



A Day of Prayer

Inspired By The Monastic Hours

November 5, 2011



SAINT
MARGARET'S
EPISCOPAL CHURCH
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I n t r o d u c t i o n

In the fifth century St. Benedict structured a prayer cycle for use at different times during the day. This cycle is the inspiration for liturgical prayer used in sacramental churches and monasteries around the world today. Today we will be using an adaptation of Benedict's monastic liturgy for our own contemplative prayer experience:

Hour	Theme
8:00	Lauds with Eucharist
9:00	Thanksgiving
10:00	Prime
11:00	Thanksgiving
NOON	Terce
1:00	Thanksgiving
2:00	Sext
3:00	Thanksgiving
4:00	None
5:00	Vespers

You are invited to participate in the liturgy and then find a place, within the sanctuary, to sit and pray in silence. If you are not comfortable sitting in silence you may wish to embrace one of the strategies suggested in the section on Contemplative Prayer practices.

You may also wish to take a few of the “Prayer Requests” to pray with and perhaps add your own. If you do this please return them when you choose to leave.

If you would like companionship in prayer, or have any questions, the prayer leader is available.

Sitting In Silence

Go out and stand on the mountain before the LORD, for the LORD is about to pass by. Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.

1 Kings 19: 11 -12

The words of the prophets are written on the subway walls & tenement halls, and whispered in the sounds of silence.

Simon and Garfunkel

THE ELOQUENT SOUNDS OF SILENCE

Paraphrased from an essay by Pico Iyer

Silence is a precious commodity. The world is getting noisier: cars and buses have voices, doors and elevators speak. The answering machine talks to us, and somewhere above the din of the TV; our IPODs preserve a public silence but ensure that we need never - in the bathtub, on a mountaintop, even at our desks - be without the clangor of the world.

But silence is not easily won. We have to earn silence, then, to work for it: to make it not an absence but a presence; not emptiness but repletion. Silence is something more than just a pause; it is that enchanted place where space is cleared and time is stayed and the horizon itself expands

It is no coincidence that places of worship are places of silence: if idleness is the devil's playground, silence may be the angel's. It is no surprise that silence is an anagram of license.

And it is only right that Quakers all but worship silence, for it is the place where everyone finds his/her God, however they may express it. Silence is an ecumenical state, beyond the doctrines and divisions created by the mind. A "vow of silence" is for holy men & women the highest devotional act.

There is, of course, a place for noise in our daily lives. There is a place for the shouting exultation of a ball game, for hymns and spoken prayers, for orchestras and cries of pleasure. Silence, like all the best things, is best appreciated in its absence: if noise is the signature tune of the world, silence is the music of the other world, the closest thing we know to the harmony of the spheres. But the greatest charm of noise is when it ceases. In silence, suddenly, it seems as if all the windows of the world are thrown open and everything is as clear as on a morning after rain.

Silence, then, could be said to be the ultimate province of trust: it is the place where we trust ourselves to be alone; where we trust others to understand the things we do not say; where we trust a higher harmony to assert itself.

We all know how treacherous are words, and how often we use them to paper over embarrassment, or emptiness, or fear of the larger spaces that silence brings. "Words, words, words" commit us to positions we do not really hold, the imperatives of chatter; words are what

we use for lies, false promises and gossip. We babble with strangers; with intimates we can be silent. We "make conversation" when we are at a loss; we unmake it when we are alone, or with those so close to us that we can afford to be alone with them.

In love, we are speechless; in awe, we say, words fail us.



Lauds

Bell

Leader: This is the hour of Lauds

Chant

Leader: Let us pray

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. **Amen.**

Let us say together selected verses from Psalm 51

Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses. Purge me from my sin, and I shall be pure; wash me, and I shall be clean indeed.

Make me hear of joy and gladness that the body you have broken may rejoice. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Give me the joy of your saving help again and sustain me with your bountiful Spirit.

Open my lips, O Lord, and my mouth shall proclaim your praise.

Let us pray together the third song of Isaiah

Arise, shine, for your light has come, and the glory of the Lord has dawned upon you. For behold, darkness covers the land; deep gloom enshrouds the peoples. But over you the Lord will rise, and his glory will appear upon you. Nations will stream to your light, and kings to the brightness of your dawning. Your gates will always be open; by day or night they will never be shut. They will call you, The City of the Lord, The Zion of the Holy One of Israel.

Violence will no more be heard in your land, ruin or destruction within your borders. You will call your walls, Salvation, and all your portals, Praise.

The sun will no more be your light by day; by night you will not need the brightness of the moon. The Lord will be your everlasting light, and your God will be your glory.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. **Amen.**

Please remain in silence. The Eucharist service will commence in a few minutes.

The Eucharist service concludes

Please find a place within the sanctuary for silent prayer.

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You may also wish to take a few of the “Prayer Requests” to pray with and perhaps add your own. If you do this please return them when you choose to leave.

If you would like companionship in prayer, or have any questions, the prayer leader is available.



Thanksgiving

Bell

Leader: This is the hour of Thanksgiving

Chant

Leader: Let us pray

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love. We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us. We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know him and make him known; and through him, at all times and in all places, especially in this holy sanctuary at Saint Margaret's may we serve and please you, O Lord our God. **Amen**

Let us give thanks for God's goodness and blessings. Thanksgivings may be said silently or out loud.

Let us say together Psalm 63: 1 – 8

1. God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.
2. Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
3. For your loving-kindness is better than life itself; *
my lips shall give you praise.
4. So will I bless you as long as I live *
and lift up my hands in your Name.
5. My soul is content, as with marrow and fatness, *

and my mouth praises you with joyful lips,

6. When I remember you upon my bed, *
and meditate on you in the night watches.
7. For you have been my helper, *
and under the shadow of your wings I will rejoice
8. My soul clings to you; *
your right hand holds me fast.

Let us pray together

Almighty God, the fountain of all wisdom, you know our needs before we ask, and our ignorance in asking. Have compassion on our weakness and give us those things which for our unworthiness we dare not and for our blindness we cannot ask, for the sake of your Son, Jesus Christ our Lord. **Amen**

Blessed are you, Lord our God. How sweet are your words to the taste, sweeter than honey to the mouth. How precious are your commands for our life, more than the finest gold in our hands. How marvelous is your will for the world, unending is your love for the nations. Our voices shall sing of your promises and our lips declare your praise for ever and ever. **Amen**

May the love of the Lord Jesus draw us to himself, the power of the Lord Jesus strengthen us in his service, and the joy of the Lord Jesus fill our hearts. **Amen**

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If you would like companionship in prayer, or have any questions, the prayer leader is available.



Prime

Bell

Leader: This is the hour of Prime

Chant

Leader: Let us pray

We have come together as the family of God in our Father's presence to offer God praise and thanksgiving, to hear and receive his holy word, to bring before him the needs of this congregation and of this church, to ask for forgiveness of our sins and to see God's grace and guidance that through Jesus Christ, we may give ourselves to God's service. *Amen*

Please add your personal petitions either silently or aloud.

Let us say together Psalm 139: 1 – 17

1. Lord, you have searched me out and known me; *
you know my sitting down and my rising up; you discern my thoughts
from afar.
2. You trace my journeys and my resting-places *
and are acquainted with all my ways.
3. Indeed, there is not a word on my lips, *
but you, O Lord, know it altogether.
4. You press upon me behind and before *
and lay your hand upon me.
5. Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.
6. Where can I go then from your Spirit? *
where can I flee from your presence?
7. If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.
8. If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
9. Even there your hand will lead me *
and your right hand hold me fast.
10. If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"

11. Darkness is not dark to you; the night is as bright as the day; *
darkness and light to you are both alike.
12. For you yourself created my inmost parts; *
you knit me together in my mother's womb.
13. I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.
14. My body was not hidden from you, *
while I was being made in secret and woven in the depths of the earth.
15. Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book; *
they were fashioned day by day, when as yet there was none of them.
16. How deep I find your thoughts, O God! *
how great is the sum of them!
17. If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

Let us pray together

Eternal God and Father, you create us by your power and redeem us by your love. Guide and strengthen us by your Holy Spirit, that we may give ourselves in love and service to one another, to Saint Margaret's, and to you; Through Jesus Christ our Lord. **Amen**

Almighty God, whose loving hand has given us all that we possess: Grant us grace that we may honor you with our substance, and, remembering the account which we must one day give, may be faithful stewards of your bounty, through Jesus Christ our Lord. **Amen**

O God of peace, who has taught us that in returning and rest we shall be saved, and that in quietness and in confidence shall be our strength; By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God **Amen.**

Please find a place within the sanctuary for silent prayer.

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If you would like companionship in prayer, or have any questions, the prayer leader is available.



Terce

Bell

Leader: This is the hour of Terce

Chant

Leader: Let us pray

Almighty and most merciful God, grant, we beseech you, that by the indwelling of your Holy Spirit we may be enlightened and strengthened for thy service; through Jesus Christ our Lord who lives and reigns with you in the unity of the same Spirit ever one God, world without end. **Amen**

Let us say together Psalm 118: 1 – 18

1. Give thanks to the Lord, for he is good; *
his mercy endures for ever.
2. Let Israel now proclaim, *
“His mercy endures for ever.”
3. Let the house of Aaron now proclaim, *
“His mercy endures for ever.”
4. Let those who fear the Lord now proclaim, *
“His mercy endures for ever.”
5. I called to the Lord in my distress; *
the Lord answered by setting me free.
6. The Lord is at my side, therefore I will not fear; *
what can anyone do to me?
7. The Lord is at my side to help me; *
I will triumph over those who hate me.
8. It is better to rely on the Lord *
than to put any trust in flesh.
9. It is better to rely on the Lord *
than to put any trust in rulers.
10. All the ungodly encompass me; *
in the name of the Lord I will repel them.
11. They hem me in, they hem me in on every side; *
in the name of the Lord I will repel them.

12. They swarm about me like bees; they blaze like a fire of thorns; *
in the name of the Lord I will repel them.
13. I was pressed so hard that I almost fell, *
but the Lord came to my help.
14. The Lord is my strength and my song, *
and he has become my salvation.
15. There is a sound of exultation and victory *
in the tents of the righteous:
16. “The right hand of the Lord has triumphed! *
the right hand of the Lord is exalted! the right hand of the Lord has
triumphed!”
17. I shall not die, but live, *
and declare the works of the Lord.
18. The Lord has punished me sorely, *
but he did not hand me over to death.

Let us pray together

O God, who on the first day of Pentecost did teach the hearts of your faithful people by sending to them the light of your Holy Spirit; Grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Savior, who lives and reigns with you in the unity of the same Spirit, one God, world without end. **Amen**

Remember O lord, what you have wrought in us and not what we deserve; and, as you have called us to your service, make us worthy of our calling; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen**

Gracious Father, we pray for your holy Catholic Church, especially for this church of St. Margaret's, Bellevue. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ thy Son our Savior. **Amen**

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Sext

Bell

Leader: This is the hour of Sext

Chant

Leader: Let us pray

O God, by whom the meek are guided in judgment, and the light rises up in darkness for the godly; Grant us, in all our doubts and uncertainties, the grace to ask what you would have us do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light, and in your straight path may not stumble; through Jesus Christ our Lord. *Amen*

The congregation is invited to ask prayers for guidance, either silently or aloud.

Let us say together Psalm 32

1. Happy are they whose transgressions are forgiven, *
and whose sin is put away!
2. Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!
3. While I held my tongue, my bones withered away, *
because of my groaning all day long.
4. For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
5. Then I acknowledged my sin to you, *
and did not conceal my guilt.
6. I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.
7. Therefore all the faithful will make their prayers to you in
time of trouble; *
when the great waters overflow, they shall not reach them.
8. You are my hiding-place
you preserve me from trouble; *
you surround me with shouts of deliverance.
9. "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.
10. Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."

11. Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.
12. Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

Let us pray together

Almighty God, whose loving hand has given us all that we possess; Grant us grace that we may honor you with our substance, and, remembering the account which we must one day give, may be faithful stewards of your bounty, through Jesus Christ our Lord. **Amen**

Almighty God, who has promised to hear the petitions of those who ask in your Son's name; We beseech you mercifully to incline your ear to us who are now making our prayers and supplications to you; and grant that those things which we are faithfully asking according to your will, may effectually be obtained, to the relief of our necessity, and to the setting forth of your glory; through Jesus Christ our Lord. **Amen**

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, let there be pardon, where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy; For your mercy and for your truth's sake. **Amen.**

Please find a place within the sanctuary for silent prayer.

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You may also wish to take a few of the "Prayer Requests" to pray with and perhaps add your own. If you do this please return them when you choose to leave.

If you would like companionship in prayer, or have any questions, the prayer leader is available.



None

Bell

Leader: This is the hour of None

Chant

Leader: Let us pray

Almighty God, who has given us grace at this time with one accord to make our common supplications to you and has promised that when two or three are gathered together in your Name, you will grant their requests: Fulfill now, O Lord, the desires and petitions of your servants, as may be most expedient for them, granting us in this world knowledge of your truth and in the world to come life everlasting.

Amen

The congregation is invited to say private prayers of petition to God, either silently or aloud.

Let us say together Psalm 16

1. Protect me, O God, for I take refuge in you; *
I have said to the Lord, "You are my Lord,
my good above all other."
2. All my delight is upon the godly that are in the land, *
upon those who are noble among the people.
3. But those who run after other gods *
shall have their troubles multiplied.
4. Their libations of blood I will not offer, *
nor take the names of their gods upon my lips.
5. O Lord, you are my portion and my cup; *
it is you who uphold my lot.
6. My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.
7. I will bless the Lord who gives me counsel; *
my heart teaches me, night after night.
8. I have set the Lord always before me; *
because he is at my right hand I shall not fall.
9. My heart, therefore, is glad, and my spirit rejoices; *
my body also shall rest in hope.
10. For you will not abandon me to the grave, *

nor let your holy one see the Pit.

- ¹¹. You will show me the path of life; *
in your presence there is fullness of joy,

Let us pray together

Almighty God, you have given your Holy Spirit to the Church to lead us into all truth; bless with the Spirit's grace and presence the members of this congregation. Keep us steadfast in faith and united in love, that we may manifest your glory and prepare the way of your kingdom, through Jesus Christ your Son our Lord. *Amen*

Direct us O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works, begun, continued and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord. *Amen*

O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over and our work is done. Then in your mercy grant us a safe lodging, and a holy rest and peace at the last. *Amen*

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Vespers

Bell

Please enter the church in silence and remain in silence until the service begins. If you wish, please refer to the section on Contemplative prayer practices. You may wish to take a few of the “Prayer Requests” to pray with and perhaps add your own. If you do this please return them when you leave.

If you would like companionship in prayer, or have any questions, the prayer leader is available.

The service begins in about forty minutes.

Leader: This is the hour of Vespers

Chant

Leaders light candles

Leader: In the name of our Lord Jesus Christ, light and peace

Response: Thanks be to God

Leader: Let us pray together

I call upon you, O Lord; come quickly to me; Give ear to my voice when I call to you. Let my prayer be counted as incense before you and the lifting up of my hands as an evening sacrifice.

Let us say together Psalm 141

1. O Lord, I call to you; come to me quickly; *
hear my voice when I cry to you.
2. Let my prayer be set forth in your sight as incense, *
the lifting up of my hands as the evening sacrifice.
3. Set a watch before my mouth, O Lord,
and guard the door of my lips; *
let not my heart incline to any evil thing.
4. Let me not be occupied in wickedness with evildoers, *
nor eat of their choice foods.
5. Let the righteous smite me in friendly rebuke;
let not the oil of the unrighteous anoint my head; *
for my prayer is continually against their wicked deeds.
6. Let their rulers be overthrown in stony places, *
that they may know my words are true.

7. As when a plowman turns over the earth in furrows, *
let their bones be scattered at the mouth of the grave.
8. But my eyes are turned to you, Lord God; *
in you I take refuge;
do not strip me of my life.
9. Protect me from the snare which they have laid for me *
and from the traps of the evildoers.
10. Let the wicked fall into their own nets, *
while I myself escape.

Let us pray together

Almighty God, we thank you for the gift of your holy word. May it be a lantern to our feet, a light upon our paths and a strength to our lives. Take us and use us to love and serve all people in the power of the Holy Spirit and in the name of your Son, Jesus Christ our Lord.

Hymn # All praise to thee, my God this night (Thomas Tallis 1567)

1. All praise to Thee, my God,
this night. For all the blessings of the light.

Keep me, Oh, keep me, King of kings,
Beneath Thy own almighty wings.
2. Forgive me, Lord, for Thy dear Son,
The ill that I this day have done

That with the world, myself and Thee,
I, ere I sleep, at peace may be.
3. Oh, may my soul on Thee repose,
And may sweet sleep mine eyelids close,

Sleep that shall me more vigorous make
To serve my God when I awake.
4. Praise God, from whom all blessings flow;
Praise Him, all creatures here below;

Praise Him above, ye heavenly host:
Praise Father, Son, and Holy Ghost.

Let us pray

The Word of life which was from the beginning.

We proclaim you

The darkness is passing away and the true light is already shining

The Word of life which was from the beginning

That which we heard, which we saw with our eyes and touched with our hands

We proclaim you

For our fellowship is with the Father and with his Son, Jesus Christ our Lord

The Word of life, which was from the beginning, we proclaim you.

Let us bless the Lord

Thanks be to God.

Let us go in peace in thanksgiving & praying for our church of St. Margaret's and for each other and the success of the Break the Bonds campaign.

Thanks be to God

*C*ontemplative Prayer Practices

"Prayer is responding to God, by thought and by deeds, with or without words."

Book of Common Prayer page 856

And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, "This is the way; walk in it."

Isaiah 30:21

And if He calls you, say, "Speak, Lord for your servant is listening."

1 Samuel 13:9b

Some other contemplative practices that you may wish to engage are summarized below, and don't forget that the prayer leader is here to assist and answer questions.

*A*cts Of Prayer

In the acronym ACTS, each letter stands for a different form of prayer.

- A Adoration and Praise
- C Confession of Sin
- T Thanksgiving
- S Supplication and Intercession

*A*doration

We begin with Adoration in order to first focus on God -- who God is, instead of our own wants and needs. Jesus says in Matthew 6:33 *"But seek first His kingdom and His righteousness and all these things will be given to you as well."*

*C*onfession

Let the Holy Spirit bring to mind sins that needs to be confessed, and name it to yourself.

"But your iniquities have separated you from God your sins have hidden his face from you, so that he will not hear."

Isaiah 59:2

"Search me, o God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Psalms 139:23-24

"When I kept silent, my bones wasted away through my groaning all day long. For day and night Your hands were heavy upon me; my strength was sapped as in the heat of summer. Then, I acknowledged my sin to You and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" -- and You forgave the guilt of my sin."

Psalms 32:3-5

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

I John 1:9

Thanksgiving

Thank God for all the blessings of this life, for our redemption, and for whatever draws us closer to God. This time is used in giving thanks to God for whatever comes to mind for you -- answered prayers, family, home, etc.

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.”

Psalm 100:4:

So then, just as you received Christ Jesus as Lord continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 2:6-7

Supplication

Bring before God our needs and the needs of others; asking always that God’s will may be done

“This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us -- whatever we ask -- we know that we have what we asked of Him”

I John 5:14-15

“Now faith is being sure of what we hope for and certain of what we do not see.”

Hebrews 11:1

“Cast all our anxiety on Him because He cares for us.”

I Peter 5:7:

Journaling

Journaling is a way of praying, using writing. Sometimes when you journal, you can write as if you are speaking directly to God. It is praying, putting words on paper, instead of vocalizing them. At other times in journaling you just write whatever comes into your mind at that particular moment. The words could be around a particular theme, such as forgiveness or guidance, or they could be about any thoughts that happen to be in your mind or on your heart at that time.

Before you write, remember to ask God to guide your writing and then trust that God will indeed be your guide. Journaling is a very private conversation between you and God.

An important part of journaling is reading over what you have written when you have finished, reflecting on the words you have put down. This can happen immediately you have finished writing or a few days, or even months, after your journaling experience. It can be very

enlightening to reread what you have written at a particular time and then reflect how God has worked in your life since then.

You will find paper and pencils in one of the Prayer Corners.

Praying With Scripture

Praying with scripture can be one of the richest sources for contemplative prayer. Choose a passage and let God lead!

Review your prayer afterwards. Where was God present, or absent? What was good, or difficult? It may be helpful to briefly write down what was most striking about your prayer period: your feelings, body sensations, images, words that may have come to you as gift, etc.

Some suggested scriptures are listed below and two specific methods outlined:

Exodus 3:1-6	Moses and the burning bush
1 Sam : 3 1-11	Your servant is listening
Matt 3: 13 – 17	Jesus' baptism
Mark 2 :1-12	Healing of the paralytic
Luke 12 :22-32	Lilies of the field
John 1:35-51	Call of disciples
Matt 9:18 – 26	Healing miracles
Mark 6 : 45 - 51	Jesus calms the storm
Luke 22: 14 – 23	Last supper
John 20: 11 -18	Jesus appears to Mary Magdalene

Praying With Scripture - Ignatian Method

An Ignatian approach to praying with scripture relies on active imagination and drawing upon the senses.

Guidelines

1. Preparation.

Initially it is important to become quiet - in touch with yourself and aware of what you are doing. Quietly breathing, emptying the mind of outside thoughts, speaking a sacred word like "Jesus" or just being still, may help. Be reverent.

2. Grace.

Be specific in what you want to derive or receive from this prayer period and ask God for what you want. For example, "God, help me not just to know myself as sinner, but as a

loved and forgiven sinner," or "Jesus, help me to know you better so I can love you more and serve you better." Ask for what you want.

3. Setting

When praying over a scripture passage, several different things can fruitfully be done. –

- Read the passage over several times just letting it "sink in"
- Read it once slowly, letting it sink in bit by bit. Some like to read it out loud
- Look it over, read it over for the word or phrase that speaks to you, or a feeling that moves you, savor that word or feeling
- Read it, close the book, and let God lead you where you are supposed to be.

Whatever, insert yourself into the mystery; one of the people taking part or someone present and watching. Apply your senses to the scene. Hear the words. Smell the scene. Feel the mood. Perhaps most importantly touch the others present, etc. and let them touch you. If you have chosen an event in Jesus' life, live there with Jesus, just being part of the scene. Touch Jesus!!

Praying With Scripture - Benedictine Method

The monastic form of Lectio Divina is an ancient method that was practiced by the Mothers and Fathers of the Desert and later in monasteries both East and West. The monastic way is unstructured. One listens to the word of God in a particular passage chosen for the occasion and then one follows the attraction of the Spirit.

Guidelines

1. Lectio

Read the Scripture passage for the first time. Listen with the "ear of your heart." What phrase, sentence or even one word stands out to you? Begin to repeat that phrase, sentence or one word over and over, allowing it to settle deeply in your heart. Simply return to the repetition of the phrase, sentence or one word, savoring it in your heart.

2. Meditatio

Reflect, relish the words. Let them resound in your heart. Let an attitude of quiet receptiveness permeate the prayer time. Be attentive to what speaks to your heart.

3. Oratio

Respond spontaneously as you continue to listen to a phrase, sentence or word. A prayer of praise, thanksgiving or petition may arise. Offer that prayer, and then return to repeating the word in your heart.

4. Contemplatio

Rest in God. Simply "be with" God's presence as you open yourself to a deeper hearing of the Word of God. If you feel drawn back to the scriptures, follow the lead of the Spirit.

Prayer Beads

If you look at an Anglican rosary, you find it has fewer beads than a Roman Catholic version. When you look at it, you will see there is a cross, with two beads above it. The first bead is called the invitatory bead and the second is a cruciform bead. There are five cruciform beads on the rosary. You will then notice that there are four sets of beads with seven beads in each set. These are called “the weeks”. The four beads in between the weeks are the remaining cruciform beads. If you choose to use a set of beads please leave them in place for the next liturgical hour. There are a number of ways to pray with these beads. We include two ways below:

Prayer of Julian of Norwich

Cross	In the Name of God, Father, Son and Holy Spirit. Amen
Invitatory Bead	O God make speed to save me O Lord make haste to help me Glory to the Father and to the Son, and to the Holy Spirit As it was in the beginning, is now and will be forever. Amen
Cruciform Beads	God of your goodness, give me yourself. For you are enough to me. And I can ask for nothing less that is to Your glory. And if I ask for anything less, I shall still be in want, for only in you have I all.
The Weeks	All shall be well, and all shall be well. And all manner of thing shall be well.
Invitatory Bead	The Lord’s Prayer
Cross	Let us bless the Lord. Thanks be to God.

A Celtic Prayer

Cross	In the Name of God, Father, Son and Holy Spirit. Amen
Invitatory Bead	O God make speed to save me O Lord make haste to help me Glory to the Father and to the Son, and to the Holy Spirit As it was in the beginning, is now and will be forever. Amen
Cruciform Beads	Be the eye of God dwelling with me, The foot of Christ in guidance with me, The shower of the Spirit pouring on me, Richly and generously.

The Weeks I bow before the Father who made me,
I bow before the Son who saved me,
I bow before the Spirit who guides me,
In love and adoration.
I praise the Name of the One on high.
I bow and adore Thee sacred Three
The Ever One; the Trinity.

Invitatory Bead The Lord's Prayer

Cross I bless the Lord. Thanks be to God.

Centering Prayer

A sacred word is chosen during a brief period of prayer asking the Holy Spirit to inspire us with one that is especially suitable for us. Examples: God, Jesus, Abba, Father, Mother, Mary, **Amen**. Other possibilities: Love, Listen, Peace, Mercy, Let Go, Silence, Stillness, Faith, Trust.

We introduce the sacred word inwardly as gently as laying a feather on a piece of absorbent cotton.

"Thoughts" is an umbrella term for every perception, including body sensations, sense perceptions, feelings, images, memories, plans, reflections, concepts, commentaries, and spiritual experiences. Thoughts are an inevitable, integral and normal part of Centering Prayer.

Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts, return ever-so- gently to the sacred word.
4. At the end of a prayer period [say 15 to 20 minutes], remain in silence with eyes closed for a couple of minutes.

Meditating With The Ten Commandments

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing

children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Exodus 20 2-17

On October 2 in his homily at St Margaret's, the Rev John Thompson recommended that we consider meditating on the Ten Commandments. Here in an extract from his homily:

“For years I did not pay much attention to the Ten Commandments. I knew them, or at least I could recite them, but I did not think about them like ancient Israel did. I did not get it. I did not see them as God's giving me, giving us, directions about how to live righteous lives. To the Israelites, God's commandments were not seen as burdens or a checklist to be achieved but purely as a gift from a loving God who wants the best for those who have been created.

If you are interested in using the Ten Commandments as a guide for producing good fruit, for instruction on radical obedience to God, I have a suggestion for you. Take each commandment separately and meditate on it. How does this commandment relate to me? How do I obey it? How do I disobey it? What can I learn about living from it? John gave us some examples to get us started”

“You shall have no other gods before me”. Consider: Materialism, consumerism, pride, selfishness, etc..

“You shall not murder” When did you make life diminishing decisions? When did you denigrate someone else? Etc.