

Saturday Morning Prayer from *Celtic Benediction* by John Philip Newell

Opening Psalm:

Long ago you laid the foundations of the earth
and the heavens are the work of your hands.
They will perish but you endure;
they wear out like garments
but you are the same and your years have no end.

Psalm 102:25-27

Silence

Be still and aware of God's presence within and all around.

Opening Prayer:

In the silence of the early morning
your Spirit hovers over the brink of the day
and new light pierces the darkness of the night.
In the silence of the morning
life begins to stir around me
and I listen for the day's first utterances.
In earth, sea and sky
and in the landscape of my own soul,
I listen for utterances of your love, O God,
I listen for utterances of your love. Amen.

Scriptures:

"Be still and know that I am God." Psalm 46:10

Jesus said, "I give you eternal life, and you will never perish." John 10:28

Prayers of Thanksgiving and Intercession:

For the night followed by the day
for the idle winter ground
followed by the energy of spring,
for the infolding of the earth
followed by bursts of unfolding,

Thanks be to you, O God.
For rest and wakefulness,
stillness and creativity,
reflection and action,
thanks be to you.

Let me know in my own soul and body
the rhythms of creativity that you have established.
Let me know in my family and friendships
the disciplines of withdrawal and the call to engagement.
Let me know for my world
the cycles of renewal
given by you for healing and health,
the patterns of the seasons
given by you for the birth of new life. Amen.

Pray for the coming day and for the life of the world.

Closing Prayer:

In the busyness of this day
grant me a stillness of seeing, O God.
In the conflicting voices of my heart
grant me a calmness of hearing.
Let my seeing and hearing,
my words and my actions,
be rooted in a silent certainty of your presence.
Let my passions for life
and the longings for justice that stir within me
be grounded in the experience of your stillness.
Let my life be rooted in the ground of your peace, O God,
let me be rooted in the depths of your peace. Amen.

Let us bless the Lord.

Thanks be to God.

**Saturday Noonday Prayer, adapted from *Celtic Prayers from Iona*
by John Philip Newell**

How deep I find your thoughts, O God!
How great is the sum of them!
If I were to count them, they would be more in number than the sand;
To count them all, my life span would need to be like yours.

Psalm 139:17-18

Silence

Be still and aware of God's presence within and all around.

O God who brought us from rest last night
To our time together this noon
Guide us with your presence.
Lead us on the journey of justice.
Guide us along pathways of peace.
Renew us, O God, by the wellsprings of grace.
Today, tonight and forever. Amen.

The Lord's Prayer

A reading from Romans 5:5
The love of God has been poured into our hearts through the Holy Spirit
that has been given to us. **Thanks be to God.**

May those without shelter be under your guarding, O Christ.
May the wandering find places of welcome.
O son of the tears, of the wounds, of the piercings,
May your cross this day be shielding them.
Amen.

A blessing for our lunch: O Jesus, Lord of the feast, as we pause for our
meal, may we ever remember those in need of food, and seek to feed any
who are hungry. Amen.

Saturday Night Prayer from *Celtic Benediction* by John Philip Newell

“Blessed are you, O God, for you give me counsel;
in the night also my heart instructs me.” Psalm 16:7

Silence

Be still and aware of God's presence within and all around.

Opening Prayer:

As it was in the stillness of the morning,
so may it be in the silence of the night.
As it was in the hidden vitality of the womb,
so may it be at my birth into eternity.
As it was in the beginning, O God,
so in the end may your gift be born,
so in the end may your gift of life be born.

Scriptures:

“With my whole heart I seek you O God,
I treasure your word in my heart.” Psalm 119:10-11

Jesus said, “Peace I leave with you;
my peace I give to you.
Do not let your hearts be troubled,
and do not let them be afraid.” John 14:27

Prayers of Thanksgiving and Intercession

For the darkness of the night
enveloping the earth,
enclosing the day's labor,
thanks be to you, O God.
For the quiet that surrounds me
and your promise of peace deep within me,
for the stillness of sleep for my body,
and the hope of healing for my soul,
thanks be to you.
I bring not only my own weariness

but the tiredness of people who struggle this night.
I bring not only my own pain
but the sufferings of those who cry out.
Hear my soul's prayers for rest, O God,
hear my heart's plea for healing. Amen.

Recall the events of the day and pray for the life of the world.

Closing prayer:

The stillness of God be mine this night
that I may sleep in peace.
The awareness of the angels be mine this night
that I may be alert to unseen mysteries.
The company of the saints be mine this night
that I may dream of the river of love.
The life of Christ be mine this night
that I may be truly alive to the morning,
that I may be truly alive.

Let us bless the Lord.

Thanks be to G