

# THOUGHTS FOR PRAYER AND REFLECTION

*August 2024*

*Leave me alone with God  
as much as may be.  
As the tide draws the waters  
close in upon the shore,  
make me an island, set apart,  
alone with You, God,  
holy to You.*

*Then with the turning of the tide,  
prepare me to carry Your presence  
to the busy world beyond,  
the world that rushes in on me,  
till the waters come again  
and fold me back to You.*

Celtic Night Prayer

The Northumbria Community



<b>1</b>	<b>Holy men and women of the Old Testament:</b> O Almighty God, who by thy Holy Spirit hast made us one with thy saints in heaven and on earth: Grant that in our earthly pilgrimage we may ever be supported by this fellowship of love and prayer, and may know ourselves to be surrounded by their witness to thy power and mercy. <i>Amen</i>
<b>2</b>	A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for. You are made in the image of what you desire. <i>Thomas Merton (1915-1968)</i>
<b>3</b>	Thou that has giv'n so much to me, give one thing more, a grateful heart. <i>George Herbert</i>
<b>4</b>	<b>Eleventh Sunday after Pentecost:</b> Create in me a clean heart, O God, and renew a steadfast spirit within me. <i>Psalm 51.10</i>
<b>5</b>	<b>Oswald, king and martyr (d.642):</b> He said to them "But who do you say I am?" Simon Peter answered, "You are the Messiah, the Son of the living God". And Jesus answered him, "Blessed are you, Simon, Son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven". <i>Matthew 16:15-17</i>
<b>6</b>	<b>The Transfiguration of our Lord:</b> And a cloud came and overshadowed them; and a voice came out of the cloud, saying, "This is My beloved Son. Hear Him!" <i>Mark 9.7</i>
<b>7</b>	Christianity is not a set of beliefs or doctrines one believes in order to be a Christian, but rather Christianity is to have one's body shaped, one's habits determined, in such a way that the worship of God is unavoidable. <i>Stanley Hauerwas (b.1940)</i>
<b>8</b>	<b>Dominic, priest and friar:</b> O God, by whose grace your servant Dominic, enkindled with the fire of your love, became a burning and a shining light in thy Church: Grant that we also may be aflame with the spirit of love and discipline, and may ever walk before you as children of light; through Jesus Christ our Lord, who with you, in the unity of the Holy Spirit, lives and reigns, one God, now and forever. <i>Amen.</i>
<b>9</b>	<b>Mary Sumner, founder of the Mothers' Union (d.1921):</b> Remember, Ladies, to be yourselves what you would have your children be. <i>Mary Sumner</i>
<b>10</b>	<b>Laurence, deacon and martyr at Rome (d.258):</b> Almighty and everlasting God, who didst enkindle the flame of your love in the heart of your holy martyr Lawrence, grant to us, your humble servants, a like faith and power of love, that we who rejoice in his triumph may profit by his example; through Jesus Christ our Lord, who lives and reigns with thee and the Holy Spirit, one God, for ever and ever. <i>Amen.</i>
<b>11</b>	<b>Twelfth Sunday after Pentecost:</b> Out of the depths I have cried to You, O Lord; Lord, hear my voice! Let Your ears be attentive to the voice of my supplications. <i>Psalm 30.1-2</i>
<b>12</b>	How much better to get wisdom than gold; to choose understanding rather than silver. <i>Proverbs 16:16</i>
<b>13</b>	<b>Jeremy Taylor, bishop and spiritual writer (d.1667):</b> Love is the greatest thing that God can give us; for Himself is love: and it is the greatest thing we can give to God; for it will also give ourselves, and carry with it all that is ours. The apostle calls it the band of perfection; it is the old, and it is the new, and it is the great commandment, and it is all the commandments; for it is the fulfilling of the Law. <i>Jeremy Taylor</i>
<b>14</b>	<b>Twentieth century martyrs incl. Grand Duchess Elizabeth of Russia (d.1918), Martin Luther King, worker for civil liberties (d.1968), Janani Luwum, archbishop of Uganda (d.1997), Oscar Romero, archbishop of San Salvador (d.1980)</b> Always be guided by your heart rather than by your head, and your life will be transformed. True happiness is something that neither men nor events can take from you. You will find it in Faith, in Hope and in Charity. <i>Grand Duchess Elizabeth of Russia</i>

<b>15</b>	<b>Mary, mother of our Lord:</b> When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. <i>Helen Keller (1880-1968)</i>
<b>16</b>	I will call to mind the deeds of the Lord; I will remember your wonders of old. I will meditate on all your work, and muse on your mighty deeds. <i>Psalms 77:11-12</i>
<b>17</b>	Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes with which he sees, yours are the feet with which he walks, yours are the hands with which he blesses all the world. Yours are the hands. Yours are the feet. Yours are the eyes. <i>Teresa of Ávila (1515-1582)</i>
<b>18</b>	<b>Thirteenth Sunday after Pentecost:</b> Come, eat of my bread and drink of the wine I have mixed. Forsake foolishness and live, and go in the way of understanding. <i>Proverbs 9.5-6</i>
<b>19</b>	Give what you have. To someone, it may be better than you dare to think. <i>Henry Wadsworth Longfellow</i>
<b>20</b>	<b>Bernard of Clairvaux, abbot and teacher (d.1153):</b> The more I contemplate God, the more God looks on me. The more I pray to him, the more he thinks of me too. <i>Saint Bernard of Clairvaux (1090-1153)</i>
<b>21</b>	The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time on and forevermore. <i>Psalms 121:7-8</i>
<b>22</b>	For I shall restore you to health and heal your wounds, Yahweh declares. <i>Jeremiah 30.17</i>
<b>23</b>	If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away. <i>Henry David Thoreau (1817-1862)</i>
<b>24</b>	<b>Bartholomew, Apostle and Martyr:</b> When it comes to life, the critical thing is whether you take things for granted or take them with gratitude. <i>G K Chesterton</i>
<b>25</b>	<b>Fourteenth Sunday after Pentecost; day of prayer for refugees.</b> Even the sparrow has found a home, and the swallow a nest for herself, where she may lay her young... <i>Psalms 84.3a</i>
<b>26</b>	Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting. <i>Psalms 139:23-24</i>
<b>27</b>	<b>Monica, mother of Augustine (d.387):</b> Pray as though everything depended on God. Work as though everything depended on you. <i>Augustine of Hippo</i>
<b>28</b>	<b>Augustine of Hippo, bishop and teacher (d.430):</b> O Almighty God, who didst give to your servant Augustine special gifts of grace to understand and teach the truth as it is in Christ Jesus: Grant, we beseech you, that by this teaching we may know you, the one true God, and Jesus Christ whom you have sent; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. <i>Amen.</i>
<b>29</b>	<b>Beheading of John the Baptist:</b> When Jesus heard what had happened, he withdrew by boat privately to a solitary place. <i>Matthew 14.13</i>
<b>30</b>	Silence at the proper season is wisdom, and better than any speech. <i>Plutarch</i>
<b>31</b>	<b>Aidan of Lindisfarne, bishop and missionary (d.651); John Bunyan, preacher and spiritual writer (d.1688):</b> Almighty and everlasting God, we thank you for your servant Aiden, whom you called to preach the Gospel to the people of Northumbria. Raise up, we beseech you, in this and every land evangelists and heralds of your kingdom, that your Church may proclaim the unsearchable riches of our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. <i>Amen.</i>

# PRAYERS and THOUGHTS



- Sunday** Sabbath is the refusal to let one's life be defined by production and consumption, and the endless pursuit of private well-being.  
*Walter Brueggemann*
- Monday** 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 reward, save that of knowing that we are doing Your will. *Amen* *St. Ignatius of Loyola*
- Tuesday** Psalm 23:4 doesn't say "if I walk through the darkest valley"; it says "when I walk through the darkest valley." The valleys will come. The darkness will cross our paths. But God promises that He is with us through it all, walking alongside us on the journey.
- Wednesday** 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.
- 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.
- Friday** 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.
- Saturday** 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*

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

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