Dermot Hurley*)

### **For Jews**

Almighty and eternal God, long ago you gave your promise to Abraham and his posterity. Listen to your people as we pray that Jews, the people you first made your own, may arrive at the fulness of redemption. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**In time of old age**

Lord God, you are the strength of our heart. We ask you not to abandon your servants in the time of their old age when their strength fails, but the more their bodies decline in vigour, so much the more strengthen their souls for the last judgment; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

**You have redeemed me**

God, you have redeemed me: teach me to love you, so that all my life may be for you, and upheld in you, my Lord, my God.

God, you have redeemed me: draw me to love you; give me the strength, your strength in me, to bear the pains of penitence, to take my cross and follow you, to watch and pray, and to endure to whatever end you have appointed for me, my Lord, my God. (*Gilbert Shaw*)

**Pardon and peace**

Merciful Lord, we ask you to grant your faithful people pardon and peace that they may be cleansed of all their sins and serve you with a quiet mind; through Christ our Lord. Amen. (*Anon.*)

## Reflections

‘The soul has free will: and though the devil can tempt the soul he has not the power to compel it against its will. He suggests to you the idea of fornication; the acceptance or rejection of the suggestion depends on your decision.’ (*Saint Cyril of Jerusalem*)

‘Do not quench the Spirit.’ (*1 Thessalonians 5.19*)

‘The trouble is that we live far from ourselves and have but little wish to get any nearer to ourselves. Indeed we are running away all the time to avoid coming face to face with our real selves, and we barter the truth for trifles.’ (*Anonymous Way of a Pilgrim*)

## WEEK 7 SATURDAY EVENING

### **Acts of faith, hope and charity**

My God, I believe in you and all that you teach because you have said it, and your word is true.

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

My God, because you are so good, I wish to love you with all my heart, and, for your sake, to love my neighbour as myself. (*Anon.*)

### **Hear our prayer**

Lord, look upon us and hear our prayer. By the good works you inspire help us to discipline our bodies and to be renewed in spirit; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **I will not forget your word**

How shall the young remain sinless? By obeying your word.

I have sought you with all my heart: let me not stray from your commands.

I treasure your promise in my heart lest I sin against you.

Blessed are you, Lord; teach me your statutes.

With my tongue I have recounted the decrees of your lips.

I rejoiced to do your will as though all riches were mine.

I will ponder all your precepts and consider your paths.

I take delight in your statutes; I will not forget your word. (*Adapted from Psalm 118*)

### **Holy Mother of God**

We turn to you for protection, holy Mother of God.  
Listen to us in our prayers and help us in our needs.  
Save us from every danger, glorious and blessed Virgin.  
*(Adapted from the third century, the oldest known prayer  
to the virgin Mary)*

### **Guardian angels**

Lord, we ask you to be near us this night. Drive away all  
evil thoughts. May our guardian angels be with us to  
keep us in your peace. We ask this through Christ our  
Lord. Amen. *(Anon.)*

### **Blessing**

May the Lord bless us, may he keep us from all evil, and  
bring us to everlasting life. Amen. *(Adapted from the  
Roman liturgy)*

## Reflections

‘All scripture is inspired by God, and is useful for teaching, for reproof, for correction and for training in righteousness.’ (2 *Timothy 3.16*)

‘When we come to heaven, our prayers shall be waiting for us as part of our delight, with endless joyful thanks from God.’ (*Julian of Norwich*)

Let me take you inside the soul of a rich person without love, and a wealthy one without friends:

The darkest night, with neither moon nor stars, is like the brightest day compared with the darkness of this soul.

The coldest winter, with thick snow and hard ice, is like the warmest summer compared with the coldness of this soul.

The bleakest mountain, bare and swept by gales, is like the lushest meadow compared with the bleakness of this soul.

You would rather have your body hacked in pieces than present such a soul as this; you would rather be boiled or burned alive than suffer such inward torment. (*Celtic*)

## WEEK 8 SUNDAY MORNING

### **Be my vision**

Be my vision, beloved Lord: none counts for anything but the King of the seven heavens.

Be my meditation by day and by night; may it be you that I behold for ever in my sleep.

Be my speech; be my understanding; be you for me; and may I be for you.

Be my father; may I be your son; may you be mine; and may I be yours.

Be alone my special love; let there be none other but the High King of heaven.

Your love in my soul and in my heart - grant this to me, King of the seven heavens.

Beloved Christ, whatever befalls me, Ruler of all, be my vision. *(Adapted from Celtic)*

### **The new and eternal sacrifice**

God our Father, we gather to share in the meal which your only Son left to his people to reveal his love. He gave it to us when he was about to die, and commanded us to celebrate it as the new and eternal sacrifice. We pray that in the Eucharist we may find the fulness of life and love. We ask this through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **May Christ seal our marriage**

May God by whose will the world and all creation have their being, and who wills the life of all people - may Christ seal our marriage in the truth of his love. As he



finds joy in his church, so may we find happiness in one another and our union be strong in love and our coming together be in purity. May his angel guide us, may his peace reign between us, so that in all things we may be guarded and guided, and we may give thanks to the Father who will bless us, the Son who will rejoice in us, and the Spirit who will protect us, now and for ever. Amen. (*Adapted from Syrian Orthodox*)

### **Hear our prayer**

Please, please, God of my ancestors, master of heaven and earth, creator of the waters, king of the whole creation, hear our prayer. Your strength does not lie in numbers, nor your might in violence; since you are the God of the humble, the help of the oppressed, the support of the weak, the refuge of the forsaken, the saviour of the despairing: hear our prayer. (*Adapted from Judith 9.2, 11-12*)

### **Bless this year**

Lord God, bless this year and bless every kind of fruit, flower and food. Bestow a blessing on the face of the earth, and satisfy your people with your goodness. Bless our years, and make them good years; for your honour and glory. Amen. (*Adapted from Polish Jewish Prayer Book*)

## Reflections

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.’ (*Matthew 11.28*)

‘Daily communion and participation in the holy body and blood of Christ is a good and helpful practice. Christ clearly says, “The person who eats my flesh and drinks my blood has eternal life.” Who doubts that to partake of life continually is really to have life in abundance? For myself, I communicate four times a week, on the Lord's day, on Wednesday, Friday and Saturday, and on the other days if there is a commemoration of a martyr. If, in times of persecution, individuals, driven by this desire, give themselves communion with their own hands, without the presence of priest or minister, this raises no difficulty.’ (*Saint Basil of Caesarea*)

‘Feed those who are dying of hunger, because if you do not feed them, you are killing them.’ (*Gratian, The Decretals*)

## WEEK 8 SUNDAY EVENING

### **One God in three Persons**

Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three persons, by proclaiming and living our faith in you. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Holy Spirit, help us**

Holy Spirit, help us, weak as we are; we do not know how we ought to pray. See into our hearts, and plead for us in groans that words cannot express. We ask this through Christ our Lord. Amen. (*Adapted from Romans 8.26-27*)

### **Rule this heart of mine**

Shame on my thoughts, how they stray from me! During the prayers they wander on a path that is not right; they run, they distract, they misbehave before the eyes of the great God.... One moment they follow ways of loveliness, and the next, ways of riotous shame - this is no lie! Beloved truly chaste Christ, to whom every eye is clear, may the grace of the sevenfold Spirit come to keep them, to hold them in check! Rule this heart of mine, swift God of the elements, that you may be my love, and that I may do your will! (*Adapted from Celtic*)

### **Pour down your blessings**

Lord God, hear our prayers on behalf of Pope (*name*), our bishop (*name*), and our parish priest (*name*). Bless the whole church; convert sinners; have mercy on our country. Pour down your blessings, Lord, on all our relatives, friends and benefactors, and on all who, for any reason, dislike us or do us harm (*name*). Help the poor and the sick, and especially those who are close to death. God of mercy, have compassion on the souls of the faithful departed, especially (*name*); grant them, we pray, eternal light, rest and happiness. Amen. (*Anon., India*)

### **The gospel of salvation**

Almighty God, our heavenly Father, who, in your goodness, has caused the light of the gospel to shine among your people, we ask you to extend your mercy to those peoples and places that have still not heard your word. Give them the knowledge of your truth, and grant that the gospel of salvation may be known in all lands, so that the hearts of people may be turned to you; through Jesus Christ our Lord. Amen. (*Adapted from the Scottish Book of Common Prayer*)

### **Blessing**

May peace and mercy be with all God's people. (*Galatians 6.16*)

## Reflections

‘The Old Testament proclaimed the Father clearly, but the Son obscurely. The New Testament revealed the Son, and gave us a glimpse of the divinity of the Holy Spirit. Now the Spirit dwells among us and grants us a clearer vision of himself.’ (*Saint Gregory Nazianzus*)

‘Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.’ (*Philippians 4.6-7*)

The Catholic people, in the length and breadth of Christendom, were the obstinate champions of Catholic truth, and the bishops were not. Perhaps it was permitted, in order to impress upon the church the great evangelical lesson that, not the wise and powerful, but the obscure, the unlearned, and the weak constitute her real strength.’ (*Adapted from John Henry Newman*)

## WEEK 8 MONDAY MORNING

### **Creator and ruler**

Lord God, creator and ruler of your Kingdom of light, in your great love for this world you gave up your only Son for our salvation. His cross has redeemed mankind, his death has given us life, his resurrection has raised us to glory. Teach me to be reverent in the presence of your glory; fill my heart with faith, my days with good works, my life with your love. May your truth be on my lips and your wisdom in all my actions, and may I receive the reward of everlasting life; through Christ our Lord. Amen. (*Anon.*)

### **Working for justice**

Father, those who work for peace are called your children. May we never tire of working for that justice which alone guarantees true and lasting peace; through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

### **Acknowledging my selfishness**

Lord God, when I stop and think, I know that I am selfish. I want things done for me; I want my own way; I demand from others more than I am prepared to give; I try to use people; I don't think of the trouble I cause others; I am often thoughtless and careless of the feelings of others; I often hurt them because I am thinking of myself and no one else; I am often ungrateful; I forget how much I owe others and seldom attempt to repay it.

Lord God, make me aware, not just at odd moments, but all the time how ugly this selfishness is. Fix before my eyes the example of the cross of Christ, who, though he was rich, became poor for our sakes. Help me to dethrone myself and to enthrone him in my heart, so that I may learn from him to love others rather than myself. This I ask for your love's sake. Amen. (*Adapted from William Barclay*)

### **Let my soul praise you**

Lord, you change your works but your design is always the same. You are never old and never new; yet you give life to all things. Let me offer you the sacrifice of every thought and word; only first give me what I may offer you. Let me not be my own life. I have lived badly on my account and been death to myself, but in you I live again. Speak to me, Lord. My God, let my soul praise you that it may love you. Let it recount to you your mercies that it may praise you for them. Amen. (*Adapted from Saint Augustine*)

### **The souls of your departed servants**

God, you are the creator and redeemer of all the faithful, grant to the souls of your departed servants the remission of all their sins, so that, by the help of our prayers, they may obtain the pardon of their sins as they have always desired; through Christ our Lord. Amen. (*Anon. from India*)

## Reflections

‘By purifying the soul of all that is not God, God strips us in order to clothe us anew in Christ. Nothing giving place to the All, sorrow is turned into joy.’ (*Elizabeth Ruth*)

‘Faith, by itself, if it has no works, is dead.’ (*James 2.17*)

‘We pray [in the Eucharist] for those who have died, believing that it will be the greatest advantage for the souls of those for whom this supplication is offered when the holy and wonderful sacrifice is set before God.’ (*Saint Cyril of Jerusalem*)



## WEEK 8 MONDAY EVENING

### **To you be the glory**

Father, I fall on my knees before you. I ask you from the wealth of your glory to give me power through your Spirit to be strong in my inner self.

I pray that Christ will make his home in my heart, so that I may have the power to understand how broad and long, how high and deep, is Christ's love.

For by means of your power working in me you are able to do so much more than I can ever ask for, or even think of.

To you, Father, be the glory in the church and in Christ Jesus for all time, for ever and ever. Amen. (*Adapted from Ephesians 3.14, 16-20*)

### **In the day of distress I will call**

Turn your ear, Lord, and give answer, for I am poor and needy.

Preserve my life, for I am faithful: save the servant who trusts in you.

You are my God, have mercy on me, Lord, for I cry to you all the day long.

Give joy to your servant, Lord, for to you I lift up my soul.

Lord, you are good and forgiving, full of love to all who call.

Give heed, Lord, to my prayer and attend to the sound of my voice.

In the day of my distress I will call and surely you will reply.

Among the gods there is none like you, Lord, nor work to compare with yours.

All the nations shall come to adore you and glorify your name, Lord:

for you are great and do marvellous deeds, you who alone are God.

Show me, Lord, your way so that I may walk in your truth.

Guide my heart to fear your name.

I will praise you, Lord my God, with all my heart and glorify your name for ever;

for your love to me has been great: you have saved me from the depths of the grave.

But you, God of mercy and compassion, slow to anger, Lord,

abounding in love and truth, turn and take pity on me.

Give your strength to your servant and save your handmaid's son.

Show me a sign of your favour that you console me and give me your help. (*Adapted from Psalm 85*)

### **Blessing**

May God, our source of peace, be with us all. Amen.  
(*Adapted from Romans 15.32*)

## Reflections

‘Prayer is the breathing of the soul; prayer is our spiritual food and drink. Believe and trust that as it is easy for you to breathe the air and live by it, or to eat and drink, so it is easy and even still easier for your faith to receive all spiritual gifts from the Lord.’ (*John Sergeyev of Kronstadt*)

‘The Lord is good, a stronghold in the day of trouble; he protects those who take refuge in him.’ (*Nahum 1.7*)

‘Without a renewed education in solidarity, an overemphasis on equality can give rise to an individualism in which each one claims rights without wishing to be answerable for the common good.’ (*Pope Paul VI, Octogesima Adveniens*)

## WEEK 8 TUESDAY MORNING

### **To think and to do**

Lord, grant us, we ask you, the spirit to think and to do what is right, so that we, who cannot do anything that is good without you, may by you be enabled to live according to your will; through Jesus Christ our Lord. Amen. (*Adapted from the Leonine Sacramentary*)

### **The Holy Spirit**

Father, you sent the Holy Spirit into my heart, making me one of your children and an heir of your Kingdom. You constantly renew my spirit in the sacraments of your redeeming love, freeing me from slavery to sin, and transforming me ever more closely into the likeness of your beloved Son. Thank you for the wonders of your mercy. Glory to you through Christ, in the Holy Spirit, now and for ever. Amen. (*Anon.*)

### **The unity of your family**

Lord God, you made humanity in your own likeness and you love all that you have made; teach us the unity of your family and the breadth of your love. By the example of Jesus Christ your Son, our Saviour, enable us, while loving and serving our own, to enter into solidarity with the human family. Do not allow us through racial pride, arrogance, or hardness of heart to despise any of those for whom Christ died, or to injure or offend anyone in whom he lives. We ask this for his own name's sake. Amen. (*Adapted from the Church of Ireland*)

**Increase what you have begun**

Humanity in its weakness can never be endowed with the nobler gifts which it may possess unless its first steps are guided by you, our Master. Do you, then, Lord, prepare our minds for the good that you would advance in us, and increase what you have begun. Let us, at all times, give our thoughts to the progress of your Kingdom through Christ our Lord. Amen. (*Adapted from an African collect, fifth century*)

**Use our intelligence**

Lord God, you bid us deepen our appreciation of heavenly things through the teaching of the gospel, so raising our thoughts to heaven where Jesus, the Saviour of the world, is ascended. Grant to us who pray, that we may use our intelligence about the many things that come before us, so that when he comes again we may meet him, enriched with the gifts which you have promised to those who believe in you. (*Adapted from the Gothic Missal*)

## Reflections

‘Many waters cannot quench love, neither can floods drown it. If one offered for love all the wealth of the house, it would be utterly scorned.’ (*Song of Songs* 8.7)

‘Work is human only if it remains intelligent and free.’  
(*Pope Paul VI*)

‘Humanity is still imprisoned in narrow loyalties.’  
(*Pierre Teilhard de Chardin*)

## WEEK 8 TUESDAY EVENING

### **I will lie down in peace**

When I call, answer me, God of justice; from anguish you released me, have mercy and hear me.

How long, people, will your hearts be closed, will you love what is futile and seek what is false?

It is the Lord who grants favours to those whom he loves; the Lord hears me whenever I call.

Revere God; do not sin: ponder on your bed and be still. Make justice your sacrifice and trust in the Lord.

'What can bring us happiness?' many say. Lift up the light of your face on us, Lord.

You have put into my heart a greater joy than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once for you alone, Lord, make me dwell in safety. (*Psalm 4*)

### **Hope, the anchor of our souls**

Lord God, you never forsake those who hope in you. Grant that we may ever keep that hope which you have given us by your word as an anchor of our souls, to preserve us sure and steadfast, unshaken and secure in the storms of life; through Jesus Christ our Lord. Amen. (*Anon.*)

**Our brothers and sisters who are ill**

Father, your only Son took upon himself the sufferings and weaknesses of all humanity; through his passion and cross he taught us how good can be brought out of suffering. Look upon our brothers and sisters who are ill. In their illness and pain, may they be united with Christ, who heals both body and soul; may they know the consolation promised to those who suffer, and may they be restored to health as you will; through Christ our Lord. Amen. (*Pope Paul VI*)

**A doorway to hope**

Almighty Father, Son and Holy Spirit, eternal ever blessed gracious God, to me the least of the saints, to me allow that I may keep a door in paradise, that I may keep the smallest door, the furthest, the darkest, coldest door, the door that is least used, the stiffest door, as long as it is in your house, Lord God, as long as I can see your glory even from afar, and hear your voice, and know that I am with you, God, for ever. Amen. (*Attributed to Saint Colm Cille*)

**Blessing**

May the grace of the Lord Jesus Christ be with us all.  
(*Philemon 25*)



## Reflections

‘See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you.’ (*Adapted from Deuteronomy 30.15-16*)

‘By prayer, the soul is attuned to God.’ (*Julian of Norwich*)

‘Remember, Christian soul, that you have this day and every day of your life God to glorify, Jesus to imitate, a soul to save, a body to mortify, sins to repent of, virtues to acquire, hell to avoid, heaven to gain, eternity to prepare for, time to profit by, neighbours to love, evils to combat, passions to subdue and judgment to undergo.’ (*Adapted from Gilbert Shaw*)

## WEEK 8 WEDNESDAY MORNING

### **Acts of faith, hope and charity**

My God, I believe that you are the one God in three divine persons, Father, Son and Holy Spirit. I believe all that you teach because your word is true.

My God, I trust in your goodness and promises. I hope to be forgiven my sins, to be helped by you and to be taken to heaven through the power and goodness of Jesus Christ, my Lord and Saviour.

My God, I wish to love you above all things, with all my heart because you are so good. For your sake I will try to love others as I love myself. Amen. (*Anon.*)

### **The power of your strength**

Lord God, the sovereign good of the soul, you look for our love; deliver us from all sloth in your service and coldness in your cause. Grant us the fire of your love and the power of your strength; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Strength of mind**

We humbly ask your Majesty not to allow us to be dispirited by unjust and wounding remarks, nor misled by deceptive praise. Rather, give us strength of mind to be grateful to those who tell us the truth more than those who flatter us. (*Adapted from the Leonine Sacramentary*)

### **Prayer of one in distress**

With all my voice I cry to the Lord, with all my voice I entreat the Lord.

I pour out my trouble before him; I tell him all my  
distress while my spirit faints within me.  
But you, Lord, know my path.

On the way where I shall walk they have hidden a snare  
to entrap me.  
Look on my right and see: there is no one to take my  
part.  
I have no means of escape, not one who cares for my  
soul.

I cry to you, Lord. I have said 'You are my refuge, all I  
have in the land of the living.'  
Listen, then, to my cry, for I am in the depths of distress.

Rescue me from those who pursue me, for they are  
stronger than I.  
Bring my soul out of this prison and then I shall praise  
your name.  
Around me the just will assemble because of your  
goodness to me. (*Psalms 141*)

## **Reflections**

‘Be careful, then, how you live, not as unwise people, but as wise, making the most of time... do not be foolish, but understand what the will of God is.’  
*(Adapted from Ephesians 5.15-17)*

‘Happiness is joy in the truth.’ *(Saint Augustine)*

‘God leads every soul by a separate path.’ *(Saint John of the Cross)*

## WEEK 8 WEDNESDAY EVENING

### **Lonely people**

Father, we pray for all lonely people, especially those who, coming home to an empty house, stand in the doorway hesitant and afraid to enter. May all who stand in any doorway with fear in their hearts, like the two disciples on the road to Emmaus, ask the Living One in. Then, by his grace, may they find that in loneliness they are never alone, and that he peoples empty rooms with his presence. *(Adapted from E. M. Farr)*

### **Courage, wisdom and power**

Take from us, Lord God, all pride and vanity, all boasting and assertiveness, and give us the courage that shows itself in gentleness, the wisdom that shows itself in simplicity, and the power that shows itself in modesty and thought for others; through Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

### **Faith and works**

God of love, bring us back to you. Send your Spirit to make us strong in faith and active in good works. We ask this in Jesus' name. Amen. *(Adapted from the Roman liturgy)*

### **Peace on earth**

Almighty God and Father of all humanity, we ask you to turn to yourself the hearts of all peoples and rulers, so that, by the power of your Holy Spirit, peace may be established on the foundations of justice and truth,

through him who was lifted up on the cross to draw all people to himself, your Son Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **I take refuge in you**

Preserve me, God, I take refuge in you.

I say to the Lord, 'You are my God; my happiness lies in you alone.'

Lord, it is you who are my portion and cup; it is you yourself who are my prize.

The lot marked out for me is my delight; welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel, who even at night directs my heart.

I keep the Lord ever in my sight; since he is at my right hand I shall stand firm.

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 fulness of joy in your presence,  
at your right hand happiness for ever. (*Adapted from Psalm 15*)

### **Blessing**

May the grace of the Lord Jesus be with everyone. (*Revelation 22.21*)

## Reflections

‘Pride goes before destruction and a haughty spirit before a fall.’ (*Proverbs 16.18*)

‘There is no greater valour nor sterner fight than for self-effacement, self-oblivion.’ (*Meister Eckhart*)

‘True inner prayer is to stop talking and to listen to a wordless voice of God within our heart; it is to cease doing things on our own and enter into the action of God.’ (*Kallistos Ware*)

## WEEK 8 THURSDAY MORNING

### **The blessing of the Eucharist**

God our Father, life of the faithful, glory of the humble, happiness of the just, hear our prayer. Fill our emptiness with the blessing of the Eucharist, the foretaste of eternal joy; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **One in faith and love**

God our Father, bring the hearts of all believers together in praise of you and in seeking renewal and reconciliation. May the divisions between Christians be overcome. Make us one in faith and love as we walk with Christ to the joy of your eternal Kingdom; through the same Christ our Lord. Amen. (*Pope Paul VI*)

### **The praise of God**

Revere the Lord and give him honour. Worthy is the Lord to receive praise and honour. All you who revere the Lord, praise him. Hail Mary, full of grace, the Lord is with you. Heaven and earth, praise him. All you rivers, praise the Lord. All you children of God, praise the Lord. This the day the Lord has made, let us rejoice and be glad in it. Let every spirit praise the Lord. Praise the Lord because he is good; all you who read this, bless the Lord. All you creatures, bless the Lord. All you birds of heaven, praise the Lord. All you children, praise the Lord. Young men and virgins, praise the Lord. Worthy is the Lamb who was slain to receive praise, glory and honour. Blessed be the Holy Trinity and undivided



Unity. Saint Michael the archangel, defend us in battle.  
*(Attributed to Saint Francis of Assisi)*

**You created the world**

Most glorious Lord God, you created the world and you uphold it in marvellous beauty and order, give us grace so to meditate on your power and wisdom, your love and mercy, that we may ever thank you, adore you, and praise you for ever; through Jesus Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

**The one thing necessary**

Turn our hearts to yourself, eternal Father, so that, always seeking the one thing necessary, and devoting ourselves to works of charity, we may worship you in spirit and in truth; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

**From old life to new life**

Father of love, source of all blessings, help us to pass from our old life of sin to the new life of grace. Prepare us for the glory of your Kingdom; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

## Reflections

‘We offer [the Eucharist] every day, making a memorial of his death. This is one sacrifice, not many. And why? Because it was offered once. We always offer the same person: therefore it is one sacrifice. By the same token, the offering of the sacrifice in many places does not, of course, mean that there are many Christs. Christ is everywhere one, entire in this place and in that, one body, and so, one sacrifice. We offer now what was offered then. We offer the same sacrifice: or rather we make a memorial of that sacrifice.’ (*Adapted from Saint John Chrysostom*)

‘Eliminate what is obsolete; retain what is useful; determine what is necessary.’ (*Pope Paul VI*)

‘God created humankind in his image, in the image of God he created them; male and female he created them.... God saw everything that he had made, and indeed, it was very good.’ (*Genesis 1.27, 31*)

## WEEK 8 THURSDAY EVENING

### **Union with you**

Grant me a clean heart to see you, detachment of spirit to serve you, and true recollection to know you. Conform my spirit to your blessed human nature. Conform my soul to your holy soul. Conform my body to your pure body. Free me from all that prevents my union with you. Grant me in my soul to know you clearly, to love you ardently, to cling to you in closest union, and to rest in you, not for any merit of my own, but for the praise of your name. Amen. (*Adapted from Gilbert Shaw*)

### **From a concentration camp**

Peace to all those of evil will. Let there be an end to demands for punishment and retribution. Crimes have surpassed all measure and can no longer be grasped by human understanding. There are too many martyrs. So, do not weigh their sufferings on the scales of justice, Lord, nor lay those sufferings to the torturers' charge to exact a terrible reckoning from them. Pay them back in a different way. Put down in favour of the executioners, the informers, the traitors and all those of evil will, the courage, the spiritual strength of others, their humility, their lofty dignity, their constant inner striving and their invincible hope, the smiles, the stench, the tears, their love, their ravaged broken hearts that remained constant and faithful in the face of death itself, yes, even at the moment of utmost weakness. Let all this, Lord, be laid before you for the forgiveness of sin, a ransom for the triumph of righteousness. Let the good, not the evil, be

taken into account, and may we remain in our enemies' memory, not as their victims, not as their nightmare, not as a haunting ghost, but as helpers in their striving to wipe out the fury of their criminal passion. There is nothing more that we want of them. *(Adapted from an anonymous note left on the body of a dead child in Ravensbrück concentration camp in World War II)*

### **Give life to the souls of all of us**

We most earnestly ask you, Lover of humanity, to bless all your people, the sheep of your flock. Send into our hearts the peace of heaven, and grant us also peace in this life. Give life to the souls of all of us, and let no sin prevail against us or against any of your people. Deliver all who are in trouble, for you are our God, and you set captives free, you give hope to the hopeless, you help the helpless, you lift up the fallen, you are the haven of those in distress. Give your pity, pardon and refreshment to every soul, whether in affliction or error. Preserve us from hurt and danger in our pilgrimage through this life, and grant that we may end our life as Christians, pleasing to you, and free from sin, so that we may enjoy the company of the angels and saints; for the sake of Jesus Christ our Lord and Saviour. Amen. *(Adapted from the Liturgy of Saint Mark)*

### **Blessing**

Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever. Amen. *(Revelation 7.12)*

## Reflections

‘God, be merciful to me, a sinner.’ (*Luke 18.13*)

‘The function of art lies in... providing a window to the infinite for the hungry soul.’ (*Pope Pius XII*)

‘Though faith is above reason, there can never be found a real contradiction or disagreement between them, as both of them originate from the same source of immutable and eternal truth, from the good and great God, and both so help each other that right reason demonstrates, safeguards and defends the truth of faith, whereas faith frees reason from all errors, and through the knowledge of divine things enlightens, strengthens and perfects it.’ (*Pope Pius IX*)

## WEEK 8 FRIDAY MORNING

### **Grant me eternal salvation**

Almighty God, I give you my body and soul for time and eternity. Forgive me all the sins that I have ever committed. I am sorry for them, and I wish to love you. I believe that your divine Son became man and died for my sins. I believe that you have saved me by the blood of the cross. I believe that there are three persons in one God, the Father, the Son and the Holy Spirit. I trust in you, Lord Jesus, to save me. I ask Mary to pray for me now and at the hour of my death. I ask the prayers of my guardian angel and all the saints, and especially my patron, Saint *(name)*. Lord Jesus, grant me eternal salvation so that I may be with you forever in my heavenly home. Amen. *(Anon., from India)*

### **The rich man's friends**

Among the sleek and wealthy, the poor are regarded as fools.

Once I was wealthy, and flocks of friends thronged to my door; I grew poor, and none came near.

In summer, people wanted to walk in my shadow; now as I pass in my coarse clothes they avoid me.

The person they saw when I was rich was not me, but my wealth; now they see nobody, pretending I no longer exist.

If I were rich again, their eyes would brighten when they saw me, and their arms reach out to embrace me; now they can watch me collapse without lifting a hand to help me.

The world jibes at me because my barns are bare and my house empty; the proud look down their noses at me, the rich curl their lips.

Lord, let everyone know both poverty and wealth in their lives; then all would be happy to share what they have.  
*(Adapted from the Celtic)*

**For those who are suffering**

Father, you are the unfailing refuge of those who suffer. Bring peace and comfort to the sick and infirm, to the aged and the dying. Give all those who look after them knowledge, patience and compassion. Inspire them with actions which will bring relief, words which will enlighten, and love which will bring comfort. We commend to you the disheartened, the rebellious, those torn by temptation or tormented by desire, and those wounded or abused by human ill-will. Lord, pour out on us your spirit of love, understanding and sacrifice; may we then give effective help to the suffering we meet on our way. Help us to answer their cry, for it is our own. Amen. *(Adapted from Pope Paul VI)*

**For the faithful departed**

Eternal God, have mercy on the faithful departed for whom our Lord and Saviour Jesus Christ died. Amen.  
*(Saint Peter Canisius)*

## Reflections

‘When they looked around, they saw no one with them any more, but only Jesus.’ (*Mark 9.8*)

‘An incessant “progress”, never ending in contentment, means the condemnation of all people to a state of irremediable poverty.’ (*Ananda Coomaraswamy*)

‘Growth involves pain, the pain of leaving behind what went before, all that we have been, in favour of what we are summoned to become.’ (*John Main*)



## WEEK 8 FRIDAY EVENING

### **My soul's desire**

My soul's desire is to see the face of God, and to rest in his house.

My soul's desire is to study the scriptures, and to learn the ways of God.

My soul's desire is to be freed from all fear and sadness, and to share Christ's risen life.

My soul's desire is to imitate my King, and to sing his praises always.

My soul's desire is to enter the gates of heaven, and to gaze upon the light that shines for ever.

Dear Lord, you alone know what my soul truly desires, and you alone can satisfy those desires. (*Celtic*)

### **For the dead**

God, our creator and redeemer, by your power Christ conquered death and returned to you in glory. May all your people who have gone before us in faith share his victory and enjoy the vision of your glory for ever, where Christ lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **My God, make haste to help me**

In you, Lord, I take refuge; let me never be put to shame. In your justice rescue me, free me; pay heed to me and save me.

Be a rock where I can take refuge, a mighty stronghold  
to save me, for you are my rock, my stronghold.  
Free me from the hand of the wicked, from the grip of  
the unjust, of the oppressor.

It is you, Lord, who are my hope, my trust, Lord, since  
my youth.  
On you I have leaned from my birth; from my mother's  
womb you have been my help.  
My hope has always been in you.

My lips are filled with your praise, with your glory all  
the day long.  
Do not reject me now that I am old; when my strength  
fails do not forsake me.

For my enemies are speaking about me. They say, 'God  
has forsaken him, follow him, seize him; there is no one  
to save him.'  
God, do not stay far off; my God, make haste to help me.  
(Adapted from Psalm 70)

### **Blessing**

May almighty God bless us, the Father, the Son and the  
Holy Spirit. Amen. (Adapted from the Roman liturgy)

## Reflections

‘A pure, clean heart is the temple of God, where the eternal God lives always in truth, when all that is unlike him has been driven out.’ (*Johannes Tauler*)

‘We get ready for death by beginning to live life as we should have been living it all along.’ (*Ronald Rolheiser*)

‘Let it be known to you, therefore, that through this man, Jesus, forgiveness of sins is proclaimed to you.’ (*Adapted from Acts of Apostles 13.38*)

## WEEK 8 SATURDAY MORNING

### **By her intercession**

Father, you prepared a worthy dwelling-place for your Son through the immaculate conception of the virgin Mary, preserving her from all sin by reason of the death he was to suffer for all humanity. By her intercession help us also to be free from sin and pleasing to you; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Present and future**

All-powerful and merciful Father, refreshment of the weary, comfort in sorrow, strength in our weakness, hear the prayer which we sinners make to you: save and sustain us in our present need, and help us to face the future with courage; through Christ our Lord. Amen. (*Pope Paul VI*)

### **Deliver us**

Lord God, to save us, you gave your Son to death on the cross, and by his glorious resurrection delivered us from the power of the enemy. Grant us to die daily to sin, that we may live closer to him in the joy of the resurrection; through Christ our Lord. Amen. (*Saint Gregory the Great*)

### **I will praise you, Lord**

I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me.

Lord, I cried to you for help and you, my God, have healed me.

Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave.

Sing psalms to the Lord, you who love him, give thanks to his holy name.

His anger lasts but a moment; his favour through life. At night there are tears, but joy comes with dawn.

I said to myself in my good fortune, 'Nothing will ever disturb me.'

Your favour had set me on a mountain fastness; then you hid your face and I was put to confusion.

To you, Lord, I cried, to my God I made appeal, 'What profit would my death be, my going to the grave? Can dust give you praise or proclaim your truth?'

The Lord listened and had pity. The Lord came to my help.

For me you have changed my mourning into dancing, you removed my sackcloth and girdled me with joy.

So my soul sings psalms to you unceasingly; Lord my God, I will thank you for ever.' (*Adapted from Psalm 29*)

## Reflections

‘God sends us nothing that is too hard or painful to bear. He proportions all to our strengths and abilities. Our trials are suited to our needs as a glove to the hand of the wearer. All things will contribute to our sanctification if we but cooperate with the designs of Divine Providence.’ (*Saint Alphonsus Liguori*)

‘We cannot think too little of ourselves, or too much of our souls.’ (*G. K. Chesterton*)

‘Find the door to the inner room of your heart, and you will find that it is also the door to the kingdom of heaven.’ (*Saint John Chrysostom*)

## WEEK 8 SATURDAY EVENING

### **I believe in God**

I believe in God the Father who created heaven and earth, and in Jesus Christ his Son who was born of the Virgin Mary, who suffered torment once under Pontius Pilate, who indeed was tortured high upon a cross. He died because of the sin of Adam and Eve, and went into hell of the sorrows to visit the souls. When the third morning came he rose mighty from the earth, and sits in truth on the right hand of the God of power. From there he comes again riding on the clouds to pass judgment on the dead, and no injustice will he do. I yield further to the Holy Spirit and to Peter's holy church placed fast on a rock never to sway, which the devil and his angels ever try to move and bring down, yet always in vain. I believe truly in the communion of saints and angels, the forgiveness of sins, the resurrection of the dead and in eternity. (*Celtic*)

### **I am growing old**

Lord, you know better than I do that I am growing old and someday will be old. Keep me from the habit of thinking that I must say something on every subject and on every occasion. Release me from the craving to straighten out everyone's affairs. Make me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but you know, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my

aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory clashes with the memories of others. Teach me the glorious lesson that I may occasionally be mistaken. Keep me reasonably sweet; I do not want to be a saint - some of them are so hard to live with - but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people, and give me, Lord, the grace to tell them so. Amen. (*Attributed to an anonymous seventeenth century nun*)

### **Blessing**

In the name of the Father, in the name of the Son, in the name of the Spirit, three in one:

Father, cherish us; Son, cherish us; Spirit, cherish us, three all-kindly.

Father, make us holy; Christ, make us holy; Spirit, make us holy, three all-holy.

Three, aid my hope; three, aid my love; three, aid our eyes and our knees from stumbling. Amen. (*Celtic*)



## Reflections

‘We come to the house of faith only after we have travelled through the forest of doubt.’ (*Peter Abélard*)

‘The word “angel” is the name of an office, and not of a nature.’ (*Saint Gregory the Great*)

‘Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by the Son.’ (*Hebrews 1.1-2*)

WEEK 9 SUNDAY MORNING

**Follow the example of Christ**

Almighty and ever-living God, you have given the human race Jesus Christ our Saviour as a model of humility. He fulfilled your will by becoming man and giving his life on the cross. Help us to bear witness to you by following his example of suffering for love, and make us worthy to share in his resurrection. We ask this through the same Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Let earth rejoice**

The Lord is King, let earth rejoice, the many coastlands be glad.

Cloud and darkness are his clothing; his throne, justice and right.

The mountains melt like wax before the Lord of all the earth.

The skies proclaim his justice; all peoples see his glory.

Let those who serve idols be ashamed, those who boast of their worthless gods.

All you spirits, worship him.

For you indeed are the Lord, most high above all the earth,

exalted far above all spirits.

Light shine forth for the just and joy for the upright of heart.

Rejoice, you just, in the Lord; give glory to his holy name. (*Adapted from Psalm 96*)

### **Welcome one another**

Forget your poverty for a while; think of hospitality. The Son of Mary will prosper you and every guest will have a share. Many a time what is spent returns to the generous hand, and what is kept back passes away nonetheless. (*Celtic*)

### **Be our help and support**

We ask you, Lord and Master, to be our help and support. Save those who are in trouble; have mercy on the lonely; lift up the fallen; show yourself to the needy; heal the ungodly; convert the wanderers of your people; feed the hungry; raise up the weak; comfort the faint-hearted. Let all the peoples know that you alone are God, and Jesus Christ is your Son, and that we are your people; for the sake of Jesus. Amen. (*Adapted from Saint Clement of Rome*)

## Reflections

‘Everything that God has done for the salvation of the world lies hidden in the name of Jesus.’ (*Saint Bernardine of Siena*)

‘Just as the church makes the Eucharist, so the Eucharist makes the church.’ (*Henri de Lubac*)

‘What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked or lacks daily food, and one of you says to them, “Go in peace; keep warm and eat your fill,” and yet you do not supply their bodily needs, what is the good of that? So, faith by itself, if it has no works, is dead.’ (*James 2.14-17*)

## WEEK 9 SUNDAY EVENING

### **Holy and glorious Trinity**

Blessing and honour and thanksgiving and praise more than we can utter, more than we can conceive, be to you, holy and glorious Trinity, Father, Son, and Holy Spirit by all angels, all peoples and all creatures for ever and ever. Amen. (*Church of Ireland*)

### **Answers to prayer**

I asked for strength so that I might achieve; I was made weak so that I might learn humbly to obey.

I asked for health so that I might do great things; I was given infirmity so that I might do better things.

I asked for riches so that I might be happy: I was given poverty so that I might be wise.

I asked for power so that I might have the praise of men; I was given weakness so that I might feel the need of God.

I asked for all things so that I might enjoy life; I was given life so that I might enjoy all things.

I got nothing that I had asked for, but everything that I had hoped for.

Almost despite myself my unspoken prayers were unanswered; I am, among all men, most richly blessed. (*Attributed to an anonymous Confederate soldier*)

### **For the pope**

Father, as successor to the Apostle Peter you have chosen your servant Pope (*name*), to be the shepherd of the flock. May he strengthen his brothers and sisters, and

may the whole church be in communion with him in the bond of unity, love and peace, that all people may receive from you, the shepherd and bishop of their souls, truth and eternal life; through Christ our Lord. Amen.  
*(Pope Paul VI)*

### **Seeking your Kingdom**

Eternal Father, turn our hearts to you. By seeking your Kingdom and loving one another, may we become a people who worship you in spirit and truth; in Jesus' name. Amen. *(Adapted from the Roman liturgy)*

### **Your life-giving mysteries**

Let our mouths be filled with your praise, Lord, that we may sing of your glory, because you have counted us worthy to share in your divine, immortal and life-giving mysteries. Preserve us in holiness, that we may learn of your justice all the day long. Alleluia, alleluia, alleluia.  
*(Liturgy of Saints John Chrysostom and Basil the Great)*

### **Blessing**

The God of our fathers will help us; the Almighty will bless us with blessings of heaven above, blessings of the deep that lies beneath. His blessings are stronger than the blessings of the eternal mountains, the bounties of the everlasting hills. May they be on our heads. Amen.  
*(Adapted from Genesis 49.25-26)*

## Reflections

‘The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.’ (*Romans 8.26-27*)

‘It is commonly said that a soul shall see our Lord within all things and within itself. It is true that our Lord is within all creatures, but not like a kernel hidden in the shell of a nut. God is within all creatures, holding and keeping them in being through the power of his own blessed and invisible goodness.’ (*Walter Hilton*).

‘When you approach the Eucharist, make your left hand, as it were, a throne for your right, since it is about to receive a King; and hollow your palm, and receive the body of Christ, adding your “Amen.” Then, after you have carefully hallowed your eyes by the touch of the holy body, partake of it.’ (*Saint Cyril of Jerusalem*)

## WEEK 9 MONDAY MORNING

### **Help me through this day**

Father, help me through this day that it may be spent in your service. In all my thoughts, words and actions, may I do your will faithfully for love of you and my brothers and sisters. Amen. (*Adapted from Pope Paul VI*)

### **God, come to me in your mercy**

I pray to you, God, whom no one lets go unless deceived; whom no one seeks unless taught; and whom no one finds unless cleansed. Come mercifully to me. You have saved my soul from the constraint of fear so that it may serve you in the freedom of love. I ask you, God, to reveal me to myself. I implore you, you to whom faith calls, hope leads and love unites, come to me in your mercy. Those who are bowed down with burdens you lift up, and they do not fall because you are their support. Be our strong support from childhood to old age. For when our strength is yours then we are strong indeed. But when our strength is ours, we are feeble and weak. I will not give myself up until you gather all the fragments of myself from my present scatteredness and deformity, and unite them and cement them for eternity, my God, my mercy. I pray to you, my God, for to turn from you is to fall, to turn to you is to rise again, to remain in you is to stand firm. Come to me in your mercy. (*Adapted from Saint Augustine*)



### **Lord of my heart**

Lord of my heart, give me vision to inspire me so that, whether working or resting, I may always think of you.

Lord of my heart, give me light to guide me so that, at home or abroad, I may always walk in your way.

Lord of my heart, give me wisdom to direct me so that, thinking or acting, I may always discern right from wrong.

Lord of my heart, give me courage to strengthen me so that, among friends or enemies, I may always proclaim your justice.

Lord of my heart, give me trust to console me so that, hungry or well-fed, I may always rely on your mercy.

Lord of my heart, save me from empty praise so that I may always boast of you.

Lord of my heart, save me from worldly wealth, so that I may always look to the riches of heaven.

Lord of my heart, save me from the arrogance of power, so that I may always seek your protection.

Lord of my heart, save me from vain knowledge so that I may always study your word.

Lord of my heart, save me from unnatural pleasures so that I may always find joy in your wonderful creation.

Heart of my own heart, whatever may befall me, rule over my thoughts and feelings, my words and actions.  
Amen. (*Celtic*)

## Reflections

‘To revere the Lord is the beginning of wisdom; she is created with the faithful in the womb.

To revere the Lord is the fulness of wisdom; she inebriates mortals with her fruits.

To revere the Lord is the crown of wisdom, making peace and perfect health to flourish.

To revere the Lord is the root of wisdom, and her branches are long life.’ (*Adapted from Sirach 1.14. 16, 18,20*)

‘Happiness is joy in the truth because it is joy in you, Lord, who are truth, my light, my salvation, my God.’ (*Saint Augustine*)

‘The Lord came not to make a display, but to heal and teach those who were suffering.... to give himself to those in want, and to reveal himself as those who need him can bear it.’ (*Adapted from Saint Athanasius*)

WEEK 9 MONDAY EVENING

**Prayer in desolation**

Lord, listen to my prayer; turn your ear to my appeal.  
You are faithful, you are just; give answer.  
Do not call your servant to judgment for no one is just in  
your sight.

The enemy pursues my soul; he has crushed my life to  
the ground;  
he has made me dwell in darkness like the dead, long  
forgotten.  
Therefore my spirit fails; my heart is numb within me.

I remember the days that are past; I ponder all your  
works.  
I muse on what your hand has wrought and to you I  
stretch out my hands.  
Like a parched land my soul thirsts for you.

Lord, make haste and answer; for my spirit fails within  
me.  
Do not hide your face lest I become like those in the  
grave.

In the morning let me know your love for I put my trust  
in you.  
Make me know the way I should walk; to you I lift up  
my soul.

Rescue me, Lord, from my enemies; I have fled to you for refuge.

Teach me to do your will, for you, Lord, are my God.

Let your good spirit guide me in ways that are level and smooth.

For your name's sake, Lord, save my life; in your justice save my soul from distress. (*Psalm 142*)

### **A love for justice**

God our Father, who rule over the nations of the earth, give to your people a love for justice and a hatred for injustice, so that each one will exercise his or her freedom, not in selfishness, but for the good of all; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Blessing**

May almighty God bless us and protect us from all sin.

May he fulfil his promises and bring us to eternal life.

May we come with joy to the feast that lasts forever.

Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘If you wish to search out the deep things of God, search into the deep things of your own spirit.’ (*Richard of Saint Victor*)

‘When you're looking after Number One, you're going to step on some Number Two.’ (*Rodney Dangerfield*)

‘Where your treasure-house is, there also will your heart be.’ (*Matthew 6.21*)

## WEEK 9 TUESDAY MORNING

### **Come, Holy Spirit**

Come, Holy Spirit of God, and fill my heart with your love. Help me to love and serve my neighbours so that wherever I go this day I may bring peace and happiness. Keep me, my God, free from sin and from evil in my thoughts, words and actions, so that in all things I may do your will. (*Anon.*)

### **The gift of your love**

Lord Jesus Christ, you have said, 'Ask and you shall receive; seek and you shall find; knock and the door will be opened to you.' Grant us the gift of your love that we may ever love you with our whole heart in our words and in our works, and never cease praising you, who with the Father and the Holy Spirit live and reign, one God, for ever and ever. Amen. (*Anon.*)

### **You made humanity in your own likeness**

Father, you made humanity in your own likeness, and you love all that you have made; do not allow the human family to separate itself from you by building barriers of race, colour, class, or language. Your Son, our Saviour, was born of a Jewish mother, rejoiced in the faith of a Syrian woman and of a Roman soldier, welcomed the Greeks who sought him, and was helped to carry his cross by an African; teach us to regard the members of all races and social groups as heirs with us to the Kingdom of Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Naked love**

Lord, I make you a present of myself. I do not know what to do with myself. So let me make this exchange: I will place myself entirely in your hands if you will cover my ugliness with your beauty, and tame my unruliness with your love. Put out the flames of false passion in my heart, since these flames destroy all that is true in me. Make me always busy in your service.

Lord, I want no special signs from you, nor am I looking for intense emotions in response to your love. I would rather be free of all emotion than run the danger of falling victim once again to false passion. Let my love for you be naked, without any emotional clothing.  
*(Saint Catherine of Genoa)*

### **Give them their daily bread**

Make us worthy, Lord, to serve our brothers and sisters throughout the world who live and die in poverty and hunger. Give them this day their daily bread through our hands and, by our understanding love, give them peace and joy. Amen. *(Adapted from Mother Teresa of Calcutta)*

## Reflections

‘What the soul is to the body, so the Holy Spirit is to the church which is Christ's body.’ (*Saint Augustine*)

‘In everything, do to others as you would have them do to you; for this is the law and the prophets.’ (*Matthew 7.12*)

‘In God's sight all are one person, and one person is all people.’ (*Julian of Norwich*)



## WEEK 9 TUESDAY EVENING

### **Jesus, grant me grace**

Jesus, grant me grace to fix my mind on you, especially in time of prayer, when I converse directly with you. Stop the motions of my wandering mind, and the desires of my unstable heart; suppress the power of my spiritual enemies, who endeavour at that time to draw my mind from heavenly thoughts, to many vain imaginations. So shall I, with joy and gratitude, look on you as my deliverer from all the evils I have escaped, and as my benefactor for all the good I have received or can hope for. I shall see that you are my only good, and that all other things are but means ordained by you to make me fix my mind on you, to make me love you more and more, and, by loving you, to be eternally happy. Beloved of my soul, take up all my thoughts here, so that my eyes, abstaining from vain and hurtful sights, may become worthy to behold you face to face in your glory for ever. Amen. (*Richard Whitford*)

### **Hear our prayers for all**

Almighty God, we ask you to hear our prayers for all who sin against you, or neglect to serve you, all who forget you, and all who leave you out of their lives. Lord, have mercy upon them; give us all true repentance and an earnest longing for you. Grant, we ask you, Lord, to strengthen and confirm your faithful people, and to lift up the light of your face upon them, giving them continually the desire for heaven; through Jesus Christ our Lord. Amen. (*Adapted from an ancient collect*)

**Lord, let your love come upon me**

Lord, let your love come upon me, the saving help of your promise.

And I shall answer those who taunt me for I trust in your word.

Do not take the word of truth from my mouth for I trust in your decrees.

I shall always keep your law for ever and ever.

I shall walk in the path of freedom for I seek your precepts.

I will speak of your will before kings and not be abashed.

Your commands have been my delight; these I have loved.

I will worship your commands and love them and ponder your will. (*Adapted from Psalm 118*)

**Blessing**

Keep us in peace, Christ our God, under the protection of your holy and venerable cross. Save us from our enemies, visible and invisible, and count us worthy to glorify you with thanksgiving, with the Father and the Holy Spirit, now and for ever, world without end. Amen. (*Armenian Apostolic Church*)

## Reflections

‘Only people who build in hope can have the vision necessary to progress patiently and tenaciously towards goals that are worthy of the best efforts and the common good of all.’ (*Pope John Paul II*)

‘You will never attain to a life of authentic prayer so long as you are looking for an emotional experience. On your part, the value of your prayer depends on the effort it demands of you. On God's part, the value of your prayer depends upon the action of the Holy Spirit within you.’ (*Adapted from Michel Quoist*)

‘What if some were unfaithful? Will their faithlessness nullify the faithfulness of God? By no means!’ (*Romans 3.3-4a*)

## WEEK 9 WEDNESDAY MORNING

### **I believe**

I believe, God of all gods, that you are the eternal Father of life.

I believe, God of all gods, that you are the eternal Father of love.

I believe, Lord and God of the peoples, that you are the creator of the high heavens, that you are the creator of the skies above, that you are the creator of the oceans below.

I believe, Lord and God of the peoples, that you are he who created my soul and set its form, who created my body from dust and from ashes, who gave to my body breath and to my soul its possession.

Father, bless to me my body; Father, bless to me my soul;

Father, bless to me my life; Father, bless to me my belief. (*Celtic*)

### **Do not withdraw your grace**

Do not withdraw your grace from us, Lord; by it alone can we give ourselves wholly to your service, and obtain your help in our every need; through Christ our Lord. Amen. (*Adapted from Christina Rossetti*)

### **Grounded in your truth**

Lord almighty, Father of Jesus Christ our Lord, grant us, we ask you, to be grounded and settled in your truth by the coming of the Holy Spirit in our hearts. Reveal to us what we do not know; fill up what is missing; confirm

what we know, and keep us without blame in your service, through the same Jesus Christ our Lord. Amen.  
*(Attributed to Saint Clement of Rome)*

**Open our hearts to your grace**

Lord, open our hearts to your grace. Restrain us from all human waywardness and keep us faithful to your commandments; through Christ our Lord. Amen.  
*(Adapted from the Roman liturgy)*

**A new heart I will give you**

I will take you from the nations, and gather you from all the countries, and bring you into your own land.

I will sprinkle clean water upon you, and you shall be clean from all your uncleanness, and from all your idols I will cleanse you.

A new heart I will give you, and a new spirit I will put within you;

and I will take out of your flesh the heart of stone and give you a heart of flesh.

And I will put my spirit within you, and cause you to walk in my statutes and be careful to observe my ordinances.

You shall dwell in the land which I gave to your fathers; and you shall be my people, and I will be your God.  
*(Ezekiel 36.24-28)*

## Reflections

‘Do not have God on your lips, and the world in your heart.’ (*Saint Ignatius of Antioch*)

Jesus said, ‘If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.’ (*John 8.31-32*)

‘The divine will unites God to our souls in many different ways, and that which suits us is always best for us.’ (*Jean-Pierre de Caussade*)

## WEEK 9 WEDNESDAY EVENING

### **Give us humility**

Father, give us the humility which realizes its ignorance, admits its mistakes, recognizes its need, welcomes advice and accepts rebuke.

Help us always to praise rather than criticize, to sympathize rather than condemn, to encourage rather than discourage, to build rather than destroy, and to think of people at their best rather than at their worst. This we ask for your name's sake. Amen. (*William Barclay*)

### **For our enemies**

Lord, lover of souls, you prayed for those who crucified you and commanded your disciples to pray for their enemies, forgive those who hate and mistreat us. Turn our lives from all harm and evil to love and good works. This we ask, bringing you our prayer, so that with one heart and mind we may glorify you who alone love humanity. We make this prayer in Jesus' name. Amen. (*Orthodox*)

### **Justice and peace**

God our Father, look with mercy upon us your children. Purify our hearts from hatred, falsehood, and prejudice; guide us by your loving wisdom so that justice and peace may be established among all peoples; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **A song of praise**

Open to me the gates of holiness; I will enter and give thanks.

This is the Lord's own gate where the just may enter.

I will thank you for you have answered, and you are my saviour.

The stone which the builders rejected has become the cornerstone.

This is the work of the Lord, a marvel in our eyes.

This day was made by the Lord; we rejoice and are glad.

Lord, grant us salvation; Lord, grant success.

Blest in the name of the Lord is he who comes.

We bless you from the house of the Lord; the Lord God is our light.

You are my God, I thank you. My God, I praise you.

Give thanks to the Lord for he is good; for his love endures for ever. (*Adapted from Psalm 117*)

### **Blessing**

May God give us light to guide us, courage to support us, and love to unite us, now and evermore. Amen.

(*Anon.*)



## Reflections

‘All the other vices fly from God; only pride rises up against him.’ (*Boethius*)

‘Let the same mind be in you that was in Christ Jesus.’  
(*Philippians 2.5*)

‘Let us not be justices of the peace, but angels of peace.’  
(*Saint Thérèse of Lisieux*)

## WEEK 9 THURSDAY MORNING

### **I commend myself into your hands**

My Lord and my God, I do not know what will happen to me this day, but what I do know is that nothing will happen to me which has not been foreseen in your infinite goodness. This is enough to bring me peace. I adore you in your wisdom and love. I commend myself into your hands with complete trust. (*Adapted from Pope Paul VI*)

### **Sing a new song to the Lord**

Sing a new song to the Lord, sing to the Lord, all the earth. Sing to the Lord, bless his name.

Proclaim his help day by day, tell among the nations his glory and his wonders among all the peoples.

The Lord is great and worthy of praise, to be feared above all gods; the gods of the heathen are naught.

It was the Lord who made the heavens, his are majesty and state and power and splendour in his holy place.

Give the Lord, you families of peoples, give the Lord glory and power, give the Lord the glory of his name.

Bring an offering and enter his courts, worship the Lord in his temple; earth, tremble before him.

Proclaim to the nations 'God is King'.

The world he made firm in its place; he will judge the peoples in fairness.

Let the heavens rejoice and earth be glad, let the sea and all that is within it thunder praise,  
let the land and all its bears rejoice, all the trees of the wood shout for joy

at the presence of the Lord for he comes, he comes to rule the earth.

With justice he will rule the world; he will judge the peoples with his truth. (*Psalms 95*)

### **Wrestling with faith**

In times of doubts and questionings, when our belief is perplexed by new learning, new teaching, new thought, when our faith is strained by creeds, by doctrines, by mysteries beyond our understanding, give us the faithfulness of learners and the courage of believers in you; give us boldness to examine and faith to trust all truth; patience and insight to master difficulties; stability to hold fast our tradition with enlightened interpretation to admit all fresh truth made known to us, and, in times of trouble, to grasp new knowledge readily and to combine it loyally and honestly with the old; from stubborn rejection of new revelations and from hasty assurance that we are wiser than those who went before us, save us and help us, we ask you, Lord. (*George Ridding*)

## Reflections

‘The person who never made a mistake never made anything.’ (*Bonaventure Murphy*)

‘He is the living God, enduring forever. His Kingdom shall never be destroyed, and his dominion has no end. He delivers and rescues, he works signs and wonders in heaven and on earth.’ (*Daniel 6.26-27*)

‘If God gave the soul his whole creation, it would not be filled by it but only by God himself.’ (*Meister Eckhart*)

## WEEK 9 THURSDAY EVENING

### **I belong to you**

Far from the busy day, I bring you my heart. I belong to you, my God and Father. Thank you for keeping me safe this day. Thank you for helping me to do good. I am sorry for any wrong I have done in thought, word, deed or omission. Help me to do better. To your care, Lord, I commend my body and soul, my relatives and friends and the whole human family. Amen. (*Anon.*)

### **After a quarrel**

Lord God, you know that today I have broken your commandment of love, and that I have parted from (*name*) in anger. Even if I have been wronged and insulted, teach me how to forgive. Even if I was right, help me to make the first approach and to take the first step in putting things right again. Keep me from foolish pride and from nursing my foolish anger. Help me to look at Jesus, so that in him I may see the example of how to forgive, and that in him I may find the will and the power to forgive. This I ask for your love's sake. Amen. (*William Barclay*)

### **Peace for all people**

God our Father, grant peace, happiness, blessing, grace, favour and mercy to all your people. Bless us, all of us together, with the light of your face; for by that light, you have given us, eternal God, the law of life, gracious love, justice, blessing, mercy, life and peace. May it please you to bless your people at all times, and at all

seasons, with your peace. Amen. (*Adapted from Daily Prayer of the Jews*)

**Increase your mercy**

Lord God, protector of those who trust in you, without whom nothing is holy, nothing is strong, increase your mercy towards us, so that with you as our ruler and our guide, we may so enjoy the good things of this life as not to lose those of the world to come. Amen. (*Adapted from the Roman liturgy*)

**Do not allow us to stray**

Lord Jesus Christ, who are the way, the truth and the life, we ask you not to allow us to stray from you who are the way, nor to distrust you who are the truth, nor to rest in any other thing but you who are the life. Teach us by your Holy Spirit what to believe, what to do, and wherein to take our rest; for your own name's sake. Amen. (*Erasmus*)

**Blessing**

The Lord bless us and keep us; the Lord make his face to shine upon us and be gracious to us. The Lord lift up his countenance upon us, and give us peace. Amen. (*Adapted from Numbers 6.24-26*)

## Reflections

‘When we say “forgive us our trespasses as we forgive those who trespass against us” we take our salvation into our own hands, because whatever God does depends on what we do.’ (*Anthony Bloom*)

‘Two excesses: to exclude reason, to admit nothing but reason.’ (*Blaise Pascal*)

‘Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by water, sending out its roots to the streams. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.’ (*Jeremiah 17.7-9*)

## WEEK 9 FRIDAY MORNING

### **By his wounds we have been healed**

Christ suffered for us, leaving us an example that we should follow in his steps.

He committed no sin; no guile was found on his lips.

When he was reviled, he did not revile in return.

When he suffered, he did not threaten; but he trusted to him who judges justly.

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.

By his wounds we have been healed. (*1 Peter 2.21-24*)

### **I put my trust in you**

My God, I leave in your hands my hopes and my fears, my likes and my dislikes, my happiness and my unhappiness, my sorrows and my joys.

To you I offer the needs of my body and the greater needs of my soul.

I need have no fear for my soul while I do not take it away from your loving care.

Though my faults are great, my hope in you is greater still.

It is greater than my weakness, greater than my difficulties, stronger than death.

Though temptation should attack me, I will hope in you.

Though I may fall under my weakness, I will still hope in you.

Even though I may break my promises, I will look to you confidently for grace to make them and keep them again.



Though you may take away my life, even then will I trust in you, for you are my Father, my God, the support of my salvation.

You are my kind, tender and loving Father;

I am your loving child, and I throw myself into your arms and ask your blessing.

I put my trust in you and, so trusting, I will not be confounded. Amen. (*Blessed Claude de la Colombière*)

### **Wealth is on loan**

When I give alms to the poor, let me not congratulate myself, let there be no pride in my act.

The wealth I possess is on loan; God has made me its steward, I am his hands and his heart.

Let my love for others be God's love; let my pity for the needy be his; let my alms be received as a gift. (*Celtic*)

### **Not my will, but yours, be done**

Jesus, I thank you with all my heart and skill for that prayer you made before your sacred passion on the Mount of Olives. Lord, I thank you, for there indeed you taught us how to pray when you said, 'Not my will, but yours, be done.' Your prayer then was not for yourself but for us to teach us that when our will - as it often is - be found contrary to the Father in heaven, then we are to leave our will and pray that the will of the Father be done in us. Here and now, Jesus, I ask you that I may be always ready to do your will, not mine, for when my will accords with yours, that is joy to me. Grant me grace ever to seek out your will, and so come to you. Amen. (*Adapted from Richard Rolle*)

## Reflections

‘God has made him both Lord and Messiah, this Jesus whom you crucified.’ (*Acts of Apostles 2.36*)

‘Could you from all the world all wealth procure,  
more would remain, whose lack would leave you poor.’  
(*Saint Gregory Nazianzen*)

‘Do not shrink from suffering but enter into it and discover there the mystery of the presence of the risen Jesus. He is hidden there, in the sacrament of the poor. And do not turn aside from your own pain, your anguish and your brokenness, your loneliness and your temptation, by pretending that you are strong. Go within yourself. Go down the ladder of your being...’ (*Jean Vanier*)

## WEEK 9 FRIDAY EVENING

### **A heart to love**

Lord God, you are all merciful, take away my sins, and give me the graces of your Holy Spirit. Take away this heart of stone from me, and give me a heart of flesh and blood, a heart to love and adore you, a heart which will delight in you, love you and please you, for Jesus' sake. Amen. (*Saint Ambrose*)

### **In his hand**

Give me a pure heart that I may see you, a humble heart that I may hear you, a heart of love that I may serve you, a heart of faith that I may abide in you. To love life and people as God loves them, for the sake of their infinite possibilities, to wait like him, to judge like him without passing judgment, to obey the order when it is given and never look back, then he can use you, then perhaps he will use you, and if he doesn't use you - what matter? In his hand every moment has its meaning, its greatness, its glory, its peace, its co-inherence. (*Dag Hammarskjöld*)

### **Grant them pardon**

Merciful Saviour, hear our humble prayer for all your servants passed beyond life's care;  
though sin has touched them, yet their weakness spare.  
Grant them pardon, Jesus Saviour blest,  
and give their spirits light and endless rest.  
Gentle Saviour, Lamb for sinners slain, look on your servants, cleanse their hearts of stain,  
your cross has won them everlasting gain. (*Anon.*)

### **You forgive the sins of your people**

There is no other god like you, Lord; you forgive the sins of your people.

You do not stay angry for ever, but you take pleasure in showing us your constant love.

Be merciful to us once again.

Trample our sins underfoot and send them to the bottom of the sea. (*Adapted from Micah 7.18-19*)

### **A constant heart**

Give me, Lord, a constant heart which no low thought can drag down; an unconquered heart which no trouble can wear out; an upright heart which no temptation can turn aside. Amen. (*Saint Thomas Aquinas*)

### **Blessing**

May the love of the Father enfold us, the wisdom of the Son enlighten us, the fire of the Spirit enflame us; and may the blessing of God rest upon us, and abide with us, now and evermore. Amen. (*Anon.*)

## Reflections

‘Your desire is your prayer; and if your desire is without ceasing, your prayer will also be without ceasing. There is interior prayer without ceasing, and this is your desire. Whatever else you do, if you only long for prayer, you do not cease to pray. If you would never cease to pray, never cease to long for it. The continuance of your longing is the continuance of your prayer. You will be ceasing to speak if you cease to love.... The chilling of charity is the silence of the heart; the glowing of charity is the cry of the heart. If love is without ceasing, you are always lifting up your voice; if you are always lifting up your voice, you are for ever longing after something; if you are longing, the rest you long for is in your mind.’  
*(From Saint Augustine)*

‘In our age, powerlessness is one of the great poverties.’  
*(Post Vatican II documents)*

‘We believe that we will be saved through the grace of the Lord Jesus.’ *(Acts of Apostles 15.11)*

## WEEK 9 SATURDAY MORNING

### **Mary, mother of mercy**

Mary, mother of mercy, watch over all people, that the cross of Christ may not be emptied of its power, that we may not stray from the path of good or become blind to sin, but may put our hope ever more fully in God who is rich in mercy. May we carry out the good works prepared by God beforehand and so live completely for the praise of his glory. Amen. *(Pope John Paul II)*

### **Help us in our troubles**

Almighty God, Father of our Lord Jesus Christ, from whom all help comes; help us in our troubles so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from you. We ask this through Christ our Lord. Amen. *(Adapted from 2 Corinthians 1.3-4)*

### **Elderly people**

Lord Jesus Christ, you are the same yesterday, today and for ever, and have promised to be with us all our days. We pray for all elderly people, especially those who are ill or housebound. In their weakness, may they find your strength, and in their loneliness may they know the joy of your presence. Be to them a sure and certain hope of the life you have prepared for them in heaven. Amen. *(Mothers' Union)*

### **The universal prayer**

Lord, I believe in you; increase my faith. I trust in you; strengthen my trust.

I love you; may I love you more and more. I am sorry for my sins; deepen my sorrow.

I worship you as my first beginning; I long for you as my last end.

I praise you as my constant helper; I call on you as my loving protector.

Guide me by your wisdom, correct me with your justice; comfort me with your mercy; protect me with your power.

I offer you, Lord, my thoughts, to be fixed on you; my words, to have you for their theme; my actions, to reflect my love for you; my suffering, to be endured for your greater glory.

I want to do what you ask of me, in the way you ask, for as long as you ask, because you ask it.

Lord, enlighten my understanding, strengthen my will, purify my heart, and make me holy.

Help me to repent of my past sins, and to resist temptation in the future.

Help me to rise above my human weaknesses, and to grow stronger as a Christian. Amen. (*Adapted from Pope Clement XI*)

## Reflections

‘The ultimate purpose of devotion to the Blessed Virgin is to glorify God and to lead Christians to commit themselves to a life which is in absolute conformity with his will.’ (*Pope Paul VI, Marialis Cultus*)

‘Christ became like us in all things but sin.’ (*Hebrews 4.15*)

‘No one can be saved without self-knowledge.’ (*Saint Bernard of Clairvaux*)



## WEEK 9 SATURDAY EVENING

### **Memorare**

Remember, most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, Virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word incarnate, despise not my petition, but in your clemency hear and answer me. Amen. (*Saint Bernard of Clairvaux*)

### **Hope in the Lord!**

The Lord is my light and my help; whom shall I fear?  
The Lord is the stronghold of my life; before whom shall I shrink?

Though an army encamp against me, my heart would not fear.

Though war break out against me, even then would I trust.

There is one thing I ask of the Lord, for this I long:  
to live in the house of the Lord all the days of my life.

For there he keeps me safe in his tent in the day of evil.  
He hides me in the shelter of his tent, on a rock he sets me safe.

Do not abandon or forsake me, God my help!

Though father and mother forsake me, the Lord will receive me.

I shall offer within his tent a sacrifice of joy; I will sing and make music for the Lord.

I am sure I shall see the Lord's goodness in the land of the living.

Hope in him, hold firm and take heart. Hope in the Lord!  
*(Adapted from Psalm 26)*

### **The resurrection of your Son**

God of life, you have given joy to the world through the resurrection of your Son, our Lord Jesus Christ. Through the prayers of his mother, the Virgin Mary, bring us to the happiness of eternal life. We ask this through the same Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **Blessing**

May our Lord Jesus Christ be near us to defend us, within us to refresh us, around us to preserve us, before us to guide us, behind us to justify us, and above us to bless us, now and always. Amen. *(Anon.)*

## Reflections

‘In the search for faith, it is not as important to answer every question as it is to live each one.’ (*Rainer-Maria Rilke*)

‘The body is the first message of God to man and woman, almost a species of “primordial sacrament.”’ (*Pope John Paul II*)

‘The compassion of human beings is for their neighbours, but the compassion of God is for every living thing.’ (*Sirach 18.13*)

WEEK 10 SUNDAY MORNING

**You restored your people**

Father, you restored your people to eternal life by raising Christ your Son from death. Make our faith strong and our hope sure. May we never doubt that you will fulfil the promises you have made; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**For married people**

Heavenly Father, we pray for those whose marriage is losing the love and joy that once was theirs. Awaken in them the desire to overcome the problems and difficulties that face them. And grant that through the grace of our Lord Jesus Christ they may rediscover their love for one another and grow together again. Amen. (*Frank Colquhoun*)

**God, who is like you?**

As for me I will always hope and praise you more and more.

My lips will tell of your justice and day by day of your help though I can never tell it all.

I will declare the Lord's mighty deeds, proclaiming your justice, yours alone.

God, you have taught me from my youth and I proclaim your wonders still.

Now that I am old and grey-headed, do not forsake me, God.

Let me tell of your power to all ages, praise your strength and justice to the skies, tell of you who have worked such wonders. God, who is like you?

You have burdened me with bitter troubles but you will give me back my life.

You will raise me from the depths of the earth; you will exalt me and console me again.

So I will give you thanks on the lyre for your faithful love, my God.

To you will I sing with the harp, to you the Holy One.

When I sing to you my lips shall rejoice and my soul, which you have redeemed;

and all the day long my tongue shall tell the tale of your justice. (*Adapted from Psalm 70*)

### **Bless the land**

Lord God, pour out your blessing upon our people, and make our land productive so that we may enjoy its harvest with grateful hearts and give honour to your holy name; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Christ offers all humanity with himself [on the Cross].’  
(*Saint Augustine*)

‘As long as husband and wife live, their bond is always the sacrament of Christ and the church.’ (*Saint Robert Bellarmine*)

‘Let us not be guilty of the scandal of having some nations, most of whose citizens bear the name of Christian, enjoying an abundance of riches, while others lack the necessities of life and are tortured by hunger, disease, and all kinds of misery. For the spirit of poverty and charity is the glory and witness of the church of Christ.’ (*Adapted from Vatican II, Gaudium et Spes*)

## WEEK 10 SUNDAY EVENING

### **The holy Trinity**

God, you have made me, you have redeemed me, you help me.

Teach me to know you, to love you, to work with you this day and every day.

Most holy Trinity, to you I bind myself; to you, in you, by you I make my prayer.

Draw me in the empowering movement of your love to increasing knowledge of the mystery of your love within myself, so that I may grow in love, dependent, humble, faithful. For my love for you is that which you gave me. Amen. *(Adapted from Gilbert Shaw)*

### **To ask for the things that please you**

We beseech you, Lord, to look on us, your servants, whom you have enabled to trust in you, and grant us both to ask for the things that please you and also to obtain what we ask; through Christ our Lord. Amen. *(Leonine Sacramentary)*

### **For the bishop**

God our Father, our shepherd and guide, look with love on *(name)* your servant, your appointed pastor of the church. May his word and example inspire and guide the church; may he, and all those in his care, come to the joy of everlasting life; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

**Joy and gladness shall be theirs**

Strengthen the weary hands and make firm the feeble knees.

Say to the anxious, 'Be strong, fear not, your God is coming with judgment, coming with judgment to save you.'

Then shall the eyes of the blind be opened, and the ears of the deaf unstopped;  
then shall the lame leap like a deer, and the tongue of the dumb sing for joy.

For waters shall break forth in the wilderness, and streams in the desert;  
the ransomed of the Lord shall return singing, with everlasting joy upon their heads.

Joy and gladness shall be theirs, and sorrow and sighing shall flee away.

They shall see the glory of the Lord, the majesty of our God. (*Adapted from Isaiah 35*)

**Blessing**

May the Lord be with us always, and, wherever we may be, may we be with him always. Amen. (*Adapted from Saint Clare*)



## Reflections

‘Lord, teach us to pray.’ (*Luke 11.1*)

‘The greatest worship we can give God is, in penitence, to live gladly and gratefully because of his love.’  
(*Adapted from Julian of Norwich*)

‘Let us rejoice and give thanks that we have become not only Christians, but Christ. Do you understand, brothers and sisters, the grace of Christ our Head? Wonder at it; rejoice; we have become Christ. For if he is the Head, we are the members; he and we form the whole person... the fulness of Christ, therefore, the head and the members. What is the head and the members? Christ and the church.’ (*Adapted from Saint Augustine*)

## WEEK 10 MONDAY MORNING

### **God the Creator**

I am the wind that breathes upon the sea, I am the wave  
on the ocean,

I am the murmur of leaves rustling, I am the rays of the  
sun,

I am the beam of the moon and the stars, I am the power  
of trees growing,

I am the bud breaking into blossom, I am the movement  
of the salmon swimming,

I am the courage of the wild boar fighting, I am the  
speed of the stag running,

I am the strength of the ox pulling the plough, I am the  
size of the mighty oak tree,

And I am the thoughts of all people who praise my  
beauty and my grace. Amen. (*Celtic*)

### **Direct and sanctify our hearts**

Lord God, king of heaven and earth, guide, direct and  
sanctify our hearts, our bodies, our senses, and all our  
words and works today. May we live according to your  
will and according to your commandments. By your  
help, Saviour of the world, may we merit to be saved and  
freed, now and always; you who live and reign for ever  
and ever. Amen. (*Adapted from Pope Paul VI*)

### **Bring the spirit of Christ to all our efforts**

God our Father, you have placed the powers of nature  
under human control. May we bring the spirit of Christ  
to all our efforts, and work with our sisters and brothers

at our common task, establishing true love and guiding your creation to perfect fulfilment. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **The spirit of generosity**

Grant us, Lord, the spirit of generosity, so that we may promote the well-being of all who are in need. Help those who have much to be generous in giving so that we may know the blessedness of giving as well as the joy of receiving. We ask this in the name of him who gave his life for the world, your Son Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Children of God**

May God perfect his gifts in us, since he did not hesitate to take our faults on himself. And may he make us children of God, since he chose to become the child of human beings for us. Amen. (*Saint Augustine*)

### **The new light**

God who brought me from the sleep of last night into the joyous light of this day, bring me from the new light of this day to the guiding light of eternity; for the sake of Jesus your Son. Amen. (*Adapted from the Celtic*)

## Reflections

‘It is not their virginity that we extol in virgins but their consecration in virginity to God.’ (*Saint Augustine*)

‘Whatever your task, put yourselves into it, as done for the Lord and not for your masters, since you know that from the Lord you will receive the inheritance as your reward; you serve the Lord Christ.’ (*Colossians 3.23-24*)

‘We learn to become more fully human through our capacity for self-giving.’ (*Adapted from Pope John Paul II*)

## WEEK 10 MONDAY EVENING

### **When two or three are gathered**

Almighty God, who has given us grace at this time to make our prayers to you with one accord, and who promises that when two or three are gathered together in your name, you will grant their requests: fulfil now, Lord, the desires and prayers of us your servants as is best for us, granting us in this world knowledge of your truth, and in the world to come life everlasting. Amen.  
*(Attributed to Saint John Chrysostom)*

### **Prayer of one in desperation**

If I go out into the field, look - those killed by the sword!  
And if I enter the city, look - those sick with famine!  
For both prophet and priest ply their trade throughout the land, and have no knowledge.  
Have you completely rejected us? Does your heart loathe us?  
Why have you struck us down so that there is no healing for us?  
We look for peace, but find no good, for a time of healing, but there is terror instead.  
We acknowledge our wickedness, Lord, the iniquity of our ancestors, for we have sinned against you.  
Do not spurn us for your name's sake, do not dishonour your glorious throne;  
remember and do not break your covenant with us.  
We set our hope on you, for it is you who do all this.  
*(Adapted from Jeremiah 14.18-22)*

### **Herald your coming**

True Light of the world, Lord Jesus Christ, as you enlighten all people for their salvation, give us grace, we pray, to herald your coming by preparing the ways of justice and peace; who live and reign with the Father and the Holy Spirit, God, for ever and ever. Amen.  
*(Adapted from the Roman liturgy)*

### **Love of country**

Grant, Lord, to us and to all the people of this land that true patriotism and love of country which are in harmony with the mind of Christ. Take away from us all hatred and prejudice; give us charity and patience with one another; give our leaders good judgment and singleness of purpose, and to us all the spirit of willing service and generous sacrifice, so that we may fulfil your purposes and glorify your will, through Christ our Lord. Amen.  
*(Adapted from the Church of Ireland)*

### **Blessing**

The blessing of God be to us; the blessing of Christ be to us; the blessing of the Spirit be to us and to our children, to us and to our children.

The peace of God be to us; the peace of Christ be to us; the peace of the Spirit be to us, during all our life, all the days of our life. Amen. *(Celtic)*

## Reflections

‘Thus says the Lord: I have loved you with an everlasting love; therefore I have continued my faithfulness to you.’ (*Adapted from Jeremiah 31.2-3*)

‘We in our perversity want God to be merciful in such a way as not to be just. Others again, trusting all too much in their own justice, would have God just in such a way that they do not wish him to be merciful. God shows himself to be both; he is supremely both. His mercy does not prescribe his justice, nor does his justice sweep away his mercy. He is merciful and just.’ (*Saint Augustine*)

‘It moves one's heart to think: nine months before I was born there was a woman who loved me deeply. She did not know what I was going to be like, but she loved me because she carried me in her womb. And when she gave me birth, she took me in her arms because her love was not just beginning - she conceived it along with me. God is the exquisite likeness of a mother with her child. God bore me in his womb and loved me and destined me and already thought of my days and of my death. What will happen to me does not matter to me; God already knows it.’ (*Oscar Romero*)

## WEEK 10 TUESDAY MORNING

### **Send us the blessing of your Spirit**

God, maker of time and creator of all things, we your servants bow our heads before you and so we pray: send us the blessing of your Spirit that we may live our lives in godliness and in obedience to your commandments.

For you are our God, the God of salvation and compassion, and we glorify you, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **You have called us**

Lord God, you have called us to be your people. You have loved us and chosen us for your own. Clothe us with your compassion, your kindness, your humility, your gentleness and your patience. Help us forgive one another as you have forgiven us. And bind us together in the perfect unity of your love. Amen. (*Adapted from Colossians 3.12-14*)

### **For a married couple**

Lord God, you honoured a wedding feast through the presence there of Jesus your Son and the beginning there of his work of miracles; be pleased to bless (*name*) and (*name*). Give them harmony, lasting love, the beauty of restraint, and a humble respect for each other. Give them also the discipline of Christian behaviour, and in all things let them have the high dignity of a sincere faith. May the angel of God be their unfailing protection. Free them from all temptation to evil. May their days be



many and peaceful, and their children be their joy, so that both here on earth and in heaven they may be crowned by God. (*Adapted from the Benedictional of Canterbury*)

**Renew a willing spirit within us**

Lord our God, we ask you to teach us to look for the gifts that we need. Steer the ship of our life towards yourself, you who are the calm harbour of all who endure the storms of daily existence. Show us the way we should go. Renew a willing spirit within us. Let your Spirit curb our wayward senses; guide and enable us to do what is for our good, to keep your commandments and, in all our works, always to rejoice in your glorious and gladdening presence. For yours is the glory and praise from all your saints, for ever and ever. Amen. (*Saint Basil*)

**Do good and hinder evil**

Lord, enlighten our understanding with knowledge of right, and govern our wills by your laws so that no deceit may mislead us, no temptation may corrupt us; that we may always endeavour to do good and to hinder evil. Amid all the hopes and fears of this world, do not take your Holy Spirit from us, for the sake of Jesus Christ our Lord. Amen. (*Samuel Johnson*)

## Reflections

‘Where the Spirit of the Lord is, there is freedom.’ (2 *Corinthians* 3.17)

‘Have unity in essentials, freedom in uncertainties, and in all things charity.’ (*Quoted by Pope John XXIII*)

‘Grace is necessary to salvation, free will equally so - but grace in order to give salvation, free will in order to receive it. Therefore we should not attribute part of the good work to grace and part to free will. It is performed in its entirety by the common and inseparable action of both; entirely by grace, entirely by free will, but springing from the first in the second.’ (*Saint Bernard of Clairvaux*)

## WEEK 10 TUESDAY EVENING

### **Thank you, God**

Thank you, God, for making me as I am. Thank you for eyes to see, for ears to hear, for hands to work, for feet to walk and run, for a mind to think, for a memory to remember, and for a heart to love. Amen. (*Anon.*)

### **Pardon and grace**

Holy God, in whom is all goodness, whose pity and mercy made you descend from heaven into this world, the valley of sorrow and suffering, and here to take our nature, and in that nature to suffer pain and death in order to bring souls to your Kingdom; merciful Lord, forgive us all our sins that we have thought, said or done. Glorious Trinity, send us cleanness of heart and purity of soul; restore us with your Holy Spirit and strengthen us with your might, that we may always withstand temptation. Comfort us with your Holy Spirit and fill us with grace and charity that we may live virtuously and love you with all our heart, with all our power, and with all our soul, so that we may never offend you, but ever follow your will in thought, word and deed. Now grant us this, good Lord, through Jesus Christ your Son. Amen. (*Adapted from Richard Rolle*)

### **Grace and peace**

Grace and peace be ours from God, who is, who was, and who is to come, and from the seven spirits in front of the throne, and from Jesus Christ the faithful witness, the first to be raised from death. He loves us, and by his

death he has freed us from our sins and made us a Kingdom of priests to serve his God and Father. To Jesus Christ be the glory and power for ever and ever. Amen. (*Adapted from Revelation 1.4-6*)

**For one who is sick**

Lord God, the strength of the weak and the comfort of sufferers, mercifully accept our prayers and grant to (*name*) who is sick the help of your power, that her (his) sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. Amen. (*Episcopal Book of Common Prayer*)

**Keep us faithful**

Grant, Lord, that what we have said with our lips we may believe in our hearts and practise in our lives; and of your mercy keep us faithful to the end; for the sake of Jesus Christ our Lord. Amen. (*John Hunter*)

**Blessing**

May God the Father bless us; may Christ take care of us; may the Holy Spirit enlighten all the days of our life. The Lord be our defender and keeper of body and soul, both now and for ever, to the ages of ages. Amen. (*Aethelwold*)

## Reflections

‘Do not be afraid, for I am with you to deliver you, says the Lord.’ (*Adapted from Jeremiah 1.8*)

‘Be silent, be still, alone, empty before God. Say nothing, ask nothing, be silent, be still; let God look upon you - that is all. God knows, understands, loves you with an enormous love. God wants to look upon you with his love. Be silent, be still, let God love you.’ (*Anon.*)

‘Take no oath by the earth you stand on.  
You walk on it only for a while, but soon you shall be buried in it.  
Pay no heed to the world you live in.  
You are dazzled by its pomp and pleasure, but soon you shall be carried from it.  
Time is like the ebbing tide on the beach.  
You cannot see it move by staring at it, but soon it has run away from sight.’ (*Celtic*)

## WEEK 10 WEDNESDAY MORNING

### **You have protected us**

Lord our God, in your goodness and mercy you have protected us during the night from the test of evil. You who are the creator of all things, bring us safely to the time when we will again offer you our prayers this evening. Together with your gift of true light pour out into our hearts the treasure of knowing you that enables us to do your will.

For you, God, are good and loving to all mankind and we give you glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **You know me**

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 to you.

Before ever a word is on my tongue you know it, Lord, through and through.

Behind and before you hem me in, your hand ever laid upon me.

Too wonderful for me, this knowledge; too high, beyond my reach.

Where can I go from your spirit, or 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.

If I say: 'Let the darkness hide me and the light around me be night,'  
even darkness is not dark for you and the night is as clear as the day. (*Adapted from Psalm 138*)

### **Help us in our vocation**

Almighty and eternal God, your Spirit guides your people and makes them holy. Listen to our prayers and help each of us in our vocation to do your work more faithfully; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Guide our hearts**

God, the restorer and lover of innocence, guide our hearts to yourself so that, freed from the darkness of disloyalty, they may never again lose the light of your truth. Amen. (*Gregorian Sacramentary*)

## Reflections

‘Fight the good fight of the faith; take hold of the eternal life to which you were called.’ (*1 Timothy 6.12*)

‘We cannot live without joy, and that is why I consider life, the universe, and the planet earth, all as a single, multiform, celebratory event. Throughout the vast extent of space and time, it is a single, multiform, celebratory event. This capacity for celebration is of ultimate importance.... That is one of the things religion can give: the gift of delight in existence. Such delight is a source of immense energy.’ (*Thomas Berry*)

‘The supreme happiness in life is the conviction that we are loved.’ (*Victor Hugo*)



## WEEK 10 WEDNESDAY EVENING

### **In you there is no darkness**

Almighty and eternal God, in you there is no darkness; fill our hearts with your light so that we may walk in safety on your ways; in Jesus' name. Amen. (*Anon.*)

### **How gracious is the Lord**

I love the Lord for he has heard the cry of my appeal;  
for he turned his ear to me in the day when I called him.

They surrounded me, the snares of death, with the  
anguish of the tomb;  
they caught me, sorrow and distress.  
I called on the Lord's name. Lord, my God, deliver me!

How gracious is the Lord, and just; our God has  
compassion.  
The Lord protects the simple hearts; I was helpless so he  
saved me.

Turn back, my soul, to your rest, for the Lord has been  
good;  
he has kept my soul from death, my eyes from tears, and  
my feet from stumbling.

I will walk in the presence of the Lord in the land of the  
living. (*Psalms 114*)

**Send out your peace**

Jesus, send out your peace upon the world. By the power of your Holy Spirit quench the pride, anger and greed which cause people to make war on one another. Lead all nations in the ways of mutual help and good will, and hasten the time when the earth shall profess you as its Saviour and King, and no evil deeds of ours will defile your glorious creation. We ask this for your name's sake. Amen. (*Adapted from the Church of Ireland*)

**Angel guardian**

My good angel, whom God has appointed to be my guardian, watch over me this night. (*Anon.*)

**Blessing**

The circle of Jesus keep us from sorrow;  
the circle of Jesus today and tomorrow;  
the circle of Jesus our foes confound;  
the circle of Jesus our life surround.  
(*Adapted from David Adam*)

## Reflections

‘All greatness shows itself by self-abasement and not by exalting itself.’ (*Nestorius*)

There have been more than two hundred and fifty wars since 1945; one hundred and seventy million people have been stripped of their rights, their dignity and their property, and two million children have lost their lives in the nineteen nineties alone. (*From an editorial in The Tablet, 20 June 1998, p.799*)

‘Peace is the goal of justice.’ (*Saint Thomas Aquinas*)

## WEEK 10 THURSDAY MORNING

### **May your grace be with me always**

My God, I adore you and I wish to love you with my whole heart. I thank you for having created me and saved me by your grace, and for having preserved me during the night. I offer you all my prayers, works, joys and sufferings of this day. Grant that they may all be according to your will and for your greater glory. Keep me from all sin and evil, and may your grace be with me always and with those I love. Amen. (*Adapted from Pope Paul VI*)

### **Bring all believers together**

Lord, lover of humanity, fill us with the love your Spirit gives. May we live in a manner worthy of our calling; make us witnesses of your truth to all people, and help us work to bring all believers together in the unity of faith and the fellowship of peace. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **The Lord my rescuer, my rock**

The law of the Lord is perfect, it revives the soul.

The rule of the Lord is to be trusted, it gives wisdom to the simple.

The precepts of the Lord are right, they gladden the heart.

The command of the Lord is clear, it gives light to the eyes.

Reverence for the Lord is holy, abiding for ever.  
The decrees of the Lord are truth, and all of them just.

They are more to be desired than gold, than the purest of  
gold  
and sweeter are they than honey, than honey from the  
comb.

So in them your servant finds instruction; great reward is  
in their keeping.

But who can detect all his errors? From hidden faults  
acquit me.

From presumption restrain your servant, and let it not  
rule me.

Then shall I be blameless, clean from grave sin.

May the spoken words of my mouth, the thoughts of my  
heart,

win favour in your sight, Lord, my rescuer, my rock!

*(Adapted from Psalm 18)*

### **Service to humanity**

God, the giver of wisdom, you have made us in your  
likeness and given us power over your creation as its  
stewards; grant that with every increase in knowledge  
and power we may render service to humanity and  
thereby promote your eternal purpose; through Christ  
our Lord. Amen. *(Adapted from the Church of Ireland)*

## Reflections

‘There can be no ecumenism worthy of the name without interior conversion.’ (*Vatican II, Unitatis Redintegratio*)

‘Through the beauty and grandeur of creatures we may, by analogy, contemplate their Author.’ (*Wisdom of Solomon 13.5*)

‘Children who live with criticism learn to condemn.  
Children who live with hostility learn to fight.  
Children who live with ridicule learn to be shy.  
Children who live with shame learn to be guilty.  
Children who live with tolerance learn to be patient.  
Children who live with encouragement learn confidence.  
Children who live with praise learn to appreciate.  
Children who live with fairness learn justice.  
Children who live with security learn to have faith.  
Children who live with approval learn to have self-esteem.  
Children who live with acceptance and friendship learn love.  
Children learn what they live.’ (*Anon.*)

## WEEK 10 THURSDAY EVENING

### **Forgive**

Lord God, we remember not only our son but also his murderers:

not because they killed him in the prime of his youth and made our hearts bleed and our tears flow,

not because with this savage act they have brought further disgrace on the name of our country among the civilized nations of the world;

but because through their crime we now follow your footsteps more closely in the way of sacrifice.

The terrible fire of this calamity burns up all selfishness and possessiveness in us;

its flame reveals the depth of depravity and meanness and suspicion, the dimension of hatred and the measure of sinfulness in human nature;

it makes obvious as never before our need to trust in God's love as shown in the cross of Jesus and his resurrection:

love which makes us free from hatred towards our persecutors;

love which brings patience, forbearance, courage, loyalty, humility, generosity, greatness of heart;

love which, more than ever, deepens our trust in God's final victory and his eternal designs for the church and for the world;

love which teaches us how to prepare ourselves to face our own day of death.

God, our son's blood has multiplied the fruit of the Spirit in the soil of our souls;

so, when his murderers stand before you on the day of judgment, remember the fruit of the Spirit by which they have enriched our lives. And forgive. (*Anglican Bishop Dehqani-Tafti of Iran, on the murder of his son, Bahram*)

### **Living in the light**

Lord our God, your commandments are a light to the earth; teach us, Lord God, your righteousness, your precepts and your wisdom. Enlighten our minds that we may not sleep in the sin that leads to death. Put far from our hearts all darkness and give us the sun of your righteousness, and may the seal of your Holy Spirit keep us from all harm. Direct our feet in the way of peace; let us greet the dawn and the new day with gladness, and offer you our morning prayers.

For yours is the greatness, the majesty, the power and the glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **Blessing**

The Father on us his blessing bestow; the Son his love towards us flow; the Spirit his presence to us show.

On us and all the folk we know; on us and all who around us go; the threefold blessing may we know. (*Adapted from David Adam*)



## Reflections

‘It is not revenge which is cathartic, but forgiveness.’  
(Adapted from *Os Guinness*)

‘You were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence but, through love, become servants to one another.’ (*Galatians 5.13*)

‘Do not trouble yourself about your troubles; do not be uneasy about your uneasiness; do not be discouraged because you are discouraged.’ (*Saint Francis de Sales*)

## WEEK 10 FRIDAY MORNING

### **Have mercy on us**

Most gracious Jesus, our Lord and our God, who bore our sins in your own body on the cross so that we, being dead to sin, might live in righteousness, have mercy on us both now and at the hour of our death, and grant us, your servants, and all who remember your passion, a godly and peaceful life in this present world and, through your grace, eternal life in the world to come, where, with the Father and the Holy Spirit, you are alive and reign, now and for ever. Amen. (*Society of Saint Francis*)

### **Thanks be to you**

Thanks be to you, Jesus Christ, because you have broken for us the bonds of sin and brought us into unity with your Father.

Thanks be to you, Jesus Christ, because you have overcome death and opened for us the gates of eternal life.

Thanks be to you, Jesus Christ, because where two or three are gathered together in your name, you are there among them.

Thanks be to you, Jesus Christ, because you always live to intercede for us.

For these and the other benefits of your resurrection, thanks be to you, Jesus Christ. Amen. (*Adapted from the Church of Ireland*)

**In time of suffering**

Lord, in time of suffering, help us to see beyond the sadness of the day so that, like a woman who has given birth, we may at last forget the pain and our hearts be filled with gladness. Amen. (*Adapted from John 16.21*)

**A right decision**

Lord, let nothing be lacking to our conscience which might hinder our decisions from being in accordance with your will. Since our faults are clear to you, make up for them, so that our decision-making may have the just conclusion for which we seek. Hasten to help us, we ask you, in our consultations. Pardon our ignorance, our human errors, or anywhere our judgment is at fault, so that the sincerity of our intention may bring a right decision. It is because we are conscientiously afraid lest ignorance betray us or our haste lead us into injustice that we so earnestly ask you that we may follow what is your holy will. Amen. (*Adapted from the Benedictional of Robert of Jumièges*)

**After our death**

Lord Jesus Christ, who on the cross called the penitent thief into your Kingdom, in faith and trust and confessing our sins, we implore your mercy so that, after our death, you will lead us rejoicing through the gates of paradise; you who live and reign for ever and ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘God proves his love for us in that while we were still sinners Christ died for us.’ (*Romans 5.8*)

‘Those with talents should not hide them; those with plenty should stimulate themselves to generosity; those with art and skill should do their best to share their use and utility with their neighbours.’ (*Saint Gregory the Great*)

‘Yes, insecurity and weakness are like a door through which passes the strength of God. Do not flee from insecurity; do not seek to have all the answers. If you do, you risk turning away from God who is leading you into the Kingdom.’ (*Jean Vanier*)

## WEEK 10 FRIDAY EVENING

### **My God, be dear to me**

Merciful God, grant that I may do your will in all things. May it be my desire to work for your honour and glory. May I rejoice in what leads to you. May I desire nothing that leads away from you. May all that is yours be dear to me and may you, my God, be dear to me above all things. May joy have no importance for me without you. May effort and work delight me when it is for you.

Make me, Lord, obedient without complaint, poor without regret, patient without murmur, humble without pretence, joyful without foolishness and truthful without disguise.

Give me, Lord God, an ever-watchful heart which nothing can draw away from you. Give me a noble heart which no unworthy love can draw down to the dirt. Give me an upright heart which no evil can bend. Give me an unconquerable heart which no trouble can crush. Give me a heart full of love for you which no selfish love can claim for its own.

Give me, Lord, understanding to know you, perseverance to seek you and wisdom to find you. Give me a life which will please you, and a hope which will unite me to you when I die. Grant me this for Jesus' sake. Amen. (*Adapted from Saint Thomas Aquinas*)

### **You are mine and I am yours**

I am no longer my own, but yours. Put me to whatever you will; rank me with whomsoever you will. Put me to doing; put me to suffering. Let me be employed for you,

or set aside for you, exalted for you, or brought low for you. Let me be full, let me be empty; let me have all things, let me have nothing. I freely and heartily yield all things to your will and disposal. And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours. So be it. And the covenant which I have made, let it be ratified in heaven. Amen. (*Adapted from the Methodist Covenant Service*)

### **For one who has died**

We commend to you, Lord, the soul of your servant, (*name*). May she (he) find life in you. In your merciful goodness forgive the sins she (he) has committed in this life whether through weakness or wilfulness. We ask this in Jesus' name. Amen. (*Anon.*)

### **Jesus Christ accepted the cross**

Father, in your plan of salvation your Son Jesus Christ accepted the cross, and freed us from the power of the enemy. May we come to share the glory of his resurrection, for he lives and reigns for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Blessing**

The joy of this day be ours, the joy of this week be ours, the joy of this year be ours.

The joy of the Father be ours, the joy of the Son be ours, the joy of the Spirit be ours, joy for ever and ever be ours. Amen. (*Adapted from David Adam*)

## Reflections

‘I, your almighty God, love you with a dearer love, and take more watchful care of you than you can of yourself. And the more perfectly you abandon and resign yourself to me, the more I will console you with my grace and make you feel my presence. But you will never reach this measure of perfection except by a firm, constant and absolute denial of self-will.’ (*Saint Catherine of Siena*)

‘The souls of the just are in the hands of God and no torment will ever touch them.’ (*Wisdom of Solomon 3.9*)

‘They who are truly penitent and really sorry shall receive pardon without doubt or delay. The prayer that is made by a contrite and humble heart is quickly granted, a heart contrite by fear and humbled by sorrow.’ (*Richard of Saint Victor*)

## WEEK 10 SATURDAY MORNING

### **Send your help**

We thank you, Lord our God, for making us rise from our beds and setting upon our lips these words of praise so that we may worship you and call upon your holy name. As you have continually blessed our lives with goodness and mercy, so we pray to you now: send your help to those who stand in your holy and glorious presence awaiting your abundant mercy; and may those who have served you unceasingly in love and reverence praise, worship and adore your unutterable goodness.

For to you belong all glory, honour and praise, Father Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **A prayer to Mary**

Mary, you were conceived without sin, and no one knew. The angel saluted you, 'Full of grace', and not a soul knew. He said that the Lord was with you, that you would be mother of the Son of the Most High, and not even Joseph knew.

Elizabeth saluted you, 'Blest among women', yet you were only a child from Nazareth, of which place Philip said, 'Can any good come out of Nazareth?' People thought they knew you, you seemed so easy to know. They boasted, 'His mother, do we not know her?' Yet how little did they know!

You called yourself only 'The servant of the Lord', content to be no more, yet how much more you are, you whom 'all generations shall call blest.' (*Alban Goodier*)



### **To follow your beloved Son**

Almighty, eternal, just and merciful God, grant us, in our misery, the grace to do for you alone what we know you want us to do, and always to desire what pleases you. And so, inwardly cleansed, interiorly enlightened, and inflamed by the fire of the Holy Spirit, may we be able to follow in the footprints of your beloved Son, our Lord Jesus Christ, and by your grace alone, may we make our way to you, Most High, who live and rule in perfect Trinity and simple Unity, and are glorified God all-powerful for ever and ever. Amen. (*Saint Francis of Assisi*)

### **Wait for me, King of Heaven**

Wait for me, King of Heaven, until I am pure, fit to live in your house.

Wait for me, Mary's Son, until I am old, wise from the passing of years.

When a young boy is carried off before his years of playing are over, no one knows what greatness he has missed; only in adulthood comes the full bloom of our gifts.

A calf should not be killed before it is full-grown, nor a pig slaughtered when it is still sucking at the sow.

A bough should not be cut until it has flowered, nor a field harvested until the grain is full.

The sun should not set at midday, nor rise at midnight.

Keep my soul here on earth, for it is like soft, unformed clay, not ready to be received by you.

Yet even if you cut me off in my youth, I will not complain, but continue to worship you. (*Celtic*)

## Reflections

‘An essential element in the rosary is the element of contemplation. Without this, the rosary is a body without a soul, and its recitation is in danger of becoming a mechanical repetition of formulas and of going counter to the warning of Christ, “In praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words.”’ (*Adapted from Pope Paul VI, Marialis Cultus*)

‘The Lord will rescue us from every evil attack and save us for his heavenly Kingdom.’ (*2 Timothy 4.18*)

‘Lord, you are my beloved, my desire, my flowing stream, my sun - and I am your reflection.’ (*Mechthild of Magdeburg*)

## WEEK 10 SATURDAY EVENING

### **We exult in our hope**

Now that we have been justified through faith, we are at peace with God through Jesus Christ our Lord.

And so we exult in our hope of the splendour of God and we even exult in the sufferings we endure.

For our hope is not in vain, because God's love has flooded our inmost hearts through the Holy Spirit who has been given to us.

When we were still powerless, Christ died for the ungodly, he died for us while we were still sinners, and so God's love for us is revealed.

We are more than conquerors through Christ who loved us, for nothing can separate us from the love of God which is ours, through Jesus Christ. (*Adapted from Romans 5, 8*)

### **Holy Mary**

Holy Mary, help those in need, give strength to the weak, comfort the sorrowful, pray for God's people, assist the clergy, intercede for religious. May all who seek your help experience your unfailing protection. Amen. (*Adapted from the Roman liturgy*)

### **Time to go home**

Father of mercy, drive from me every temptation and danger; surround me on the sea of unrighteousness, and in the narrows and the straits, do you keep my boat, keep it always. Be a bright flame before me, a guiding star above me, a smooth path below me, and a kindly

shepherd behind me, tonight and for ever. I am tired and a stranger, lead me to the land of angels, for it is time for me to go home to the court of Christ, to the peace of heaven. (*Celtic*)

### **Give us your pardon**

Lord, hear our prayers when we call on you, forgive our sins when we confess to you, and, in your merciful love, give us your pardon and your peace. Amen. (*Anon.*)

### **Let your word enter into our hearts**

God our Father, in you we find life's meaning and purpose. Let your word enter into our hearts and change our lives, so that we may know life at its best, and learn to live for you and for others; through Christ our Lord. Amen. (*Irish Redemptorists*)

### **Blessing**

The hands of the Father uphold us, the hands of the Son enfold us, the hands of the Spirit surround us, and the blessing of God almighty, Father, Son and Holy Spirit uphold us evermore. Amen. (*Adapted from David Adam*)

## Reflections

‘Jesus said, “Go your way, your faith has made you well.”’ (*Mark 10.52*)

‘The word of God will not be able to be proclaimed and heard unless it is accompanied by the witness of the power of the Holy Spirit, working within the action of Christians in the service of their brothers and sisters, at the points in which their existence and their future are at stake.’ (*Pope Paul VI, Octogesima Adveniens*)

‘Concern for beauty is not a moral cop-out. It leads us firmly into the midst of all that is going on in our world. Where beauty is apparent, we are to enjoy it; where beauty is hidden, we are to unveil it; where beauty is defaced, we are to restore it; where there is no beauty, we are to create it. All of which places us, too, in the arena where oppression occurs, where the oppressed congregate and where we are called to be.’ (*Robert McAfee Brown*)

WEEK 11 SUNDAY MORNING

**We give praise and great thanks**

The King of the universe is the supreme choice; no help can be compared to mercy.

There is no everlasting life save heaven; more precious than anything is sharing in the Mass.

Do not exchange the Mass for anything; there is nothing in the whole world to surpass it.

We give praise and great thanks to the only Son who rose whole from the dead.

Blessed is the house of God, and I greet him where he is with the twelve apostles.

May the Son of God bless us. Blessed are you, Holy Father.

Blessed are you, Son of the Holy Father. Blessed are you, temple of the Holy Spirit.

Blessed are you, church of the Holy Trinity.

We praise Jesus Christ, we praise the glorious sacrament of the altar.

Hail to you, Mass stone; hail to you, blest Sunday.

Hail to you, poor crucified one; at your foot we will be saved.

May God and Mary, the Blessed Sacrament and the priest be at our right hand on our last day. (*Adapted from the Celtic*)

### **I will sing to my God a new song**

Begin a song to my God with tambourines, sing to my Lord with cymbals.

Raise to him a new psalm; exalt him and call upon his name.

For God is the Lord who crushes wars.

I will sing to my God a new song:

Lord, you are great and glorious, wonderful in strength, invincible.

Let all your creatures serve you, for you spoke, and they were made.

You sent forth your Spirit, and it formed them; there is none that can resist your voice.

To those who revere you, you will continue to show mercy. (*Adapted from Judith 16.1-2, 13-14, 15*)

### **Bless the children**

Lord Jesus Christ, who laid your hand in blessing on children, declaring that the kingdom of heaven is made up of those who are child-like, bless, we ask you, the children of this country. Give them understanding and true religion that they may know you, love you and gladly follow your commandments, you who are the Saviour of the world. Amen. (*Adapted from the Church of Ireland*)

### **God of goodness**

Father, God of goodness, you give us the land to provide us with food. May the produce we harvest sustain our lives, and may we always use it for your glory and the good of all; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘It was not necessary for him through whom the person was made to become a person himself, but it was necessary for us that God should be made flesh by assuming a human body. His self-emptying is our fulfilment. What he is, while appearing in the flesh, that we have become: restored to God.’ (*Saint Hilary of Poitiers*)

‘While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to them, and said, “Take; this is my body.” Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, “This is my blood of the covenant, which is poured out for many.”’ (*Mark 14.22-24*)

‘Children and young people have the right to be stimulated to make sound moral judgments based on a well-formed conscience and to put them into practice with a sense of personal commitment, and to know and love God more perfectly.’ (*Vatican II, Gravissimum Educationis*)



## WEEK 11 SUNDAY EVENING

### **Trust in God who brings peace**

God is for us a refuge and strength, a helper close at hand in time of distress;

so we shall not fear though the earth should rock, though the mountains fall into the depths of the sea, even though its waters rage and foam, even though the mountains be shaken by its waves.

The waters of a river give joy to God's city, the holy place where the Most High dwells.

God is within, it cannot be shaken; God will help it at the dawning of the day.

Nations are in tumult, kingdoms are shaken; he lifts his voice, the earth shrinks away.

Come, consider the works of the Lord, the redoubtable deeds he has done on the earth.

He puts an end to wars over all the earth: the bow he breaks, the spear he snaps;

he burns the shields with fire. 'Be still and know that I am God,

supreme among the nations, supreme on the earth.'  
*(Psalm 45)*

### **One God in Trinity**

God, one God in Trinity, and Trinity in Unity, I adore you.

Father, Son and Holy Spirit: in glory co-equal, in majesty co-eternal, I glorify your majesty.

God invisible, creator and sustainer of all that is; the Word is light and life of all people.

The Spirit guides all things to reflect your glory.

God, infinite and perfect, I praise you in the Unity of the Trinity.

You, Lord, are life, filling all things with light.

You, Lord, are love, dwelling in your angels and saints, to fill them with all blessings.

You, Lord, are the chief good, the eternal good, from whom all good things come, without whom nothing is good.

Three Persons, one God, ever to be adored and worshipped, Creator, Redeemer, Comforter. (*Adapted from Gilbert Shaw*)

### **Thank you**

Lord God, we thank you for the mercies of another day, for life, for health and strength, and for all the blessings of this day. Now as we go to rest, grant us your forgiveness for all the sins and short-comings of our service, for the sake of Jesus Christ, your Son, our Redeemer. Amen. (*Amen*)

### **Blessing**

May God the Father bless us; may God the Son heal us; may God the Holy Spirit enlighten us. Amen. (*Anon.*)

## **Reflections**

‘The prayer of the heart is the source of all blessings.’  
(*Saint Nil Sorsky*)

‘When Christ who is our life will be revealed, then you also will be revealed with him in glory.’ (*Colossians 3.4*)

‘The vocation of humanity is to show forth the image of God and to be transformed into the image of God's only Son.’ (*Catechism of the Catholic Church*)

## WEEK 11 MONDAY MORNING

### **My heart is ready**

My heart is ready, God; I will sing, sing your praise.  
Awake, my soul; awake, lyre and harp. I will awake the dawn.

I will thank you, Lord, among the peoples, praise you among the nations;  
for your love reaches to the heavens and your truth to the skies.  
God, arise above the heavens; may your glory shine on earth! (*Adapted from Psalm 107*)

### **By your dying we are born to new life**

Jesus, as a mother you gather your people to you, you are gentle with us as a mother with her children.  
Often you weep over our sins and our pride; tenderly you draw us from hatred and from judgment.  
You comfort us in sorrow and bind up our wounds; in sickness you nurse us and feed us.  
Jesus, by your dying we are born to new life; by your anguish and labour we come forth in joy.  
Despair turns to hope through your loving goodness; through your gentleness we find comfort in fear.  
Your warmth gives life to the dead, your touch makes sinners righteous.  
Lord Jesus, in your mercy, heal us; in your love and tenderness, remake us.

In your compassion, bring grace and forgiveness; for the beauty of heaven, may your love prepare us. (*Adapted from Saint Anselm of Canterbury*)

**I give you my whole self**

Lord Jesus, I give you my hands to do your work. I give you my feet to walk your way.

I give you my eyes to see as you do. I give you my tongue to speak your words.

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 humanity.

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. (*Anon.*)

**To use responsibly the gifts**

Almighty and eternal God, who has entrusted people with knowledge that can either cure or kill, build or destroy, bless or curse; grant us to use responsibly the gifts you have given us, with greatness of mind and generosity of heart, for your glory and for the benefit of all humanity; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

## Reflections

‘Put to death, therefore, whatever in you is earthly... and greed, which is idolatry.’ (*Colossians 3.5*)

‘If we indulge feelings of resentment towards another, we give that person power over us.’ (*Enda Heffernan*)

‘A large-hearted spirit is as necessary in God's service as is interior freedom.’ (*Adapted from Saint John of the Cross*)

## WEEK 11 MONDAY EVENING

### **The prayers of your people**

Let the prayers of your people, Lord, come to your mercy; and so that we may obtain what we ask, make us always ask what pleases you; through Jesus Christ our Lord. Amen. (*Leonine Sacramentary*)

### **Free me from fear**

My Lord, our King, the only one, come to my help. For I am alone and have no helper but you, and am about to take my life in my hands. Remember, Lord; reveal yourself in the time of our distress. Give us courage, King of gods and master of all power. Save us by your hand and come to my help, for I am alone and have no one but you, Lord. God, whose strength prevails over all, listen to the voice of the desperate, save us from the hand of the wicked, and free me from my fear. (*Adapted from Judith*)

### **The ways of justice**

Show us, Lord, the value of intelligent restraint. Teach us most of all that to have knowledge of you, whom to reverence is to possess, is learning enough. In your goodness train us to walk always in the ways of justice. That is, indeed, a gift more precious than silver or gold, for it is a grace that draws us to your side and makes our labours fruitful. Amen. (*Mozarabic Psalter*)

### **The day of the Lord**

How different are my days from the days of the Lord! They are “my” days because I took them for myself, intoxicated as I was with my reckless independence which led me to abandon him. But since he is everywhere, all-powerful and ever-present, I fully deserve to be imprisoned in the darkness of ignorance and to bear on my feet the chains of mortality. In these days of mine I cried aloud, “Free my soul from prison.” And he brought me help - his day of salvation. He heard the prisoner in the chains of his misery and came to him. In those days of mine that are past, the sorrows of death surrounded me and the dangers of hell were closing in on me. They would not have come close had I not strayed far from you. But they were so close as to have me in their grasp, and I did not see them, because my joy was in the delights of the world. Thanks be to God who has freed me from sin to be free for him. Amen. (*Adapted from Saint Augustine*)

### **Blessing**

Stretch out your holy right hand to bless us; tenderly spread your care to protect us. Pour into our hearts your Holy Spirit to dwell with us while we pray, to refresh us with devotion and penitence, to stimulate us with hope, to make us humble with reverence and to inflame us with love.

May the Holy Spirit, the Consoler, help us in temptation and strengthen us in all the troubles of life. Amen. (*Adapted from Aelred of Rievaulx*)



## Reflections

‘In the very act of prayer, we unite ourselves to God, and, so to speak, keep alive on earth the idea of God.’  
*(Pope Pius XI)*

‘The Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.’  
*(1 Samuel 16.7)*

‘To those who work with love, the whole of life is as a single day.’ *(Saint Gregory Nazianzen)*

## WEEK 11 TUESDAY MORNING

### **Come, Holy Spirit**

Holy Spirit, your law brings us life in union with Jesus Christ, and sets us free from sin and death. Fill our minds with what you think, and let our lives follow your words. Come, Holy Spirit, and by your presence, give us life. Amen. (*Anon.*)

### **The confession of your name**

We ask, almighty and eternal God, who through Jesus Christ has revealed your glory to all nations, to preserve the works of your mercy, so that your people throughout the world may continue with firm faith in the confession of your name. We ask this through Christ our Lord. Amen. (*Anon.*)

### **Joy and peace in believing**

God of hope, we ask you to fill us with all joy and hope in believing so that we may ever abound in hope through the power of the Holy Spirit, and show our thankfulness to you in trusting and courageous lives; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **United in spirit**

God the Father, origin of divinity, good beyond all that is good, beautiful beyond all that is beautiful, in whom is calm, peace and unity; overcome the dissension which divides us from each other, and bring us back into a unity of love which will be in some way like the unity of

your divine nature. And as you are above all things, make us one in mind so that, through charity and affection, we may be united in spirit, both in ourselves and in each other; through that peace of yours which makes all things peaceful, and through the grace, mercy and tenderness of your Son, Jesus Christ our Lord. Amen. (*Attributed to Saint Denis*)

### **For those who hold civil authority**

Almighty and eternal God, you know the longing of people's hearts and you protect their rights. In your goodness watch over those who hold civil authority so that people everywhere may enjoy freedom, security and peace. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Maturity and responsibility**

Lord, each word of your revelation says that you respect and trust me, that you give me dignity and responsibility. Teach me to understand that. Give me the maturity that is capable of receiving the light you grant, and of assuming the responsibility that you entrust to me. Keep my heart awake so that at all times it may be before you, and let what I do become one with the command and the obedience to which you have called me. Amen. (*Romano Guardini*)

## Reflections

‘Faith by itself, if it has no works, is dead.’ (*James 2.17*)

‘We too often forget that Christian faith is a principle of questioning and struggle before it becomes a principle of certitude and peace. One has to doubt and reject everything else in order to believe it firmly in Christ, and after one has begun to believe, one’s faith itself must be tested and purified. Christianity is not a set of foregone conclusions. The Christian mind is a mind that risks intolerable purifications, and sometimes, indeed very often, the risk turns out to be too great to be tolerated. Faith tends to be defeated by the burning presence of God in mystery, and seeks refuge from him, flying to comfortable social forms and safe conventions in which purification is no longer an inner battle but a matter of outward gesture.’ (*Thomas Merton*)

‘Grace does nothing but re-form us and convey us into God. Grace makes a soul Godlike. God, the ground of the soul, and grace, go together.’ (*Meister Eckhart*)

## WEEK 11 TUESDAY EVENING

### **The presence of your divine glory**

Great and wonderful God, in your unfathomable goodness and great providence you have given us the good things of this world, and you have made us a pledge of your eternal Kingdom. During this past day you have kept us safe from evil; grant us to end the day without sin in the presence of your divine glory, and to sing hymns to you who are our God, and who alone are good and loving to everyone.

For you, God, are full of mercy and deep love for mankind. We give you glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen.  
*(Orthodox)*

### **Come, Lord Jesus**

Almighty God, holy and true, how will it be until you judge the earth? When will your home be with us? When will you live with us and be with us? When will you wipe away all tears? When will there be no more grief, nor more crying, no more pain, no more death? So be it. Come, Lord Jesus. *(Rev. 6.10; 21.3-4; 22.20)*

### **Daily more like you**

God of all goodness and grace, who are worthy of a greater love than we can either give or understand, fill our hearts, we ask you, with such love towards you that nothing may seem too hard for us to do or to suffer in obedience to your will. Grant that so loving you, we may daily become more like you, and finally obtain the crown

of life which you have promised to those who love you; through Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

### **Our sick sisters and brothers**

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness; hear the prayers we offer for our sick sisters and brothers. May all who suffer pain, illness or disease realize that they are chosen to be saints, and know that they are joined to Christ in his suffering for the salvation of the world. We ask this through the same Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **Accept us**

Lord, you who command us to ask, grant that we may receive; you tell us to seek, grant that we may find; you have told us to knock, we ask you to open to us. Graciously direct and govern all our thoughts and actions, that for the future we may serve you, and entirely devote ourselves to obeying you. Accept us, we ask you, and draw us to yourself that we may be yours by obedience and love, we who are already yours by creation; you who live and reign for ever and ever. Amen. *(Adapted from Saint Augustine)*

### **Blessing**

God, be our comfort and our strength; God, be our hope and our support; God, be our light and our way; and the blessing of God, Creator, Redeemer and Giver of life, remain with us now and for ever. Amen. *(Adapted from the Church of Aotearoa/New Zealand and Polynesia)*

## Reflections

‘Let me take you inside the soul of a rich man without love, and a wealthy man without friends. The darkest night, with neither moon nor stars, is like the brightest day compared with the darkness of this soul. The coldest winter, with thick snow and hard ice, is like the warmest summer compared with the coldness of this soul. The bleakest mountain, bare and swept by gales, is like the lushest meadow compared with the bleakness of this soul. You would rather have your body hacked in pieces than present such a soul as this; you would rather be boiled or burned alive than suffer such inward torment.’  
(*Celtic*)

‘We never love anyone, but only qualities.’ (*Blaise Pascal*)

‘Do not be overcome by evil, but overcome evil by good.’ (*Romans 12.21*)

## WEEK 11 WEDNESDAY MORNING

### **God's highest praises sung by us**

The will of God be done by us; the law of God be kept by us; our evil will controlled by us;  
our sharp tongue checked by us; quick forgiveness offered by us; speedy repentance made by us;  
temptation sternly shunned by us; blessed death welcomed by us; angels' music heard by us;  
God's highest praises sung by us. (*Celtic*)

### **We may proclaim our Master**

May the Father of mercies and the God of comfort who, because of his great divine mercy, sent his only Son into the world, give us grace through the Holy Spirit that we may proclaim our Master with full reverence in our actions and in our speaking. Having been given such great graces, may we use them all to build up our fellow-Christians, because all God's gifts to us are for others. Amen. (*Benedictional of John Longlonde*)

### **See your truth face to face**

Lord, give me the truths which are veiled by the doctrines and articles of faith, which are masked by the pious words of sermons and books. Let my eyes penetrate the veil, and tear off the mask, that I can see your truth face to face. Amen. (*Saint John of the Cross*)

### **To know, love and serve you**

Eternal God, light of the minds that know you, joy of the hearts that love you, strength of the wills that serve you,



grant us to know you that we may truly love you, and to love you that we may serve you to the glory of your name, now and for ever. Amen. (*Adapted from the Church of Ireland*)

### **The Lord is the everlasting God**

Have you not known? Have you not heard? The Lord is the everlasting God, the creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. (*Adapted from Isaiah 40.28-31*)

### **Come to us**

We implore you, God, you to whom faith calls, hope leads and love unites; come to us in your mercy. (*Saint Augustine*)

## Reflections

‘When are we able to testify to the souls of others?  
When we can testify to our own soul first.  
When are we capable of correcting others?  
When we correct ourselves first.’  
*(The Alphabet of Devotion)*

‘If people would see properly in spiritual matters, let  
them first pluck out the eyes of their own presumption.’  
*(Saint Catherine of Genoa)*

‘If you desire wisdom, keep the commandments, and the  
Lord will lavish her on you.’ *(Sirach 1.26)*

## WEEK 11 WEDNESDAY EVENING

### **Bless us and forgive us**

Holy God, enthroned on high and keeping continual watch over all creation, we come before you with our heads bowed and our hearts humbled, and so we pray: stretch out your unseen hand from your holy dwelling-place to bless us all, and if we have sinned in any way, whether deliberately or in weakness, forgive us, God of goodness and infinite love, who bestow on us all the good things of this earth.

You indeed, God, are pleased to have compassion and save us, and we glorify you, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen.  
*(Orthodox)*

### **Praise the name of the Lord**

Praise, servants of the Lord, praise the name of the Lord!  
May the name of the Lord be blessed both now and for evermore!

From the rising of the sun to its setting, praised be the name of the Lord!

High above all nations is the Lord, above the heavens his glory.

Who is like the Lord, our God, who has risen on high to his throne,  
yet stoops from the heights to look down, to look down upon heaven and earth?

From the dust he lifts up the lowly, from the dung-heap  
he raises the poor  
to set them in the company of princes, yes, with the  
princes of his people.  
To the childless wife he gives a home and gladdens her  
heart with children. (*Adapted from Psalm 112*)

### **We offer you our praise**

Lord, we have rejoiced greatly by day at the sight of the magnificent works revealed in your creation; and being filled with wonder we glorify you as the creator of the universe who have done marvellous things. So now, as we come to the end of this day, it is right that we offer you our praise. And we remember your wisdom and knowledge, for you have brought the darkness and it has become night, giving us rest from our work. For this we proclaim with the psalmist, 'How great are your works, Lord; in wisdom you have made them all.' And we ask you, ever-loving Father, sun of righteousness, not to turn away from us because of our sins, but surround us always with the light of your grace, so that, day or night, we may glorify your greatness.

For to you belong all glory, honour and praise, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **Blessing**

May God the Father bless us; may Christ take care of us; may the Holy Spirit enlighten us always.

The Lord be our defender and keeper of body and soul, both now and for ever, to the ages of ages. Amen. (*Adapted from the Book of Cerne*)

## Reflections

‘I do not know how I appear to the world, but I see myself as a child playing by the seaside, who is glad because every now and then he finds a pebble smoother than the rest or a shell more fascinating, while the mighty ocean of truth rolls unexplored before him.’  
(*Isaac Newton*)

‘Whoever brings a sinner back from wandering will save the sinner's soul from death and will cover a multitude of sins.’ (*James 5.20*)

‘Believing that things happen merely by chance is not believing in God.... Every encounter is an encounter in God and in his sight.’ (*Anthony Bloom*)

## WEEK 11 THURSDAY MORNING

### **I offer my soul to you**

I offer my soul to you, King of graces, and may you never permit me to go back on that. Bear witness to this, blessed Virgin, that I have put my soul in your Son's hands. Face brighter than the sun, do not allow me to rest in pain or in sin. Amen. (*Celtic*)

### **Remove divisions among Christians**

Lord, pour out upon us the fulness of your mercy, and, by the power of your Spirit, remove divisions among Christians. Let your people rise more clearly as a sign for all nations that the world may be filled with the light of your Spirit and believe in Jesus Christ whom you have sent, he who lives and rules with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **The Lord's is the earth and its fulness**

The Lord's is the earth and its fulness, the world and all its peoples.

It is he who set it on the seas; on the waters he made it firm.

Who shall climb the mountain of the Lord? Who shall stand in his holy place?

Those with clean hands and pure hearts, who desire not worthless things,

who have not sworn so as to deceive their neighbour.

They shall receive blessings from the Lord and reward from the God who saves them.

Such are they who seek him, who seek the face of the Lord their God. (*Adapted from Psalm 23*)

### **God in nature, nature in God**

Heavenly Father, you have filled the world with beauty; open our eyes to see your gracious hand in all your works. May we learn to see you in nature, and nature in you, so that we may learn to serve you in gladness, for the sake of him by whom all things were made, your Son Jesus Christ, our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Our soul is lifted up out of its weakness**

Not even that heart which is most turned-in on itself can hide from your sight, nor can human hardness put away your hand. You can set a heart free as you wish, with your forgiveness or punishment. Nothing can hide from you. Let my soul praise you and so reveal its love; let it celebrate your mercies and so reveal your greatness. All that you have created reveals it unceasingly. Humanity whom you created looks to you in adoration, as do all created things, whether or not they have life, through him who looks on them. Our soul depends for its support on all creatures; it is lifted up out of its weakness and, thanks to creatures, it is joined with you, their most wonderful creator. And in you we are restored and find our strength. Amen. (*Adapted from Saint Augustine*)

## Reflections

‘Lord, you know what I desire, but I desire it only if it is your will that I should have it. If it is not your will, good Lord, do not be displeased, for my will is to do your will.’ (*Julian of Norwich*)

Jesus said, ‘That they may all be one, as you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.’ (*John 17.21*)

‘Love for truth is the foundation of Christian unity.’ (*Pope John Paul II*)



## WEEK 11 THURSDAY EVENING

### **May our sleep be deep and soft**

Christ, Son of the living God, may your holy angels guard our sleep.

May they watch us as we rest and may they hover around our beds.

Let them reveal to us in our dreams visions of your glorious truth,

High Prince of the universe, High Priest of the mysteries.

May no dreams disturb our rest and no nightmares darken our dreams.

May no fears or worries delay our willing, prompt response.

May the virtue of our daily work make holy our nightly prayers.

May our sleep be deep and soft so that our work be fresh and hard. (*Celtic*)

### **For all those who flee from fear**

Almighty God, who caused your servant Joseph to take our infant Redeemer and his virgin mother into the security of exile in Egypt, protect all those who flee from fear over frontiers into freedom; grant that we who live in liberty may bid them welcome in love so that, at length, we, together with them, may be received into that heavenly country where you live and reign, God for ever and ever. Amen. (*Adapted from the Church of Ireland*)

### **Have mercy, Lord**

Lord, take away from our hearts all suspicion, resentment, anger and bitterness, and anything that might diminish charity or weaken unity. Have mercy, Lord, on those who seek mercy; give grace to the needy. Make us so to live that we may be found worthy to enjoy the fruits of your grace and that we may attain to eternal life. Amen. (*Adapted from Thomas à Kempis*)

### **Never leave us**

Lord our God, be with us; never leave us or abandon us; make us obedient to you, that we may always live as you want us to live, and keep your laws and commandments. Lord our God, remember at all times our prayers and petitions, and be merciful, according to our daily needs. Amen. (*Adapted from 1 Kings 8*)

### **Blessing**

Let us go out into the world in peace, being of good courage, holding fast to what is good, rendering no one evil for evil, strengthening the faint-hearted, supporting the weak, helping the afflicted, honouring all people, loving and serving the Lord, rejoicing in the power of the Holy Spirit.

And the blessing of God almighty, the Father, the Son and the Holy Spirit be upon us and remain with us for ever. Amen. (*Adapted from the Book of Common Prayer, 1928*)

## **Reflections**

‘The experience of loving and being loved is therapeutic.’ (*William Johnston*)

‘The Father has rescued us and transferred us into the Kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.’ (*Adapted from Colossians 1.14*)

‘Joy is the most infallible sign of the presence of God.’ (*Leon Bloy*)

## WEEK 11 FRIDAY MORNING

### **Persevere in right reason**

Lord God, the creation of the human race was a wonderful work; still more so was our redemption. May we persevere in right reason against all inducements to sin, and so attain everlasting joy; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Faith in him who suffered on the cross**

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world; grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ our Lord. Amen. (*Society of Saint Francis*)

### **Know myself, know you**

Lord Jesus, let me know myself, let me know you and desire nothing else but you.

Let me turn from self and love you and do all things for the sake of you.

Let me humble myself and exalt you and think of nothing but only you.

Let me die to myself and live in you and take whatever happens as coming from you.

Let me forget myself and walk after you and ever desire to follow you.

Let me flee from myself and turn to you so that I may deserve to be defended by you.

Let me fear for myself, let me fear you, and be among those who are chosen by you.

Let me mistrust myself and trust in you and always pray for the love of you.

Let me cling to nothing but only to you. Look upon me that I may love you.

Call me that I may see you and forever possess you. Amen. (*Adapted from Saint Augustine*)

### **I adore the suffering King**

I adore the suffering King who feels my suffering; I love the sorrowing King who knows my sorrow.

At his death no fire came upon his captors to burn them, no great flood rose to sweep them away; the earth did not open to swallow them up, the sky did not fall to crush them.

No fierce birds came to attack Pilate, no wild beast mauled the priests and scribes, no snake rose up to bite those who whipped Jesus.

He allowed them to accuse him falsely, without opening his mouth; he let them drag him to the cross with no words of reproof; he watched quietly as they drove nails into his hands and feet.

He who created the universe, he who preserves the universe, he whom the sun and the moon obey, he who rules the stars, forsook his mighty power.

So he suffered with us who suffer much; he sorrowed with us who feel much sorrow. (*Celtic*)

### **May we do what you ask**

Almighty and ever-living God, strengthen our faith, hope and love. May we do with loving hearts what you ask of us, and come to share the life you promise; through

Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Who will save me from this body of death? Thanks be to God through Jesus Christ our Lord.’ (*Romans 7.24-25*)

‘The fearful anonymous labours of primitive man, the beauty fashioned through its age-long history by ancient Egypt, the anxious expectancies of Israel, the patient distilling of oriental mysticism, the endless refining of wisdom by the Greeks: all these preparatory processes were cosmically and biologically necessary that Christ might set foot on our human stage.’ (*Adapted from Pierre Teilhard de Chardin*)

‘There is enough in this world for everyone's need; there is not enough in this world for everyone's greed.’ (*Adapted from Mahatma Gandhi*)

## WEEK 11 FRIDAY EVENING

### **That we may follow his example**

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon himself our flesh and to suffer death on the cross; grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through the same Christ our Lord. Amen. *(Adapted from the Society of Saint Francis)*

### **For all who travel on our roads**

Almighty God, giver of life and health, we ask you to guide with your wisdom those who are trying to save from injury and death all who travel on our roads. Grant to those who drive consideration for others, and to those who walk on the roads or who play beside them thoughtful caution and care, so that, without fear or disaster, they may come safely to their journey's end, by your mercy who care for us; through Jesus Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

### **Free from sin when we leave this world**

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice with you for ever. Amen. *(Adapted from the Roman liturgy)*



**I am sorry for all my sins**

My God, I thank you for loving me. I am sorry for all my sins, for not loving others and for not loving you. Help me to live like Jesus and not sin again. Amen. (*Anon.*)

**For the dead**

Father, source of forgiveness and salvation, through the intercession of the blessed virgin Mary and all the saints, grant that our relatives, friends and benefactors who have passed from this world may come to share your eternal happiness in the communion of saints; through Christ our Lord. Amen. (*Pope Paul VI*)

**Blessing**

May the cross of the Son of God abide with us in our going out and our coming in. By day and night, at morning and evening, at all times and in all places may it protect and defend us. From the evil intentions of the malicious, from the assaults of temptation, from enemies visible and invisible, from the attraction of sin, from all passions that mislead soul and body, may it guard, protect and deliver us. Amen. (*Adapted from the Anglican Church of India, Pakistan, Bangla Desh, Myanmar and Sri Lanka*)

## Reflections

‘Jesus, remember me when you come into your Kingdom.’ (*Luke 23.42*)

‘How good it is to be sinking down below the world's horizon towards God, to rise again later into the dawn of his presence.’ (*Saint Ignatius of Antioch*)

‘To desire nothing but Christ and those things which draw us closer to him, this is evangelical poverty.’ (*Adapted from Francesco da Jesi*)

## WEEK 11 SATURDAY MORNING

### **I offer you this day**

Lord Jesus, I offer you this day and all it will bring.  
Stay with me and protect me throughout the day.  
Amen. (*Irish Redemptorists*)

### **Mary, the Mother of our Lord**

God most high, who endowed Mary, the Mother of our Lord, with wonderful virtue and grace, grant that we who now call her blest, may be made members of the heavenly family of him who was pleased to be called the first-born among many brethren; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Canadian Prayer Book*)

### **The aged and the infirm**

Eternal God, who through the passing years remain the same, be near to those who are aged or infirm. Though their bodies fail, let their spirits be strong in you, so that with patience they may bear weariness and distress, and at last meet death unafraid; through Jesus Christ our Lord. Amen. (*Adapted from New Every Morning*)

### **Lord, I will trust in you despite unfaithful friends**

I will cry to God and the Lord will save me.  
Evening, morning and at noon I will cry and lament.  
He will deliver my soul in peace in the attack against me;  
for those who fight me are many, but he hears my voice.

The traitor has turned against his friends; he has broken his word.

His speech is softer than butter, but war is in his heart.  
His words are smoother than oil, but they are naked swords.

Entrust your cares to the Lord and he will support you.  
He will never allow the just ones to stumble.  
Lord, I will trust in you. (*Adapted from Psalm 54*)

**Your will**

Rule all by your wisdom, Lord, so that my soul may always serve you according to your will, and not as I choose. Do not punish me, I beg you, by granting what I wish or ask if it offends your love, because I desire your love to live always in my soul. Let me deny myself, so that I may serve you. Let me live for you, who in yourself are the true life. Amen. (*Saint Teresa of Ávila*)

## Reflections

‘Revelation comes to us in two volumes: scripture and nature.’ (*Saint Thomas Aquinas*)

‘Let your “Yes” be yes, and your “No” be no.’ (*Matthew 5.37*)

‘Since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died.’ (*1 Thessalonians 4.14*)

## WEEK 11 SATURDAY EVENING

### **Bless us all together**

Our Father, grant us peace, goodness and blessing; life, grace and kindness; justice and mercy. Bless us all together with the light of your presence, for in that light you give us, Lord our God, law and life, love and kindness, justice and mercy, blessing and peace. And in your eyes it is good to bless your people with great strength and peace. Blessed are you, Lord, who bless your people with peace. Amen. (*Adapted from Jewish tradition*)

### **Body and soul in harmony**

Lord God, by the ways of holiness you make those who try to live with your mind to be at peace; do not let our bodily desires always be at war with our souls. Deliver us from sexual temptation that we may have freedom of mind. You have made us body and soul, each fitted for its own task, that each may work in serene harmony. Lest we be overcome, protect us with your own strength. Amen. (*Adapted from the Mozarabic Psalter*)

### **God's word is not fruitless**

Seek the Lord while he may be found, call upon him while he is near;

let the wicked abandon their ways, and the unrighteous their thoughts.

Return to the Lord who will have mercy; to our God, who will richly pardon.

'For my thoughts are not your thoughts, neither are my ways your ways', says the Lord.  
'For as the heavens are higher than the earth, so are my ways higher than your ways,  
and my thoughts than your thoughts.  
As the rain and the snow come down from above, and do not return again but water the earth,  
bringing forth life and giving growth, seed for sowing and bread to eat,  
so is my word that goes out from my mouth; it will not return to me fruitless,  
but it will accomplish that which I purpose, and succeed in the task I gave it.' (*Isaiah 55.6-11*)

**Make our hearts more open to your love**

Almighty, ever-living God, make our hearts open to your love when you make known to us in your word the depth of that love. You have rescued us from the darkness of error; make us adhere more firmly to the teachings of your truth; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blessing**

May God protect us from harm and grant us salvation.  
May he shine on our hearts and lead us to eternal life.  
And may almighty God, the Father, the Son and the Holy Spirit bless us all. Amen. (*Anon.*)

## **Reflections**

Jesus said, 'Have faith in God.' (*Mark 11.22*)

'There can be no greater loss than to be separated by sin from God, the fountain of all goodness.' (*Juan Luis Vives*)

'The New Testament is hidden in the Old; the Old Testament is revealed in the New.' (*Saint Augustine*)



## WEEK 12 SUNDAY MORNING

### **A hundred thousand welcomes**

A hundred thousand welcomes, holy Body of Christ; a hundred thousand welcomes, body that was crucified; a hundred thousand welcomes to your body, Lord; only Son of God, hail to you!

You are the branch of all grace, the Tree whose flower never withers, as wrote Matthew and Mark.

God, if you consider us worthy to be accepted, may we live and be saved by your hands.

I ask for grace and mercy for myself and for the race of Eve and Adam, for whom God and the church direct us to pray. Amen. (*Celtic*)

### **Confirm our hope**

Father, help us to understand your great love for us. May the goodness you show us through the passion, death and resurrection of Jesus Christ your Son and our saviour confirm our hope in your future mercy. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **For our children**

Heavenly Father, we commend our children to you. You are their God and Father. Mercifully make up for whatever is missing in us through weakness or neglect. May we live in such a way as to be an example to them; may we never fail, through lack of courage or character, to point out to them right and wrong. May we give time

to them, be with them, listen to them, walk, talk, laugh and share with them. Strengthen them to overcome the evil of the world and to resist temptation to sin. Pour your grace into their hearts. Increase in them the gifts of your Holy Spirit. May they grow daily in grace and in the knowledge of Jesus Christ. May they serve you faithfully here on earth, and rejoice, with us, in your presence for ever in heaven. Amen. (*Anon.*)

### **Thank you for food**

Lord, we thank you for the food that the earth produces for the good of humanity. It is evidence of your generosity; may the seeds of charity and justice also bear fruit in our hearts; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **We thank you, our God**

Blest are you, Lord God of our ancestors, for ever and ever.

Yours, Lord, is the greatness, and the power, and the glory, and the victory, and the majesty;

for all that is in the heavens and in the earth is yours.

Yours is the Kingdom, Lord, and you are exalted as head above all.

Both honour and riches come from you and you rule over all.

In your hand are power and might, and you make great and give strength to all.

And now we thank you, our God, and praise your glorious name. (*Adapted from 1 Chronicles 29.10-13*)

## Reflections

‘Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.’ (*Adapted from Romans 8.38-39*)

‘The Eucharist is, as it were, the soul of the church.’  
(*Pope Leo XIII*)

‘Better a dinner of vegetables where love is than a fatted ox and hatred with it.’ (*Proverbs 15.17*)

## WEEK 12 SUNDAY EVENING

### **The Holy Trinity**

Almighty and eternal God, we ask you to strengthen us so that in this world we may firmly proclaim our faith in the Holy Trinity, and, in the world to come, know you perfectly and with joy look upon you face to face; for you live and reign, one God, for ever and ever. Amen. *(Society of Saint Francis)*

### **Two or three**

Lord God, who has taught us to pray together and has promised that wherever two or three gather in your name you are there among them, hear now our prayers for our salvation, and give us in this world knowledge of your truth, and, in the world to come, life everlasting; for the sake of Jesus Christ our loving Saviour. Amen. *(Adapted from the Armenian liturgy)*

### **Help our bishop**

God, eternal shepherd, you tend your church in many ways, and you care for us with love. Help our bishop (*name*), whom you have chosen to be pastor for Christ, to watch over his people. Help him to be a holy priest and a wise administrator. We make this prayer through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **May Christ dwell in our hearts by faith**

God, the Father of our Lord Jesus Christ, from whom every family in heaven and on earth takes its name, grant

to our family and friends that, according to the riches of your glory, we may be strengthened with power by your Spirit in our inner lives. May Christ dwell in our hearts by faith so that we, being grounded and founded in love, may be able to comprehend with all the saints what is the breadth, and length, and depth and height, and to know the love of Christ which surpasses all understanding, and we may be filled with all the fulness of God; through the same Christ our Lord. Amen. (*Adapted from Ephesians 3.14-19*)

### **Christ yesterday and today**

Christ yesterday and today, the beginning and the end, the Alpha and the Omega; all time belongs to him, and all the ages; to him be glory and power, through every age and for ever. Amen. (*Adapted from the Roman liturgy*)

### **Blessing**

May our God and Father himself and our Lord Jesus Christ direct our way.

May the Lord make us increase and abound in love for one another and for all.

May he strengthen our hearts in holiness that we may be blameless before our God and Father at the coming of our Lord Jesus with all his saints. Amen. (*Adapted from 1 Thessalonians 3.11-13*)

## Reflections

‘In silence and solitude... one is occupied in busy leisure and rests in quiet activity.’ (*Saint Peter Damian*)

‘See what love the Father has given us, that we should be called children of God; and that is what we are. We are God’s children now; what we will be has not yet been revealed. What we know is this: when he is revealed, we will be like him, for we will see him as he really is.’ (*Adapted from 1 John 3.1-2*)

‘Take no oath by the earth that you stand on. You walk on it only for a while, but soon you will be buried within it. Pay no heed to the world you live in. You are dazzled by its pomp and pleasure, but soon you shall be carried from it. Time is like the ebbing tide on a beach. You cannot see it move by staring at it, but soon it has run away from sight.’ (*Celtic*)

## WEEK 12 MONDAY MORNING

### **We turn to you and pray**

Lord our God, we turn to you and pray, knowing that you are near, that you are merciful and quick to forgive. For our thoughts are not like yours, and your ways are different from ours. As high as the heavens are above the earth, so high are your ways and thoughts above ours. Lord, hear our prayer. (*Adapted from Isaiah 55.6-9*)

### **My whole day**

Lord Jesus, I offer you my whole day, my work, my hopes, my fight against sin, my joys and sorrows. Give me and those who work with me the grace to think like you, to work with you, to live with you. May we love you with all our hearts and serve you with all our strength. May your Kingdom come in factories, shops, farms, offices and homes. May you be better known, loved and served. May those of us today who may be tempted to leave you by sin remain in your grace. Amen. (*Adapted from Young Christian Workers' prayer*)

### **When we are tired**

God, you are the strength of those who labour and the rest of the weary. Grant that when we are tired by our work we may be renewed and re-created by your Spirit to serve you gladly in freshness of body and mind; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

**Make me your own**

My God, I am not my own but yours. Take me for your own and help me in all things to do your holy will. God, I give myself to you in joy and sorrow, in sickness and health, in success and failure, in life and death, in time and eternity. Make me and keep me your own; through Jesus Christ our Lord. Amen. (*Anon.*)

**The source of intelligence**

Lord, you are the source of intelligence and right thinking. So as to train and establish us in true wisdom, teach us first to have reverence, and then perfect us in clear thinking; in Jesus' name. Amen. (*Adapted from the Gothic Breviary*)

**Grant us your help today**

Lord God, you have given us the earth to cultivate and care for; you give us talents and abilities to nurture. Grant us your help today to work faithfully for your glory and for the good of others. Amen. (*Anon.*)



## Reflections

‘By this we may be sure that we know him, if we obey his commandments. Whoever says, “I have come to know him,” but does not obey his commandments is a liar, and in such a person the truth does not exist; but whoever obeys his word, truly in this person the love of God has reached perfection. By this we may be sure that we are in him: whoever says, “I abide in him,” ought to walk just as he walked.’ (*1 John 2.3-6*)

‘When I see people very anxious to know what sort of prayer they practise... I know how little they understand how to attain union with God, since they think it consists in things such as these. No. Our Lord expects *works* from us! If you see someone sick whom you can relieve, never fear losing your devotion, but have compassion on her; if she is in pain, feel it as if it were your own.... This is the true union of our will with the will of God. If you possess charity, I assure you that you will attain the union I have described.’ (*Adapted from Saint Teresa of Ávila*)

‘There was a man who ate a lot and was still hungry, and another who ate little and was satisfied. The one who ate a lot and was still hungry received a greater reward than he who ate little and was satisfied.’ (*Adapted from the Wisdom of the Desert Fathers*)

## WEEK 12 MONDAY EVENING

### **Sounding silence**

Lord, the scripture says, 'There is a time for silence and a time for speech.' Teach me the silence of humility, the silence of wisdom, the silence of love, the silence that speaks without words and the silence of faith. Lord, teach me to silence my own heart that I may listen to the gentle movement of the Holy Spirit within me and sense the depths which are of God. Amen. (*Anon., sixteenth century*)

### **Those who feel rejected**

My God, help all who feel rejected, those who have lost their job or who cannot get one, those who are abandoned or ignored, those whose love is spurned. Make them aware of your love and help them to realize that what matters is to love more than to be loved. And take away, Lord, my own sense of rejection or despair. Amen. (*Anon.*)

### **Walk in justice**

'Hear, you who are far away, what I have done; and you who are near, acknowledge my power. Those who walk righteously and speak uprightly, who despise the gain of oppression, who wave away a bribe instead of accepting it, who stop their ears from hearing of bloodshed and shut their eyes from looking on evil - they will live on the heights; their refuge will be the fortresses of rocks; their food will be supplied, their water assured.' (*Adapted from Isaiah 33.13, 15-16*)

**Love our country**

Lord God, by whose will we live in this land, enable us to love our country, not in word only, but in deed and in truth. Let the strong give according to their ability so that the weak may receive according to their need, in the spirit of Jesus your Son who came not to be served but to serve, he who is our Lord for ever and ever. Amen. (*Church of Ireland*)

**The joy of lasting peace**

God and Father, light of all mankind, make our hearts radiant with the splendour of that light which long ago you shed on our ancestors in the faith, and give your people the joy of lasting peace; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blessing**

May the everlasting Father bless us with his everlasting blessing. Amen. (*Adapted from Thomas Cranmer*)

## Reflections

‘Wherever people are praying in the world, there the Holy Spirit is, the living breath of prayer.’ (*Pope John Paul II, Dominum et Vivificantem*)

‘To do righteousness and justice is more acceptable to the Lord than sacrifice.’ (*Proverbs 21.3*)

‘We must live today; those who live tomorrow never live. If we want to live today, we should live for God, in whom yesterday and tomorrow are nothing but today.’ (*Adapted from Marsiglio Ficino*)

## WEEK 12 TUESDAY MORNING

### **Let the Spirit do the rest**

Sometimes when I pray, I speak the words, but I do not feel or think them.

Sometimes when I pray, I speak the words, thinking about what I say, but not feeling.

Sometimes when I pray, I speak the words, and I both think and feel what I say.

An act of will cannot make me feel, nor stop my mind from wandering.

An act of will can only make me speak, so I shall speak the words,

and let the Spirit do the rest, guiding my mind and heart as he wills. Amen. (*Celtic*)

### **Open our lips**

God and Father of our Lord Jesus Christ, you have called us from sleep and brought us to this hour of prayer. Open our lips and inspire us with your grace; accept the thanksgiving that we lift to you as well as we can, and teach us to do your will, for we cannot pray as we should, unless, Lord, you guide us through your Holy Spirit. And so we pray: if we have sinned in thought, word or deed, whether deliberately or in weakness, will you forgive, remit and pardon all our sins, for if you, Lord, kept a record of our sins, who could stand it? But with you there is forgiveness and deliverance; you alone are the holy one, our help, our refuge and our defence, and our songs of praise will be always and only yours.

For we celebrate in glory and blessing the power of your majesty, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **Unity and peace**

Lord, holy Father, faithful to your promise you sent your Spirit to bring together a people divided by sin. Give us grace to foster unity and peace among people; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Grace upon grace**

God our Father, let us find grace in your sight so as to have grace to serve you acceptably with reverence and respect, and still more grace not to receive your grace in vain, not to neglect it and fall from it, but to persevere in it till the end of our lives; through Jesus Christ our Lord. Amen. (*Adapted from Lancelot Andrewes*)

### **The fulfilment of all our hopes**

Give me, good and kindly Father, intelligence to know you and a lively awareness of you. Grant me, also, a mind that can appreciate you, diligence in looking for you and wisdom to recognize you. Let there be in me the desire to love you and to think of you often, and enthusiasm in working for you while being ever alert to your guidance. Give me words in which to speak of you. May I be unfailingly patient in waiting for you, for you are the fulfilment of all our hopes. Amen. (*Alcuin*)

## Reflections

‘Pray without ceasing; give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.’ (*1 Thessalonians 5.17-19*)

‘We are in a world where the fundamental question for each individual has to be, “Do I believe?”, where the unattended hunger of the soul is the stalking famine of the emerging generation.’ (*Niall Ahern*)

‘God is truth. All who seek truth seek God, whether this is clear to them or not.’ (*Saint Edith Stein*)

## WEEK 12 TUESDAY EVENING

### **We offer you our thanksgiving**

Almighty and eternal God, in your great love for the human race you have brought us at this hour into the presence of your glory to sing in praise of your wonderful works; look with favour on us your servants, and grant that with a contrite heart we may faithfully sing, 'Holy, holy, holy Lord' and offer you thanksgiving for the great gifts that you continually bestow on us. Remember our weakness, Lord, and do not cast us out on account of our sins: look with compassion on our condition, so that, shunning the darkness of sin, we may walk in the light of your justice, and that, having put on the armour of light, we may pass our lives safe from every temptation and evil, and so give you glory in all things, knowing that you are our Father, you who are the one true God, abounding in love for all humanity. For you, Lord, are the holy one, and we glorify you, Father, Son and Holy Spirit, now and for ever to the ages of ages. Amen. (*Orthodox*)

### **May we always seek your face**

Lord, grant us to be clean in our speech, our hearts and our actions; give us humility, patience, self-control, prudence, justice and courage; give us the spirit of wisdom and understanding, the spirit of counsel and strength, the spirit of knowledge and godliness, and of reverence for you; may we always seek your face with all our heart, all our soul and all our mind; grant us to have a contrite and humbled heart in your presence,



preferring nothing to your love. Have mercy on us, we ask you; through Jesus our Lord. Amen. (*Adapted from the Gallican Sacramentary*)

**Stretch out your hand to heal**

Master and Creator of heaven, earth and sea, and all that is in them, stretch out your hand to heal, and grant that wonders and miracles may be performed through the name of your holy servant Jesus. Amen. (*Adapted from Acts of Apostles 4.24, 30*)

**Blessing**

I lie down with God; may God lie down with me.

May the right hand of God be under my head and the two hands of Mary embrace me.

May the angels of God support me, from the top of my head to the soles of my feet.

I will never lie down with evil; may evil never lie down with me.

Mary, mother of Jesus, and Elizabeth, mother of John, nurse me when I fall sick and restore me to health.

Jesus, nailed to the cross, and John, beheaded by Herod, be close to me when I die and carry me to heaven.

(*Celtic*)

## Reflections

‘Nothing should alienate us from one another but what alienates us from God.’ (*Benjamin Whichcote*)

‘Lord, you have the words of eternal life, and we believe and have known that you are the Christ, the Holy One of God.’ (*Adapted from John 6.68-69*)

‘For those who truly desire a life of prayer, the only way to achieve it is by prayer.’ (*Anon.*)

## WEEK 12 WEDNESDAY MORNING

### **I will bless the Lord**

I will bless the Lord at all times, his praise always on my lips;  
in the Lord my soul shall make its boast; the humble shall hear and be glad.

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.

Look towards him and be radiant; let your faces not be abashed.

The poor called and the Lord heard them and rescued them from all their distress.

The angel of the Lord is encamped around those who revere him, to rescue them.

Taste and see that the Lord is good; they are happy who seek refuge in him. (*Adapted from Psalm 33*)

### **Remember your servants**

Lord, remember those who have braved dangers and suffered hardship for your name's sake in advancing the cause of truth. Remember those who, in their time, founded Christian communities, and built them up in your name. You cannot forget the many who have borne persecution and pain for the truth and so brought wandering souls back to you; nor those who have carried

the cross to new lands and peoples and caused your name to be praised among them. By their prayers and works, raise us all closer to yourself, and open our minds to the fulness of your truth. (*Liturgy of Philoxenus*)

### **You are blest, Lord God**

You are blest, Lord God of our ancestors; to you glory and praise for evermore.

Blest your glorious holy name; to you glory and praise for evermore.

You are blest in the temple of your glory; to you glory and praise for evermore.

You are blest who gaze into the depths; to you glory and praise for evermore.

You are blest in the firmament of heaven; to you glory and praise for evermore.

You who walk on the wings of the wind: to you glory and praise for evermore.

May they bless you, the saints and the angels; to you glory and praise for evermore.

From the heavens, the earth and the sea, to you glory and praise for evermore.

You are blest, Lord God of our fathers; to you glory and praise for evermore. (*Adapted from Daniel 3.52-90*)

### **May the Trinity protect me**

The path I walk, Christ walks it. May the land in which I am be without sorrow. May the Trinity protect me wherever I stay, Father, Son and Holy Spirit. Bright angels walk with me, and be present with me in every dealing. (*Attributed to Saint Colm Cille*)

## Reflections

‘God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.’ (2 *Timothy 1.7*)

‘It is impossible to cheat reality; reality will always take its revenge.’ (*Jean Sullivan*)

‘You can't safely know more about God than you know about yourself.’ (*Lionel Blue*)

## WEEK 12 WEDNESDAY EVENING

### **Come, ring out your joy**

Happy are they whose offence is forgiven, whose sin is remitted.

Happy are they to whom the Lord imputes no guilt, in whose spirit is no guile.

I kept it secret and my frame was wasted, I groaned all the day long,  
for night and day your hand was heavy upon me.  
Indeed, my strength was dried up as by the summer's heat.

But now I have acknowledged my sins, my guilt I did not hide.

I said, 'I will confess my offence to the Lord,'  
and you, Lord, have forgiven the guilt of my sin.  
You are my hiding place, Lord, you save me from distress,  
you surround me with cries of deliverance.  
Rejoice, rejoice in the Lord; exult, you just!  
Come, ring out your joy, all you upright of heart!  
(Adapted from Psalm 31)

### **Forgive my sins**

Forgive the sins that I can remember and also the sins I have forgotten.

Forgive the wrong actions I have committed and the right actions I have omitted.

Forgive the times that I have been weak in the face of temptation and those when I have been stubborn in the face of correction.

Forgive the times when I have been too proud of my achievements and those when I have failed to boast of your works.

Forgive the harsh judgments I made of others and the leniency I have shown to myself.

Forgive the lies I have told to others and the truths I have avoided.

Forgive the pain I have caused others and the indulgence I have shown myself.

Jesus, have pity on me and make me whole. Amen.  
(*Celtic*)

### **The serenity prayer**

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. (*Adapted from Reinhold Niebuhr*)

### **Blessing**

The wisdom of the wonderful Counsellor guide us; the strength of the mighty God defend us; the love of the everlasting Father enfold us, the peace of the Prince of Peace be upon us.

And the blessing of God almighty, Father, Son and Holy Spirit be upon us this night and for evermore. Amen.  
(*Anon.*)

## **Reflections**

‘Stay with us because it is almost evening and the day is now nearly over.’ (*Luke 24.29*)

‘The fact that the almighty power of God was able to descend to the lowly condition of humanity provides a clearer proof of power than great and impressive miracles. His descent to our lowliness is the supreme expression of his power.’ (*Saint Gregory of Nyssa*)

‘Our challenge is to cooperate with others while retaining our identity and allowing them to retain theirs.’ (*William Johnston*)



## WEEK 12 THURSDAY MORNING

### **Sing to the Lord**

Sing to the Lord, all the earth. Tell of his salvation from day to day.

Declare his glory among the nations, his marvellous works among all the peoples.

For great is the Lord, and greatly to be praised; he is to be revered above all gods.

Honour and majesty are before him; strength and joy are in his place. *(Adapted from 1 Chronicles 16.8-36)*

### **Bring us together**

God of all good, generous giver of tranquillity and peace, grant that same tranquillity and peace to your people. Heal the quarrels that exist among us and bring us together in unity. May we pray earnestly for each other so that the peace which is from you may be an anchor of faith in our souls. Amen. *(Adapted from the Liturgy of Maruta of Tikrit, Iraq)*

### **King of creation**

My dear King, my own King, without pride or sin, you created the whole world, eternal, victorious King.

King above the elements and the sun, King beneath the ocean, King of the north and the south, the east and the west, against you no enemy can prevail.

King of the mysteries, you existed before the elements, before the sun was set in the sky, before the waters covered the ocean floor; beautiful King, you are without beginning or end.

King, you created the daylight and the darkness; you are not arrogant or boastful and yet strong and firm.

King, you created the land out of shapeless mass, you carved the mountains and chiselled the valleys, and covered the earth with trees and grass.

King, you stretched out the sky above the earth, a perfect sphere like a perfect apple, and you decorated the sky with stars to shine at night.

King, you pierced the earth with springs from which pure water flows, to form streams and rivers across the land.

King, you measured each object and each span within the universe: the heights of the mountains and the depths of the ocean; the distance from the sun to the moon, and from star to star.

King, you ordained the movements of every object: the sun to cross the sky each day and the moon to rise each night; the clouds to carry rain from the sea and the rivers to carry water back to the sea.

King, you divided the earth into three: the north, cold and bitter; the south, hot and dry; and the middle, cool, wet and fertile.

King, you created men and women to be your stewards of the earth, always praising you for your boundless love. Amen. (*Celtic*)

## Reflections

‘In order to restore communion and unity, or to preserve them [among Christians], one must impose no burden beyond what is indispensable.’ (*Vatican II, Unitatis Redintegratio*)

‘See, I am setting before you today a blessing and a curse: the blessing if you obey the commandments of the Lord your God that I am commanding you today; and the curse, if you do not obey the commandments of the Lord your God, but turn from the way that I am commanding you today, to follow other gods that you have not known.’ (*Deuteronomy 11.26-28*)

‘The deeper one is drawn into God, the more one must go to the world in order to carry the divine life into it.’ (*Saint Edith Stein*)

## WEEK 12 THURSDAY EVENING

### **Loving and being loved is holiness**

Lord God, you have promised a new heart and a new spirit to those who love you. Give me, I pray, a share in the spirit of Jesus your Son and teach me how to live in love. May I abandon myself to you, discovering that I can live free from fear, free from the chains that bind me to myself, to my past, to my sins, to wondering what others will say, because I know I can have confidence in you.

You, Lord, are merciful, kind and compassionate; you welcome sinners and forgive them completely. And so I come to you with absolute trust. My God, loving you and being loved by you is holiness. For this gift I hold out my hands. Grant it to me in Jesus' name. Amen.  
*(Elizabeth Ruth Obbard)*

### **Blessed be God**

Blest are you, merciful God! Blest is your name forever; let all your works praise you forever. And now, Lord, I turn my face to you and raise my eyes towards you. Blest are you, God of our ancestors, and blest is your name in all generations forever. Let the heavens and the whole creation bless you forever. Blessed be God, and blessed be his great name, and blessed be all his holy angels. May his holy name be blest throughout all the ages. *(Of unknown origin)*

**Into everlasting life**

We ask you, Lord, to strengthen us, your servants, in your grace so that, at the hour of death, the enemy may not prevail over us, and we may pass with your angels into everlasting life. Amen. (*Anon, from India*)

**To please your holy name**

Eternal God, King of all creation, who has granted me to reach this hour, forgive me the sins I have committed this day in thought, word and deed. Clean my soul, Lord, from every stain of sin. Grant me to sleep this night in peace, to rise from my bed and praise your holy name all the days of my life, and to overcome the enemies, both bodily and spiritual, that fight against me. Deliver me, Lord, from foolish thoughts that deceive me and from evil desires.

For yours is the Kingdom, the power and the glory, of the Father, the Son and the Holy Spirit, now and for ever to the ages of ages. Amen. (*Saint Makarios the Great*)

**Blessing**

Bless all who worship you, from the rising of the sun to its setting. Of your goodness give us a share; with your love inspire us; by your spirit guide us; by your power protect us; in your mercy receive us, now and always. Amen. (*Adapted from an ancient collect*)

## Reflections

‘The sin of one person harms other people just as one person's holiness helps another.’ (*Pope Paul VI*)

‘The one who perseveres to the end will be saved.’ (*Matthew 24.13*)

‘A thousand offences which we truly acknowledge and confess ourselves to be guilty of, are not as perilous or damaging as a single offence which we do not, or will not, recognize and acknowledge.’ (*John Tauler*)

## WEEK 12 FRIDAY MORNING

### **Revere the Lord**

Revere the Lord, you his saints; they lack nothing, those who revere him.

Strong lions suffer want and go hungry, but those who seek the Lord lack no blessing.

Come, children, and hear me that I may teach you to revere the Lord.

Who are they who long for life, and many days to enjoy their prosperity?

Then keep your tongue from evil, and your lips from speaking deceit.

Turn aside from evil and do good; seek and strive after peace. (*Adapted from Psalm 33*)

### **Thanks to the Suffering Servant of God**

Our Lord and Saviour: you endured the suffering that should have been ours, the pain that we should have borne. Our Lord and Saviour, we thank you.

We are healed by the punishments you suffered, made whole by the blows you received. Our Lord and Saviour, we thank you.

You were treated harshly but endured it humbly; you never said a word. Our Lord and Saviour, we thank you.

You were arrested and sentenced and led off to die, and no one cared about your fate. Our Lord and Saviour, we thank you.

It was the Father's will that you should suffer; your death was a sacrifice to bring us forgiveness. Our Lord and Saviour, we thank you.

You willingly gave your life and shared the fate of sinners. Our Lord and Saviour, we thank you.

You took the place of many sinners and prayed that they might be forgiven. Our Lord and Saviour, we thank you.

*(Adapted from Isaiah 53.4-12)*

### **For those who suffer**

Be merciful, Lord, to all our sisters and brothers who suffer any kind of persecution or affliction, whether in mind or body, and especially those who suffer for your Name and gospel; give them patience, constancy and steadfast hope until you send them full and generous deliverance from all their troubles; through Christ our Lord. Amen. *(Adapted from Christian Prayers, 1566)*

### **A lively, active and cheerful spirit**

Deliver me, Lord God, from a lazy mind, from half-heartedness and self-pity. I know these cannot but deaden my love for you. Mercifully free my heart from them, and give me instead a lively, active and cheerful spirit so that I may vigorously perform what you command, thankfully suffer whatever you choose for me, and be willing to obey in all things your holy love. Amen. *(Adapted from John Wesley)*



## **Reflections**

‘By prayer the soul is attuned to God.’ (*Julian of Norwich*)

‘None are so rich that they do not need another's help; none are so poor as not to be useful in some way to their fellow human beings.’ (*Pope Leo XIII, Graves de Communi*)

‘All who want to live a godly life in Jesus Christ will be persecuted.’ (*2 Timothy 3.12*)

## WEEK 12 FRIDAY EVENING

### **Seeking and finding**

Lord our God, grant us grace to desire you with our whole heart so that, by so desiring, we may seek you and find you; and so finding you we may love you; and loving you we may hate those sins from which you have redeemed us. We ask this for the sake of Jesus Christ. Amen. (*Adapted from Saint Anselm*)

### **Thank you, Lord**

Thank you, Lord, for the week that has passed. Thank you too for your love and protection.

Forgive me for any wrong I have done this week: if I have been bad-tempered or hard to live with; if I have hurt those I should love; for any word of comfort, praise or thanks which I might have spoken but did not speak; for any help I might have given to someone in need but did not give.

Lord, I pray tonight for all men and women: for the believer and the unbeliever; for those who are trying to find you and for those who are trying to ignore you.

Bless those who are lonely and who feel their loneliness most of all in the evening.

Bless those who are sick or old or who will not sleep tonight.

Bless all homes and families and those who have no home of their own.

Give everyone restful sleep and the peace of heart that comes from knowing that our sins are forgiven and that

we are always in the hands of our heavenly Father. Amen. *(Adapted from the Irish Redemptorists)*

### **Those who have gone before us**

Grant, Lord, that we may remember gladly and gratefully those who have gone before us, who have stood by us and helped us in past days, cheered us by their sympathy and strengthened us by their example. And when the time comes for us to leave this world may we have a good hope of rest with them in paradise, through him in whose life we live, Jesus Christ our Saviour and Redeemer. Amen. *(Adapted from the Church of Ireland)*

### **Father, be merciful**

Father, I have sinned against heaven and against you and am not worthy to be called your child. Be merciful to me, a sinner. *(Adapted from Luke 15.21; 18.14)*

### **Keep watch, Lord**

Keep watch, Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, Christ our Redeemer. Amen. *(Adapted from the Society of Saint Francis)*

### **Blessing**

May the blessing of almighty God, the Father, the Son and the Holy Spirit come down upon us and remain with us forever. Amen. *(Adapted from the Roman liturgy)*

## Reflections

‘Every day call this prayer to mind, and repeat it to yourself as often as possible: “Lord, have mercy on all who appear before you today.” For at every hour and every moment thousands of people depart from this earthly life and their souls appear before God - and how many of them depart in loneliness, unknown to anyone, sad and dejected because no one feels sorrow for them or even cares whether they are alive or not! And then, perhaps, from the other end of the earth your prayer for the repose of their souls will rise up before God, although you never knew them nor they you. How deeply moving it must be, as people stand in fear and trembling before the Lord, to know that at that very instant there is someone to pray even for them, that there is a fellow creature on earth who loves them! And God will look on both of you more favourably, for if you have had so much pity on them, how much greater will God's pity be, for God is infinitely more loving and merciful than you! And he will forgive them for your sake. (*Fyodor Dostoyevsky*)

‘Lord, let those who understand praise you; and let those who do not understand you also praise you.’ (*Saint Augustine*)

‘Lord Jesus, receive my spirit.’ (*Acts of Apostles 7.59*)

## WEEK 12 SATURDAY MORNING

### **Holy Virgin Mary**

Holy Virgin Mary, you are the joy of my soul. You are the dew of heaven to relieve my parching thirst. You are the stream of God's grace, flowing out from his heart into mine.

You are the light of my darkened soul. You are the healing of my wounds.

You are the strength of my weakness. You are the consolation of my hardship.

You are the easing of my trouble. You are the loosing of my chains. You are the help of my salvation. Hear me, I beg you, virgin most faithful, take pity on me. Do not turn away from my need.

Let my tears move you. Let your own compassionate heart move you.

I cry to you, Mother of God and lover of the human race. Hear me, poor sinner that I am, and grant me the grace I ask of you, Mary my Mother. (*Celtic*)

### **The reward of the just**

Happy are those who revere the Lord, who greatly delight in his commands.

Their descendants will be mighty in the land; the generation of the upright will be blessed.

Wealth and riches are in their houses, and their justice endures forever.

They are a light in the darkness for the upright; they are generous, merciful and just.

The good take pity and lend; they conduct their affairs with honour.

The just will never waver; they will be remembered for ever.

They have no fear of evil news; with a firm heart they trust in God.

With a steadfast heart they will not fear; they will see the downfall of evil.

Open-handed they give to the poor; their justice stands firm for ever.

Their heads will be raised in honour. (*Adapted from Psalm 111*)

### **Love our friends**

Fountain of love, love our friends, and teach them to love you with all their hearts, so that they may think, and speak, and do only those things that are well-pleasing to you; through Jesus Christ our Lord. Amen. (*Saint Anselm of Canterbury*)

### **May the blessed Virgin Mary protect us**

May the blessed Virgin Mary protect us.

Through her, God has given us the author of life, Jesus Christ our Lord. Amen. (*Pope Paul VI*)

## **Reflections**

‘In Mary the church joyfully contemplates that which she herself desires and hopes wholly to be.’ (*Vatican II, from Sacrosanctum Concilium*)

‘There is more hope for fools than for those wise in their own eyes.’ (*Proverbs 26.12*)

‘My will was perverse and lust had grown from it, and when I gave in to lust habit was born, and when I did not resist the habit it became a necessity.’ (*Saint Augustine*)

## WEEK 12 SATURDAY EVENING

### **Jesus Christ, I want you, you want me**

Jesus Christ, I want you for my own sake because I am so weak, I am a sinner. I want you for your sake so that I may know you, love you and become like you. I want you for the sake of others that I may do them no harm but rather good, so that I may give you to them.

Jesus Christ, you want me for my own sake, because you made me, you died for me, you love me. You want me for your sake that I may be your joy, your crown and be one with you. You want me for the sake of others so that through me you may help others, teach others and give yourself to others.

Jesus Christ, you shall have me, all that I have, all that I am, all that I possibly can be, for ever and ever. Amen.  
*(Adapted from Alban Goodier)*

### **Let me rely on you**

Jesus, it is easy to be discouraged when I strive for holiness but don't seem to get very far. Let me rely on you and not on my own feeble powers. Your life seemed a failure but you went on loving us to the end, and that's the way you want us to love one another. You know my weakness and my sinfulness; heal the depths I cannot reach, and transform my violence into gentleness, my fear into confidence, my anger into patient love. Lord Jesus Christ, set me in your radiance; fill me with your Spirit and purify my heart. Amen. *(Elizabeth Ruth Obbard)*



### **Come with power into my soul**

I ask you, gentle Mary, give me strength of mind, enlighten my thoughts, keep me chaste, sanctify my emotions, and make me truly large-hearted and single-minded. Come with power into my soul to give light to my conscience. May your strength and your grace safeguard me in temptation, console me in my trials, protect me in danger, and ever keep me from sin. Amen. (*Saint Ildefonsus*)

### **The sword of your Spirit**

God, whose word is sharper than a two-edged sword, piercing both heart and conscience deeply, let the sword of your Spirit pierce us through, and grant that the wounds which are made by your truth may be healed by your love; through Christ our Lord. Amen. (*Church of Ireland*)

### **Watch over us**

Watch over us, Lord, this night. By your strength may we rise at daybreak to rejoice in the resurrection of Christ your Son, who lives and reigns for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Blessing**

May Christ our true God, at the prayers of his Mother and of the saints who bore God in their hearts, have mercy on us and save us, for he is gracious and loves all people. Amen. (*Orthodox*)

## Reflections

‘The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart.’ (*Hebrews 4.12*)

‘At the end of life, I will not be concerned about the mistakes I’ve made, or even the sins I’ve committed, but how unaware I was of how God loved me.’ (*Enda Heffernan*)

‘Feed your mind daily with holy scripture.’ (*Saint Jerome*)

## WEEK 13 SUNDAY MORNING

### **The splendour of your resurrection**

Let the splendour of your resurrection light up our minds and hearts, Lord, scattering the shadows of death, and bringing us to the radiance of eternity; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **The presence of your glory**

Look, Lord, on us your servants who bow our heads in the presence of your glory. Grant us forgiveness of our sins. Bless us with every spiritual good, and with your right hand protect us. Confirm us in love of you, seal and sign our hearts with the gift of reverence. Open our understanding that the light of your divinity may shine upon us, and encircle us with the gifts of the Holy Spirit. Encircle us with your power and keep us safe in the shelter of your kindness. Give us freedom from sin and strengthen us to reject temptation. Grant us to fulfil your commands and fill us with the desire for the things of heaven. Lead us into more peaceful ways and let the holy angels be our strength. Bless the work of our hands, direct our paths, rule our lives, and may the events of this day be a source of blessing for us. Amen. (*Coptic liturgy of Saint Cyril*)

### **A thousand welcomes**

(*before Mass*) A thousand welcomes, noble Jesus; you are the Lord who suffered for us the Passion, and through whose side the sharp spear passed until blood

and water flowed out. Jesus, Son of Mary, have mercy on us.

*(after Mass)* Farewell, Mary; farewell, Christ; may you guard our soul until we return. Farewell, house of God, and may God's blessing be about us; may the grace of God not leave us until we return again to his church. Amen. *(Celtic)*

### **Defend our children**

Defend our children, Lord, with your heavenly grace, that they may continue to be yours for ever, and may they grow daily in your Holy Spirit until they come to your everlasting Kingdom, where you live and reign for ever and ever. Amen. *(Adapted from the Book of Common Prayer)*

### **May our marriage strengthen our love**

Lord Jesus, grant that I and my husband/wife may understand each other. May our marriage strengthen our love. Fill us with faith and trust. May we live in peace with one another and with you. Help us to bear with one another's weaknesses and to grow in our strengths. May we forgive each other. Give us patience, kindness and cheerfulness. May we share our lives and enjoy laughter together. May we pray together and play together. As we grow older may we learn to listen more and to grow in maturity together. Draw us closer to yourself through our love for each other. This we ask in Jesus' name. Amen. *(Anon.)*

## **Reflections**

‘Christ Jesus is our hope.’ (*Adapted from 1 Timothy 1.1*)

‘The family has rightly been called the domestic church.’  
(*Vatican II, Lumen Gentium*)

‘If we know ourselves we shall know God.’ (*Saint  
Clement of Alexandria*)

## WEEK 13 SUNDAY EVENING

### **Grant us grace**

Grant us grace, almighty Father, so to pray as to deserve to be heard. (*Jane Austen*)

### **The power of his resurrection**

Holy Father and Lord, you willed that Christ your Son should be the price of our salvation. Give us grace so to live, that through sharing his sufferings we may be strengthened by the power of his resurrection, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Faithful to their mission**

Father, in the new covenant instituted by Christ your Son, you gather your people from all the nations of the earth in the unity of your Spirit. Keep them faithful to their mission in the world, renewing all peoples in Christ, and transforming them into your own family. May they walk carefully in times of quiet and courageously in times of trouble. We ask this through Christ our Lord. Amen. (*Pope Paul VI and Franciscan Breviary*)

### **Worthy priests**

Lord Jesus Christ, eternal high priest, you have said, ‘The harvest is great, but the labourers are few. Pray the Lord of the harvest, that he send workers into the harvest.’ We ask you, Lord, to send workers into your harvest; give your people worthy priests to serve them.

Guard your priesthood so that those who have not been called to it may not enter it. May those whom you have chosen recognize your call and respond with a joyful heart.

Give your priests the patience you showed when on earth; let their endurance be strong, their dedication untarnished and their talents fully used in your service. Grant us this for your name's sake. Amen. (*Anon.*)

**To you, God, be the glory**

How great, Lord God, are your riches! How deep are your wisdom and knowledge! Who can explain your decisions? Who can understand your ways? For all things were created by you, and all things exist through you and for you. To you, God, be the glory for ever! Amen. (*Adapted from Romans 11.33-35*)

**Blessing**

May almighty God bless us, and keep us from all evil, and bring us to everlasting life, the Father, the Son and the Holy Spirit. Amen. (*Anon.*)

## Reflections

‘A very close and organic bond exists between the renewal of the liturgy and the renewal of the whole life of the church.’ (*Pope John Paul II, Dominicae Cenae*)

‘If Christianity be a universal religion, suited not simply to one locality or period, but to all times and places, it cannot but vary in its relations and dealings with the world around it, that is, it will develop.’ (*John Henry Newman*)

‘The word of the Lord came to me saying, ‘Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.’ Then I said, “Ah, Lord God! Truly I do not know how to speak, for I am only a boy.” But the Lord said to me, ‘Do not say, “I am only a boy”; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord.’ (*Jeremiah 1.4-8*)



## WEEK 13 MONDAY MORNING

### **Do not forget us**

Lord, you know how busy I must be this day. If I forget you, Lord, do you not forget me; in Jesus' name. Amen.  
*(General Astley, before a battle in the English civil war)*

### **In the morning**

In the morning I will arise and make my prayer; I will always praise God. In the morning I will arise and I will see my salvation, my God, who gives life to our mortal bodies through the Spirit who lives in us, who moves in mercy over our inner being, as over dark waters. We have this promise on our pilgrimage, that we shall walk in the light, and now we are saved by hope, we are children of light and of the day, no longer of the night or of darkness, which we were before. In our still uncertain knowledge you alone can distinguish those in darkness and those in the light, you who test our hearts and who called the light day and the darkness night. Who indeed can tell us apart, if not you? What do we have that is not your gift? *(Saint Augustine)*

### **The prayer of the just**

The Lord turns his eyes to the just and his ears to their appeal.

They call and the Lord hears and rescues them in all their distress.

The Lord is close to the broken-hearted; those whose spirit is crushed he will save.

Many are the trials of the just but from them all the Lord will rescue them.

He will keep guard over all their bones; not one of their bones shall be broken.

The Lord ransoms the souls of his servants. Those who hide in him shall not be condemned. (*Adapted from Psalm 33*)

### **Glory to God**

Glory to God in the highest heaven, and peace on earth to those with whom he is pleased!

Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven.' (*From Luke 2. 14; 19.38*)

### **United to our loved ones**

Lord our God, from whom neither life nor death can separate those who trust in your love, and whose love holds in its embrace your children in this world and the next, so unite us to yourself that in union with you we may always be united to our loved ones whether here or there. Give us courage, constancy and hope; through him who died and was buried and rose again for us, Jesus Christ our Lord. Amen. (*Adapted from William Temple*)

## Reflections

‘What good is it to tell people who do not know themselves that they should make their own way to God?’ (*Blaise Pascal*)

‘Let us work for the good of all.’ (*Galatians 6.10*)

‘I’m fit for nothing but ready for anything.’ (*Saint Seraphin of Montegrano*)

## WEEK 13 MONDAY EVENING

### **You know the way for me**

My God, in the morning I called to you. Help me now to pray and to concentrate my thoughts on you; I cannot do this alone. In me there is darkness, but with you there is light; I am lonely, but you do not leave me; I am feeble in heart, but with you there is help; I am restless, but with you there is peace. In me there is bitterness, but with you there is patience; I do not understand your ways, but you know the way for me. (*Dietrich Bonhöffer*)

### **Deliverance belongs to the Lord**

I called to you, my God, out of my distress and you answered me.

Out of the depths of the underworld I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas,  
and the flood surrounded me, all your waves passed over me.

Then I said, 'I am driven from your sight;  
How shall I ever again look upon your holy temple?'

The waters closed in over me, the deep was round about me;  
Weeds were wrapped around my head at the roots of the mountains.

I went down to the land beneath the earth,  
yet you brought up my life from the depths, my God.

As my life was ebbing away, I remembered you, Lord  
God,  
and my prayer came to you in your holy temple.

With the voice of thanksgiving, I will sacrifice to you;  
what I have vowed I will pay, for deliverance belongs to  
the Lord. (*Adapted from Jonah 2*)

**Blessing**

May the grace and peace of God our Father and the Lord  
Jesus Christ, who gave himself for our sins to set us free  
from the present evil age, according to the will of our  
God and Father, and to whom be glory for ever and ever,  
be with us now and always. Amen. (*Adapted from  
Galatians 1.3-5*)

## Reflections

‘Try and see your ordinary life as the medium through which God is teaching your soul, and respond as well as you can. Then you won't need, in order to receive his lessons, to go outside your normal experience. So, too, the type of prayer best for you is that to which you feel drawn in your best and quietest times and in which it is easiest to you to remain with God. Whether you do or don't use words or books is not very important. But there should be confidence and self-surrender in it, and of course prayer and self-offering for those you love and who need you.’ (*Evelyn Underhill*)

‘Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern the will of God - what is good and acceptable and perfect.’ (*Romans 12.2*)

‘The whole life of a saint should be one great continual prayer.’ (*Origen*)

WEEK 13 TUESDAY MORNING

**Preserve the works of your mercy**

We ask, almighty and eternal God, who through Jesus Christ has revealed your glory to all nations, to preserve the works of your mercy so that your people throughout the world may continue with firm faith in the confession of your name; through Christ our Lord. Amen. (*Anon.*)

**Guide our wayward hearts**

In your gentle mercy, Lord, guide our wayward hearts, for we know that, left to ourselves, we cannot do your will. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blest is God who lives for ever**

Blest is God who lives for ever and blest is his Kingdom. For he afflicts and he shows mercy; he leads down to Hades, and brings up again, and there is no one who can escape his hand.

Acknowledge him before the nations, for he has scattered us among them.

Make his greatness known there and exalt him in the presence of the living; because he is our Lord and God, he is our Father for ever.

He will afflict us for our iniquities and again he will show mercy.

See what he will do with you; give thanks to him with your full voice.

Praise the Lord of righteousness and exalt the King of the ages.

I exalt my God, my soul exalts the King of heaven and will rejoice in his majesty. (*Adapted from ?*)

### **Praise the Trinity**

Almighty Creator, who have made all things, the world cannot express all your glories, even though the grass and the trees should sing.

The Father has wrought so great a multitude of wonders that they cannot be equalled. No letters can contain them, no letters can express them.

He who made the wonder of the world will save us, has saved us. It is not too great toil to praise the Trinity.

Purely, humbly, in skilful verse, I should delight to praise the Trinity. It is not too great toil to praise the Son of Mary. (*Celtic*)

### **For our country**

Lord God, you guide the universe with wisdom and love. Hear the prayer we make to you for our country: through the honesty of our citizens and the wisdom of those who govern may justice and peace flourish and integral human progress be achieved; through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)



## Reflections

‘Each day say to yourself, “Today I am going to begin.”’  
(*Jean-Pierre de Caussade*)

‘Peter began to speak to them, “I understand that God shows no partiality, but that in every nation everyone who reveres him and does what is right is acceptable to him.”’ (*Acts of Apostles 10.34-35*)

‘The dividing line between belief and unbelief is not between one person and another but within each person.’  
(*Jean Sullivan*)

WEEK 13 TUESDAY EVENING

**To you our praise is due**

To you our praise is due, Lord God.

To you we pay our vows, you who hear our prayer.

To you all flesh will come with its burden of sin.

Too heavy for us, our offences, but you wipe them away.

Blest are they whom you choose and call to dwell in  
your courts.

We are filled with the blessings of your house, of your  
holy temple.

You keep your pledge with wonders, God our Saviour,  
the hope of all the earth and of far distant isles.

You uphold the mountains with your strength, you are  
girded with power.

You still the roaring of the seas, the roaring of their  
waves and the tumult of the peoples.

The ends of the earth stand in awe at the sight of your  
wonders.

The lands of sunrise and sunset you fill with your joy.

You care for the earth, give it water, you fill it with  
riches.

Your river in heaven brims over to provide its grain.

And thus you provide for the earth.  
You drench its furrows, you level it, soften it with  
showers, you bless its growth.

You crown the year with your goodness, abundance  
flows in your steps,  
in the pastures of the wilderness it flows.

The hills are girded with joy, the meadows covered with  
flocks,  
the valleys are decked with wheat. They shout for joy,  
yes, they sing. (*Psalm 64*)

### **Blessing**

May God the Father bless; may Christ take care of us;  
may the Holy Spirit enlighten us all our days.  
The Lord be our defender and keeper of body and soul,  
both now and for ever. Amen. (*Aedelwald*)

## Reflections

‘Mercy that is truly Christian is also, in a certain sense, the most perfect incarnation of equality between people, and therefore also the most perfect incarnation of justice as well.’ (*Pope John Paul II, Dives in Misericordia*)

‘The best kind of prayer is that in which there is most love.’ (*Anon.*)

‘We must obey God rather than any human authority.’ (*Acts of Apostles 5.29*)

## WEEK 13 WEDNESDAY MORNING

### **Defend us today**

Lord God almighty, you have brought us safely to the beginning of this day. Defend us by your mighty power so that we may not fall into sin. Protect us, so that in all our words and works, we may be guided by you and do always what is holy in your sight; through Christ our Lord. Amen. (*Anon.*)

### **May our work endure**

Christ the Son of God, by a free and generous gift you called Peter to be the first and Paul to be the last of the apostles, so that with Peter as leader and Paul as follower, being gifted with one vocation and one ministry, they might spread the seeds of faith throughout the world. Through their prayers, grant us also to work for you in the world; may our work endure and win your approval; through Christ our Lord. Amen. (*Gothic Breviary*)

### **The needs of others**

Lord Jesus Christ, you taught us that being members of one body, we are members of one another. Help us to look not only to our own needs, but also to the needs of others, to the glory of your name. Amen. (*Anon.*)

### **Give thanks to the Lord**

Give thanks to the Lord for he is good, for his great love is without end.

Who can tell the Lord's mighty deeds? Who can recount  
all his praise?

They are happy who do what is right, who at all times do  
what is just.

Lord, remember me, out of the love you have for your  
people.

Come to me, Lord, with your help, that I may see the joy  
of your chosen ones  
and may rejoice in the gladness of your nation and share  
the glory of your people.

Lord our God, save us! Gather us from among the  
nations  
that we may thank your holy name and make it our glory  
to praise you.

Blessed be the Lord our God for ever, from age to age.  
Let all the people cry out, 'Amen! Alleluia!' (*Adapted  
from Psalm 105*)

## Reflections

‘Always be ready to make your defence to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence.’ (*1 Peter 3.15b-16a*)

‘Concern for restoring Christian unity involves the whole church, faithful and clergy alike.’ (*Vatican II, Unitatis Redintegratio*)

‘At the evening of our life, we will be judged on how we have loved.’ (*Saint John of the Cross*)

## WEEK 13 WEDNESDAY EVENING

### **That we may praise you without ceasing**

God, the protector of those who hope in you, grant, we ask you, that we may praise you without ceasing, and, so that we may offer you lasting service, give us health of mind and body; through Christ our Lord. Amen. (*Leonine Sacramentary*)

### **Together in unity**

Lord Jesus Christ, you are the way of peace. Come into the brokenness of our home (*country, etc.*) with your healing love. Help us to be willing to bow before you in true repentance and to bow to one another in real forgiveness. By the fire of your Holy Spirit melt our hard hearts and burn up the pride and prejudice which separate us from each other. Fill us, Lord, with your perfect love which casts out fear, and bind us together in that unity which you share with the Father and the Holy Spirit, one God, for ever and ever. Amen. (*Anon.*)

### **That we may abide in you**

Lord, free our souls from restlessness and anxiety; give us the peace and power that flow from you. In all perplexity and distress, so keep us that we, upheld by your strength and fixed firmly on the rock of your faithfulness, may abide in you now and for ever; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)



**Those who mourn**

Almighty God, Father of all mercies and giver of all comfort, deal graciously, we pray you, with those who mourn so that, casting every care upon you, they may know the consolation of your love; through Jesus Christ our Lord. Amen. (*Adapted from the Book of Common Prayer*)

**We give you thanks**

As this night closes in upon us, we give you thanks, Lord God, for the day that has run its course, and we pray that tomorrow may see us safe, and giving you due worship; in Jesus' name. Amen. (*Adapted from the Missal of Robert of Jumièges*)

**Blessing**

God has redeemed us and made us his children; may he bless us with joy. Amen.

The Redeemer has given us lasting freedom; may we inherit his everlasting life. Amen.

By faith we rose with him in baptism; may our lives be holy so that we may be united with him for ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.’ (*Romans 10.9*)

‘Other vices fasten onto evil, so that it may be done; pride alone fastens onto good so that it may be undone.’ (*Saint Augustine*)

‘God did not give us a spirit of cowardice, but rather a spirit of power and love and self-discipline.’ (*2 Timothy 1.7*)

## WEEK 13 THURSDAY MORNING

### **Blessed God**

Rising from sleep, I fall down before you, blessed God, and sing to you, mighty one, the hymn of the angels: holy, holy, holy are you, Lord God. Through the prayers of the Mother of God, have mercy on us.

Glory be to the Father, and to the Son, and to the Holy Spirit. You, Lord have raised me from sleep; enlighten my understanding and my heart, and open my lips that I may sing of you, holy Trinity: holy, holy, holy are you, Lord God. Through the prayers of the Mother of God, have mercy on us, both now and for ever and to the ages of ages. Amen.

Suddenly the Judge will come, and the deeds of everyone be revealed, but we call on you with reverence: holy, holy, holy are you, Lord God. Through the prayers of the Mother of God, have mercy on us.

Lord, have mercy. Christ, have mercy. Lord, have mercy. (*Orthodox*)

### **You are the Lord**

Prepare a banquet, Lord, for all the world, a banquet of the richest food and finest wine. Remove the cloud of sorrow that hangs over all the nations. Destroy death for ever! Wipe away the tears and take away the suffering of the world. When this happens, we will say, 'You are our God! We have put our trust in you and you have rescued us. You are the Lord! We have put our trust in you, and now we are happy because you saved us!' (*Adapted from Isaiah 25.6-9*)

### **Let the sick dance with the angels**

I should like a great lake of the finest ale for the King of kings. I should like a table of the choicest food for the family of heaven. Let the ale be made from the fruits of faith, and the food be forgiving love.

I should welcome the poor to my feast, for they are God's children. I should welcome the sick to my feast, for they are God's joy. Let the poor sit with Jesus at the highest place, and the sick dance with the angels.

God bless the poor, God bless the sick and our human race.

God bless our food, God bless our drink; all homes, Lord God, embrace. (*Celtic*)

### **The new creation**

Almighty and eternal God, you created all things in wonderful beauty and order. Help us now to perceive how still more wonderful is the new creation by which, in the fulness of time, you redeemed your people through the sacrifice of Jesus Christ, your Son, our Lord. Amen. (*Adapted from the Roman liturgy*)

### **To know, love and serve you**

Lord God, who are the light of the minds that know you, the life of the souls that love you, and the strength of the thoughts that seek you, help us so to know you that we may truly love you, and so to love you that we may truly serve you whose service is perfect freedom; through Jesus Christ our Lord and loving Saviour. Amen. (*Gelasian Sacramentary*)

## Reflections

‘It is at the level of the local church that the spirit of ecumenism must find a concrete expression.’ (*Post-Vatican II documents*)

‘Doubt no longer but believe.’ (*John 20.27*)

‘I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved.’ (*Romans 8.18-24a*)

## WEEK 13 THURSDAY EVENING

### **The gift of rest**

Lord God who, by making the evening to succeed the day, has bestowed the gift of rest on human weakness, grant, we ask you, that while we enjoy this timely blessing, we may acknowledge him from whom it comes, Jesus Christ our Lord. Amen. (*Mozarabic liturgy*)

### **The way, the truth and the life**

Son of God, you are the way; we follow you.  
Son of God, you are the truth; we trust in you.  
Son of God, you are the life; we live for you. (*Adapted from John 14.6*)

### **Help me, Lord**

Help me, Lord, to accept things as they are. Help me not to waste time on vain regrets and unhappy memories. Help me to begin again and to try again. Help me to look forward, not back. Help me to forget the things that are behind and ever to press forward to the things that are ahead; through Jesus Christ our Lord. Amen. (*Adapted from William Barclay*)

### **For the sick**

Lord Jesus Christ, our Redeemer, by the power of the Holy Spirit, ease the sufferings of the sick, especially (*name*). Make them well again in mind and body. In your loving kindness, forgive them their sins and grant them

full health that they may be restored to your service.  
(*Adapted from the Roman liturgy*)

### **Growing old**

When the signs of age begin to mark my body (and still more when they touch my mind); when the illness that is to diminish me or carry me off strikes from without or is born within me; when the painful moment comes in which I suddenly awaken to the fact that I am growing ill or old; and above all at that last moment when I feel that I am losing hold of myself, and am absolutely passive within the hands of the great unknown forces that have formed me; in all those dark moments, God, grant that I may understand that it is you (provided only that my faith is strong enough) who are painfully parting the fibres of my being in order to penetrate to the very marrow of my substance and bear me away within yourself. Amen. (*Pierre Teilhard de Chardin*)

### **Blessing**

To him who is able to keep us from falling, and to make us stand without blemish in the presence of his glory with rejoicing, to the only God our Saviour, through Jesus Christ our Lord, be glory, majesty, power and authority, before all time and now and for ever. Amen.  
(*Jude 24-25*)

## Reflections

‘I am the Lord your God... you shall not have strange gods before me.’ (*Exodus 20.2*)

‘We proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ is the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.’ (*1 Corinthians 1.23-25*)

‘Every sin does immense harm to the sinner and to the human community.’ (*Pope Paul VI*)



## WEEK 13 FRIDAY MORNING

### **Jesus, King of Glory**

We ask you, Jesus, loving Saviour, to show yourself to us who seek you, so that we may know you and love you. May we love you alone, desire you alone and keep you always in our thoughts. May love for you possess our hearts, may affection for you fill our senses so that we may love all else in you.

Jesus, King of glory, you know how to give greatly and you promise great things. Nothing is greater than yourself. We ask nothing else from you but yourself. You are our life, our light, our food, our drink, our God and our all. Amen. (*Attributed to Saint Colm Cille*)

### **Your grace and your mercy**

Eternal Jesus, who offered yourself to the scorn and insults of your enemies, give us, we ask you, your grace and your mercy, so that throughout this day we may find joy and peace in all that serves your praise and glory, for you are now alive and reign with the Father and the Holy Spirit, one God for ever. Amen. (*Adapted from the Society of Saint Francis*)

### **Good out of evil**

Lord God, our heavenly Father, we ask you to look with pity on your people when they suffer, and grant that the passion of our Lord and his infinite love may bring good out of the tribulations of the innocent, the sufferings of the sick, and the sorrows of the bereaved, through him who suffered in our flesh and died for our sake, your Son

Jesus Christ, our Lord. Amen. (*Adapted from the Church of Ireland*)

**I will sing and make music for the Lord**

I will sing and make music for the Lord:

Lord, hear my voice when I call; have mercy and answer.

Of you my heart has spoken: 'Seek his face.'

It is your face, Lord, that I seek; hide not your face.

Dismiss not your servant in anger; you have been my help.

Do not abandon or forsake me, Lord God my help!

(*Adapted from Psalm 26*)

**To give ourselves**

Lord God, who has so greatly loved us, so long sought us and mercifully redeemed us, give us grace that in everything we might give ourselves, our will and our works as a continual thank-offering to you; through Jesus Christ our Lord. Amen. (*Adapted from the Westminster Confession of Faith*)

## Reflections

‘Through Christ you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.’ (*Adapted from 1 Peter 1.21*)

‘In order to arrive at possessing everything, desire to possess nothing.’ (*Saint John of the Cross*)

‘The aim of meditation... is to fulfil the will of God.’ (*Anthony Bloom*)

WEEK 13 FRIDAY EVENING

**I confess that I am guilty**

Lord, do not rebuke me in your anger; do not punish me,  
Lord, in your rage.

Your arrows have sunk deep in me; your hand has come  
down upon me.

Through your anger all my body is sick; through my sin,  
there is no health in my limbs.

My guilt towers higher than my head; it is a weight too  
heavy to bear.

My wounds are foul and festering, the result of my own  
folly.

I am bowed and brought to my knees; I go mourning all  
the day long.

All my frame burns with fever; all my body is sick.  
Spent and utterly crushed, I cry aloud in anguish of  
heart.

Lord, you know all my longing; my groans are not  
hidden from you.

My heart throbs, my strength is spent; the very light has  
gone from my eyes.

My friends avoid me like a leper; those closest to me  
stand afar off.

Those who plot against my life lay snares; those who  
seek my ruin speak of harm,  
planning treachery all the day long.

But I am like the deaf who cannot hear, like the dumb who cannot open their mouth.

I am like one who hears nothing, in whose mouth is no defence.

I count on you, Lord; it is you, Lord God, who will answer.

I pray, 'Do not let them mock me, those who triumph if my foot should slip.'

For I am on the point of falling and my pain is always before me.

I confess that I am guilty and my sins fill me with dismay.

My wanton enemies are numberless and my lying foes are many.

They repay me evil for good and attack me for seeking what is right.

Lord, do not forsake me! My God, do not stay afar off!  
Make haste and come to my help, Lord, my God, my saviour! (*Adapted from Psalm 37*)

### **Blessing**

We believe that, by his dying, Christ destroyed death for ever. May he give us everlasting life. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘You shall not take the name of the Lord your God in vain.’ (*Exodus 20.7*)

‘It is inner abandonment that leads people to the highest truth.’ (*Blessed Henry Suso*)

‘Christ Jesus came into the world to save sinners.’ (*1 Timothy 1.15*)

## WEEK 13 SATURDAY MORNING

### **On rising from sleep**

On rising from sleep I hurry to you, Lord, who love all people; by your mercy I go out to do your work, and I pray to you to help me at all times and in all things; deliver me from every evil in this world, and from being pursued by evil; save me and bring me to your eternal Kingdom. You are my creator, you inspire and grant every thought of good; in you is all my hope, and to you I give glory, now, for ever and always. (*Orthodox*)

### **Mother of Jesus**

God our Father, since you gave the human race a saviour through Mary, virgin and mother, grant that we may feel the power of her intercession when she pleads for us with Jesus Christ you Son, the author of life, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **May your glory shine on earth**

Have mercy on me, God, have mercy, for in you my soul has taken refuge.

In the shadow of your wings I take refuge, till the storms of destruction pass by.

I call to God the most high, to God who has always been my help.

May he send from heaven and save me. May God send his truth and his love.

God, arise above the heavens, may your glory shine on earth!

My heart is ready, God, my heart is ready.

I will sing, I will sing your praise.

Awake, my soul; awake, lyre and harp. I will awake the dawn.

I will thank you, Lord, among the peoples; among the nations I will praise you,

for your love reaches to the heavens and your truth to the skies.

God, arise above the heavens, may your glory shine on earth! (*Adapted from Psalm 56*)

### **From youth to age**

Once my hair was shining gold, falling around my forehead; now it is grey and sparse, all lustre is gone.

Once as I walked along the lane, others' heads would turn to look at me; now no one looks my way, no heart races as I approach.

Once my body was filled with desire, and I had energy to satisfy my every want; now desire has grown dim. I have no energy to satisfy the few desires that remain.

Yet I would rather chilly age than hot youth; I would rather know that God is near than have no thought of him in my head.

I have had my day on earth; now I look to eternity in heaven. (*Celtic*)



## Reflections

‘Mary the Mother of God is a model for the church in the order of faith, charity and perfect union with Christ.’  
*(Saint Ambrose)*

‘We must first be restored to ourselves in order that, in making ourselves, as it were, a stepping stone, we might rise from there and be borne up to God.’ *(Saint Augustine)*

‘If you can have some share in the sufferings of Christ, rejoice and be glad, because when his glory is revealed, then you also will be sharers in his glory.’ *(Adapted from 1 Peter 4.13-14)*

## WEEK 13 SATURDAY EVENING

### **To you we send thanksgiving**

Remember again, Lord, those who have asked us to remember them in our time of prayer and petition, and for whom we now present to you our request. Give eternal rest to those who have died before us; heal quickly those who are sick, for you are the life of us all, and the hope of us all, and the deliverer of us all, and the raiser-up of us all, and to you we send thanksgiving to the highest heaven, where you live without end. Amen. *(Adapted from the Ethiopian Jacobite liturgy)*

### **Send your healing power**

Jesus, you cared for all the sick who came to you. I want to care with loving compassion, to attend to details with gentleness. But I become weary and impatient, angry and abrupt. It is hard to watch the suffering of someone I love, hard to find energy for all I must do. I grow discouraged and resentful. Let me learn from your life of compassion. Spirit of healing and comfort, be with me in these difficult times. Teach me to take time for myself, to be gentle with my own limits, to ask for help from others. May your grace allow me to forgive myself when I fail, to let go of my expectations, to grieve over all my losses. Send your healing power to me and to the one for whom I care. We trust in your love. Amen. *(Adapted from Kathleen Fischer)*

**Give us life**

High and holy God, who lives for ever, who lives in a high and holy place, but who also lives with us if we are humble and repentant: restore our confidence and hope; give us life and do not continue to accuse us; do not be angry with us for ever. You were angry with us because of our sin and greed, because we were stubborn and kept going our own way. But now you heal us and help us, you comfort those who mourn, you offer peace to all, both near and far! (*Adapted from Isaiah 57.15-19*)

**Love your holy word**

Lord Jesus, who has told us in your holy word that you love us and gave your life for us, keep us in that love, and help us more and more to read, understand and love your holy word, so that we may learn of you and of the Holy Spirit of your Father in heaven. Amen. (*Anon.*)

**Blessing**

Into your hands, Lord, we commend ourselves, body and soul, all that we have and all that we are. We come before you this evening, and in your presence we remember now by name all whom we love (*pause for silent prayer*).

May the spirit of evil have no power over us or over them, and may your holy angels keep us in peace. Amen. (*Pope Paul VI*)

## Reflections

‘Remember to keep holy the sabbath day.’ (*Exodus 20.8*)

‘To feel utterly crushed and annihilated, incapable of any good, wholly dependent on God’s undeserved and infinite mercy, is the best and only preparation for prayer.’ (*John Chapman*)

‘Love of Christ must always be the first and best result of the knowledge of Holy Scripture.’ (*Pope Benedict XV, Spiritus Paraclitus*)

## WEEK 14 SUNDAY MORNING

### **I thank you, Holy Trinity**

Rising from sleep I thank you, Holy Trinity, that for the sake of your great kindness and patience you have not been angry with me even though I am lazy and sinful. Neither have you punished me for my sins but you have shown your customary love towards me and have raised me up as I lay in heedlessness so that I might say my morning prayer and glorify your greatness. Do you now enlighten the eyes of my understanding, open my ears to receive your word and teach me your commandments. Help me to do your will, to praise you, to confess you from my heart and to praise your all-holy Name of Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Saint Basil the Great*)

### **Through the power of the Trinity**

I gird myself today with the might of heaven: the rays of the sun, the beams of the moon, the glory of fire, the speed of wind, the depth of sea, the stability of earth, the hardness of rock.

I gird myself today with the power of God: God's strength to comfort me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to lead me, God's way to lie before me, God's shield to protect me, God's angels to save me from the snares of the devil, from temptations to sin, from all who wish me ill, both far and near, alone and with others.

May Christ guard me today from poison and fire, from drowning and wounding, so that my mission may bear fruit in abundance. Christ behind and before me, Christ beneath and above me, Christ be with me and in me, Christ around and about me, Christ on my left and my right, Christ when I rise in the morning, Christ when I lie down at night, Christ in each heart that thinks of me, Christ in each mouth that speaks of me, Christ in each eye that sees me, Christ in each ear that hears me.

I arise today through the power of the Trinity, through faith in the Trinity, through trust in the Unity, of the maker of earth, and the maker of heaven. (*Attributed to Saint Patrick*)

### **Bless the married**

Heavenly Father, maker of all things, you enable us to share in your work of creation. Bless (*names*) in the gift and care of children so that their home may be a place of love, security and truth, and their children grow up to know and love you in your Son, Jesus Christ our Lord. Amen. (*Anglican*)

### **Our children**

Heavenly Father, from whom all parenthood comes, teach us so to understand our children that they may grow in your wisdom and love according to your holy will. Fill us with sensitive respect for the great gift of human life which you have committed to our care; help us to listen with patience to their worries and problems, and give us the tolerance to allow them to develop as individuals; for your name's sake. Amen. (*Michael Buckley*)

## Reflections

‘Be imitators of God, beloved children, and live in love as Christ loved us and gave himself for us.’ (*Ephesians 5.1-2*)

‘Only those who bring themselves to the Lord as an offering may be called human.’ (*The Rabbi of Rizhyn*)

‘The Good News brought by Christ Jesus the Saviour is also good news for human love.’ (*Pope Paul VI, On Marriage, Sexuality and Love*)

## WEEK 14 SUNDAY EVENING

### **May we with delight receive our Lord today**

Dear Father, who bought us and who are like the sun on the sea, may you forgive us every sin we have ever committed until this day. God in heaven, may you forgive our faults so that we may with delight receive our Lord today. Amen. (*Celtic*)

### **We thank you for teaching us how to pray**

We thank you, Lord and Master, for teaching us how to pray simply and sincerely, and for hearing us when we so call upon you. We thank you for saving us from our sins and sorrows, and for directing all our ways this day. Lead us ever onwards to you, for the sake of Jesus Christ our Lord and Saviour. Amen. (*John Sergejev of Kronstadt*)

### **God, how great you are!**

Stand up and bless the Lord your God from everlasting to everlasting:

Blessed be your glorious name, which is exalted above all blessing and praise.

You, Lord, you alone are God; you made the heavens and the stars of the sky.

You made the land and the sea and everything in them; you gave life to all.

God, how great you are! How wonderful, how powerful!  
(*Adapted from Nehemiah 9.5-6*)



### **A prayer for priests**

Lord Jesus, you have chosen your priests from among us and sent them out to proclaim your word and to act in your name. For this gift to your people we give you praise and thanks. We ask you to fill them with your love that their ministry may reveal your presence among us. Since they are ordinary human beings we pray that your power may shine out through their weakness. In their afflictions let them never be crushed; in their doubts never despair; in temptation never destroyed; in persecution never abandoned. Inspire them through prayer to live each day the mystery of your dying and rising. In times of weakness send them your Spirit and help them to praise your heavenly Father and to pray for sinners. By the same Holy Spirit put your love in their hearts and your word on their lips to bring good news to the poor and healing to the broken-hearted. And may the gift of Mary your mother to the disciple you loved be your gift to every priest. Grant that she who formed you in her human image may form them in your divine image, by the power of your Spirit, to the glory of God the Father. Amen. (*Anon.*)

### **Bless this house**

May the almighty and everlasting God be present with us in all our duties;  
may he grant the protection of his presence to all who live in this house;  
may he be known to defend this household and to live in it. Amen. (*Adapted from the Gelasian Sacramentary*)

## Reflections

‘Prayer is a state of continual gratitude to God.’ (*John Sergeyev of Kronstadt*)

‘Honour your father and your mother so that your days may be long.’ (*Exodus 20.12*)

‘Then I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” And I said, “Here am I; send me!”’ (*Isaiah 6.8*)

## WEEK 14 MONDAY MORNING

### **The coming day**

Lord, grant me to greet the coming day in peace. Help me in all things to rely on your holy will. In every hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat everything that comes to me during the day with peace of soul and with the firm conviction that your will governs all. In all my words and works guide my thoughts and feelings. In unforeseen events let me not forget that all are sent to me by you. Teach me to act firmly and wisely, never embittering or embarrassing others. Give me strength to bear the fatigue of the coming day with all that it brings. Direct my will, teach me to pray, and do your yourself pray in me. Amen. (*Metropolitan Philaret of Moscow*)

### **God the Saviour**

Blessed be the God and Father of our Lord Jesus Christ who has blessed us in Christ with every spiritual blessing in the heavenly places.

He chose us in him before the foundation of the world so that we should be holy and blameless before him.

He destined us in love to be his children through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace which he freely bestowed on us in the Beloved.

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace which he lavished upon us.

He has made known to us in all wisdom and insight the mystery of his will, according to his purpose which he set forth in Christ.

His purpose he set forth in Christ, as a plan for the fulness of time, to unite all things, things in heaven and things on earth. (*Adapted from Ephesians 1.3-10*)

### **The wonders of your creation**

Almighty God, creator of the world, who has made all things well, inspire those who work in painting and sculpture, music and letters, with a love of truth, goodness and beauty, so that by their works your people may see the wonders of your creation and be drawn nearer to you; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Lord, draw near**

God of love whose compassion never fails, we bring before you the troubles and perils of peoples and nations, the sighing of those unjustly imprisoned, the sorrows of the bereaved, the necessities of strangers, the helplessness of the weak, the despondency of the weary, the failing powers of the aged. Lord, draw near to each; for the sake of Jesus Christ our Lord. Amen. (*Adapted from Saint Ambrose*)

## Reflections

‘In God we live and move and have our being.’  
(Adapted from Acts of Apostles 17.28)

‘The soul that wants God to give himself to it wholly must first surrender itself wholly to him, and keep nothing back for self.’ (Saint John of the Cross)

‘One never triumphs over error by sacrificing any part of the truth.’ (Saint Irenaeus)

## WEEK 14 MONDAY EVENING

### **Help us now to pray**

God our Father, you have promised to hear us when we pray to you. Help us now to pray, teach us what to ask for, help us to mean what we say and to say what we mean, and give us grace to love you more, and to love those for whom we pray; for Jesus' sake. Amen. (*Anon.*)

### **Loving obedience to your will**

In your goodness, Lord, give us the Spirit who alone can teach us to think and to do what is right, so that we, who without you cannot exist, may live in loving obedience to your will. We make our prayer through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **The victory song of the Lamb of God**

We give thanks to you, Lord God almighty, who are and who were, that you have taken your great power and begun to reign.

The nations raged, but your wrath came, and the time for the dead to be judged, for rewarding your servants, the prophets and saints, and those who revere your name, both small and great.

Now the salvation and the power and the Kingdom of our God and the authority of his Christ have come, for the accuser of our brethren has been thrown down, who accuses them day and night before our God.

And they have conquered him by the blood of the Lamb and by the word of their own testimony, for they loved not their lives even unto death. Rejoice then, heavens,

and you that dwell therein. (*Adapted from Revelation 11, 12*)

### **Praise of creation**

May none of God's wonderful works keep silence, night or morning. Bright stars, high mountains, the depths of the seas, sources of rushing rivers: may all these break into song as we sing to Father, Son and Holy Spirit. May all the angels in the heavens reply: Amen, Amen, Amen. Power, praise, honour, eternal glory to God, the only giver of grace, Amen, Amen, Amen. (*Anon.*)

### **May we rest safely**

May we do the will of God, sharing in the death of Christ, and rise in the light of heaven.

May we rest safely this night, sleep in perfect peace, and rise with the morning light.

May the Father watch over our beds, Christ fill our dreams, and the angels guard our souls. (*Celtic*)

### **Blessing**

May God grant us unwavering faith, constant hope and love that endures to the end. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘You shall not murder.’ (*Exodus 20.13*)

‘The search for intimacy with God involves the truly vital need of a silence embracing the whole being, both for those who must find God in the midst of noise and confusion and for contemplatives. Faith, hope and a love for God which is open to the gifts of the Spirit, and also a mutual love which is open to the mystery of others, carry with them an imperative need for silence.’ (*Pope Paul VI, Evangelica Testificatio*)

‘If the only prayer you ever say to God in your whole life is a heartfelt thank you, that will suffice.’ (*Meister Eckhart*)



## WEEK 14 TUESDAY MORNING

### **Most Holy Spirit**

Most Holy Spirit, Comforter, the ever-present guest within the soul, the voice of conscience, the call to holiness, the strength that holds the will if it converts and turns from self to God: you are most close, most intimate; bring me to quiet so that I may hear within my soul what you have to say. (*Adapted from Gilbert Shaw*)

### **To grow in grace**

Help me, God, to grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be the glory now and for ever. Amen. (*Adapted from 2 Peter 3.18*)

### **From division to unity**

God the Father of our Lord Jesus Christ, our only Saviour and prince of peace: give us grace seriously to take to heart the great dangers we are in because of our unhappy divisions. Take away all hatred and prejudice and whatever else may hinder us from godly union and concord, so that as there is but one Body and one Spirit, and one hope of our calling, one Lord, one faith, one baptism, one God and Father of us all so may we from here onwards be all of one heart and one soul, united in one holy bond of truth and peace, of faith and charity, and may with one mind and voice glorify you; through Jesus Christ our Lord. Amen. (*Adapted from the Book of Common Prayer*)

### **The hidden wonders of your law**

Give us, Lord, some insight into your divine perfections, and so that we may be urged to study and appreciate them, light up our hearts with a warm love of you. Help us to understand the hidden wonders of your law and grant us also a truly firm faith; in Jesus' name. Amen. (*Gothic Breviary*)

### **Health of body**

God, the Father of lights, from whom comes down every good and perfect gift, mercifully look upon our weakness, and grant us such health of body as you know to be necessary for us, so that both in body and soul we may evermore serve you with all our strength; through Christ our Lord. Amen. (*Adapted from John Cosin*)

### **Guide us**

Almighty God, whose healing grace even here on earth brings us the gifts of heaven, guide us in this present life and lead us into that light in which you have your dwelling. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘The Holy Spirit is the principle of the church's unity, in the confession of one faith, in the common celebration of divine worship and in the fraternal harmony of the family of God.’ (*Adapted from Vatican II, Unitatis Redintegratio*)

‘Faith is the dark vision of God.’ (*William Johnston*)

‘Let anyone who has an ear listen to what the Spirit is saying.’ (*Revelation 2.17*)

## WEEK 14 TUESDAY EVENING

### **We thank you, we praise you, we bless you**

Lord our heavenly Father, we thank you for your mercies to us and to all: for the glory of the earth, the splendour of the sun, and the strength of the everlasting hills. We praise you for all that is lovely in art and music and the human mind, gifts from your eternal truth and beauty; but above all we bless you because you have made us in your own image, redeemed us from death by the life and death of your blessed Son, and consecrated us by your holy and life-giving Spirit. We ask you to give us the grace so to live in your presence with true and honest hearts that, in the end, we may have our place in heaven, where with the Son and the Holy Spirit you live and reign, one God, for ever and ever. Amen. *(Adapted from the Church of Ireland)*

### **You are with me**

Lord my God, let me not be afraid or discouraged; for I know that you are with me wherever I go. *(Adapted from Joshua 1.9)*

### **Grounded in your truth**

God almighty, Father of our Lord Jesus Christ, grant us, we pray you, to be grounded and settled in your truth by the coming down of the Holy Spirit into our hearts. What we do not know, reveal to us; what is missing, fill up in us; what we know, may you confirm; and keep us blameless in your service; through the same Jesus Christ our Lord. Amen. *(Attributed to Saint Clement of Rome)*

**Heal the sick**

Lord Jesus, when you were on earth you had pity on the sick and you cured their illnesses. Hear our prayer now for *(name)* who is sick. Give her *(him)* back good health; may she *(he)* live to praise and serve you. Amen.  
*(Dermot Hurley)*

**God of all wisdom**

God of all wisdom, help me to think before I speak, before I make rash promises. For you are in heaven and I am on earth, so I will say no more than I have to. Help me to realize that the more I talk, the more likely I am to say something foolish. So when I make a promise to you, my God, help me to keep it as quickly as possible!  
*(Adapted from Ecclesiastes 5.2-4)*

**Blessing**

May God arrange our days and our work in his peace.  
Amen.

May he hear our every prayer. Amen.

May he lead us to everlasting life and joy. Amen.  
*(Adapted from the Roman liturgy)*

## Reflections

‘You shall not commit adultery.’ (*Exodus 20.14*)

‘Although he was a son, Jesus learned obedience through what he suffered; and, having been made perfect, he became the source of eternal salvation for all who obey him.’ (*Hebrews 5.8-9*)

‘Salvation means being released from death, absurdity, and hatred for life, meaning and love.’ (*Gerald O’Collins*)

## WEEK 14 WEDNESDAY MORNING

### **Grant me to do your will**

Lord, who in your great goodness and loving-kindness, has granted me to come through the past night free from all harm, grant me to do your will, you the Lord and Creator of every creature, living in your light and with an enlightened heart, now and for ever, to the ages of ages. Amen. (*Adapted from Saint Makarios the Great*)

### **Our devotion be shown in works**

Lord God, who by the prophets declared those happy who give you reverence and obedience, grant that our devotion may be shown in works which are pleasing to you. Let our labours, under your guidance, always have your approval, and may all that we do be so filled with charity that a rich harvest be laid up for us in heaven. For this we ask in Jesus' name. Amen. (*Gothic Breviary*)

### **To him be honour and glory**

To the King of kings and Lord of lords, living in the light that no one can approach - to him be honour and eternal dominion!

To the eternal King, immortal and invisible, the only God - to him be honour and glory for ever and ever. Amen! (*Adapted from 1 Timothy 1.17; 6.15-16*)

### **We may glorify you**

Set our hearts on fire with love of you, Christ our God, so that we may love you with all our heart, all our mind, all our soul and all our strength, and our neighbours as

ourselves, so that, keeping your commandments, we may glorify you, the Giver of all gifts. Amen. (*Orthodox*)

**Our daily work**

Break the bonds of our sins, Lord, and as we take up our daily work and responsibilities, may we be worthy to walk familiarly with you in due reverence and awe. In all our comings and goings remember us, and clothe us with justice; in Jesus' name. Amen. (*Adapted from a fifth-century Roman collect*)

**Christ yesterday and today**

Christ yesterday and today, the beginning and the end, Alpha and Omega; all time belongs to him, and all the ages; to him be glory and power, through every age for ever and ever. Amen. (*Adapted from the Roman liturgy*)



## Reflections

‘Whatever you do, whether in word or in work, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.’ (*Colossians 3.17*)

‘The missionary spirit and the Catholic spirit are one and the same thing.’ (*Pope Pius XII, Fidei Donum*)

‘Love in action is a hard and dreadful thing compared to love in dreams.’ (*Fyodor Dostoyevsky*)

## WEEK 14 WEDNESDAY EVENING

### **Lord, there is no one like you**

Lord, there is no one like you; you are mighty and your name is great and powerful.

Who would not honour you, the King of all nations?

Lord, there is no one like you; you are the true God, you are the living God and the eternal King. (*Adapted from Jeremiah 10.6, 7, 10*)

### **Hear our prayers**

We ask you, almighty God, to hear our prayers and to pour out on us your loving tenderness, so that we who are afflicted by reason of our sins, may be refreshed by the coming of our Saviour; through the same Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

### **God of all goodness**

Holy God in whom is all goodness, whose pity and mercy made you descend from heaven into this world, a valley of woe and weeping, and take on our human nature, and in that nature to suffer pain and death to bring our souls to your Kingdom: merciful Lord, forgive us all the sins that we have done, thought or said. Glorious Trinity, send us cleanness of heart and purity of soul; restore us with your Holy Spirit and strengthen us with your power so that we may always withstand temptation. Comfort us with your Holy Spirit and fill us with grace and charity that we may live virtuously and love you with all our heart, with all our strength and with all our soul, so that we may never offend you, but always

follow you in word and will, in thought and deed. Now grant us this, Lord God, through Jesus Christ your Son. Amen. *(Adapted from Richard Rolle)*

**You may find us ready**

Help us, Lord, always to wait for you, to wish for you, and to watch for you, so that at your coming again you may find us ready. For your sake we ask it. Amen. *(Adapted from an ancient collect)*

**Hate war, love peace**

God our Father, who has set before us the hope of the coming of your Kingdom, when swords shall be beaten into ploughshares and spears into pruning hooks, and people shall not learn war any more, grant that your people may never lose that vision, but, in the midst of strife and fear, may look steadfastly towards the Kingdom which cannot be shaken, whose light is Jesus Christ your Son our Lord. Amen. *(Adapted from the Church of Ireland)*

**Blessing**

May the coming of Christ bring us the light of his holiness and free us with his blessing. Amen. *(Adapted from the Roman liturgy)*

## Reflections

‘You shall not steal.’ (*Exodus 20.15*)

‘Nothing that is worth doing can be achieved in our lifetime; therefore we must be saved by hope. Nothing which is true or beautiful or good makes complete sense in any context of history; therefore we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore we must be saved by love.’ (*Reinhold Niebuhr*)

‘The world will never be the dwelling place of peace, till peace has found a home in the heart of each and every person, till all preserve in themselves the order ordained by God to be preserved.’ (*Pope John XXIII, Pacem in Terris*)

## WEEK 14 THURSDAY MORNING

### **Walk in this day's light**

May we walk with benefit in this day's light, in the strength of the most high God, in the good pleasure of Christ, in the light of the Holy Spirit, in the faith of the patriarchs, in the merits of the prophets, in the peace of the apostles, in the joy of the angels, in the brightness of the saints, in the endurance of the martyrs, in the purity of the virgins, in the wisdom of God, in great patience, in restraint of the flesh, in control of the tongue, in abiding peace, in alertness of mind, in constant well-doing, in good example, in hallowed conversation, in reverent blessing, in praise of the Trinity; for this is the way for all who work for Christ. Amen. (*The Book of Cerne*)

### **Called to be one**

Lord God, you have made one people out of many different races and nations, united through confessing the glory of your name. Let those who have been born to new life in baptism have one faith in their hearts, one love in their way of life. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Give me grace to trust you**

Lord, I have put my trust in you; I will always have confidence in your goodness, most kind God, for you never abandon those who hope in you, having promised them all gifts in this life and unending glory in the life to come. Give me, I ask you, God of power, kind God, patient God, who know well the work of your hands,

grace to trust you, neither despairingly nor presumptuously, or only in hard times, but in all things, firmly depending on your goodness and power, waiting untiringly and patiently for you, the supreme Good, for every blessing and most of all for the spiritual blessing which you wish to give to me. If you are for us, who can be against us? Strengthen in me confidence so that I may go often to you for grace, and seek and use the help you have promised. Amen. (*Adapted from Saint Peter Canisius*)

### **You are the Lord almighty**

Sovereign Lord, you made the earth and the sky by your great power and strength; nothing is too difficult for you. You are the Lord almighty. (*Adapted from Jeremiah 32.17*)

### **Creation praises its Creator**

As I look out from my cave, I can see the wide ocean, stretching west, north and south to the ends of the earth. I watch the sea-birds swoop, and I hear them shriek; and in my mind I can see the ocean depths teeming with fish. The earth is both majestic and playful, both solemn and joyful; praised be the One who made it. (*Celtic*)

## Reflections

‘Now is the acceptable time; now is the day of salvation.’ (*2 Corinthians 6.2*)

‘Love all God's creation, the whole of it and every grain of sand in it. Love every leaf, every ray of God's light. Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you have perceived it, you will begin to comprehend it better every day, and you will come at last to love the world with an all-embracing love. Love the animals: God has given them the rudiments of thought and untroubled joy. So do not trouble them, do not harass them, do not deprive them of their joy, do not go against God's intent. (*Fyodor Dostoyevsky*)

‘If we say that we have no sin we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive our sins and cleanse us from all unrighteousness.’ (*1 John 1.8-9*)

## WEEK 14 THURSDAY EVENING

### **Those who wake, or watch, or weep**

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, Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. Do it all for your love's sake. Amen. *(Adapted from Saint Augustine)*

### **Bless the Lord**

Come, bless the Lord, all you who serve the Lord, who stand in the house of the Lord, in the courts of the house of our God.

Lift up your hands to the holy place and bless the Lord through the night.

May the Lord bless you, he who made both heaven and earth. *(Adapted from Psalm 133)*

### **Your healing hand**

Under your hand, Lord God, all things grow, and grown things are strengthened. Stretch out your healing hand over *(name)* who is ill so that he *(she)* may be restored to health and live a long life as your true and grateful servant. We ask this in Jesus' name. Amen. *(Dermot Hurley)*



**May our Lord be with us**

Lord, support us all the day long, till the shadows lengthen and evening comes, and the busy world is hushed and the fever of life is over and our work is done. Then, in your mercy, give us a holy rest, a safe lodging and peace at last. May our Lord be with us all the days of our life. Amen. (*Adapted from an ancient collect*)

**All things are possible**

Lord God, in whom we live and move and have our being, open our eyes that we may see your fatherly presence about us. Draw our hearts to you with the power of your love. Teach us to be anxious for nothing, and when we have done what you have given us to do, help us, God our Saviour, to leave matters to your wisdom. Take from us all doubt and mistrust. Lift our thoughts up to you in heaven, and make us know that all things are possible to us through your Son our Redeemer. Amen. (*Brooke Westcott*)

**Blessing**

Our Redeemer came to live among us and was like us in all things but sin. When he comes again in glory, may he reward us with eternal life. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘You shall not bear false witness against your neighbour.’ (*Exodus 20.16*)

‘To pray often is in your will; to pray truly is a gift of grace.’ (*Saint Makarios the Great*)

The Lord says: ‘Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.’ (*Revelation 3.20*)

## WEEK 14 FRIDAY MORNING

### **Walk in his footsteps**

Lord God, who has given us your Son to be an example and help to our weakness in following the path that leads to life, grant us so to be his disciples that we may walk in his footsteps; for his name's sake. Amen. (*Adapted from the Roman liturgy*)

### **Blot out our sins**

Lord Jesus Christ, Son of the living God, who was led out to the pain of the cross for the salvation of the world, we ask that by the power of your most holy suffering you would blot out our sins and mercifully bring us to the glory of your blessedness; for you are now alive and reign with the Father and the Holy Spirit, God for ever and ever. Amen. (*Adapted from the Society of Saint Francis*)

### **Clean my heart**

Jesus, clean my heart in perfect purity every day. Jesus, put my mind under the full sway of your love. Make my thoughts and the words of my mouth truly pure, and Lord, dearest God, always guide my life. Amen. (*Celtic*)

### **Prisoners of conscience**

Lord Jesus, you experienced torture and death as a prisoner of conscience. You were beaten and flogged and sentenced to an agonizing death although you had done no wrong. Be now with prisoners of conscience

throughout the world. Be with them in their fear and loneliness, in the agony of physical and mental torture, and in the face of execution and death. Stretch out your hands in power to break their chains. Be merciful to the oppressor and the torturer and place a new heart within them. Forgive all injustice in our lives, and transform us to be instruments of your peace, for by your wounds we are healed. Amen. (*Adapted from Amnesty International*)

### **Supported by your comfort**

We ask you, Lord, to be gracious to your people so that, leaving aside each day the things that displease you, we may more and more be filled with the love of your commandments, and, being supported by your comfort in this present life, we may advance to the full enjoyment of life eternal; through Jesus Christ our Lord. Amen. (*Adapted from the Leonine Sacramentary*)

### **The Lord's Passion**

All-powerful and ever-living God, may our recollection of the Lord's Passion bring us your forgiveness; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘We see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone.’ (*Hebrews 2.9*)

‘Beauty ennobles the mind that contemplates it.’ (*Post-Vatican II documents*)

‘It is not those who can inflict the most pain who will win, but those who can endure the most.’ (*Adapted from Terence McSwiney*)

## WEEK 14 FRIDAY EVENING

### **Let me seek you**

Lord Jesus Christ, let me seek you by desiring you, and let me desire you by seeking you; let me find you by loving you and love you in finding you. I confess, Lord, with thanksgiving, that you have made me in your image so that I can remember you, think of you, and love you. But that image is so worn and so blotted out by faults and darkened by sin that it cannot do that for which it was made, unless you renew and refashion it. Lord, I am not trying to make my way to your height, for my understanding is in no way equal to that, but I do desire to understand a little of your truth which my heart already believes and loves. I do not seek to understand so that I can believe, but I believe so that I may understand; and, what is more, I believe that unless I do believe, I shall not understand. Amen. (*Saint Anselm*)

### **Lord, you will endure for ever**

Lord, you will endure for ever and your name lasts from age to age.

You will arise and have mercy on us, for this is the time to have mercy.

Yes, the time appointed has come.

The nations shall fear the name of the Lord and all the earth's kings your glory,  
when the Lord shall build us up again and appear in all his glory.

Then he will turn to the prayers of the helpless, he will not despise their prayers.

Let this be written for ages to come so that a people yet unborn may praise the Lord.

For the Lord leaned down from his sanctuary on high, he looked down from heaven to the earth, that he might hear the groans of the prisoners and free those condemned to die.

He has broken my strength in mid-course, he has shortened the days of my life.

I say to God, 'Do not take me away before my days are complete, you whose days last from age to age.'

Long ago you founded the earth and the heavens are the work of your hands.

They will perish but you will remain. They will all wear out like a garment.

You will change them like clothes that are changed, but you neither change nor have an end. (*Adapted from Psalm 101*)

### **Blessing**

May we experience God's kindness and blessings, and be strong in faith, hope and love. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘You shall not covet your neighbour's wife.’  
(*Deuteronomy 5.21*)

‘The person who fights against suffering and refuses to endure it may be fighting against God.’ (*Theologia Germanica*)

‘The victories achieved by the Saviour through his incarnation are so great and so many that, if one wished to describe them, it would be like gazing across the open sea and trying to count the waves.’ (*Saint Athanasius*)



## WEEK 14 SATURDAY MORNING

### **Let me not worry**

Lord Jesus, let me not worry about the food and drink I need to stay alive, or about clothes for my body. Help me to see that life is worth far more than food and the body more than clothes. Increase my faith in my Father in heaven who knows that I need all these things. Increase my faith that I may be concerned above everything else with his Kingdom and with what he asks of me. Amen. (*Adapted from Matthew 6.25, 32-33*)

### **Mary, help those who call on you**

Mary, steadfast protector of Christians, constant advocate with the Creator, do not despise the prayer of sinners, but, in your graciousness be ready to help those who call on you in faith; hurry to answer our prayer and come quickly to us in our need, Mother of God, who always defend those who call on you. Amen. (*Orthodox*)

### **You know our needs**

Blessed are you, Lord, almighty God, to whom our inmost thoughts are revealed: you know our needs much better than we ourselves can ask or imagine. Sovereign Lord and ever-loving Redeemer, in the richness of your mercy give us pure hearts to call upon your holy Name; lead us not into temptation but deliver us from evil, and order all things for our good.

Because all glory, honour and praise are yours by right, Father, Son and Holy Spirit, one God, now and for ever, to the ages of ages. Amen. (*Orthodox*)

**For our friends**

Let us pray for our friends that they may lead happy and useful lives;

let us pray for any friends with whom we have quarrelled that we may have the chance to be reconciled;

let us pray for those who are living in new surroundings and lack friends;

let us pray for those who have lost their friends by the way they live;

let us pray for those who befriend the friendless.

God our Father, make us true and loyal friends.

Grant that all our friends may lead us nearer you. (*Caryl Micklem*)

**Bring us to the true light**

Almighty ever-living God, we make our prayer to you at morning, noon and evening: dispel from our hearts the darkness of sin, and bring us to the true light, Christ your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘There is one God; there is also one mediator between God and humankind, Christ Jesus, himself human, who gave himself as a ransom for all.’ (*1 Timothy 2.5*)

‘The highest peak of knowledge is perfect self-knowledge.’ (*Richard of Saint Victor*)

‘Sometimes, for one flash of insight [in mental prayer] one must spend fifty minutes of boredom.’ (*William Johnston*)

## WEEK 14 SATURDAY EVENING

### **You have the power to save us**

Save us, Lord, King of eternal glory, you who have the power to save us all. Grant that we may long for, and do, and perfect those things which are pleasing to you and beneficial to us. Lord, give us counsel in our anxiety, help in time of trial, solace when persecuted and strength against every temptation. Grant me pardon, Lord, for my past wrongdoings, correction of my present ones and protection against the same in the future. Amen. (*Anon.*)

### **Rejoice in the saints**

Almighty and eternal God, who has given love into the hearts of your saints, grant to our minds the same faith and power of love, so that as we rejoice in their triumphs, we may also benefit by their example; through Christ our Lord. Amen. (*Gothic Missal*)

### **Compassion on mourners**

Heavenly Father, whose blessed Son Jesus Christ wept at the tomb of Lazarus his friend, look, we ask you, with compassion on those who are now in sorrow and distress; comfort them, Lord, with your gracious consolation; let them know that all things work together for good to those who love you, and grant them sure trust and confidence in your fatherly care; through the same Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

**Teach us to love goodness**

Teach us, Lord, to love goodness and to hate all that is evil; let us be drawn by your beauty which is visible to us if we have eyes to see it. Quench within us all lustful desires and defend us with a chastity that is strong and constant. Amen. *(Adapted from the Gothic Breviary)*

**The mystery of the Eucharist**

Almighty and eternal God, you have restored us to life by the triumphant death and resurrection of Christ. Continue his healing work within us. May we who join in the mystery of the Eucharist never cease to serve you; in Jesus' name. Amen. *(Adapted from the Roman liturgy)*

**Watch over us, Lord, this night**

Watch over us, Lord, this night. By your strength may we rise at daybreak to rejoice in the resurrection of Christ your Son who lives and reigns for ever and ever. Amen. *(Adapted from the Roman liturgy)*

**Blessing**

May Christ the light of the world who came as a light shining in the darkness make us a light to our brothers and sisters. Amen. *(Adapted from the Roman liturgy)*

## **Reflections**

‘You shall not covet your neighbour’s goods.’  
(*Deuteronomy 5.21*)

‘The great task that has to be faced today for the renewal of society is that of recapturing the ultimate meaning of life and its fundamental values.’ (*Pope John Paul II, Familiaris Consortio*)

‘We are slaves to whatever we cannot part with that is less than ourselves.’ (*George Macdonald*)

## WEEK 15 SUNDAY MORNING

### **You spoke to us through Jesus**

God of mercy, it was not enough for you to teach us through your prophets nor through your holy apostles, however faithful their love, but you spoke to us through Jesus, through the only Son of grace who was born of the Virgin Mary and suffered the Passion, who lived among us and was crucified on the tree to save us from the punishment of the crime of Adam and Eve. For this may we always thank you. (*Celtic*)

### **Give us the Spirit**

Glorious God, Father of our Lord Jesus Christ, give us the Spirit and we will be wise; reveal yourself to us and we will know you; open our minds and we will see your light. (*Adapted from Ephesians 1.17-18*)

### **Sustain us, Lord, with the food of life**

Father, in celebrating the Eucharist together, we have shared faith in the resurrection of Christ. We have pledged ourselves to live the commandment of love and sought pardon at the fountain of forgiveness. Sustain us, Lord, with the food of life as we go on our way. May the Bread of heaven be our strength; may the broken body of Christ be our healing; may the Spirit of the risen Christ renew our generosity; may the Sacred Heart of Jesus give us compassion; may the crucified Christ of Calvary help us bear our daily burden.

A blessing, Lord, on your people: a blessing on all at the Eucharist; a blessing on neighbours and friends; a

blessing on the enemy, Lord, as you bid us pray; a blessing on the sick and the fearful, the weary and the ageing; a blessing from the heart of Christ on those who forgive; and life eternal to our dead and the dead of our community, and of our nation, and all who have walked with you since time began. We make this prayer through Christ our Lord. Amen. (*Adapted from the Irish Redemptorists*)

### **For young people**

God our Father, we pray for young people growing up in an unstable and confusing world. Show them that your ways give more meaning to life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure not as a measure of their worth but as the chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen. (*Episcopal Church of USA*)

### **Praise to the Trinity**

God our Father, be hallowed by all; God our Saviour, be acknowledged by all; God our Sanctifier, be accepted by all. Most holy Trinity, be loved by all. God, who lives for ever and ever, to you be glory, dominion and power both now and for ever. Amen. (*Gilbert Shaw*)



## Reflections

‘Blessed are the poor in spirit, for theirs is the Kingdom of heaven.’ (*Matthew 5.13*)

‘It is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.’ (*Hebrews 10.10*)

‘Christian couples are, for each other, for their children, and for their relatives, co-operators of grace and witnesses of the faith.’ (*Vatican II, Apostolicam Actuositatem*)

## WEEK 15 SUNDAY EVENING

### **The richness of your grace**

Lord, hear our prayers, not according to the poverty of our asking but according to the richness of your grace, so that our lives may conform to those desires which accord with your will; through Jesus Christ our Lord. Amen. (*Reinhold Niebuhr*)

### **To God be glory**

Let us give glory to God! He is able to make us stand firm in our faith, according to the Good News about Jesus Christ which has been made known to all nations, so that all may believe and obey. To the only God, who alone is all-wise, be glory through Jesus Christ for ever! Amen. (*Adapted from Romans 16.25-27*)

### **Lord, remember your church**

Lord, remember your church, to deliver it from all evil and to perfect it in your love; and gather it together from the four winds of heaven, sanctified, into your Kingdom, for yours is the power and the glory for ever. (*Didaché*)

### **For the pope**

Father of Providence, look with love on Pope (*name*), your appointed successor to Saint Peter on whom you built your church. May he be a visible centre and foundation of our unity in faith and love. We make this prayer in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

**The generosity to answer your call**

Lord, make me a better person, more considerate towards others, more honest with myself, more faithful to you. Make me generous enough to want sincerely to do your will whatever it may be. Help me to find my true vocation in life, and grant that through it I may find happiness myself, and bring happiness to others. Grant, Lord, that those whom you call to enter the priesthood or the religious life may have the generosity to answer your call, so that those who need your help may always find it. We ask this through Christ our Lord. Amen. (*Dermot Lynch*)

**Blessing**

The Father of mercies has given us an example of unselfish love in the sufferings of his only Son. Through our service of God and neighbour may we receive his countless blessings. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Since it is as head of the church that Christ, our priest and victim, is acting, he makes an offering and sacrifice not only of himself, but also of all Christians, and, in a sense, of all mankind.’ (*Saint Augustine*)

‘The saints in each generation, joined to those who have gone before and filled, like them, with light, become a golden chain, in which each saint is a separate link, united to the next by faith and works and love. So in the one God they form a single chain which cannot easily be broken.’ (*Saint Symeon the New Theologian*)

‘Thanks be to God who gives us the victory through our Lord Jesus Christ.’ (*1 Corinthians 15.57*)

## WEEK 15 MONDAY MORNING

### **Mighty God**

Wonderful Counsellor, give us the wisdom of your counsels.

Mighty God, show us the glory of your strength.

Eternal Father, hold us in the arms of your unfailing love.

Prince of peace, unite us in the service of your Kingdom, from now until the end of time. (*Adapted from Isaiah 9.6*)

### **God our highest reward**

Early in the morning our thoughts are of you, Lord, for you are the guardian and protector of our being. We acknowledge that you became man for us, protecting us always by your holy cross, beneath the shadow of your wings. Grant that we who tell of the graces of your sacred mysteries, may have you as our highest reward. Amen. (*Gothic Breviary*)

### **The work of this week**

God, most merciful Father, you spoke through your only Son, saying, 'Ask and you shall receive.' Give us now your Holy Spirit so that our hearts may be strengthened for the work of this week; through Jesus Christ. Amen. (*John Sergejev of Kronstadt*)

### **A new song**

I waited, I waited for the Lord and he stooped down to me, he heard my cry.

He drew me from the deadly pit, from the miry clay.  
He set my feet upon a rock and made my footsteps firm.

He put a new song into my mouth, praise of our God.  
Many shall see and revere and shall trust in the Lord.

Happy are they who have placed their trust in the Lord  
and who do not follow false gods.

How many, Lord my God, are the wonders and designs  
that you have worked for us; you have no equal.  
Should I proclaim and speak of them, they are more than  
I can tell!

You do not ask for sacrifice and offerings but an open  
ear.

You do not ask for holocaust and victim; instead, here  
am I. (*Adapted from Psalm 39*)

## Reflections

‘Blessed are those who mourn for they shall be comforted.’ (*Matthew 5.4*)

‘I am the Alpha and the Omega, says the Lord God, who is, and who was, and who is to come, the Almighty.’ (*Revelation 1.8*)

‘Human work... continues the work of God the Creator, gives service to humanity, and is our contribution to the fulfilment in history of God's plan.’ (*Vatican II, Gaudium et Spes*)

## WEEK 15 MONDAY EVENING

### **The agnostic's prayer**

Grant me, Lord, to know and understand whether I must pray to you before I praise you, or whether I must first know you before I pray. Is it possible to pray without knowing you first? Those who do not know you could be misled into praying to others. But what if to be known you have to be invoked? How can people pray to one they have not believed in? And how can they believe in one of whom they have not heard? Those who seek the Lord will praise him because those who seek him find him, and those who have found him cannot help but sing his praises. May I seek you, Lord, as I call upon you, and call upon you as I believe in you, because at last we have heard the good news about you. My faith calls to you, Lord, the faith that you have given me and instilled in me through your Son made man, and thanks to him who has preached the good news of you to us. (*Saint Augustine*)

### **Great and wonderful**

Great and wonderful are your deeds, Lord God the almighty!  
Just and true are your ways, King of the ages!

Who shall not revere and glorify your name, Lord, for you alone are holy?  
All nations shall come and worship you, for your judgments have been revealed. (*Adapted from Revelation 15.3-4*)



### **Praise and glory be to the Trinity**

Praise and glory be to the eternal Father, who in his providence created the world out of nothing.

Praise and glory be to the wisdom of his only Son, who redeemed the world with his blood.

Praise and glory be to the loving-kindness of the Holy Spirit who enlightened the world in faith.

Praise and glory be to the holy and undivided Trinity who formed us in their image without merit of ours.

We give praise and glory to you, most blessed Trinity, for the blessing of our creation, by which you granted us bodies and souls; you adorned us with your image and likeness, and added us to your Christian people, making us sound and whole in our bodies, above all creatures who are beneath the heavens, and gave us your holy angels as our guides and servants. For all this may we praise you till the end of the age. (*Anon., fifteenth century*)

### **Blessing**

Lord God, guard our souls, sustain our bodies, exalt our senses, direct our course, regulate our conduct, bless our undertakings, fulfil our petitions, inspire our thoughts, pardon what is past, rectify what is present and order what is to come.

May the power of the Father govern us. May the wisdom of the Son enlighten us. May the strength of the Holy Spirit enable us. Amen. (*Lancelot Andrewes*)

## **Reflections**

‘Teach us to pray often that we may pray oftener.’  
(*Jeremy Taylor*)

‘Right without might is helpless; might without right is tyrannical.’ (*Blaise Pascal*)

‘The gifts and the calling of God are irrevocable.’  
(*Romans 11.29*)

WEEK 15 TUESDAY MORNING

**Fruits of the Spirit**

You have given us your life, Holy Spirit. Help us to control our lives. Produce in us your fruits: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. (*Adapted from Galatians 5.22-23*)

**Ring out your joy to the Lord**

Ring out your joy to the Lord, you just, for praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp, with a ten-stringed lute sing him songs.

Sing him a song that is new; play loudly with all your skill.

For the word of the Lord is faithful, and all his works to be trusted.

The Lord loves justice and right, and fills the earth with his love.

By his word the heavens were made, by the breath of his mouth all the stars.

He collects the waves of the ocean; he stores up the depths of the sea.

Let all the earth revere the Lord, all who live in the world revere him.

He spoke, and it came to be; he commanded and it sprang into being.

His own designs shall stand for ever, the plans of his heart from age to age. (*Adapted from Psalm 32*)

### **The wounded body of Jesus Christ**

God the Father of all, you ask every one of us to spread love where the poor are humiliated, joy where the church is brought low, and reconciliation where people are divided: father against son, mother against daughter, husband against wife, believers against those who cannot believe, Christians against their unloved fellow-Christians. You open this way for us so that the wounded body of Jesus Christ, your church, may be a leaven of communion for the poor of the earth and in the whole human family. Amen. (*Adapted from Mother Teresa of Calcutta*)

### **Make our hearts radiant**

God and Father, light of all mankind, make our hearts radiant with the splendour of that light which long ago you shed on those who went before us in faith, and give your people the joy of lasting peace. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **May we see deeper and deeper**

Christ our Lord, lover of mankind, grant, we ask you, to always give us knowledge, intelligence, understanding and wisdom. So may we ever see deeper and deeper, and understand and appreciate the lesson of your holiness which is open before us in your sight. (*Adapted from the Ethiopian Mass, tenth century*)

## Reflections

‘Blessed are the meek for they shall inherit the earth.’  
(*Matthew 5.5*)

‘Every authority that is not confirmed by true reason is seen to be weak, whereas true reason does not need to be supported by any authority.’ (*John Scotus Eriugena*)

‘Prayer, more often than not, must take the form of a painful straining, or an empty wait in darkness, or a thirst stretching up towards the Saviour to be quenched, with an awareness of your insufficiency and weakness at times so acute as to be an affliction.’ (*René Voillaume*)

WEEK 15 TUESDAY EVENING

**God, do not delay**

In the scroll of the book it stands written that I should so  
your will.

My God, I delight in your law in the depth of my heart.

Your justice I have proclaimed in the great assembly.

My lips I have not sealed; you know it, Lord.

I have not hidden your justice in my heart but declared  
your faithful help.

I have not hidden your love and your truth from the great  
assembly.

Lord, you will not withhold your compassion from me.

Your merciful love and your truth will always guard me.

For I am beset with evils, too many to be counted.

My sins have fallen upon me and my sight fails me.

They are more than the hairs of my head and my heart  
sinks.

Lord, come to my rescue; Lord, come to my aid.

Let there be rejoicing and gladness for all who seek you.

Let them ever say: 'The Lord is great', those who love  
your saving help.

As for me, wretched and poor, the Lord thinks of me.

You are my rescuer, my help; God, do not delay.

*(Adapted from Psalm 39)*

**For those who are ill in mind**

God, you have made all people and you love all whom you have made; we commend to your gracious care all who are ill in mind, or who are mentally defective. Though their reason is disordered, yet make yourself known to their innermost spirit, and give them the gifts of peace and quiet, for the sake of Jesus Christ our Lord and Saviour. Amen. (*Adapted from the Church of Ireland*)

**Worthy of our Christian calling**

God and Father, to those who go astray you reveal the light of your truth and enable them to return to the right path: grant that we who have received the grace of baptism may strive to be worthy of our Christian calling, and reject everything opposed to it. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blessing**

May we find the Lord when our pilgrimage on earth is ended. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Prayer being a commitment, we cannot pray in any truth for those we are not ourselves prepared to help.’  
(*Anthony Bloom*)

‘Let everyone be quick to listen, slow to speak, and slow to anger.’ (*James 1.19*)

‘The more holy someone is, the more cordial they should be with others.’ (*Saint Teresa of Ávila*)



## WEEK 15 WEDNESDAY MORNING

### **Hear us, Lord**

Hear us, Lord, we who, in this first hour of the day, give thanks to you, Lord God, who redeemed us in Christ's blood. With kindness receive our prayers, the first fruits of the day, for all our needs. Amen (*Celtic*)

### **Nourish our hearts on your word**

God our Father, you bid us listen to your Son, the well-beloved. Nourish our hearts on your word, purify the eyes of our mind, and fill us with joy at the vision of your glory; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **I was afraid**

Almighty Lord, I was afraid: like an unfaithful wife, like a widow, desperately lonely. Call me back to you, Lord. Do not leave me. In your deep love, take me back. In your anger, do not turn me away. (*Adapted from Isaiah 54.6, 8*)

### **Call men and women**

Holy and provident Father, you are the Lord of the vineyard and the harvest, and you give each a just reward for their work. In your design of love you call men and women to work with you for the salvation of the world. We thank you for Jesus Christ, your living Word, who has redeemed us from our sins and lives among us to help us in our helplessness. Guide the people to whom you have promised the possession of

your Kingdom. Send new workers into the harvest, and set in the hearts of your people faithfulness to your plan of salvation, perseverance in their vocation and holiness of life. Amen. (*Anon.*)

### **What will happen to me?**

What will happen to me, my God? I don't know. I know only that nothing will happen to me which you have not foreseen, or permitted, or arranged from eternity. That is enough for me to know, Lord. I adore your eternal plan. I submit to it with all my heart for love of you. I wish for all, I accept all, I offer to you the sacrifice of all, and I unite this sacrifice to that of Jesus Christ, my saviour. I ask you, in his name and through his merits, for patience in my sufferings; I ask you for that obedience which I owe you in everything which you will or permit to happen to me. Amen. (*Adapted from Père Surin*)

### **Expanding love**

Almighty God, you are love; fill us with the spirit of love so that, our hearts being lit up by you, we may for ever love you, and each other in you, and all people for you; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

## **Reflections**

‘Blessed are those who hunger and thirst for justice, for they will be filled.’ (*Matthew 5.6*)

‘The world cannot be saved from the outside.’ (*Pope Paul VI, Ecclesiam Suam*)

‘Today is the first day of the rest of your life.’ (*Anon.*)

## WEEK 15 WEDNESDAY EVENING

### **Living in solidarity**

God, you have taught us that peace flows from justice and forgiveness; remove from our hearts the selfishness and greed that lead to social strife. May your followers live in solidarity with their neighbours, and promote reconciliation with those who are in conflict. We ask this through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Lord, you are my God**

Lord, you are my God; I will exalt you, I will praise your name, for you have done wonderful things, plans formed of old, faithful and sure.

Strong peoples will glorify you, cities of ruthless nations will revere you, for you have been a refuge to the poor, a refuge to the needy in their distress, a shelter from the rainstorm and a shade from the heat.

The Lord God will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the Lord has spoken. (*Adapted from Isaiah 25.1-4, 8*)

### **The confession of your name**

We ask, almighty and eternal God, who through Jesus Christ has revealed your glory to all nations, to preserve the works of your mercy so that your people throughout the world may continue with firm faith in the confession of your name. We ask this through Christ our Lord. Amen. (*Anon.*)

**For the sick**

Christ, who alone are our defender, come quickly to your servant (*name*) who is suffering, and deliver him (her) from sickness and pain. Raise him (her) up to praise you without ceasing by the prayers of the Mother of God, you who alone love mankind. (*Orthodox*)

**Receive our prayer**

Lord God, whose name is holy and whose mercy is proclaimed in every generation, receive our prayer and let us sing your greatness with never-ending praise; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

**Blessing**

May God, the Father of light, bless us and give us the gifts of the Spirit for ever. Amen.

May he strengthen our faith and fulfil our hope of seeing him face to face. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Anyone without a soul-friend is like a body without a head.’ (*Celtic*)

‘Peace consists in the perfectly ordered and harmonious enjoyment of God, and of one another in God.’ (*Saint Augustine*)

‘Love is the fulfilling of the law.’ (*1 Corinthians 8.1*)

## WEEK 15 THURSDAY MORNING

### **Praise God!**

Praise our God, all his servants and all people, great and small, who worship him!

Praise God! For the Lord, our almighty God, is King!

Let us rejoice and be glad! Let us praise his greatness!

*(Adapted from Revelation 19.5-7)*

### **The twenty-four hour prayer**

Lord, do not deprive me of your blessings.

Lord, deliver me from eternal torments.

Lord, if I have sinned in mind or thought, in word or deed, forgive me.

Lord, deliver me from ignorance and heedlessness, from pettiness of soul and hardness of heart.

Lord, deliver me from every temptation.

Lord, enlighten my heart which evil has darkened.

Lord, being human, I have sinned; do you, being God, in loving-kindness forgive me, for you know the weakness of my soul.

Lord, send down your grace to help me so that I may glorify your holy Name.

Lord Jesus Christ, enrol me, your servant, in the book of life and grant me a blessed end.

Lord my God, even if I have done nothing good in your sight, yet grant me, with your grace, to begin to do good.

Lord, shower on my heart the gift of your grace.

Lord of heaven and of earth, remember me, your sinful servant, cold of heart and impure, in your Kingdom.

Lord, receive me in repentance.

Lord, do not leave me.

Lord, lead me not into temptation.

Lord, grant me to think of good.

Lord, grant me to repent, to remember death and to be at peace.

Lord, make me remember to confess my sins.

Lord, grant me humility, charity and obedience.

Lord, grant me endurance, generosity of spirit, and gentleness.

Lord, plant in me the root of all blessings and reverence for you in my heart.

Lord, grant that I may love you with all my heart and soul and in all things obey your will.

Lord, shield me from evil and from all that is harmful.

Lord, who know your creation and what you have willed for it, may your will be fulfilled in me a sinner; for you are blessed for evermore. Amen. (*Adapted from Saint John Chrysostom*)



## Reflections

‘Blessed are the merciful for they will receive mercy.’  
(*Matthew 5.7*)

‘Anything created by God is good, and nothing is to be rejected, provided it is received with thanksgiving.’  
(*1Timothy 4.4*)

‘Scientists should be, in a sense, the discoverers of the intentions of God.’ (*Pope Pius XII, On Christianity and Modern Science*)

## WEEK 15 THURSDAY EVENING

### **I thank, glorify and praise you**

Now that the day is coming to a close, I thank you, Lord, and entreat you that the evening and the night be without sin. Grant this to me, Saviour, and save me.

Now that the day has passed, I glorify you, Master, and entreat you that the evening and the night be without sin. Grant this to me, Saviour, and save me.

Now that the day has run its course, I praise you, Holy One, and entreat you that the evening and the night be undisturbed. Grant this to me, Saviour, and save me.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. (*Orthodox*)

### **In time of illness**

God our Father, bless and help (*name*) in the illness which has come upon her (him). Give her (him) courage and patience, endurance and cheerfulness to bear all weakness and pain; and give her (him) a peaceful mind, which will make her (his) recovery all the quicker. Give to all doctors, surgeons and nurses who attend her (him) skill in their hands, wisdom in their minds and gentleness and sympathy in their hearts. Help us not to worry too much but to leave (*name*) in the hands of those responsible for her (his) care, and in your hands. Lord Jesus, come to us and to (*name*) this day, and show us that your healing touch has never lost its ancient power. This we ask for your love's sake. Amen. (*Adapted from William Barclay*)

**We put our hope in you**

Lord, you give perfect peace to those who keep their purpose firm and put their trust in you. We follow your will and put our hope in you. You are all that we desire. Amen. (*Adapted from Isaiah 26.3, 8*)

**Perfect love casts out fear**

Dear God, it is so hard for us not to be anxious. We worry about work and money, about food and health, about weather and crops, about war and politics, about loving and being loved. Show us how perfect love casts out fear. (*Monica Furlong*)

**Those who govern**

Almighty and ever-living God, in whose hand are the rights and hopes of everyone, look graciously on those who govern so that, in lasting peace, they may promote social progress and freedom for all the nations of the earth; through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

**Blessing**

Jesus is at the right hand of God the Father. May we have the joy of experiencing that he is also with us to the end of time. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘It is well for the heart to be strengthened by grace.’  
(*Hebrews 13.9*)

‘Love has nothing to do with order.’ (*Saint Columbanus*)

‘The simplest way of making an act of attention to God is by an act of inattention to everything else. It is rather like the act of trying to go to sleep.’ (*Dom John Chapman*)

## WEEK 15 FRIDAY MORNING

### **Light of my heart**

Light of my heart, your Heart, Lord divine,  
my treasure bright, your Heart, to keep in mine;  
since your Heart is filled, Lord, with love for me,  
let mine be a cloak to fold and comfort you. (*Tadhg  
Gaelach Ó Súilleabháin*)

### **The good news of redemption**

God our Father, we thank you for the great love with which you sent your only-begotten Son to die for us on the cross, to rise for us from the dead, to save us from our sins and win for us eternal life. May we always be grateful for your gift of salvation and may we never forget the high price paid for it, in love and suffering, by your crucified Son.

Grant that the good news of our redemption may be proclaimed to all the world, and that believers in Christ may everywhere enjoy the freedom to profess their faith. Fill our hearts with the love of your church through which Christ carries on the work of our redemption. Make us increasingly aware of his saving presence in word and in sacrament, especially in the holy Eucharist. You call us to reconciliation with you and with each other. Strengthen within us the will to repentance. Deepen our sorrow for our sins. Help us to avail of your mercy and forgiveness, especially in the sacrament of reconciliation. Remove from our hearts the seeds of bitterness and violence which make a mockery of that unity willed for us by your Son. Make us one, through

your Holy Spirit, with all our fellow-Christians. Unite us with suffering humanity; make us active promoters of justice and peace.

Mary, mother of the Redeemer and first of the redeemed, lead us by your example and intercession into closer union with your Son. We make our prayer through Christ our Lord. Amen. (*Adapted from the prayer for the Jubilee of Redemption, 1983, by Pope John Paul II*)

### **Servants of others**

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you. Give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but live and reign with the Father and the Holy Spirit, one God, now and for ever. Amen. (*Adapted from Saint Augustine*)

### **Patience in suffering**

Lord, in answer to our prayer give us patience in suffering hardships after the example of your only-begotten Son, who lives and reigns for ever and ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Blessed are the pure in heart, for they shall see God.’  
(*Matthew 5.8*)

Thérèse of Lisieux began by seeing suffering as an inevitable ingredient of human life. She progressed to looking at it as a condition of following Jesus; then as a redemptive force and, finally, as a way of loving him who loved us first. (*Adapted from Vincent O'Hara*)

‘Blessed are the dead who, from now on, die in the Lord. “Yes” says the Spirit, “they will rest from their labours, for their deeds follow them.”’ (*Adapted from Revelation 14.13*)

## WEEK 15 FRIDAY EVENING

### **Know, love and serve**

My God, I desire you and your love. My heart longs for peace: it longs to be at peace with you; it longs to be at peace with all people; it longs to be at perfect peace with itself. And this peace you alone can give me: the peace of selflessness, of doing my whole duty with no giving in to self-love in whatever form it may hide itself; the peace of knowing, loving and serving you, and of knowing that I belong to you for ever. (*Adapted from Alban Goodier*)

### **Our days pass swiftly**

Lord, you have been our refuge from one generation to the next.

Before the mountains were born or the earth or the world brought forth,  
you are God, without beginning or end.

You turn us back into dust and say, 'Go back, mortals.'  
To your eyes a thousand years are like yesterday, come and gone,  
no more than a watch in the night.

You sweep us away like a dream, like grass which springs up in the morning.  
In the morning it springs up and flowers; by evening it withers and fades.



All your days pass away in your anger; our life is over like a sigh.

Our span is seventy years or eighty for those who are strong.

And most of these are emptiness and pain; they pass swiftly and we are gone.

Make us know the shortness of our life that we may gain wisdom of heart.

In the morning, fill us with your love; we shall exult and rejoice all our days.

Give us joy to balance our affliction, for the years when we knew misfortune.

Show forth your work to your servants; let your glory shine on their children.

Let the favour of the Lord be upon us; give success to the work of our hands. (*Adapted from Psalm 89*)

### **Commendation**

Save us, Lord, while we are awake, protect us while we sleep, that we may keep watch with Christ and rest with him in peace. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘The person who would be serene and pure needs but one thing - detachment.’ (*Meister Eckhart*)

‘Sight is a natural activity, while blindness is a deprivation of that natural activity. There is a similar opposition between good and evil.’ (*Saint Gregory of Nyssa*)

‘Anyone who knows the right thing to do and fails to do it, commits sin.’ (*James 4.17*)

## WEEK 15 SATURDAY MORNING

### **This day**

Into your hands, Lord, and into the hands of your holy angels, I commit myself in soul and body all through this day. I commit to you also my mother and father, my relatives, friends, acquaintances and all faithful souls. Keep us, Lord, this day, through the prayers and merits of the blessed Mary and of all the saints, from all sin, from evil desires and temptations, and from a sudden and unprovided death. Let your Holy Spirit enlighten me, make me obedient to your will and never be separated from you. Amen. (*Adapted from Saint Edmund of Canterbury*)

### **Ready to do your will**

God of love and mercy, help us to follow the example of Mary, always ready to do your will. At the message of an angel she welcomed your eternal Son, and, filled with the light of your Spirit, she became the temple of your Word, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Help us, Lord, and save us!**

Lord, you became like us and shared our human nature. Help us, Lord, and save us!

You did so, that through your death you might free us from our fear of death. Help us, Lord, and save us!

You became like us in every way so as to be our faithful and merciful High Priest. Help us, Lord, and save us!

Now you help those who are tempted, because you yourself were tempted. Help us, Lord, and save us!

*(Adapted from Hebrews 2.17-18)*

### **Heal all divisions**

Lord, hear the prayers of your people and bring the hearts of believers together in your praise and in common sorrow for their sins. Heal all divisions that we may rejoice in unity among your people, and move together as one to eternal life in your Kingdom. We make this prayer through Christ our Lord. Amen.

*(Adapted from the Roman liturgy)*

### **In you we are re-made**

Let my soul rouse itself, Lord, from weariness; may it lean on your creation and hobble towards you who made it. For in you we are re-made and find strength. Guard us from all danger and carry us to yourself. You will be our strong support from childhood to old age; for when your strength is ours, then we are strong. *(Adapted from Saint Augustine)*

## Reflections

‘Blessed are the peacemakers, for they will be called children of God.’ (*Matthew 5.9*)

‘True devotion [to Mary] consists neither in sterile or transitory affection, nor in a certain vain credulity, but proceeds from true faith, by which we are led to recognize the excellence of the Mother of God, and we are moved to a filial love towards our Mother and to the imitation of her virtues.’ (*Vatican II, Lumen Gentium*)

‘The person who prays is a theologian, and a theologian is a person who prays.’ (*Orthodox saying*)

## WEEK 15 SATURDAY EVENING

### **You are so glorious and so beautiful**

I come to you, Lord, not only because I am unhappy without you; not only because I feel I need you, but because your grace draws me on to seek you for your own sake, because you are so glorious and so beautiful. I come in great fear, but in greater love. As the years pass, and the heart closes up, and things become a burden, let me never lose this youthful, eager, pliable love of you. Make your grace supply the failure of nature. Do more for me the less I can do for myself. *(Adapted from John Henry Newman)*

### **Guard us, Lord**

Guard us, Lord, as the apple of your eye, lest the dark surges of bodily desire dim the splendour of innocence in us. Shelter us beneath the shadow of your wings so that we not get caught in the snares of immoral pleasure. And so, we who are in safety as long as your grace is with us, will look for the perfection of happiness only when your glory will appear in us. *(Adapted from the Gothic Breviary)*

### **Bless all children**

Heavenly Father, from whom all fatherhood in heaven and on earth is named, we ask you to bless all children, and to give their parents or those in whose charge they may be, the spirit of wisdom and love, so that for every child the home may be an image of your Kingdom, and the care given by parents a likeness of your love. We ask

this in Jesus' name. Amen. (*Adapted from the Church of Ireland*)

### **Comfort the afflicted**

Merciful Father, by your Word and Holy Spirit, comfort all who are afflicted or distressed, and turn their hearts to you, so that they may serve you in truth and live their lives to your glory. Be you, Lord, their help and defence; through Jesus Christ our Lord. Amen. (*Adapted from Philip Melancton*)

### **Stay with us, Lord Jesus**

Stay with us, Lord Jesus, as evening falls and be our companion on our way. Set our hearts on fire with new hope, so that with our sisters and brothers we may recognize you in the scriptures and in the breaking of bread, you who live and rule till the ages of ages. Amen. (*Adapted from Luke 24.29-35*)

### **Blessing**

May almighty God bless us in his mercy. Amen.  
May he make us always aware of his saving wisdom.  
Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.’  
(*2 Peter 1.20-21*)

‘I praise the Law and the Prophets in that they show forth Christ. But I so read the Law and the Prophets as not to remain in them but to move from them to Christ.’  
(*Saint Jerome*)

‘True freedom safeguards the dignity of the human person.’ (*Pope Leo XIII, Libertas, praestantissimum munus*)



## WEEK 16 SUNDAY MORNING

### **May we ever stand before you**

We ask you, Lord Jesus, that those to whom you give the knowledge of you in abundance, you will also, of your goodness, grant to ever stand before you, who are the fountain of all wisdom and knowledge. (*Venerable Bede*)

### **What is yours**

Lord Jesus, acknowledge what is yours in us, and take away from us all that is not yours; for your honour and glory. Amen. (*Saint Bernardine of Siena*)

### **You are the bread of life**

Christ, Master and God, King of the ages, Maker of all things, I thank you for the gifts you have given me, and especially for the gift of sharing in your pure and life-giving mysteries. Therefore, I ask you, gracious Lord who loves all people, to preserve me under your protection and beneath the shadow of your wings. Grant me to the very end of my life to share worthily and with a clean conscience in your holy things, for the remission of sins and unto eternal life. For you are the bread of life, the fountain of all holiness, the giver of all good; and to you we give glory with the Father and the Holy Spirit, now and for ever, to the ages of ages. Amen. (*Adapted from Saint Basil*)

### **Priests and people**

Grant, Lord, that your people may have true affection for their pastors, and receive in turn their loving care. And

so that both may persevere to the end, grant them unfailing loyalty and a sense of justice. Amen. *(Adapted from the Leonine Sacramentary)*

**Be with this household**

God, protector of the faithful and constant companion of those who obey you, be with all the people who live in this house, so that while we care for them with human love, you may protect them with your divine power. Grant this for your love's sake. Amen. *(Adapted from the Gelasian Sacramentary)*

**Receive these offerings**

Holy Trinity, receive these offerings which I, a sinner, offer both for myself and for the whole Christian people, for our sisters and brothers and for those who remember us regularly in their prayers, so that in this present world we may deserve to receive forgiveness of all our sins, and in the next deserve to attain to eternal rest, through Jesus Christ, the Redeemer of the world, who with the Father and the Holy Spirit lives and reigns for ever and ever. Amen. *(Anon., eleventh century)*

## Reflections

‘Blessed are those who are persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven.’  
(*Matthew 5.10*)

‘In the sacrament of the Eucharistic bread, the unity of believers, who form one body in Christ, is both expressed and brought about.’ (*Vatican II, Lumen Gentium*)

‘The Christian family is rightly called the living cell of the church.’ (*Pope Paul VI, Matrimonia Mixta*)

## WEEK 16 SUNDAY EVENING

### **That I may learn to pray**

God the creator of the universe, grant that I may learn to pray; grant that I may become worthy of being heard by you; grant that in the end I may be set free by you. *(Adapted from Saint Augustine)*

### **Your word of life**

Lord God, your word of life gives us a new birth. May we receive it with open hearts, live it with joy, and express it in love. We ask this in Jesus' name. Amen. *(Adapted from the Roman liturgy)*

### **Glory to God our Saviour**

To him who is able to keep us from falling, and to bring us faultless and joyful before his glorious presence - to the only God our Saviour, through Jesus Christ our Lord, be glory, majesty, might and authority, from all ages past and present, and for ever and ever. Amen. *(Jude 24, 25)*

### **For the church**

Lord God, you named your church as your spouse. As it becomes graceful in your sight by devoted and trusting faith, so may it always have a lover's loyalty. Grant that all peoples honouring your name may be worthy of the title they bear. May all in your church, closely united to you, revere you, love you, and follow you, so that walking always in your footsteps and under your guidance, we may deserve to attain the heavenly

Kingdom of your promise. Amen. (*Adapted from Abbot Grimald*)

### **For priests**

With minds humbled before you, eternal God, we earnestly pray that your friends, the priests whom you have joined by a sacred bond, may always and with all their hearts be wholly obedient to you. By the intercession of blessed Peter your apostle, may they be filled with the spirit of charity, be freed from all passion for earthly things and worthy of your gifts of eternal joy. (*Adapted from the Missal of Robert of Jumièges*)

### **Help young people**

Spirit of holiness, who pour out your gifts on all believers and especially on those called to be Christ's ministers, help young people to discover the beauty of the divine call. Teach them the way of prayer, which is nourished by the word of God. Help them to read the signs of the times, so as to be faithful interpreters of your gospel and bearers of salvation. (*Pope John Paul II*)

### **Blessing**

Lord God, may we live in awe of you, die in your grace, rest in your peace, rise in your power, and reign in your glory; for the sake of your son, Jesus Christ our Lord. Amen. (*Adapted from Archbishop Laud*)

## Reflections

‘Prayer always remains the voice of those who apparently have no voice.’ (*Pope John Paul II, Dominum et Vivificantem*)

‘Although the church is diverse in the multiplicity of her members, she is nevertheless welded into one by the fire of the Holy Spirit. If she seems divided into parts across bodily space, the sacrament of her interior unity is nonetheless too strong for her own integrity to be disrupted.’ (*Saint Peter Damian*)

‘The servants [of God] will see his face, and his name will be written on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.’ (*Revelation 22.4-5*)

## WEEK 16 MONDAY MORNING

### **Enter my soul**

Let me know you, my Father, let me know you as I too am known. Enter my soul, you who are its strength, and make it what you want. (*Saint Augustine*)

### **I honour you**

God, almighty, all-knowing, supreme and infinite Good, Wisdom above all wisdom, Life and Light of creatures, I magnify and honour you. (*Adapted from Gilbert Shaw*)

### **Make me strong**

Gracious Father, fill me with the knowledge of your will, with all the wisdom and understanding that your Spirit gives. Then I will be able to live as you want and always do what pleases you. Make me strong with all the strength which comes from his glorious power, for you have rescued me from the power of darkness and brought me safe into the Kingdom of your dear Son. (*Adapted from Colossians 1.9-13*)

### **Gladness and peace**

Grant us, Lord, to spend this day in gladness and peace, without stumbling and without stain, so that reaching the evening victorious over all temptation, we may praise you, the eternal God, who are blessed, and govern all things to the end of the age. Amen. (*Mozarabic liturgy*)

### **Saint Joseph**

God, in your infinite wisdom and love, you chose Joseph to be the husband of Mary, the mother of your Son. May we have the help of his prayers in heaven and enjoy his protection on earth. We ask this through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **For our friends**

Blessed Lord and Saviour, who has commanded us to love one another, grant us grace that, having received your undeserved generosity, we may love everyone in you and for you. We ask your blessing on all, but especially on the friends whom your love has given us. May you love them, fountain of love, and make them to love you with all their heart, with all their mind, and with all their soul that they may will, and speak, and do, only those things which are pleasing to you. Although our prayer is cold because our charity has so little fervour, yet you are rich in mercy. Do not measure out your goodness to them according to the dullness of our devotion, but as your kindness surpasses all human affection, so let your hearing transcend our prayer. Do to them what is good for them, according to your will, so that they, being always and everywhere ruled and protected by you, may attain in the end to everlasting life. And to you, with the Father and the Holy Spirit, be all honour and praise for ever and ever. Amen. (*Saint Anselm*)



## Reflections

‘Then Mary said, “Here am I, the servant of the Lord; let it be done to me according to your word.”’ (*Luke 1.38*)

‘All of us know what it is to be tired, exhausted, grey with weariness, and at those times too we must allow ourselves, without strain, just to be like that, in the presence of God.’ (*Wendy Robinson*)

‘With the Lord one day is like a thousand years, and a thousand years are like one day.’ (*2 Peter 3.8*)

## WEEK 16 MONDAY EVENING

### **Give God thanks**

Let all people speak and give God thanks. Give thanks  
worthily to the Lord,  
and praise the King of the ages.

May he cheer those who are captives, and love those  
who are distressed  
to all generations for ever.

Many nations will come from afar to the name of the  
Lord God,  
bearing gifts in their hands, gifts for the King of heaven;  
generations of generations will give him joyful praise.

Rejoice and be glad for the children of the righteous for  
they will be gathered together,  
and will praise the Lord of the righteous.

Let my soul praise God the great King! (*Adapted from  
Tobit 13.8, 10-11, 15*)

### **According to conscience**

Since you, God, are supreme wisdom and have also  
made us human beings to be gifted with intelligence, it is  
certain that we cease to have part with you insofar as we  
stray from the path of justice, and that we remain like  
you insofar as we do not abandon the law of truth and  
sincerity. We ask you, then, God of heavenly power that,  
scorning the shifty ways of insincerity, we may follow

what is according to our conscience and vocation.  
Grant this in Jesus' name. Amen. (*Leonine  
Sacramentary*)

**Forgive us**

Forgive us, Father in heaven, for any wrong we have  
thought or spoken or done this day. Give us strength to  
fight more bravely tomorrow against our sins. Bless all  
whom we love, and keep them safe this night, for the  
sake of Jesus our Saviour. Amen. (*Anon.*)

**Blessing**

Bless us, God the Father who created us.

Bless us, God the Son who redeemed us.

Bless us, God the Holy Spirit who sanctifies us.

Blessed Trinity, keep us in body, soul and spirit unto  
everlasting life. Amen. (*Weimarischer Gesangbuch*)

## Reflections

‘Seek good and not evil, that you may live; and so the Lord, the God of Hosts, will be with you. Hate evil and love good, and establish justice.’ (*Amos 5.14-15a*)

‘The person who prays will have a heart as wide as the love of God itself.’ (*Mother Mary Clare*)

Our task is not ‘to claim, and name, and number... but to ponder and to wonder.’ (*Jerry Harry Hellman*)

## WEEK 16 TUESDAY MORNING

### **The graces of the Holy Spirit**

Merciful God, we ask you to fill our hearts with the graces of the Holy Spirit, with love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance. Teach us to love those who hate us, and to pray for those who treat us with contempt, so that we may be the children of you, our Father, who make the sun shine on the evil and the good, and the rain to fall on unjust and just alike. In hard times grant us to be patient; in good times keep us humble; may we guard our lips; may we treat lightly the pleasures of this world and thirst after those of eternity; through Jesus Christ our Lord. Amen. *(Adapted from Saint Anselm)*

### **Lord, my God**

Lord, my God, you are the only Lord! I love you with all my heart, with all my soul and with all my strength. Help me to show how much I love you by loving my neighbour as I love myself. *(Adapted from Mark 12.28-34)*

### **Father, we thank you**

Father in heaven, we give thanks for life and the experiences life brings us. We thank you for our joys, sorrows, trials, failures and triumphs. Above all we thank you for the hope we have in Christ that we shall find fulfilment in him.

We praise you for our country, its beauty, the riches it has for us and the gifts it showers on us. We thank you

for your peoples, the languages they speak, their variety of race, their cultural inheritance and the possibilities for greatness that lie in them. Grant that we accept these gifts with thankfulness and use them for the good of the human race and so bring glory to you; through Jesus Christ our Lord. Amen. (*Anon., from India*)

**Our life in reverence and obedience**

Grant, Lord, that all the days of our life may be so spent in your reverence and obedience that we may all together end our lives in the praise and glory of your name; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Scotland*)

**Shine in our hearts**

Shine in our hearts, loving Master, by the pure light of knowledge of yourself, and open the eyes of our mind to the contemplation of your teaching, and put into us reverence for your blessed commandments. Setting aside all that is hostile to you, may we follow a spiritual path, thinking and doing all things according to your good pleasure.

For you are our sanctification and our illumination, and to you we give glory, Father, Son and Holy Spirit, now and ever, and to the ages of ages. Amen. (*Orthodox*)

## Reflections

‘We possess the Holy Spirit inasmuch as we love the church.’ (*Saint Augustine*)

‘The unity of all divided humanity is the will of God.’  
(*Pope John Paul II, Ut Unum Sint*)

‘But I say to you that listen, “Love your enemies, bless those who curse you, pray for those who abuse you.”’  
(*Luke 6.27*)

## WEEK 16 TUESDAY EVENING

### **As night closes in**

As night closes in, Lord, we give you thanks for the day that has run its course and we pray that tomorrow may see us safe and giving you praise and thanks. *(Adapted from the Missal of Robert of Jumièges)*

### **The gift of the Holy Spirit**

Lord, who bestowed the gift of the Holy Spirit on the apostles while they were at prayer, grant us a share in that same gift; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **We praise and thank you**

God, your love is beyond measure and your blessings cannot be counted; we praise and thank you for all your goodness, you who are our strength in weakness, our light in darkness and our comfort in sorrow. From everlasting to everlasting you are God, Father, Son and Holy Spirit. Amen. *(Adapted from the Church of Ireland)*

### **Remember me, God**

Remember me, God, and spare me because of your great love. *(Adapted from Nehemiah 13.22)*

### **Grant us insight**

May the Lord grant us insight into the great mysteries of his Kingdom, even as he has granted us knowledge of his holy word. As he has placed the seeds of truth in our



minds, so may he by that truth protect us in temptation. Then his generous gift of grace will bear fruit in us even to a hundredfold. (*Adapted from the Benedictional of Robert of Jumièges*)

### **Father, Son and Holy Spirit**

I am bending my knee in the eye of the Father who created me, in the eye of the Son who purchased me, in the eye of the Spirit who cleansed me, in friendship and affection.

Holy God, through your own Anointed One, bestow on us fulness in our need: love towards God, the affection of God, the smile of God, the grace of God, reverence for God, and the will of God to do in the world as the angels and saints do in heaven.

Each shade and light, each day and night, each time in kindness, give us your Spirit. Amen. (*Celtic*)

### **Blessing**

May the Lord Jesus Christ fill us with tranquil joy, may his Spirit make us strong and tranquil in the truth of his promises. And may the blessing of the Lord come upon us abundantly. Amen. (*Anon.*)

## Reflections

‘You are my lamp, Lord; the Lord lightens my darkness.’ (2 *Samuel* 22.29)

‘When comparing doctrines with one another, it should be remembered that in Catholic doctrine there exists an order or “hierarchy” of truths, since they vary in their relation to the foundation of the Christian faith.’ (Vatican II, *Unitatis Redintegratio*)

‘Inasmuch as you hate your brother or sister, it is God whom you hate.’ (Abbot *Pachomius*)

## WEEK 16 WEDNESDAY MORNING

### **Faithfully to love you**

God of strength, surpassing all understanding, who mercifully give to your people both mercy and judgment, grant to us, we ask you, faithfully to love you, and to walk this day in the path of righteousness; through Jesus Christ our Lord. Amen. (*Adapted from the Sarum Breviary*)

### **Blest is God**

Blest is God who desires that all should be saved and come to the knowledge of the truth.

Blest is God who gives light and sanctification to everyone who comes into the world.

Blest are they whose sins are forgiven and wiped away; blest are they to whom the Lord imputes no wrong and in whose mouth is no deceit.

Christ our God, rich in mercy, who clothe yourself in light, grant me to be radiant with light. (*Orthodox baptismal liturgy*)

### **Take away pride and vanity**

Take away from us, Lord, pride and vanity, all boasting and assertiveness, and give us the courage that shows itself in gentleness, the wisdom that shows itself in simplicity, and the power that shows itself in modesty and thought for others; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **The Lord is my shepherd**

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.

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 staff; with these you  
give me comfort.

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

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.  
(*Psalm 22*)

## Reflections

‘Christians are not distinguished from the rest of humanity in locality or speech or customs. But while they live in the cities of the Greeks or the barbarians and follow local customs in dress and food, yet the constitution of their own citizenship is marvellous, and contradicts expectation. They live in their countries, but only as travellers; they bear their share as citizens and endure all hardships as strangers. Every foreign country is their homeland, and every homeland is foreign to them. They marry like others and have children; but they do not expose their children to die. They have their meals, but not their wives, in common. They are in the flesh, but do not live according to the flesh. Their existence is on earth, their citizenship in heaven. They obey the laws and surpass them in their lives. They love all people and are persecuted by all. They are ignored and condemned, put to death and endowed with life. They are beggars who make many rich, in want of everything and abounding in everything. They are dishonoured and in their dishonour glorified. They are abused and vindicated. Reviled, they bless; insulted, they pay their respects. They are punished for doing good, and rejoice in this, as thereby stimulated to life. Those who hate them cannot tell the reason for their hostility to them. In a word, what the soul is to the body, this the Christians are in the world.’ (*Adapted from the anonymous mid-second century Epistle to Diognetus, 5*)

‘The plain truth is that of necessity God is bound to cherish us just as though his Godhood were at stake, as

in fact it is. God can no more do without us than we can without him; indeed, even if we turned from God it would be impossible for God to turn from us.' (*Meister Eckhart*)

'The heart of a virgin is one that can live in patience, in inconsummation, without the finished symphony. The virgin's heart is innocent because it can live without breaking certain taboos, knowing that, like a child, many of the things that it so deeply desires cannot be had just yet. The virgin's heart does not test God.' (*Ronald Rolheiser*)

## WEEK 16 WEDNESDAY EVENING

### **Send your truth into our hearts**

Almighty God, we ask and pray you, the fountain of everlasting light, to send your truth into our hearts and to pour upon us the glory of your brightness; through Christ our Lord. Amen. (*Adapted from the Sarum Breviary*)

### **The road I must travel**

I call upon you, my God, my mercy, my creator. I had forgotten you, but you held me ever in your sight. Late have I loved you, beauty so ancient and so new, late have I loved you. Lord, heal and open my eyes that I may recognize your will. Show me the road I must travel so that I may see you. (*Adapted from Saint Augustine*)

### **You raised us up**

God of abundant mercy, your love for us is so great that while we were dead in our disobedience you brought us to life in Christ. By your grace you raised us up to rule with him in the heavenly world. How great is your love for us in Jesus! (*Adapted from Ephesians 2.4-7*)

### **Be patient with us sinners**

We ask you, Lord our God, to be patient with us sinners. You who know our weakness, protect the work of your hands now and in the time to come. Deliver us from all temptation and danger, and from the power of evil in this world, and bring us to the Kingdom of your only Son and our God.

For to your most holy Name be the glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

**Teach me self-control**

Teach me self-control by teaching me patience; teach me the knowledge of things by enlightening my understanding. (*Prosper of Aquitaine*)

**Preserve us**

Most loving Father, you wish us to give thanks for all things, to fear nothing but the loss of you, and to cast all our care on you who care for us. Preserve us from faithless fears and worldly anxieties, and grant that no cloud of this mortal life may hide from us the light of that love which is immortal, and which you have revealed to us in your Son Jesus Christ. Amen. (*Adapted from the Church of Ireland*)

**Blessing**

May God almighty bless us with his Holy Spirit.  
May he guard us in our going out and our coming in.  
May he keep us steadfast in his faith, free from sin and safe from all danger. Amen. (*Anon.*)



## Reflections

‘God is love, and in the saints the Holy Spirit is love. Living in the Holy Spirit, the saints behold hell and embrace it, too, in their love.’ (*Saint Silouan of Mount Athos*)

‘We proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both Jews and Gentiles, Christ is the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.’ (*1 Corinthians 1.23-25*)

‘Much of the frustration and stagnation in Christian circles today stems from a failure of imagination.’ (*Ronald Rolheiser*)

## WEEK 16 THURSDAY MORNING

### **Ready to work**

A quiet night is your gift to us, Lord. Being alert in the morning and ready to work is also your gift. Give us to the full the enlightened mind that we desire, so that all the day long we may be refreshed in our soul with the power of your healing grace. (*Bobbio Missal*)

### **The unity which is your will**

Father, we pray for all Christians throughout the world: that they may share to the full in the work of your Son, revealing you to people and reconciling them to you and to one another; that they may learn to love one another and their neighbours as you have loved us; that they may more and more reflect the unity which is your will and your gift; we pray this through Christ our Lord. Amen. (*Adapted from Coventry Cathedral prayer for unity*)

### **Praise God**

Praise the Lord, the great God!

Give thanks to the Lord almighty, because he is good and his love is eternal.

Praise the glory of the Lord in heaven above! (*Adapted from Nehemiah, Jeremiah and Ezekiel.*)

### **Thank you for creatures**

God, I thank you for all the creatures you have made, so perfect in their kind: great animals like the elephant and the rhinoceros, funny animals like the camel and the monkey, friendly ones like the dog and the cat, working

ones like the horse and the ox, timid ones like the squirrel and the rabbit, majestic ones like the lion and the tiger, and for birds with their songs. Lord, give us such love for your creation, that love may cast out fear, and all creatures see in us their priest and friend; through Jesus Christ our Lord. Amen. (*Adapted from George Appleton*)

**For peace and unity**

Through the coming of the Holy Spirit, you, Christ our Lord, brought a deeper, more effective and lasting peace into the hearts of your disciples. We ask you to let our understanding of that peace drive personal animosity from our hearts. Because of our sins we are often deprived of true peace, but do you call us back to the happier atmosphere of Christ-like concord, and bind us to each other with the firm bond of charity. Grant that we may live in unity, give us purity of body and soul and guide us to do your will. So, by this generously granted charity, may we be close friends with you. Amen. (*Adapted from the Missale Mixtum*)

## Reflections

‘We wait for new heavens and a new earth where righteousness is at home.’ (*2 Peter 3.13*)

‘The deeper we delve into the harmonious disposition of the natural forces governed by eternal and unchangeable laws that are nevertheless hidden from our complete understanding, the more we feel ourselves moved to humble self-effacement, the more clearly we understand the range of our knowledge, the more eager becomes our effort to wrest further secrets from this inexhaustible fount of knowledge and power, and the more does our wonder grow in the presence of the infinite wisdom and order which permeates all creation.’ (*Werner von Siemens*)

‘God, I want you, and I do not want anything else - this is the essence of pure contemplative prayer.’ (*John Chapman*)

## WEEK 16 THURSDAY EVENING

### **Stay with us, Lord**

Stay with us, Lord, for it is towards evening and the day is far spent. Stay with us and with all your people. Stay with us in the evening of the day, in the evening of life and in the evening of the world. Stay with us and with all your faithful people, Lord, in time and in eternity. Amen. *(Adapted from the Lutheran Manual of Prayer)*

### **Teach us how to love**

Merciful Father, teach us how to love our enemies: to do good to those who hate us, to bless those who curse us and to pray for those who ill-treat us. May we be ready to give to everyone who asks. May we always do for others what we want them to do for us. *(Adapted from Luke 6.27-31)*

### **Praise and glory to the Trinity**

Praise and glory be to the power of the eternal Father who in his providence created the world out of nothing. Praise and glory be to the wisdom of his only-begotten Son who redeemed the world with his blood. Praise and glory be to the loving-kindness of the Holy Spirit who enlightened the world in faith. Praise and glory be to the holy and undivided Trinity who formed us in their image without our deserving it.

We give praise and glory to you, most blessed Trinity, for the blessing of our creation, by which you granted us bodies and souls. You adorned us with your image and likeness, and added us to your Christian people, making

us sound and whole in our senses and in our members, above all the creatures who are beneath the heavens, and gave us your holy angels as our guides and servants. For all this be pleased that we may praise you, world without end. Amen. (*Anon., eleventh century*)

### **Confirm our hearts**

Merciful Lord, comforter and teacher of your faithful people, increase in us the desires you have given us, and confirm the hearts of those who hope in you by enabling us to understand the depths of your promises, so that all your adopted children may even now see, with the eyes of faith, and patiently wait for, the light which as yet you do not openly reveal; through Jesus Christ our Lord. Amen. (*Adapted from Saint Ambrose*)

### **Blessing**

May the blessing of God almighty, the Father, the Son and the Holy Spirit, rest upon us and upon all the work and worship done in his name.

May he give us light to guide us, courage to support us, and love to unite us, now and evermore. Amen. (*Anon.*)

## Reflections

‘God called to Moses out of the bush, “Moses, Moses!” And he said, “Here I am.” Then God said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” God said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. God said, “I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I shall be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.” *(Adapted from Exodus 3.4-6, 10-12)*

‘God is doing the work within. And it is not remarkable that the soul does not see this, for our senses cannot perceive that which God works in the soul.’ *(Saint John of the Cross)*

‘One of the great difficulties about learning to meditate is that it is so simple. In our society most people think that only very complex things are worthwhile.’ *(John Main)*

## WEEK 16 FRIDAY MORNING

### **Sovereign Saviour**

My Lord, my God, my sovereign Saviour Jesus Christ, I ask you wholeheartedly to take me, a sinner, to your great mercy and grace. For I wish to love you with all my heart and mind and with all my might, nor do I wish to love anything so much, either on or above the earth, save my Lord Jesus Christ. And insofar as I have until now failed to love and worship you above all things as my Lord, my God and my Saviour, Christ Jesus, I now ask you with a humble and a contrite heart to forgive my long neglect of the great love you have shown me when you offered your all-glorious body, God and man, to be crucified there on the cross. And remembering this firmly in my heart, I do not doubt, my Saviour Jesus Christ, that you will be near to me with your glorious presence, comforting me in body and soul, and at the last you will bring me to your everlasting joy which will have no end. (*Processional of the nuns of Chichester, fifteenth century*)

### **The Cross reveals the mystery of your love**

Lord God, the Cross reveals the mystery of your love: a stumbling block indeed for unbelief, but the sign of your power and wisdom to all who believe. Teach us so to contemplate your Son's glorious Passion that we may always believe and glory in his Cross. We make our prayer through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)



**Those who suffer**

We remember, Lord, those who suffer from any kind of discrimination: your children, our brothers and sisters, who are humiliated and oppressed. We pray for those who are denied their human rights, for those unjustly imprisoned, and especially those who are tortured. Our thoughts rest a few moments with them (*pause*); and we pray that your love and compassion may sustain them always. Amen. (*Anon.*)

**Your gracious promises**

Lord God who show your great power principally by mercy and forgiveness, grant to us such a measure of your grace that we, walking always in the way of your commandments, may obtain your gracious promises, and be made partakers of your heavenly blessings; through Jesus Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

**Bring me home again**

I am the lost sheep, wandering in the desert. Look out for me, Good Shepherd; bring me home again to your fold. Do with me as you will so that I may live with you all the days of my life and praise you for all eternity with all those who are with you in heaven. Amen. (*Saint Jerome*)

## Reflections

‘If any wish to become my followers, let them deny themselves and take up their cross and follow me.’  
(*Matthew 16.24*)

‘Anyone who rejects God's will is like a leaking ship on a stormy sea, is like an eagle caught in a trap, is like an apple tree which never blossoms.’

‘Anyone who obeys God's will is like the golden rays of the summer sun, is like a silver chalice overflowing with wine, is like a beautiful bride ready for love.’ (*Celtic*)

‘They would be very ignorant who would think that because enjoyment and delight [in prayer] are failing them, God is failing them, or who would think that, in having those, they are having God.’ (*Saint John of the Cross*)

## WEEK 16 FRIDAY EVENING

### **Lift our hearts**

Almighty and everlasting God, you have put into our hearts a longing for eternity and desires which the world cannot satisfy. Lift our hearts, we ask you, above the narrow confines of this present world to those of the world to come, where you have prepared for us an inheritance that will never fade away. We ask this through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Praise God!**

Praise God! Salvation and glory and power belong to our God! True and just are his judgments.

Amen! Praise, glory, wisdom, thanksgiving, honour, power and might belong to our God for ever and ever. Amen. (*Adapted from Revelation 19.1; 7.12*)

### **Be with us all**

Comforting One, compassionate One, be with us all when we suffer loss, and ache with the pain of grieving. Give us a glimpse of the way it will be when love will never be taken away, when life itself will not be diminished, when all that we hold most precious will live and remain with us for ever. Amen. (*Miriam Thérèse Winter*)

### **For one who has died**

With the souls of the faithful departed, give rest, Lord our Saviour, to the soul of your servant (*name*),

preserving her (him) unto the life of blessedness which is with you, Lover of humanity.

In the place of your rest, Lord, where all your saints repose, give rest also to the soul of your servant (*name*), for you alone love humanity.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

You are the God who descended into hell and loosed the bonds of the captives. Do you also give rest to the soul of your servant (*name*).

Virgin Mary, pure and undefiled, who, still a virgin, brought forth God, do you pray that her (his) soul may be saved.

With the saints give rest, Lord Christ, to the soul of your servant (*name*), where there is neither sickness, nor sorrow, nor sighing but life everlasting. (*Orthodox*)

### **Blessing**

May the Lord lead us when we go, and keep us when we sleep and talk with us when we wake.

And may the peace of God which surpasses all understanding keep our hearts and our minds in Christ Jesus. Amen. (*Anon.*)

## Reflections

‘God is nearer to us than our own soul, for he is the ground in whom our soul stands.’ (*Julian of Norwich*)

‘Pray all the time, asking for what you need, praying in the Spirit on every possible occasion.’ (*Ephesians 6.18*)

‘The line dividing good and evil cuts through the heart of every human being.’ (*Alexander Solzhenitsyn*)

## WEEK 16 SATURDAY MORNING

### **Be with me, Lord**

Be with me, Lord, at my rising in the morning. Look kindly on me, Lord, and guide my actions, my words and my thoughts. Keep me in the right path so that I spend the day in accordance with your will. Give me reverence for you and a repentant heart. Guide my hearing that I pay no attention to backbiting, nor to untrue and foolish talk, but let me be alert for the voice of God. Watch my steps so that I don't go about idly from place to place but be united with the thought of God in my mind. Let me be of service to God this day with the work of my hands, and, in the evening, let me lift them up in prayer. *(Adapted from the Book of Cerne)*

### **Open to the Word**

Mary, virgin who listened and virgin of the Word made flesh in your womb, help us to be open to the word of the Lord, so that, having been welcomed and meditated upon, it may grow in our hearts. Help us to live like you the beatitudes of believers and to dedicate ourselves with unceasing charity to bringing the Good News to all those who seek your Son. Grant that we may serve every person, becoming servants of the word we have heard, so that, remaining faithful to it, we may find happiness in living it. Amen. *(Adapted from Pope John Paul II)*

### **Cast away the works of darkness**

Almighty God, give us grace to cast away the works of darkness, and put on us the armour of light, now in this

mortal life in which your Son Jesus Christ came to visit us with great humility, so that on the last day when he will come again in majesty to judge the living and the dead, we may rise to life eternal, through him who lives and reigns with you and the Holy Spirit, now and for ever. Amen. (*Adapted from the Book of Common Prayer*)

### **When ill**

Lord, heal me and I will be completely well; rescue me and I will be perfectly safe. You are the one I praise! (*Jeremiah 17.14*)

### **Give grace, Father**

To all who live by the truths of the faith, give grace, Father, that they may lead upright and holy lives, never departing from your teaching. To those who have not yet found faith in you, grant that before they leave this life they may come to believe in you and to know the love of your holy name. Then, having known it, may they keep it firm and inviolate. Let the sacrifice of your body and blood win pardon for the sins of the living and the dead. Amen. (*Adapted from Anselm of Bury St. Edmunds*)

## Reflections

‘What the Catholic faith believes about Mary is based on what it believes about Christ, and what it teaches about Mary illuminates in turn its faith in Christ.’ (*Catechism of the Catholic Church*)

‘There is a danger of “devout” people living for themselves instead of living for others.’ (*John Chapman*)

‘You do well if you really fulfil the royal law according to the scripture, “You shall love your neighbour as yourself.” But if you show partiality, you commit sin and are convicted by the law as transgressors.’ (*James 2.8-9*)



## WEEK 16 SATURDAY EVENING

### **Give us yourself**

Lord, give us yourself to be the light of our soul. Hear our prayers as we seek you, needing you, we who dare not trust in our own worth. For it is by your working in us that we fully live; it is by you that we are supported and by your grace that we are protected. Do not turn away, then, from those whose bond with you is so close, whose longing is for you, whose souls would cling to you and whose minds are ever set to follow you. *(Spanish collect, seventh century)*

### **Blessing of one's house**

Blessed are you, Lord God, king of all creation: through your goodness you have given this house to be a home for us and for our family (*names*). Let your peace remain with us always. Let all who come here to share our life find generosity, peace and happiness; may they depart enriched by the joy of Christian living. Blessed be God forever. *(Adapted from the Roman Ritual)*

### **Worthy are you**

Worthy are you, our Lord and God, to receive glory and honour and power,  
for you created all things and by your will they existed  
and were created.

Worthy are you, Lord; by your blood you ransomed us  
for God  
from every tribe and tongue and people and nation.

You have made us a Kingdom and priests to serve our God,  
and we shall reign on earth.

Worthy is the Lamb who was slain to receive power and wealth,  
and wisdom and might, and honour, and glory and blessing. (*Adapted from Revelation 4,5*)

**I am heartily sorry for my sins**

God, I am heartily sorry for having offended you, and I detest my sins because they offend you, Lord God, who are good and deserving of my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the occasions of sin. Amen. (*Anon.*)

**Blessing**

May the peace of God keep our hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son and the Holy Spirit, be among us and remain with us always. Amen. (*Adapted from the Book of Common Prayer*)

## **Reflections**

‘The family is the first school of work for every young person.’ (*Pope John Paul II, Laborem Exercens*)

‘Your faith has saved you; go in peace.’ (*Mark 5.34*)

‘We speak of God when we pray; we hear him when we read the divine sayings.’ (*Saint Ambrose*)

## WEEK 17 SUNDAY MORNING

### **Blessed Jesus**

Blessed Jesus, make me love you entirely.

Blessed Jesus, I am willing, but, without your help, I am unable.

Blessed Jesus, let me deeply consider the greatness of your love towards me.

Blessed Jesus, give me grace heartily to thank you for your benefits to me.

Blessed Jesus, give me good will to serve you and to suffer.

Blessed Jesus, give me a remembrance of your Passion.

Blessed Jesus, take my heart, hold it and keep it with you. *(Adapted from Saint John Fisher)*

### **The treasures of your word**

Lord, I am your unworthy servant and am undeserving of any good. I wish to hear the treasures of your word.

May it please you to lead me, and to grant me in this holy word and reading to love you as much as I know you, because I do not wish to know you unless I love you, Lord God, my Creator. Amen. *(Adapted from Capuchin tradition)*

### **Thanks for the Eucharist**

I thank you, Lord God, that you have not rejected me, a sinner, but have allowed me to share in the sacred mysteries, your pure and heavenly gifts. Master, lover of humanity, who for our sakes died and rose again, and who gave us these awe-inspiring and life-giving

mysteries for strengthening our souls and our bodies, grant that they may heal my soul and body, drive away temptation, enlighten my mind, bring peace to my soul, give courage to my faith, make generous my love, instil wisdom in me, enable me to observe the commandments, receive your grace and attain to your Kingdom. Preserved by them in holiness, may I always remember your grace and live not for myself alone, but for you, my Master and Benefactor. May I pass from this life in the hope of eternal life, and attain to everlasting rest, where the voice of those who feast is unceasing, and where the delight of those that see the inexpressible beauty of your face is unending; for you are the desire and joy beyond description of those who love you, Christ our God. And may every creature praise you for ever. Amen. (*Orthodox*)

### **Mercy on our families**

Almighty Father, from whom every family in heaven and on earth is named, we ask your mercy on our families, for husbands, wives and children, and for all who have the care of children, so that your grace may bless our homes, and our children may grow up in the knowledge and love of you and your Son Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **May Mary protect us**

May the blessed Virgin Mary protect us. Through her, God has given us the author of life, Jesus Christ our Lord. Amen. (*Pope Paul VI*)

## Reflections

‘The help of God is nearer than the door.’ (*Celtic*)

‘Do you not know that you are God's temple, and that God's Spirit dwells in you? .... God's temple is holy, and you are that temple.’ (*Adapted from 1 Corinthians 3.16-17*)

‘The family is the principal school of the social virtues which are necessary to every society.’ (*Vatican II, Gravissimum Educationis*)

## WEEK 17 SUNDAY EVENING

### **Set me free, Lord**

Set me free, Lord, from the abundance of words from which I suffer deep within my soul, which is unhappy in your sight and takes refuge in your mercy. Indeed, even when my lips are silent, my thoughts are not. If I could at least think of something pleasing to you, then I certainly would beg you to set me free from this surfeit of words. But my thoughts are many and you know that our human thoughts are often vain. Help me not to give in to them and, if they ever delight me, grant that I may disapprove of them. Let them not ever have such power over me as to influence my actions, and that with your protection my consciousness and discernment may be free from their influence. When we arrive in your presence there will be an end to the many words we utter that do not reach you; you will remain, one alone, yet in all things, and when we become one in you for all eternity, we will utter just one word to praise you in a burst of sound, you, Lord, one God, God in the Holy Trinity. Amen. *(Adapted from Saint Augustine)*

### **Let me praise you**

Let me praise you, Lord, with voice and mind and deed: and since life itself is your gift, may all we have and are be yours; through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **Strength to our weakness**

Almighty and eternal God, by always giving strength to our weakness, you enable your people to be strong even in difficulties, so that when they appear to be utterly cast down, then they may prevail through perseverance. Let affliction prove our faith and, with your grace, may we endure in loyalty. Amen. (*Adapted from the Missal of Robert of Jumièges*)

### **For the pope**

God our Father, Shepherd and Guide, look with love on your servant (*name*), the pastor of your church. May his word and example inspire and guide the church, and may he and all those entrusted to his care, come to the joy of everlasting life. Amen. (*Adapted from the Roman liturgy*)

### **Joy, peace and hope**

God of hope, fill your people with all joy and peace in believing, so that we and they may abound in hope in the power of the Holy Spirit; through Jesus Christ our Lord. Amen. (*Adapted from Romans 15.13*)

### **Blessing**

May the blessing of the Lord rest and remain on all his people in every land and of every language. May the Lord meet in mercy all who seek him. May he comfort all who suffer and mourn; may he hasten his coming and now give us and all people peace. Amen. (*Anon.*)



## Reflections

Some people asked Abba Makarios, ‘How should we pray?’ He replied, ‘There is no need to use a lot of words; just stretch out your hands and say, “Lord, as you will and as you know best, have mercy on me.” And if the conflict grows fierce, say only, “Lord, help me.” God knows what we need and will show mercy to us.’  
*(Adapted from the Sayings of the Desert Fathers)*

‘The moment I realized that God existed, I knew I could not do anything other than live for him alone.’ *(Charles de Foucauld)*

‘It is God's will that by doing right you should silence the ignorance of the foolish.’ *(1 Peter 2.15)*

## WEEK 17 MONDAY MORNING

### **We bless and praise you**

We bless and praise and magnify you, God of our ancestors, who has led us out of the shadows of night once more into the light of day. We make our prayer to your kindness. Be merciful to us in our misdeeds; accept our prayers in the fulness of your compassion, for you are our refuge from one generation to the next, merciful and almighty God. May the true Son of your justice shine in our hearts, enlighten our reason and purify our senses so that we may walk honestly as in the day, in the way of your commandments, and reach at last eternal life where we will rejoice in your inaccessible life. For you are the fountain of life and in your light we see light; through Jesus Christ your Son our Lord. Amen.  
*(Adapted from the Orthodox)*

### **Our Father**

Our Father who art in heaven, who fashioned us in the beginning, may your name be made holy and may we all enter your house; your holy and only will, may we do it on earth as does everyone in heaven who enters in. The bright bread you made for us, give us, and all our sins may you forgive as the Son forgave the man of the sightless eyes. Let us not go into that kingdom from which there is no return, no, nor into any evil thing nor into the fearsome fires, but amen, Christ, do you admit us all. *(Adapted from Eoghan Rua Ó Súilleabháin; the “man of the sightless eyes” refers to an extra-biblical tradition that the Roman soldier, said to have been*

*named Longinus, who pierced Christ's side on the cross with a spear, was blind.)*

**May we work as one family**

Father, Creator of all that is good, you have called us to work in your world, and by our cooperation to better the condition of humanity. Grant that we may always work as members of one family, and love all people as our brothers and sisters; through Christ our Lord. Amen.  
*(Adapted from the Roman liturgy)*

**Blessed be God**

Blessed be God.

Blessed be the holy and undivided Trinity.

Blessed be God the Father, maker of heaven and earth.

Blessed be Jesus Christ, truly divine and truly human.

Blessed be the holy Name of Jesus.

Blessed be Jesus in his death and resurrection.

Blessed be Jesus on his throne of glory.

Blessed be Jesus in the Sacrament of his body and blood.

Blessed be the Holy Spirit, the giver and sustainer of life.

Blessed be God in the Virgin Mary, Mother of our Lord and God.

Blessed be God in the angels and saints.

Blessed be God.

*(Adapted from the Society of Saint Francis)*

## Reflections

‘If there is no God, everything is permissible.’ (*Fyodor Dostoyevsky*)

‘In our era, the road to holiness necessarily passes through the world of action.’ (*Dag Hammarskjöld*)

‘On no account let people suppose that they are far from God because of their weaknesses or faults or for any other reason. If at any time your great shortcomings make an outcast of you, and you cannot think of yourself as being near to God, take it then at any rate that God is near to you, for it is entirely wrong to set God at a distance. We go far away or come near but God never goes far off; he is always standing close at hand, and even if he cannot stay inside he goes no further than the door.’ (*Adapted from Meister Eckhart*)

## WEEK 17 MONDAY EVENING

### **Hear us, Lord**

We know well, almighty God, that at every moment of our lives you have given us reason for firm hope in you. We come now to evening prayer and we ask you to hear us, Lord. Let us no longer be held guilty for anything sinful in our actions today. If our human frailty has betrayed us into any weakness, let your gentle mercy forgive it. (*Adapted from the Gothic Breviary*)

### **Watchful and wakeful**

Lord our God, we ask you to make us watchful and wakeful as we await the coming of your Son, Christ our Lord. When he comes and knocks, may he find us not sleeping in sin but awake and rejoicing in his praises; through the same Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

### **Fill us with your spirit**

Sovereign Lord, fill us with your spirit that we may bring good news to the poor and heal the broken-hearted; that we may announce release to the captives of injustice and oppression, and freedom to those in the prison of despair; that we may proclaim that the time has come when you will save your people and that we may comfort those who mourn. (*Adapted from Isaiah 61.1-2*)

### **Our helper and protector**

We ask you, Lord, to be our helper and protector. Save the afflicted among us, have mercy on the lowly, raise up

the fallen, be present to the needy, heal the ungodly, restore the lost, feed the hungry, ransom the wrongly imprisoned, raise up the sick and comfort the faint-hearted. Amen. (*Attributed to Saint Clement of Rome*)

### **Praise the ruler of heaven**

Now we must praise the ruler of heaven, the might of the Lord and his purpose of mind, the work of the glorious Father. For he, God eternal, established each wonder, he, the holy creator, first fashioned the heavens as a roof for the children of the earth. And then our guardian, the everlasting Lord, adorned this earth for us. Praise the almighty King of heaven. (*Caedmon*)

### **Blessing**

May God the Father bless us. May Christ the Son take care of us. May 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 for ever to the ages of ages. Amen. (*Anon.*)

## **Reflections**

‘The only complete salvation offered to people is Christ himself.’ (*Post-Vatican II documents*)

‘What does the Lord require of you but to do justice, to love kindness and to walk humbly with your God?’  
(*Micah 6.8*)

‘To be able to do people good we must first love them.’  
(*Saint John Vianney*)

## WEEK 17 TUESDAY MORNING

### **Come, Holy Spirit**

Come, my Light, and illumine my darkness.

Come, my Life, and revive me from death.

Come, my Physician, and heal my wounds.

Come, Flame of divine love, and burn up my sins, kindling my heart with the flame of your love.

Come, my King, sit upon the throne of my heart and reign there.

For you alone are my King and my Lord. (*Saint Dmitri of Rostov*)

### **Gifts for others**

Lord God, I desire to use for the good of others the gifts I have received from you, so that in all things praise may be given to you through Jesus Christ, to whom belong glory and power, for ever and ever. Amen. (*Adapted from 1 Peter 4.10-11*)

### **Tear down the walls which divide us**

God of revelation, whose mercy embraces all peoples and nations, tear down the walls which divide us, break open the prisons which hold us captive and so free us to celebrate your beauty in all the earth; through Jesus, our Brother and Redeemer. Amen. (*Society of Saint Francis*)

### **I don't have to earn your love**

My God, open my eyes, open my heart so that I may understand the reality of your love for me and the love you want to receive from me in return. You are all-



merciful. You understand that I find it hard really to want to love you when I experience myself as a sinner, selfish and self-centred.

Yet you continue to call me; you want to inflame me with the fire of love so that others can warm themselves by the light and heat burning within me.

May I want to make my life a life of love, a Christ-like life: this is my gift to the world and to the church.

Show me how, and may I learn that my faults and weaknesses and failures need never hold me back.

I don't have to earn your love; it is there, waiting, and all you want is for me to hold out my hands to receive what you so long to give.

May love light up my life so that others catch the living flame. And I ask this in Jesus' name. Amen. (*Adapted from Elizabeth Ruth Obbard*)

### **Lord, you are great**

Lord, you are great and greatly to be praised. Your power is great, your wisdom is limitless. Help us to praise you without end. You call us to delight in your praise, for you have made us for yourself, Lord, and our hearts will know no rest until they rest in you, to whom with the Father and the Holy Spirit, all glory, praise and honour are due, now and for ever. Amen. (*Adapted from Saint Augustine*)

## Reflections

‘The Holy Spirit is the soul of the church.’ (*Pope Paul VI, Credo of the People of God*)

‘The whole law is summed up in a single commandment, “You shall love your neighbour as yourself.”’ (*Galatians 5.14*)

‘The aspirations of people to a more communal life among individuals and nations require above all a change in ways of living, in mentality and in hearts.’ (*Post Vatican II documents*)

## WEEK 17 TUESDAY EVENING

### **I give you thanks**

Holy Lord, Father almighty, eternal God, I give you thanks for your divine mercy that has kept me safe throughout this day. Grant that I may pass this night peacefully in cleanness of mind and body, so that rising chaste in the morning hours, I may again do you grateful service. Amen. (*Alcuin*)

### **You saved me**

I give you thanks, Lord and King, and praise you, God my Saviour.

I give thanks to your name for you have been my protector and helper and have delivered me from destruction.

You have been my helper and delivered me, in the greatness of your mercy and of your name, from the many troubles I endured.

My soul drew near to death, and my life was on the brink of Hades below. There was no one to help me; I looked for human assistance and there was none.

Then I remembered your mercy, Lord, and your kindness from of old, for you rescue those who wait for you.

And I sent up my prayer from the earth and begged for rescue from death.

I cried out, 'Lord, you are my Father; do not forsake me in the days of trouble when there is no help.'

I will praise your name continually and will sing psalms of thanksgiving.

My prayer was heard, for you saved me from destruction and rescued me in time of trouble.

For this reason I thank you and praise you, and I bless the name of the Lord. (*Adapted from Sirach 51*)

### **Your truth**

Grant, eternal Father, the prayer of those who stand at the door of your truth and pray. For you could not refuse it to anyone who truly seeks it. (*Saint Catherine of Siena*)

### **Father of all humanity**

Father of all humanity, make the roof of my house wide enough for all opinions, oil the door of my house so that it opens easily to friend and stranger, and set such a table in my house that my whole family may speak kindly and freely around it. (*Anon., from Hawaii*)

### **Blessing**

May the right hand of the Father keep us ever in old age.  
May the grace of Christ continually defend us from evil.  
May the Holy Spirit direct our hearts in the way of peace. (*Adapted from the Book of Cerne*)

## Reflections

‘I know your rising and your sitting; I know your going out and your coming in.’ (*2 Kings 19.27*)

‘When the intellect attains to the form of the truth, it does not think, but perfectly contemplates the truth.’ (*Saint Thomas Aquinas*)

‘The whole family should become a kind of apprenticeship to the apostolate.’ (*Vatican II, Apostolicam Actuositatem*)

## WEEK 17 WEDNESDAY MORNING

### **Lord, let our prayer come before you**

Lord, let our prayer come before you in the morning. You took upon yourself our frail and suffering human nature; grant us to spend this day in gladness and peace, without stain of sin, so that reaching the evening without succumbing to temptation, we may praise you, the eternal King; through your mercy, Lord, who are blessed and who live and govern all things, world without end. Amen. (*Adapted from the Mozarabic liturgy*)

### **See our way clearly**

Let the light of your face shine on us, Lord, and pour your blessings into our souls so that, rejoicing in being enlightened, we may see our way clearly through life and be gladdened also by the spread of our faith to all nations. We ask this in Jesus' name. Amen. (*Gothic Breviary*)

### **God of all**

Our God, God of all peoples,  
God of heaven and earth, seas and rivers,  
God of sun and moon, of all the stars,  
God of high mountain and low valleys,  
God over heaven, and in heaven, and under heaven:  
God has a dwelling in heaven and earth and sea, and in all things that are in them.  
God inspires all things, enlivens all things, is over all things and supports all things.

God makes the light of the sun to shine, and surrounds the moon and the stars.

God has made wells in the arid earth, placed dry islands in the sea.

God has a co-eternal Son,  
and the Holy Spirit breathes in them.

Not separate are the Father and the Son and the Holy Spirit. (*Attributed to Saint Patrick*)

**Help me so I can help**

Father, help me in my troubles, so that I am able to help others who have all kinds of troubles, using the same help that I myself have received from you. (*Adapted from 2 Corinthians 1.3*)

**Let your right hand guard me**

Christ the guardian of us all, let your right hand guard and protect me day and night, when I rest at home or work elsewhere, when I lie down or rise up, so that I may not fall into sin. I commit myself to you; take charge of me, provide for my necessities from this moment and always. (*Adapted from the Prayer of Nerses*)

## Reflections

‘Laypeople, through the gifts given to them, are at once the witnesses and the living instruments of the mission of the church itself.’ (*Vatican II, Lumen Gentium*)

‘Be imitators of God, as beloved children, and live in love as Christ loved us.’ (*Ephesians 5.1-2*)

‘The tragedy of life is not death, but what we let die in us while we live.’ (*Norman Cousins*)



## WEEK 17 WEDNESDAY EVENING

### **Open our hearts**

Lord, open our hearts to your grace. Restrain us from all human waywardness, and keep us faithful to your commandments; through Christ our Lord. Amen.  
*(Adapted from the Roman liturgy)*

### **From all eternity**

Jesus, from all eternity you were pleased to give us to yourself in love. And you planted within us a deep spiritual desire that can be satisfied only by yourself.

I may go from here to the other end of the world, from one country to another, from riches to greater riches, from pleasure to pleasure, and still I shall not be content. All the world cannot satisfy the immortal soul. It would be like trying to feed someone starving with a single grain of wheat.

We can be satisfied only by setting our hearts, imperfect though they are, on you. We are made to love you; you created us as your lovers.

It sometimes happens that the more we know our neighbours, the less we love them. But with you it is the opposite. The more we know you, the more we love you. Knowledge of you kindles such a fire in our souls that we have no energy left for anything else.

Jesus, how good it is to love you. Let me be like your disciples on Mount Tabor, seeing nothing else but you. Let us be like two bosom friends, neither of whom can ever bear to offend the other. Amen. *(Adapted from Saint John Mary Vianney)*

### **Giver of light and life**

Holy Spirit, giver of light and life, impart to us higher thoughts than our own thoughts, and prayers better than our own prayers, and powers beyond our own powers, that we may spend and be spent in the ways of love and goodness after the perfect image of our Lord and Saviour Jesus Christ. (*Eric Milner-White and G. W. Briggs*)

### **Take me to you**

Lord Jesus, this life is full of temptation and sorrow, and there is no help except in you. Take me, Jesus, to be under your rule and your protection and let your work never be undone. Take me wholly to your heart so that all my desire may be for you who ransomed me, so that my heart may never turn from you to any temptation, but always cling to you, because to love you, Jesus, is my need, my greatest need. (*Adapted from Richard Rolle*)

### **A quiet and peaceful life**

God our Saviour, to you we offer our petitions, prayers and thanksgiving for all people, including those who are in authority, that we may live a quiet and peaceful life with all reverence and with proper conduct. (*Adapted from 1 Timothy 2.1-2*)

### **Blessing**

May the God of all consolation bless us in every way and grant us peace all the days of our life. Amen.

## **Reflections**

‘The Holy Spirit is the church's living memory.’  
(*Catechism of the Catholic Church, n.1099*)

‘Glory to God for all things.’ (*Saint John Chrysostom*)

‘To know you is complete righteousness and to know  
your power is the root of immortality.’ (*Wisdom of  
Solomon 15.3*)

## WEEK 17 THURSDAY MORNING

### **Accept our prayers**

Lord our God, who has lifted the sleep from our eyes and once more called us to lift up our hands to you and to praise your majesty, accept our prayers and petitions, and give us faith and love. Bless our going out and our coming in, our thoughts, words and works, and let us begin this day with the praise of the greatness of your mercy. Hallowed be your Name. Your Kingdom come; through Jesus Christ our Lord. Amen. (*Orthodox*)

### **Bless all your people**

Sovereign and almighty God, bless all your people. Give your peace, your help and your love to us your servants so that we may be united in the bond of peace and love, one body and one spirit, in one hope of our calling, in your divine and boundless love. Amen. (*Adapted from the Liturgy of Saint Mark*)

### **Let us praise you, Lord**

Let us praise you, Lord, with voice and mind and deed: and since life itself is your gift, may all we have and are be yours; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Thank you, Lord**

Thank you, Lord! We see the earth and the sky; we see the light which was created and separated from the darkness. We see the sky, the vast expanse of the universe, and the mass of water flowing on the earth.

We see the beauty of the waters gathered up in vast oceans, and the dry earth, first bare and then adorned, giving birth to grass and trees. We see the lights of heaven glowing, the sun which is sufficient by day, and the moon and stars giving comfort by night. We see nature's moisture giving life to the fish, wild beasts and birds. We see the face of the earth rich in wildlife, and humans made in your image and likeness, having reason and intelligence and ruling over unintelligent life. And so we see these things, we see that they are all good, very good. (*Adapted from Saint Augustine*)

### **For more priests**

Lord God, you provide the church with those who work for the gospel. If it is your will, call one of our family to serve you in the priesthood. In our home, may there be one who answers that call to serve you in your people; through Christ our Lord. Amen. (*Adapted from Pope Paul VI*)

### **Father of all humanity**

Father of all humanity, you are Lord of all, you work through all, you are in all. We pray, in the power of the Holy Spirit, that you will keep us in your love, as we wait for our Lord Jesus Christ in his mercy to give us eternal life. Amen. (*Adapted from Jude 20-21*)

## Reflections

‘Conscience is informed by, and informs, the tradition and teaching of the community. Learning and teaching are a shared discipline.’ (*Anglican-Roman Catholic International Commission II*)

‘What is God?’ I asked the earth, and it replied: ‘I am not God’; and everything on earth made the same declaration. I asked the sea, the deep and its living things, and they replied: ‘We are not God.’ I asked the winds that blow, and all the air and its inhabitants replied: ‘We are not God.’ I asked the sky, the moon and the stars, and they replied: ‘Neither are we the God you seek.’ I asked everything within me: ‘Speak to me of God; since you are not God, tell me something about God.’ And they cried out in a loud voice: ‘It is God who made us.’ My request was born of my reflection and their beauty was their response. Then I turned to myself and asked: ‘Who are you?’ The reply came back: ‘A person.’ God, then, is the life of your life. (*Adapted from Saint Augustine*)

‘Do not fear, only believe.’ (*Mark 5.36*)

## WEEK 17 THURSDAY EVENING

### **Free from all disturbance**

Lord God, life of our life, light of the faithful, strength of those who toil, rest of the faithful departed, grant us a night free from all disturbance. By your kindness may we, after a night of restful sleep, rise with the returning light of day once more invigorated by the Holy Spirit. Amen. (*Adapted from the Mozarabic liturgy*)

### **Help priests to be faithful**

Father, you have appointed your Son Jesus Christ eternal High Priest. Guide those that he has chosen to be ministers of word and sacrament and help them to be faithful in fulfilling the ministry they have received. We ask this in Jesus' name. Amen. (*From the Roman liturgy*)

### **Our brothers the animals**

Lord God, enlarge within us a sense of solidarity with all living things, with our brothers the animals to whom you gave the earth as their home in common with us. We remember with shame that we have often exercised dominion over them with ruthless cruelty so that the voice of the earth, which should have gone up to you in song, has instead been a groan of suffering. May we realize that they live not for us alone but for themselves and for you, and that they also love the sweetness of life. (*Saint Basil*)

**For the sick**

Jesus, who cured the sick and laid a healing hand on the lame, the blind and the crippled, look with compassion on your servant (*name*) who is sick. Heal him (her) as you will; but if it is not your will to grant him (her) bodily healing now at this time, then give him (her) the strength to bear his (her) sufferings and to offer them up to you who suffered for us. Give him (her) grace to offer his (her) sufferings in union with your own, in reparation for sin and for the needs of the world. (*Anon., from India*)

**The gospel of the God of life**

The gospel of the God of life to shelter you, to help you; yes, the gospel of the beloved Christ, the holy gospel of the Lord  
to keep you from all malice, from every suffering and sorrow,  
to keep you from all spite, from evil and from anguish.

Christ himself is shepherd over you, enfolding you on every side;  
he will not forsake you, hand or foot, nor let evil come near you. (*Celtic*)

**Blessing**

May our Lord Jesus Christ be with us to defend us, within us to keep us, before us to lead us, behind us to guard us, and above us to bless us, ever and everywhere.  
Amen. (*Adapted from the Roman liturgy*)



## Reflections

‘God is the author of nature as well as of grace, and he has made the good things of both orders for the service and use of mankind.’ (*Pope Pius XI, Casti Connubii*)

‘Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Lord has promised to those who love him.’ (*James 1.12*)

‘Unless we allow ourselves to be defeated, we are sure to succeed.’ (*Saint Teresa of Ávila*)

## WEEK 17 FRIDAY MORNING

### **Our Saviour Jesus Christ**

Everlasting God, who, in your tender love towards the human race sent your Son our Saviour Jesus Christ to take our humanity to himself and to suffer death on the cross, grant that we may follow the example of his patience and humility and also be made partakers of his resurrection; through the same Christ our Lord. Amen. *(Adapted from the Society of Saint Francis)*

### **For unhappy and broken marriages**

Lord, we remember in your presence those whose marriages are at risk or have broken down. You alone know the story behind each unhappy and broken marriage. We remember especially just now *(name)* and *(name)*. Make them willing to recognize where they may be at fault; give them a sincere desire to put things right; and teach them in their need to turn to you whose love is unfailing and whose power can make all things new, in Jesus Christ our Lord. Amen. *(Adapted from Llewellyn Cumings)*

### **Comfort those in distress**

Jesus, our Lord and Shepherd, you had compassion on the weak and disabled: the two blind beggars, the crippled at Bethesda, the deaf, the dumb, the mentally ill and those troubled by evil spirits. By the anointing of your Spirit bring comfort, peace and healing to those in distress. May they have patience to accept what cannot be changed, and faith to receive the healing which you

offer them in body, mind or spirit. Give us discernment and love to encourage them to respond to you, to the honour and glory of your heavenly Father. (*Adapted from John Gunstone*)

### **The bright dawn of salvation**

Merciful and tender God, cause the bright dawn of salvation to rise on us, to shine from heaven on all those who live in the dark shadow of death, and guide our feet into the paths of peace. Amen. (*Adapted from Luke 1.78-79*)

### **Let nothing separate me from you**

Almighty and merciful God, according to your tender mercy you have received me back once more, after so many times that I have gone astray from you. I give you thanks with all the strength of my soul for this and all other mercies, graces and blessings given to me. I offer myself to be yours for ever. Let nothing in life or death ever separate me from you. I am sorry for my sins and I renew what was promised for me in my baptism. From this moment, I give myself wholly to your service. Grant that for the time to come I may hate sin more than death itself and avoid such times, places and people as have contributed to leading me into sin. I promise to do this with the help of your grace, without which I can do nothing. I ask your blessing on this my resolution. (*Adapted from Saint Gertrude*)

## Reflections

‘People today need to turn to Christ once again in order to receive from him the answer to their questions about what is good and what is evil.’ (*Pope John Paul II, Veritatis Splendor*)

‘The apostles rejoiced that they were considered worthy to suffer dishonour for the sake of Jesus’ name.’ (*Adapted from Acts of Apostles 5.41*)

‘We *must* have our times of desolation and trial. How can we show our love of God except by enduring?’ (*John Chapman*)

## WEEK 17 FRIDAY EVENING

### **Grant us grace**

Lord our God, grant us grace to desire you with our whole heart so that, in this way, we may seek and find you; and so finding you may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen. *(Adapted from Saint Anselm)*

### **For the bereaved**

Grant, Lord, to all who are bereaved, the spirit of faith and courage so that they may have the strength to meet the days to come with steadfastness and patience; not sorrowing without hope, but in thankful remembrance of your goodness in past years, and recalling the happy memories of those who have died, and in the sure expectation of a joyful reunion in heaven; and this we ask in the name of Jesus the Lord. Amen. *(Adapted from the Church of Ireland)*

### **You are my hope**

God, you are life, wisdom, truth, goodness and blessedness; you are the Eternal, the only Good. My God and my Lord, you are my hope and my heart's joy. I acknowledge gratefully that you have made me in your own image so that I may direct all my thoughts to you and love you as you ought to be loved, so that I may love you more and more and possess you. And since, in this life on earth, I cannot fully attain to this blessedness, let it at least grow in me day by day until at last it is fulfilled

in the life to come. Here let the knowledge of you be increased and there let it come to perfection. Here let my love for you grow and there let it ripen, so that my joy here being great in hope, it may there come to fullness and fruition. Amen. (*Adapted from Saint Anselm*)

### **Lord and Saviour, support me**

My Lord and Saviour, support me in the hour of death with the strong arm of your sacraments and the freshness of your consolation. Let the absolving words be said over me, and the holy oil sign and seal me, and your own Body be my food, and your Blood my drink. Let Mary my Mother breathe on me and my guardian angel bring me peace; may my patron saint and my deceased parents smile on me; so that in them all, and through them all, I may receive the gift of perseverance, and die, as I wish to die, in your faith, in your church, in your service and in your love. (*Adapted from John Henry Newman*)

### **Blessing**

May God, the source of all blessing, fill us with knowledge and wisdom. May he keep us sound in faith, steadfast in hope and persevering in charity; and may the peace of the Lord be with us always. Amen. (*Anon.*)

## Reflections

‘Moses did not see God's face, but he learned his ways.’  
(*Martin Buber*)

‘Do not hesitate to visit the sick, because for such deeds you will be loved.’ (*Sirach 7.35*)

‘When it is time for sleep and you approach your bed, say: “Bed, perhaps this night you will become my grave. I do not know.” In your heart be always ready for the moment of your departure. If you are wise, you will expect it at every hour. Each day say to yourself: “Perhaps the messenger who comes to fetch me has already reached the door. What am I doing sitting here? I must depart forever. I cannot come back again.” Go to sleep with these thoughts every night, and reflect on these things every day. And when the messenger arrives, go joyfully to meet him, saying: “Come in peace. I knew you would come, and I have not neglected anything that could help me on my journey.”’ (*Saint Isaac the Syrian*)

## WEEK 17 SATURDAY MORNING

### **Bless our family**

Loving Saviour Jesus Christ, you called children to you, you laid hands on them and blessed them; look on our family also and bless it. We thank you for keeping us safe throughout the night and we ask you to take care of us during this day. Bless all of us and our friends; help us to love and serve you, especially by loving and serving one another at home. May we come in the end to our true home in heaven. Grant this for your love's sake. Amen. (*Anon.*)

### **For neglected children**

Blessed Lord, who in your care for the salvation of the world showed great love for children, we ask you to look on the children of our world, especially those who are orphaned, ill-treated, neglected or left alone. Give them what they need for their welfare; let them experience the love they desire; strengthen them in truth, obedience and chastity. May they serve you so faithfully in this life that they may finally come to their eternal home in your Kingdom where you live and rule to the ages of ages. Amen. (*Adapted from the Church of Ireland*)

### **For one who has died**

May God give you rest and establish you in paradise, where the choirs of the saints and the just shine as the stars of heaven.

May God give you rest and overlook all your offences.



Blessed is the road on which you go; for there is made ready for you a place of repose.

May Christ give you rest in the land of the living and open for you the gates of paradise.

May he receive you as a citizen of the Kingdom, and grant you forgiveness of your sins; for you were his friend. *(Adapted from the Orthodox funeral service)*

### **Save us from temptation**

God, our support and our refuge, save us from temptation and grant us safe protection. Teach us to discipline ourselves to a fitting way of life. May you, who are all-good and holy, keep us in touch with what is good and holy. Amen. *(Gothic Breviary)*

### **The prayers of the Virgin Mary**

Lord God, give your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through the sorrows of this life to eternal happiness in the life to come. Amen. *(Adapted from the Roman liturgy)*

## Reflections

‘Mary is more blessed because she embraced faith in Christ than because she carried the flesh of Christ.’  
(*Saint Augustine*)

Rabbi Zusya said, ‘At the end of my life I will not be asked, “Zusya, why were you not more like Moses?” but “Zusya, why were you not more like Zusya?”’ (*Source unknown*)

‘Give me neither poverty nor riches; feed me only with the food that I need, for fear that, surrounded by plenty, I shall be full and deny you, and say, “Who is the Lord?” or I shall be poor, and steal, and profane the name of the Lord.’ (*Proverbs 30.8b-9*)

## WEEK 17 SATURDAY EVENING

### **God in Christ**

God, you are beyond understanding, yet you have made yourself understandable to us in Jesus Christ. You who are the uncreated God have made yourself a creature for us. You who are beyond our reach have brought yourself within our reach. You who are most high, make us capable of understanding your love, and the wonderful things you have done for us. Make us able to grasp the mystery of your coming among us: the mystery of your life on earth, the mystery of your example and teaching, the mystery of your suffering and death on the cross, the mystery of your resurrection and ascension.

Blessed are you, Lord, for coming to earth as one like us. You were born that you might die, and you died that you might bring about our salvation. This is a marvellous love beyond description! In you is all happiness and joy! To contemplate your love is to exalt the soul and to enable it to live in joy and rest and peace. *(Adapted from Saint Angela of Foligno)*

### **For our family**

Lord God, bless the members of our family, especially those who are absent. Keep them free from sin and from all danger, and when they sleep may they find rest in peace; through Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

### **We give you thanks**

Lord our God, we come to you now with open hearts to call upon your holy Name and to give you thanks for keeping us safe during this day and for bringing us to the light of evening. We pray that this evening and the approaching night and all the days of our life may be free from sin. Give us the power of the Holy Spirit to fight against evil in ourselves and against sexual temptation. Put sin far away from us and make us worthy of your eternal Kingdom.

For to you belong all glory, honour and praise, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Orthodox*)

### **The gift of your word**

Almighty God, we thank you for the gift of your holy word. May it be a light to our paths and strength to our lives. Take us and use us to serve your people in the power of the Holy Spirit and in the name of your Son, Jesus Christ our Lord. Amen. (*Adapted from the Society of Saint Francis*)

### **Blessing**

May our blessed Lord be with us, and the love of the eternal Father embrace and follow us. The mighty Saviour be our defence. The Holy Spirit sanctify, counsel and confirm us, for the praise of God the Father who called us into his light, and into the footsteps of him who is the way, the truth and the life, the same Jesus Christ our Lord. Amen. (*Anon.*)

## Reflections

‘Parents are the primary educators of their children.’  
(*Vatican II, Gravissimum Educationis*)

‘Metaphors are not to be trifled with. A single metaphor can give birth to love.’ (*Milan Kundera*)

‘Moses said to them, “This is what the Lord has commanded: Tomorrow is a day of solemn rest, a holy sabbath to the Lord.”’ (*Exodus 16.23*)

## WEEK 18 SUNDAY MORNING

### **I rise with you**

I rise with you, Jesus, and you rise with me.

As the fire of love burns within you, it warms my heart.

As the breath of eternal life fills your body, I believe that I will live for ever.

As the word of God comes from your lips, your name is written forever on my forehead.

As you reach out to bless mankind, I feel your embrace drawing me close.

I rise with you, Jesus, and you rise with me. (*Adapted from the Celtic*)

### **Blessed be God**

Blessed be God who in love stooped down to redeem humanity.

Blessed be God who became poor to enrich the needy.

Blessed be God who fulfilled the promises of the prophets.

Blessed be God who made the creation rejoice with wealth and treasure.

Blessed be God whose praises the dumb sing in their hearts.

Blessed be God to whom children sing hymns of joy.

Blessed be God. (*Adapted from Saint Ephraem of Syria*)

### **When I receive the Eucharist**

Lord and Master Jesus Christ, our God, who alone has power to free us from sin, for you are good and you love humanity, forgive the sins I have committed whether

deliberately or through ignorance, and make me worthy to take part without condemnation in your divine, glorious, pure and life-giving mysteries. May I not, by receiving the Eucharist, incur punishment or increase my guilt, but receive cleansing, sanctification and a pledge of the life to come in your Kingdom. May it be for me strength against temptation and the forgiveness of my sins. For you are a God of mercy, kindness and love to all; and to you we give glory with the Father and the Holy Spirit, now and forever. Amen. (*Adapted from Saint John of Damascus*)

**Bless those who are engaged**

Lord Jesus Christ, by your presence and power you brought joy to the wedding at Cana in Galilee. Bless those who are engaged to be married that there may be truth at the beginning of their lives together, generosity all their lives and perseverance to the end. May their hopes be realized and their love for each other deepen and grow, so that through them your Name may be glorified. Amen. (*Adapted from the Mothers' Union*)

## Reflections

‘Do not be slow in celebrating; do not be lazy in the festive service of God. Be ablaze with enthusiasm. Let us be a live, burning offering before the altar of God.’  
*(Adapted from Hildegard of Bingen)*

‘The ever-faithful love of God is a model of the relations of faithful love which should exist between spouses.’  
*(Pope John Paul II, Familiaris Consortio)*

‘Love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.’ *(Romans 12.10-12)*



## WEEK 18 SUNDAY EVENING

### **Refresh us**

Lord God, tired as we are with the activity of the day, give us quiet sleep to refresh us, so that with this help to our weakness, we may be able to serve you in body and mind in the coming week. (*Adapted from the Leonine Sacramentary*)

### **Proclaim your glory**

Lord God, source and origin of our salvation, may our lives here on earth so proclaim your glory that we may praise you without ceasing in heaven. We make this prayer through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Look upon us**

Lord God, whose care we measure by the joy in heaven over one repentant sinner, look upon us so that, being freed from all disturbance, we your people may grow in number and in devotion. (*Adapted from the Gregorian Sacramentary*)

### **Courage to stand up and be counted**

Give us courage, Lord, to stand up and be counted, especially to stand up for others who cannot stand up for themselves. Let us love nothing more than we love you and then we will fear nothing also. Let us have no other God before you, whether nation or party or state or church. Let us look for no other peace but the peace which is yours, and make us its instruments, opening our

eyes and our ears and our hearts so that we may always know what work of peace you want us to do for you. *(Adapted from Alan Paton)*

### **For the pope**

Lord, source of eternal life and truth, give to your shepherd (*name*), a spirit of courage and right judgment, a spirit of knowledge and love. By governing with fidelity those entrusted to his care, may he, as successor to the apostle Peter, build your church into a sacrament of unity and peace for all the world. Amen. *(Adapted from the Roman liturgy)*

### **Blessing**

May we who have been blessed, bless others.

May we who have experienced healing, heal others.

May we who have found our strength renewed, let someone else draw on that strength.

May we who have received, give in return and not count the cost.

May we be blessed by God the Father, God the Son and their Holy Spirit, now and forever. Amen. *(Adapted from V. W. Bedard and W. Rabior)*

## Reflections

‘Slight shifts in imagination have more impact on living than major efforts at change.’ (*Thomas Moore*)

‘They were cut to the heart and said to Peter and to the other apostles, “Brothers, what should we do?” Peter said to them, “Repent, and be baptized every one of you in the name of Jesus Christ so that your sins will be forgiven; and you will receive the gift of the Holy Spirit.”’ (*Acts of Apostles 2.37-38*)

‘Pray and watch at all times! Carry out steadfastly the work you have begun, and fulfil in poverty and humility the service you have undertaken. Do not be afraid! God who is faithful in all his words and holy in all his deeds will pour his blessings upon you. He will be your help and best comforter for he is our redeemer and our eternal reward.’ (*Adapted from Saint Clare of Assisi*)

## WEEK 18 MONDAY MORNING

### **Grant us, Lord**

Grant us, Lord, to pass this day in gladness and peace, without stumbling or stain, so that reaching the evening victorious over temptation, we may praise you, the eternal God, who are blessed and govern all things, world without end. Amen. (*Adapted from the Mozarabic liturgy*)

### **God of all goodness**

God of all goodness, give me yourself, for only in you have I all. (*Julian of Norwich*)

### **I give thanks**

Lord Jesus, everything I do or say I wish to do in your name, as I give thanks to God the Father. (*Adapted from Colossians 3*)

### **Letting go of anger**

Lord Jesus, I'm tired of being angry. For a while it felt good, satisfying. I could get angry, and stay angry. I could sting others with that anger at every opportunity. Anger has been a tonic for me; it helped me survive, kept me going and enabled me to get things done. When nothing else could have motivated me, anger never failed.

But I've learned that even righteous anger can be wrong, unhealthy and dangerous. Although my anger may have been entirely appropriate, perhaps even necessary at

times, it no longer is. I know now that if I stay angry, I will become its slave.

It's time for me to let go of anger, Lord. It serves no purpose. Today it only makes me sad, despondent and downhearted.

I'm learning, Lord, with your help. I'm learning to take away the power I've often given to that emotion. I realize that I'll probably have to pray this prayer over and over again, because when I'm angry I magnify my past hurts, I rekindle old rages.

I'm a slow learner, Lord, but I mean business here. I'm serious about ridding myself of this useless emotional baggage that weighs me down. Help me find peace and healing as I turn this anger over to you, as you lead me more and more from rage to calm. Amen. (*Adapted from V. W. Bedard and W. Rabior*)

### **You give the soul its life**

How should I seek you, Lord? In seeking you, my God, I am looking for life's true happiness. I will seek you so that my soul may live, since it is you who give the soul its life. Amen. (*Adapted from Saint Augustine*)

## Reflections

‘My thoughts are not your thoughts, nor are your ways my ways, says the Lord.’ (*Isaiah 55.8*)

‘The Christian will see that the true contemplation of his Saviour lies *in* his worldly business; that as Christ is seen in the poor, and in the persecuted, and in children, so is he seen in the employments which he puts upon his chosen, whatever they may be; that in attending to his own calling he will meet Christ; that if he neglect it, he will not on that account enjoy his presence at all the more, but that while performing it, he will see Christ revealed to his soul amid the ordinary actions of the day, as by a sort of sacrament.’ (*John Henry Newman*)

‘Ardently choose God and embrace God with deep desire.’ (*Hildegard of Bingen*)

## WEEK 18 MONDAY EVENING

### **Your Holy Spirit**

Lord God, we know that without you we can do nothing. Mercifully grant, therefore, that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen. (*Gelasian Sacramentary*)

### **Come to our aid**

Come to our aid, Lord; make haste to help us, for all our efforts in good works will accomplish little if you, by whom every step ought to be guided, should fail us. It is through you that our weakness becomes strength, our sinfulness is atoned for and justice marks our works. Amen. (*Adapted from a Spanish collect*)

### **Forgive me**

Lord our God, forgive me the sins I have committed this day in thought, word or deed, for you are gracious and you love all humanity. Grant me peaceful and undisturbed sleep, send your angel to guard and protect me from every evil, for you are the guardian of our souls and bodies, and to you we give glory, to the Father and to the Son and to the Holy Spirit, now and for ever and to the ages of ages. Amen. (*Orthodox*)

### **Remember, Lord**

Remember, Lord, what has happened to us. Look at us and see our disgrace. Happiness has gone out of our lives; grief has taken the place of dancing. We are sick at our very hearts and can hardly see through our tears.

But you, Lord, are King for ever, and will rule till the end of time. Bring us back to you, Lord, bring us back! Have you rejected us for ever? (*Adapted from Amos 5*)

### **From despair to hope**

Now to him who is able to keep us from falling, and lift us from the dark valley of despair to the bright mountain of hope, from the midnight of desperation to the daybreak of joy, to him be power and authority, for ever and ever. Amen. (*Martin Luther King*)

### **Blessing**

May God the Father bless us; may Christ take care of us; may 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 for ever. Amen. (*Aedelwald*)



## Reflections

‘The characteristic attitude of a Christian towards the Holy Spirit is one of expectation, of hope; a gentle and reconciling hope.’ (*Adapted from Paul Florensky*)

‘They are not truly wise who are not just. True wisdom cannot find room for injustice in a person, for there is a thick veil between them. They are truly wise, they who are just.’ (*The Alphabet of Devotion*)

‘Reverence for God is the beginning of wisdom; fools despise wisdom and instruction.’ (*Wisdom of Solomon 1.7*)

## WEEK 18 TUESDAY MORNING

### **The Holy Spirit**

Almighty God, who on the day of Pentecost sent the Holy Spirit as the Comforter to stay in your church until the end, bestow on us and on all your faithful people the Spirit's many and varied gifts of grace, so that with minds enlightened by truth and hearts purified by his presence, we may daily be strengthened with inner power; through Jesus Christ our Lord, who with you and the same Spirit lives and rules, one God, world without end. Amen. (*Adapted from the Scottish Prayer Book*)

### **Help us to love**

Father, help us to love one another with the love that comes from you. You showed your love for us by sending your only Son into the world, so that we might have life through him.

If this is how you loved us, then we should love one another. No one has ever seen you, but if we love one another, you live in union with us, and your love in us is made perfect.

We are sure that we live in union with you and that you live in union with us because you have given us your Spirit, and you have sent your Son to be the Saviour of the world. Amen. (*Adapted from 1 John 4*)

### **One in Christ**

God and Father of our Lord Jesus Christ, our only Saviour and Prince of Peace, take away all hatred and prejudice, and whatever else may hinder us from unity

and peace. There is one Body and one Spirit, one hope of our calling, one Lord, one faith, one baptism, one God and Father of us all; so may we from here onwards be all of one heart and one soul, united in one holy bond of peace, of faith and of charity and may with one mind and voice glorify you; through Jesus Christ our Lord. Amen. (*Adapted from the Society of Saint Francis*)

### **Your light**

We ask you, Lord, in your kindness, to pour your holy light into our souls so that we may always be devoted to you by whose wisdom we were created and by whose providence we are guided. We ask this in Jesus' name. Amen. (*Adapted from the Gelasian Sacramentary*)

### **Take my heart**

Lord, my heart is not large enough, my memory is not good enough, my will is not strong enough. Take my heart and enlarge it, my memory and give it quicker recall, my will and make it strong, and make me conscious of you, ever-present, ever-accompanying. (*Anon.*)

## Reflections

‘The Holy Spirit plays the primary part in the propagation of the gospel.’ (*Pope Paul VI, Evangelii Nuntiandi*)

‘Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.’ (*Romans 13.10*)

‘God desires that all people should form one family and deal with each other in a spirit of community.’ (*Vatican II, Gaudium et Spes*)

## WEEK 18 TUESDAY EVENING

### **Forgive, Lord**

Lord, lover of humanity, forgive those who hate and wrong us. Do good to those who are doers of good. Grant the prayers of our friends which are for their salvation and eternal life. Visit those who are sick and give them healing. Guard those at sea and in the air. Travel with those who travel. Give your support to our rulers. To those who help us and are merciful to us grant forgiveness of sin. On those who ask us, although we are unworthy, to pray for them, have mercy according to your great mercy. Remember, Lord, our parents and relatives who have already died and give them rest where the light of your face may shine on them. Be mindful, Lord, of us your sinful servants and lead us in the path of your commandments. We ask this through the intercession of your Mother, our Lady, Mother of God and ever-virgin Mary, and of all your saints, for you are blessed to the ages of ages. Amen. (*Adapted from the Orthodox*)

### **Lord of compassion**

Lord of compassion, you loved me; you called to me as a mother calls to her child. But the more you called to me, the more I turned away. Yet you were the one who taught me to walk; you took me in your arms. But I did not acknowledge that you took care of me. You drew me to you; you picked me up, and held me to your cheek. You bent down to me and fed me. Lord of compassion,

do not give me up, do not abandon me. (*Adapted from Hosea 11*)

**Grant us single-mindedness**

Almighty and everlasting God, in whom we live and move and have our being, who has created us for yourself so that we can find rest only in you, grant us single-mindedness and strength of purpose so that no selfish passion may hinder us from knowing your will, and no weakness from doing it, but in your light may we see light clearly, and in your service find perfect freedom; for Jesus Christ's sake. Amen. (*Adapted from the Church of Ireland*)

**Let your love burn**

Eternal God, let your love for us burn within us. You first made us to be in your love when you begot your Son at the dawn of time before creation was made; lead us to the joy of our salvation. (*Adapted from Hildegard of Bingen*)

**Blessing**

May God the Father and the eternal High Priest Jesus Christ build us up in faith and truth and love, and grant us a share among the angels and saints. Amen. (*Adapted from Saint Polycarp*)

## Reflections

‘Let those suffering in accordance with God's will entrust themselves to a faithful Creator, while continuing to do good.’ (*Adapted from 1 Peter 4.19*)

‘Nothing but truth itself can be an exact measure of truth.’ (*Nicholas of Cusa*)

‘If you wish to love Christ, embrace the whole world in your charity, for it is all over the world that Christ's members are to be found.’ (*Saint Augustine*)

## WEEK 18 WEDNESDAY MORNING

### **I am seeking**

Father, I am seeking. I am hesitant and uncertain, but may you, Lord God, watch over each step of mine and guide me. (*Adapted from Saint Augustine*)

### **This day of promise**

God of beginnings, the night has ended. Yesterday is behind me. I ask you to help me to retain the good thoughts and experiences from yesterday and help me to apply them to this day's growth. This day is fresh, unmarked. It is my gift to use for good - or to waste. Whatever this day holds, it is a gift. There is nothing I will face that will not have you beside me, guiding me, directing me, protecting me. I am grateful for your presence.

I offer you all my thoughts, words and actions, in union with your people throughout the world, with our living Eucharist, Jesus Christ, your Son and our brother. I ask your blessing on myself and on (*names*). Keep me from becoming stagnant, Lord; when I'm tired, refresh me. Provide me with food for this day. Allow me opportunities to be generous, knowing that as I give, I will receive. Keep my mind alert, my eyes clear, my heart and head aligned. Keep me aware of all the opportunities this day will bring, this day of promise and new beginnings. (*Adapted from V. W. Bedard and W. Rabior*)



### **Powerful in our work for him**

May Christ the Son of God, born of the Father from eternity, who came with strength into our life, render us also powerful in our work for him. By the power with which he aroused enthusiasm among those with whom he lived and worked, may we stir up in ourselves such vitality that it may become a return of his love for us. *(Adapted from the Gothic Breviary)*

### **Let us magnify God**

Let us magnify and let us sanctify the great name of God in the world which he created according to his will. May his Kingdom come; quickly and speedily may it come. Amen.

May the greatness of his being be blessed from eternity to eternity.

Let us bless and let us extol, let us tell aloud and let us raise up, let us set on high and let us honour, let us exalt and let us praise the Holy One - blessed be He! - though he is far beyond any blessing or song, any honour or any consolation that can be spoken of in this world. Amen. *(From the Kaddish)*

### **Make our love grow**

May the Lord make our love for one another and for all people grow more and more, so that we may be perfect and holy in the presence of our God and Father when our Lord Jesus Christ comes with all those who belong to him. *(Adapted from 1 Thessalonians 3.12-13)*

## Reflections

‘The more you give away the more you will get.’  
(*Mother Teresa of Calcutta*)

‘The whole church is missionary, and each vocation in the church is missionary.’ (*Pope John Paul II, On Vocations*)

‘The Lord is good, a stronghold in the day of trouble; he protects those who take refuge in him.’ (*Nahum 1.7*)

## WEEK 18 WEDNESDAY EVENING

### **All hearts are open**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden, cleanse the thoughts of our hearts by the inbreathing of the Holy Spirit, so that we may perfectly love you, and worthily magnify your name; through Christ our Lord. Amen. *(Adapted from the Gelasian Sacramentary)*

### **To love and to follow**

God of strength, surpassing all understanding, who graciously give to your people judgment and mercy, grant to us, we ask you, faithfully to love you and steadfastly to follow you in the ways of justice; through Jesus Christ our Lord Amen. *(Adapted from the Sarum Breviary)*

### **For our friends**

Almighty and everlasting God, have mercy on your servants our friends. Keep them continually under your protection, and direct them according to your favour on the way to salvation. May they desire what pleases you and perform the same with all their strength. Graciously help them that they may always serve you and never be separated from you; through Jesus Christ our Lord. Amen. *(Adapted from Thomas à Kempis)*

### **Let me not fall**

My Saviour, let me not fall little by little, or think myself able to bear the indulgence of any known sin because it

seems so insignificant. Keep me from sinful beginnings, lest they lead me on to sorrowful endings. (*Charles H. Spurgeon*)

**Give us your peace**

Jesus, grant that we may share with all our hearts in your life. Put into our hearts this peace for which we seek so desperately and which you alone can give. Help us to know one another better and to live as brothers and sisters, children of the same Father.

Reveal to us also your beauty, holiness and purity. Awaken in our hearts love and gratitude for your goodness. Join us all together in love. And give us your heavenly peace. (*Adapted from Pope John XXIII*)

**Blessing**

May the God of peace sanctify us entirely. May our spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. (*1 Thessalonians 5*)

## Reflections

‘Christ gives a person two basic certainties: the certainty of being infinitely loved and the certainty of being capable of loving without limits.’ (*Post-Vatican II documents*)

“‘Love one another as I have loved you.’ This is, in brief, the difference between the Old and New Testaments.’ (*Saint Thomas Aquinas*)

‘One law Jesus Christ claimed as his own particular law, and it was the law of love, or charity. What practice among humanity violates this law so grossly as war?’ (*Erasmus*)

## WEEK 18 THURSDAY MORNING

### **Turn your face to me**

My soul longs for you, eternal Wisdom, and in the early morning I turn to you from the depths of my heart. May your holy presence remove all dangers from my soul and body. May your many graces fill me and give me your love. Jesus, turn your face towards me; this morning with all my power I turn to you and greet you, asking that the millions of angels who stand before you may praise and glorify you for me today. May all that is beautiful and lovable in creatures praise you for me, and may all creation bless your holy name, for it is our consoling protection in time and in eternity. (*Adapted from Blessed Henry Suso*)

### **Many nations one in faith and love**

God our Father, you bring many nations together to unite in praising your name. Make us able and willing to do what you ask. May the people you call to your Kingdom be one in faith and love. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Our unfinished tasks**

God our Father, by whose mercy and power the world turns safely through darkness and returns again into light, we give into your hands our unfinished tasks, unsolved problems and unfulfilled hopes, knowing only that whatever you bless will prosper. To your great love and protection we commit each other and all those whom

we love, knowing that you alone are our true defender; through Jesus Christ our Lord. Amen. (*Anon.*)

**Every human life is sacred**

Lord God almighty, our Creator, teach us to understand more and more profoundly that every human life is sacred, whether it belongs to an unborn infant or to a terminally-ill patient, to a handicapped child or a disabled adult.

Remind us, heavenly Father, that each individual has been made in your image and likeness and has been redeemed by Christ.

Help us to see each other with your eyes, so that we may reverence, preserve and sustain your gift of life in them, and use our own lives more faithfully in your service. We ask this through Christ our Lord. Amen. (*Basil Hume*)

**Free from sin**

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you for ever. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Naked I came from my mother's womb, and naked shall I return; the Lord gave, and the Lord has taken away; blessed be the name of the Lord.’ (*Job 1.21*)

‘Love builds up.’ (*1 Corinthians 8.1*)

‘I would rather have a defeat with humility than victory with pride.’ (*Sayings of the Desert Fathers*)



## WEEK 18 THURSDAY EVENING

### **May the good Shepherd guard us**

May the good Shepherd of souls, who needs no sleep, keep watch over his flock. May he shelter us under his divine protection so that our sleep not be disturbed by any evil. We bow our heads to you; sanctify them with your blessing. So may he bless us from heaven, he who by his holy cross has redeemed us on earth. (*Adapted from the Benedictional of Robert of Jumièges*)

### **Witnesses of your love**

Lord, keep us faithful in your service. May we be witnesses of your love to the world, and strive with courage for those good things which alone last for ever. Amen. (*Adapted from the Roman liturgy*)

### **For those who care for the mentally ill**

Almighty God, we pray for those who care for the mentally ill. Give them gentleness and wisdom, and guide their efforts to heal and restore; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **The long voyage of life**

Jesus, be the canoe that holds me in the sea of life; be the rudder that keeps me straight.

Be the float that supports me in times of great temptation.

Let your spirit be the sail that carries me through each day.

Keep my body strong, so that I can paddle safely on,

in the long voyage of life. (*Anon., from the New Hebrides*)

**We thank you, God**

We thank you, God the Father of our Lord Jesus Christ, that you have revealed to us your Son, in whom we have believed, whom we have loved and whom we worship. Lord Jesus Christ, we commend our souls to you. Heavenly Father, we know that although we will in your own good time be taken away from this life, we will live for ever with you. ‘God so loved the world that he gave his only Son so that whoever believes in him might not be lost but have eternal life.’ Father, into your hands we commend our spirits; through Jesus Christ our Lord. Amen. (*Martin Luther*)

**Blessing**

May the God of hope fill us with all joy and peace in believing, so that we may abound in hope by the power of the Holy Spirit. Amen. (*Romans 15.13*)

## Reflections

‘From the bottom of the pit, Lord, I cried out to you. When I begged you to listen to my cry, you heard. You answered me and told me not to be afraid.’ (*Amos 3.55-57*)

‘There is no spiritual life without persistent struggle and interior conflict.’ (*Thomas Merton*)

‘If we do a thing because it is our duty, we generally fail; that is the old law which makes slaves of us. The real spring of our life, and of our work in life, must be love - true, deep love - not love of this or that person, or for this or that reason, but deep human love, devotion of soul to soul, love of God made real where alone it can be - in love of those whom he loves. Everything else is weak and passes away; love alone supports us, makes life tolerable, binds the present together with the past and the future, and is, we may trust, imperishable.’ (*Max Müller*)

## WEEK 18 FRIDAY MORNING

### **Jesus our Mother**

Jesus is our true mother, the protector of the love which knows no end.

We have our being from Jesus, where the foundation of motherhood begins.

God revealed that, in all things, as truly as God is our father, so truly God is our mother.

God is the power and the goodness of fatherhood, God is the wisdom and loving-kindness of motherhood.

God is the Trinity and God is the Unity. God is all our life: nature, mercy and grace.

God is the one who makes us to love, and the endless fulfilling of all true desires.

For where the soul is highest and noblest, then it is humble and lowly.

God desired Christ to be our mother, our brother and our Saviour, for God knows us now and before time began.

In nature, Jesus is our true mother by our first creation, and in grace by taking our created nature.

All the love of offering and sacrifice of beloved motherhood are in Christ our Beloved.

For in Jesus we have this godly will, both in nature and in grace.

God is the light and the grace which is all blessed love.

*(Adapted from Julian of Norwich)*

### **Grace to rise again**

By your will, Lord God, your Son underwent the agony of the Cross to break the power of Satan over humanity.

Give your people grace to rise again with Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Those who suffer for conscience**

God of love and strength, your Son forgave his enemies even while he was suffering shame and death. Strengthen those who suffer for the sake of conscience. When they are accused, save them from speaking in hate; when they are rejected, save them from bitterness; when they are imprisoned, save them from despair. Give us grace to discern the truth so that our society may be cleansed and strengthened. This we ask for the sake of our merciful and righteous judge, Jesus Christ our Lord. Amen. (*Anglican Church of Canada*)

### **Know your will and do it**

Gracious God, enlighten our souls with the brightness of your presence, so that we may both know your will and be enabled to do it; through Jesus Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Honour and eternal dominion**

The blessed and only Sovereign, the King of kings and Lord of lords: it is he alone who has immortality and dwells in unapproachable light, whom no one has ever seen or can see; to him be honour and eternal dominion. Amen. (*1 Timothy 6*)

## **Reflections**

‘Share in suffering like a good soldier of Jesus Christ.’  
(*2 Timothy 2.3*)

‘What matters is.... a determination to do God's will and to care for nothing else.’ (*John Chapman*)

‘A saint is someone who never stops trying.’ (*Anon.*)

## WEEK 18 FRIDAY EVENING

### **My Lord and my God**

My Lord and my God, take me from all that keeps me from you.

My Lord and my God, grant me all that leads to you.

My Lord and my God, take me from myself and give me completely to you. (*Saint Nicholas of Flüe*)

### **Look favourably on your family**

Since it is from you, God our Father, that redemption comes to us, your adopted children, look with favour on the family you love; give true freedom to us and to all who believe in Christ, and bring us all alike to our eternal heritage; through Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

### **Mercy is present**

Almighty and everlasting God, comfort of the sad and strength of sufferers, let the prayers of those who cry out to you in any trouble come to you, so that all may rejoice to find that your mercy is present with them in their afflictions; through Jesus Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

### **Remember your end**

Remember, friend, your end.

Now you are strong and fit, filled with ambition, boasting of your achievements, but all your success is a passing shadow.

Remember that you are made of dust and to dust you will return.

Now you are healthy and handsome, filled with energy, proud of your work, but all your joys are passing shadows.

Remember that your life is the breath of God, which at death will depart.

Now your life on earth is solid and stable; soon it will dissolve, your body crumbling to dust.

Remember, friend, your end. (*Celtic*)

### **Beginning and continuing**

Lord God, when you call on us to undertake any work, grant us also to know that it is not only the beginning but the continuing of that same work to the end until it is thoroughly finished which gives you glory; through him who, to complete the work you gave him, laid down his life, our Redeemer Jesus Christ. Amen. (*Adapted from the Church of Ireland*)

### **Blessing**

May the infinite and glorious Trinity, Father, Son and Holy Spirit, direct our life in good works, and after our passage through this world, grant to us eternal rest among the just. May the almighty and eternal God grant this. Amen. (*Adapted from the Mozarabic liturgy*)



## Reflections

‘It is impossible to say what God is in himself, and it is more exact to speak of him by excluding everything else.’ (*Saint John of Damascus*)

‘We do not live to ourselves and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.’ (*Romans 14.7-9*)

‘You would not be searching for me if you had not already found me.’ (*Blaise Pascal*)

## WEEK 18 SATURDAY MORNING

### **Rise up**

Rise up, children of the light, and let us give glory to the Lord who alone can save our souls. Lord, as you withdraw us from sleep, grant us wakefulness of mind so that we may stand before you in awe, and sing your praises worthily. Amen. *(Adapted from the Syrian Orthodox)*

### **Steadfastly follow your will**

Lord, at the message of the angel, Mary, the immaculate virgin, became the temple of God and was filled with the Holy Spirit when she received your divine Word. Grant that, after her example, we may humbly and steadfastly follow your will. We ask this through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **Help us all through this day**

God our Father, help us all through this day to live that we may bring help to others, credit to ourselves and to the name we bear, and joy to those that love us, and to you. Help us to be cheerful when things go wrong; persevering when things are difficult and serene when things are irritating. Enable us to be helpful to those in difficulties, kind to those in need and sympathetic to those whose hearts are sore and sad. Grant that nothing may make us lose our temper, nothing take away our joy, nothing ruffle our peace and nothing make us bitter towards anyone. May those we meet today see in us something of the divine Master in whom we believe and

whose servants we are. This we ask for your love's sake.  
Amen. (*Adapted from William Barclay*)

### **The widow and the orphan**

Lord God, you have taught us that true religion is shown in helping the widow and the orphan in their need. Increase in our hearts the sympathy to feel, and the will to meet, their needs. Assist all who care for them so that their love may be an image of your love for us; through Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Happy are they**

Happy are they who love you and love their friends in you, and their enemies in your name! It is surely they alone who never lose a friendship because they are friends to all through him who is never lost, our God. God who created heaven and earth fills them with his presence, just as he created them by filling them with himself. None can lose you if they do not go away from you; and if they go away from you, where will they go, where will they escape, far from your goodness, except to run into your forgiveness? And then, in their anguish, they will find your word, your word which is truth, and the truth is you. Praised be God for ever! (*Adapted from Saint Augustine*)

## Reflections

‘Let none think that it is enough for them to read if they lack devotion, or to engage in speculation without spiritual joy, or to be active without piety, or to have knowledge without charity, or intelligence without humility, or study without God's grace, or to expect to know themselves if they lack the infused wisdom of God.’ (*Adapted from Saint Bonaventure*)

‘We should never try to squeeze out of the heart any sort of feeling when it comes to God. A prayer is a statement; the rest depends on God.’ (*Adapted from Anthony Bloom*)

‘The things that nourish serenity, peace and happiness include being able to enjoy one another, to have time for personal and family relaxation, to take time off from work now and then, to rejoice in the joys of one's family, to have concern for the needs of others, to have a trusting commitment to work, to have compassion in dealing with difficulties, and to look forward to the next day with the hope of meeting the Lord always and everywhere.’ (*Adapted from Post-Vatican II documents*)

## WEEK 18 SATURDAY EVENING

### **Open to receive**

Lord, you are always preparing things. You prepare us for yourself and yourself for us. You prepare a place for yourself in us, and in us for yourself. May we be open to receive what you prepare for us and in us. Amen.  
*(Adapted from Saint Augustine)*

### **The Sanctifier and Shepherd**

May you, Lord, be the Sanctifier and Shepherd of your people, so that we, with the help of your strength, may walk with you in our daily life and serve you in peace of spirit; through Jesus Christ our Master. Amen.  
*(Adapted from the Roman liturgy)*

### **We rise to give you glory**

Lord God, you are holy, surpassing human expression. You made light shine out of darkness and in our night's sleep you have given us rest. Through you we rise to give you glory and to call upon your goodness. Hear us as we offer you praise and thanksgiving as well as we are able and grant what we ask for our salvation. Make us children of the light, inheritors of the eternal goodness. In the fulness of your mercy, Lord, remember all your people: those we pray with today, our family, all our fellow Christians who call on your love for humanity and ask your help; extend your great mercy to us all so that, being saved in body and soul, and always dependent on your love, we may praise your blessed Name.

For you are the God of compassion, full of goodness and love for all humanity, and we give you glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Adapted from the Orthodox*)

### **Heal the sick**

Merciful Lord, visit and heal this sick person (*name*), now lying sick and in distress, as you once raised Saint Peter's mother-in-law and the man sick of the palsy who was carried on his bed. For you alone have borne the sickness and afflictions of our race, and with you nothing is impossible, for you are all-merciful. (*Adapted from the Orthodox*)

### **We thank you, God**

We thank you, God, for your love! You have chosen us to be saved by the power of the Spirit. You have made us your holy people by our faith in the truth. You have called us to share in the glory of Christ. We thank you, God, for your love! (*Adapted from 2 Thessalonians 2*)

### **Blessing**

May God the helper of all so strengthen us by his power that our sorrow may be turned to joy and we may continually glorify his holy name. Amen. (*Adapted from the Sarum Breviary*)

## Reflections

‘I thank you, Father, that you listen to me.’ (*John 11.41*)

‘I advise all who come to read or to hear this book, which is the word of God, the most precious jewel and most holy relic that remains on earth, that they bring with them reverence for God, and that they do it with all reverence, and use their knowledge of it, not for self-glorification or for frivolous argument, but to the honour of God, increase of virtue and the building up of themselves and others. Therefore, all who come to the reading of this holy book ought to bring with them first and foremost reverence for almighty God, and then next a firm and stable intention of reforming their own selves in accordance with it.’ (*Adapted from Thomas Cranmer*)

‘We begin to pray, believing that it is our own initiative that compels us to do so. Instead, we learn that it is always God's initiative within us.’ (*Pope John Paul II, Crossing the Threshold of Hope*)

## WEEK 19 SUNDAY MORNING

### **Fulness of life and love**

God our Father, we gather to share in the meal which your only Son left to his people to reveal his love. He gave it to us when he was about to die and commanded us to celebrate it as the new and eternal sacrifice. We pray that in the Eucharist we may find the fulness of life and love. Amen. (*Adapted from the Roman liturgy*)

### **Father, bring us now**

Father most merciful, who in the beginning created us, and by the Passion and death of your only-begotten Son have created us anew, we ask you to bring us now both to desire and to do your will. And since we are weak and can do nothing of ourselves, we ask you for your blessing that whatever we do may be for your honour and glory. Keep us free from sin and active in doing good for as long as we live. And after our departure from this life may we receive pardon of our sins and attain to eternal life, through him who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from Saint Anselm*)

### **Strengthen for service, Lord**

Strengthen for service, Lord, the hands that have taken holy things. May the ears which have heard your word be deaf to scandal, gossip and dispute; may the mouths which have sung your praise be free from deceit and intrigue; may the eyes which have seen the tokens of your love shine with the light of hope, and may the



bodies which have been fed with your Body be refreshed with the fulness of your life. Glory to you for ever. Amen. *(Adapted from the Malabar liturgy)*

### **The gift of marriage**

Eternal God, author of harmony and happiness, we thank you for the gift of marriage in which men and women seek and find the consummation of bodily union, the satisfaction of life-long companionship, and the fulfilment of creative and responsible parenthood. Give patience to those who look forward to marriage; give courage to those who face trials in their marriage; give comfort to those whose marriage is broken; and to those whose marriages are happy and fruitful give gratitude and understanding that they may be examples to all of your great love; through Jesus Christ our Lord. Amen. *(Adapted from Michael Saward)*

### **Be with your servants**

God, protector of the faithful and constant companion of those who are obedient to you, be with your servants who live in this house and protect them with your divine power. Amen. *(Adapted from the Gelasian Sacramentary)*

## Reflections

‘Now is the acceptable time; see, now is the day of salvation.’ (2 *Corinthians* 6.2)

‘It would be very bitter if my life-work, the Jesuit Order, should be dissolved. The establishment of my Society has been the object of my endeavours.... If it were to happen without my guilt, about fifteen minutes of meditation and recollection in prayer would banish all disquietude from my soul, even were the whole Society dissolved as salt in water!’ (*Saint Ignatius Loyola*)

‘The greater man becomes, the more humanity becomes united, with consciousness of, and mastery of, its potentialities, the more beautiful creation will be, the more perfect adoration will become, and the more Christ will find, for mystical extensions, a body worthy of resurrection. The world can no more have two summits than a circumference can have two centres. The star for which the world is waiting, without yet being able to give it a name, or rightly appreciate its true transcendence, or even recognize the most spiritual and divine of its rays, is, necessarily, Christ himself, in whom we hope. To desire the *parousia*, all we have to do is to let the very heart of the earth, as we Christianize it, beat within us.’ (*Teilhard de Chardin*)

## WEEK 19 SUNDAY EVENING

### **You never grow tired**

Lord, why do I complain that you do not know my troubles or care if I suffer injustice? You are the everlasting God; you created all the world. You never grow tired or weary and no one can understand your thoughts. Yet you strengthen those who are weak and tired. Those who trust in you for help will find their strength renewed. (*Adapted from Isaiah 40.27-29*)

### **Break into song**

May none of God's wonderful works keep silence, night or morning.

Bright stars, high mountains, the depths of the seas, sources of rushing rivers:

May all these break into song as we sing to Father, Son and Holy Spirit.

May all the angels in heaven reply: Amen! Amen! Amen!

Power, praise, honour and eternal glory to God the only giver of grace.

Amen! Amen! Amen! (*Anon., from Egypt, third century*)

### **The Jesus Prayer**

Lord Jesus Christ, Son of God, have mercy on me, a sinner. (*Orthodox*)

### **We give you thanks**

We give you thanks, holy Father, for your holy Name which you planted in our hearts, and for the knowledge,

faith and immortality which you sent us through Jesus Christ, your Son.

Glory to you throughout the ages.

You created everything, sovereign Lord, for the glory of your name. You gave people food and drink for their enjoyment, and as a cause for thanksgiving. And to us you have given spiritual food and spiritual drink, bestowing on us the promise of eternal life. Above all we thank you for the power of your love.

Glory to you throughout the ages.

Deliver your church, Lord, from all evil and teach it to love you perfectly. You have made it holy. Build it up from the four winds and gather it into the Kingdom for which you have destined it.

Power and glory to you throughout the ages. (*Adapted from the Didaché*)

### **Look on your people**

Lord God who created heaven and earth, we ask you to look on this your people, and grant them, Lord, to know you as the true God, just as the other Christian nations have come to know you. (*Saint Vladimir, Prince of Kiev, tenth century*)

### **Blessing**

May great peace from heaven and the gift of life be granted to us and to all God's family.

May He who makes peace in the highest bring this peace upon us and upon all. Amen. (*From the Kaddish*)

## Reflections

‘Before beginning to pronounce the name of Jesus, establish peace and recollection within yourself and ask for the inspiration and guidance of the Holy Spirit. The Spirit will breathe and light in us the name of the Son. Then simply begin. In order to walk, one must take a first step; in order to swim, one must get into the water. It is the same with the invocation of the Name of Jesus. Begin to pronounce it with adoration and love. Cling to it. Repeat it. Do not think about the fact that you are invoking the Name; think only of Jesus himself. Say his Name slowly, softly and quietly. Continue this invocation for as long as you wish or can. If the prayer is interrupted by tiredness, do not insist. Resume it whenever and wherever you can. In time you will find that the Name of Jesus will spontaneously come to your lips almost continually and be present in your mind, though quietly and latently. Even your sleep will be filled with the name and memory of Jesus.’ *(Adapted from an Orthodox monk)*

‘If justification comes through law, then Christ died for nothing.’ *(Galatians 2.21)*

‘Prayer is a great school of community.’ *(John Main)*

## WEEK 19 MONDAY MORNING

### **Receive our prayer**

Christ, you are continually worshipped in heaven and on earth, at all times and hours: you are patience, compassion and mercy; you love the righteous, you have mercy on sinners, and you call all people to salvation, promising them all things to come. Receive our prayer this day and make our life conform to your will. Sanctify our souls and our bodies, order our thoughts, and give us victory in all trials and sadness. Protect us and bless us, so that we may come to unity of faith and knowledge of your glory, for you live and reign with the Father and the Holy Spirit, God, now and forever. Amen. (*Adapted from the Taizé community*)

### **Into your hands**

Into your hands, Lord, we commit ourselves this morning. Give us a watchful, humble and conscientious spirit, so that we may seek in all things to know your will and, when we know it, to do it generously and gladly, to the honour and glory of your name; through Jesus Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

### **Eternal light**

Eternal light, shine into our hearts;  
eternal goodness, deliver us from evil;  
eternal power, be our support;  
eternal wisdom, scatter the darkness of our ignorance;  
eternal pity, have mercy on us.

With all our heart and mind and soul and strength may we seek your face and be brought by your infinite mercy into your holy presence; through Jesus Christ our Lord. (*Alcuin*)

**You know me well, Lord**

Remember, Lord of what I am made; I am only human. Take pity on my weakness, support my frail nature. You know the temptations I suffer, how they surge within me, and the storms they raise in me. You know me well, Lord. (*Saint Isidore of Seville*)

**Bring hope out of emptiness**

Lord God, you bring hope out of emptiness, energy out of fear, new life out of grief and loss. As Mary returned to mourn, yet found unspeakable joy, so comfort all who have lost their homes through persecution, war, exile, or deliberate destruction. Give them security, a place to live, and neighbours they trust, to be, with them, a new sign of peace to the world. (*Janet Morley*)

## Reflections

‘God is in all places and in each place; God is all at once.’ (*Meister Eckhart*)

‘I am the Lord who created you; I am the one who saves you; I am the one who strengthens you; I am the God who forgives your sins.’ (*Adapted from Isaiah 44,43*)

‘Courage! It is I! Do not be afraid.’ (*Mark 6.51*)



## WEEK 19 MONDAY EVENING

### **Our unfinished task**

God our Father, by whose mercy and power the world turns safely into darkness and returns again to light, we give into your hands our unfinished tasks, our unsolved problems and our unfulfilled hopes, knowing that only those ventures which you bless will prosper. To your great love and protection we commit each other and all those we love, knowing that you alone are our sure defender; through Jesus Christ, our Lord. Amen. *(Adapted from the Church of South India)*

### **For those who are dying**

Lord Jesus Christ, Saviour of humanity, look in mercy on those to whom the hour of death is now near. Grant that they may omit nothing that is necessary to be at peace with you before they come to the end of their earthly pilgrimage. As they pass through the valley of the shadow of death, uphold and comfort them with the gracious consolation of your never-failing love, and, at the end, count them worthy to be numbered among those who do you service in the joy and peace that last forever; where you live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen. *(Adapted from the Church of Ireland)*

### **Do what is right**

You are just, Lord, you love justice, and you require that we act justly. Deliver us who trust in you from all insincerity with ourselves or with others. Grant that we

may do what is right because it is right, and see to it that our actions are marked by that quality of fairness and justice which makes them worthy of you. We ask this in Jesus' name. Amen. (*Adapted from a Spanish collect, seventh century*)

### **A common bond of prayer**

Loving God, I pause. In this brief moment I lift up to you those who are in pain. I am grateful that others have prayed for me; so I do the same for others who are suffering this day. I may never know in this life who they are, but you know them and that is enough. Use this simple prayer to bless and help even one of them. Support and strengthen him or her for this day. Thank you, God, for the privilege of being able to pray for my sisters and brothers. We share a common bond of prayer. (*Adapted from V. W. Bedard and W. Rabior*)

### **Blessing**

May our God and Father and our Lord Jesus Christ direct our way. May the Lord make us increase and abound in love for one another and for all. May he strengthen our hearts in holiness that we may be blameless before our God and Father at the coming of our Lord Jesus with all his saints. Amen. (*Adapted from 1 Thessalonians 3*)

## Reflections

‘There is a certain parallel between the union existing between the divine persons and the union of the children of God in truth and love. It follows, then, that if humans are the only creatures on earth that God has wanted for their own sake, they can fully discover their true selves only in a sincere giving of themselves.’ (*Vatican II, Gaudium et Spes*)

‘Judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment.’ (*James 2.13*)

‘Obedience to the truth is the first condition of freedom.’ (*Pope John Paul II, Centesimus Annus*)

## WEEK 19 TUESDAY MORNING

### **Direct our steps**

Almighty Lord, our God, direct our steps this day in the way of peace, and strengthen our hearts to obey your commandments. May the Holy Spirit visit us and give light to those who sit in darkness and in the shadow of death so that they may adore you for your mercy, follow you for your truth and desire you for your goodness, you who are the blessed Lord and God, now and for ever. Amen. *(Adapted from an ancient collect)*

### **The gift of love**

I pray, Lord, for the gift of love, because if I have no love, I am nothing. May I be patient and kind, not jealous, conceited or proud. May I not be ill-mannered, selfish, or irritable. Let me not keep a record of wrongs done to me. Let me never rejoice in evil, but rather with the truth. May I never give up; and may faith, hope and patience, never fail in me. May my love last for ever. *(Adapted from 1 Corinthians 13)*

### **Fill us with hope**

Lord our God, fill us with hope; protect and sustain us. You uphold us from our childhood to old age; because our present strength, if it comes from you, is strength indeed. But if it is merely our own strength, then it is weakness. When we are close to you we find living goodness, but if we turn aside from you we become corrupt. Lord, make us retrace our steps so that we are not defeated; it is only close to you that we find our

living goodness, which is never diminished since you yourself are goodness. If we do not turn aside, we will not fail to find that home, that inheritance which you have prepared for us. (*Adapted from Saint Augustine*)

### **Establish us in your truth**

Father almighty, we give you thanks that you have called us to holiness and to the remission of sin, and that we have been named with the Name of Christ. Unite us with those who are united to you. Establish us in your truth by the inbreathing of the Holy Spirit. What we do not know, reveal to us; what is missing from us, make up; what we truly know, strengthen in us; for the sake of Jesus Christ our Lord and Master. Amen. (*Adapted from the Orthodox*)

### **King of heaven and earth**

Lord God, King of heaven and earth, may it please you this day to order and to sanctify, to rule and to govern our hearts and our bodies, our thoughts, our words and our works, according to your commandments, so that we, being helped by you, may here and for ever be delivered and saved; through Jesus Christ our Lord. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘The law indeed was given through Moses, grace and truth came through Jesus Christ.’ (*John 1.17*)

‘The new law is the grace of the Holy Spirit given through faith in Christ.’ (*Saint Thomas Aquinas*)

‘Those who covet what is not theirs lose what is rightfully theirs.’ (*Pope Saint Leo I*)

## WEEK 19 TUESDAY EVENING

### **To pass safely through the night**

When night's darkness is past, you, Lord, bring in the light of day. Grant us to pass safely through this night undisturbed by evil, so that, returning with the morning light to your service, we may give you our thanks. *(Adapted from the Bobbio Missal, seventh century)*

### **Let us give thanks**

Let us give thanks to the God and Father of our Lord Jesus Christ! Because of his great mercy he has given us new life and filled us with a living hope, by raising Jesus Christ from death. *(1 Peter 1.3)*

### **Peace everlasting**

Lord God who are peace everlasting, whose chosen reward is the gift of peace, and who has taught us that peacemakers are your children, pour your peace into our souls so that everything discordant may utterly vanish, and all that makes for peace may be our desire for ever; through Jesus Christ our Lord. Amen. *(Adapted from the Mozarabic liturgy)*

### **Send truth into our minds**

We ask you, almighty God, you who are the unfailing source of light to human intelligence, to send truth into our minds so as to give joy to our souls with the freshness of your grace; in Jesus' name. Amen. *(Adapted from Saint Bruno)*

**Keep a good conscience**

Holy Spirit, you who are the source of every good and perfect gift, pour the cheering light of your seven-fold gifts into our hearts. Spirit of love and gentleness, we ask your help. You know our faults, our failings, our needs, the dullness of our understanding, the waywardness of our affection, the perversity of our will. And so, when we do not practise what we know, come to us, we ask you, with your grace, enlighten our minds, rectify our desires, correct our wanderings and pardon our omissions, so that, by your guidance, we may be preserved from squandering the gift of faith but rather keep a good conscience, and come at the end safely into your presence and enjoy eternal rest; through Jesus Christ our Lord. Amen. (*Adapted from Saint Anselm*)

**Blessing**

May the blessing of the Lord be with us, and grant us remission of our sins.

May the Lord protect us from all evil and preserve and keep us in all good.

May God who created and redeemed us keep us clean and whole for himself to the end. Amen. (*Adapted from the Mozarabic Psalter*)



## **Reflections**

‘Only love can exorcize the fear which is at the root of all war.’ (*Adapted from Thomas Merton*)

‘The Law was given that grace might be sought; grace was given that the Law might be fulfilled.’ (*Saint Augustine*)

‘Conscience is the aboriginal Vicar of Christ.’ (*John Henry Newman*)

WEEK 19 WEDNESDAY MORNING

**Lord Jesus Christ, I thank you**

Lord Jesus Christ, I thank you; you have watched over me and protected me with your presence this past night, bringing me whole, safe and unharmed to this hour. I thank you for all the blessings which, in your goodness, you have given to me. (*Adapted from Saint Edmund of Canterbury*)

**Keep us ever alert**

Almighty and eternal God, it is your grace which motivates our best work, and your mercy which ensures that it does not come to nothing. It is your love which warms our imagination, giving us enthusiasm for what is good, and strength to bring the good to fulfilment. We ask you, therefore, to keep us always alert to the possibilities for good that exist everywhere. In this way we will become prompt and sincere helpers in your excellent work. We ask this in Jesus' name. Amen. (*Adapted from the Gregorian Sacramentary*)

**The charity which never fails**

Grant me, Lord, I ask you, the charity which never fails so that my light may shine, warming my heart and giving light to others. Amen. (*Adapted from Saint Columbanus*)

**Thank you, Lord**

For your help as I made my way out of darkness and into light, thank you, Lord.

For carrying me when I could not walk on my own,  
thank you, Lord.

For the healing I have experienced in my life, thank you,  
Lord.

For the fuller healing I have yet to experience, thank  
you, Lord.

For those you sent to support me in my need, thank you,  
Lord.

For helping me to go on when I might have given up,  
thank you, Lord.

For the bad days as well as the good days, thank you,  
Lord.

For all that I have learned from the experience of  
suffering, thank you, Lord.

For teaching me how to love, respect, forgive and care  
for myself, thank you, Lord.

For providing opportunities to lift burdens from others,  
thank you, Lord.

For moving from pain to peace, thank you, Lord.

For not giving up or abandoning me when I turned away  
from you, thank you, Lord.

For helping me to let go of the past and believe in a  
future of hope, thank you, Lord.

For teaching me to see endings as beginnings, thank you,  
Lord.

For changing me, by your grace, from a bitter person to a  
better person, thank you, Lord.

For all that has been, is now, and is yet to be, thank you,  
good Lord. (*Adapted from V. W. Bedard and W. Rabior*)

## Reflections

‘There are only two kinds of people: the righteous who think they are sinners, and sinners who think they are righteous.’ (*Blaise Pascal*)

‘They shall beat their swords into ploughshares and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more.’ (*Isaiah 2.4*)

‘God is the reason for loving God.’ (*Saint Bernard of Clairvaux*)

## WEEK 19 WEDNESDAY EVENING

### **To enter into your Kingdom**

Lord God, grant your servants the vigour of the Holy Spirit, strengthened by your power, illumined by your splendour, and filled with your grace, to go forward by your help. Grant, Lord, that there may be in us simple affection, brave patience, persevering obedience, perpetual peace, a pure mind, a right and honest heart, good will, a holy conscience, spiritual strength, and a life unspotted and without sin. And having courageously finished the course of our life, may we be enabled to enter into your Kingdom; through Christ our Lord. Amen. (*Adapted from the Gallican Sacramentary*)

### **For sincerity**

Jesus most patient, who for my salvation was dragged from one judgment seat to another, grant me, I earnestly ask, sincerity so as to order my actions rightly. Form my understanding of things according to your will. Enlighten my will that I may make progress on the road to holiness, going in strength from virtue to virtue. Amen. (*Adapted from John Tauler*)

### **Help and deliver us**

Stir up your great power, Lord God, and come among us with great strength. Because we are burdened by our sins, let your grace help and deliver us; through Christ our Lord. Amen. (*Adapted from the Society of Saint Francis*)

**Help your people**

Lord, we ask you to deliver the oppressed, pity the insignificant, raise the fallen, show yourself to the needy, heal the sick, bring back those who have strayed, feed the hungry, lift up the weak and free those unjustly imprisoned. May every nation come to know that you alone are God, that Jesus Christ is your Son, and that we are your people, the sheep of your flock. Amen. *(Attributed to Saint Clement of Rome)*

**Give me your peace**

Lord, give me your peace even though it is far beyond my understanding. May it keep my heart in union with Christ. May it fill my mind with those things that are good and deserve praise: things that are true, noble, right, pure, lovely and honourable. Give me your peace, Lord, and may it always be with me. Amen. *(Adapted from Philippians 4)*

**Blessing**

May God the Father, who created all things in the beginning, bless us.

May God the Son, who for our salvation came down from heaven, bless us.

May God the Holy Spirit, who rested as a dove on Christ in the Jordan, bless us.

May he sanctify us in the Trinity whose coming in judgment we look for. Amen. *(Adapted from the Gallican Missal)*

## Reflections

‘Conscience is a stern monitor, but in this century it has been superseded by a counterfeit, which the centuries prior to it never heard of, and could not have mistaken for it, if they had. It is the right of self-will.’ (*Adapted from John Henry Newman*)

‘The most tremendous thing granted to us is choice, freedom. And if we want to save it and keep it, there is only one way: in the very same second to give it back to God, and ourselves with it. If the sight of what is granted to us tempts us, and we give way to the temptation and look with desire of our own on our freedom to choose, we lose our freedom.’ (*Adapted from Søren Kierkegaard*)

‘What must I do to be saved?’ They answered, ‘Believe in the Lord Jesus, you and all your household, and you will be saved.’ (*Adapted from Acts of Apostles 16.30-31*)

## WEEK 19 THURSDAY MORNING

### **Let us give thanks**

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! (*2 Corinthians 1.3*)

### **Stand by us, Lord**

Stand by us, Lord, give us peace, courage and bright hopes, this day and all our days. (*Angela Tilby*)

### **Unity among Christians**

Father, look with love on your people and pour out upon them the gifts of your Spirit. May they constantly grow in the love of truth. May they study and work together for perfect unity among Christians. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Justice and peace**

I will hear what the Lord God has to say, a voice that speaks of peace:

peace for his people and his friends and those who turn to him in their hearts.

His help is near for those who fear him, and his glory will dwell in our land.

Mercy and faithfulness have met; justice and peace have embraced.

Faithfulness shall spring from the earth and justice look down from heaven.



The Lord will make us prosper and our earth shall yield its fruit.

Justice shall march before him and peace shall follow his steps. (*Adapted from Psalm 84*)

### **Our friends the animals**

Hear our prayer, Lord God, for our friends the animals, especially those who are suffering, for those that are hunted, lost, deserted, frightened or hungry, or who will be put to death. We ask for them your mercy and pity, and a heart of compassion, gentle hands and quiet words for those who work with them. May we be friends to animals and so share the blessing you give to those who are merciful. (*Adapted from Albert Schweitzer*)

### **His gentle hand**

May the Lord lay his gentle hand on all that I do, so that it may be in accordance with his will, even though my actions are as imperfect as I am myself. (*Adapted from Saint Teresa of Ávila*)

## Reflections

‘Be silent and listen to me. You are precious to me. Quietly trust in me.’ (*Isaiah 41.1; 43.4; ?*)

‘Laughter is an explosion of joy.’ (*Attributed to Saint Augustine*)

‘In the accomplishment of work, people find solidarity.’ (*Pope Paul VI, Populorum Progressio*)

## WEEK 19 THURSDAY EVENING

### **Protect us**

Enlighten our darkness, Lord, and in your great mercy protect us from every peril and danger this night, for love of your only Son, our Saviour Jesus Christ. Amen. *(Adapted from the Gelasian Sacramentary)*

### **Sustain your people**

Christ Jesus, who on the shores of the Sea of Galilee called the apostles and made them the foundation of the church and bearers of the gospel, in our day sustain your people on their journey. Give courage to those whom you call to follow you in the priesthood or in religious orders, so that they may enrich God's field with the wisdom of your word. Make them responsive instruments of your love in everyday service of their sisters and brothers. Amen. *(Adapted from Pope John Paul II)*

### **For those who are incurably ill**

Heavenly Father, we pray for those who are incurably ill. Give them the victory of trust and hope, that they may never lose faith in your saving purpose. To all who are working to overcome disease grant your wisdom and the constant faith that in you all things are possible. This we ask in Jesus' name. Amen. *(Adapted from the Church of Ireland)*

### **Give me the strength to seek you**

Lord my God, my only hope, hear me in your goodness. Grant that I may not stop seeking you when I am tired but seek your presence ever more fervently. Give me the strength to seek you. You allow yourself to be found and inspire in me the hope of finding you through an ever-increasing knowledge of you. I lay before you my strength and my weakness: preserve my strength and heal my weakness. I lay before you my learning and my ignorance: where you open a door for me, welcome me as I go in, and where one is closed, open it to me when I knock. Let me always remember you, understand you and love you. Increase your gifts in me until in the end you transform me into a new creation. (*Adapted from Saint Augustine*)

### **Make us stand firm**

Lord, make us stand firm, we whom you have called and sanctified. Give us part in your redemptive work and strengthen your love in us. Guide us along the way of holiness through Christ your Son. And may you who have given us the light of life, and have kept us in peace through countless days and nights, grant us this evening also your blessing. (*Adapted from the Ethiopian liturgy*)

### **Blessing**

Peace between neighbours; peace between kin; peace between lovers - in love of the King of life.

Peace between person and person; peace between husband and wife; peace between woman and children, the peace of Christ above all peace. (*Celtic*)

## Reflections

‘As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea, for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him.’  
*(Mark 1.16-18)*

‘There are some who want to have God as their house-servant, who will fulfil their every wish.’ *(Adapted from Hildegard of Bingen)*

‘Deep within us we discover a law which we have not laid upon ourselves but which we must obey. Its voice, always calling on us to love and to do what is good and to avoid evil, telling us inwardly at the right moment: do this, do not do that. For we have in our hearts a law inscribed by God. Our dignity lies in observing this law, and by it we will be judged.’ *(Vatican II, Gaudium et Spes)*

## WEEK 19 FRIDAY MORNING

### **Make us revere you**

We implore you, Lord Christ, by the memory of your suffering on the Cross, make us revere you, make us love you. (*Attributed to Saint Brigid*)

### **Be mindful, Lord**

Be mindful, Lord, of this your family, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into his enemies' hands and undergo the agony of the cross, he who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **Look upon the sick**

Christ our Lord, who are the healer of humanity and the giver of salvation, grant to all who are sick the aid of your healing. Look upon all faithful people who are sick and who call upon your name. Take them into your keeping and deliver them from all illness of mind or body. Grant this in Jesus' name. Amen. (*Adapted from the Mozarabic liturgy*)

### **Quick to listen**

Father, make me quick to listen, slow to speak and slow to anger. Amen. (*Adapted from James 1*)

### **Motivate us**

Gracious God, from whom comes every good and perfect gift, we ask you to motivate us both to will and to

do what you wish. Enlighten our minds that we may know you and let our knowledge of you not be unfruitful. Lord, stir up in our hearts a true faith, a purifying hope and a sincere love for you. Give us complete trust in you, enthusiasm for you and reverence for all that relates to you. Make us afraid to offend you, grateful for your mercy, humble in accepting your correction, devout in your service and sorry for our sins. Grant that in all things we may conduct ourselves as befits a creature before the Creator. Make us generous in our work, watchful against temptation, pure, temperate and moderate so that nothing lawful becomes a snare for us. Help us, Lord, to act towards our neighbour so that we may never offend against your great law of loving others as you have loved us. Finally, we ask you, Lord, to sanctify us so that our whole spirit, soul and body may be preserved without blame unto the coming of our Lord Jesus Christ, to whom with you and the Holy Spirit be all honour and glory for ever and ever. Amen. (*Adapted from Thomas à Kempis*)

**Take away my guilt**

Lord God, in your goodness have mercy on me; do not look on my sins but take away my guilt. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘It may be infinitely worse to refuse to forgive than to murder, because the latter may be an impulse in a moment of heat, whereas the former is a cold and deliberate choice of the heart.’ (*George Macdonald*)

‘Rejoice insofar as you are sharing Christ's sufferings, so that you also may be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.’ (*1 Peter 4.13-14*)

‘The image of a journey that we so often use in speaking of the spiritual life can be misleading if it disposes us to think that we should always be on the move, that something should always be happening.’ (*Adapted from Wendy Robinson*)



## WEEK 19 FRIDAY EVENING

### **To know and love you**

I beg of you, my God, to let me know and love you so that I may be happy in you. And although I cannot do so fully in this life, yet let me improve from day to day until I do it to the full. Let me know you more and more in this life so that I may know you perfectly in heaven. Let me know you more and more here so that I may love you perfectly there, so that my joy may be great here and complete in heaven hereafter.

God of truth, let me receive the happiness of heaven which you promise, so that my joy may be full. In the meantime, let my mind think of it, my mouth talk of it, my heart long for it, my soul hunger for it, my flesh thirst for it, my whole being desire it, until such time as I may enter through death into the joy of my Lord, there to continue for ever, world without end. Amen. (*Adapted from Saint Augustine*)

### **I will answer you**

When you pray, I will answer you. You are stained red with sin, but I will wash you white as snow.

Do not be afraid; I will save you. When you pass through deep waters, I will be with you.

Even if a mother should forget her child, I will never forget you.

With deep love, I will take you back. I turned away angry for a moment, but I will show my love for ever. (*Adapted from Isaiah 1.18; 43.1-2; 49.15; 54.7-8*)

**For those who mourn**

Almighty God, Father of all mercies and giver of all comfort, deal graciously, we ask you, with those who mourn, so that, placing all their cares in your hands, they may know the consolation of your love; through Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

**May God save you**

When your eyes are closing and your mouth opening, may God bring you comfort that day.

When your senses are fading and your limbs growing cold, may God save your soul on that day.

Pray to heaven and to all the angels, pray to heaven and to all the saints that God will pour out his mercy on that day.

Pray that the Virgin will reach out and embrace you, that Michael will reach down and lift you up, on the day of your death. (*Celtic*)

**Blessing**

May joy and peace, amendment of life, true penitence, the grace and comfort of the Holy Spirit and steadfastness in good works be granted to us by the almighty and merciful Lord. Amen. (*Adapted from the Roman liturgy*)

## Reflections

‘Truly I tell you, whoever does not receive the Kingdom of God as a little child will never enter it.’ (*Mark 10.15*)

‘Christ suffered for you, leaving you an example, so that you should follow in his steps. He committed no sin, and no deceit was found on his lips. When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the Cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.’ (*1 Peter 2.21b-25*)

‘Death is the touchstone of our attitude to life. People who are afraid of death are afraid of life. It is impossible not to be afraid of life with all its complexity and dangers if one is afraid of death. This means that to solve the problem of death is not a luxury. If we are afraid of death we will never be prepared to take ultimate risks; we will spend our life in a cowardly, careful, timid manner. It is only if we can face death, make sense of it, determine its place and our place in regard to it, that we will be able to live in a fearless way and to the fulness of our ability. Too often we wait until the end of our life to face death, whereas we would have lived quite differently if we had faced death at the outset.

Only awareness of death will give life immediacy and depth, will bring life to life, will make it so intense that its totality is summed up in the present moment. All life

is at every moment an ultimate act.' (*Adapted from Anthony Bloom*)

## WEEK 19 SATURDAY MORNING

### **The coming day**

Lord, grant me to meet the coming day in peace. Help me in all things to rely on your holy will. In every hour of the day reveal your will to me. Bless my dealings with those around me. Teach me to treat all that comes to me through the day with peace of soul and with the firm conviction that your will governs all. In my words and works, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by you. Teach me to act firmly and wisely, without embarrassing or embittering others. Give me strength to bear the fatigue of the coming day with all that it brings. Direct my will, teach me to pray and do you yourself pray in me. Amen. *(Adapted from Philaret of Moscow)*

### **May we share her glory**

God our Father, you raised the immaculate Virgin Mary, Mother of Jesus Christ your Son, body and soul to the glory of heaven. In the midst of all that we do in this world may we never lose sight of our destiny in heaven, and one day share her glory. Grant us this for Jesus' sake. Amen. *(Adapted from Pope Paul VI)*

### **The power of your Cross**

Surround us, Lord, with the power of your sacred and life-giving Cross, and preserve us from every evil. *(Orthodox)*

### **Understanding and courage**

Lord God, your Son Jesus Christ sat among the learned men of his time and asked them questions; grant our children understanding to learn his truth, and courage to follow his steps; through Jesus Christ our Lord. Amen.  
*(Adapted from the Church of Ireland)*

### **The fountain of life**

In hymns of praise we bless and glorify you and give you thanks, God of our ancestors, for you have dispelled the dark cloud of night and have restored to us the light of day. In your goodness, forgive our sins, and in your great mercy hear our prayer as we seek refuge in you, almighty and merciful God. Make the true sun of righteousness shine in our hearts; enlighten our understanding and protect our senses, so that, walking in confidence as in the day in the way of your commandments, and enjoying your unfathomable light, we may attain eternal life, for with you is the fountain of life.

You indeed are the God of goodness, mercy and unbounded love, and we glorify you, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. *(Adapted from the Orthodox)*

## Reflections

‘My life is an instant, an hour which passes by; my life is a moment which I have no power to delay. To love you, my God, on earth, I have only today.’ (*Adapted from Saint Thérèse of Lisieux*)

‘All of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.’ (2 *Corinthians 5.10*)

‘The proper result of contemplative prayer is simplicity in the whole life.’ (*John Chapman*)

## WEEK 19 SATURDAY EVENING

### **Die daily to sin**

Lord God, who for our redemption gave his only Son to death on the cross, and by his resurrection has delivered us from the power of evil, grant us to die daily to sin so that we may evermore live with him in the joy of his resurrection; through the same Christ our Lord. Amen. *(Pope Saint Gregory I)*

### **Look upon our family**

Almighty God, the source of all goodness, look upon our family and bless all who belong to it, those present and those absent. Save and defend us in all dangers and difficulties; give us what is necessary for soul and body, and bring us safely to your Kingdom in heaven; through Christ our Lord. Amen. *(Adapted from the Church of Ireland)*

### **Our constant guide**

Lord our God who live in unapproachable light, in your great mercy you have been our constant guide throughout this day and have called us together to give you glory this evening. Hear the prayers of us your servants and, keeping us safe from the darkness of sin, give light to our souls so that, with unflinching reverence for you, we may go forward in your light and glorify you in all things, who in your unflinching love for all humanity are the one true God.



For yours is the greatness, the majesty, the power and the glory, Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Adapted from the Orthodox*)

**God is my salvation**

Truly, God is my salvation; I trust, I shall not fear.  
For the Lord is my strength, my song; he is my saviour.

With joy you will draw water from the wells of salvation.

Give thanks to the Lord, give praise to his name!  
Make his mighty deeds known to all the peoples.

Declare the greatness of his name, sing a psalm to the Lord!

For he has done glorious deeds, make them known to all the earth. (*From Isaiah 12.2-6*)

**Blessing**

May God bless us so that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace. Amen. (*Society of Saint Francis*)

## Reflections

‘Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”’  
*(John 6.67-69)*

‘Meditation which does not lead to conversion cannot be called Christian.’ *(William Johnston)*

‘Whenever you read the gospel, Christ himself is speaking to you. And while you read, you are praying and talking with him.’ *(Saint Tikhon of Zadonsk)*

## WEEK 20 SUNDAY MORNING

### **Sing praises in gladness**

All the earth, sing to the Lord, and sing praises in gladness, all you people, for he has been glorified.

Wisdom and Word and Power, Christ our God is the Son and the Light of the Father.

Unknown to the powers both above and below the earth, he was made man, and so has won us back again.

For he has been glorified. (*Adapted from the Orthodox*)

### **Wholly yours**

We pray and beseech your goodness, lover of humanity; remember your people and bless us. Make us wholly yours, united, enthusiastic for what is good, ready to do your will, in which our happiness lies. Make our union one of prayer and sincerity, of prosperity and grace. Grant this blessing, Lord, to us your servants and to all who come after us. (*Adapted from the Ethiopian liturgy, tenth century*)

### **Welcome to Christ in the Eucharist**

A lasting, kindly, fitting welcome to you, Lord. Welcome to you as to the incoming tide. Our welcome is like that of the father for his child still in the womb. A welcome to you never to leave us, but to stay with us for ever.

Hail, Body of Christ; hail, King of wonders; hail, Holy Trinity; hail, Justice of all justice; hail, King of graces; hail, Body and Blood.

Holy Trinity, without beginning or end, do not be angry with me any more; wash my soul in the Blood of your grace. God-Man, a hundred thousand welcomes to you, now and at the hour of our death. Amen. (*Celtic*)

**All who are dear to us**

Lord our God, you open your hand and fill all living things with your generosity. We commit to you all who are dear to us; we ask you to watch over them and to provide what is necessary for soul and body, from this time forward and for ever; through Christ our Lord. Amen. (*Adapted from Saint Nerses IV Klaietsi of Armenia*)

**Your presence**

Almighty God, who fill all things with your presence, we ask you, of your great love, to keep us near to you today. Grant that in all our ways and doings we may remember that you see us. May we always have grace to know and to perceive what you want us to do, and have the strength to do it; through Christ our Lord. Amen. (*Adapted from an ancient collect*)

## Reflections

‘The Lord's day is a day of joy and freedom from work. Sunday is the foundation and kernel of the whole liturgical year.’ (*Vatican II, Sacrosanctum Concilium*)

‘While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to his disciples, and said, “Take, eat; this is my body.” Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.”’ (*Matthew 26.26-28*)

‘Here, Lord, is my life. I place it on the altar today. Use it as you will.’ (*Albert Schweitzer*)

## WEEK 20 SUNDAY EVENING

### **We declare your praise**

Lord, we gratefully acknowledge that you, our God, are the eternal one, the God of our ancestors and for ever. You are the Rock of our life and the Shield of our salvation. You exist for all ages. And so we give you thanks and declare your praise: for our lives which are in your hands, for our souls which we confide to your care, for your goodness which is shown to us daily, and for your wonders and your generosity which are at all times given to us. You are the most gracious, because your graciousness never fails. You are the most compassionate, because your compassion never ceases. We hope in you for ever, Lord our God. Amen. (*Adapted from the daily prayers, Jewish Book of Service*)

### **I thank you**

Father, I thank you that I am your child. Redeemer, I thank you that you gave yourself for me and live in me. Life-giving Spirit, I thank you for your indwelling in the temple of my soul.

God, who loved the world so dearly that your only-begotten Son was given to save us all:

I thank you for Jesus, made truly human and born a child of Mary;

I thank you for Jesus, tempted in every way, as we are, yet without sin;

I thank you for Jesus, moved with compassion, weeping human tears;

I thank you for Jesus, shrinking from death, surrendered to his enemies;

I thank you for Jesus, nailed to the Cross, rising from the dead.

Love who gives all, help me to give all to you.  
*(Adapted from Gilbert Shaw)*

### **Grant their prayer**

Look down, we ask you, Lord, and have regard to and visit this house of yours. Hear the prayers of those who call upon you, and to the repentant grant forgiveness. Here your priests offer the sacrifice of praise; here your faithful people offer you their prayers; here the burdens of sin are laid aside, and faith and loyalty return once more to the forgiven so that evil goes out from here changed into good. Here, if at any time your people come in sadness, do you listen to them and grant their prayer. *(Adapted from the Missal of Robert of Jumièges)*

### **For neglected children**

Heavenly Father, give us warm human sympathy for children who are unloved or neglected. May we have a living and loving care for them so that, with wisdom and a readiness to work with others, we may turn to their advantage every law and every effort made for their welfare; for the sake of Jesus Christ our Lord. Amen.  
*(Adapted from the Church of Ireland)*

### **Blessing**

May God's love surround us, God's joy fill our lives, God's peace be in our hearts and God's blessing be with

us, this night and always. Amen. (*Society of Saint Francis*)



## Reflections

‘Prayer is the flower of gentleness and of freedom from anger. Prayer is the fruit of joy and thankfulness. Prayer is the remedy for gloom and despondency. Do not pray that your own will may be done, for your own will may not be in accord with the will of God. If you long for prayer, renounce all to gain all. In time of trial and temptation, use a short but intense prayer. When you are in a church, do not pray like the Pharisee but like the tax-collector. Never pray *against* anyone. If, when you are praying, no other joy can attract you, then truly you have found prayer.’ (*Adapted from Evagrius of Pontus*)

‘Thomas said to Jesus, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.”’ (*John 28.28-29*)

‘What good is it to have your walls glittering with jewels while Christ dies of hunger in the poor?’ (*Adapted from Saint John Chrysostom*)

## WEEK 20 MONDAY MORNING

### **We thank you**

Lord of all life and power, who through the resurrection of your Son overcame the old order of sin and death to make all things new in him, grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit, be praise and honour, glory and might, now and in all eternity. Amen. (*Society of Saint Francis*)

### **I am the Lord**

I am who I am; I am the first and the last, the only God; I am the Lord, the Creator of all things; I am the high and holy God, who lives for ever; I am merciful; I am everywhere in heaven and on earth; I am the Lord your God. (*Adapted from Exodus 3.14; Isaiah 44.6, 24; 57.15; Jeremiah 3.12; Isaiah 51.15*)

### **Enfold this family**

Eternal Spirit, earth-maker, pain-bearer, life-giver, source of all that is and will be, Father and Mother of us all, loving God, in whom is heaven, enfold this family with your grace. May our home be a place of your presence, your forgiveness and your freedom. May your will be done in us and through us this day and for ever. (*Adapted from the Anglican church in Aotearoa/New Zealand*)

**You call us to witness**

Almighty God, you call your people to witness that, in Christ, you were reconciling the world to yourself. Help us to proclaim the Good News of your love so that all who hear it may be reconciled to you, through him who died for us and rose again and reigns with you and the Holy Spirit, one God, now and for ever. Amen.  
*(Adapted from the Society of Saint Francis)*

**For patience**

Almighty God, you know well how little trust I can place in my own strength, with my body so often in rebellion against the spirit. I easily become indignant, impatient, anxious and fearful. I am so quickly swayed by my emotions when I meet with any annoyance, temptation or trial. And so I come to you, the heavenly healer, for help; I ask for patience, that greatest of gifts in time of trial. With its help, I hope, when difficulties arise, to be more pleasing to you. Give me the grace of a calm, controlled mind which is prepared to accept all things, whether glad or sad, fortunate or unfortunate, as coming from you who care for us with an understanding love.  
*(Adapted from Saint Peter Canisius)*

**Joy and gladness**

You are the fullness of all blessings, Lord Christ; fill my soul with joy and gladness, and save me, for you alone are the most merciful. Glory to you, Lord, glory to you.  
*(Orthodox)*

## Reflections

‘Individuals human beings are the foundation, the cause and the end of every social institution.’ (*Pope John XXIII, Mater et Magistra*)

‘What do my feelings [in prayer] matter? I came here for God, not for myself. What do *I* matter? Only God matters.’ (*John Chapman*)

‘Remember, I am with you always, to the end of the age.’ (*Matthew 28.20*)

WEEK 20 MONDAY EVENING

**Surround me, Lord**

Surround me, Lord, with the power of your holy and life-giving Cross, and save me from every evil. Amen. (*Orthodox*)

**Christ the true light**

Almighty and everlasting God, we ask you at evening, morning and noon, to drive from our hearts the darkness of sin and make us come to Christ who is the true light. And we ask this through the same Christ our Lord. Amen. (*Adapted from the Gelasian Sacramentary*)

**Help us to bear each other's burdens**

Almighty God, your mercies penetrate all your works; help us to bear each other's burdens, keeping in all things the peace of Christ in our hearts. Give us the grace to tolerate the presence of injustice until, with right judgment, we may effectively remove it. (*Adapted from John Longlonde*)

**Do not let us forget**

Lord, you are full of mercy and goodness; do not let us forget or be heedless of your graces and benefits to us this day and every day. Grant that we may constantly be careful and thoughtful in considering all the days of our life the graciousness of your goodness to us; through Jesus Christ our Lord. Amen. (*Adapted from a Scottish prayer book*)

### **For my family**

Lord Jesus, we can choose our friends, but we cannot choose our family. Yet I choose to be friends with each member of my family, every one without exception. I want us to love, accept and understand each other. If I have hurt or damaged any family relationship, show me how to repair or rebuild it. Show me how to forget my pride and to say that I'm sorry. If I have put myself at a distance from family members, help me to bridge the gap.

I want a healed family, Lord, one that shares loving bonds. Shape us into a happier, healthier, holier family, more like the one you lived in at Nazareth. Bring us peace and healing. Show me how to be an instrument of that peace. With all their flaws and imperfections - and mine too - I love them. Thank you, Lord, for the gift of my family. *(Adapted from V. W. Bedard and W. Rabior)*

### **Blessing**

May the love of the Word made flesh enfold us, his joy fill our lives, his peace be in our hearts; and the blessing of God be with us this night and always. Amen.  
*(Society of Saint Francis)*

## **Reflections**

‘In Christ Jesus ... the only thing that counts is faith working through love.’ (*Galatians 5.6*)

‘Work is the collaboration of man and woman with God in perfecting the visible creation.’ (*Catechism of the Catholic Church*)

‘God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.’ (*John 3.17*)

## WEEK 20 TUESDAY MORNING

### **Come into our hearts today**

Holy Spirit the Comforter, who with the Father and the Son are one God, come into our hearts today, so that while you intercede for us, we may with full confidence call on God as our Father; through Jesus Christ our Lord. Amen. (*Adapted from the Mozarabic liturgy*)

### **Love in action**

Lord, let me love not just in words and talk, but let my love be true, showing itself in action. Amen. (*Adapted from 1 John 3.18*)

### **To will and to do**

Almighty and everlasting God, who enable us both to will and to do those things that are good and acceptable to you, we offer you our prayers, asking you to lead us into the knowledge of your truth and obedience to your will, so that out of our weakness we may be made strong, and that finally we may attain everlasting life; through Christ our Lord. Amen. (*Adapted from the Book of Common Prayer*)

### **Serve you without fear**

We ask you, Lord, to let our hearts be graciously enlightened by your light so that we may serve you without fear in holiness and justice all the days of our life; that we may survive the storms of this world, and with you for our pilot attain the safe haven of everlasting brightness; through your mercy, Lord, who live and



govern all things, world without end. Amen. (*Adapted from the Leonine Sacramentary*)

### **Litany of mercy**

Lord God,

when I refuse to let go of the self-pity that prevents me from healing: Lord, have mercy;

when I deliberately hold on to anger and bitterness against others: Lord, have mercy;

when I do not challenge negative, despairing thinking in myself: Lord, have mercy;

when I backbite, gossip or spread rumours about others: Lord, have mercy;

when my stubbornness will not let me ask for necessary help: Lord, have mercy;

when I choose to be miserable when I could choose to be happy: Lord, have mercy;

when I act immaturely instead of like the adult I am: Lord, have mercy;

when I use my bad days as excuses for being uncaring: Lord, have mercy;

when I choose self-hatred over self-love: Lord, have mercy;

when I refuse to become the kind of person I could be with the help of your grace: Lord, have mercy.  
(*Adapted from V. W. Bedard and W. Rabior*)

## Reflections

‘Love one another deeply from the heart.’ (*1 Peter 1.22*)

‘The fruits of prayer are not this or that emotional state, but a deep change in our whole personality.’ (*Anthony Bloom*)

‘Joy cannot be dissociated from sharing. In God, all is joy because all is giving.’ (*Pope Paul VI, On Christian Joy*)

## WEEK 20 TUESDAY EVENING

### **The conviction of your love**

Watch over us this night with love, Lord, and over all your people, lest evil enter in and cause us harm. You do not rest or sleep in your care for us. Let the conviction of your love and mercy always grow in our hearts. *(Adapted from the Gothic Breviary)*

### **Be mindful of your name**

Great and most high God, you alone are immortal and live in unapproachable light. In your wisdom you created all things, separating light from darkness, making the sun to govern the day and the moon and stars to govern the night. Although we are sinners, you have allowed us to come into your presence now to give you thanks and offer you our evening praise. In your unfailing love for humanity let our prayer be set before you; accept it as the offering of our love. Grant that this evening and the coming night may pass in peace: clothe us with your strength, keep us from fear, and may the sleep you give us to refresh us in our need be free from troubled dreams.

Creator of the universe and giver of all good things, may we be mindful of your name even as we sleep; let us have joy in our hearts and glorify your goodness as we bring before you our prayers for our own sins and for those of your people. Be merciful to us through the mediation of the holy Mother of God. For you, God, are good and loving to everyone, and we give you glory,

Father, Son and Holy Spirit, now and for ever, to the ages of ages. Amen. (*Adapted from the Orthodox*)

**A tiny spark of your love**

Would that our Lord Jesus Christ would grant me even a tiny spark of his love as a gift! Then all that is close to his heart would be close to mine also, yet always with the assurance that I give myself, before all else, to what I know he asks of me and whatever my clear duty requires of me. (*Saint Bernard of Clairvaux*)

**Speaking what we believe**

Almighty God, bestow upon us the meaning of words, the light of understanding, the nobility of diction and the gift of true faith. And grant that what we believe we may also speak. (*Adapted from Saint Hilary*)

**Hold truth in high esteem**

May we always hold truth in high esteem so that we may not fall into boastfulness or exaggeration; rather may our words have the ring of considered truth. So they will be acts of praise to Christ the true judge, and his laws will naturally be in our hearts. (*Adapted from the Gothic Breviary*)

**Blessing**

May the risen Christ watch over us and renew us as he renews the whole of creation. May our hearts and lives echo his love. Amen. (*Society of Saint Francis*)

## Reflections

‘This is love, that we walk according to his commandments.’ (2 *John* 6)

‘All truth, by whomsoever spoken, is of the Holy Spirit.’  
(*Ambrosiaster*)

‘Most of what we achieve in life is the unforeseen by-product of what we set out to achieve.’ (*Anon.*)

## WEEK 20 WEDNESDAY MORNING

### **Be with us this day**

Lord, be with us this day: within us to purify us, above us to draw us up, beneath us to sustain us, before us to lead us, behind us to restrain us and around us to protect us. (*Celtic*)

### **Thank you for the founders of the faith**

We thank you, Lord God, for all who have worked to build up the house of faith on the sure foundation of the apostles, setting up this sheltering home in every land where people live, showing people, to all of whom you have given the gift of intelligence, the gospel of your Son Jesus Christ which leads them in simple, quiet ways. We thank you for those who have preached your gospel before hostile rulers, or vindicated your teaching before unjust judges, and who, by doing so, have brought light and guidance to darkened lands. We thank you for all those who, through their sacrifices, have brought an end to hardship and sufferings for your people, and sometimes, by shedding their blood, freed them from oppression. By their prayers on our behalf, grant us also to lead clean and blameless lives, chaste and undisturbed by fear. Amen. (*Adapted from the liturgy of Saint Clement of Rome*)

### **Work and faith**

God of grace and goodness, who made us body and soul so that our work and faith might be one, may we, by our life and worship, join in your labour to bring forth a new

creation in justice, love and truth; through Jesus, our Redeemer. Amen. (*Adapted from the Society of Saint Francis*)

### **Self-discipline**

God, help us to become masters of ourselves that we may become servants of others, and so follow in the path of your blessed Son Jesus Christ our Lord. Amen. (*Adapted from the Church of Ireland*)

### **Love one another**

Christ our Lord, who bound your apostles in a union of love, and has bound us to you by that same love, grant us to sincerely fulfil your commandments and to love one another, at the prayers of the Virgin Mary, Mother of God, you who are the lover of humanity. Amen. (*Orthodox*)

### **Three things**

Three things are of the evil one: an evil eye, an evil tongue and an evil mind.

Three things are of God, and these three are what Mary told to her Son, for she heard them in heaven: the merciful word, the singing word and the good word.

May the power of these three holy things be on all men and women for evermore. (*Celtic*)

## Reflections

‘The Pharisee knows all about action, nothing about being.’ (*Anthony Bloom*)

‘We know that we have passed from death to life because we love one another. Whoever does not love lives in death. All who hate a brother or sister are murderers, and you know that murderers do not have eternal life living in them. We know love by this, that he laid down his life for us - and we ought to lay down our lives for one another. How does God's love live in anyone who has the world's goods, and sees a brother or sister in need and yet refuses help? Little children, let us love, not in word or speech, but in truth and action.’ (*1 John 3.14-18*)

‘The last of the human freedoms: to choose one's attitude in any given set of circumstances.’ (*Viktor Frankl*)



## WEEK 20 WEDNESDAY EVENING

### **Be present to us**

We ask you, Lord, that the power of the Holy Spirit be present to us. May the Spirit mercifully clean our hearts and protect us from all hardship and evil; through Christ our Lord. Amen. *(Adapted from the Leonine Sacramentary)*

### **May our hearts be your home**

Let the peaceful light of your love enlighten this home of ours. Let the fulness of your blessing come upon all who live here. May we be safe and well in this house built by human hands, and may our hearts be your home. *(Adapted from the Gelasian Sacramentary)*

### **Be with us this evening**

Lord, for our sake you fought and overcame the temptations in the wilderness. We pray that we may have the strength to fight against the evil that is within us. Be with us today in our thoughts and in our hopes that your word will spread to all lands; through Jesus Christ our Lord. Amen. *(Adapted from the Anglican Church of Papua New Guinea)*

### **For the sick**

Merciful Lord, comforter of those who believe in you, we come to pray for *(name)* who is sick, just as you came to the mother of Peter's wife. Be with her (him) and restore her (him) to full health. May she (he) then praise you among your people and give you thanks with

joy. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Everyone in peace**

Teach us, Lord, what you want us to do, how to walk in the paths you have chosen. Teach us to hammer our swords into ploughshares, our spears into pruning-hooks. Lead us to the day when nations will never again go to war, never again prepare for battle. Lead us to the day when everyone will live in peace and no one will make them afraid. (*Adapted from Micah 4.2-3*)

### **Blessing**

May the Lord Jesus be with us to protect us.

May he go before us to guide us and stand behind us to give us his strength.

May he look upon us to bless us and keep us, now and always. (*Adapted from the Roman liturgy*)

## Reflections

‘As the Father has loved me, so I have loved you; remain in my love.’ (*John 15.9*)

‘Anger and trouble of spirit are hindrances to charity.’  
(*Saint Francis of Assisi*)

‘It is through conscience that people see and recognize the demands of the law of God. They are bound to follow this conscience faithfully in all their activity so that they may come to God, who is their last end. Therefore people must not be forced to act contrary to conscience. Nor must they be prevented from acting according to conscience, especially in religious matters. The reason is because the practice of religion of its very nature consists primarily of those voluntary and free internal acts by which people direct themselves to God.’  
(*Vatican II, Dignitatis Humanae*)

## WEEK 20 THURSDAY MORNING

### **Wake me up**

Loving God, when I stay asleep too long, oblivious to your many blessings, then please wake me up. Sing to me your song of joy: it is a song without noise or notes, a song of love beyond words, of faith beyond the power of human telling. I can hear it in my soul when you awake me to your presence. (*Adapted from Mechtild of Magdeburg*)

### **Listen to my prayer**

Lord my God, I am your servant. Listen to my prayer, and grant me the requests I make to you this day. (*Adapted from 1 Kings 8.52*)

### **One human family**

Lord, you guide all creation with fatherly care. As you have given all people one common origin, bring them together peacefully into one family and keep them united in the bonds of love; in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Guard your people**

Be gracious to our prayers, merciful God, and guard your people with loving protection, so that they who profess their faith in your only-begotten Son as God, may never be corrupted by the deceits of evil; through the same Christ our Lord. Amen. (*Adapted from Saint Ambrose*)

**Reverence for life**

Eternal Father, source of life and light, whose love extends to all people, all creatures, all things: grant us that reverence for life which becomes those who believe in you, lest we despise it, degrade it or come callously to destroy it. Rather let us save it, serve it and sanctify it, after the example of your Son, Jesus Christ our Lord. Amen. (*Robert Runcie*)

**The heart of a child**

Grant me, God, the heart of a child, pure and transparent as a spring; a simple heart which never harbours sorrows; a heart glorious in self-giving, tender in compassion; a heart faithful and generous, which never forgets any good or bears a grudge for any evil. Make me a heart gentle and humble, loving without asking for any return, large-hearted and undaunted, which no ingratitude can sour and no indifference can weary; a heart penetrated by the love of Jesus, whose only desire will be satisfied in heaven. Grant me, Lord, the mind and heart of your Son. Amen. (*Adapted from George Appleton*)

## Reflections

‘Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.’ (*Romans 12.11-12*)

‘The only way to pray is to pray; and the way to pray well is to pray much. If one has no time for this, then one must at least pray regularly. You simply have to begin wherever you find yourself.’ (*Adapted from John Chapman*)

‘We have been brought up and trained to associate our worth with what we do or accomplish, but what we gradually and painfully learn is that our real worth lies in who we are to one another. It is one of life's greatest and most enriching lessons, and it is such a pity that its learning is often left until it is too late.’ (*Sister Áine Cox*)

WEEK 20 THURSDAY EVENING

**Night is drawing near**

Night is drawing near. For all that has been, thanks! For all that will be, yes! (*Dag Hammarskjöld*)

**From sickness to health**

I said, I shall not see the Lord in the land of the living;  
I shall look on mortals no more among the inhabitants of  
the world.

My dwelling is plucked up and removed from me like a  
shepherd's tent;  
like a weaver I have rolled up my life; he cuts me off  
from the loom.

From day to night you bring me to an end, I cry for help  
until morning;  
like a lion he breaks all my bones, from day to night you  
bring me to an end.

My eyes are weary with looking upward. Lord, I am  
oppressed, be my security.  
All my sleep has fled because of the bitterness of my  
soul.

It was for my welfare that I had great bitterness,  
but you held back my life from the pit of destruction,  
for you have cast all my sins behind your back.

For Sheol cannot thank you, death cannot praise you;

those who go down to the pit cannot hope for your faithfulness.

The living, the living, they thank you, as I do this day;  
the father makes known to the children your faithfulness.

The Lord will save me and we will sing to stringed instruments

all the days of our life at the house of the Lord.

*(Adapted from Isaiah 38.11-20)*

### **Blessing**

May God the Father bless us. May God the Son heal us. May God the Holy Spirit enlighten us. May God protect us from all harm and grant us salvation. May he shine in our hearts and lead us to eternal life. Amen. *(Adapted from the Roman liturgy)*



## Reflections

‘Hold fast... until I come.’ (*Revelation 2.25*)

‘Both for nations and for individuals, greed is the most evident form of moral underdevelopment.’ (*Pope Paul VI, Populorum Progressio*)

‘Our surrender ought to be an entire leaving of ourselves in the hands of God, both in respect to the outward and inward state, forgetting ourselves in a great measure, and thinking on God alone; by this means the heart remains always free and contented.’ (*Madame Guyon*)

## WEEK 20 FRIDAY MORNING

### **Let us go to meet Christ**

Come, and with divine songs let us go to meet Christ and receive his salvation. This is he whom David announced; this is he whose words the prophets uttered, who for our sakes has taken flesh and speaks to us in the law. Let us worship him. (*Adapted from the Orthodox*)

### **The right use of suffering**

May Jesus Christ, the King of glory, help us to make right use of the suffering that God sends, and to offer to him the true worship of our hearts; for his name's sake. Amen. (*John Tauler*)

### **May your love be upon us**

They are happy whose God is the Lord, the people he has chosen as his own.

From the heavens the Lord looks forth; he sees all of humankind.

From the place where he dwells he gazes on all the dwellers on the earth,

he who shapes the hearts of them all, who considers all their needs.

The Lord looks on those who revere him, on those who hope in his love

to rescue their souls from death, to keep them alive in famine.

Our soul is waiting for the Lord; the Lord is our help and our shield.

In him do our hearts find joy; we trust in his holy name.

May your love be upon us, Lord, as we place all our hope in you. (*Adapted from Psalm 32*)

**Not my will but yours**

Father, let suffering pass from me, yet not my will but yours be done. May you be blessed forever.

Jesus, Son of God, have mercy on me; with you I am nailed to the cross.

Let my pain be mingled with yours for the saving of the world.

Holy Spirit, comforter and consoler, heal what is sick in me,

strengthen what is weak, sweeten what is sour and cranky.

Save me from depression and self-pity; renew my courage.

Bring me to pray with Jesus on the cross: Father, into your hands I commend my spirit. Amen.

(*Adapted from the Irish Redemptorists*)

## Reflections

Jesus said, 'Take courage! I have conquered the world.'  
(*John 16.33*)

'Christianity doesn't *explain* suffering; but it has a *use*  
for it.' (*Simone Weil*)

'Christ died and rose again for this, that he might be  
Lord both of the dead and the living.' (*Romans 14.9*)

## WEEK 20 FRIDAY EVENING

### **Where did I find you?**

Where did I find you so as to be able to know you? I had no innate memory of you before I knew you; so where did I find you to know you, unless it was in yourself, from above? No one place contains you; we approach you and turn aside, there is no one place for you. You are Truth and sit on high over all those who seek help from you, and you reply to everyone at the same time even though their requests are different. You reply clearly, but not all understand clearly. Everyone asks you for what they want, but they do not always receive the reply they would like. I am not anxious to hear from you what I want, so much as to want what I have heard you say. *(Adapted from Saint Augustine)*

### **For the sick**

Lord Jesus Christ, you took our weakness on yourself and bore our sufferings in your passion and death. Hear this prayer for *(name)* who is suffering. You are his (her) Redeemer; strengthen his (her) hope for salvation, and in your kindness sustain him (her) in body and soul. We make this prayer through Christ our Lord. Amen. *(Adapted from the Roman liturgy)*

### **I will save you**

I will save you from everything that defiles you. I will put my spirit within you. I will be true and faithful. I will show you constant love and mercy. I will make you mine

for ever. I will be with you; that is my promise. I will bless you. (*Ezekiel 36.29 27; Hosea 2; Haggai 1.13*)

### **For mourners**

Father, God of all consolation, in your unending love for us, you turn the darkness of death into the dawn of new life. Show compassion to your people in their sorrow. Be our refuge and our strength to lift us up from the darkness of grief to the peace and light of your presence. Your Son, our Lord Jesus Christ, by dying for us conquered death, and by rising again restored life. May we then go forward eagerly to meet him and, after our life on earth, be reunited to our brothers and sisters where every tear will be wiped away. We ask this in Jesus' name. Amen. (*Adapted from the Roman liturgy*)

### **Christ have mercy on us**

May Christ, our true God, through the prayers of his most holy Mother, and of all the saints, have mercy upon us and save us; for he is gracious and loves humanity. Amen. (*Adapted from the Orthodox*)

### **Blessing**

May the Father love us, come to us and live with us.  
May the Son of God stay with us and give us his peace.  
May the Spirit of God teach us all things and stay with us for ever. Amen. (*Adapted from the Roman liturgy*)

## **Reflections**

‘Seek the God of gifts more than the gifts of God.’  
(*Anon.*)

‘Where there is no prophecy, the people cast off restraint, but happy are those who keep God's law.’  
(*Proverbs 29.18*)

‘The more you pray, the more you will desire prayer.’  
(*René Voillaume*)

## WEEK 20 SATURDAY MORNING

### **In you is my hope**

To you, Master who loves all humanity, I hasten as I rise from sleep. By your mercy I go out to do your work, and I pray to you: help me at all times and in all places; deliver me from every kind of evil in this world and from every temptation; save me and bring me to your eternal Kingdom. For you are my Creator, the giver and provider of everything that is good. In you is all my hope and to you I give glory, now and forever, to the ages of ages. Amen. (*Attributed to Saint Makarios of Egypt*)

### **Keep us from danger**

Lord Jesus Christ, you chose the virgin Mary to be your mother, a worthy home in which to dwell. By her prayer keep us from danger in this life, and bring us to the joy of heaven, where you live and reign with the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen. (*Adapted from the Roman liturgy*)

### **I will search for you**

I do not seek you, my God, outside myself in outward things since these are but proofs of your wisdom. I will seek you in my soul which is made in your likeness: I will seek you in my intelligence where the light of your teaching shines; I will seek you in my will where I am aware of the stirring of the grace of the Holy Spirit; I will seek you, eternal Father, in my memory where you have hidden the deep meaning of truth; I will seek you with all these powers of my soul. My rest will not be



full, nor my joy complete, until I find you, until I can converse with you, until you are mine, so that I may know happiness. Lord God, bless this resolve of mine. Increase my courage and my strength. You know that while I can do nothing without you, there is nothing I cannot do with you. (*Adapted from Saint Augustine*)

### **For one's children**

God our Father, there are so many things I want for my children: good health, education, success, happiness, prosperity, joy. How do I explain to them that sometimes there isn't the time, money or energy for all of those things? I can't accept that myself. I hear you say to me, 'You are precious, you are cherished and I love you.' Is that what I need to say to my children? 'Let's not worry about material things; they will come in time. When you're old enough, you can earn those things. Work is a gift which enables you to get for yourself and be glad of it. But I value you as a member of this family.' We are rich with one another; we can make our family together; we can build it even on sorrow and remorse. Best of all we can build it on hope. Nothing is impossible with you, God, as our parent. Amen. (*Adapted from V. W. Bedard and W. Rabior*)

## Reflections

‘Our whole work in this life is to restore health to the eye of the heart whereby God may be seen.’ (*Saint Augustine*)

‘Then Jesus took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood.”’ (*Luke 22.19-20*)

‘God is truly present and operative only in freedom. Freedom alone should be recognized as possessing a sacred quality, while all the other things to which a sacred character has been assigned by people since history began ought to be made null and void.

I found strength to renounce many things in life, but I have never renounced anything in the name of duty or obedience to precepts or prohibitions. I renounced for the sake of freedom, and, maybe, also out of compassion. Nothing could ever tie me down, and this, no doubt, has to some extent weakened my efficiency and diminished my possibilities of self-realization. I always knew, however, that freedom gives birth to suffering, while the refusal to be free diminishes suffering. Freedom is not easy, as its enemies and slanderers allege: freedom is hard, it is a heavy burden. People often renounce freedom in order to ease their lot. All things in human life should be born of freedom and pass through freedom and be rejected whenever they

betray freedom. The true meaning and origin of the fallen condition of humanity is to be seen in the primordial rejection of freedom.’ (*Adapted from Nicholas Berdyaev*)

## WEEK 20 SATURDAY EVENING

### **Saviour, draw me**

Saviour, patient, strong and kind, in life and death, in health and sickness, in pain and joy, in pleasure and discomfort, in loneliness and union, in every breath that I breathe and every thought that I think, in time and in eternity, draw me to you. (*Adapted from Gilbert Shaw*)

### **Lord, I miss my children**

Lord, I miss my children. Not a day goes by that I don't wonder what they're doing, what they're thinking, what I'm missing. I want them to love me, Lord. I want them to miss me. I want them to jump up and down when they see me. Sometimes they do, Lord, and... sometimes they don't. Sometimes I'm overjoyed and sometimes I'm disappointed. I wonder if I'm a good parent, a good person.

Help me make separation a fruitful experience, and may I be grateful for it. I can be objective. I can see humour where it's hard to find. I can see goodness when it seems absent. I can be supportive. I can pray for them always. I can love them and ease their burdens. Amen. (*Adapted from V. W. Bedard and W. Rabior*)

### **We thank you**

It is right, eternal God, Creator of every good, that we thank you for our past blessings, even while we ask for others still to come. As we show ourselves grateful for what we have received, may we not be found unworthy

of those that you wish to give us. Amen. (*Adapted from the Gregorian Sacramentary*)

**Jesus, you call me to repent**

Jesus, you call me to repent; I am self-satisfied.  
You command me to seek perfection; I am content with myself.

You endured pain and suffering for me; I am easy with myself.

You were mocked, despised and insulted for me; I enjoy praise and look for human approval.

You drew me, uplifted on the cross; I am slow in coming.

Lord, I repent; do you help my impenitence.

Lord, remember me in your Kingdom. Amen. (*Adapted from Gilbert Shaw*)

**Blessing**

May the Lord bless us with all good and keep us from all evil.

May he give light to our heart with loving wisdom and be gracious to us with eternal knowledge.

May he lift up his face upon us for eternal peace.  
(*Adapted from the Dead Sea Scrolls*)

## Reflections

‘Try to serve God for his own sake, as he wishes you to, and not for his gifts. What *does* it matter whether you enjoy your prayer, or are unhappy in it?’ (*John Chapman*)

‘In our natural desire for life we eat and drink, we talk and listen; and in the same way, with an insatiable thirst, we should devote ourselves to reading the word of God.’ (*Saint Nilus of Ancyra*)

‘Since you have received Christ the Lord, continue to live your lives in him, founded and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.’ (*Colossians 2.6-7*)

## Acknowledgements

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*The following is a list of the principal sources consulted in the preparation of this book: -*

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## Index of Sources and Terms

(In a very few cases, little or no information is available about contributors; therefore they are omitted. This is especially true of contemporary writers about whom there is no information in sources such as encyclopaediae, dictionaries of biography or the internet.)

**Abélard, Peter** (1079-1142) Born near Nantes, France, he became canon and master of the cathedral school in 1115. He seduced Héloïse, one of his pupils, and was castrated in revenge by her uncle, Canon Fulbert, after which he became a monk. His writings on theology, and especially on logic, were controversial. He continued to teach but was charged with heresy and forced to retire. He ended his life as abbot of a monastery in Brittany.

**Adomnán (Eunan), Saint** (c.625-704) Born into the same royal family in Ireland as Colm Cille (Columba). As ninth abbot of Iona from 679, he was a diplomat, peacemaker and writer. He was responsible for an assembly of leaders from Scotland, England and Ireland, held near Birr, Ireland, in 697, which passed what came to be known as *The Law of Adomnán*, which provided protection for women, children and civilians, especially in time of war. It prohibited murder, rape and slander: 'Great is the sin when anyone kills the one who is the mother and sister to Christ's mother'. Penalties for

infringement came to be known as the Cáin Adomnáin. He wrote a biography of Colm Cille.

**Aelred**, Saint (1109-1167) Also known as Ethelred, he was born in Hexham, Northumberland, and entered the service of King David I of Scotland about 1130. He joined the Cistercians at Rievaulx about 1134, becoming abbot in 1146 and establishing five new foundations. On a mission to Scotland in 1164 he converted the chief of the Picts of Galloway. A historian and mystic, a counsellor and preacher, he wrote a number of works of spirituality. His feast is celebrated on 12 January.

**Aedelwald**, or Aethelwold A Saxon bishop of the ninth century who lived in Britain. The Book of Cerne is attributed to him.

**Alberione**, James (1894-1971) Born in the Piedmont region of northern Italy. At the age of sixteen, on the night between the nineteenth and twentieth centuries, he received a call from God that impelled him to do something for the people of the century just beginning. He became a priest and founded the Pauline family of men and women religious, who communicate the Gospel through the media. He has been called the ‘first apostle of the new evangelization’.

**Alcuin** (735-804) Flaccus Albinus Alcuinus was born at York, England, where he became head of the cathedral school and established a library. In 782 Charlemagne called him to Aix-la-Chapelle to organize a school in the palace. In 796 he retired to the abbey of Saint Martin of



Tours and founded a school there also. His writings include works on grammar, rhetoric, dialectic, astronomy, dogma, poetry, a revision of the Vulgate and a Missal. He is regarded as the virtual founder of education in the Frankish empire and the inspiration of the Carolingian renaissance.

**Alphabet of Devotion, The** (Aibgítir in Chrábaid) A devotional work of the sixth century written by Colmán Mac Beoghna, founder of the monastery of Lann Elo, Meath, Ireland. It is believed to have drawn substantially on the sayings of Saint Colm Cille, of whom Colmán was a disciple.

**Alphonsus Liguori**, Saint (1696-1787) Born at Naples, Italy, he became a lawyer, then a priest in 1726. He founded the Redemptoristine nuns, and the Congregation of the Most Holy Redeemer (the Redemptorists) to preach the Christian faith to the people. His own speciality was moral theology where his outlook was gentle and liberal. In later life his relations with his own congregation were strained and he was removed from its leadership by Pope Pius VI. He was later made bishop and cardinal.

**Ambrose of Milan**, Saint (340-397) Born in Trier, Germany. Trained in law, he entered the civil service of the Roman Empire, becoming a provincial governor, residing in Milan. He was chosen by popular acclaim as the city's bishop, even though he was still unbaptized. After baptism and ordination, he gave his property to the poor and began an intensive study of scripture. He

strongly opposed Arianism, a heresy which questioned the divinity of Christ. He had many conflicts with the Emperor Theodosius, insisting that a Christian emperor had to live like a Christian. He helped Saint Augustine in his difficulties with the Christian faith, and later baptized him. His feast is celebrated on 7 December.

**Ambrosiaster** (mid- to late fourth century) A name coined by Erasmus for the unknown author of a commentary on the letters of Saint Paul previously thought to have been written by Saint Ambrose. Erasmus concluded, on the basis of internal textual evidence, that it could not have been written by Ambrose. In 1905, studies showed that a collection of some 127 Questions on the Old and New Testaments until then attributed to Saint Augustine were the work of the same person. Nothing is known of him except that he lived in Rome, knew Roman law, wrote Latin well and had an interest in things Jewish, but was not himself a Jew.

**Andrewes, Lancelot** (1555-1626) A clergyman of the Church of England, he became bishop of Winchester in 1619, and was active in preparing the Authorized Version of the Bible. His sermons were noted for their intellectual and literary quality.

**Angela of Foligno, Saint** (1248-1309) She was born and reared in Umbria, Italy. Married with several children, she took to a self-indulgent life, as a result of which her marriage broke up. Then she experienced a conversion and began to live a penitential life as a Franciscan

tertiary serving the sick and poor, and in prayer. She was said to have had visions of heaven and her statements about it, made while she was in ecstasy were written down. They have been published in English as *The Divine Consolation of Angela of Foligno*. Described as a teacher of theologians, her feast is celebrated on 4 January.

**Angelus Silesius** (1624-1677) The pseudonym of Johannes Scheffler, a bishop and poet, born in Silesia. Influenced by theosophy, some of his writings have been translated into English.

**Anglican-Roman Catholic International Commission, (ARCIC)** It was set up following the Common Declaration in 1966 by Pope Paul VI and Archbishop Ramsey; its aim is the restoration of full organic union between the two traditions. It has produced reports which clarify, set out and enhance the areas of common ground on topics such as the Eucharist, ministry and ordination, authority in the church, salvation and the church, the church as communion, and morals, communion and the church.

**Anselm of Bury Saint Edmunds** Anselm was abbot of this Benedictine monastery from 1121 to 1148. For several centuries it was one of the most wealthy, powerful and influential monasteries in England.

**Anselm of Canterbury, Saint** (1033-1109) Born in Aosta, Italy, he joined the Benedictines in France, becoming abbot at Le Bec before going to England

where he was chosen to be archbishop of Canterbury. He struggled for the freedom of the church from royal control and was twice exiled. He also opposed the slave-trade. He wrote extensively on mystical theology of which his best-known work is on the incarnation, *Cur Deus Homo?* His feast is on 21 April.

**Apostles' Creed** A statement of the essential articles of the Christian faith dating from a baptismal catechesis of the second or third century. It has no known connection with the apostles, and is so called because it is divided in twelve sections.

**Appleton, George** Began work as a curate of the Church of England in the east of London, then went as a missionary to Burma. After the Second World War, he returned to London, working at Saint Paul's Cathedral. He became archbishop of Perth in 1963, and archbishop in Jerusalem in 1969, retiring in 1974. He has published several books on prayer and spirituality.

**Aristotle** (384-322 B.C.) Born at Stagira, in Thrace, Greece, he was a pupil of Plato's for almost twenty years. He spent some time at the courts of King Philip of Macedon and of Alexander. He began his own school, the Peripatetic, in Athens about 335. He was the first to treat logic as a science and to give philosophy a systematic foundation, emphasizing the reality of things outside human consciousness. He has left a substantial body of writings.

**Astley, General** (1579-1652) He said his famous prayer before the Battle of Edge Hill in 1642 during the English civil war in which he fought on the side of Parliament.

**Athanasius, Saint** (297-373) Born in Alexandria, Egypt, the greater part of his life was taken up with the struggle against Arianism, which he first challenged publicly at the Council of Nicaea in 325. Becoming bishop of Alexandria in 328, he was the great champion of the divinity of Christ, and he suffered much for this, being sent into exile on five different occasions, for a total of seventeen years. Among his best-known writings are the treatise *On the Incarnation*. He is almost certainly not the author of the *Athanasian Creed*. His feast is celebrated on 2 May.

**Augustine of Hippo, Saint** (354-430) Born at Tagaste in Tunisia, of a Christian mother, Monica, and a pagan father, Patricius, his early life was marked by his adherence to Manicheism and his sexual promiscuity. He was converted to the Christian faith at about the age of thirty two, and was baptized by Saint Ambrose of Milan in 387. He described this spiritual journey in *The Confessions*, perhaps the first autobiography. Returning to Africa, he founded a semi-monastic community, but, before long, he was chosen by popular acclamation and against his will to be bishop in the diocese of Hippo. Among his vast writings, one of the best-known is *On the City of God*, the first Christian philosophy of history, written to refute the charge that it was the conversion of Rome to Christianity which was bringing about its defeat by the barbarian tribes. Augustine died while Hippo was

being besieged by the Vandals. His feast is celebrated on 28 August, the day after his mother, Saint Monica.

**Austen, Jane** (1775-1817) Born at Steventon, Hampshire, England, she published anonymously several novels which show acute but sympathetic insight into the speech, manners and absurdities of her contemporaries.

**Baker, Augustine** (1575-1641) Born in Abergavenny, Wales, he was educated as a lawyer, became a Catholic in 1603 and a Benedictine monk in Padua, Italy, in 1605. He published a large history of English medieval monasticism in 1626. He translated and copied many medieval mystical treatises, a summary of which was posthumously published in 1657 under the title of *Sancta Sophia*.

**Barclay, William** Ordained a minister in the Church of Scotland, he was professor of scripture at the University of Glasgow for many years since 1963. He wrote a commentary on the New Testament, and many other works, both popular and academic, in which he sought to bridge the gap between the academic world of theology and the plain person in the pew.

**Basil, Saint** (330-379) Born at Caesarea, Cappadocia, Turkey, he received an exceptional education. Though he would have preferred a quiet, retiring life he became bishop of Caesarea in 370. He was noted for his efforts against Arianism, his concern for the poor, and for rehabilitating thieves and prostitutes. His writings are

still widely read, especially those on the Holy Spirit and for monks, which are still followed by the Order of Saint Basil in the Eastern church. His feast is celebrated annually on 2 January.

**Bede, The Venerable** (673-735) Born at Wearmouth, England, he spent almost all his life at the monastery there and in Jarrow. Ordained priest by Saint John Beverley about 703 he wrote *The Ecclesiastical History of the English People*, in addition to homilies and 25 volumes of commentaries on scripture. His feast is celebrated on 25 May.

**Benedict XV, Pope** (1854-1922) Giacomo della Chiesa was born in Genoa, Italy. On becoming pope in 1914, he spent his efforts in trying to bring an end to the First World War. In his first encyclical letter he denounced the racial hatred which fuelled the war effort on all sides. His peace proposals, though similar to the armistice terms agreed in November 1918, were rejected when he proposed them in 1917. His encyclical letter, *Spiritus Paraclitus*, on the bible, was published in 1920.

**Benedict of Norcia, Saint** (480-547) Born in Umbria, Italy, he studied in Rome before going to Subiaco to live a life of solitude. He later moved to Monte Cassino where he founded a monastery and wrote a rule of life for his followers, drawing on the writings of Saint Basil and Cassian, as well as his own good sense and moderation. The *Rule* recommended prayer, scripture reading and manual work. Though never ordained, his influence was very great, so that he is commonly

regarded as the father of Western monasticism. He was declared patron of Europe by Pope John Paul II. His feast is kept on 11 July.

***Benedictional*** A book of blessings, or, more recently, one which contains the rite of Benediction of the Blessed Sacrament. The name derives from the Latin, *benedictio*, meaning a blessing.

**Benson, Edward White** (1829-1896) An Englishman, he was ordained in the Church of England, and was archbishop of Canterbury from 1883 until his death.

**Beogna, Colmán Mac** (555-611) According to the Annals of Ulster, a disciple of Saint Colm Cille, he founded a monastery at Lann Elo, near Durrow, Meath, Ireland, and wrote *The Alphabet of Devotion (Aibgítir in Chrábaid)*, probably based on the sayings of the same saint.

**Berdyaev, Nicholas** (1874-1948) A Russian philosopher, he became professor at Moscow university in 1919, but was exiled in 1922 for his defence of Orthodox Christianity. He was often critical of the Soviet system in his writings, which include *The Meaning of History* and *The Destiny of Man*.

**Bernanos, Georges** (1888-1948) A French writer, his *Diary of a Country Priest*, published in 1936, contains many spiritual insights.



**Bernard of Clairvaux, Saint (1090-1153)** Born near Dijon, France, he joined the Cistercians in 1111, bringing thirty companions with him, including four of his brothers. Soon after, he was elected abbot of Clairvaux, from which he founded 68 other monasteries. He preached in France and Germany in support of the second crusade against the Moslems, and another against the Albigensians, and was active in civil and church politics. He was an adviser to popes, especially Eugene III, one of his former monks; he participated in regional and ecumenical councils, wrote widely on theology and spirituality, and was involved in controversy with Abélard. Sometimes known as the last of the Fathers of the church, his feast is celebrated on 20 August.

**Bernardine of Siena, Saint (1380-1444)** Born in Italy, he spent his teen years in caring for the sick during a plague. He later joined the Franciscans and became a priest. His outstanding life's work was his preaching on the name of Jesus. He fostered study and discipline in his order. His feast is celebrated on 20 May.

**Bloom, Anthony (1914-2003)** Born in Lausanne, Switzerland, of Russian parents, he moved to Paris as a child. He qualified as a medical doctor and served in the French army during the Second World War. Converted from atheism, in 1948 he became a Russian Orthodox priest in Paris, and since 1966 has been Metropolitan of Sourozh. His writings include *Living Prayer*, *School for Prayer*, *God and Man* and *Meditations on a Theme*.

**Bloy, Léon-Marie** (1846-1917) A French writer, noted for his lampoons.

**Blue, Lionel** (1930- ) A Polish-born Jewish rabbi who lives in England, broadcasts on the BBC, and contributes to the British Catholic weekly, *The Tablet*.

***Bobbio Missal*** A manuscript from the seventh century found by Jean Mabillon in the seventeenth century. It is an Irish document in Romanized form containing an Order of Mass for various days and intentions, the Order of Baptism, and a blessing of ashes. The manuscript is now in the Bibliothèque Nationale in Paris. The monastery of Bobbio was founded by Saint Columbanus about the start of the seventh century.

**Boethius** (480-524) A Roman philosopher, musician and mathematician, Anicius Manlius Severinus wrote *De Consolatione Philosophiae* while in prison on a charge of treason. In it, the Lady Philosophy responds to his complaints about his problems with Stoic, Platonic and Christian advice. He also translated Aristotle's works on logic and wrote other works on philosophy which were widely used in the Middle Ages.

**Bonaventure, Saint** (1218-1274) Born Giovanni di Fidanza at Bagnoregio in Tuscany, Italy, he joined the Franciscans in 1243 and studied in Paris, later becoming a teacher. He became General Minister of his Order at the age of thirty-six and had such influence that he has sometimes been called its second founder. His writings on philosophy and theology have left a lasting influence

on the church; his theology is mystical more than dogmatic, affective more than rational. He died at Lyons, France, having succeeded at the general council of the church there in reconciling, albeit temporarily, the Eastern and Western churches. His feast is celebrated on 15 July.

**Bonhöffer, Dietrich** (1906-1945) A German Lutheran theologian, active in the “Confessing” church which opposed Nazism, he was executed for his part in the July 1944 plot against Hitler. His *Letters and Papers from Prison*, published in 1953, became a seminal source of radical theology, proposing a “religionless” Christianity. He also wrote *The Cost of Discipleship*.

**Borromeo, Saint Charles** (1538-1584) Born in Rocca di Arona, Italy, he was made a cardinal and archbishop of Milan by his uncle, Pope Pius IV, at the age of twenty-two. He was active in the Council of Trent and promoted its reforms in his diocese, especially through the founding of seminaries. He was canonized in 1610, and his feast is celebrated on 4 November.

**Breviary** A book, or books, containing the Divine Office, said daily by priests, religious and some lay people. It is based on the psalms and other scripture readings, with hymns and prayers. A shorter version is published under the title Daily Prayer.

**Briggs, George Wallace** (1875-1959) A canon of the Church of England, he was a noted hymn-writer.

**Brigid, Saint** There is virtually no reliable historical evidence about her; she may have been a “composite” saint. It is said that she was born at Faughart near Dundalk, Ireland, about 453 and died in Kildare about 523. She is regarded as the foundress of monastic life for women in Ireland, and is one of the patrons of Ireland. Remembered for her kindness to the poor, she has been called “the Mary of the Gael.” Her feast is kept in Ireland on 1 February.

**Bruno, Saint** (c.1030-1101) Born at Cologne, Germany, into a noble family, he was educated at Rheims, France. Later, he taught there for about 20 years. Among his pupils was the future Pope Urban II. From about 1076, he began to live the life of a hermit; then, about 1084, with six companions, he founded a monastery at La Chartreuse near Grenoble, France, based on solitude, austerity and manual labour. Thus began the Carthusians. He was called to Rome in 1090 by Pope Urban to help with the reform of the church, but solitude again called him and he retired to Calabria, Italy, where he spent his last years. His feast is kept on 6 October.

**Buber, Martin** (1878-1965) He was born in Vienna into a Jewish family. Forced by the Nazis to abandon a chair at Frankfurt University, he went to Israel and taught philosophy at the Hebrew university in Jerusalem. He favoured a re-assessment of Jewish thought in the light of contemporary ideas. His great work was *I and Thou*; it posited a direct dialogue between the individual and God, and was very influential on Christian as well as Jewish thought.

**Caedmon** He lived in the seventh century and worked as a cowherd in the monastery at Whitby, Yorkshire, England. He is regarded as the first poet in English; he also dictated hymns, among them one on the creation. It was only later in life that he learned to read and write. Bede tells of him in his Ecclesiastical History.

**Calvin, John** (1509-1564) Born at Noyon, France, he studied theology and law before becoming a preacher. In 1536 he went to Geneva to help the cause of the Reform there but was driven out as his ideas were considered extreme. Returning in 1541, he set up a theocracy, despite much opposition. He had the Spanish Protestant theologian Servetus burned as a heretic. He wrote commentaries on many books of the bible and the *Institutes of the Christian Religion*, and supported the Protestant cause in France and England.

**Canisius, Saint Peter** (1521-1597) Born at Nijmegen, the Netherlands, he studied at Cologne and entered the Society of Jesus, becoming a priest in 1546. He was active in the work of the Counter-Reformation both by preaching, building schools, writing and publishing. His *Catechism* was especially influential. He died at Fribourg in Switzerland, and his feast is celebrated on 21 December.

**Capuchin Order** A branch of the Franciscan first order, it began as a reform movement by Fra Matteo da Bascio, and received papal approval in 1528. Its members follow the Rule of Saint Francis and their proper Constitutions. It numbers some 11,000 friars in over 100 countries.

**Carew, Andrew** (1902-1987) A priest of the Irish province of the Capuchin Franciscan friars.

***Catechism of the Catholic Church.*** A summary of the teaching of the Catholic Church, published by the Vatican in 1997.

**Catherine of Genoa, Saint** (1447-1510) Caterinetta Fieschi experienced a conversion as a young married woman, and began to lead a life of intense prayer and devoted care of the sick which she continued after her husband's death. She wrote a treatise on purgatory and (like her namesake from Siena with whom she is often confused) a *Dialogue*, described as one of the more important documents of mysticism. Her feast is celebrated on 15 September.

**Catherine of Siena, Saint** (1347-1380) A member of the Third Order of Saint Dominic, Catherine Benincasa, while still living in her parents' home, cared for the poor and sick. By means of letters described as combining deference and cheek, she was instrumental in persuading Pope Gregory XI to return to Rome from Avignon, and in trying to resolve the great Western schism. Her literary output consists mainly of some 400 letters and her *Dialogue*, a mystical work. She was canonized in 1461, declared a doctor of the church in 1970 by Pope Paul VI, and a patroness of Europe by Pope John Paul II in 1999. Her feast is celebrated on 29 April.

**Caussade, Jean-Pierre de** (? - 1751) Little is known of his early life, except that he joined the Jesuits at

Toulouse, France, in 1693. He taught grammar at Auch and became rector of the college at Albi. His best-known work, *Self-Abandonment to Divine Providence*, has been described as combining the depth and ardour of Saint John of the Cross with the warmth and humanity of Saint Francis de Sales.

**Celtic spirituality** There are strong links between pre-Christian and Christian Celtic spirituality: religion is a religion of nature, without a distinction between the sacred and the secular, nature and grace, and thus seeing all of life, even routine daily events and activities, as invested with religious significance. There was a profound sense of the immanence, or all-pervading presence, of God in life. John Scotus Eriugena was the great theologian of the Celtic world. His theology was inclusive, and it took creation rather than redemption as its starting point. In God, creating and being are one, so that the created world is itself a theophany, or manifestation of God. But Celtic spirituality was also transcendent with a sense of the majesty and wonder of God who is greater by far than his creatures. It is a gutsy, down-to-earth manly spirituality which is at home with sexuality. In the Christian world, the term “Celtic” refers to Ireland, Scotland, Wales, the Isle of Man, Cornwall and Brittany, together with those parts of France, Germany, Switzerland and Italy where Saint Columbanus and his disciples founded monasteries. The Christian community took on board many of the ideas, attitudes and assumptions of pre-Christian Celtic tradition while seeking to remove elements which were incompatible with the Christian faith. The Stowe Missal

and the *Carmina Gadelica* (six vols., Edinburgh, 1928) are outstanding examples of early and recent Celtic liturgy and spirituality.

**Cerne, Book of** An illustrated manuscript collection of Gospel readings, hymns and prayers for private use, written in Mercia between 721 and 740 for Bishop Ethelwold of Lindisfarne, who was attached to the Benedictine monastery of Cerne, Dorset, England. Now in the university library, Cambridge.

**Chapman, John** (1865-1933) Born Henry, he became a Catholic in 1890, joined the Benedictines, and was given the name John. He served as chaplain in the British army during the First World War. He became abbot of Downside in 1929, but lived only four years. He corresponded widely on spiritual matters, and some of this correspondence has been published under the title of the *Spiritual Letters*.

**Chardin, Pierre Teilhard de** (1881-1955) Born at Sarcenet, in the Auvergne, France, he entered the Jesuits and trained in England. A palaeontologist by profession, he sought to present Christ as the focal point to which all creation leads. Influential among scientists, he was prohibited by the Holy Office from teaching or publishing any religious writings. He died in virtual exile in the United States. His writings such as *Le Milieu Divin*, *The Phenomenon of Man*, *Letters from a Traveller*, *Hymn of the Universe*, *The Future of Man* and *The Heart of Matter*, all published posthumously, have been widely influential.



**Chesterton, Gilbert Keith** (1874-1936) Born in London, England, he studied art before turning to journalism. His novels featuring Father Brown, a priest who solves crimes by drawing on his knowledge of human nature, are probably more popular than his works of controversy and apologetic.

**Christarakana** *The Book of Common Prayer* of the Anglican church of India, Pakistan, Myanmar and Sri Lanka.

**Chrysostom, Saint John** (349-407) Born in Antioch, Syria, he became bishop of Constantinople in 397. Famous for his preaching - the title "Chrysostom" means "of the golden mouth" - which vigorously denounced moral laxity, especially failure to help the poor while indulging in wasteful extravagance, he was twice exiled. Regarded as among the greatest of the saints of the Eastern churches, his feast is celebrated on 13 September.

**Church of Ireland** A constituent church of the Anglican communion, in Ireland; its primatial see is in Armagh. It was the Established church in Ireland until 1869.

**Clare of Assisi, Saint** (1193-1253) Chiara Offreducia was born in Assisi, Italy. On growing up, she followed the example of Francis of Assisi in living a life of intense devotion to God. She founded the contemplative nuns now known as the Poor Clares. A strong personality, she offered counsel to Saint Francis on the life of his brothers, and to many others including Pope

Gregory IX. With her sisters, she cared for the sick while living a life of the simplest poverty. Her feast is kept on 11 August.

**Clement XI**, Pope (1649-1721) Gianfrancesco Albani was born at Urbino, Italy, and became pope in 1700. He fought against nepotism, condemned Jansenism and the “Chinese rites.” He worked unsuccessfully for peace before the war of the Spanish succession. He supported missionary work and enlarged the Vatican library.

**Clement of Alexandria**, Saint (c.150-c.215) Titus Flavius Clemens was probably born in Athens, Greece, in the second century and brought up a pagan. Converted to Christianity, he spent most of his life in Alexandria, Egypt, though it seems that he left it permanently about 202 during the persecution of the Roman Emperor Septimius Severus. A cultured Greek philosopher and scholar, a Christian apologist and exegete, Clement may not have been a priest but his concerns were pastoral and catechetical, combining the Christian faith and elements of Greek philosophy.

**Clement of Rome**, Saint (? - c.101) Clement is said to have become the fourth bishop of Rome about the year 91. He is credited with a letter to the Corinthians written about 95 urging them to reconciliation; it reveals its author's concern for administration, morals and ministry. There is a tradition that Clement died a martyr's death by being drowned in the Crimea on the orders of the Roman emperor. His feast is celebrated on 23 November.

**Cloud of Unknowing**, The An anonymous work much influenced by the ideas of the pseudo-Dionysius, written in England in the latter half of the fourteenth century. Its central thesis is that the supreme knowledge of God is to recognize that we know nothing about him; he is hidden in a “cloud” of unknowability. It is only by emptying the mind of all images and ideas of God, and the will of all earthly desires, that we can be drawn to union with God.

**Collect** The opening prayer of the Mass, which “collects” in one the prayers of the congregation.

**Colm Cille** or Columba, Saint (c.521-597) Born in Gartan, Donegal, Ireland, and educated by Saint Finnian of Clonard, he founded monasteries in Durrow, Derry and elsewhere. In 563, he left Ireland for exile on the island of Iona off the west coast of Scotland from where he worked until his death for the conversion of the Picts. His influence on Celtic Christianity, especially on monastic life, was immense. *The Life of Saint Colm Cille* by Adomnán gives insight into the social and religious conditions of the time. The name Colm Cille means “dove of the church” - columba (Latin) a dove. His feast is celebrated on 9 June.

**Colombière, Saint Claude de la** (1641-1682) Born near Lyons, France, he entered the Jesuits and became a priest. He was a co-worker with Saint Margaret Mary Alacoque in spreading devotion to the Sacred Heart of Jesus. He spent some years in England as chaplain to the Duchess of York and was imprisoned there for a while

during the time of the Gunpowder Plot. He was canonized in 1992.

**Columbanus**, Saint (c.543-615) Born in Leinster, Ireland, he studied the humanities before entering monastic life and travelling to France where he founded a number of monasteries. He was a firm defender of the rights and traditions of the Celtic church. Exiled to Italy, he founded a monastery at Bobbio. His extant writings, mainly his monastic Rule, poetry, letters, sermons and a treatise against the Arians were re-published under the editorship of G. S. M. Walker in 1970. His feast is celebrated on 23 November.

***Common Prayer, The Book of*** The official liturgical text for churches of the Anglican communion, it comprises in one volume a calendar, a lectionary, the rites of the Eucharist and the sacraments, the order of funerals, a profession of faith, and all rites needed for Anglican worship. The chief compiler was Thomas Cranmer, archbishop of Canterbury, who drew on the Sarum Missal, the medieval breviary, ritual and pontifical as well as elements from Gallican and Greek liturgies. Its classical literary excellence has influenced not only Anglican worship but the development of the English language. The best-known editions are those of 1662 and 1928, though each self-governing church of the Anglican Communion is free to devise its own text. It has been translated into about one hundred and fifty languages.

**Coptic** The word derives from the Greek, *Guptios*, meaning an Egyptian. The Coptic Church is found in Egypt and Ethiopia, dating from the fifth century. It is monophysite in its doctrine of Christ, and nationalistic in outlook.

**Cosin, John** (1595-1660) Anglican bishop of Durham, he spent ten years in exile in Paris.

**Cousins, Norman** (1915-1990) An American Jewish journalist, political activist and champion of liberal causes, he was awarded a medal by Pope John XXIII for his work for peace.

**Cranmer, Thomas** (1489-1556) He became archbishop of Canterbury in 1533. In the same year he declared null and void the marriage of Henry VIII and Catherine of Aragon. Under Edward VI he was very influential in shaping the Church of England, forming its liturgy, drawing up the *Thirty-nine Articles*, and the prayer books of 1549 and 1552. When Mary Tudor, a Catholic, became queen he was condemned to death for heresy. Cranmer recanted but, when he realized that his life would not be spared, he resumed his former position and was burned at the stake, putting first into the flames the hand which had signed his recantation.

**Cyprian of Carthage**, Saint (about 200-258) Having trained in law, he became a Christian in middle age, and bishop of Carthage, Algeria, in 249. His writings were particularly concerned with unity in the church and with an attitude of tolerance to Christians who had apostatized from the faith in times of persecution. He was active in

organizing help for sufferers during a plague in 252-254. During the persecution by the Emperor Valerian, he was first exiled and then beheaded. His feast is kept on 16 September.

**Cyril of Jerusalem, Saint** (315-386) He became bishop of Jerusalem in 348. His involvement in the Arian controversy led to his being sent into exile three times for a total of sixteen years. His extant writings are mainly in the form of catechesis for catechumens and newly baptized. He was declared a doctor of the church in 1888; his feast is celebrated on 18 March.

**Dead Sea scrolls** They were discovered by two shepherds in a cave in some cliffs at Qumran, Jordan, in 1947. All but one were in Hebrew, and they contain fragments of every Old Testament book, including the Hebrew source of the Septuagint, except *Esther*. There was considerable controversy over a fifty year delay in their publication.

**Denis, Saint** It is said that Denis went from Rome to France as a missionary in the middle of the third century, and that he became the first bishop of Paris. Little is known of him with certainty though he is said to have been beheaded about 258 on Montmartre, the hill of martyrs, by the Roman authorities with two of his priests during the persecution of the Emperor Valerian. His feast is celebrated on 9 October.

**Desert Fathers, The** In the Old Testament, the desert was sometimes seen as a place of seclusion for the

purification and renewal of the community, a return to the sources, a stripping away of corruption and compromise. In Christian times, Saint Anthony of Egypt was seen as the first of those who left ordinary society to pursue the inner life. He was followed by others such as Pachomius who founded monastic settlements, and John Cassian who wrote his Institutes and Conferences for monks. The anecdotes and Sayings of the Desert Fathers date from the early fifth century. The Fathers have had a lasting influence on the church through the Benedictine Order, Charles de Foucauld and the retreat movement, among others.

*Didaché, The or Teaching of the Apostles.* It probably dates from somewhere between 60 and 100 A.D., and was written by an unknown author, perhaps in Syria, who may have described in it the practices of the church of his time, or, alternatively, how he thought they might or should, have been in an earlier “golden” age. It was lost for many centuries, being found again only in 1875. It is interesting, rather than probative, for its observations on early ministry.

**Dostoevsky, Fyodor** (1821-1881) Born in Moscow, Russia, the son of a doctor, he served for a time in the army. His writings, considered to be radical and socialist, caused him to fall foul of the tsarist authorities, who sentenced him to death. Reprieved, he served four years in a penal camp which had the effect of accentuating his epilepsy. His novels show profound spiritual and psychological insight, especially the

discourses of Father Zossima in *The Brothers Karamazov*.

**Eckhart, Meister Johann** (about 1260-1327) Born at Hochheim in Germany, he joined the Dominican Order. A preacher, theologian and mystic, he used new language - for example, speaking of God as female - in his theological writings. This involved him in difficulties with church leaders, even though his personal orthodoxy and morals were vindicated on examination. He taught theology in France and Germany and became the provincial of his Order in Saxony. He is regarded as the father of German mysticism.

**Edmund of Canterbury, Saint** (1180-1240) Edmund was born at Abingdon, Oxfordshire, England. He taught theology at Oxford, preached the crusade in England and was elected archbishop of Canterbury in 1233. His efforts at reform met with hostility from the monasteries, the cathedral chapter, the papal legate and the king, whose encroachments on the rights of the church he resisted. He retired to the monastery of Potigny in France and died in the same year. His memory is recalled on 16 November.

**Ephraem of Syria, Saint** (306-373) Born in Nisibis in Mesopotamia, he was ordained a deacon and taught both at home and in Edessa, Syria. He was regarded as the greatest preacher, teacher and writer of poems and hymns in the Syrian church, and was given the name of "the Harp of the Holy Spirit." In his closing years he was



active in trying to provide relief during a famine. His feast is kept on 9 June.

***Epistle to Diognetus*** An anonymously written apologetic in the form of a letter, from about the middle of the second century. Its theology is described as sincere but vague, its style noble and elegant. Nothing is known of its origins, or of Diognetus.

**Erasmus** (c.1466-1536) Desiderius Erasmus was born in Rotterdam, the Netherlands. He joined the Augustinian canons and became a priest. He studied and taught all over Europe, and was probably the leading scholar of the Renaissance. He translated the New Testament and edited the writings of some of the early Christian writers, especially Saint Jerome.

**Evagrius of Pontus** (345-399) A monk and mystical theologian, he was born in the Hellespont, Turkey. Ordained deacon by Saint Gregory Nazianzus, he attended the first council of Constantinople in 381. In 383 he went to the Egyptian desert where he spent the rest of his life. His influence on monasticism, both of the East and the West, was great, through his mystical writings. Although greatly in favour for a time, he was suspected of heresy after his death and condemned in 553, but he is regarded by the monophysites of Syria as their greatest doctor.

**Fénélon, François** de Salignac de la Mothe (1651-1715) Born in Périgord, France, he was an educationalist, theologian and Archbishop of Cambrai. A zealous pastor

and vigorous controversialist, some of his writings in support of Mme. Guyon were condemned by Rome as being favourable to Quietism. In economic affairs he favoured free trade, reduced government spending, a balanced budget and, in politics, a constitutional monarchy, parliamentary government, separation of church and state, and decentralization. It has been said that if his ideas had been implemented the French Revolution might never have occurred.

**Ficino, Marsiglio** (1433-1499) An Italian, Ficino founded an academy in Florence in 1462 and became a priest in 1473. A philosopher, he created a synthesis of Platonism and medieval theology. He saw the human soul as having the central place in the universe and that it ascended to God through contemplation. His ideas on Platonic love became a popular theme of Renaissance literature.

**Fisher, Saint John** (1469-1535) Born at Beverley, Yorkshire, he studied at Cambridge and was ordained priest and then Bishop of Rochester. He became vice-chancellor of Cambridge and appointed professor of Greek. A scholar and zealous pastor, he worked for reform of the church. Together with Thomas More, he opposed King Henry VIII in his desire to divorce his wife Catherine. For this opposition he was beheaded. His feast is celebrated on 22 June.

**Florensky, Paul** (1882-1943) A priest of the Russian Orthodox Church, he was a theologian and mathematician. He spent the greater part of his life in

Soviet penal camps. Some of his letters have survived and been published in English.

**Foucauld, Charles Eugène de** (1858-1916) Born in Strasbourg, France, he lost his faith while at secondary school. Joining the French army, he served in North Africa, but official disapproval of his excessive profligacy led to his abandoning a military career. In 1886 he experienced a profound religious conversion, following which he went to the Holy Land and Syria for some years. He spent seven years with the Cistercians, before leaving to become a hermit and priest in North Africa, where he produced the first dictionary in the Tuareg language. He is recognized as the founder of the Little Brothers and the Little Sisters of the Poor, religious congregations working among the poor. He was shot, perhaps accidentally, by a teenage boy.

**Francesco da Jesi**, Fra A sixteenth century friar, he became the vicar-General of the newly-founded Capuchin reform movement within the Franciscan family. Some of his sayings are recorded in *The Capuchin Chronicle*.

**Francis de Sales**, Saint (1567-1623) Born at Annecy, France, he studied law in Paris, then was ordained priest and became bishop of Geneva, Switzerland, in 1602. He worked hard for the education of clergy and faithful alike, insisting that the fulness of the Christian life was accessible to all. His two principal writings are *A Treatise on the Love of God* and *An Introduction to the Devout Life*, of which the latter was unique in its time in

that it was written with laypeople particularly in mind. A renowned preacher, he worked with Saint Jane Frances Fremiot de Chantal for the foundation of the Visitation sisters. His feastday is on 24 January.

**Francis of Assisi**, Saint (1182-1226) Born John Bernardone in Assisi, Italy, and nicknamed Francis by his father, he enjoyed a carefree life of partying until taken prisoner in a local conflict. This helped to bring about a deeper commitment to God, following the gospel in simplicity and poverty. Followers gathered, and an order of brothers living in community according to the gospel was founded in 1209. Francis went to preach the gospel to the Sultan during a crusade, but without result. He encouraged Saint Clare of Assisi to found an order of nuns, while later he founded an order of lay men and women penitents, known today as the Secular Franciscan Order. Never ordained priest, he was, in 1224, the first known person to receive the stigmata of Christ in his body. His feast is celebrated on 4 October.

**Frankl, Viktor** (1905-1997) An Austrian psychiatrist, neurologist, and founder of logotherapy, he survived the Holocaust, and wrote *Man's Search for Meaning*.

**Fromm, Erich** (1900-1980) A German psychoanalyst who emigrated to the USA in 1932 to escape Nazism. He became professor of psychoanalysis at Yale University and published *The Fear of Freedom*, *The Sane Society*, *The Art of Loving* and *To Have or to Be*.

**Furlong, Monica** (1930-2003) A British journalist, she wrote on religious topics and spirituality for daily newspapers, and also children's novels. She supported the ordination of women in the Church of England.

**Gairdner, Temple** (1873-1928) Born in Scotland, he became an Anglican missionary and Islamic scholar. He tried to make the Christian faith more accessible to Moslems through his studies of Islamic and Arab culture. He wrote numerous devotional works in Arabic and English, and published an Arabic grammar.

**Gallican liturgy** The liturgy in use in Gaul (France) between the fourth and eighth centuries. Not a systematic or comprehensive body of rites, its origins are uncertain. Romanized versions of it survive today in Toledo (see Mozarabic liturgy) and Milan.

**Gandhi, Mohandas Karamchand** (1869-1948) Born in Porbandar, India, he trained for law in England. He settled in South Africa where he rallied opposition to discriminatory practices. Returning to India, he became leader of the National Congress, leading opposition to similar practices through peaceful non-cooperation and hunger strikes. He campaigned for social reform, religious tolerance, and, ultimately, for Indian independence, which came in 1948. Imprisoned several times for his beliefs, he was assassinated by a Hindu fanatic in 1948. He is usually known as Mahatma, a Sanskrit title meaning "Great Soul."

***Gelasian Sacramentary*** Dating from the mid-eighth century, and originating in the north-east of France, it has no connection with any Gelasius, that name being a later addition assigned by the eighteenth century Italian archivist, Lodovico Muratori. It is probably based on Roman and Gallican sources, now lost.

**Gertrude, Saint** (1256-1301) Born at Eisleben, Thuringia, Germany, she joined the Cistercian nuns at Helfta in Saxony where she acquired an education in philosophy, patristics, the liturgy and the humanities. She is credited with many visions which are described in the Revelations of Saint Gertrude, of which only the second of five parts was written by her. She had great devotion to the Sacred Heart of Jesus. Her feast is observed on 16 November.

**Gibbard, Mark** An Anglican priest and member of the Community of the Resurrection at Mirfield, Yorkshire, England, he has written *Twentieth Century Men of Prayer* among other works.

**Goodier, Alban M. R.** (1869-1939) Born in Great Harwood, Lancashire, England, he joined the Jesuits in 1887, was ordained priest in 1903, and bishop in 1919. He resigned as bishop in 1926 and took up writing. Among his better-known works are *The Public Life of our Lord Jesus Christ* (two vols.), 1930 and *The Passion and Death of Our Lord Jesus Christ*, 1933.

**Gratian, *Decretals of*** A collection of canonical decrees and extracts from the Fathers of the church and from

Roman law made by John Gratian, a monk and professor at the University of Bologna about 1150. By it he sought to bring order into the mass of decrees issued by local church councils of both East and West.

***Gregorian Sacramentary*** Beginning from Pope Saint Gregory I at the end of the sixth century, this Sacramentary went through a long and complex development, of which the principal parts were the work of Pope Adrian I, the *Hadrianum*, and additions by Alcuin, secretary to the Emperor Charlemagne. It continued in use until the eleventh century.

**Gregory Nazianzus, Saint** (c.329-390) Born at Nazianzus in Turkey, Gregory travelled widely as a young man, being educated in Palestine and Greece before undertaking a life of solitude. He was ordained priest and bishop against his will and refused to take up his appointment. However, the effectiveness of his preaching against Arianism led to his being appointed bishop of Constantinople in 380. His teaching on the divinity of Christ was accepted at the first Council of Constantinople in 381. Continuing internal church conflicts led to his return to Nazianzus where he died. His writings, especially on the Trinity and on Christ, led to his being given the name of “The Theologian.” His feastday is 2 January.

**Gregory of Nyssa, Saint** (c.330-c.395) Born in Caesarea, Cappadocia, Turkey, Gregory married, then became a priest, and finally bishop of Nyssa in Armenia in 372. He was involved in the controversies against

Arianism, but was exiled, in part as a result of his inexperience and tactlessness. After the death of his brother Saint Basil the Great, he became prominent, especially at the first council of Constantinople. Of his many writings, his *Catechetical Discourse* is best-known. He also wrote a biography of his sister, Saint Macrina. His feast is celebrated on 9 March.

**Gregory the Great** (the first), Pope Saint (c.540-604) Born in Rome, he became prefect of the city. Then he entered a monastery, was ordained deacon and served as a papal legate in Constantinople. He became pope in 590; he reformed the papal administration, cared for the poor and wrote works on morals and doctrine. His influence on the *Gregorian Sacramentary* and Gregorian chant is uncertain. His feast is celebrated on 3 September.

**Grimald**, Abbot He was abbot of the monastery of Sankt Gallen in Switzerland from 841 to 872, and was also, for some time, arch-chancellor to King Louis the German. In his time, the monastery followed the Rule of Saint Benedict, though it had been founded in the Celtic tradition by the Irish hermit Saint Gall in 612.

**Guyon, Madame** Jeanne Marie (1648-1717) Born at Montargis, France, to parents described as devout, cold and neglectful, she was married at the age of sixteen to a semi-invalid more than twice her age. After twelve years of unhappy marriage, she was left a widow with two children. She gave them into the care of relatives, and went to Geneva where she helped form a community of



converted Huguenots. She came under the influence of the Quietism of Miguel de Molinos, and was several times imprisoned for her views on matters of spirituality. She was the focus of a quarrel about Quietism between Bossuet and Fénelon. She spent the closing years of her life writing a seven-hundred page autobiography described as being full of exaggerations and contradictions.

**Hadewijch of Brabant**, Blessed Little is known of her life save that she was a Flemish noblewoman, probably from Brabant, Belgium, who lived before 1250. Her main literary activity was between 1230 and 1250: this consists of eleven “visions,” thirty-one letters and sixty-two poems. Much of it deals with her mystical experiences which she claimed to be of the same nature as the beatific vision.

**Hammar skjöld, Dag** (1905-1961) Born in Sweden, he was Secretary-General of the United Nations from 1953 until his death in a mysterious and unexplained plane crash in the Congo, Africa, in 1961. His work greatly increased the prestige and influence of the UNO. His spiritual reflections, *Markings*, were published in 1964.

**Heffernan, Enda** (1932-2001) A priest of the West American Province of the Capuchin Franciscan friars. A former Provincial Minister, he was active in retreat work.

**Hesychius** (fifth century) He was a priest and monk and lived in Jerusalem. He supported Cyril of Alexandria

against Nestorianism, in the lead-up to the Council of Chalcedon. He wrote a church history, which is now lost, and is venerated as a saint in the Orthodox Church.

**Henry Suso, Blessed** (c.1295-1366) Born near Lake Constance, Germany, Henry joined the Dominicans and became a priest. He studied under Meister Eckhart at Cologne, but this created suspicion about him and he was removed from his teaching post. He was a preacher for the greater part of his life and suffered much through slander and misrepresentation. Among his writings, *The Book of Eternal Wisdom* was the most popular. He died at Ulm, Germany. His feast is celebrated on 2 March.

**Hilary, Saint** (c.315-367) Born at Poitiers, France, Hilary was brought up a pagan. He married and had a family. Gradually, through his studies, he came to faith in Christ and was baptized. Three years later, while still married, he became bishop of his home city. For his part in combating Arianism he was exiled by the Emperor Constantine in 356 but he continued his efforts against Arianism while exiled. He published works defending the divinity of Christ and on scripture. His feast is celebrated on 13 January.

**Hildegard of Bingen** (1098-1179) Born at the court of Spandau, Germany, she began to experience visions at the age of six, became an anchorite with her aunt Jutta and took final vows at the age of fifteen. In 1136, she became the abbess of a community of Benedictine nuns at Disibode. She began to write of her mystical experiences and won the support of Saint Bernard and

Pope Eugene III. In 1150, she formed a mixed community of monks and nuns near Bingen. In time, she became, it is said, the first woman to write books: they included theology, philosophy, ethics, physiology, herbal treatments, music, poetry and biography, and she was the first woman to preach in public. She corresponded with popes, emperors, kings, abbots and mystics. In recent years there has been a revival of interest in her writings.

**Hilton, Walter** (c.1340-1396) Born in England, Walter became an Augustinian canon. He wrote *The Ladder of Perfection*, a very popular work and one of the first books to be printed. It calls for detachment from worldly things as the precondition for restoring God's image in the soul.

**Hollings, Michael** (1922-1997) Educated at Oxford, he served in the British army during World War II, and then studied at the Beda College in Rome where he was ordained a Catholic priest in 1950. He ministered as chaplain in Oxford, and in parishes in Southall and Bayswater in London. Widely known as a spiritual guide, he was a man who lived a simple life and kept an open house for all comers.

**Hugo, Victor Marie** (1802-1885) Born at Besançon, France, he was exiled in Guernsey for nearly 20 years for his republican views. A poet, novelist and dramatist, among his best-known works are *The Hunchback of Notre Dame* and *Les Misérables*.

**Hume, George Basil** (1923-1999) English Benedictine monk, was abbot of Ampleforth in Yorkshire 1963-1976, became archbishop of Westminster in 1976, and then cardinal. He wrote several books on spirituality.

**Ignatios of Latakia** A Greek Orthodox bishop, he took part in assemblies of the World Council of Churches.

**Ignatius of Antioch**, Saint (?- c.107) He may have been a disciple of Saint John the Evangelist, probably became a Christian in adulthood and succeeded Saint Peter as bishop of Antioch. In old age he was condemned to death and reputedly thrown to lions in a Roman amphitheatre. On his way there he wrote six letters to churches. Major themes of the letters are the reality of Christ's humanity, the need for unity among Christians, and respect for the bishop as the focus of unity. In style they are passionate and excited, characterized by strong faith and a joyful anticipation of martyrdom. His feast is celebrated on 17 October.

**Ignatius Loyola**, Saint (1491-1556) Iñigo de Recalde was born in Loyola, Spain; he spent his early life at the royal court and in the army. Injury in battle led to a more committed religious life, a pilgrimage to the Holy Land, and to the study of theology in Paris. He was ordained priest in Venice in 1537. Companions gathered round him, and, with them, he later founded in Rome the Society of Jesus pledged to undertake any work assigned by the pope. It became a pillar of the Counter-Reformation through education and missionary work. His *Spiritual Exercises* have become a standard

workbook for retreatants everywhere. His feast is celebrated on 31 July.

**Ildelfonsus**, Saint (?-667) Little is known of his early years, but he became bishop of Toledo in 657. He had a remarkable devotion to Mary the mother of Jesus; it became a major feature of his preaching and left a mark on Spanish popular piety.

**Irenaeus**, Saint (c.140-c.200) He was brought up by Saint Polycarp at Izmir, Turkey. By 177, he was a priest at Lyons, France, becoming bishop there later. Among his writings against heresy, especially Gnosticism, are the *Adversus Haereses*. There is a doubtful tradition that he died a martyr's death. His feast is celebrated on 28 June.

**Isaac the Syrian**, Saint A seventh century bishop of Niniveh in Mesopotamia. Cited in the *Philokalia* as an authority, some of his writings have been translated into English under the title *Mystic Treatises*.

**Isidore of Seville**, Saint (c.560-636) Little is known of his early life. Succeeding his brother Leander as bishop of Seville about 600, he presided over many regional councils, of which the more important were those of Seville in 609 and Toledo in 633. These regulated the life of the church in Spain. He also promoted monastic life and education, decreeing that there should be a cathedral school of the liberal arts in every diocese. Among his many writings are books of history, geography, astronomy, biography, theology, a

compilation of church laws and a short encyclopaedia. Known as “The Schoolmaster of the Middle Ages” he is credited with completing work on the Mozarabic liturgy and with converting the Visigoths, whose history he wrote. His feast is celebrated on 4 April.

**James, Liturgy of Saint** See Syrian Liturgy.

**Jerome, Saint** (340-420) Born at Strido, Croatia, he studied at Rome and was later baptized. He began to lead an ascetic life and was ordained priest against his will. He travelled widely before returning to Rome, becoming secretary to Pope Damasus and beginning the task of revising and re-translating the bible into Latin (*The Vulgate*), and of promoting the monastic life. An irascible man, given to extremes, he retired to Bethlehem where he continued writing on scripture until his death. His feast is celebrated on 30 September.

**John XXIII, Pope** (1881-1963) Born Angelo Roncalli at Sotto il Monte near Bergamo, Italy, after ordination he served in the papal diplomatic corps until becoming Patriarch of Venice. Elected pope in 1958, one year later he surprised the church by convoking a synod of the diocese of Rome, ordering the revision of the code of canon law, and the convocation of the Second Vatican Council, which began in 1962. Among his best-known writings are the encyclicals *Mater et Magistra* (1961) and *Pacem in Terris* (1963). He gave a powerful impetus to the promotion of Christian unity.

**John of Damascus** (Damascene), Saint (c.690-c.749) Born in Damascus, Syria, he became a monk in the monastery of Saint Sabbas near Jerusalem and was ordained priest. In his writings he was a firm defender of the veneration of sacred images. His best-known work is *On the True Faith*, a summary of the theology of the early centuries. His feast is kept on 4 December.

**John Duns Scotus** (1266-1308) Born in the town of Duns, Berwickshire, Scotland, his early education was perhaps at Trinity College, North Uist in the Western Isles. He was ordained priest in the Franciscan Order in Northampton on 17 March 1291 by Bishop Oliver Sutton of Lincoln. He lectured in the Universities of Oxford, Paris, and Cologne where he died on 8 November 1308. His body is buried in the Franciscan church there. His title of Blessed was recognized by Pope John Paul II on 20 March 1993. His writings focus on the love of God, emphasizing that the Incarnation was not dependent on the fall of man.

**John of Kronstadt** (1829-1908) A married priest of the Russian Orthodox church, John Sergeyev was chaplain at the naval base in Kronstadt near Saint Petersburg. Remembered as a “praying priest” he drew large crowds from all parts of Russia to his preaching. His spiritual diary *My Life in Christ* has been published in English. He is regarded as a saint in parts of the Russian Orthodox Church.

**John of the Cross**, Saint (about 1542-1591) Juan de Yepes y Alvarez was born at Fontiveros, Spain. He

became a Carmelite in 1563 and was persuaded by Saint Teresa of Avila to undertake a reform of his Order, a task which caused him great suffering and even imprisonment. His writings, *The Ascent of Mount Carmel*, *The Spiritual Canticle*, *The Dark Night of the Soul* and his poems are classics of Christian spirituality. A doctor of the church, his feast is celebrated on 14 December.

**John Paul II**, Pope (1920-2005) Born Karol Wojtyła at Wadowice, Poland, he studied clandestinely for the priesthood during the German occupation of his country during the Second World War. He became bishop in 1958, attended the Second Vatican Council, and was elected pope in 1978, being the first non-Italian for four hundred years. He played a significant part in ending communist rule in Central and Eastern Europe. He has undertaken many pastoral visits to all continents and has written extensively on every aspect of church life.

**Johnson, Samuel** (1709-1784) An Englishman, Dr. Johnson was a lexicographer (a “harmless drudge,” in his own words), author, critic and occasional preacher.

**Johnston, William** (1925-2010) Born in Belfast, Ireland, he joined the Jesuits and was ordained priest. He has spent many years in Japan where he became professor of religious studies at Sophia University in Tokyo. His contacts with Eastern mysticism have influenced his writing, and encouraged his involvement in dialogue with Buddhists. Among his best-known



works are *The Inner Eye of Love*, *Silent Music* and *The Wounded Stag*. He was active in retreat work.

**Julian of Norwich** (1342-about 1420) An anchoress who lived at the church of Saints Julian and Edward at Norwich, England. Almost nothing is known of her, not even that her name was Julian; she may have been educated by local Benedictine nuns. She describes herself as "a simple, unlearned creature" writing for "the little and the simple." She is best-known for her Revelations, an informal and conversational description of her mystical experiences, in which she speaks of God as mother. The influence of the Johannine writings is clear in her teaching on the divine indwelling, and of Saint Paul on her ideas on incorporation in Christ. The depth, joy and hopefulness of her writings show her to have been a person of real spiritual insight.

**Kaddish** A Jewish mourner's prayer; alternatively, a hymn of praise sung in the synagogue service. (Aramaic kaddish, holy.)

**Kentigern, Saint** (? - 603) A Scotsman also known as Mungo, meaning "my darling", he became a missionary to the Britons in Strathclyde and became a bishop. Driven out by persecution, he continued working in Wales and the north-west of England before returning to Scotland. He is buried in Glasgow and his feast is celebrated on 14 January.

**Khomiakov, Alexis** (1804-1860) Born in Moscow, he was a well-educated member of the land-owning class.

Both radical and traditional, he became the outstanding lay theologian of the Russian Orthodox Church. He advocated intellectual freedom, the abolition of censorship and of serfdom, but believed firmly in Russian rural tradition in opposition to those who urged the adoption of Western ideas. A key concept in his writings was *Sobornost*, an idea embracing freedom and diversity, individuality and community, sometimes translated as catholicity. He died on his estate of cholera.

**Kierkegaard, Søren** (1813-1855) Born in Copenhagen, Denmark, of a Jewish father, he became a Christian in 1838, though he was strongly critical of the Lutheran state church. A philosopher and theologian, he is sometimes considered to be the father of existentialism. Individualistic in his outlook, he emphasised personal experience as the most valid ground of religious belief.

**King Jr., Martin Luther** (1929-1968) Born in Atlanta, Georgia, USA, he became a Baptist minister and exercised a leading and non-violent role in the campaign for racial integration and civil rights in the 1950's and 60's. He was awarded the Nobel peace prize in 1964, but was assassinated in 1968. His birthday is a national holiday in the USA.

**Knox, John** (about 1505-1572) Born in Scotland, he became a Catholic priest, but was converted to the Reform. Captured in Scotland by French troops in 1547, he was sent to the galleys as a slave but was released after two years as a result of intervention by the British government. Returning to Britain he became a royal

chaplain and helped to compile the Prayer Book. When Mary became queen he fled, and was sentenced to death in his absence. He spent some time with Calvin in Geneva, returned home in 1559 and was charged with treason in Scotland, but acquitted. Regarded as the leading figure of the Reformation in Scotland, he wrote a *History of the Reformation in Scotland* and *The First Blast of the Trumpet against the Monstrous Regiment of Women*.

**Kundera, Milan** (1929- ) A Czech-born writer, his first novel, *The Joke*, was looked upon with disfavour by the Communist Party. He settled in France in 1975 where he has continued to publish. His best-known work is *The Unbearable Lightness of Being*.

**Laud, William** (1573-1645) A priest of the Church of England, he became archbishop of Canterbury in 1633. His support for King Charles I brought the wrath of Parliament on him. He also alienated the propertied classes by enforcing laws regulating wages and prices, while his attempt to impose the Prayer Book on the Scots sparked off the English civil war. Impeached by Parliament, he was imprisoned in 1640, and then beheaded.

**Lawrence of the Resurrection, Brother** (1611-1691) Born Nicholas Hermann in Lorraine, France, he spent eighteen years in the army before joining the Discalced Carmelites. Never ordained, he spent thirty years as cook in a friary in Paris. He became blind in his later years and died with a reputation for holiness. His spiritual

notes and letters were published after his death. They lost favour with Catholics as Madame Guyon used them to support her illuminist theories, but they were popular with Protestants, especially in Geneva.

***Leabhar Breac, An*** The “Speckled Book” dates from the first half of the sixteenth century, and was compiled in Connacht and lower Ormond, Ireland, by the MacEgans. It contains monastic rules, liturgical material, passions, homilies and lives of saints.

**Leo I**, Pope Saint (?-461) Born in Tuscany, Italy, he was sent to Gaul as a mediator by Emperor Valentinian while still a deacon. Elected pope in 440, he opposed various sects which threatened the unity of the church. He reorganized the administrative structure of the church, consolidating his own position, with his universal primacy recognized by Emperor Valentinian in 445. His Tome on the incarnation of Christ was accepted by the Council of Chalcedon in 451 as the basis of its doctrine. He showed great courage at the time of the invasions by Attila the Hun and Genseric the Vandal. His sermons and letters are of lasting value so that he is regarded as one of the Fathers of the church, and is one of only two popes with the title of “the Great.” His feast is celebrated on 10 November.

**Leo XIII**, Pope (1810-1903) Gioacchino Pecci was born at Carpineto, Italy. Becoming pope in 1878, he did much, especially through his encyclical letters, to restore the status of the Holy See. Among them, perhaps his best-known is *Rerum Novarum*, which dealt with social

questions. He also contributed to the revival of scholastic theology.

***Leonine Sacramentary*** The earliest surviving book of Roman Mass formularies and ordination prayers, it dates from the first quarter of the seventh century. Its compiler is unknown. It consists of a random collection of Mass texts, grouped by month. Although the contents are Roman in origin, they were not composed for use in Rome. Nor is there any clear connection, except perhaps in style, with Pope Saint Leo I (440-461) who collected Mass texts. It is also known as the Sacramentary of Verona, where the original text is kept in a single manuscript.

**Lewis, Clive Staples** (1898-1963) Born near Belfast, Ireland, and known as Jack, he was educated at Oxford where he later became professor of medieval literature. Initially an atheist, he became a Christian in the Church of England in 1929, describing his conversion in *Surprised by Joy*. Apart from literary criticism, science fiction, and children's books he wrote many outstanding works of Christian exposition and apologetic which still attract a wide readership today.

**Longlonde, John** (1473-1547) Born at Henley-on-Thames, England, he was educated at Oxford and was appointed bishop of Lincoln in 1521 by King Henry VIII. He persecuted the Lollards, and was a judge on the court which heard Henry's divorce case. He supported royal supremacy over the church though it is said that he later regretted his involvement in the divorce. The

benedictional which bears his name was prepared for him by an unknown compiler and was printed in 1528. His name is also given as Longland and Longlande.

**Lubac, Henri de** (1896-1991) Born in France, he joined the Jesuits in 1913. Though censured by the Holy Office, he went on to become one of the leading theologians of Vatican II and the post-conciliar period. He was made cardinal in 1983.

**Luther, Martin** (1483-1546) Born at Eisleben, Germany, he became a Catholic priest in the Augustinian Order. Widely recognized as a preacher, he denounced the sale of indulgences and other abuses in 1517 by nailing ninety-five theses to the door of the church in Wittenberg. His protest movement developed and caught the public imagination so that he became the founder of Protestantism, which spread rapidly through northern Europe, becoming schismatic in character when it became clear that the path to reform within the Catholic Church was blocked. The *Augsburg Confession* of 1530 was the great statement of the Reformed faith. His translation of the scriptures into German was a turning-point in the modern development of that language.

**Lynch, Dermot** (1943-) A priest, and provincial minister of the Irish province of the Capuchin Franciscans from 1994 to 2001.

**MacDonald, George** (1824-1905) A Scottish lecturer, poet, novelist and writer of fairy tales, his mystical insights inspired Chesterton, Tolkien and C. S. Lewis.

He was a clergyman in the Church of Scotland before taking up positions as professor of English literature in Bedford and King's College, London.

***Magdalen, Pontifical of*** An eleventh century pontifical.

**Main, John** (1926-1982) Born in London, England, of Irish parents he was in turn a journalist, soldier, barrister and monk. He lectured in law at Trinity College, Dublin, before joining the Benedictines in 1959. Renowned for his spiritual writings, especially on meditation, he was the inspiration for the founding of the World Community for Christian Meditation which has about a thousand groups in some forty countries. Among his best-known works are *Word into Silence*, *Moment of Christ* and *The Present Christ*.

**Makarios the Great, Saint** (c.300-c.390) Born in Upper Egypt, he began work as a camel-driver before becoming a monk and a priest in the desert of Skete (the Wadi al-Natron). He was noted for his asceticism, shrewdness and gentleness. Many of his sayings are recorded in *The Sayings of the Desert Fathers*. His feast is celebrated in the Eastern churches on 19 January.

**Malabar Liturgy** The Christian liturgy of South India deriving from the Jesuit missionaries of the seventeenth century, it embraces some elements of local custom. Condemned by the popes for many years, it has been revived in some form only in recent decades.

**Mandela, Nelson** (1918-2015) Born near Umbata, South Africa, he trained as a lawyer. Becoming involved in the work of the African National Congress, he was charged with treason in 1961 but acquitted. Re-arrested in 1964 he was sentenced to life imprisonment for sabotage and plotting to overthrow the government. Released from prison in 1990, he was elected president of the ANC the following year and began negotiations with the de Klerk government about a new constitutional order based on majority rule. He was awarded the Nobel peace prize in 1993 and was elected president of South Africa in 1994. His autobiography, *Long Walk to Freedom*, was widely acclaimed.

**Margaret Mary Alacoque, Saint** (1647-1690) Born in Burgundy, France, she joined the Visitation nuns in 1671. She had a series of mystical experiences, centred round the Sacred Heart of Jesus, and stressing God's love for humanity, in contrast to the prevailing Jansenism. She experienced much misunderstanding and opposition, as well as being tempted to despair, though she was supported by her confessor, Saint Claude de la Colombière. She died at Paray-le-Monial, and her feast is celebrated on 16 October.

**Mark, the Liturgy of Saint**, is the title given to the liturgical rites of the church of Alexandria, Egypt, and attributed to Saint Mark the evangelist. Before the Council of Chalcedon in 451, its language was Greek. After Chalcedon, Greek was used only by the Melchites, while the Copts and Ethiopians used Coptic and Ge'ez. It has not been used in Greece since the twelfth century.



The earliest known fragments are a fourth century papyrus.

**Maronite Church**, the One of the Catholic Eastern churches, its members are found mainly in the Lebanon, Syria and, especially in recent years, in the United States. Claiming origin from Saint Maron (350-433), they follow the liturgy of Saint James in the Aramaic language. In full communion with Rome since the fifth Lateran Council (1512-1517). they are now almost completely Romanized.

**Maruta of Tikrit** (c.565-649) A monophysite brought up among Nestorians, Maruta was born near Balad, Iraq, joining the monastery of Niniveh in 605. He was made bishop of Tikrit, Iraq, with suffragans in Azerbaijan, Afghanistan and Iran. His writings, especially on the liturgy, had great influence on the Syrian Jacobites.

**McSwiney, Terence** (1879-1920) Born in Cork, Ireland, he trained as an accountant, but devoted most of his time to journalism, the writing of poetry and plays, and in organizing the Irish Volunteers. In March 1920 he was elected Mayor of Cork in succession to his murdered predecessor, Tomás MacCurtain. In August 1920 he was arrested by the British army and sentenced to two years' imprisonment. He went on hunger strike and died on the seventy-fourth day of his fast.

**Mechtild of Magdeburg** (c.1209-1282) Born in Saxony, Germany, she became a Béguin about 1230 and lived a life of prayer and austerity for some forty years. Her

criticisms of the clergy and her claim to have received supernatural favours brought her much opposition in later years. Her principal work, *The Flowing Forth of the Light of the Godhead*, which uses the image of God as the Light, has been published in English; it is a collection of poems, love songs, allegories, visions, moral admonitions and reflections. She died at Helfta. She is sometimes confused with her contemporary, Saint Mechtild of Helfta, with whom she spent the last years of her life while suffering from blindness.

**Melanchton, Philip** (1497-1560) Born at Bretten, in Baden, Germany, he was educated at Heidelberg and Tübingen, where he became a lecturer. He became professor of Greek at Wittenberg in 1518, and met Luther there. Gradually becoming the theologian of the Reformation, he defended the Protestant cause in the Augsburg Confession in 1530, and at Worms in 1557. He was the founder of higher education for Protestants in Germany.

**Merton, Thomas** (1914-1968) Born in France of an American mother and a New Zealander father, Merton moved to the United States where he was educated. He underwent a religious conversion leading to his becoming a Catholic in 1938 and then joining the Cistercians and becoming a priest. His many writings on spirituality attracted a wide readership in the English-speaking world. *The Seven Storey Mountain*, published in 1946, is his autobiography. During the Viet-Nam war, he took a strongly anti-war stance. He pursued dialogue

with other religions, particularly Buddhism. He died by electrocution in Bangkok, Thailand.

**Milner-White, Eric** (1884-1963) A priest in the Church of England, he had a distinguished career as an academic and as military chaplain in World War I. He became Dean of York, and participated in producing the New English Bible.

**More, Saint Thomas** (1478-1535) Born in London, England, he studied at Oxford and became a lawyer. Twice married, he wrote his *Utopia* in 1516. In 1529, he became chancellor of England under King Henry VIII, but resigned in 1532 because of a dispute with the king over the latter's desire to divorce Queen Catherine. For refusing to sign an oath required by the Act of Supremacy, which declared the king to be supreme head of the church in England, Thomas was executed. He was canonized in 1935.

**Mozarabic Liturgy** The origin of the term "Mozarabic" is unclear. It describes the liturgy used in Iberia from the sixth to the eleventh centuries; also known as the Gothic liturgy since it arose during the Visigothic Kingdom in Spain. Its centre was Toledo, where it is still in use, and its principal architect was Saint Isidore of Seville. Of a common origin and almost identical construction to the Gallican liturgy.

**Müller, Max** (1823-1900) A German-born, British-educated philologist, he wrote and translated vastly and controversially on Eastern religions.

**Murphy, Bonaventure** (1880-1968) A priest of the Irish province of the Capuchin Franciscan friars.

**Nerses IV Klaietsi, Saint** (?-1173) An Armenian monk, Nerses was the greatest writer of his country's renaissance in the twelfth century. He was also an ardent advocate of Christian unity. He became bishop in 1166, and his feast is celebrated on 13 August.

**Nerses of Lambron, Saint** (1153-1198) A son of the prince of Lambron, Nerses was educated at monasteries in Armenia and learned Latin, Greek, Syrian as well as Armenian. Chosen as archbishop of Tarsus in 1175 after a period as a solitary, he undertook an embassy to Emperor Frederick Barbarossa and had the care of his son after Frederick died. He took part in discussion on reunion with Byzantium and Rome. His surviving writings deal with the liturgy, bible commentary, preaching and church discipline. Among many other works, he translated the Rule of Saint Benedict into Armenian.

**Nestorius** (386-450) He was patriarch of Constantinople in the fifth century. In opposing Arianism, he proposed that there were two personalities, one human, one divine, in Christ. His teaching was condemned at the General councils of Ephesus in 431 and Chalcedon in 451. Recent studies have suggested that he may not have been the author of texts attributed to him.

**Newman, John Henry** (1801-1890) Born in London, England, Newman was ordained in the Church of England in 1824. He wrote a series of essays called *Tracts for the Times*, which gave rise to the Oxford Movement. He became a Catholic in 1845, and was made cardinal in 1879. From 1854-1858, he was rector of a projected Catholic university in Dublin, Ireland. Among his best-known writings are his autobiography, the *Apologia pro Vita Sua*, and the *Grammar of Assent*, an analysis of the nature of belief.

**Newton, Isaac** (1642-1727) Born in Lincolnshire, England, he became professor in Cambridge at the age of twenty-six. He laid the foundations of physics as a modern science. His principal work was in mathematics and gravitation; in later years he turned to theology and chronology.

**Nicene Creed** A statement of the basic teachings of the Christian faith drawn up at the general council of Nicea in 325, and revised at the first council of Constantinople in 381. In 1014, it was adopted for use at Mass, and continues to be used each Sunday.

**Nicholas of Cusa** (1401-1464) German-born bishop of Brixen in the Tyrol, a philosopher, he is seen as being involved in the transition from scholasticism to modern philosophy. In his best-known work, *De Docta Ignorantia (Of Learned Ignorance)*, he argued that God completely transcends human mental categories and dualisms, and is therefore above all knowledge, even the best of which is merely learned ignorance. In cosmology

he broke with tradition by asserting that the universe is boundless.

**Nicholas of Flüe, Saint** (1417-1487) Born in Unterwalden, Switzerland, he became a magistrate, married and had ten children. At the age of fifty, with his family's consent, he became a hermit. He may have contributed to the Edict of Stans which brought peace to the Swiss confederation. Known as Bruder Klaus, he is honoured in Switzerland as a patriot and a saint.

**Niebuhr, Reinhold** (1892-1971) Born in the USA, he became a Lutheran minister. His best-known work is *Moral Man and Immoral Society*, which critiqued depersonalized industrial society and came to be known as Christian realism. He saw liberal democracy as the best available constraint on dictatorship.

**Nil Sorsky, Saint** (c.1433-1508) Nil, or Nilus, was born in Sora or Sorsk, Russia. As a young man he visited Mount Athos in Greece, where he was influenced by Hesychasm, a mystical movement strongly anti-Western in character. Returning to Russia, he was a prominent member of a movement called the “Non-possessors” which advocated a move from monastic life to the eremitical, with priority given to poverty, silence and prayer. Many of his writings deal with the eremitical and monastic life. His feast is celebrated in the Eastern churches on 7 April.

**Nilus of Ancyra, Saint** (?- c.430) A Greek monk, abbot and writer, born in Turkey, he was educated in part by

Saint John Chrysostom and defended him in his controversies. Some of his letters survive. His feast is kept in the Eastern churches on 12 November.

**Obbard, Elizabeth Ruth** An American Carmelite nun, she has written *A Retreat with Thérèse of Lisieux: loving our way to holiness*.

**Ó Callanáin, Pádraig** A nineteenth-century Irish language poet who lived in Galway, Ireland.

**O'Collins, Gerald** An Australian Jesuit priest, he taught systematic theology at the Gregorian University in Rome for thirty years, and was involved in ecumenical work.

**Ó Conaill, Seán** a retired teacher who lives in Coleraine, Derry, Ireland, and contributes to religious journals.

**O'Flynn, Silvester** (1941-) a priest of the Irish Province of the Capuchin Order, he has written extensively on scripture, preaches, and gives spiritual direction.

**Origen** (c.185-c.254) Born in Alexandria, Egypt, he taught there and in Caesarea. A prolific writer, though not always entirely orthodox, he drew on Greek philosophy as well as Christian revelation in his writings. Though he was condemned both in Alexandria and Rome, it has been said that 'it is due to Origen, more than to any other single master, that biblical interpretation and biblical theology were established for all time in the centre of the activity of the church.' He was 'the first great scholar, the first great preacher, the

first great devotional writer, the first great commentator and the first great writer of dogma.' He was imprisoned and tortured during the persecution of the Roman Emperor Decius in 250.

**Orthodox** The name derives from the Greek *orthos*, true, and *doxa*, doctrine. The Orthodox churches are national churches of Eastern Europe, which, while possessing valid sacraments, have been separated from communion with the pope since the ninth century. Also called Byzantine, or Eastern, churches.

**Ó Súilleabháin, Eoghan Rua** (1748-1784) Born near Killarney, Ireland, Eoghan a' Bheoil Bhinn, ("of the sweet voice") was a labourer with a classical education who was perhaps the most vigorously expressive of Irish poets. He was buried before the high altar in Muckross Abbey in Kerry.

**Ó Súilleabháin, Tadhg Gaelach** (1750-1799) Born in either Kerry or Limerick, Ireland, Tadhg was a religious poet whose writings reflect the influence of continental authors as well as bardic tradition. A friend of Blessed Edmund Ignatius Rice, his poetry has been re-published in recent times.

**Pachomius, Saint** (c.292-c.346) Born near Esneh, Egypt, he entered the army. On leaving it he became a Christian and a hermit but never became a priest. He gathered together hermits who followed the tradition of Saint Anthony of Egypt and is regarded as the founder of the monastic life. By the time of his death he had



founded nine communities of men and two of women, numbering in all about three thousand members. Saint Benedict of Norcia drew on Pachomius' rule when writing his. Pachomius' feast is kept on 9 May.

**Pascal, Blaise** (1623-1662) Born at Clermond-Ferrand, France, Pascal was a philosopher, mathematician and Christian apologist. He contributed to the development of calculus and hydraulics, and invented and sold several elementary calculators, as well as designing a public transport system for Paris which was inaugurated in 1662. His principal apologetic work was his *Pensées* (*Thoughts*), which was still incomplete when he died.

**Paton, Alan** (1903-1988) Born in Pietermaritzburg, South Africa, he became a teacher, then head of a reformatory. He wrote his famous challenge to racial inequality, *Cry, the Beloved Country*, in 1948. It was followed by several other books, including his autobiography, *Towards the Mountain*, in 1980.

**Patrick, Saint** (c.385-461) Born in the west of Britain, he was brought up a Christian before being captured and taken to Ireland as a slave. He escaped, went to France and was ordained bishop about 432. Pope Celestine I sent him to bring the faith to the Christians of Ireland as successor to Palladius. Working through the chiefs, he achieved substantial success, founding his principal see at Armagh. Among the writings attributed to him, the *Confession* and the *Letter to Coroticus*, both warm human documents, are probably authentically his. His feast is celebrated on 17 March.

**Paul VI, Pope** (1897-1978) Born Giovanni Battista Montini near Brescia, Italy, he spent most of his life in the Vatican, except for five years from 1958 to 1963 as Archbishop of Milan. Elected pope in 1963, his great work was the implementation of decisions of the Second Vatican Council (1962-1965), but he is best remembered for his encyclical letter *Humanae Vitae* (1968).

**Péguy, Charles Pierre** (1873-1914) A French Catholic socialist poet and writer on political questions.

**Peter Canisius, Saint** (1521-1597) Born at Nijmegen, then in Germany, he joined the Jesuits and was ordained priest in 1546. He spent his life in the work of the Counter-Reformation, preaching, writing, teaching, founding schools, and arbitrating disputes across central Europe. Of his many writings, *The Catechism* is best remembered. His feast is celebrated on 21 December.

**Peter Damian, Saint** (1007-1072) Born at Ravenna, Italy, he became a hermit, but was later elected abbot of a monastery. By his writings, and later as cardinal, he did much to restore discipline among the clergy. His feast is celebrated on 21 February.

**Philaret of Moscow, Metropolitan** (1782-1867) Vasili Mikhailovich Drozdov was born near Moscow, Russia, the son of a Russian Orthodox priest. He became a monk with the name of Philaret in 1808, and was ordained priest in 1809. He became rector of a seminary, bishop, and then metropolitan of Moscow. In the face of much opposition, he had the bible translated into Russian and

the catechism revised; it was subsequently translated into several languages. He tried to reunite the Ukrainian Catholics with the Orthodox Church, and was hostile to the Catholic Church and especially the pope. He advocated the abolition of serfdom in Russia.

**Philoxenus** (c.450-523) He was born in Tahal, Iran. He studied in Syria and became bishop there of Mabbugh (Hierapolis) in 485. His monophysitism has been described as more semantic than real; he opposed the council of Chalcedon, and was exiled but continued writing, being described as a creative and original thinker, a classical author in Syrian literature over a wide range of subjects.

**Pius IX, Pope** (1792-1878) Count Giovanni Mastai-Ferretti was born at Sinigaglia, Italy. Becoming pope in 1846, he attempted some reforms of the papal states, but without success. They were incorporated into the Kingdom of Italy in 1861 and Rome was included in 1870. He defined the doctrines of the Immaculate Conception of Mary in 1854 and papal infallibility in 1870 at the first Vatican Council (1869-1870).

**Pius XI, Pope** (1857-1939) Born Achille Ratti near Milan, Italy, he became pope in 1922. He normalized relations between the Holy See and Italy by the Lateran Treaty of 1929, was a vigorous promoter of missionary work, especially of the need for a local clergy, and opposed totalitarianism, writing encyclical letters against Fascism (*Non abbiamo bisogno*, 1931), Nazism (*Mit*

*brennender Sorge*, 1937) and *Communism (Divini Redemptoris*, 1937).

**Pius XII, Pope** (1876-1958) Eugenio Pacelli was born in Rome. After ordination he joined the Vatican diplomatic corps, serving mainly in Germany, before becoming secretary of state, and then pope in March 1939. Several of his encyclical letters helped prepare the way for later developments at Vatican II.

**Polycarp, Saint** (?- c.155) He was a disciple of the apostles and bishop of Smyrna in Turkey. Some of his letters survive. They were held in great veneration in the early centuries and used to be read publicly in churches. He was burned alive in an amphitheatre, and his feast is kept on 23 February.

**Pontifical** A book of liturgical texts containing the rites of ordinations and consecrations reserved to a bishop. The first Roman pontifical was published in 1485.

**Powell, John** (1925-2009) An American priest of the Society of Jesus, he wrote widely on spirituality, combining insights from psychology.

**Primer** An English layperson's prayer-book of the thirteenth to the sixteenth centuries, containing the Little Office of Our Lady, Vespers, some psalms and other prayers.

**Processional** A liturgical book containing the order to be followed in a procession; in medieval times, a book with information on a local church.

**Prosper of Aquitaine, Saint** (c.400-c.463) Prosper, a layman, was born in Gascony, France. He spent his life in Provence. An enthusiastic follower of Saint Augustine, his teaching on free will and grace was opposed by some of the French bishops. Pope Celestine, at Prosper's urging, criticized the bishops for this. His feast is celebrated by the Augustinians on 25 June.

**Proust, Marcel** (1871-1922) Born at Auteuil, France, he became a novelist and critic. His best-known work was *A la recherche du temps perdu*, an autobiographical series of novels depicting life in France at the end of the nineteenth century.

**Psalter** The Old Testament collection of one hundred and fifty psalms, or a book containing the same, arranged for the recitation of the Divine Office individually or in common.

**Quiercy, Councils of.** A series of regional councils held in the eighth and ninth centuries at the seat of the Frankish kings near Noyon, France. In 853, in opposition to the teaching of Gottschalk, the council affirmed that God wills the salvation of all people and that Christ died for the sins of all humanity.

**Quoist, Michel** (1918-1997) A French diocesan priest, based at Le Havre, his spiritual writings, especially

*Prayers of Life*, enjoyed great popularity both in France and in English-speaking countries in the 1960's.

**Rahner, Karl** (1904-1984) Born in Germany, he joined the Jesuits and became one of the leading theologians at Vatican II and in the post-conciliar period. His voluminous writings include a number of works of spirituality.

**Redemptorists** The Congregation of the Most Holy Redeemer (C.Ss.R.), a Catholic religious congregation of preachers founded by Saint Alphonsus Liguori in 1732. Its members in Ireland have published *Come, Lord Jesus: Redemptorist Mission and Novena Book*.

**Rice, Blessed Edmund Ignatius** (1762-1844) Born in Callan, Kilkenny, Ireland into a wealthy family Edmund married in 1785. However, his wife died just four years later and their only child was handicapped. From his earliest years he had cared for poor children, feeding and teaching them. In 1802, he began his first school; other men joined him and the Congregation of Christian Brothers and later Presentation Brothers, came into being. Today, they have schools of all kinds on five continents. He was declared Blessed in 1996.

**Richard of Saint Victor** (c.1108-1173) A Scottish mystic, exegete, psychologist and philosopher, he wrote some forty-two works and became one of the foremost scholastic theologians of his day. He became an Augustinian canon of the church of Saint Victor outside Paris, becoming prior there in 1162. His *Benjamin Maior*

and *Benjamin Minor* strongly influenced *The Cloud of Unknowing*.

**Ridding, George** (1828-1904) Pupil and later principal of Winchester College in England, he became first Bishop of Southwell. He also engaged in social work.

**Rilke, Rainer Maria** (1875-1926) Born in Prague, the Czech republic, he worked for a time as secretary to Auguste Rodin the sculptor. A writer of prose and poetry, the latter was characterized by a semi-mystical pantheism. He died in Switzerland.

**Ritual** A book containing the texts of liturgical rites.

**Robert Bellarmine, Saint** (1542-1621) Born at Montepulciano, Tuscany, Italy, he entered the Jesuits and was ordained priest. He was involved in the controversies of the Counter-Reformation, producing many works, the most long-lasting of which were two catechisms. A friend of Galileo's, his outlook was characterized by the desire to persuade his adversaries rather than condemn them. His feast is celebrated on 17 September.

**Robert of Jumièges** (?-1055) Robert was born in Normandy, France. Entering the Benedictines, he became abbot of Jumièges in 1037. He was chosen by his friend King Edward the Confessor to be bishop of London in 1044, and transferred to Canterbury in 1051. After only one year, he was deposed through political infighting and retired to Jumièges where he directed the

preparation of a Missal in the Anglo-Saxon style bearing his name.

**Robinson, Wendy** An English mother of three children, she wrote *Exploring Silence* among other works.

**Rolheiser, Ronald** A Canadian priest, a member of the Oblates of Mary Immaculate, he writes frequently on spiritual matters in books and in some seventy newspapers, and is engaged in retreat work.

**Rolle, Richard** (c.1300-1349) Born Richard Rolle de Hampole in north Yorkshire, England, he seems to have attended Oxford university but not to have graduated. He never received holy orders, but lived an eremitical life. His early writings were often quarrelsome and harshly critical of others, but, in later years, he matured somewhat and his best works were those he wrote for ordinary people, in particular his poems and songs of the love of God.

**Roman** Of the Roman Catholic Church.

**Romero, Oscar** (1917-1980) Becoming Archbishop of San Salvador in El Salvador in the 1970's, he spoke out strongly on behalf of the poor and in favour of a negotiated end to El Salvador's civil war. He was shot dead while celebrating Mass, and his tomb subsequently became a place of pilgrimage.



Rossetti, Christina Georgina (1830-1894) An English poetess and sister of Dante Gabriel Rossetti, a devout High Anglican, she composed prayers and verse.

Rumi, Jalal ad-Din (1207-1273), an Islamic mystic, born in Khurasan in Central Asia, went to Turkey where he became known as Mawlana, the Master.

Runcie, Robert (1921-2000) A tank commander in World War II, winning the Military Cross, he became an Anglican priest and was Archbishop of Canterbury 1980-1991. He favoured the re-marriage in church of divorced people and the ordination of women to the priesthood.

Ruth, Sister A member of the Sisters of the Love of God community of Anglican nuns in Oxford, England.

Ruysbroeck, Blessed Jan van (1293-1381) He was born at Ruysbroeck, near Brussels, Belgium. Educated by an uncle who was a canon of the cathedral chapter, he was ordained priest in 1317. But in 1343, with two companions, he withdrew to a lonely valley in search of solitude, spending the rest of his life in prayer, writing, and giving spiritual counsel. In 1350, the three became Canons of Saint Augustine. Jan was widely known for his spirituality, which reveals something of Eckhart's influence; among those who visited him was Tauler. His writings, in the Brabant dialect of Flemish, reached a wide audience in his own country. Some have been translated into English under the titles *The Sparkling Stone* and *The Adornment of the Spiritual Marriage*.

Known in his lifetime as “Jan the Admirable”, he was beatified in 1908.

***Sacramentary*** A book containing the rites of the sacraments, including the rite of celebrating Mass. The term is sometimes used more narrowly as a synonym for a Missal. In the Western tradition, some the best-known are the Celtic, Franciscan, Gallican, Gelasian, Gregorian, Leonine, Milanese and Mozarabic.

**Sarum** The word derives from Sarisburia, the Latin name for Salisbury, England, one of the principal English episcopal sees. Beginning with missionaries sent to England by Pope Saint Gregory I in 596 under Saint Augustine of Canterbury, a musical tradition developed which, with Gallican and Norman French influences after 1066, lasted until the Reformation. It was revived by Anglican scholars in the nineteenth century. Other liturgical texts, such as the Primer, claim origin from Salisbury.

**Saward, Michael** (1932-) A priest of the Church of England, he is most widely known as a hymn-writer.

**Schweitzer, Albert** (1875-1965) A French Protestant theologian, medical doctor and missionary, he spent the greater part of his life working at Lambaréné, Gabon, in a hospital which he had founded. He wrote *The Quest for the Historical Jesus*. He was awarded the Nobel peace prize in 1952 for his teaching on and example of reverence for life.

**Scottish Psalter** The first version of the Scottish Psalter, or book of psalms, influenced by that of Geneva, was produced in 1564 by Protestant groups who had left Britain because of religious persecution. There were several later editions, of which that of 1650 exchanged artistic vitality for practical usefulness, and reduced the metrical patterns of earlier editions to the monotony of the English common metre.

**Scotus Eriugena, John** (c.810-877) Born in Ireland, by 851 he was master of the palace school at the court of King Charles the Bald of the West Frankish Kingdom. He took part in theological disputes arising from the doctrines of Gottschalk (see Quiercy, Councils of), and wrote *De Praedestinatione* and *De Divisione Naturae*, both of which were condemned. He translated into Latin the works of the pseudo-Dionysius. A man of vigorous, if caustic, wit, he fell from favour after the death of Charles. A legend that he became abbot of Malmesbury in England and was stabbed to death by his students with their pens has been believed by some. (See also Celtic spirituality.)

**Seraphim of Sarov, Saint** (1759-1833) A teacher, lover of nature and mystic, this monk and priest spent some twenty years in solitude before becoming a starets, or spiritual guide, was visited daily by large numbers of pilgrims from all parts of Russia. His feast is celebrated in the Russian Orthodox Church on 2 January.

**Seraphin of Montegrano, Saint** (1540-1604) Felix de Nicola became a Capuchin friar with the name of

Seraphin in 1556. An uneducated man, prayer, work, and care for the poor and sick were his main occupations. His feast is celebrated on 12 October.

**Shakespeare, William** (1564-1616) Born in Stratford-on-Avon, England, a dramatist, actor and poet, he was the author of some thirty-seven plays.

**Shaw, Gilbert** (1886-1967) Born in Dublin, Ireland, he began his career as a barrister, married and had a family, and then became a clergyman in the Church of England. His *Pilgrim's Book of Prayers* was first published in 1945. Active in retreat work, he was warden of the Sisters of the Love of God in Oxford from 1964 until his death.

**Siemens, Werner von** (1816-1892) A German electrical engineer who discovered the dynamo principle in 1867. He founded a highly successful company which built trams and hydro-electric stations, and operated intercontinental telephone systems.

**Silouan of Mount Athos, Saint** (1866-1938) Born in a Russian village, Silouan entered the Russian monastery on Mount Athos, Greece, in 1892, and remained there for the rest of his life. Never ordained, he was a starets, a spiritual adviser, who particularly urged forgiveness of one another. His writings were published after his death by his disciple, Archimandrite Sophrony under the titles *The Monk of Mount Athos* and *Wisdom from Mount Athos*.

**Sobrino, Jon** (1938- ) A Basque Jesuit, and South American liberation theologian, he has written and lectured widely, especially on the theme of peace.

**Society of Saint Francis** A religious order of Anglican Franciscans, founded in England, now wide-spread in the English-speaking world.

**Solzhenitsyn, Alexander** Isayevich (1918-2008) A writer and member of the Russian Orthodox Church, he was imprisoned from 1945 to 1957 for criticism of Stalin. His writings, especially *The Gulag Archipelago*, were critical of the Soviet system. He was expelled from the Soviet Union in 1974 and went to live in the USA where he became a citizen. He was awarded the Nobel Prize for literature in 1970.

**Soubirous, Saint Marie Bernarde (Bernadette)** (1844-1879) Born in poverty and ill-health at Lourdes, France, she was favoured with the apparitions there of our Lady of the Immaculate Conception in 1858. Suffering much as a result, in 1866 she joined the Sisters of Notre Dame at Nevers where she spent the rest of her life. Her feast is celebrated on 16 April.

**Spurgeon, Charles H.** (1834-1892) A British Baptist minister, a very popular preacher and prolific writer, he established a training college for pastors, an orphanage and an alms-house.

**Stein, Saint Edith** (1891-1942) Born into a Jewish family in Germany, she was an atheist for some time.

Drawn to the Catholic faith through the writings of Saint Teresa of Avila, she became a Carmelite nun with the name of Sister Teresa Benedicta of the Cross. She was arrested by German occupation forces in the Netherlands, taken to Auschwitz concentration camp, and killed. In 1988, Pope John Paul II canonized her amid controversy and declared her co-patroness of Europe. Her feast is kept on 9 August.

**Steindl-Ross, David** (1926- ) A monk of the Russian Orthodox Church living at Mount Savior Monastery, Pine City, New York, he writes on spirituality (*A Listening Heart*, New York 1983, among others) and has edited spiritual works by classical authors.

***Stowe Missal*** A ninth century parchment codex of sixty-five folios, called a Missal because of its more important parts. It includes the ordinary of the Mass, prayers for three proper Masses, an Irish treatise on the Mass, an order of baptism and of visiting the sick, and extracts from Saint John's gospel. It was formerly kept at Stowe, England.

**Sullivan, Jean** (1913-1980) The pseudonym of Joseph Lemarchand, a French diocesan priest, whose spiritual journal has been published in English under the title *Morning Light*. Influenced by Henri le Saux (Abhishiktananda), and by Hinduism, he also wrote *The Sea Remains*, *Eternity my Beloved* and *Anticipate Every Goodbye*. He was killed in a road accident.

**Surin, John Joseph** (1600-1665) Born in Bordeaux, France, he joined the Jesuits where he came under the influence of Father Lallemand and became a priest. Later, he was invited to exorcize some Ursuline nuns who were said to be possessed; the experience left him unbalanced for some twenty years, but he recovered in the last years of his life during which he wrote several books, among which are *The Spiritual Catechism* and *The Spiritual Guide*. They strongly emphasize docility to the Holy Spirit and acting always with the right intention.

**Symeon the New Theologian, Saint** (949-1022) A mystical theologian and poet, he was the abbot of the monastery of Saint Mamas in Constantinople. A central image in his writings is that of God as the Light.

**Syrian Liturgy** Originally the rite of the church of Antioch, Syria, dating from the fourth century, it was written in Greek; in later centuries Syriac was used, and Arabic in modern times. The rite is used today by Jacobites (Monophysites) and Catholics in Syria and Lebanon. One of its features is the Liturgy of Saint James, which has sixty-four Eucharistic prayers.

**Taizé** A monastic community of the Reformed church in Taizé, France. Founded by Roger Schutz and Max Thurian after the Second World War, it is ecumenical in membership and character, and each year attracts large numbers of people of all ages to its public prayer sessions.

**Talmud, The.** A collection of teachings of Jewish rabbis, consisting of the *Mishna* and a commentary on it, the *Gemara*, in two editions, in the fourth and fifth centuries BCE. Talmud is the Aramaic for teaching.

**Tauler, John** (1304-1361) Probably born in Strasbourg, France, he joined the Dominicans and studied in Cologne, where he met and was influenced by Blessed Henry Suso and Meister Eckhart. Many of his sermons survive; they focus especially on the nature and attributes of God.

**Taylor, Jeremy** (1613-1667) Church of Ireland bishop of Down, Connor and Dromore. Known as a devotional writer of exceptional literary quality - his style is "a magic of sound," wrote a recent critic - and a moral theologian. His *Great Exemplar of Sanctity and Holy Life* was published in 1657, and an anthology of his writings in 1930 entitled *Golden Grove*. Described by Coleridge as "the Shakespeare of English prose," a biography has recently been published under the title *Muskets and Altars*.

***Theologia Germanica*** A mystical treatise, composed anonymously about 1350, probably in Frankfurt-am-Main, Germany. It was discovered, named and printed by Luther, and influenced his thinking substantially, so much so that it has sometimes been attributed to him. It has been translated into English.

**Temple, William** (1884-1944) An English churchman, he became archbishop of Canterbury in 1942. His



principal concerns were for Christian unity and for living the Christian faith in social life.

**Teresa of Ávila**, Saint (1515-1582) Born in Spain, she joined the Carmelites in her home town, where she led a relaxed and comfortable life. However, in 1562 she led a reform movement based on a return to the authentic tradition of Carmel. Supported by Saint Peter of Alcántara and working with Saint John of the Cross, she set up sixteen houses of the reform, despite ill-health, opposition and a lack of resources. Her writings, especially her *Life*, *The Interior Castle* and *The Way of Perfection* are among the great classics of Christian spirituality. They combine spiritual insight, humour, kindness and hard-headed realism. She was declared a doctor of the church in 1970 by Pope Paul VI. Her feast is celebrated on 15 October.

**Teresa of Calcutta**, Mother (1910-1997) Born Agnes Gonxha Bojaxhiu in Skopje, Macedonia, and educated in Ireland, she joined the Loreto Sisters and taught in their schools in India. Her “second vocation”, to serve “the poorest of the poor” led her to live among, and work with, destitute people in Calcutta. In 1948, she founded the Missionaries of Charity, now a world-wide congregation of sisters, engaging in similar work. She was awarded the Nobel peace prize in 1979.

**Thérèse of Lisieux**, Saint (1873-1897) Born at Alençon, France, she joined the Carmelite nuns while still only fifteen, having made a personal appeal to Pope Leo XIII. Nine years later she died of tuberculosis, leaving behind

her autobiography and letters which, when purged of the ham-fisted “editorial” work of her sisters, reveal a person who grew enormously in a short time, learning how the apparently insignificant things in life can be invested with great value, how to live with the apparent absence of God, and to accept that our love for God is a gift rather than an achievement. Patroness of the foreign missions and of Russia, she was declared a doctor of the church by Pope John Paul II. Her feast is celebrated on 1 October.

**Thomas à Kempis** (about 1379-1471) Born at Kempen, near Düsseldorf, Germany, he joined a community of Augustinian canons in 1399, and was ordained priest in 1413. He spent his life as a copyist of manuscripts and in writing chronicles and devotional works, of which the best-known is the *Imitation of Christ*. He is considered as the outstanding exponent of the *Devotio Moderna*. He moved to Zwolle in the Netherlands three years before his death.

**Thomas Aquinas, Saint** (1225-1274) Born in Aquino, Italy, he studied at Monte Cassino and Paris, and at Cologne under Saint Albert the Great. A Dominican friar, he was perhaps the greatest philosopher and theologian of the church, and has left a large body of writings. His principal works are the *Summa contra Gentiles* and the *Summa Theologiae*; he has also left some religious poems, especially the Office for *Corpus Christi*.

**Tikhon of Zadonsk, Saint** (1725-1783) Born into an extremely poor family, Tikhon remained close to the people throughout his life. He became a monk; then, from 1761 to 1768, he was bishop of Zadonsk. He was remembered especially as a teacher and courageous speaker on the social questions of the day. His spirituality was characterized by a warm personal love of Christ and devotion to the bible. It has been said that he was the model for Father Zossima in Dostoyevsky's *The Brothers Karamazov*. The Orthodox Church keeps his feast on 13 August.

**Tilby, Angela** (1950- ) was for many years a producer of BBC's *Thought for the Day* before being ordained priest in the Church of England. She writes theology and spirituality.

**Turgenev, Ivan Sergeevich** (1818-1883) Russian novelist and playwright, noted for realism and pessimism.

**Underhill, Evelyn** (1875-1941) Born in Wolverhampton, England, into a family of agnostics, she experienced a religious conversion in 1907 which led her to the Catholic Church. But the publication of the encyclical letter *Pascendi* against modernism dissuaded her from joining it. Instead she became an Anglican and devoted most of her life to the study of mysticism and liturgy, in both of which she became a recognized authority.

**Vanier, Jean** (1916- ) Born in Canada, he served in the navy for some years. He studied in France before returning home to take up a university professorship. Later he founded the *L'Arche* [*The Ark*], and the *Faith and Light* movements of communities of handicapped people. He is the author of many books of spirituality which focus on the fragility of the human condition.

**Vatican II** The second Vatican Council, called by Pope John XXIII, was held in Rome 1962-65, to promote renewal of the Roman Catholic Church and unity with other Christian churches.

**Vianney, Saint John Mary** (1786-1859) Born near Lyons, France, he had the greatest difficulty in acquiring the knowledge necessary for the priesthood but succeeded after many setbacks. Appointed as curé in the parish of Ars, he renewed it thoroughly through his prayer, penance and example. He is especially remembered for his compassion towards the poor and his work as a confessor. His feast is celebrated on 4 August.

**Vives, Juan Luis** (1492-1540) Born in Valencia, Spain, he was a humanist, philosopher and social reformer. Forced by the Inquisition to flee, he became professor at Louvain, Belgium, in 1519, where he became a life-long friend of Erasmus. He published a commentary on Saint Augustine's *The City of God* before moving to England where he became secretary to Catherine of Aragon, wife of Henry VIII. He married about 1524 but his opposition to Henry's proposed divorce of Catherine led to his arrest and exile in Bruges, Belgium. He opposed scholasticism

because of its excessive dependence on Aristotle, and favoured instead a closer link between philosophy and the Christian faith. In his writings he described poverty as a disgrace and a danger to the state. He urged education for all, especially women, and has been described as the greatest pedagogue of his time and a father of modern science because of his emphasis on the need for experimentation and an inductive approach to the pursuit of knowledge.

**Vladimir of Kiev, Saint** (956-1015) A Russian prince, possibly of Norse origin, he was brought up a pagan, though his grandmother Olga had been a Christian. About 988 he became a Christian, was baptized and married Anna, sister of the Byzantine Emperor Basil II. The *Russian Primary Chronicle* recounts the background to his conversion and the entry into the Christian community of the people of Rus which followed it. The millennium of Russian Christianity, celebrated in 1988, dates from his baptism.

**Voillaume, René** He was for a time the superior of the Little Brothers of Jesus founded by Charles de Foucauld. Among his writings are *Seeds of the Desert*.

**Ware, Kallistos** (1934- ) A fellow of Pembroke College, Oxford, and a bishop of the Orthodox Church, he has written on spirituality. Among his writings are *The Power of the Name*, a study of the Jesus prayer.

**Way of a Pilgrim, The** An anonymous work of spirituality, written in Russia, probably between 1853

and 1861. The second part, *The Pilgrim continues his Way*, was probably written by another author.

**Weil, Simone** (1909-1943) She was born in Paris, France, and qualified as a teacher of philosophy in 1931. Later she worked in the Renault car factory and served on the Republican side in the Spanish civil war. During World War II she was with the Free French government in exile in London. During these activities she continued her study and reflection on God. Though she came to believe in the Catholic Church she was never baptized, saying her vocation was 'to stand at the intersection of Christians and non-Christians.' Her best-known spiritual work is called *Waiting on God*. She died in England of tuberculosis and malnutrition.

**Weimarer Gesangbuch** A Lutheran hymnal produced at Weimar, Germany, in 1873.

**Wesley, John** (1703-1791) Born at Epworth, Lincolnshire, England, he went to Oxford with his brother Charles. They were so methodical in their religious observances that they were nicknamed Methodists. Ordained in the Church of England, he went to Georgia, USA, as a missionary. He returned to England in 1738 and experienced a conversion which changed him from High Anglican to evangelical. When he was prohibited from preaching in Anglican churches, he brought the gospel to the people, travelling round the country on horseback for some fifty years, preaching in the open air. His sermons became the doctrinal basis of Methodism.

**Westcott, Brooke Foss** (1825-1901) Anglican Bishop of Durham. He was a scripture scholar and writer, a spiritual director, trainer of clergy, and supporter of miners' rights.

**Westminster Confession, The** It is the doctrinal "standard" of English-speaking Presbyterianism. It began as an attempt by Puritans to reform the Thirty-Nine Articles of the Church of England but developed, partly under the influence of the politics of the English civil war, into a full statement of Calvinism in thirty-three chapters. It was published in 1647, and has been described as 'the most venerable statement ever made of the doctrinal content of the Reformed faith.'

**Whichcote, Benjamin** (1609-1683) Priest of the Church of England, and described as a liberal Puritan, his writings were unpublished until after his death.

**Whitford, Richard** (died 1542) English or Welsh by birth, he became a Bridgettine monk in 1507, and supported Thomas More in his opposition to Henry VIII's proposal to divorce his wife. He wrote a large number of devotional works.

**Wilde, Oscar** (1854-1900) Born in Ireland and educated in Oxford, his witty conversation made him the darling of London society. A novelist, poet and playwright, he was imprisoned in 1895 for a homosexual affair with Lord Alfred Douglas, and went into exile in France after his release in 1897. His later writings, especially *The*

*Ballad of Reading Gaol*, have a theme of repentance and forgiveness.

**William of Saint Thierry** (1085-1148) Born at Liège, Belgium, William joined the Benedictines at Reims. Between 1116 and 1118 he formed a lasting friendship with Saint Bernard of Clairvaux. In 1135, seeking a more contemplative life, he joined the Cistercians at Signy. His very substantial writings on mystical theology and spirituality focus on the Trinity and draw their inspiration from scripture and, especially, the writings of the Fathers.

**Winter, Miriam Thérèse** (1930-) A Medical Missionary Sister, born in New Jersey, she teaches liturgy, spirituality and feminism at Hartford Seminary, and has written some well-known hymns.

**Young Christian Workers** A movement, founded by Joseph Cardijn, a Belgian priest, later cardinal, which sought to strengthen the faith of the young when they entered modern industrial urbanized society. Using the slogan “See, judge, act” they were encouraged to observe and assess their situation in the light of the Christian faith, and to become active both in mutual support and spreading the faith. The movement is present in about one hundred and twenty countries.



## Documents of the Second Vatican Council (1962-1965)

*Ad Gentes*: the decree on the church's missionary activity.

*Apostolicam Actuositatem*: the decree on the apostolate of laypeople.

*Christus Dominus*: the decree on the pastoral office of bishops.

*Dei Verbum*: the dogmatic constitution on divine revelation.

*Dignitatis Humanae*: the declaration on religious liberty.

*Gaudium et Spes*: the pastoral constitution on the church in the modern world.

*Gravissimum Educationis*: the declaration on Christian education.

*Inter Mirifica*: the decree on the instruments of social communication.

*Lumen Gentium*: the dogmatic constitution on the church.

*Nostra Aetate*: the declaration on the church's relationship with non-Christian religions.

*Optatam Totius*: the decree on the training of priests.

*Orientalium Ecclesiarum*: the decree on the Catholic eastern churches.

*Perfectae Caritatis*: the decree on the renewal and adaptation of the religious life.

*Presbyterorum Ordinis*: the decree on the life and ministry of priests.

*Sacrosanctum Concilium*: the constitution on the liturgy.

*Unitatis Redintegratio*: the decree on ecumenism.

**Note**

The term “Post-Vatican II documents” in this book refers to those documents, issued after the Second Vatican Council (1962-1965), which were intended to implement its decisions.