

*THOUGHTS FOR
PRAYER AND REFLECTION*

May 2023

He has told you, O mortal,
what is good;
and what does the Lord
require of you
but to do justice,
and to love kindness,
and to walk humbly
with your God.

Micah 6:8



1 st	Philip and James, Apostles and Martyrs: Never be afraid to tread the path alone. Know which is your path and follow it wherever it may lead you; do not feel you have to follow in someone else's footsteps. <i>Eileen Caddy (1917-2006)</i>
2 nd	Athanasius, bishop of Alexandria, teacher (d.373): 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>
3 rd	Then Jesus cried aloud: "Whoever believes in me believes not in me but in him who sent me. And whoever sees me sees him who sent me. I have come as a light into the world so that everyone who believes in me should not remain in the darkness." <i>John 12:44-46</i>
4 th	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: Out of Solitude: Three Meditations on the Christian Life</i>
5 th	"Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also." <i>John 14:1-3</i>
6 th	Gladden the soul of your servant, for to you, O Lord, I lift up my soul. For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you. <i>Psalms 86:4-5</i>
7 th	Fifth Sunday of Easter: Come all the faithful, let us worship...for through the Cross, joy has come to all the world. Ever blessing the Lord, we sing His Resurrection, for having endured the Cross for us, He has destroyed death by death. <i>Oxford Prayer Book</i>
8 th	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 th	Seek the Lord and his strength; seek his presence continually. Remember the wonderful works he has done, his miracles, and the judgments he has uttered. <i>Psalms 105:4-5</i>
10 th	The root of joy is gratefulness. It is not joy that makes us grateful; it is gratitude that makes us joyful. <i>David Steindl-Rast</i>
11 th	As the Father has loved me, so I have loved you, abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you and that your joy may be complete. <i>John 15:10-11</i>
12 th	God is always bigger than the boxes we build for God, so do not waste too much time protecting the boxes. <i>Richard Rohr</i>
13 th	Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. <i>Psalms 100: 3-4</i>
14 th	Sixth Sunday of Easter: Lord God, you loved this world so much, that you gave your one and only Son, that we might be called your children too. Lord, help us to live in the gladness and grace of Easter Sunday, every day. Let us have hearts of thankfulness for your sacrifice.
15 th	Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse, but, on the contrary, repay with a blessing. It is for this that you were called – that you might inherit a blessing. <i>1 Peter 3:8-9</i>

16 th	The soul grows by subtraction, not by addition. <i>Meister Eckhart</i>
17 th	Extol the Lord our God, and worship at his holy mountain; for the Lord our God is holy. <i>Psalms 99:9</i>
18 th	Ascension Day: Father in heaven, our minds were prepared for the coming of your kingdom when you took Christ beyond our sight so that we might seek him in glory. May we follow where he has led and find our hope in his glory, for he is Lord forever. <i>Amen</i> <i>New Saint Joseph Sunday Missal</i>
19 th	Dunstan, archbishop of Canterbury (d.988): Belief in the resurrection is not an appendage to the Christian faith. It is the Christian faith. <i>George Carey (b.1935)</i>
20 th	The most basic and powerful way to connect to another person is to listen. Just listen. <i>Rachel Naomi Remen</i>
21 st	Seventh Sunday of Easter: Bring to mind the cry of Mary, 'I have seen the Lord!' and grant us faith to believe!
22 nd	Week of Prayer for Christian Unity: Peaceful living is about trusting those on whom we depend and caring for those who depend on us. <i>Dalai Lama</i>
23 rd	If we really want to love, we must learn how to forgive. <i>Mother Teresa</i>
24 th	John (d.1791) and Charles (d.1788) Wesley, evangelists: Amazing Love! how can it be, that Thou, my God, shouldst die for me? <i>Charles Wesley</i>
25 th	Bede of Jarrow, priest and teacher (d.735): Praise the Lord, for the Lord is good; sing to his name for he is gracious. <i>Psalms 135:3</i>
26 th	Augustine of Canterbury, missionary and bishop (d.605): Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul. <i>Psalms 103:22</i>
27 th	On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said 'Out of the believer's heart shall flow rivers of living water.'" Now he said this about the Spirit, which believes in him were to receive, for as yet there was no Spirit, because Jesus was not yet glorified. <i>John 7:37-39</i>
28 th	Day of 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>
29 th	Ember Day: For everything there is a season, for every task someone is given the tools. <i>Joan Chichester</i>
30 th	Ember Day: Be generous when you worship the Lord, and do not stint the first fruits of your hands. With every gift show a cheerful face, and dedicate your tithe with gladness. Give to the Most High as he has given to you, and as generously as you can afford. For the Lord is the one who repays, and he will repay you sevenfold. <i>Sirach 35:10-13</i>
31 st	The Visitation of the Blessed Virgin Mary to Elizabeth: My soul proclaims the greatness of the Lord: my spirit rejoices in God my Saviour, who has looked with favour on his lowly servant: from this day all generations will call me blessed. The Almighty has done great things for me; and holy is his name. God has mercy on those who fear him; from generation to generation. The Lord has shown strength with arm; and scattered the proud in their conceit, casting down the mighty from their thrones: and lifting up the lowly. God has filled the hungry with good things; and sent the rich away empty. He has come to the aid of his servant Israel; to remember the promise of mercy, the promise made to our forebears; to Abraham and his children for ever. <i>The Song of Mary, Luke 1:47-55</i>



PRAYER THOUGHTS

- Sunday** This world and all within it is part of your glorious plan, devised and created in love for your people to enjoy. Such divine mystery; Such wonder; that you should consider humankind so precious and provide for our needs. God of all, our creator, our rock, our refuge, our confidence and hope, our rescuer and deliverer, in whom we can rely, we will praise your name today and all days. *Amen.*
- Monday** Heavenly Father, help me to forgive, not just with my lips and my head, but also with my heart. Help me not to return to the wrongs which I have forgiven but to lay them down and journey on unburdened by resentment. *Sharing the Easter Story: Sally Welch (adapted)*
- Tuesday** Mighty and most merciful God, who has given us a new commandment that we should love one another: Give us also grace that we may fulfil it. Make us gentle, courteous, and forbearing in all that we do and all that we say. *Amen*
- Wednesday** Help us to be channels of your touch in this dark world; to bring your love, healing, compassion and reassurance to a world that knows none of these.
- Thursday** Help me to learn the grace of humility, and give me the courage to say "yes" to you without always knowing where it will lead.
- Friday** Loving God, inspire me to share with others the treasures you have poured into my life. Teach me how to give – and how to give away – and to live with open hands and open heart.
- Saturday** Heavenly Father, keep alive the flame of hope in my heart, even when darkness threatens to extinguish it. Help me to believe in your promises and to build my life on the rock of your eternal love. *Amen*

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

Produced by the Pastoral Care Committee of the
Anglican Parish of St Alban, Epping
3 Pembroke Street Epping.
New South Wales 2121 Australia
Telephone +61 2 9876 3362 www.eppinganglicans.org.au