

St Bride's

Creative / Progressive / Inclusive

Wednesday Morning Prayer (Jackie O'Carroll)



Grace

“Grace is within you. Grace is your self. Grace is not something to be acquired from others. If it is external, it is useless. All that is necessary is to know its existence is in you. You are never out of its operation.”

Ramana Maharshi

Opening Prayer

Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
And to look at all beings with eyes of compassion.

Thich Nhat Hanh

Silence

to be aware of the Divine Presence within and around us

Readings

Be helpless, dumbfounded,
Unable to say yes or no.
Then a stretcher will come from grace
To gather us up.

We are too dull-eyed to see that beauty
If we say we can, we're lying.
If we say No, we don't see it,
That No will behead us
And shut tight our window onto spirit.

So let us rather not be sure of anything,
Besides ourselves, and only that, so
Miraculous beings come running to help.
Crazed, lying in a zero circle, mute,
We shall be saying finally,
With tremendous eloquence, Lead us.
When we have totally surrendered to that beauty,
We shall be a mighty kindness.

Zero circle by Rumi

“A person should always offer a prayer of graciousness for the love that has awakened in them. When you feel love for your beloved and the beloved’s love for you, now and again you should offer the warmth of your love as a blessing for those who are damaged and unloved.

Send that love out into the world to people who are desperate, to those who are starving, to those who are trapped in prison, in hospitals, and into all the brutal terrains of bleak and tormented lives. When you send that love out from the bountifulness of your own love, it reaches other people. This love is the deepest power of prayer.”

John O'Donohue, Anam Cara: A Book of Celtic Wisdom

Silence

reflection and a sharing of responses

Prayers and lighting of candles

Blessing

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

John O'Donohue