

Aidan's Prayer

Leave me alone with God as much as may be.
As the tide draws the waters close in upon the shore,
Make me an island, set apart,
alone with you, God, holy to you.

Then with the turning of the tide
prepare me to carry your presence to the busy world beyond,
the world that rushes in on me
till the waters come again and fold me back to you.

(Source: http://prayerfoundation.org/aidans_prayer.htm)

My Lord and my God,
take me from all that keeps me from thee.
My Lord and my God,
grant me all that leads me to thee.
My Lord and my God,
take me from myself and give me completely to thee

Nicholas of Flue (1417-87)

“Like water, be gentle and strong.
Be gentle enough to follow the natural paths of the earth,
and strong enough to rise up and reshape the world. ”

Brenda Peterson



The prayer of St. Brendan (Irish Contemplative)

Lord, I will trust You.
Help me to journey beyond the familiar
and into the unknown.
Give me the faith to leave old ways
and break fresh ground with You.

Christ of the mysteries, I trust You
to be stronger than each storm within me.
I will trust in the darkness and know
that my times, even now, are in Your hand.

Tune my spirit to the music of heaven,
and somehow, make my obedience count for You.

(Source: <http://imagodeicommunity.ca/category/prayers/>)

Almighty God, you have made us in the image of your own mystery, and in the soul of every human being there are depths beyond naming and heights greater than knowing; Grant us the grace of inner sight this day that we may see you as the Self within all selves. Open our senses to wisdom's inner promptings that we may give voice to what we hear and be changed for the healing of the world, in your name O God, Trinity in Unity. Amen.

INDIVIDUAL REFLECTION AND JOURNALING

Your individual reflections may take the form of sitting in quiet meditation, journaling, writing poetry about or drawing images of your experiences, or practicing Centering Prayer. You may be led to read something in the Bible or the Book of Common Prayer, or you may be led to just sit and be in blessed emptiness. Please listen faithfully and respond as you are led. Relax, and float effortlessly on the living water of God's love.

SUGGESTIONS FOR USING YOUR INDIVIDUAL REFLECTION TIME

**** Remember: This is individual time, not time to chat with friends.*

1. Do nothing at all. Relax and rest.
2. Find short prayers or phrases in the Bible, the hymn-book, the Prayer Book and dwell on them.
3. Walk about inside or outside (weather permitting), remaining open to the presence and leading of God.
4. Own your experience - your particular needs. Offer them to God and open yourself to receive the grace already awaiting you.
5. Think about your life of prayer – private and corporate. If you have discovered a thirst for more or a deeper prayer life, open yourself to hear God's guidance on how to proceed to change it (ask your priest or spiritual director for suggestions).
6. If your experiences in the individual reflection have been frustrating, or if you are worried that you didn't "do it right," note that in your journal and make a plan to talk with someone about it (your priest or spiritual director).

Adapted from: www.kyrie.com

A Prayer for Morning:

**Early in the morning I seek your presence, O God,
not because you are ever absent from me
but because often I am absent from you
at the heart of each moment
where you forever dwell.**

**In the rising of the sun,
in the unfolding colour and shape of the morning
open my eyes to the mystery of this moment
that in every moment of the day
I may know your life-giving presence.**

**Open my eyes to this moment
that in every moment
I may know you as the One who is always now.**

Scripture

I prayed and understanding was given me, I called on God and the spirit of wisdom came to me. (Wisdom 7:7)

Let me hear what you will speak when I turn to you in my heart. (Psalm 85:8)

If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life: Or what will they give in return for their life? (Matthew 16:24-26)

Meditation

Lent is the time we set aside to come to quiet and dark places responding to something or someone who calls to us deeply - and we feel compelled to listen. The voice is often hard to hear and so we sit, silent and still, straining to hear words which are spoken and the voice which calls our names over and over again. In the effort to hear more clearly, to understand more fully, we begin to move - one foot in front of another - on a path not entirely our making.

We move because there is for all of us a place in which the voice and presence of God comes with such force, such power, so inescapably, that we can only stand in the face of it and breathe it into our very being. It is the place of our resurrection.

No two people find God in exactly the same spot for the places in which we start our journeys are as unique as we are. But we all do the traveling and the God who breaks in at the place of our resurrection is the God of all the world - of stranger and family, enemy and friend, angel and human. In search of the place of our resurrection, we will wander the earth and the landscape of our lives as pilgrims and travelers, using the labyrinth as our pilgrimage path today.

Guided by the Spirit, we are blessed to catch a glimpse, to experience for a glorious and eternal moment what it might be like to know God in resurrection. That is our food for the journey, the presence for which we live. It is why we leave the comfortable and familiar and why Jesus told us to leave everything and follow. It is why we can pray with St. Brendan in the midst of our anxiety and fear:

A Confession of Sin

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen. *(By: The Rev. Dr. Valori Mulvey Sherer)*

The Lord's Prayer, NZ version:

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts that we absorb from another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen.

Adapted from Newell, J. Philip. Sounds of the Eternal A Celtic Psalter.
and A New Zealand Prayer Book.

Holy Wisdom, in your loving kindness you created and restored us when we were lost: inspire us with your truth, that we may love you with our whole minds and run to you with open hearts, through Jesus Christ our Savior. Amen.

(Source: Alcuin of York, Mass of Wisdom)