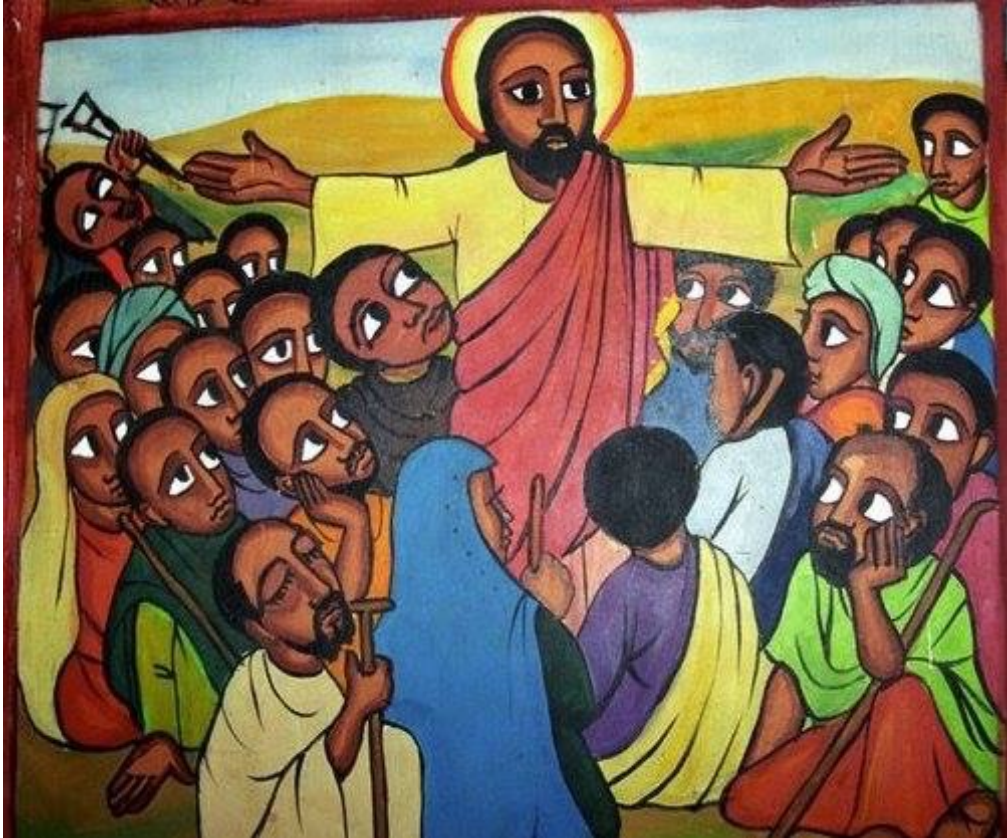


The Journey Community Prayer Booklet in The Time of Covid



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

John 20. 19

Jesus, we walk the the ways of death and life holding fear in one hand and hope and courage in the other. Come find us when we are locked away. Come enliven us. Come bless us with your peace. And when this has passed, may we say that love spread more quickly than the virus ever could. May we say that this was not an ending, but a place to begin.

Most of the prayers in this booklet are taken from '*Daily Prayer with The Corrymeela Community*' by Padraig O Tuama.

It draws on the spiritual practices of Northern Ireland's longest established centre for peacemaking and reconciliation. For over 50 years Corrymeela has been knocking down walls and building bigger tables bringing people together across religious and political divides who previously met with bombs and guns. It was instrumental in helping to bring peace in Northern Ireland.

In March 2019 when I visited Corrymeela as part of The Reconciler's Together Network, I sat on the bench in the picture below and looked out to sea and as I looked out, I knew that in some way The Corrymeela Community would help to shape and inspire The Journey Community.



On the 16th March 2020 just before the first national lockdown, The Journey Community was officially commissioned by The Church of England in Wilmorton, Derby with two purposes:~

1. To be a community which welcomes everyone, irrespective of their faith or no faith and especially those who feel a misfit and unwelcome in traditional 'Church'.
2. To be a community which seeks to try and understand and practise peacemaking and reconciliation in our everyday lives.

In April 2019 we began praying these prayers every weekday morning at 10am online via Zoom helping us to establish and grow our own different rhythms of prayer. People have joined to pray from car parks and on buses and trains, at home or work on a break. People have joined with no

previous experience of praying alongside people who have been praying for years ~ for *everyone's* presence and words are valued and needed.

So within these pages are new and familiar prayers to comfort, guide, challenge and inspire us. They are designed to be prayed alone or with others. They are designed to be 'dipped into' or prayed every day. It's important to remember though *that just one prayer said thoughtfully, taking time to consciously slow down allowing us into the presence of God ~ is more powerful than a book of prayers said mindlessly.*

There is no one 'correct' way!

What matters most is our intention and willingness to be open to a loving God ~ so let the Divine through these words do the rest and be prepared to hear, see or experience God's presence.

Whether you have or haven't ever prayed like this before, or ever even prayed at all, these prayers are for everyone and we are blessed to be able to now welcome people from far and wide. These prayers can change our lives...

Just open the book and begin. It takes less than a second and it begins with just a slow breath out...

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Morning Prayer

We begin our day alone,
Honouring this life, with all its potentials and possibilities.

Pause

We begin our day with trust,
Knowing we are created for loving encounter.

Pause

We begin our day with hope,
**Knowing the day can hold
love, kindness,
forgiveness and justice.**

A reading followed by a time of silence

We recall our day yesterday,

Pause

**May we learn, may we love,
may we live on.**

Pause

We make room for the unexpected,
**May we find wisdom and life
in the unexpected.**

Pause

Help us to embrace possibility,
respond graciously to disappointment
and hold tenderly those we encounter.

Help us to be fully present to this day.

A short silence

We pray for situations throughout the world and for all those whose day will be difficult.

We name them in our hearts or out loud

**May we support, may we listen,
may we change.**

We resolve to live life in its fullness:

We will welcome the people who'll be a part of this day.

We will greet God in ordinary and hidden moments.

We will live the life we are living.

A short silence

May we find the wisdom we need,
God be with us.

May we hear the needs of those we meet,
God be with us.

May we love the life that we are given,
God be with us.

The Prayer for Courage

Courage comes from the heart
and we are always welcomed by God,
The heart of all being.

We bear witness to our faith,
knowing that we are called
to live lives of courage,
love and reconciliation
in the ordinary and extraordinary

moments of each day.
 We bear witness, too, to our failures
 and our complicity in the fractures of our world.
 May we be courageous today.
 May we learn today.
 May we love today.
 Amen.

Prayer of Reconciliation*

Lord, let our memory provide no shelter, for grievance against each other.
 Lord, let our heart provide no harbour for hatred of each other.
 Lord, let our tongue be no accomplice in the judgement of each other.
 Lord, hear our prayer.
 Amen

**from The Northumbria Community*

The Ohana Prayer*

Loving God,
 transform all blocks and obstacles around us
 and inside our minds, bodies and hearts,
 into pathways for your Grace ~
 that we may be channels for your love and peace in this place.
 Embolden us with courage
 to dare to dream of a better life
 in which we ALL may flourish.
 Break our hearts open
 so no one gets forgotten
 or left behind.
 In Jesus' name.
 Amen.

** from The Journey Community*

Midday Prayer

We break from the doings of our day
And make space to notice you.
You are always with us
In surprising guises.

Jesus of the flesh, we meet you in
Worker and friend,
Stranger and pilgrim,
The needy and the needed,
The questioner and the questioned.

So when we meet you,
May we deepen life, deepen justice
And deepen joy.
And when you meet us, help us approach our activities
With presence and power,
With love and humility,
With courage and dignity.

Amen.

Evening Prayer

At the end of this day let us remember,
God is here.
God is there.
God is with us
And within us,
And in the spaces between us.

We reflect on the day and ponder these questions:~

Have you been a good memory in anyone's life today?
When did you feel best able to give and receive love today?

What caused in you an increase in love, peace or joy?
 What do you feel most grateful for this day?

Let us relish these moments and give thanks to God.

When might you have strayed from God's love this day?

When might you have judged yourself or others harshly?

Without any harsh judgement, just ponder these questions and in the light of God's love – what would you like to say to God about this? Remembering that God never refuses forgiveness, and only longs to love, heal and set us free... What might God want to say to you?

Just listen and be aware of God's love for you.

For the love shared

we are grateful

For provision and nurture

we are grateful

For kindness given

we are grateful.

For the sorrow we've caused,

we pray for forgiveness

For injustices ignored,

we pray for forgiveness.

For the encounters with God today, in stranger and friend,

we bid you welcome.

For the encounters missed today,

we know that you always see us

even when we don't see you.

For tomorrow,

May we see you

in ways expected and unexpected.

We welcome the dark of the night.

We make space for it, and we mark our place in it.

We remember that you, Jesus of Nazareth,
Lived through nights of consolation and desolation.

And you walked into the nights of those people you met,
inviting them to justice and truth, love and life.

We welcome the night,
and we welcome you into all our nights.
We pray for those whose nights are desolate,
**that they may have the consolation of prayer,
peaceful solitude and community.**

For a peaceful night,
we pray.
For a hopeful day,
we pray.
For a deeper generosity,
we pray.

A Prayer for The Night

It is night after a long day.
What has been done
has been done;
what has not been done
has not been done:
Let it be.
Amen



1st Day of Month A

'But the angel said to them, 'Do not be afraid; for see - I am bringing you good news of great joy for all the people.'

Luke 2. 10

God of fear, God of the night, God of the expectation, you visited shepherds in the night with songs and sights of joy. In all of our nights, turn us toward hope, because hope might just keep us alive. Amen.



2nd Day of Month A

'Then Joseph got up, took the child and his mother by night, and went to Egypt.'

Matthew 2. 14

God of Exile,
You were carried into Egypt by people fleeing danger. We pray for all in exile that they, like you, can find home and shelter and safety. Because you were exiled and you remain with the exiled. Amen.

3rd Day of Month A

'This is what the Lord has done for me when he looked favourably on me and took away the disgrace I have endured among my people.'
Luke 1. 25

God of Elizabeth, when Elizabeth heard news of joy, she celebrated not because she was part of an important story but because a kind of story had wrapped itself around her, and the disgrace she had endured was lightened. Lighten the places of our disgraces. Lighten them. Wrap yourself and your story around us. Because you can be the great story that surrounds us.
 Amen.



4th Day of Month A

'He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly.'

Luke 1. 51-52

God of Mary, Son of Mary: neither birth nor death diminished you. Neither power nor pain destroyed you. Neither plenty nor little distracted you. So lift up our arms in strength so that we may lay down our arms and armies, our fears and our prejudices, because with Mary, we know that the silenced have words to speak.
 Amen.

5th Day of Month A

'By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.'

Luke 1. 78-79

God of promises, sometimes we wait generations for the dawn from on high; sometimes only years. We wait for justice and hope and light and kindness to mingle in the tangle of our days. And we age while we hope. So may we age and hope with tenderness and truth. Because you are tender and true even though we sometimes wonder. Amen.



6th Day of Month A

'They said to him, 'Rabbi, where are you staying?' He said to them, 'Come and see.'

John 1. 38-39

Jesus of Nazareth, you met unlikely people in unlikely places and joined yourself to them in friendship. May we be like you in this way, finding friends at crossroads and bus-stops, in queues and crises, in kindness and curiosity. Because we, like you need the company of others. Amen.

7th Day of Month A

'Then Levi gave a great banquet for him in his house; and there was a large crowd of tax collectors and others sitting at the table with them.'
Luke 5. 29

Jesus of the table, you gathered unexpected people around tables of hospitality. You stretched out your hand for grapes and bread, for wine and welcome. May we surround our tables with all kinds of people because at the table, our hearts can be glad for a while.
 Amen.



8th Day of Month A

'Leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.'
Matthew 5. 24

God of Reconciliation, you demand much of us - inviting us to tell truths by turning towards each other. May we leave our trinkets where they belong and find our treasure by turning towards each other. Because you needed this. Because we all need this.
 Amen.

9th Day of Month A

'They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had been out of his mind; and they were afraid.'

Mark 5. 15

God of the Edges, even muzzled fear growls, you know this. You saw this in the people who had chained the man who howled. Open in us a thousand pathways into your story, because you did this, and Hell was emptied.

Amen.



10th Day of Month A

'But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth.'

Mark 5. 33

Jesus our intuitive brother, your body told you that somebody had touched you. She had touched you with courage in the midst of the crowd, pushing past bodies to reach you. May we push past and make way, may we tell the whole truth and listen, because you were arrested by this woman whose tortured story changed you.

Amen.

11th Day of Month A

'Then turning toward the woman, he said to Simon, 'Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair.'

Luke 7. 44

Jesus of Nazareth, strangers came to you, because with you they hoped that they'd be seen for who they were, not for who the others saw. May we who are strangers see each other, because we like you, need to be seen to be believed.

Amen.



12th Day of Month A

'Why do you call me, "Lord," then do not do what I tell you? I will show you what someone is like who comes to me, hears my words, and acts on them.'

Luke 6. 46

Jesus, you praised actions more than words, foundations more than fashion. May we find our foundation in the actions of Love; demanding, tiring, true and human and holy. Because Love is the only foundation worth building on.

Amen.

13th Day of Month A

'For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose their reward.'

Mark 9. 41

Jesus our rewarding friend, you knew need. You knew thirst and hunger, and so do we. We praise and honour the surprising providers of comfort and care. We praise and honour them. May their work increase. We praise and honour them because without them we thirst. May we too be providers of comfort and care.
Amen.



14th Day of Month A

'Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?'

Matthew 20. 15

Jesus our generous and upsetting friend, you gave freely, even when this caused pain to those who loved you. May we see beyond our envy, to the generosity that wove and wounded you. Because anything less will fail us, like it failed you.
Amen.

15th Day of Month A

'When Jesus realised that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.'

John 6. 15

Jesus, you sometimes left so that people could face themselves. May we face our selves, in the wilderness and the world, and recognise the forces that drive us, so that they do not always drive us. Amen.



16th Day of Month A

'An argument arose among them as to which one of them was the greatest. But Jesus, aware of their inner thoughts, took a little child and put it by his side and said to them, 'Whoever welcomes this child in my name welcomes me.'

Luke 9. 46-48

Jesus of the Way, when your friends argued about power and prestige you stood someone unnoticed by them all among them and spoke of welcome. May we who are powerful look beyond our power; may we who are unnoticed be noticed; may we find the welcome that waits for us. And in so doing welcome you who welcomes us all. Amen.

17th Day of Month A

'One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?'

John 6. 8-9

God of the barley loaf, God of the boy, God of the fish and God the humble brother; when we do not have enough, may we use what we have to do what we can. Because a small boy did this, and generosity listened.

Amen.



18th Day of Month A

'When Jesus came to the place, he looked up and said to him, 'Zacchaeus, hurry and come down from that tree; for I must stay at your house today.' So Zacchaeus hurried down from the tree and was happy to welcome him.'

Luke 19. 5-6

God who made trees and bodies, God who made the ground and grand gestures, may we practice happy hospitality, because here, hostilities can be healed.

Amen.

19th Day of Month A

'The dead man came out, his hand and feet bound with strips of cloth and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.'

John 11. 44

Lazarus, silent brother of Bethany, when you died they washed and wrapped you. And when you came back they unwound you and you washed yourself. In all of this, you said nothing. We, like you, are silent in the face of death. May we wash and wrap love around sorrow because sometimes, that's all we can do.
Amen.



20th Day of Month A

'He got up from the table, took off his outer robes, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him.'

John 13. 4-5

Uncovered Jesus, you washed the feet of your friends with your hands. We do not know what to do with this kind of love or this kind of power so we repeat it once a year in Holy Week. May we repeat it more often: every month; every day; every hour; every encounter. Because this is how you chose to show love and power to your friends.
Amen.

21st Day of Month A

'While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them and said, "Take, this is my body.'

Mark 14. 22

Jesus, when you had nothing else to give you gave yourself. And as your friends shared and ate, they were confused and complicit, just like all of us. May we give - our lives and confusions; our hollowness and our hearts - because when we give like this, we are like you, who became like us.

Amen.



22nd Day of Month A

This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends.'

John 15. 12-13

Jesus, we only know the names of some of your friends. Not all. But we know some of the names of all of ours. May we love them well: with time and thanks; with welcome and warmth; with strength and kindness. Because *this*, this is great love.

Amen.

23rd Day of Month A

'Then Jesus said to him, 'Put your sword back into its place; for all who take the sword will perish by the sword.'

Matthew 26. 52

Jesus of the sheathed sword, in your name many swords have been used and many people have perished. Speak to us, teach us again and again that violence leads to violence. Teach us. Again and again. Over and over. Because we keep forgetting, and we need to keep remembering. Over and over.
Amen.



24th Day of Month A

'So Pilate, wishing to satisfy the crowd released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.'

Mark 15. 15

Gods of Pilate, you are loud and lazy, following the fashions of the day making lies out of love and making mockeries of meaning and so often we follow you. May we instead follow that small whisper of Jesus, even when we barely hear it, even when we barely believe it, even when it hurts. Because this is what love is. This is what love is.
Amen.

25th Day of Month A

'Then the thief who was being crucified on the cross next to him said, 'Jesus, remember me when you come into your kingdom.' Jesus replied, 'Truly I tell you, today you will be with me in Paradise.'

Luke 23. 42-43

Dying Jesus, at the end of yourself you turned and spoke words of togetherness in the places of the torn. May we always find words to hold, especially in times when the world harms. Because sometimes words can heal.

Amen.



26th Day of Month A

'Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not let them be afraid.'

John 14. 27

Jesus, you shared peace around a table of anxiety, peace with the bread, peace with the wine, peace in the face of the uncertain, peace in the place of pain. May we share tables of peace in places of pain, sharing food and friendship and words and life. Because you came to a fearful world and found your place around those tables.

Amen.

27th Day of Month A

'When Judas his betrayer, saw that Jesus was condemned, he repented and brought back the thirty pieces of silver to the chief priests and elders. He said, 'I have sinned by betraying innocent blood.'

Matthew 27. 3-4

Judas, sainted scapegoat, when you saw that your friend was condemned, you repented and ended yourself. We pray for all who are on the edges of themselves. We pray that they may not be alone. We pray that they may not betray their deepest dignity. Because God gathers all in the boughs of the beloved.
Amen.



28th Day of Month A

'But the angel said to the woman, 'Do not be afraid; I know that you are looking for Jesus who was crucified.'

Matthew 28. 5

Jesus of the cold grave, pilgrim women followed you in life and in death. Bless all pilgrims who bring life to the places of the dead. Because they are the unafraid.
Amen.

29th Day of Month A

'Now it was Mary Magdalene, Joanna, Mary the mother of James and the other women who told this to the apostles. But these words seemed to the apostles just an idle tale and they did not believe them.'

Luke 24. 10-11

Surprising Son of God you revealed the truth to women who were not believed by men. You are in the voices of the unbelieved and the ignored. So bring us towards each other. Bring us towards the truest truth. Because here, if anywhere we will find you.
Amen.



30th Day of Month A

'They said to each other, 'Were not our hearts mourning within us while he was talking to us on the road, while he was opening the scriptures to us?'

Luke 24. 32

Hidden Jesus, wandering along the way like a stranger, hidden along the way in many stories and many faces. May we listen to our hearts when they burn with life knowing that you are speaking to us. Because you are with us along the way in the faces of many strangers.
Amen

31st Day of The Month

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

John 20. 19

Jesus, our dead and living friend, we walk the ways of death and life holding fear in one hand and courage in the other. Come find us when we are locked away. Come enliven us. Come bless us with your peace. Because you are the first day of creation and all days of creation.

Amen.



The prayers this month were written by Padraig O'Tuama from The Corrymeela Community, Northern Ireland's longest established centre for Peacemaking and Reconciliation.

For more information check out www.corrymeela.org

1st Day of Month B

“When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him.”

Matthew 5. 1

Jesus, following you means sometimes having to climb hillsides. You deliberately want to take us higher and away from all the distractions of our lives to restore and inspire us to live a different story. When we grow afraid of your heights ~ embolden us with your spirit and help us to climb with you. Because you can be the great story that surrounds us.

Amen.



2nd Day of Month B

“Arriving at a quiet place, he sat down and taught his climbing companions.”

Matthew 5. 2

Jesus of the quiet places, you know we cannot listen and we cannot be transformed if our lives are too noisy. You call us into the quiet to reach and teach us. Help us to follow you and create quiet places around us and inside our minds that we may be reached and taught by you. Because you needed this. Because we all need this.

Amen.

3rd Day of Month B

Jesus said, "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Matthew 5. 3

Dear Jesus what are you saying to us? Winning is *everything* in our world and yet here you are telling us that the kingdom of heaven belongs to the humble. Could it be that to follow you, we only have to be ourselves and give up trying to be something we are not? Open our minds and hearts to your different way of valuing ourselves and each other. For here are riches beyond compare. Because you are a treasure beyond compare.

Amen.



4th Day of Month B

Jesus said, "Blessed are those who mourn, for they will be comforted."

Matthew 5.4

Loving Jesus you see us and call us to see each other when we grieve ~for until we have cried, we can't know God. When we truly mourn, our hearts crack open and we are closer to you. Is this why we make tears unnecessary and even impossible? Our vulnerability and our reliance on you is so scary that we look the other way?

Jesus, may we welcome tears and grief and stand in solidarity with those who mourn. Because you mourned and needed comforting. Amen.

5th Day of Month B

Jesus said, "Blessed are the gentle, the meek, the humble and non-violent: they shall have the earth as their inheritance."

Matthew 5. 5

Fearless friend you show us the way of non-violence ~ turning what it is to be strong on its head. In your refusal to do harm, you stood calmly in your truth. Your love exposed the weakness of tyrants and bullies. May we consent to be turned on our heads and follow your way.

Amen.



6th Day of Month B

Jesus said, "Blessed are those who hunger and thirst for justice, for they will be filled."

Matthew 5. 6

Jesus, you call us to *hunger* for justice, to befriend victims of injustice, to side with them, to listen to their stories and let their pain break our hearts. You stand on a hillside calling us to call out systems that put profit before people ~ but we look the other way and keep our faith 'nice' and safe. Embolden us to see what you see. Make us hungry in your name for the justice you hunger for. Because there is nothing 'nice' and safe about you.

Amen

7th Day of Month B

Jesus said, "Blessed are the merciful, for they will receive mercy."

Matthew 5. 7

Jesus, even in your dying moments you were merciful to those around you and you changed the world. Change our world. Empower us to be merciful especially with those who hurt or betray us. For in being merciful, hearts are healed, our lives are transformed and we are set free. Because you came to set us free.

Amen.



8th Day of Month B

Jesus said, "Blessed are the pure in heart, for they will see God."

Matthew 5. 8

Jesus, when we copy you inside our minds and hearts then we see God. In our stumbling and falling, help us to remember that purity is not perfection. Help us to remember that you don't need us to be perfect just willing to get back up and follow you. You never give up on us. May we never give up on you.

Amen.

9th Day of Month B

Jesus said, "Blessed are the peacemakers, for they will be called children of God."

Matthew 5. 9

Jesus our troubling friend ~ we are blessed when we show people how to cooperate instead of compete or fight. This is how we discover who we really are, and our place in God's family. It's as simple and as difficult as that. And it starts with *us*. May we become your peacemakers in this community, one step at a time, one choice for peace at a time.

Amen.



10th Day of Month B

Jesus said, "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven."

Matthew 5. 10

Dear Jesus, who would have thought that being laughed at or thought as 'weird' could be a good thing?! Others might judge and dismiss us out of their own fear and ignorance. But we were all afraid and ignorant once, (and we will be again) so help us have patience, understanding and love for those who think we are mad, bad or dangerous to know.

Amen.

11th Day of Month B

Jesus said, "Not only that—count yourselves blessed every time people put you down or throw you out or speak lies about you to discredit me. What it means is that the truth is too close for comfort and they are uncomfortable. "

Matthew 5. 11

Jesus, we learned the script that when others put us down, we put them down too. But you, 'King of The Plot Twist' have rewritten the script. Instead of hitting back, we are to sit back and see other's discomfort, not just our own. May we learn your new script. Amen.



12th Day of Month B

Jesus said, "Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavours of this earth. If you lose your saltiness, how will people taste godliness?"

Matthew 5. 13

Jesus, you said we are here to be salt seasoning - the opposite of small and afraid. But we are afraid. We are afraid of our 'saltiness' - our uniqueness and our potential. We are afraid of standing out. So we ask ourselves: "Who are we to be brilliant, gorgeous, talented, fabulous?" When actually, who are we *not* to be? We are children of God. Our playing small doesn't serve the world. So embolden us to stand tall and grow into ALL of who we are and ALL you call us to be. In doing so may we enable others to do the same. In your name. Amen.

13th Day of Month B

Jesus said, “Here’s another way to put it: You’re here to be light, bringing out the God-colours in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill.”

Matthew 5. 14

Jesus you call us from out behind the curtain when we would rather stay hidden. You ask us to take a risk when we would rather hide behind others, hide behind our ‘act’, hide behind our phones, our jobs and our relationships than be seen clearly. But you see us clearly and with love. Help us to see ourselves and others in all our colours with this same liberating love. Help us to draw our curtains. Amen.



14th Day of Month B

Jesus said, “If I make you light-bearers, you don’t think I’m going to hide you under a bucket, do you? I’m putting you on a light stand. Now that I’ve put you there on a hilltop, on a light stand—shine!”

Matthew 5. 15

Jesus, you called us to shine for you. We are all meant to shine, as children do. We were born to make manifest the glory of God within us. It’s not just in some of us; it’s in everyone. As we let our own light shine, we unconsciously give other people permission to do the same. May we continue to be liberated from our own fear ~ for your presence within us, automatically liberates others. Amen.

15th Day of Month B

Jesus said, "By opening up to others, you'll prompt people to open up with God, this generous Father in heaven."

Matthew 5. 16

Jesus, we glimpse your presence when we open up to others who love and accept us. You are already there when we listen with love and acceptance. This is how people can find you. Help us to be found and find others.

Amen.



16th Day of Month B

Jesus said, "Don't suppose for a minute that I have come to demolish the Scriptures—either God's Law or the Prophets. I'm not here to demolish but to complete. I am going to put it all together, pull it all together in a vast panorama."

Matthew 5. 17

Jesus, you taught us the law through which all other laws must be considered. "To love God and to love our neighbours as ourselves." It is the law above all others. The North Star to illuminate your Way. The Light by which we live.

Without it we live in darkness and laws become weapons.

May we *live* this law above all laws today.

Amen.

17th Day of Month B

Jesus said, "God's Law is more real and lasting than the stars in the sky and the ground at your feet. Long after stars burn out and earth wears out, God's Law will be alive and working."

Matthew 5. 18

Jesus, we struggle to see beyond the span of our lives and the dramas of this moment. Your eternal law of love has been, and is and will be working in ways beyond our understanding. Like the individual stars in the sky we are but one tiny part of a vast universe. Amidst the distractions of our lives, may we look upwards.
Amen.



18th Day of Month B

Jesus said, "Trivialise even the smallest item in God's Law and you will only have trivialised yourself. But take it seriously, show the way for others, and you will find honour in the kingdom."

Matthew 5. 19

All of it matters Jesus. Life is not Starbucks. Help us not to pick and choose at our convenience. The toughest, smallest item in God's law is very often the one with the biggest lesson and the biggest gift.
Amen.

19th Day of Month B

Jesus said, "Unless you do far better than the Pharisees in the matters of right living, you won't know the first thing about entering the kingdom."

Matthew 5. 20

Jesus you call out those who don't practice what they preach. You call out the death dealing ways of pride and hypocrisy and show us how these are *the* main obstacles to your kingdom. May we be humble. May we be honest. May we own our mistakes, say sorry and live onwards, open heartedly.
Amen.



20th Day of Month B

Jesus said, "You're familiar with the command to the ancients, 'Do not murder.' I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder."

Matthew 5. 21

Jesus, you showed us that anger is not wrong, but continually holding on to it is. Few of us murder but all of can do so much damage when we refuse to let it go.
Forgive us and help us to let it go.
Amen.

21st Day of Month B

Jesus said, "Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell 'stupid!' at a sister and you are on the brink of hellfire. The simple moral fact is that words kill."

Matthew 5. 22

Jesus, we can be so careless. We can be quick to react and have our say when what we say can carelessly kill. Wake us up Holy One. Help us to recognise the power we have to hurt or heal ~ and to keep silent or choose our words. *Carefully.*
Amen.



22nd Day of Month B

Jesus said, "This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God."

Matthew 5. 23-24

Jesus, before anything else you call us first to be peacemakers ~ for *this* is the offering that means most to you. Everything else is a trinket and you won't be bought. Help us to be willing and open to make things right with anyone who has a grudge against us. Show us when and how and may we act upon it.
Amen.

23rd Day of Month B

Jesus said, "Or say you're out on the street and an old enemy accosts you. Don't lose a minute. Make the first move; make things right with them."

Matthew 5. 25

Jesus the builder of bridges ~ before anything else you call upon us to be peacemakers ~ to make the first move. Help us not to wait and look the other way ~ but to act. Now. Help us to *be* bridge builders, for great love can be born from across the divide. When we make peace we others we make peace with ourselves.
Amen.



24th Day of Month B

Jesus said, "Let's not pretend this is easier than it really is."

Matthew 5. 29

Jesus, you say it as it is. Following you can be really tough. It's hard to let go of hurt. It's hard to let go of our well worn story. It defines who we are and to be honest sometimes it feels impossible. But you know this and you are right here in the thick of it, with us, by our side, every step of the way as we learn to walk then run with you. May we lean on you when it gets too much. Because sometimes it gets too much.
Amen.

25th Day of Month B

Jesus said, "And don't say anything you don't mean. This counsel is embedded deep in our traditions. You only make things worse when you lay down a smoke screen of pious talk, saying, 'I'll pray for you,' and never doing it, or saying, 'God be with you,' and not meaning it."
Matthew 5. 33-34

Jesus, we hide behind words. We hide behind scriptures. We hide behind platitudes that trip off the tongue and create fog. Let us say what we mean and mean what we say. In love and respect. Enough said.

Amen.



26th Day of Month B

Jesus said, "Here's another old saying that deserves a second look: 'Eye for eye, tooth for tooth.' Is that going to get us anywhere? Here's what I propose: 'Don't hit back at all... No more tit-for-tat stuff. Live generously.'"

Matthew 5. 38. 42

Jesus, when we demand revenge you demand we put our weapons down. When we demand that those who hurt us are also hurt, you demand that we put our weapons down. Help us to break the chains of violence and pain that keep us going round and round, getting us nowhere.

Amen.

27th Day of Month B

Jesus said, "You're familiar with the old written law, 'Love your friend,' and it's unwritten companion, 'Hate your enemy.' I'm challenging that. I'm telling you to love your enemies. Let them bring out the best in you, not the worst."

Matthew 5. 43-44

Jesus, it's safer to love those we love. It's risky to love our enemies. They might just change our lives and open our eyes to all that we have in common. Help us to be risk takers and makers of new stories for the old story is killing us.
Amen.



28th Day of Month B

Jesus said, "When someone gives you a hard time, respond with the energies of prayer, for then you are working out of your true selves, your God-created selves."

Matthew 5. 45

Jesus, you showed us that praying for those who give us hard times makes *us* feel better. More love. More peace. More joy. It is us who are set free ~ one God moment at a time. Help us know that this is who we are meant to be.

Free from the chains that bind us.

Amen

29th Day of Month B

“If all you do is love the lovable, do you expect a bonus? Anybody can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.”

Matthew 5. 47

Jesus, today we will smile at those who ignore us. We will go out of our way to greet those who irritate and annoy us, may we practice hospitality, because with you, hostilities can be healed.
Amen.



30th Day of Month B

Jesus said, “In a word, what I’m saying is, Grow up. You are kingdom subjects Now live like it! Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you.”

Matthew 5. 48

Jesus, it’s time for us to grow up! Time to actually *LIVE* as your followers. None of us know how long we have to live ~ so it’s time to truly live all the days of our lives. Time to turn up and live out who you want us to be. Now. No waiting for later and thinking it’s up to anyone else. Time to take our own lives into our own hands and then place them in yours.
Amen.

31st Day of Month B

For where your treasure is, there your heart will be also.

Matthew 6.21

Dear Jesus, richer than gold is your love ~ better than and more everlasting than money or any possession. Forgive us for forgetting and letting the trance of the world persuade us otherwise. Help us to remember what really matters and where the real treasure lies. Amen.



The prayers this month were inspired by Tim Scott and Katrina Pargma and written by Cath Hollywell based on The Beatitudes ~ Matthew 5: 3-11.*

**Soon after Jesus began his ministry he gathered his disciples for in-depth teaching about what it means to be a Christian. We know this teaching as the Sermon on the Mount.*

In Matthew 5: 3-11 Jesus begins his teaching with a series of 8 blessings known as The Beatitudes. Each one has a special significance explaining how a follower can experience joy and blessings. The Beatitudes illustrate how the ways of the world are often upside down and lead to unhappiness because the world says we can only find happiness when we have great wealth, status and the newest, biggest, shiniest fill-in-the-blank thing on the market. Jesus on the other hand, points to a different 'Way'...

1st Day of Month C

First this: God created the Heavens and Earth—all you see, all you don't see. Earth was a soup of nothingness, a bottomless emptiness, an inky blackness.

Genesis 1:1

God of Heaven and Earth, you are in all we see and don't see. In the big things and the small. In the everything and the nothingness. Sometimes we miss seeing you as our gaze is too fleeting. May we learn to see you in our emptiness as well as our fullness.
Amen



2nd Day of Month C

God spoke: "Light!" And light appeared. God saw that light was good and separated light from dark. God named the light Day, he named the dark Night. It was evening, it was morning— Day One.

Genesis 1:3

God of Night and Day, power of your speech breathed life and light to the world. May we, your people, be reminded to share your light with all we meet, day and night.
Amen

3rd Day of Month C

I wait for you, O God, my soul waits and in your word I hope. My soul waits for you, O God, more than those who watch for the morning.

Psalm 130. 5-6

God of Fire and Glow, we watch this morning for the light that the darkness has not overcome. We watch for the fire that was in the beginning and that burns still in the brilliance of the rising sun. We watch for the glow of life that gleams in the growing earth and glistens in sea and sky. We watch for your light, O God, in the eyes of every living creature. Grant us the grace of seeing you this day. Amen.



4th Day of Month C

Jesus said, "I am the light of the world."

John 8. 12

God of Light, may your light illumine our lives that we may live in harmony with Creation. May the flame of Christ kindle us to love, that we may live in peace with one another. May the fire of the Spirit free us to live this day that we may inspire and encourage others to follow your Light. Amen.

5th Day of Month C

God spoke: "Sky! In the middle of the waters; separate water from water!" God made sky. He separated the water under sky from the water above sky. And there it was: he named sky the Heavens; It was evening, it was morning— Day Two.

Genesis 1:6

God of Sky, sometimes as we look upwards to the heavens we can see the vastness of your creation God. We can pause and watch the sun rise and set, we can see the birds of the air and the clouds in the sky and take time to gaze and absorb the beauty around us. Sometimes we forget and become obsessed with ourselves. Help us to lift our heads and remember.

Amen



6th Day of Month C

God spoke: "Separate! Water-beneath-Heaven, gather into one place; Land, appear!" And there it was. God named the land Earth. God named the pooled water Ocean. God saw that it was good.

Genesis 1:9

God of Earth, you created the land and the oceans and asked us to look after them. We know that we haven't done a good enough job. We have been asleep. We have been preoccupied with material wealth, using your creation for our own ends. But we are waking up. As fires burn and ice caps melt, we realise that we must change and do things radically differently. For the good of our world. For the future of our children. Because you have asked this of us.

Amen

7th Day of Month C

Jesus said, "Out of your heart shall flow rivers of living water."

John 7. 38

God of Living Waters, in the beginning, your Spirit swept over the chaotic deep like a wild wind and creation was born. In the turbulence of our lives and the unsettled waters of the world today ~ let there be new birthings of your Spirit. From the living waters of our hearts may we be a cool drink for those who are thirsty. Amen.



8th Day of Month C

God spoke: "Earth, green up! Grow all varieties of seed-bearing plants, Every sort of fruit-bearing tree." And there it was. Earth produced green seed-bearing plants, all varieties, And fruit-bearing trees of all sorts. God saw that it was good. It was evening, it was morning— Day Three.

Genesis 1:11

God of Abundance, we thank you for all that you provide for us, for the huge variety of produce from all areas of our world that are in our shops. We know it comes at a price and deep down we know your abundance is unfairly shared. It is us who chose this, not you. So show us your way. Give us the courage and will to fairly share your produce. Amen

9th Day of Month C

Jesus said, "The wind blows where it chooses and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone born of the Spirit."

John 3. 8

God of Spirit, we give you thanks for your untamed creativity, your boundless mystery and your passionate yearnings planted deep in the soul of every human being. Grant us the grace to reclaim these depths to uncover this treasure, to liberate these longings and in being set free in our spirits, to act for the well being of the world.
Amen.



10th Day of Month C

God made two big lights, the larger to take charge of Day, the smaller to be in charge of Night; and he made the stars.

Genesis 1:16

God of Life Giving Rhythms, we sometimes take the rhythm of the day and night for granted ~ when you created the day and the night as a life giving rhythm for us. Inspire us and guide us to make healthy our days and nights and our rhythms and routines that we may bring bring you honour and like the stars in the night sky, shine for you.
Amen

11th Day of Month C

God spoke: "Swarm, Ocean, with fish and all sea life! Birds, fly through the sky over Earth!" God created the huge whales, all the swarm of life in the waters, and every kind and species of flying birds. God saw that it was good.

Genesis 1:20

God of Diversity, you have created a world teeming with difference. In the very blueprint of your creation lies your love of *diversity*. You see that it is good. Open our eyes to loving all that is different and diverse around us. Where we seek uniformity and where we need to love predictably ~ bless us with curious hearts and joy in the unknown.

Amen



12th Day of Month C

God spoke: "Earth, generate life! Every sort and kind: cattle and reptiles and wild animals—all kinds."

Genesis 1:24

God of All Beings, we thank you for all the animals with whom we share the earth. From the smallest insect to the largest mammal ~ you made them all, each with their part to play in your Creation. We give thanks for the animals that bring us comfort and companionship and we give thanks for the animals that feed us. Sometimes we forget what we eat so may we remember their value and worth. Open our eyes and hearts to their welfare that we may treat all animals with care and dignity. For as we care for them, we care for ourselves.

Amen

13th Day of Month C

God spoke: "Let us make human beings in our image, make them reflecting our nature So they can be responsible for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth."

Genesis 1:26

God of Everywhere and Everyone, did we hear this right?! You made *us* in your image? What kind of tall, short, large, small, brown, black and white God are you?!

You are the God that created us ALL.

And you gave us a job to do. To nurture and protect your creation made manifest in all the peoples and creatures of this earth. All of the forests, deserts, cities and jungles, oceans and lakes. All of it connected. All of it in our care. Wake us up to the job you gave us. Amen.



14th Day of Month C

God looked over everything he had made; it was so good, so very good! It was evening, it was morning— Day Six.

Genesis 1:31

God of Gratitude and Delight, you looked at what you made and loved it. You declared that it was all good. In this age of constant criticism, help us to see with your eyes the good around us. Help us to see the things that enrich our lives and really value them. Not in superficial ways, but in life giving, affirming ways. For in choosing to see the good we see with your eyes ~ and we are healed and transformed.

Amen

15th Day of Month C

By the seventh day God had finished his work. On the seventh day he rested from all his work. God blessed the seventh day. He made it a Holy Day Because on that day he rested from his work, all the creating God had done.

Genesis 1:31,2:2

God of Test and Restoration, it's all too easy to fill each day with busyness, social media, gaming, gossip, shopping or television. We crowd our time with things to do and it reduces our ability to come close to you. Help us to claim the rhythm from the dawn of Creation. You worked then you rested. Really rested.

As you rested, help us to also find places and times to rest and restore. Help us to fully understand that this is not just a good idea but in your love for us, it is *essential*.

Help us to listen to our bodies before they have to speak through exhaustion and illness.

Amen



16th day of Month C

Jesus said, "Listen. What do you make of this? A farmer went out to sow. And as the farmer sowed, some seeds fell on the path, and the birds came and ate it up."

Mark 4:3

God of Farming, we know we are your seeds, sown that we may bear fruit. Sometimes though we feel like the seeds fallen on the path, left vulnerable in a space where the birds may come. In our vulnerability we need protection. Help our roots grow. Help us to look out for each other and to share the safe spaces that you offer to all ~ that we may grow and flourish safely in your name.

Amen

17th Day of Month C

Jesus said, "Other seed fell on rocky ground where it did not have much soil, and it sprang up quickly since it had no depth of soil. But when the sun rose, it was scorched and since it had no root it withered away."

Mark 4:5-6

God of Deep Ground, sometimes we rush into life head first. We jump from one thing to the next in the hope of finding fulfilment and lasting joy. We forget though that we need to develop strong roots. Putting energy in spaces that offer life to us. May we invest our energies in spaces that are life giving, spaces that help us to be rooted and grounded in you.

Amen



18th Day of Month C

Jesus said, "Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain."

Mark 4:7

God of Freedom, sometimes we feel life is a jungle in which we struggle to find the space we need to both survive and thrive. Thorns turn up in temptations and distractions and choke our minds, bodies and hearts. Release in us the power of your Spirit that we may be free from the thorns that hurt and hold us. Release in us the freedom of your Spirit that we may be bound by nothing but love and in your love, set others free.

Amen

19th Day of Month C

Jesus said, " Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold."

Mark 4. 8

God of Good Soil, we know that this 'good soil' is found in deep relationship with you. It's the ground in which we all can flourish, a space in which we all have room to grow. Help us to dig deeper, laying down our roots in You. Show us what that looks like. Show us what we must do to grow in deeper relationship with You. Give us the shovels and the willingness to dig rather than wither just on 'the surface' of life.

And in digging and doing this work, may we prepare the ground for others too.

Amen



20th Day of Month C

Jesus then asked, "Are you listening to this? Really listening? Let anyone with ears to hear ~ listen!"

Mark 4:9

God of Wake Up Calls, there are so many times when we hear you but we are not *really* listening. Our hearts aren't in it and we focus on something else.

Unplug our ears and *plug in* our hearts and minds.

Help us to really listen as you speak to us through Creation, through your Word, through our dreams and through others ~ often in the most unexpected ways. Give us the wisdom to notice when you are speaking to us and the courage to accept what you are saying.

Amen

21st day of Month C

When they were off by themselves, those who were close to him asked about his stories. He told them, “You’ve been given insight into God’s kingdom—you know how it works. But to those who can’t see it yet, everything comes in stories, creating readiness, nudging them toward a welcome awakening.”

Mark 4:10

God of Story, you are in and out of the stories we read calling us into them and calling us out of them. Give us courage to listen to our own curiosities as we read old stories. Dare us to ask the questions hidden in the heart of the text. Lead us to dig with our hearts and minds for the many meanings in one story. Because this is where we find you and where you find us.

Amen



22nd Day of Month C

Jesus said, “There are people whose eyes are open but don’t see a thing. Whose ears are open but don’t understand a word, who avoid making an about-face and getting forgiven.”

Mark 4. 12

God of Reflections, who are the people your son describes? It’s us! So before we ever look down our noses at those who ‘don’t get it’, may we look at ourselves first.

Blessed are the humble and those that stumble who are willing to ask and learn. Again and again.

Amen

23rd Day of Month C

Jesus went on, "Does anyone bring a lamp home and put it under a bucket or beneath the bed?...We're not keeping secrets, we're telling them; we're not hiding things we are bringing them out into the open. Are you listening to this? Really listening?"

Mark 4. 21-23

God of Lamps and Illumination, we are seeing and we are listening!
Embolden us with courage to take our lamps out from under the bed.
Enough said.
Amen



24th Day of Month C

Jesus said, "Listen carefully to what I am saying - and be wary of the so called advice that tells you how to get ahead in the world.

Giving, not getting, is The Way.

Generosity begets generosity. Stinginess impoverishes."

Mark 4. 24-25

God of The Way, here you are turning everything upside down again. We are told to get and keep hold and here's your son saying giving not getting is The Way. It's outrageous. Where is the profit in this? But we know where it is. We truly only get what we give and come the day we are held to account, may we have created a different kind of fortune.

Amen

25th Day of Month C

Late that day Jesus said to them, "Let's go across to the other side." They took him in the boat as he was. Other boats came along. A huge storm came up. Waves poured into the boat, threatening to sink it. And Jesus was in the stern, head on a pillow, sleeping! They roused him, saying, "Teacher, is it nothing to you that we're going down?" Awake now, he told the wind to pipe down and said to the sea, "Quiet! Settle down!" The wind ran out of breath; the sea became smooth as glass. Jesus reprimanded the disciples: "Why are you such cowards? Don't you have any faith at all?"

Mark 4:35-39

God of Wind and Wave and of The Other Side, there are times when we feel overwhelmed by the storms of life that rage around us. We know you understand our thoughts and feelings in these times and we thank you that we can cry out to you. Embolden us with courage and faith, and throw us lifebelts to hold us up when we feel we are sinking.

Amen



26th Day of Month C

The disciples were in absolute awe, staggered. "Who is this, anyway?" they asked. "Wind and sea at his beck and call!"

Mark 4:41

God of Safe Ground, you stilled the storm and made sure that all landed safely on firm ground. Amidst the storms of our everyday lives, you wait to bring us to dry land. Hold our hand and we will hold yours.

It is staggering to know this.

Amen

27th Day of Month C

Appreciate the people who gave you the Word of God. Take a good look at the way they live, and let their faithfulness instruct you, as well as their truthfulness. There should be a consistency that runs through us all. For Jesus doesn't change—yesterday, today, tomorrow, he's always totally himself.

Hebrews 13.8

God of Yesterday, we knew you then: your promises; your words; your walking among us. But yesterday is gone. And so today, we are in need of change.

Change and change us. Help us see life now not through yesterday's stories but through today's.

Amen



28th Day of Month C

But the angel said to the women, 'Do not be afraid; I know that you are looking for Jesus who was crucified.

Matthew 28. 5

God of Endings, what we thought would not end has ended. And we find ourselves here wondering where we are and how we got here and where to go from here. Be with us, here at the end. Help us place our feet on this ground help us to lick our wounds, help us look up and around. Help us believe the story of today. Because you know all about the endings of today. And you are not afraid.

Amen

29th Day of Month C

Whenever we turn to face God as Moses did, God removes the veil and there we are—face-to-face! We suddenly recognise that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognised as obsolete. We're free of it! All of us! Nothing between us and God, our faces shining with the brightness of God's face. And so we are transfigured much like Jesus, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.

2 Corinthians. 16-18

God of Change and Presence, in our lives nothing changes and everything changes! We want to change toward the better. Help us recognise that all it takes is to turn towards you. All it takes is to be willing to turn towards you.

And there you are in the trees and rocks, in the sky and water, in your Word and signs and in strangers and friends. All the while longing to set us free from old ways of seeing and believing. Longing to be with us.

Amen



30th Day of Month C

A woman whose little daughter had an unclean spirit heard about Jesus and came and bowed down at his feet. Now the woman was a Gentile, of Syrophoenician origin~ an outsider. She begged him to cast the demon out of her daughter. Jesus said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go - the demon has left your daughter." So she went home, found her daughter lying on the bed and the demon was gone.

Mark 7. 25-30

God of Resilience and Repentance, when you met the woman of Syrophenicia she was an outcast and not a part of your Hebrew tribe. You called her a little dog, but that didn't stop her. Little dogs need little crumbs she said, and you listened, you saw her and you repented and praised her for her words. You allowed the outsider to change you. We praise her words too, and ask that we can speak like her, and listen like you. Because this is the gift of resilience, refusing to give up. Because this is the gift of repentance, turning back towards Love.

Amen



31st Day of Month C

So Hagar named the Lord who spoke to her, “El-roi ~ The Living One Who Sees Me”; for she said, “Have I really seen God and remained alive after seeing Him?”

Genesis 16. 13

God of New Names, the names we have prayed every morning this month. God of Hagar the slave, who when exiled in the desert met you and gave you a new name: The Living One Who Sees Me. We have walked far and have seen many things and now, because of what we have seen and of where we are going and where we are now- we seek new names for you. We do not destroy past names, because they have brought us here. We celebrate new names that will lead us on. Because we are known by many names ~ names which lead us on. Amen



The prayers this month were written by Sarah Johnson & Cath Hollywell from The Journey Community, Derby & Padraig O’Tuama from The Corrymeela Community, Northern Ireland.

Gathering and Communion Prayers

A Prayer for Lighting the Candle

Jesus,
You called us to love and share, to shine for You.

We sometimes flicker,
sometimes get blown out.
When this happens,
come.

Come through friends and strangers, come and love us.

Come and re-light our candle, our flame, our hope,
our love, our joy.

As this candle burns
giving warmth and light, so may we live
a warm
truthful
loving
and hopeful life.

In Jesus' name. Amen

A Communion Prayer

Leader: God is here.

All: God's Spirit is with us.

Leader: Blessed be the names of Love.

All: They touch our hearts with grace.

Leader: We open ourselves in thanks.

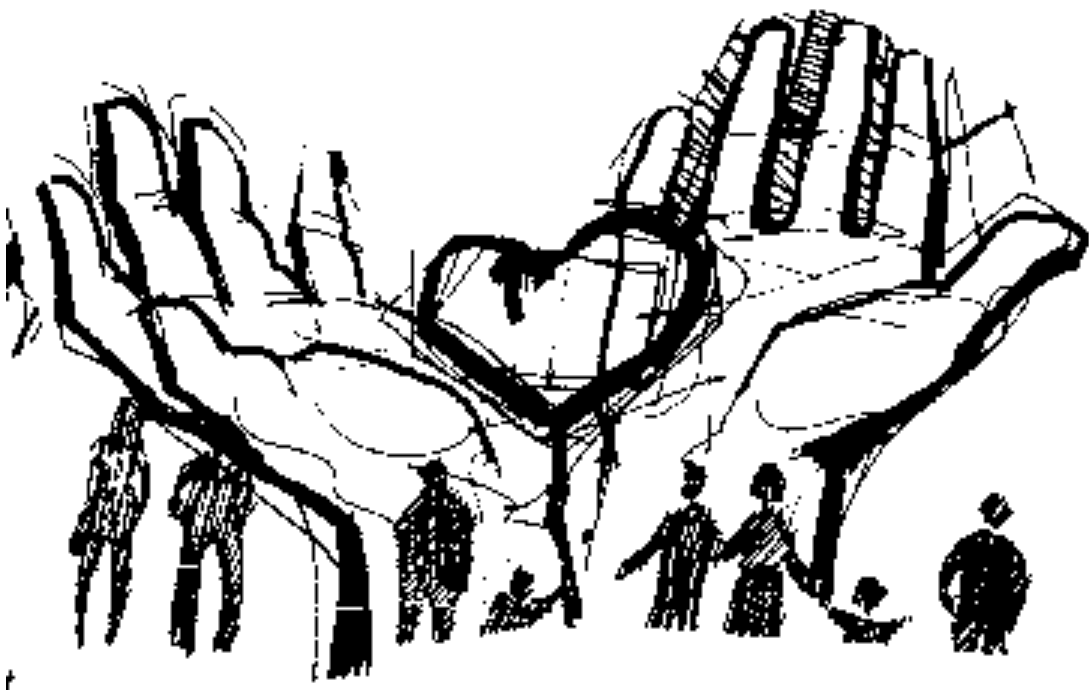
All: Our song is one of welcome.

Voice 2: We thank you, God,
for being a fool in the eyes of the world.
We thank you for abandoning control,
for creating a universe, new and strange.
We thank you for nurturing life,
diverse, evolving, surprising and strange.
We thank you for calling a people
who travelled different paths.
We thank you for different bodies and desires, for different ways of
thinking and speaking, for different ways of belonging and believing.

May our thanks cut a path
through dividing walls to free the Spirit's song:

**All: Holy, holy, holy One, God of life and love. The world overflows
with your glory.**

Voice 3: One came who upset the rules:
who accepted the grace of the outsider,
who looked for wisdom
in those who did not count,
who took his food in the company of the rejected.



Voice 4: One came who travelled a strange path:
 who did not think anyone was unclean,
 who did not look for scapegoats
 who refused to put a price on anyone's head.
 The tables of the moneychangers he threw over.

The tables of liberation he threw open.

Leader: On the night before he gave himself up,
 He ate and drank to the end of slavery.
 He took the bread and broke it, and said:
 'Take this and eat. This is my body. Do this to remember me'.
 He took the wine and poured it, and said:
 'Take this and drink. This is my blood. Do this to remember me.'

May the Spirit of creation
 take these earthly things
 and show us in their brokenness,
 the life-giving plenty
 the end of all poverty,
 the body and blood of Christ.

This is the mystery of faith:

Christ took the form of a slave,

Christ took the cross of shame,

Christ gives the free gift of life.

Voice 2: He comes to us, delivering himself, Jesus the Victim, the Excluded One, who is now a sign of hope for all. So we celebrate this event of love, this rising from death, unpredictable and full of wonder.

Voice 3: We pray that we will be a community defined
by what it is open to, not by what it fears;
by the excess of its love, not the walls along its borders.
May our prayer be welcome to you,
the God who is in all , and with all and for all.

All: Amen

The Lord's Prayer A (a modern interpretation)

**Ground of all Being, Mother of life, Father of the universe,
Your name is sacred, beyond speaking.
May we know your presence,
may your longings be our longings in heart and in action.**

**May there be food for the human family today
and for the whole earth community.
Forgive us the falseness of what we have done,
as we forgive those who are untrue to us.
Do not forsake us in our time of conflict
but lead us into new beginnings.
For the light of life, the vitality of life, and
the glory of life are yours now and forever.
Amen.**

The Lord's Prayer B (the universal version)

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

Leader: Look, here is our God coming to us in bread and wine and friendship. These are the gifts of God for the people of God.

[The people eat and drink wherever they are at the same time...]

A Final Blessing

**May the peace of Christ go with you,
wherever He may send you.**

**May He guide you through the wilderness,
protect you through the storm.**

**May He bring you home rejoicing
at the wonders He has shown you.**

**May He bring you home rejoicing
once again into our doors.**

Amen.



The Journey Community grew from out of a group of 'misfits, outcasts and tree dwellers' who were preparing for baptism and confirmation on the YMCA and community allotments in Wilmorton, October 2018. As a result of this we decided to continue our journey together with God welcoming our questions and differences and our dreams of a better life. The Journey Community officially became a Church of England 'Fresh Expression' of Church on March 1st 2020, but to be honest we are not new or 'fresh' at all ~ because people have been meeting like this from the earliest days of Jesus and before church buildings ever existed!

We are just an ordinary group of different people journeying together and supporting each other along the way who meet online and in person to share bread as Jesus asked his disciples to do and to learn about life and God not just through the Bible but mostly through sharing food, cups of tea and our stories; We are discovering how God can challenge, help, heal and transform us and we do not need to believe the same things! Inspired by our friend Nylo who died in January 2018, we want to understand and practise what it means to *be* Peacemakers and Reconcilers. This doesn't mean we don't disagree - far from it! We just want to try to put into practise how to love God and how to love others as ourselves.

We want to welcome people of all ages from different places and from all walks of life who have a faith or none or are somewhere in between. People who have been on this journey a while or who have only just begun or haven't even started, (especially if you haven't felt welcome in other places.)

In The Journey Community we want to welcome people who are willing to question, as well as those willing to listen to different points of view.

We welcome all LGBTQ+ people.

- We gather every week to share bread either online via Zoom **or** in person (observing safe Covid aware protocols) at St Osmund's Hall, London Rd, Wilmorton or St Werburgh's, Spondon.
- We meet every morning online via Zoom to say the morning prayers together from this booklet
- For any further info and for a Zoom link, contact either :- Rev. Cath: 07745 735060 / chollywell@btinternet.com or Sharna Smith on 07706

