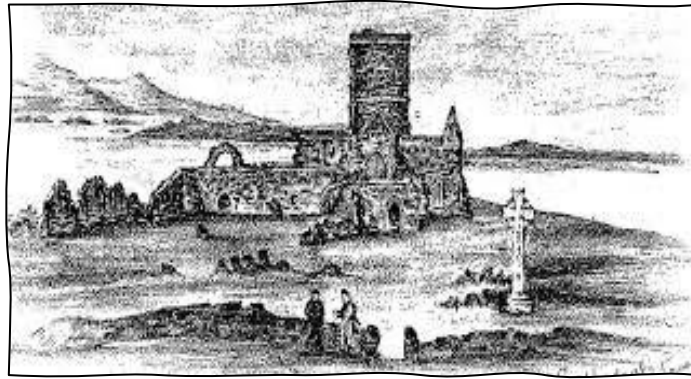


Thoughts and Prayers for Reflection

June 2026



My dearest Lord,
Be thou a bright flame before me,
A guiding star above me,
A kindly shepherd behind me,
Today and for evermore.

Amen

*Saint Columba of Iona
9th June*

1	Justin, martyr at Rome (d.c.167), Week of Prayer for Reconciliation . Whenever you stand praying, forgive, if you have anything against anyone so that your Father in heaven may also forgive you your trespasses <i>Mark 11.25</i>
2	"Give back to Caesar what belongs to Caesar - and to God what belongs to God". <i>Mark 12.17</i> . Jesus uses this example to emphasise that God cares about what we do, and that we should foster peace about the things we can't control in life.
3	Martyrs of Uganda (d.1886); Janani Luwum, archbishop of Uganda, (d.1977); John XXIII, bishop of Rome, reformer (d.1963). God of truth, whose servant Janani Luwum walked in the light, and in his death defied the powers of darkness: free us from fear of those who kill the body, that we too may walk as children of light, through him who overcame darkness by the power of the cross, Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. <i>Amen.</i>
4	Thanksgiving for the Holy Communion. The Eucharist is where we bring all our worries, concerns and anxieties, and hand them over to Jesus. Every time we gather at the alter and receive Communion, we are invited to allow that sacred moment to touch the deep places within us: our wounds, our weaknesses and our fears, and to restore us with new strength, joy, and love. <i>Lisa McKerr</i>
5	Boniface of Mains, bishop and martyr (d.754): The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction. <i>Proverbs 1.7</i>
6	We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence... we need silence to be able to touch souls. <i>Mother Teresa</i>
7	Second Sunday after Pentecost: God of power, may the boldness of your Spirit transform us, may the gentleness of your Spirit lead us, may the gifts of your Spirit be our goal and our strength, now and always. <i>Amen.</i>
8	O God, grant unto me a courageous song for a weary throat, that in my singing, amidst the divisive and discordant symphony of this time, I may get hold fast to hope. <i>Amen.</i> <i>Bishop Dean K. Johnson.</i>
9	Columba of Iona, abbot and missionary (d.597): High King of Heaven, Almighty God and creator of us all, as your servant Saint Columba established a community built on love and trust, so grant that in all humility we may be your hands and your voices here on earth, working to build up the community of faith in the name of your Son, our Saviour Jesus Christ. <i>Amen.</i>
10	Be strong and do not give up, for your work will be rewarded. <i>2 Chronicles 15.7</i>
11	How much time he gains who does not look to see what his neighbour says or does or thinks, but only at what he does himself, to make it just and holy. <i>Marcus Aurelius</i>
12	All wisdom is from the Lord, and with him it remains forever. <i>Sirach 1.1</i>
13	Antony of Padua, missionary and preacher (d.1231. Actions speak louder than words; let your words teach and your actions speak. <i>Antony of Padua</i>
14	Third Sunday after Pentecost. Now that we have been put right with God through faith, we have peace with God through our Lord Jesus Christ. He has brought us by faith into this experience of God's grace, in which we now live. <i>Romans 5.1-2</i>

15	Evelyn Underhill, spiritual writer (d.1941). If God were small enough to be understood, He would not be big enough to be worshipped. <i>Evelyn Underhill</i>
16	Faithful friends are a sturdy shelter; whoever finds one has found a treasure. Faithful friends are beyond price; no amount can balance their worth. <i>Sirach 6.14-16</i>
17	The Lord directs the steps of the godly. He delights in every detail of their lives <i>Psalms 37.23</i>
18	Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. <i>2 Corinthians 1. 3-4</i>
19	Do not avoid those who weep, but mourn with those who mourn. Do not hesitate to visit the sick because for such deeds you will be loved. <i>Sirach 7.34-35</i>
20	The prayer of a righteous person is powerful and effective. <i>James 5.16</i>
21	Fourth Sunday after Pentecost: By this we know that we abide in Him, and He in us, because He has given us of His Spirit. <i>1 John 4.13</i>
22	Alban, first British martyr (d.c.209): Saint Alban, courageous witness to Christ, we pray to you that we may be bold in our faith, merciful to others, and willing to stand for truth no matter the cost. <i>Amen.</i>
23	Happiness is not a matter of intensity but of balance, order, rhythm and harmony. <i>Thomas Merton</i>
24	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". <i>Luke 1.59</i>
25	Help me to spread Your fragrance everywhere I go. Flood my soul with Your spirit and life. Penetrate and possess my whole being so utterly, that my life may only be a radiance of Yours. <i>John Henry Newman</i>
26	The eternal God is your refuge, and underneath are the everlasting arms. <i>Deuteronomy 33.27</i>
27	Cyril of Alexandria, bishop and teacher (d.444): As two pieces of wax fused together make one, so he who receives Holy Communion is so united with Christ that Christ is in him and he is in Christ. <i>Cyril of Alexandria</i>
28	Fifth Sunday after Pentecost, Irenaeus of Lyons, bishop and teacher (d.c.200): Because of his boundless love, Jesus became what we are that he might make us to be what he is. <i>Irenaeus of Lyons</i>
29	Peter and Paul, Apostles and Martyrs: What Jesus shows us is that a deeply <i>abiding</i> life is one where the love of God is an ever-present reality from which all action, thought, and being flows into peace and joy. <i>Liam Desic</i>
30	Enjoy the little things, for one day you may look back and realise they were the big things. <i>Robert Brault</i>



Weekly Prayers and Thoughts

- Sunday** But during Sabbath, we specifically honour those precious things - courage, creativity, wisdom, peace, kindness, and delight - that grow only in the soil of time. *Wayne Muller*
- Monday** As the working week unfolds, I will try to be open to nudges from God to step out of my comfort zone. *Amen.*
- Tuesday** Loving God, thank you for the many ways you rekindle my weary flame. I am grateful for that age-old yearning that keeps stirring in my heart. *Amen*
- Wednesday** God serves us through Jesus Christ. We are called to serve others with the same selflessness. Are we prepared to serve as Christ does and within that service, experience Grace? *Janeen Lamb*
- Thursday** **A prayer for our 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*
- Friday** We rarely know the full story of what someone is going through. The struggles. The burdens. The silent prayers. Instead of judging, let's choose compassion. Instead of assuming, let's choose kindness. And instead of speaking too quickly, let's pause and pray for them. A simple prayer for today: "Lord, help me to see others with love, not judgment." *Amen.*
- Saturday** Today in prayer, try 'waiting' on God. Expectant, but patient. Make a space to do or say nothing. Wait for Him to move, speak, or simply be present to you, in love and joy. *L. Desic*

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

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