

# St Bride's

Creative / Progressive / Inclusive

**Wednesday Morning Prayer** (JPJ)

## Falling away



### **OPENING THOUGHT**

Lent is a time of Falling Away, a time when we are invited, if even for a moment, to allow all things – all concerns, fears, hopes and aspirations – to fall away, letting go into the simplicity and the clarity of the Presence of God, the reality of the Christ Consciousness, the Self within, the Source of all.

*“When all is fallen away, we stand and see with our whole selves. The One Reality rings with its beauty and pain, and our joy resonates with the joy of the universe. Anne Hillman: Awakening the Energies of Love p335*

As the poet Rumi puts it:

*There is nothing left of me.  
I am like a ruby held up to the sunrise.  
Is it still a stone, or a world  
made of redness? It has no resistance  
to sunlight. The ruby and the sunrise are one.*

Emptied of all that is partial we are a sanctuary for Light. No longer bound by clothes of self-definition we discover the wonder and the beauty of being human, the truth of who we are. We discover that even when it seems there is nothing, there is everything.

## **OPENING PRAYER**

**May we come  
in this moment  
as we are  
as ‘I am’.**

**May we set aside  
in this moment  
our pain and our concerns  
and simply be.**

**Now I am  
Now we are  
beloved children of God  
bathed and filled with the eternal Presence:  
the creative love and energy of the universe,  
in whom all things are  
and all things will be.**

## SHARED SILENCE

*Be still and aware of God's Presence within, among and all around.*

## READING

### John 17:24-26

Father, I want everyone you have given me to be with me, wherever I am. Then they will see the glory that you have given me, because you loved me before the world was created. Good Father, the people of this world don't know you. But I know you, and my followers know that you sent me. I told them what you are like, and I will tell them even more. Then the love that you have for me will become part of them, and I will be one with them.

### Gospel of Thomas Saying 24

His disciples said to him "Show us the place where you are, for we must find it." Jesus responded: "there is a light within a human being of light which can light up the whole world".

*Reflect on the Scripture and remember  
that the life of heaven and earth are interwoven.*



## TIME FOR PRAYERS

*Light a candle, say a prayer – silent or spoken*

## **A PRAYER LIKE JESUS PRAYED**

Source of All,  
within and beyond time and space,  
we honour you.

May your presence and your ways  
become evident in all the earth.

May we have food for the day  
and enough to share.

May we forgive one another  
for the mistakes we make.

Give us strength and wisdom  
to avoid temptation and evil.

Come, fill the earth with Love.

In Jesus' name,

**Amen!**



Love is more than we think and more than we feel. It is the silent Song that energises our lives and holds the universe together. Attuned to its energies, the soul knows that Love transcends individuality, time and space, and the boundaries of life and death awakening us to the living Mystery and its work of Love. *(adapted from Anne Hillman)*

## **BLESSING** (Satish Kumar)

**May our legs be strong and steady**

**May our feet tread softly on the earth**

**May our stomach be small and soft**

**May our belly be full of fire**

**May our heart be large and loving**

**May our soul be simple and serene**

**May our mind be calm and clear**

**May our spirit be free of fear**

**May our mouth mint sweet words and kind kisses**

**May our eyes see beauty below, beauty above and beauty all around**

**May our ears hear words of praise and music of the cosmos**

**May our hands be generous in giving and grateful in receiving**

**May our arms find joy in embracing**

**May our body be a temple of love.**

**Amen**