



## Monday Morning prayer

Still

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*Responses are in **bold type**. Psalms: alternate between right and left side of group*

**Hymn** (Music or spoken)

Be still

Be Still

And in Creation, be aware  
of the presence that is God

The Lord is here: **His Spirit is with us**

In our waking into this day

**You are there, Lord**

In all that lies before us,

**You are there, Lord**

In the people we meet

**You are there, Lord**

On every road we travel, through every door we go today

**You are there, Lord**



## Psalm

*Alternate the verses...between right side of group (R) and left (L)*

## Psalm 23

### Be still and know that I am God

R The Lord is my shepherd;  
I have all that I need.

L He lets me rest in green meadows;  
he leads me beside still waters.

R He renews my strength.  
He guides me along right paths,  
bringing honour to his name.

L Even when I walk through the darkest valley,  
I will not be afraid,

R for you are close beside me.  
Your rod and your staff protect and comfort me.

### Be still and know that I am God



**Music....**

**Silent, surrendered, calm and still,  
open to the word of God.  
Heart humbled to his will,  
offered is the servant of God.**

**Scripture reading:**

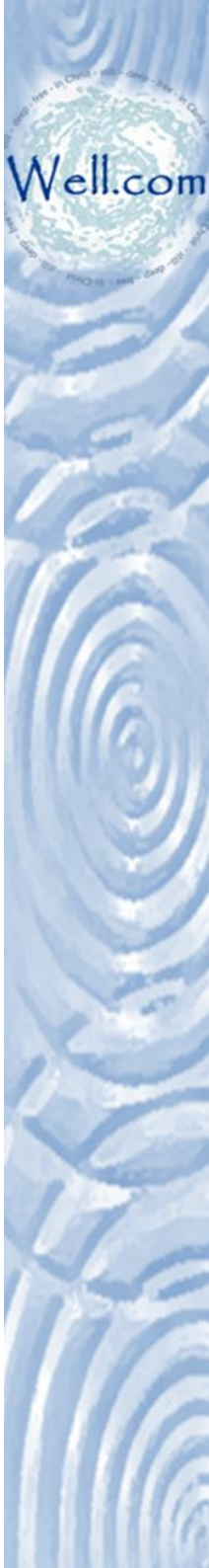
*Notice what stands out for you....something that appeals or  
challenges...something you would like to bring into the day with  
you, even if you don't know why*

**Lord, we thank you for the gift of this day  
Father God, still us that we might hear your voice**

**Lord, we thank God for the gift of your Love  
Son of God, walk with us that we might do you will**

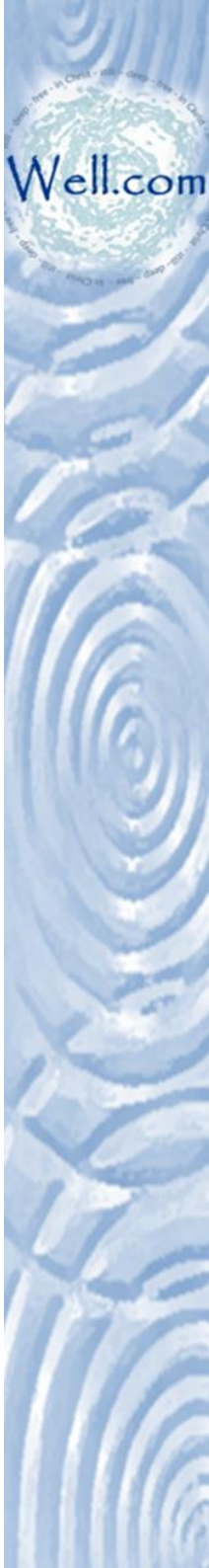
**Lord, we thank you for the gift of creation  
Spirit God, move in us that we might bring newness and healing**

**Our Father.....**



I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.  
I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken 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.

**And we leave here**  
**In the name of the Father and of the Son and of the Holy Spirit**  
**AMEN**



*Responses are in **bold type**. Psalms: alternate between right and left side of group*

**Hymn** (Music or spoken)

Be still

Be Still

And in Creation, be aware  
of the presence that is God

The Lord is here: **His Spirit is with us**

In our wakening into this day

**You are there, Lord**

In all that lies before us,

**You are there, Lord**

In the people we meet

**You are there, Lord**

On every road we travel, through every door we go today

**You are there, Lord**



## Psalm

*Alternate the verses...between right side of group (R) and left (L)*

Psalm 143

**Remind me each morning of your constant love,**

**R** I remember the days gone by;  
I think about all that you have done,  
I bring to mind all your deeds.

**L** I lift up my hands to you in prayer;  
like dry ground my soul is thirsty for you.

**R** Answer me now, Lord! I have lost all hope.  
Don't hide yourself from me,  
or I will be among those who go down to the world of the dead.

**L** Remind me each morning of your constant love,  
for I put my trust in you.

**R** My prayers go up to you;  
show me the way I should go.

**Remind me each morning of your constant love,**



**Music....**

**Silent, surrendered, calm and still,  
open to the word of God.**

**Heart humbled to his will,  
offered is the servant of God.**

**Scripture reading:**

*Notice what stands out for you....something that appeals or  
challenges...something you would like to bring into the day  
with you, even if you don't know why*

**Lord, we thank you for the gift of this day**  
**Father God, still us that we might hear your voice**

**Lord, we thank God for the gift of your Love**  
**Son of God, walk with us that we might do you will**

**Lord, we thank you for the gift of creation**  
**Spirit God, move in us that we might bring newness and  
healing**

**Our Father.....**

I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken 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.

**And we leave here**

**In the name of the Father and of the Son and of the Holy  
Spirit AMEN**





## Wednesday Morning Prayer

Free

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*Responses are in **bold type**. Psalms: alternate between right and left side of group*

### **Hymn** (Music or spoken)

Be still

Be Still

And in Creation, be aware  
of the presence that is God

The Lord is here: **His Spirit is with us**

In our wakening into this day

**You are there, Lord**

In all that lies before us,

**You are there, Lord**

In the people we meet

**You are there, Lord**

On every road we travel, through every door we go today

**You are there, Lord**



## Psalm

*Alternate the verses...between right side of group (R) and left (L)*

Psalm 146

### The Lord sets the prisoners free

R Happy are those whose help is the God of Jacob,  
whose hope is in the Lord their God,  
who made heaven and earth,  
the sea, and all that is in them;

L The Lord sets the prisoners free;  
the Lord opens the eyes of the blind.

R The Lord lifts up those who are bowed down;  
the Lord loves the righteous.

L The Lord watches over the strangers;  
he upholds the orphan and the widow,  
but the way of the wicked he brings to ruin.

### The Lord sets the prisoners free



**Music....**

**Silent, surrendered, calm and still,  
open to the word of God.  
Heart humbled to his will,  
offered is the servant of God.**

**Scripture reading:**

*Notice what stands out for you....something that appeals or  
challenges...something you would like to bring into the day with  
you, even if you don't know why*

**Lord, we thank you for the gift of this day  
Father God, still us that we might hear your voice**

**Lord, we thank God for the gift of your Love  
Son of God, walk with us that we might do you will**

**Lord, we thank you for the gift of creation  
Spirit God, move in us that we might bring newness and healing**

**Our Father.....**

I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.  
I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken 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.

**And we leave here**

**In the name of the Father and of the Son and of the Holy Spirit**

**AMEN**



*Responses are in **bold type**. Psalms: alternate between right and left side of group*

**Hymn** (Music or spoken)

Be still

Be Still

And in Creation, be aware  
of the presence that is God

The Lord is here: **His Spirit is with us**

In our wakening into this day

**You are there, Lord**

In all that lies before us,

**You are there, Lord**

In the people we meet

**You are there, Lord**

On every road we travel, through every door we go today

**You are there, Lord**



## Psalm

*Alternate the verses...between right side of group (R) and left (L)*

### **We are his people, the sheep of his pasture**

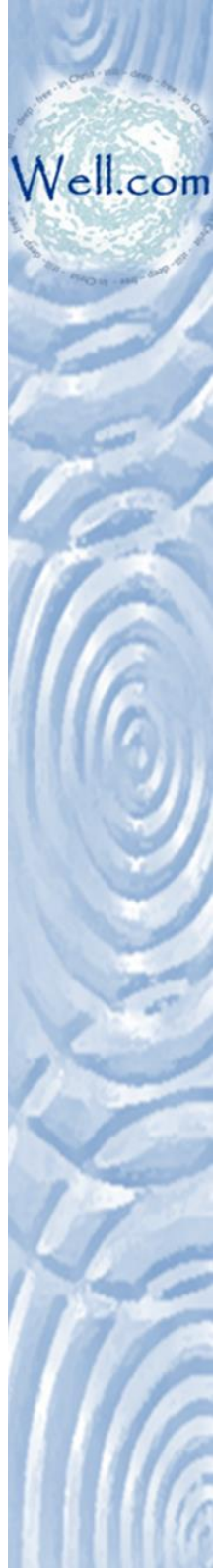
**R** Shout with joy to the Lord, all the earth!  
Worship the Lord with gladness.  
Come before him, singing with joy.

**L** Acknowledge that the Lord is God!  
He made us, and we are his  
We are his people, the sheep of his pasture.

**R** Enter his gates with thanksgiving;  
go into his courts with praise.  
Give thanks to him and praise his name.

**L** For the Lord is good.  
His unfailing love continues forever,  
and his faithfulness continues to each generation.

### **We are his people, the sheep of his pasture**



**Music....**

**Silent, surrendered, calm and still,  
open to the word of God.  
Heart humbled to his will,  
offered is the servant of God.**

**Scripture reading:**

*Notice what stands out for you....something that appeals or  
challenges...something you would like to bring into the day with  
you, even if you don't know why*

**Lord, we thank you for the gift of this day  
Father God, still us that we might hear your voice**

**Lord, we thank God for the gift of your Love  
Son of God, walk with us that we might do you will**

**Lord, we thank you for the gift of creation  
Spirit God, move in us that we might bring newness and healing**

**Our Father.....**

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The strong Name of the Trinity,  
By invocation of the same,  
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His eye to watch, His might to stay,  
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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.

**And we leave here**

**In the name of the Father and of the Son and of the Holy Spirit**

**AMEN**





## Friday Morning Prayer

In Christ

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*Responses are in **bold type**. Psalms: alternate between right and left side of group*

**Hymn** (Music or spoken)

Be still

Be Still

And in Creation, be aware  
of the presence that is God

The Lord is here: **His Spirit is with us**

In our waking into this day

**You are there, Lord**

In all that lies before us,

**You are there, Lord**

In the people we meet

**You are there, Lord**

On every road we travel, through every door we go today

**You are there, Lord**



## Psalm

*Alternate the verses...between right side of group (R) and left (L)*

Psalm 103

**God is love, and all who live in love live in God, and God lives in them.** (1 John 4:16b)

℞ Praise the Lord, my soul!

All my being, praise his holy name!

Praise the Lord, my soul, and do not forget how kind he is.

ℒ He forgives all my sins and heals all my diseases.

He keeps me from the grave and blesses me with love and mercy.

℞ The Lord is merciful and loving,

slow to become angry and full of constant love.

ℒ He does not punish us as we deserve

or repay us according to our sins and wrongs.

℞ As high as the sky is above the earth,

so great is his love for those who honour him.

**God is love, and all who live in love live in God, and God lives in them.**



**Music....**

**Silent, surrendered, calm and still,  
open to the word of God.  
Heart humbled to his will,  
offered is the servant of God.**

**Scripture reading:**

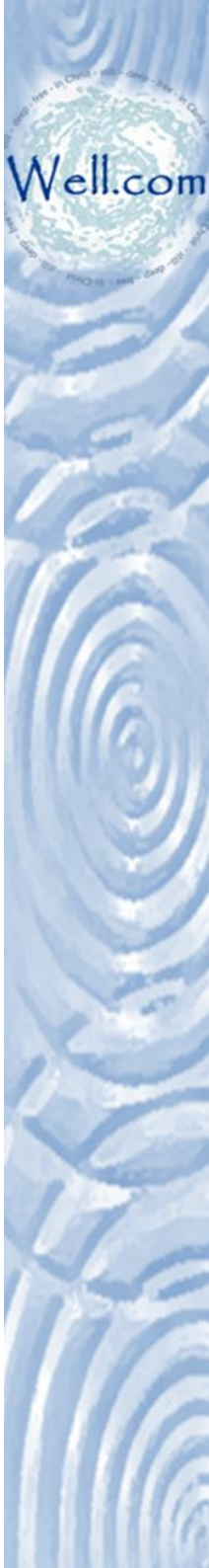
*Notice what stands out for you....something that appeals or  
challenges...something you would like to bring into the day with  
you, even if you don't know why*

**Lord, we thank you for the gift of this day  
Father God, still us that we might hear your voice**

**Lord, we thank God for the gift of your Love  
Son of God, walk with us that we might do you will**

**Lord, we thank you for the gift of creation  
Spirit God, move in us that we might bring newness and healing**

**Our Father.....**



I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.  
I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken 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.

**And we leave here**

**In the name of the Father and of the Son and of the Holy Spirit**

**AMEN**



## Monday Mid-day Prayer

Still

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

**Hymn** (Music or spoken)

In-poured Spirit, deep and still,  
love eternal the world to fill.

The Lord is here: **His Spirit is with us**

God of sky and sea  
of life and death

**Still us**

God of mind and heart  
of love and longing

**Still us**

God of gift and goodness  
Of change and stability

**Still us**

In our inner turmoil  
in our outer restlessness

In our coming and our going

**Still us, Lord.**

**AMEN**



## Psalm 130

### I am still and at peace

℞ Lord, I have given up my pride  
and turned away from my arrogance.

ℒ I am not concerned with great matters  
or with subjects too difficult for me.

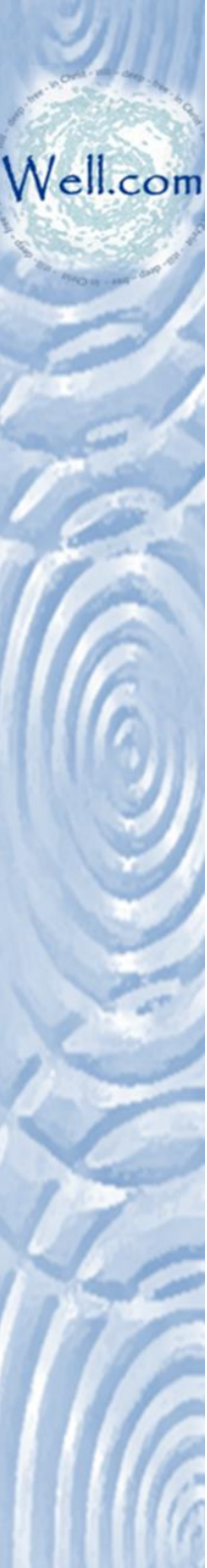
℞ Instead, I am still  
and at peace.

ℒ As a child lies quietly in its mother's arms,  
so my heart is quiet within me.

℞ Israel, trust in the Lord  
now and forever!

### I am still and at peace

**Scripture reading...***followed by a few mins of music*



**Lord, in the midst of our busy day, we bring ourselves into the stillness of your presence and we pray**

For those who are suffering because of wars

**Lord in your mercy, hear our prayer**

For those who struggle with mental health difficulties

**Lord in your mercy, hear our prayer**

For those burdened by troubles and anxieties

**Lord in your mercy, hear our prayer**

For those who are forced to live in poverty and oppression

**Lord in your mercy, hear our prayer**

For those who are restless for justice

**Lord in your mercy, hear our prayer**

For those who will not stay still while their brothers and sisters are suffering

**Lord in your mercy, hear our prayer**

For those who provide the comfort and security of care for others

**Lord in your mercy, hear our prayer**

For those who are agents of your peace in our homes and in our communities.

**Lord in your mercy, hear our prayer**

**Our Father....**

Gentle Mother- Father God  
Deep within  
Holding us  
In busy-ness  
in loneliness  
in laughter and in excitement  
in tears and tension  
Draw us into your stillness  
open us to your quiet presence  
Wrap us in the safety of your love.

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . . .

**In the Name of the Father  
and of the Son and of the Holy Spirit Amen**





## Tuesday Mid-day Prayer

Deep

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Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

**Hymn** (Music or spoken)

In-poured Spirit, deep and still,  
love eternal the world to fill. (Margaret Rizza)

The Lord is here: **His Spirit is with us**

Holy God  
Creator God  
God of life and longing

**Abide in us**

Holy God  
Incarnate God  
God of tenderness and compassion

**Abide in us**

Holy God  
Transforming God  
God of growth and healing

**Abide in us**



Psalm 42

Deep calls to deep

**R** As a deer longs for running streams  
So my soul is thirsting for you, O God.

**L** I want to drink deep draughts of God  
I am thirsty for God-alive

**R** Day and night, tears have been my food  
Day after day, people ask me, "Where is your God?"

**L** As I pour out my soul, I remember  
Leading crowds in joyful procession to the house of God

**R** Deep calls to deep;  
floods of sorrow pour upon me like a thundering waterfall

**L** I say to God my rock, "Why have you forgotten me?  
Why do I go on mourning, oppressed by the enemy?"

**R** Why are you downcast my soul?  
Why so troubled within me?  
Hope in God again.  
I will praise him, my saviour and my God

Deep calls to deep



**Scripture reading...***following by quiet reflection and music*

**Indwelling God**, you are woven like gold thread into the deepest fabric of our being. Without you we unravel. To you we pray:

In the busy-ness of this day

**Lord, we thank you for your presence within us**

In the midst of distractions

**Lord, we thank you for your presence within us**

In our anxieties and concerns

**Lord, we thank you for your presence within us**

In our joy and excitement

**Lord, we thank you for your presence within us**

In the depths of fear and doubt

**Lord, we thank you for your presence within us**

In times of success and disappointment

**Lord, we thank you for your presence within us**

In our living and our laughing

**Lord, we thank you for your presence within us**

In our loving and our longing

**Lord, we thank you for your presence within us**

In every turn and twist of life's road

**Lord, we thank you for your presence within us**

In the quiet prayers of our hearts (pause)

**Lord, we thank you for your presence within us**



**Our Father.....**

Indwelling God

You go ahead of us  
into our afternoon.

Increase our awareness of your presence  
in the people we meet  
in the kindness of word and action  
in the gentleness of being.

All this we pray in your holy name

**AMEN**

**May we rest**

**In the stillness of God**

**May we find acceptance**

**in the deep love of his Son**

**and in our coming and our going**

**may we experience**

**the freedom of the Spirit**

**day by day**

**calling us**

**to new life**

**together**

**in Christ**

We leave here

**In the Name of the Father and of the Son and of the Holy  
Spirit Amen**

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

### **Hymn** (Music or spoken)

In-poured Spirit,  
deep and still,  
love eternal  
the world to fill. (Margaret Rizza)

The Lord is here: His Spirit is with us

Liberating Spirit

**Set us free**

From the need for approval

**Set us free**

From the ache of not enough

**Set us free**

From the divisions within

**Set us free**

Life-giving Spirit

**Set us free**

that we might seek Him

**Set us free**

That we might share His nature

**Set us free**

That we might be His love

**Set us free**



## Psalm 18

**Into your hands I commit my very life. Lord, set me free.** (Ps 31)

℞ I love you, Lord. You give me strength.

ℒ The Lord is my rock and my fort. He is the One who saves me.  
My God is my rock. I go to him for safety.

℞ He is like a shield to me. He's the power that saves me. He's my  
place of safety.

ℒ The ropes of death were almost wrapped around me.  
A destroying flood swept over me.

℞ The ropes of the grave were tight around me.  
Death set its trap in front of me.

ℒ When I was in trouble, I called out to the Lord.  
I cried to my God for help.

℞ He reached down from heaven. He took hold of me.  
He lifted me out of deep waters. He saved me from my powerful  
enemies.

ℒ He set me free from those who were too strong for me.  
He brought me out into a wide and safe place.

**Into your hands I commit my very life. Lord, set me free.** (Ps 31)

**Scripture reading...***following by quiet reflection and music*



**Lord, we pray for freedom from**

Our petty jealousies and insecurities **Lord hear our prayer**

Our yearning for approval and acceptance **Lord hear our prayer**

The need to have control over others **Lord hear our prayer**

Our fear of those who differ from us **Lord hear our prayer**

Our ache for things that do not lead to you **Lord hear our prayer**

**We pray for freedom to**

Forgive and accept forgiveness **Lord hear our prayer**

Share generously **Lord hear our prayer**

Reach out with confidence to others **Lord hear our prayer**

Receive from you and others today **Lord hear our prayer**

Love and to be loved **Lord hear our prayer**

And in the quiet of our hearts we pray for those we know are not free, who are suffering, who are caught in places where they do not want to be.....*(Pause)*

**Lord hear our prayer**

**Our Father....**

Holy Spirit Breath of God  
breath into our lives this day.  
Safe in your healing presence  
free us  
to grow  
to be like him  
to Be-In-Love

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . .

**In the Name of the Father  
and of the Son and of the Holy Spirit Amen**





## Thursday Mid-day Prayer

Together

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

### **Hymn** (Music or spoken)

You O Lord are in this place,  
Your Presence fills it. Your presence is peace  
You O Lord are in my heart  
Your Presence fills it. Your presence is peace  
You O Lord are in my mind,  
Your Presence fills it. Your presence is peace  
You O Lord are in my life,  
Your Presence fills it. Your presence is peace

The Lord is here: **His Spirit is with us**

God of all Creation  
Source of life and love  
**Unite us**

Son of God  
Word of love made flesh  
**Unite us**

Spirit of God  
Love-force in our midst  
**Unite us**



## Ezekiel 34

**He will feed his flock like a shepherd; he will gather the lambs in his arms, (Isaiah 40:11)**

℞ I myself will search for my sheep, and will seek them out.

As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep.

ℒ I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness.

I will bring them out from the peoples and gather them from the countries, and will bring them into their own land;

℞ I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land.

I will feed them with good pasture, and the mountain heights of Israel shall be their pasture;

ℒ I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God.

I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak...

**He will feed his flock like a shepherd he will gather the lambs in his arms,**

**Scripture reading...***following by quiet reflection and music*



**Lord we pray**

For an end to the walls and words that divide us

**Lord in your mercy, hear our prayer**

That we might come to understand each other

**Lord in your mercy, hear our prayer**

That we might live at peace with diversity

**Lord in your mercy, hear our prayer**

**Open our eyes to the pain we cause when we**

Tear each other apart in bitterness and dispute

**Lord in your mercy, hear our prayer**

Engage in or support war and violence

**Lord in your mercy, hear our prayer**

Encourage division and exclusion

**Lord in your mercy, hear our prayer**

**And we pray that**

All who battle injustice may have hope

**Lord in your mercy, hear our prayer**

All who work for unity may be strengthened

**Lord in your mercy, hear our prayer**

All who strive for peace may be supported

**Lord in your mercy, hear our prayer**

**Our Father....**

Creator God  
Restore us  
Son of God  
Walk with us  
Breath of God  
Empower us.  
Father, Son and Spirit  
Three-in-One  
Unite us

**AMEN**

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . **.In the Name of the Father  
and of the Son and of the Holy Spirit Amen**



## Friday Mid-day Prayer

In Christ

---

Responses are in **bold type**. Psalms: alternate between right **R** and left **L** side of group

### **Hymn** (Music or spoken)

You O Lord are in this place,  
Your Presence fills it. Your presence is peace  
You O Lord are in my heart  
Your Presence fills it. Your presence is peace  
You O Lord are in my mind,  
Your Presence fills it. Your presence is peace  
You O Lord are in my life,  
Your Presence fills it. Your presence is peace

The Lord is here: **His Spirit is with us**

**Christ with me,  
Christ before me,  
Christ behind me  
In Christ always**

**Christ in me,  
Christ above and below me,  
Christ on my right and my left  
In Christ always**

Christ in my rising and my sitting  
Christ in all I meet this day  
**In Christ always**



## Psalm 23

**Remember, I am with you always** *(Matt 28:20)*

℞ The Lord is my shepherd;  
I have all that I need.  
He lets me rest in green meadows;  
he leads me beside still waters.

ℒ He renews my strength.  
He guides me along right paths,  
bringing honour to his name.

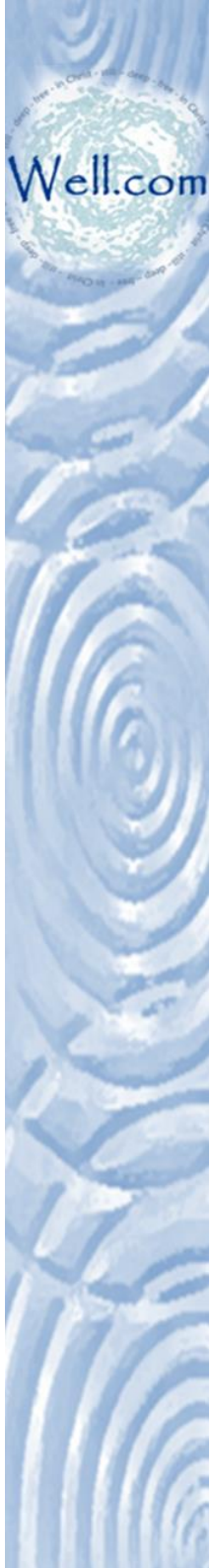
℞ Even when I walk through the darkest valley,  
I will not be afraid,  
for you are close beside me.  
Your rod and your staff protect and comfort me.

ℒ You prepare a feast for me  
in the presence of my enemies.  
You honour me by anointing my head with oil.  
My cup overflows with blessings.

℞ Surely your goodness and unfailing love will pursue me  
all the days of my life,  
and I will live in the house of the Lord  
forever.

**Remember, I am with you always**

**Scripture reading...***following by quiet reflection and music*



### **In Christ we pray**

to put on the mind of Christ,  
to choose wisely  
to judge fairly  
to remember we belong to God

### **In Christ we pray**

To share in the heart of Christ  
to be his kindness  
to cry his tears  
to feel his care

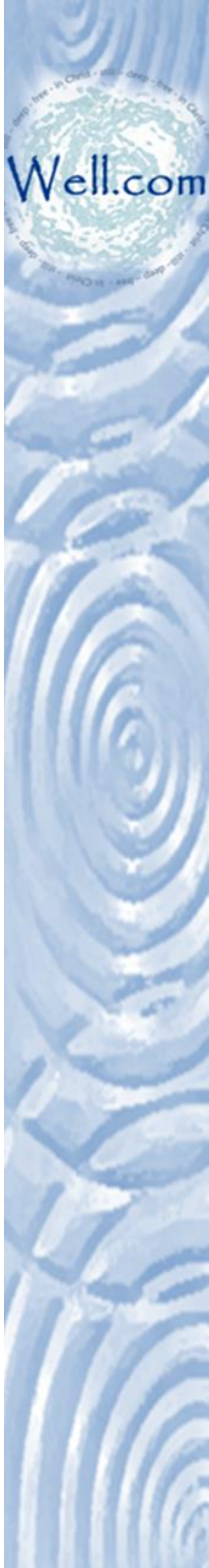
### **In Christ we pray**

to be his hands  
to receive from others  
to realise our own emptiness  
to change and to be changed

### **In Christ we pray**

to share his excitement  
to realise his dream  
to know he is with us  
to feel him close

### **In Christ we pray**



**Our Father....**

Let our roots grow down  
our lives be built  
our faith grow strong  
our love complete  
In Christ

**AMEN**

**May we rest  
In the stillness of God  
May we find acceptance  
in the deep love of his Son  
and in our coming and our going  
may we experience  
the freedom of the Spirit  
day by day  
calling us  
to new life  
together  
in Christ**

We leave here . .

**In the Name of the Father  
and of the Son and of the Holy Spirit Amen**