

Thoughts and Prayers for Reflection

May 2025



You, the one
From whom on different paths
All of us have come.

To whom on different paths
All of us are going.

Make strong in our hearts what unites us;
Build bridges across all that divides us;
United make us rejoice in our diversity.
And as one in our witness to your peace,
A rainbow to your glory.

David Steindl-Rast OSB

1	Philip and James, Apostles and Martyrs: Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. <i>James 1.2-3</i>
2	Athanasius, bishop of Alexandria, teacher (d.373): Jesus became what we are that he might make us what he is. <i>Saint Athanasius</i>
3	Jesus is the light of the world. In his presence, we can see clearly and orientate ourselves on life's journey. Without him, we are trapped in the darkness of sin and error. Rejoice, brothers and sisters, for saving light has come to our rescue. <i>Fr Michael Grace</i>
4	Third Sunday of Easter: Whether you turn to the right or the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." <i>Isaiah 30:21</i>
5	Blest are you, Lord Jesus, who rose from the ignominy of a sinner's death to the triumph of a Saviour's resurrection. For God so loved the world that all might have eternal life.
6	John, apostle and evangelist: Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.' <i>John 6.35</i>
7	Lord, the resurrection of Your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.
8	Julian of Norwich, holy woman and mystic (d.1417): The fullness of joy is to behold God in everything. God is the ground, the substance, the teaching, the teacher, the purpose, and the reward for which every soul labours. <i>Julian of Norwich</i>
9	So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly. <i>John 10.7-10</i>
10	Teach me your ways, O Lord; make them known to me. Teach me to live according to your truth, for you are my God, who saves me. I always trust in you. <i>Psalms 25.4-5</i>
11	Fourth Sunday of Easter: Therefore, they stand before the throne of God and serve him day and night in his temple; and he who sits on the throne will shelter them with his presence. Never again will they hunger or thirst. Neither sun nor any scorching heat will burn them, for the Lamb at the centre of the throne will be their shepherd, he will lead them to springs of life-giving water. And God will wipe away every tear from their eyes. <i>Revelation 7.15-17</i>
12	We must not wish for the disappearance of our troubles but for the grace to transform them. <i>Simone Weil (1909-1943)</i>
13	You can't go back and change the beginning, but you can start where you are and change the ending. <i>C. S. Lewis</i>
14	It's easy to see God's glory in the big things. The crash of an ocean wave, a dramatic bolt of lightning, a double rainbow across the sky – all showcase God's power and make us take notice. But what about the small things? How often do we let the simple things amaze us? <i>Colleen M. Arnold, MD.</i>

15	May the Easter Christ cast out all our timidities, our inclinations to nail things down too safely, too securely, too predictably. Let us rest and be content with mystery. And let God's risen Word be a liberating call to us all.
16	Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love. <i>1 Corinthians 16.13-14</i>
17	There is the great lesson of 'Beauty and the Beast,' that a thing must be loved before it is lovable. <i>G K Chesterton (1874-1935)</i>
18	Fifth Sunday of Easter: 'And now I give you a new commandment: love one another. As I have loved you, so must you love one another. If you have love for one another, then everyone will know that you are my disciples'. <i>John 13. 34-35</i>
19	Dunstan, archbishop of Canterbury (d.988): The planet should not be used as a warehouse of resources to serve humanity's selfishness. <i>Rowan Williams</i>
20	So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. <i>Isaiah 41.10</i>
21	I wanted to change the world. But I have found that the only thing one can be sure of changing is oneself. <i>Aldous Huxley: Point Counter Point (1894 1963)</i>
22	Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song. <i>Pope John Paul II</i>
23	For true love is inexhaustible; the more you give, the more you have. And if you go to draw at the true fountainhead, the more water you draw, the more abundant is its flow. <i>Antoine de Saint-Exupery (1900-1944)</i>
24	John (d.1791) and Charles (d.1788) Wesley, evangelists: And can it be that I should gain an interest in the Savior's blood? Died He for me, who caused His pain - for me, who Him to death pursued. Amazing love! How can it be, that Thou, my God, shouldst die for me! <i>Charles Wesley</i>
25	Sixth Sunday of Easter: God be merciful to us and bless us; look on us with kindness, so that the whole world may know your will; so that all nations may know your salvation. <i>Psalms 67.1-2</i>
26	Augustine of Canterbury, missionary and bishop (d.605): You have made us for Yourself and restless is our heart until it comes to rest in you. <i>Augustine of Canterbury</i>
27	May God be gracious to us and bless us and make his face to shine upon us. <i>Psalms 67:1</i>
28	The Kingdom of God is for the weak, humble, and unlikely, but never for the faint of heart. Stand strong in the midst of a contrary culture and know that you have won. <i>Chris Tiegreen</i>
29	Ascension Day: If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. <i>John 14:15-19</i>
30	Sing to God, sing praises to his name; lift up a song to him who rides upon the clouds – his name is the Lord – be exultant before him. <i>Psalms 68:4</i>
31	The Visitation of the Blessed Virgin to Elizabeth: When Elizabeth heard Mary's greeting, the baby moved within her. Elizabeth was filled with the Holy Spirit, and said in a loud voice, "you are the most blessed of all women, and blessed is the child you will bear!" <i>Luke 1.41-42</i>

Weekly Prayers and Thoughts



- Sunday** Gracious God, we pray that you are working in the mind of the person you have chosen to be the Assistant Minister in our parish, so that Father Phil may have someone to share the burdens and joys of our parish ministries and activities. *Amen.*
- Monday** Help us to be immune from doubts, notions and illusions which shroud our heart and prevent us from exploring the hidden mysteries. *Sufi prayer*
- Tuesday** Lord, how do you want to reveal yourself in the rough places of my life? Teach me to expect a demonstration of your goodness in every situation. No mountain is bigger than you; fill my heart with hope for the day when you level each one completely. *Amen.*
- Wednesday** Lord, please help me to do all the good I can, by all the means I can, in all the places I can, at all times I can, for all people I can, as long as ever I can. *John Wesley's Rule*
- Thursday** Lord, guide us in your gentle mercy, for left to ourselves we cannot do your will. We ask this through our Lord Jesus Christ, your Son. *Amen.*
- Friday** **A prayer for a broken world:** Almighty God, creator, and preserver of our world, we pray for peace, justice and compassion for those in need. Have mercy on our broken and divided world and banish the spirit that makes for war. Restrain the forces of evil and protect the vulnerable, especially women and children, as well as those who seek refuge from oppression and death. We pray in the name of Jesus Christ our Lord, who went to the cross for those in need of salvation. *Amen.*
- Saturday** Lord, guide me in your plan to courageously and fearlessly say, "Not my will but yours be done", trusting always that my motivations here on earth are driven by your Holy will. *Amen.*

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

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