

*THOUGHTS FOR
PRAYER AND REFLECTION*

June 2024

Kindle in our hearts, O God,
the flame of that love which
never ceases,
that it may burn in us,
giving light to others.

Prayer of Columba of Iona



1	Justin, martyr at Rome (d.c.167): It is great wisdom to know how to be silent and to look at neither the remarks, nor the deeds, nor the lives of others. <i>St John of the Cross (1542-1591)</i>
2	Second Sunday after Pentecost: For it is the God who commanded light to shine out of darkness, who has shone in our hearts to <i>give</i> the light of the knowledge of the glory of God in the face of Jesus Christ. <i>2 Corinthians 4.6</i>
3	Martyrs of Uganda (d.1886), John XXIII, bishop of Rome, reformer (d.1963), Janani Luwum, archbishop of Uganda, martyr (d.1977): Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in but with what it is still possible for you to do. <i>John XXIII</i>
4	Restore us, O God; let your face shine, that we may be saved. <i>Psalms 8.3</i>
5	Boniface of Mainz, bishop and martyr (d.754): Let your heart hold fast my words; keep my commandments, and live. Get wisdom; get insight; do not forget, nor turn away from the words of my mouth. Do not forsake her, and she will keep you; love her, and she will guard you. <i>Proverbs 4.5-6</i>
6	Aware of the hunger in our souls, Jesus unveils a profound truth: true fulfilment is found solely through believing in Him and entrusting our lives to His care. <i>Lisa McKerr</i>
7	The Most Sacred Heart of Jesus: The heart is a symbol of love, of self-giving, of being for others. We recall Jesus' total self-giving for us as His loved ones.
8	My child, when you come to serve the Lord, prepare yourself for testing. Set your heart right and be steadfast, and do not be impetuous in time of calamity. <i>Sirach 2.1-2</i>
9	Third Sunday after Pentecost: Living a life in communion with the Holy Spirit is entering into the fullness of life in and with God.
10	Unless a grain of wheat falls into the earth and dies, it remains just a single grain. <i>John 12.24</i> In these words, Jesus illuminates the path to abundant fruitfulness through the surrender of self.
11	Barnabas, Apostle and Martyr: If the only prayer you say in your whole life is thank you, it will be enough. <i>Meister Eckhart</i>
12	Above all, trust in the slow work of God. Only God could say what this new spirit gradually forming within you will be. Give our Lord the benefit of believing that His hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete. <i>Pierre Teilhard de Chardin (1881-1955)</i>
13	Anthony of Padua, missionary and preacher (d 1231): Almighty and everlasting God, we thank thee for thy servant whom thou didst call to preach the Gospel. Raise up, we beseech thee, in this and every land evangelists and heralds of thy kingdom, that thy Church may proclaim the unsearchable riches of our Savior Jesus Christ; who liveth and reigneth with thee and the Holy Spirit, one God, now and forever. <i>Amen.</i> <i>Collect of a Missionary</i>
14	Stretch out your hand to the poor, so that your blessing may be complete. <i>Sirach 7.32</i>
15	Evelyn Underhill, spiritual writer (d.1941): On every level of life, from housework to heights of prayer, in all judgment and efforts to get things done, hurry and impatience are sure marks of the amateur. <i>Evelyn Underhill</i>

16	Fourth Sunday after Pentecost: Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, <i>1 Peter 1.22</i>
17	The glory of men and women fully alive, and the full life of men and women, is knowing God. <i>St Irenaeus of Lyons</i>
18	Create in me a clean heart, O God, And renew a steadfast spirit within me. <i>Psalm 51.10</i>
19	Has it ever occurred to you that a hundred pianos all tuned to the same fork are all tuned to each other? So, one hundred people, each one looking to Christ are, in heart, nearer to each other than they could possibly be if they are trying to work things out between each other. <i>A.W.Tozer</i>
20	When Elijah was enveloped in the whirlwind, Elisha was filled with his spirit. He performed twice as many marvels with every utterance of his mouth. <i>Sirach 48.12a</i>
21	Blessed is anyone who endures temptation. Such one has stood the test and will receive the crown of life that the Lord has promised to those who love him. <i>James 1.12</i>
22	Alban, first British martyr (d.c.209): But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law of liberty, and persevere, being not hearers who forget but doers who act – they will be blessed in their doing. <i>James 1.22-25</i>
23	Fifth Sunday after Pentecost: O Corinthians! We have spoken openly to you, our heart is wide open. You are not restricted by us, but you are restricted by your <i>own</i> affections. <i>2 Corinthians 6.11-12</i>
24	The Birth of John the Baptist: On the eighth day they came to circumcise the child, and they were going to name him Zechariah after his father. But his mother said, "No, he is to be called John". They said to her, "None of your relatives has this name". Then they began motioning to his father to find out what name he wanted to give him. He asked for a writing tablet and wrote, "His name is John." And all of them were amazed. <i>Luke 1.59-63</i>
25	We have an Everyday God. He can be found in the ordinary: the hedges in the back garden, the condensation on the window, the joyful laughter of friends and the beauty of a rustic scene. <i>Deidre M. Powell</i>
26	Remember the commandments, and do not be angry with your neighbour; remember the covenant of the Most High, and overlook faults. <i>Sirach 28.7</i>
27	Cyril of Alexandria, bishop and teacher (d.444): Next to the sacrament itself your Christian neighbour is the holiest object ever presented to your sight, because in him or her the living Christ is truly present. <i>C S Lewis.</i>
28	Irenaeus of Lyons, bishop and teacher (d.c.200) : Our Lord Jesus Christ, through His transcendent love, became what we are, so that He might bring us to be what He, Himself is. <i>St Irenaeus of Lyons</i>
29	Peter and Paul, Apostles and Martyrs: Almighty God, whose blessed apostles Peter and Paul glorified thee by their martyrdom: Grant that thy Church, instructed by their teaching and example, and knit together in unity by thy Spirit, may ever stand firm upon the one foundation, which is Jesus Christ our Lord; who liveth and reigneth with thee, in the unity of the same Spirit, one God, for ever and ever. <i>Amen.</i>
30	Sixth Sunday after Pentecost: O Israel, hope in the Lord; For with the Lord there is mercy, And with Him is abundant redemption. <i>Psalm 130.7</i>

Prayers and thoughts

- Sunday** Call me to a halt before I pray, to inhale deeply then breathe out into my prayers all of who I am, making them as precious as pearls.
Book of Wonders: Edward Hays
- Monday** Bountiful God, give to the Parish of Saint Alban a faithful pastor who will faithfully speak your work and minister your sacraments; an encourager who will equip your people for ministry and enable us to fulfil our calling. Give to those who will choose, wisdom, discernment and patience, and give to us warm and generous hearts, for Jesus Christ's sake. *Amen.*
- Tuesday** Loving God, whoever we are, whatever we have done, you are always ready to forgive those who turn to you with sincere hearts. May we never forget your call to repentance and your unending compassion. *Amen.*
- Wednesday** As an Easter people, let us try to embrace the discomfort of uncertainty as an opportunity for growth, trusting that God's grace will sustain and transform us.
- Thursday** Help me Lord today to confront all my fears with your grace and to see my world with the eyes of faith – and live accordingly. *Amen.*
- Friday** Lord, I ask for wisdom and discernment to make wise choices in my life. When I am tempted, give me the strength to flee it. When I am uncertain, help me to know the right course of action. When I need good ideas, enlighten my mind with creativity and intelligence. May I always walk in your wisdom and learn your ways. *Amen.*
- Saturday** Gracious God, make us channels of your peace, bearers of healing, women and men who hear and respond with alacrity to pleas for justice in our world. We ask all this in the name of Jesus who came among us to show us the way. *Amen.*



Thoughts for Prayer & Reflection

for our *city on a hill...* and beyond.

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