

A Prayer of Preparation:

I weave a silence on my lips, I weave a silence into my heart

I weave a silence within my heart.

I close my ears to distractions, I close my eyes to attractions

I close my heart to temptations.

Calm me Lord, as you calmed the storm, still me Lord, keep me from harm,

Let all tumult within me cease, enfold me in your peace. *Amen.*

Isobel de Gruchy

OR

Eternal One,

Silence from whom my words come;

Questioner from whom my questions arise;

Lover of whom all my loves are hints;

Disturber in whom alone I find my rest;

Mystery in whose depths I find healing and myself;

enfold me now in your presence;

restore to me your peace;

renew me through your power;

and ground me in your grace." *Amen.*

Ted Loder, in 'Guerillas of Grace'

1 John 4: 6,17: This is the message we have heard from the beginning, that you should love one another. God is love and those who abide in love abide in God and God abides in them.

Morning prayer: God of every pilgrim heart, you are beside us and before us on the way, surprising us through your spirit at every turn on the path.

Yet, like your disciples on the Emmaus road, we often fail to recognise our companion. In this morning hour and whatever the day may hold,

open our eyes to see your presence, that we may celebrate with you

the gift of the morning, O Lord of the unexpected. *Amen*

An Iona Prayer Book, compiled by Peter Millar

OR

Lord God, our loving parent, because you created us in all our diversity, each one made in your image we praise you.

Because in Jesus you came to share our human lives, our sorrow, our joy, we praise you.

Because your Spirit is at work today, encouraging, enabling, surprising us, we praise you.

Poor as we are, you give us hope, lost and wandering, you give us meaning and purpose, prejudiced and aggressive, you bring reconciliation, and we praise you *Amen*

Isobel de Gruchy

In silence we recall those things in our own lives for which we need forgiveness.
Compassionate God of love and mercy, You made us in your image
but we try to remake ourselves in our own; we set our own goals,
follow our own inclinations, and fail to become what we are meant to be;
bringing harm to others and destroying the world you gave us.
Forgive us, renew us, fill us with your spirit and lead us to fullness of life.
Thank you for your forgiveness. *Amen*

Psalm

Scripture Reading

Meditation

Prayers: *Please offer your own thanksgivings and prayers and join us in praying for Volmoed and the needs of those who have asked us to pray for them. (The reading, reflection and prayers will be sent out each week. Sign up at safriawilma@gmail.com)*

The Volmoed Prayer

Almighty Father, You have established the glory of your presence over Volmoed. Bless all who seek you with the wisdom of your truth. Heal those who are sick and strengthen them in their recovery. Reconcile those whose lives and relationships are broken, and fill us with your love, joy and peace, through Jesus Christ our Lord. *Amen* *Barry Wood*

A Prayer for Africa

God bless Africa
Protect our children
Transform our leaders
Heal our communities
And give us peace

For Jesus Christ's sake *Amen*

Amended from original by Trevor Huddleston

Closing Prayer

O God, lead us from death to life, from falsehood to truth.

Lead us from despair to hope, from fear to trust.

Lead us from hate to love, from war to peace.

Let peace fill our hearts, our world, our universe. *Amen.*

The Universal Peace Prayer

Blessing

May God, walk before us and behind us this day, our Maker and protector; may Christ, walk beside us this day, our friend, our brother; may Spirit, walk within us this day, our wisdom, our strength, this day and every day. *Amen.*

OR

God to enfold us, God to surround us, God in our speaking, God in our thinking, God in our life, God on our lips, God in our souls, God in our hearts, this day and each day. *Amen.*

Additional/Alternate Prayers

Prayer of preparation: Into the silence cloaking me around, into the overarching solitude; the stillness of this early morning hour, I step with quiet confidence and trust. I bring myself, my thoughts, my fears, my hopes, the rushing, tumbling chaos of my mind, the burdens of a busy yesterday, the pressing choices that await today. I sit, I wait; I yearn to hear you speak out of the silence cloaking me around.

Isobel de Gruchy

Praise:

Glory to God our creator, and peace to all God has made.
God of our time and all times, God of our world and all worlds,
God all powerful, God of love, we thank you, we worship you.
We praise you for your glory.

Lord Jesus Christ, Son of God, our brother and friend:
You took on our human nature and suffered death on the cross,
to free us from sin and give us life to the full. We praise you for your glory.

Holy Spirit of God, you are in us and between us,
you show us ourselves, fill us with love, and empower us day by day.
We praise you for your glory.

God, beyond our knowing, yet closer to us than breathing,
You alone are the Most High, You alone are Lord of all,
Creator, Saviour, Lover.
Glory and honour and power are yours, now and forever. *Amen*

Isobel de Gruchy

Confession

God of justice, goodness and mercy,
You made us in your image,
so we long for justice, yet we fail to practice it;
we long for goodness, while acting in dubious ways,
we ask for mercy, but keep grudges.
Forgive us and restore us.
May your image settle deep within our very being
so that justice, goodness and mercy become
not only what we long for, but what we embody day by day, *Amen.*

Isobel de Gruchy

Prayer for renewal: You are the God of every human being and, too dazzling to be looked at you let yourself be seen as in a mirror, shining on the face of Christ. We are eager to glimpse a reflection of your presence, so open in us the gates of transparency of heart. Come and refresh the dry and thirsty ground of our body and our spirit. Come and place a spring of living water in the lifeless regions of our being. Come and bathe us in your confidence to make even our inner deserts burst into flower. *Amen*

Br Roger, Taize

Building Community: Loving God, open our hearts so that we may feel the breath and play of your spirit. Unclench our hands so that we may reach out to one another and touch and be healed. Open our lips so that we may utter only words of love and acceptance. Open our eyes that we may see Christ in friend and stranger. Breathe your spirit upon us and touch our lives with the life of Christ. *Amen.* *An Iona Prayer Book, compiled by Peter Millar*

Healing: Lord, so many of us live in our past, holding on to remembered hurts, looking for way to repay old injuries, wounded and bitter,
or feeling the burden of guilt from past actions. So many of us look to the future and see no hope, no way forward out of painful situations,
and so today we live ineffectual lives, halting and wounded.
Lord of the past heal whatever is wrong, and blocking our path, Lord of the future, help us to see possibilities, give us hope, Lord of today, give us a vision of what can be, and the strength to embrace it. *Amen* *Isobel de Gruchy*

Faith: Behold Lord, an empty vessel that needs to be filled.
My Lord, fill it.
We are weak in faith: strengthen us.
We are cold in love: warm us and make us fervent, that our love may go out to our neighbours.
We do not have a strong and firm faith; at times we doubt and are unable to trust you.
O Lord, help us.
Strengthen our faith and our trust in you. *Amen* *Martin Luther*

Closing Prayer:
God, ever-loving, ever-present, accept us now as we dedicate ourselves anew to you. Reconcile the warring factions within us. Help us to be at one with all whom we meet and to be agents of reconciliation. Bring reconciliation to the wider world: within families and communities, between races and religions, country and country, wherever people meet and interact. God of peace we pray, send peace to our world, the peace that only you can give. Through Jesus Christ our Lord. *Amen.* *Isobel de Gruchy*

Blessing

May the light of God illumine the heart of our souls.
May the flame of Christ kindle us to love.
May the fire of the Spirit free us to live this day, tonight and forever. *Amen.* *Celtic blessing*