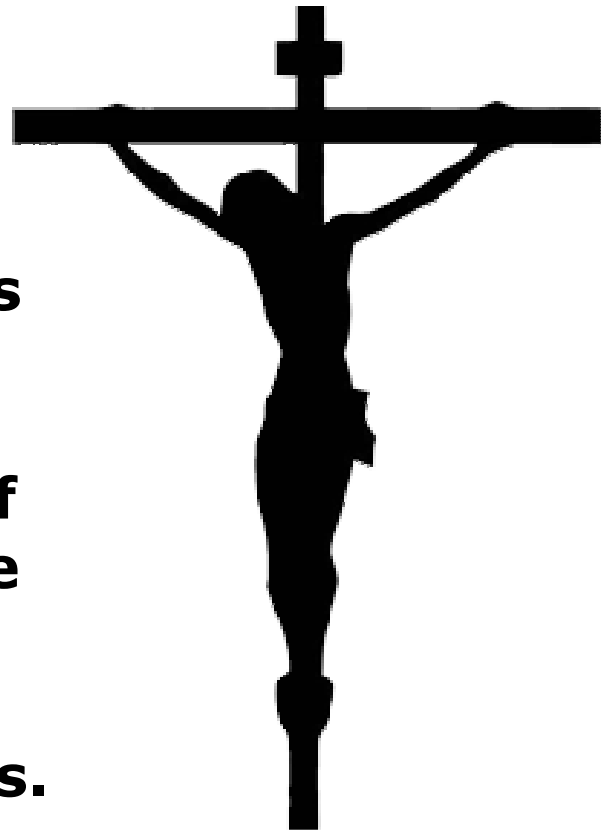


**THOUGHTS FOR
PRAYER AND REFLECTION**

July 2018

**Anyone who wishes
to keep the
flame of ardour
alive within oneself
should contemplate
in one's heart
Christ
dying upon the cross.**



Bonaventure
On the Perfection of Life

1 st	Sixth Sunday after Pentecost: The man who insists upon seeing with perfect clearness before he decides, never decides. Accept life, and you must accept regret. <i>Henri Frederic Amiel (1821-1881)</i>
2 nd	A Christian community should do as Jesus did: propose and not impose. Its attraction must lie in the radiance cast by the love of brothers. <i>Jean Vanier: Community And Growth</i>
3 rd	Thomas: Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" <i>John 20:27-28</i>
4 th	The most terrible poverty is loneliness, and the feeling of being unloved. <i>Mother Teresa</i>
5 th	You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore. <i>Psalms 16:11</i>
6 th	John Fisher, bishop, and Thomas More, martyrs (d.1535): Teach me, O Lord, the way of your statutes, and I will observe it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. <i>Psalms 119:22-23</i>
7 th	With my whole heart I seek you; do not let me stray from your commandments. <i>Psalms 119:10</i>
8 th	Seventh Sunday after Pentecost: I bless the Lord who gives me counsel; in the night also my heart instructs me. I keep the Lord always before me; because he is at my right hand, I shall not be moved. <i>Psalms 16:7-8</i>
9 th	Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for. <i>Epicurus (341 BCE-270 BCE)</i>
10 th	When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest". <i>Matthew 10:36-38</i>
11 th	Benedict of Nursia, abbot (d.550): Let us spend one day as deliberately as nature, and not be thrown off the track by every nutshell and mosquito's wing that falls on the rails. Let us rise early and fast, or break fast, gently and without perturbation... Let us not be upset and overwhelmed in that terrible rapid and whirlpool... If the engine whistles, let it whistle till it is hoarse for its pains. If the bell rings, why should we run? <i>Henry David Thoreau (1817-1852)</i>
12 th	The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you". <i>John 4:25-26</i>
13 th	Sydney James Kirkby, bishop, pioneer of outback ministry and the Bush Church Aid Society (d.1935): Gracious God, today we thank you for this ancient, harsh but beautiful country. We thank you for blessing us with rich resources and prosperity and for freedom of worship. Open our hearts to the disadvantaged and to those who seek asylum.
14 th	Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!" <i>Isaiah 6:8</i>
15 th	Eighth Sunday after Pentecost: When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares. <i>Henri Nouwen: The Road to Daybreak - A Spiritual Journey</i>
16 th	Now I say to you in conclusion, life is hard, at times as hard as crucible steel. It has its bleak and difficult moments. Like the ever-flowing waters of the river, life has its moments of drought and its moments of flood. Like the ever-changing cycle of the seasons, life has the soothing warmth of its summers and the piercing chill of its winters. But if one will hold on, he will discover that God walks with him, and that God is able to lift you from the fatigue of despair to the buoyancy of hope and transform dark and desolate valleys into sunlit paths of inner peace. <i>Martin Luther King Jr (d.1963): Eulogy for the martyred children</i>

17 th	O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling. Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God. <i>Psalm 43:3-4</i>
18 th	Blessed are you, winter, your bleak, barren trees preach wordless sermons about emptiness and solitude. <i>Joyce Rupp: The Circle of Life</i>
19 th	"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. For my yoke is easy, and my burden is light." <i>Matthew 11:28-30</i>
20 th	"Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent". <i>John 6:27-29</i>
21 st	Let us live in such a way that when we die our love will survive and continue to grow. <i>Michael Leunig: The Prayer Tree</i>
22 nd	Ninth Sunday after Pentecost: For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. <i>Ephesians 2:8-10</i>
23 rd	Mary Magdalene: Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom. <i>Rumi (1207-1273)</i>
24 th	Therefore, you have no excuse, whoever you are, when you judge others; for in passing judgement on another you condemn yourself, because you, the judge, are doing the very same things. <i>Romans 2:1</i>
25 th	James, Apostle and Martyr: But Jesus called them to him and said, "You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve and to give his life a ransom for many." <i>Matthew 20:25-28</i>
26 th	Anne, mother of the Blessed Virgin Mary: If one's different, one's bound to be lonely. <i>Aldous Huxley: Brave New World</i>
27 th	When they kept on questioning him, he straightened up and said to them, "Let anyone among you who is without sin be the first to throw a stone at her." <i>John 8:7</i>
28 th	The first service that one owes to others in the fellowship consists in listening to them. Just as love of God begins with listening to His Word, so the beginning of love for the brethren is learning to listen to them. It is God's love for us that He not only gives us His Word but also lends us His ear. So it is His work that we do for our brother and sister when we learn to listen to them. <i>Dietrich Bonhoeffer: Life Together - The Classic Exploration of Christian Community</i>
29 th	Tenth Sunday after Pentecost: Every day I will bless you and praise your name forever and ever. <i>Psalm 145:2</i>
30 th	William Wilberforce, social reformer (d.1833): It makes no sense to take the name of Christian and not cling to Christ. Jesus is not some magic charm to wear like a piece of jewellery we think will give us good luck. He is the Lord. His name is to be written on our hearts in such a powerful way that it creates within us a profound experience of His peace and a heart that is filled with His praise. <i>William Wilberforce: Real Christianity</i>
31 st	Joseph of Arimathea; Ignatius of Loyola, priest and founder of the Society of Jesus (d.1556): Teach us, good Lord, to serve you as you deserve: To give, and not to count the cost; to fight, and not to heed the wounds; to toil, and not to seek for rest; to labour, and not to ask for any reward, except that of knowing that we do your holy will; through Jesus Christ our Lord. <i>Amen.</i> <i>Ignatius Loyola</i>

PRAYER THOUGHTS

- Sunday O God, to those who have hunger give bread. And to us who have bread give the hunger for justice. *Modern prayer from Latin America*
- Monday Look for the face of the Lord Jesus, in everyone you meet; and may everyone you meet, see the face of the Lord Jesus in you.
- Tuesday I pray for holy courtesy – for the virtue of treating others as I would like to be treated. I pray for an all-inclusive respect for other creatures that is the seedbed of a human and global community.
- Wednesday Gracious God, we give you thanks for Bishop Ross and Jenny, and also for Fr Paul. May your Spirit be at work among us as we continue our journey together. Help us to be open to your leading as members of your family here in Epping: worshipping you in spirit and truth, serving one another in love, and reaching out to those around us.
Amen
- Thursday Loving God, deliver me from all pretence. Deliver me from all pettiness. Deliver me from all foolish pride. Let no opportunity surprise me, and pass, untaken. Let no one live in loneliness that I can relieve. Let no one find it hard to carry on, because of my criticism.
- Friday God as I open my eyes to the world, please open my eyes to what you want me to do in it today.
- Saturday Please pray for the youth of our parish that they may be daring in their search for God.

Thoughts for Prayer & Reflection
for our *city on a hill...* and beyond.

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**Our church is open every day,
providing a sacred space for contemplation and prayer.**

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