

**LIGHT in the LOCKDOWN**  
**SCRIPTURE, POEMS & PRAYERS**  
**for THE SEASON OF EPIPHANY**  
*from Epiphany until Eve of Ash Wednesday*

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**St. Teilo's Church in Wales**  
**High School**  
*in the Dioceses of Monmouth*  
*& Llandaff*





# Welcome

Welcome to our worship resources for the season of Epiphany, taking us from early January right through to the Eve of Ash Wednesday. The rich themes of Epiphany are insight, vision, wisdom and light.

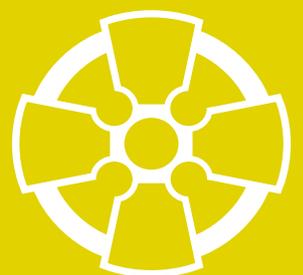
These remain difficult days for us as a Church to navigate, and so we pray that these resources will help to cast light on your path and offer moments of insight during your journey this epiphany season.

The Magi shared their journey as they searched for One they could worship; may the scripture, poems and prayers contained here enable us to be close to Christ, and to each other, in faith and hope and love.

With every blessing from all at St. Teilo's.

*God, the source  
of all insight, whose coming  
was revealed to the nations  
not among men of power but on a  
woman's lap: give us grace  
to seek you where you  
may be found, that the wisdom  
of this world may be humbled  
and discover your unexpected joy.*

**Janet Morley**



## MONDAY | SCRIPTURE

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### Jeremiah 31:10-14

<sup>10</sup>Hear the word of the Lord, O nations, and declare it in the coastlands far away; say, "He who scattered Israel will gather him, and will keep him as a shepherd a flock." <sup>11</sup>For the Lord has ransomed Jacob, and has redeemed him from hands too strong for him.

<sup>12</sup>They shall come and sing aloud on the height of Zion, and they shall be radiant over the goodness of the Lord, over the grain, the wine, and the oil, and over the young of the flock and the herd; their life shall become like a watered garden, and they shall never languish again.

<sup>13</sup>Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. <sup>14</sup>I will give the priests their fill of fatness, and my people shall be satisfied with my bounty, says the Lord.

## MONDAY | POEM

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### The Wise Men and the Star U.A.Fanthorpe

The proper place for stars is in the sky  
lighting the whole world, but negotiating only  
with the highly qualified - master mariners, astrophysicists,  
professionals like ourselves.

This one came unscheduled, nudged us roughly  
out of routine, led us a wild-goose chase,  
and perching here, above unspeakable rafters,  
common as a starling on a washing line,  
whistles to every callow Dick and Harry,  
idling amazed around : OK, pals, I've done my bit.  
Over to you, now, Earth.



## MONDAY | PRAYER

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### Born to Give us Second Birth (*adapted*) Jack Drown

Lord, we felt our hearts were broken,  
you met us face to face,  
Loving us in word and token -  
Born to give us peace and grace.

Wisest one of all the ages  
You came here, a babe so small,  
Early blessed by wizened sages,  
Born to lead and bless us all.

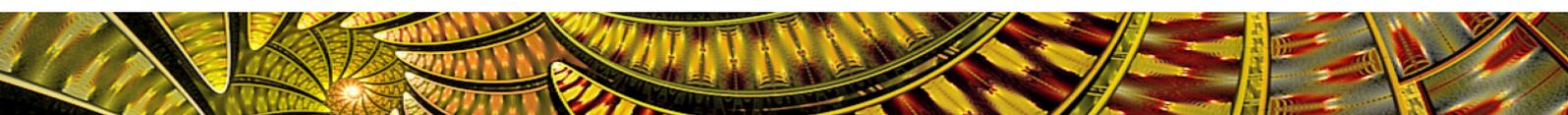
## TUESDAY | SCRIPTURE

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### Ephesians 1:3-14

<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup>just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. <sup>5</sup>He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup>to the praise of his glorious grace that he freely bestowed on us in the Beloved. <sup>7</sup>In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace <sup>8</sup>that he lavished on us. With all wisdom and insight <sup>9</sup>he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, <sup>10</sup>as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.

<sup>11</sup>In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, <sup>12</sup>so that we, who were the first to set our hope on Christ, might live for the praise of his glory. <sup>13</sup>In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; <sup>14</sup>this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.



## TUESDAY | POEM

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### Annunciation Denise Levertov

...to bear in her womb  
Infinite weight and lightness; to carry  
in hidden, finite inwardness,  
nine months of Eternity; to contain  
in slender vase of being,  
the sum of power –  
in narrow flesh,  
the sum of light.

Then bring to birth,  
push out into air, a Man-child  
needing, like any other,  
milk and love –  
*but who was God.*

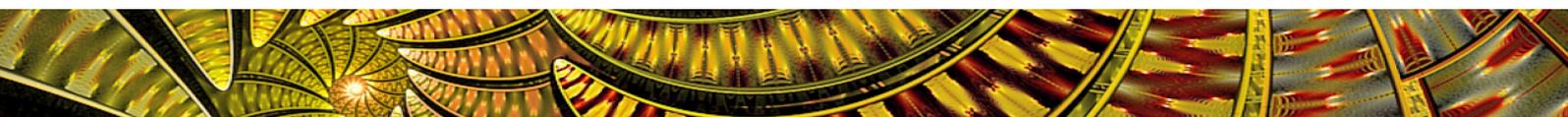
## TUESDAY | PRAYER

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### The Journey Prayer Brenda the Voyager (484-577)

God, bless to me this day,  
God bless to me this night;  
Bless, O bless, Thou God of grace,  
Each day and hour of my life;

Bless, O bless, Thou God of grace,  
Each day and hour of my life.  
God, bless the pathway on which I go;  
God, bless the earth that is beneath my sole;  
Bless, O God, and give to me Thy love,  
O God of gods, bless my rest and my repose;  
Bless, O God, and give to me Thy love,  
And bless, O God of gods, my repose.





We are – we could be – people of your light.  
So we pray for the light of your glorious presence  
as we wait for your appearing;  
we pray for the light of your wondrous grace  
as we exhaust our coping capacity;  
we pray for your gift of newness that  
will override our weariness;  
we pray that we may see and know and hear and trust  
in your good rule.

That we may have energy, courage, and freedom to enact  
your rule through the demands of this day.  
We submit our day to you and to your rule, with deep joy and high hope.

## WEDNESDAY | PRAYER

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Collect for Epiphany  
Anglican Church of New Zealand

Jesus, light of the world,  
let your bright star stand over the place  
where the poor have to live;  
lead our sages to wisdom  
and our rulers to reverence.  
Hear this prayer for your love's sake.

## THURSDAY | SCRIPTURE

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Wisdom of Solomon 10:15-21

A holy people and blameless race  
wisdom delivered from a nation of oppressors.  
She entered the soul of a servant of the Lord,  
and withstood dread kings with wonders and signs.  
She gave to holy people the reward of their labours;  
she guided them along a marvellous way,  
and became a shelter to them by day,  
and a starry flame through the night.  
She brought them over the Red Sea,  
and led them through deep waters;



but she drowned their enemies,  
and cast them up from the depths of the sea.  
Therefore the righteous plundered the ungodly;  
they sang hymns, O Lord, to your holy name,  
and praised with one accord your defending hand;  
for wisdom opened the mouths of those who were mute,  
and made the tongues of infants speak clearly.

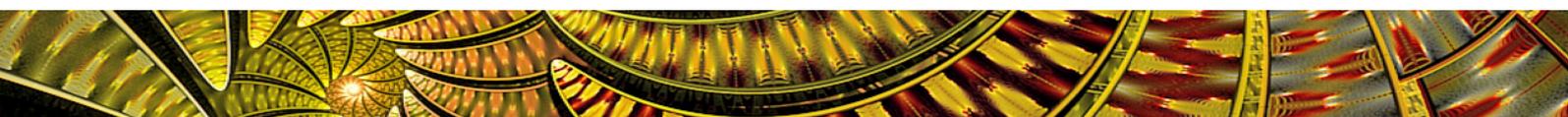
## THURSDAY | POEM

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### Made Flesh Lucy Shaw

After  
the bright beam of hot annunciation fused heaven with  
dark earth  
his searing sharply focused light went out for a while  
eclipsed in amniotic gloom:  
his cool immensity of splendour his universal grace  
small-folded in a warm dim female space –  
the Word stern-sentenced to be nine months  
dumb – infinity walled in a womb until the  
next enormity –  
the Mighty, after submission to a woman's pains  
helpless on a barn-bare floor first-tasting bitter  
death

Now I in him  
surrender  
to the crush and cry of birth.  
Because eternity was closeted in time  
he is my open door to forever.  
From his imprisonment my freedoms grow, find wings.  
Part of his body, I transcend this flesh. From his sweet silence my  
mouth sings. Out of his dark I glow.  
My life, as his,  
slips through death's mesh, time's bars,  
joins hands with heaven,  
speaks with stars.



## THURSDAY | PRAYER

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May God the Father,  
who led the wise men by the shining of a star  
to find the Christ, the Light from light,  
lead you also in your pilgrimage to find the Lord.  
**Amen.**

May God, who has delivered us from the dominion of darkness,  
give us a place with the saints in light  
in the kingdom of his beloved Son.  
**Amen.**

May the light of the glorious gospel of Christ  
shine in your hearts and fill your lives  
with his joy and peace.  
**Amen.**

## FRIDAY | SCRIPTURE

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### Psalm 29

Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength.

<sup>2</sup>Ascribe to the Lord the glory of his name; worship the Lord in holy splendour.

<sup>3</sup>The voice of the Lord is over the waters; the God of glory thunders, the Lord, over mighty waters.

<sup>4</sup>The voice of the Lord is powerful; the voice of the Lord is full of majesty.

<sup>5</sup>The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon.

<sup>6</sup>He makes Lebanon skip like a calf, and Sirion like a young wild ox.

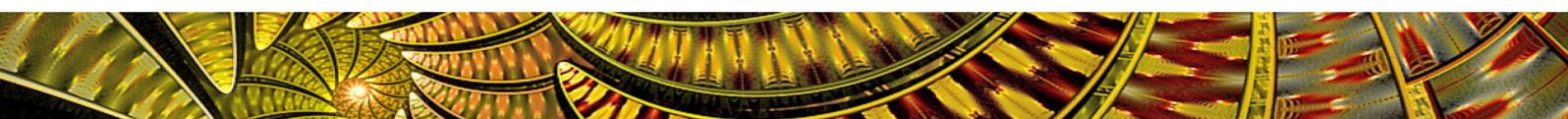
<sup>7</sup>The voice of the Lord flashes forth flames of fire.

<sup>8</sup>The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.

<sup>9</sup>The voice of the Lord causes the oaks to whirl, and strips the forest bare; and in his temple all say, "Glory!"

<sup>10</sup>The Lord sits enthroned over the flood; the Lord sits enthroned as king forever.

<sup>11</sup>May the Lord give strength to his people! May the Lord bless his people with peace.



## FRIDAY | POEM

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### The Beginning of Wisdom Denise Levertov

You have brought me so far.  
I know so much. Names, verbs, images. My mind  
overflows, a drawer that can't close.

Unscathed among the tortured. Ignorant parchment  
uninscribed, light strokes only, where a scribe  
tried out a pen.

I am so small, a speck of dust  
moving across the huge world. The world  
a speck of dust in the universe.

Are you holding  
the universe? You hold  
onto my smallness. How do you grasp it,  
how does it not  
slip away?

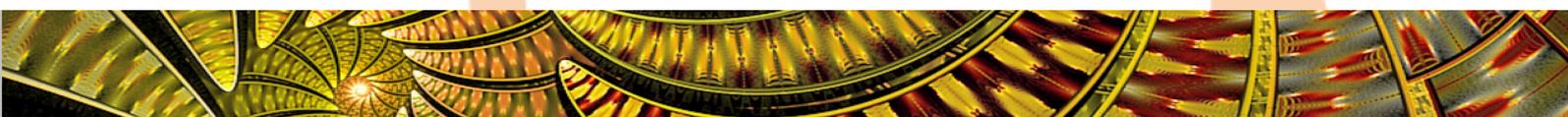
I know so little.

You have brought me so far.

## FRIDAY | PRAYER

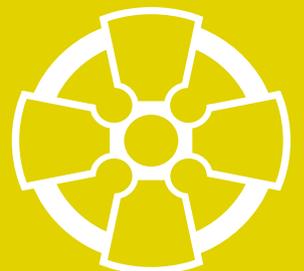
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Bless us, O Lord, and bless the time  
and seasons yet to come.  
Teach us to number our days rightly,  
that we may gain wisdom of heart.  
Fill this new year with your kindness,  
that we may be glad and rejoice  
all the days of our life.



*Spirit of energy and change  
in whose power Jesus  
was anointed to be the hope  
of the nations: be poured out also  
upon us without reserve or distinction,  
that we may have confidence  
and strength to plant your justice  
on the earth.*

**Janet Morley**





## MONDAY | SCRIPTURE

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### Genesis 1:1-5

In the beginning when God created the heavens and the earth, <sup>2</sup>the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters.<sup>3</sup>Then God said, "Let there be light"; and there was light. <sup>4</sup>And God saw that the light was good; and God separated the light from the darkness.<sup>5</sup>God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

## MONDAY | POEM

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### Beginnings

Edwina Gately

Beginnings—  
just tiny stirrings  
which disturb our even surface,  
prodding us into new and different shapes...  
claiming their place  
on our horizons—  
stretching us  
where we would not go—  
yet we must.  
Driven by life forces  
deeper than our dreams,  
we dare to rise and grasp towards  
the new young thing—  
not yet born—  
but insistent—  
like a tight seed bursting  
for life,  
carrying within it  
all the power  
of a woman's  
birthing thrust.



## MONDAY | PRAYER

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### Morning Prayer Carmina Gadelica

Thanks to Thee ever, O gentle Christ,  
That Thou hast raised me freely from the black  
And from the darkness of last night  
To the kindly light of this day.

Praise unto Thee, O God of all creatures,  
According to each life Thou hast poured on me,  
My desire, my word, my sense, my repute,  
My thought, my deed, my way, my fame.

## TUESDAY | SCRIPTURE

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### Isaiah 55: 1-3, 6-8, 12

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. <sup>2</sup>Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. <sup>3</sup>Incline your ear, and come to me; listen, so that you may live.

<sup>6</sup>Seek the Lord while he may be found, call upon him while he is near; <sup>7</sup>let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon.

<sup>8</sup>For my thoughts are not your thoughts, nor are your ways my ways, says the Lord.  
<sup>12</sup>For you shall go out in joy,  
And be led back in peace;  
the mountains and the hills before you  
shall burst into song,  
and all the trees of the field shall clap their hands.



## TUESDAY | POEM

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Credo

Allan Boesak

It is not true that creation and the human family are doomed to destruction and loss—

This is true: For God so loved the world that He gave his only begotten Son, that whoever believes in Him shall not perish but have everlasting life;

It is not true that we must accept inhumanity and discrimination, hunger and poverty, death and destruction—

This is true: I have come that they may have life, and that abundantly;

It is not true that violence and hatred should have the last word, and that war and destruction rule forever—

This is true: Unto us a child is born, unto us a Son is given, and the government shall be upon his shoulder, his name shall be called wonderful councillor, mighty God, the Everlasting, the Prince of peace.

## TUESDAY | PRAYER

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The Journey Prayer

Carmina Gadelica (Esther de Waal)

God, bless to me this day,  
God bless to me this night;  
Bless, O bless, Thou God of grace,  
Each day and hour of my life;  
Bless, O bless, Thou God of grace,  
Each day and hour of my life.  
God, bless the pathway on which I go,  
God, bless the earth that is beneath my sole;  
Bless, O God, and give to me Thy love,  
O God of gods, bless my rest and my repose;  
Bless, O God, and give to me Thy love,  
And bless, O God of gods, my repose.



## WEDNESDAY | SCRIPTURE

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### Acts 19:1-7

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. <sup>2</sup>He said to them, "Did you receive the Holy Spirit when you became believers?" They replied, "No, we have not even heard that there is a Holy Spirit." <sup>3</sup>Then he said, "Into what then were you baptized?" They answered, "Into John's baptism."

<sup>4</sup>Paul said, "John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus." <sup>5</sup>On hearing this, they were baptized in the name of the Lord Jesus.

<sup>6</sup>When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied—<sup>7</sup>altogether there were about twelve of them.

## WEDNESDAY | POEM

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### The Place Where We Are Right Yehuda Amichai

From the place where we are right  
Flowers will never grow  
In the spring.

The place where we are right  
Is hard and trampled  
Like a yard.

But doubts and loves  
Dig up the world  
Like a mole, a plow.  
And a whisper will be heard in the place  
Where the ruined  
House once stood.



## WEDNESDAY | PRAYER

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### The Wise Men G. K Chesterton

Go humbly, humble are the skies,  
And low and large and fierce the Star;  
So very near the Manger lies  
That we may travel far.

Hark! Laughter like a lion wakes  
To roar to the resounding plain.  
And the whole heaven shouts and shakes,  
For God Himself is born again,  
And we are little children walking  
Through the snow and rain.

## THURSDAY | SCRIPTURE

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### Mark 1:4-11

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. <sup>5</sup>And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. <sup>6</sup>Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. <sup>7</sup>He proclaimed,

"The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. <sup>8</sup>I have baptized you with water; but he will baptize you with the Holy Spirit."

<sup>9</sup>In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup>And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup>And a voice came from heaven,

"You are my Son, the Beloved; with you I am well pleased."



## THURSDAY | POEM

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### Jesus' Baptism Malcom Guite

Beginning here we glimpse the Three-in-one;  
The river runs, the clouds are torn apart,  
The Father speaks, the Spirit and the Son  
Reveal to us the single loving heart  
That beats behind the being of all things  
And calls and keeps and kindles us to light.  
The dove descends, the spirit soars and sings  
'You are beloved, you are my delight!'

In that quick light and life, as water spills  
And streams around the Man like quickening rain,  
The voice that made the universe reveals  
The God in Man who makes it new again.  
He calls us too, to step into that river  
To die and rise and live and love forever.

## THURSDAY | PRAYER

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### Home to the Exile Janet Morley

You are home to the exile;  
touch to the frozen;  
daylight to the prisoner;  
authority to the silent;  
anger to the helpless;  
laughter to the weary;  
direction to the joyful;  
come, our God, come.  
In Jesus name.  
Amen.



## FRIDAY | SCRIPTURE

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### 1 John 5: 1-6

Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the parent loves the child. <sup>2</sup>By this we know that we love the children of God, when we love God and obey his commandments. <sup>3</sup>For the love of God is this, that we obey his commandments. And his commandments are not burdensome, <sup>4</sup>for whatever is born of God conquers the world. And this is the victory that conquers the world, our faith. <sup>5</sup>Who is it that conquers the world but the one who believes that Jesus is the Son of God?

<sup>6</sup>This is the one who came by water and blood, Jesus Christ, not with the water only but with the water and the blood. And the Spirit is the one that testifies, for the Spirit is the truth.

## FRIDAY | POEM

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### From God Christ's Deity Came Forth Ephrem of Edessa

From God Christ's deity came forth,  
his manhood from humanity;  
his priesthood from Melchizedek,  
his royalty from David's tree:  
praised be his Oneness.

The dissolute he did not scorn,  
nor turn from those who were in sin;  
he for the righteous did rejoice  
but bade the fallen to come in:  
praised be his mercy.

Who then, my Lord, compares to you?  
The Watcher slept, the Great was small,  
the Pure baptized, the Life who died,  
the King abased to honour all:  
praised be your glory.



## FRIDAY | PRAYER

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Baptism of Christ

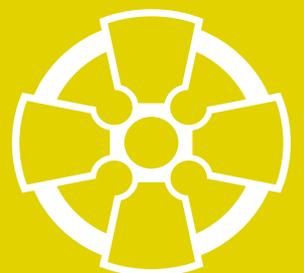
Re: Worship

Most wonderful God,  
foolish and flawed though we are,  
we too delight in your beloved Son.  
As in his name we gather in the house  
of many praises,  
may the heavens be opened for us,  
that we may catch a glimpse of that Light and Love  
that transforms our common days  
with a beauty not of our making.  
Through Christ Jesus our Lord.  
Amen.



*God  
against whom we struggle  
you speak with the voice  
of the persecuted  
and call the oppressor  
to turn to you:  
confront in us the violence  
that we enact or consent to,  
that our strength may be made  
perfect in weakness  
and we may put our trust in you.*

**Janet Morley**





## MONDAY | SCRIPTURE

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Psalm 40:1-4, 8-9,11

<sup>1</sup>I waited patiently for the Lord; he inclined to me and heard my cry.

<sup>2</sup>He drew me up from the desolate pit, out of the miry bog,  
and set my feet upon a rock, making my steps secure.

<sup>3</sup>He put a new song in my mouth, a song of praise to our God.  
Many will see and fear, and put their trust in the Lord.

<sup>4</sup>Happy are those who make the Lord their trust,  
who do not turn to the proud, to those who go astray after false gods.

<sup>8</sup>"I delight to do your will, O my God; your law is within my heart."

<sup>9</sup>I have told the glad news of deliverance in the great congregation;  
see, I have not restrained my lips, as you know, O Lord.

<sup>11</sup>Do not, O Lord, withhold your mercy from me;  
let your steadfast love and your faithfulness  
keep me safe forever.

## MONDAY | POEM

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When This is Over

Laura Kelly Fanucci

When this is over,  
may we never again  
take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with neighbours  
A crowded theatre  
Friday night out  
The taste of communion  
A routine checkup  
The school rush each morning  
Coffee with a friend  
The stadium roaring  
Each deep breath

A boring Tuesday  
Life itself.

When this ends  
may we find  
that we have become  
more like the people  
we wanted to be  
we were called to be  
we hoped to be  
and may we stay  
that way – better  
for each other  
because of the worst.



## MONDAY | PRAYER

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Wilderness

Janet Morley

My heart was wilderness  
I heard your voice,  
my grief divided me  
you held me close;  
bitterness consumed me  
you overflowed with trust  
I longed to be with you:  
you let me stay. Amen.

## TUESDAY | SCRIPTURE

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1 Samuel 3:1-10,19

Now the boy Samuel was ministering to the Lord under Eli. The word of the Lord was rare in those days; visions were not widespread. <sup>2</sup>At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; <sup>3</sup>the lamp of God had not yet gone out, and Samuel was lying down in the temple of the Lord, where the ark of God was. <sup>4</sup>Then the Lord called, "Samuel! Samuel!" and he said, "Here I am!" <sup>5</sup>and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. <sup>6</sup>The Lord called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." <sup>7</sup>Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. <sup>8</sup>The Lord called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the Lord was calling the boy. <sup>9</sup>Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place. <sup>10</sup>Now the Lord came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening."

<sup>19</sup>As Samuel grew up, the Lord was with him and let none of his words fall to the ground. <sup>20</sup>And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the Lord.



## TUESDAY | POEM

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### Variations on a Theme Denise Levertov

A certain day became a presence to me;  
there it was, confronting me –  
a sky, air, light: a being.  
And before it started  
to descend from  
the height of noon,  
it leaned over  
and struck my shoulder  
as if with the flat of a sword,  
granting me honour and a task.  
The day's blow rang out, metallic –  
or it was I, a bell awakened,  
and what I heard was my whole self  
saying and singing what it knew:  
I can.

## TUESDAY | PRAYER

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### O Eternal Lord Hildegard of Bingen

O eternal Lord,  
it is pleasing to you  
to burn in that same fire of love,  
like that from which our bodies are born,  
and from which you begot your Son  
in the first dawn before all of Creation.

So consider this need which falls upon us,  
and relieve us of it for the sake of your Son,  
and lead us in joyous prosperity. Amen.



## WEDNESDAY | SCRIPTURE

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### Psalm 139: 1-14

<sup>1</sup> O Lord, you have searched me and known me.  
<sup>2</sup> You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
<sup>3</sup> You search out my path and my lying down,  
and are acquainted with all my ways.  
<sup>4</sup> Even before a word is on my tongue, O Lord,  
you know it completely.  
<sup>5</sup> You hem me in, behind and before,  
and lay your hand upon me.  
<sup>6</sup> Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.  
<sup>7</sup> Where can I go from your spirit?  
Or where can I flee from your presence?  
<sup>8</sup> If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
<sup>9</sup> If I take the wings of the morning and settle  
at the farthest limits of the sea,  
<sup>10</sup> even there your hand shall lead me,  
and your right hand shall hold me fast.  
<sup>11</sup> If I say, "Surely the darkness shall cover me,  
and the light around me become night,"  
<sup>12</sup> even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.  
<sup>13</sup> For it was you who formed my inward parts;  
you knit me together in my mother's womb.  
<sup>14</sup> I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; that I know very well.

## WEDNESDAY | POEM

---

### Good is the Flesh Brian Wren

Good is the flesh that the Word has become,  
good is the birthing, the milk in the breast,  
good is the feeding, caressing and rest,



good is the body for knowing the world,  
Good is the flesh that the Word has become.

Good is the body for knowing the world,  
sensing the sunlight, the tug of the ground,  
feeling, perceiving, within and around,  
good is the body, from cradle to grave,  
Good is the flesh that the Word has become.

Good is the body, from cradle to grave,  
growing and aging, arousing, impaired,  
happy in clothing, or lovingly bared,  
good is the pleasure of God in our flesh,  
Good is the flesh that the Word has become.

Good is the pleasure of God in our flesh,  
longing in all, as in Jesus, to dwell,  
glad of embracing, and tasting, and smell,  
good is the body, for good and for God,  
Good is the flesh that the Word has become.

## WEDNESDAY | PRAYER

---

Exposed  
Janet Morley

To find myself exposed  
where even the dark is not safe;  
to suffer my timid flesh  
to be appalled with longing;  
to give up all my words  
and unprotect my soul;  
to be searched with love,  
and scorched with the breath of you;  
I cannot so much as finger this fear  
for fear of forgetting.  
Amen.



## THURSDAY | SCRIPTURE

---

### John 1: 29-36

<sup>29</sup>The next day he saw Jesus coming toward him and declared, "Here is the Lamb of God who takes away the sin of the world!" <sup>30</sup>This is he of whom I said, 'After me comes a man who ranks ahead of me because he was before me.' <sup>31</sup>I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel." <sup>32</sup>And John testified, "I saw the Spirit descending from heaven like a dove, and it remained on him. <sup>33</sup>I myself did not know him, but the one who sent me to baptize with water said to me, 'He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.' <sup>34</sup>And I myself have seen and have testified that this is the Son of God." <sup>35</sup>The next day John again was standing with two of his disciples, <sup>36</sup>and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!"

## THURSDAY | POEM

---

### Touched by an Angel Maya Angelou

We, unaccustomed to courage  
exiles from delight  
live coiled in shells of loneliness  
until love leaves its high holy temple  
and comes into our sight  
to liberate us into life.

Love arrives  
and in its train come ecstasies  
old memories of pleasure  
ancient histories of pain.  
Yet if we are bold,  
love strikes away the chains of fear  
from our souls.

We are weaned from our timidity  
In the flush of love's light  
we dare be brave  
And suddenly we see



that love costs all we are  
and will ever be.  
Yet it is only love  
which sets us free.

## THURSDAY | PRAYER

---

Lamb of God  
Terri: Re: Worship

Lamb of God  
Hear us when we pray  
Wipe our tears  
anoint us  
with fragrant oil  
calm our hearts

Lamb of God  
Hear us when we pray  
hold the pain  
anoint us  
love beyond measure  
deep mercy

Lamb of God  
broken open heart  
love pours out  
walk with us  
journey to the cross  
grace for all  
darkest of days  
holiest of weeks  
God with us



## FRIDAY | SCRIPTURE

---

### John 1: 37-42

<sup>37</sup>The two disciples heard him say this, and they followed Jesus. <sup>38</sup>When Jesus turned and saw them following, he said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" <sup>39</sup>He said to them, "Come and see." They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. <sup>40</sup>One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. <sup>41</sup>He first found his brother Simon and said to him, "We have found the Messiah" (which is translated Anointed). <sup>42</sup>He brought Simon to Jesus, who looked at him and said, "You are Simon son of John. You are to be called Cephas" (which is translated Peter).

## FRIDAY | POEM

---

### The Coming R.S.Thomas

And God held in his hand  
A small globe. Look he said.  
The son looked. Far off,  
As through water, he saw  
A scorched land of fierce  
Colour. The light burned  
There; crusted buildings  
Cast their shadows: a bright  
Serpent, A river  
Uncoiled itself, radiant  
With slime.

On a bare  
Hill a bare tree saddened  
The sky. many People  
Held out their thin arms  
To it, as though waiting  
For a vanished April  
To return to its crossed  
Boughs. The son watched  
Them. Let me go there, he said.



## FRIDAY | PRAYER

---

### Morning Prayer Carmina Gadelica

Peace between neighbours,  
Peace between kindred,  
Peace between lovers,  
In love of the King of life.  
Peace between person and person,  
Peace between wife and husband,  
Peace between woman and children,  
The Peace of Christ above all peace.

Bless, O Christ, my face,  
Let my face bless everything;  
Bless, O Christ, mine eye,  
Let mine eye bless all it sees.



*God whose beauty  
is beyond our imagining  
and whose power  
we cannot comprehend:  
show us your glory  
as far as we can grasp it,  
and shield us from knowing  
more than we can bear  
until we may look upon you  
without fear.*

**Janet Morley**





## MONDAY | SCRIPTURE

---

### Jonah 3: 1-10

The word of the Lord came to Jonah a second time, saying, <sup>2</sup>“Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” <sup>3</sup>So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days’ walk across. <sup>4</sup>Jonah began to go into the city, going a day’s walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!”

<sup>5</sup>And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. <sup>6</sup>When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. <sup>7</sup>Then he had a proclamation made in Nineveh: “By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. <sup>8</sup>Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. <sup>9</sup>Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.” <sup>10</sup>When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

## MONDAY | POEM

---

### The Voice

Katherine Hawker

The Voice calling long ago.  
The Voice calling today.  
The Voice compelling Jonah to go.  
The Voice compelling us to go.  
The Voice calling to Jonah  
compelling him to share the good news  
of God's redemptive love.  
The Voice calling to us



compelling us to share the good news  
of God's redemptive love.  
With those who would be enemies.  
With those who would be enemies.  
The people of Nineveh, beloved of God.  
The people of Iraq, beloved of God.  
The Voice calling long ago.  
The Voice calling today.

## MONDAY | PRAYER

---

### A Blessing from God Janet Morley

May the power of God this day enable me,  
the nakedness of God disarm me,  
the beauty of God silence me,  
the justice of God give me voice ,  
the integrity of God hold me  
the desire of God moved me  
the fear of God exposed me to the truth  
the breath of God give me abundant life. Amen.

## TUESDAY | SCRIPTURE

---

### Psalm 62: 1-8

- <sup>1</sup>For God alone my soul waits in silence; from him comes my salvation.  
<sup>2</sup>He alone is my rock and my salvation, my fortress; I shall never be shaken.  
<sup>3</sup>How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence?  
<sup>4</sup>Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse.  
<sup>5</sup>For God alone my soul waits in silence, for my hope is from him.  
<sup>6</sup>He alone is my rock and my salvation, my fortress; I shall not be shaken.  
<sup>7</sup>On God rests my deliverance and my honour; my mighty rock, my refuge is in God.  
<sup>8</sup>Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.



## TUESDAY | POEM

---

### Silence in the Mind

R.S.Thomas

But the silence in the mind  
is when we live best, within  
listening distance of the silence  
we call God. This is the deep  
calling to deep of the psalm-  
writer, the bottomless ocean  
we launch the armada of  
our thoughts on, never arriving.

It is a presence, then,  
whose margins are our margins;  
that calls us out over our  
own fathoms. What to do  
but draw a little nearer to  
such ubiquity by remaining still?

## TUESDAY | PRAYER

---

### Be Still

RE: Worship

O God who is greater than the most powerful forces in this world,  
enable us to be still and know that You are God.

O Lord who answers out of the whirlwind of everyday life,  
breathe in us Your Holy Spirit to strengthen, comfort,  
and guide us in the midst of the storm.

O still, small voice, speak to us this hour  
that we might become makers of Your peace  
in our homes, in our communities, in our world.  
We pray all this in the name of the One  
who calmed the raging sea. Amen.



## WEDNESDAY | SCRIPTURE

---

### 1 Corinthians 7:29-31

I mean, brothers and sisters, the appointed time has grown short;<sup>30</sup> let those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions,<sup>31</sup> and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

## WEDNESDAY | POEM

---

### We are the Shoes Moshe Szulzstein

We are the shoes, we are the last witnesses.  
We are shoes from grandchildren and grandfathers  
From Prague, Paris and Amsterdam,  
And because we are only made of fabric and leather  
And not of blood and flesh,  
Each one of us avoided the hellfire.

## WEDNESDAY | PRAYER

---

### We will remember them Rabbi Jack Riemer

At the rising of the sun and at its going down  
We remember them.  
At the blowing of the wind and in the chill of winter  
We remember them.  
At the opening of the buds and in the rebirth of spring  
We remember them.  
At the blueness of the skies and in the warmth of summer  
We remember them.  
At the rustling of the leaves and in the beauty of autumn  
We remember them.  
At the beginning of the year and when it ends  
We remember them.



As long as we live, they too will live;  
for they are now a part of us  
as we remember them.  
When we are weary and in need of strength  
We remember them.  
When we are lost and sick at heart  
We remember them.  
When we have joy we crave to share  
We remember them.  
When we have decisions that are difficult to make  
We remember them.  
When we have achievements that are based on theirs  
We remember them.  
As long as we live, they too will live;  
for they are now a part of us  
as we remember them.  
God will be there at the end.  
All shall be well.

## THURSDAY | SCRIPTURE

---

### Mark 1: 14-20

<sup>14</sup>Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup>and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

<sup>16</sup>As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. <sup>17</sup>And Jesus said to them, "Follow me and I will make you fish for people."

<sup>18</sup>And immediately they left their nets and followed him. <sup>19</sup>As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets.

<sup>20</sup>Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.



## THURSDAY | POEM

---

### Fisher King Julie M Hume

And I will make you, he said  
The fisher people

I will go out among you  
Nameless and wandering  
Borrowing the boat of your life  
To fling my love like a net  
In a generous sweep over the water,  
I embrace the sea of your suffering,  
To draw in, hand over hand, the gentlest harvest

And I will make you, He said,  
The fisher people.  
You will say much in a few words  
Feed thousands out of your poverty,  
Hear the symphony of heaven in silence,  
Sing in hard places.  
Every day you will live beyond your resources  
But never beyond my grace.

And I will make you, he said  
The fisher people.  
They will know you by your love;  
Love like the wide curve of a weighted net  
Thrown from the prow of a boat  
On a swelling tide.

And I will make you, he said  
The fisher people.

They will know by your hands and feet,  
As you know me.  
Weary feet, laden with the dust of roads,  
Torn by stones,  
Scarred hands, drawing water for cleansing,  
Offering compassion like a towel.  
Hands than can bleed. Feet that can dance.



## THURSDAY | PRAYER

---

David Adams

It is your tide that pulls me Lord  
Draw me to yourself  
When one tide ebbs, another flows  
Nothing is lost, only it suffers a tide change  
God of life, when the tides wane  
Grant me a hand till I rise again  
When the strand is becoming wide  
Keep me safe at the ebb tide

## FRIDAY | SCRIPTURE

---

Psalm 25: 1-6, 20-22

<sup>1</sup>To you, O Lord, I lift up my soul.

<sup>2</sup>O my God, in you I trust; do not let me be put to shame;  
do not let my enemies exult over me.

<sup>3</sup>Do not let those who wait for you be put to shame;  
et them be ashamed who are wantonly treacherous.

<sup>4</sup>Make me to know your ways,  
O Lord; teach me your paths.

<sup>5</sup>Lead me in your truth, and teach me,  
for you are the God of my salvation;  
for you I wait all day long.

<sup>6</sup>Be mindful of your mercy, O Lord,  
and of your steadfast love, for they have been from of old.

<sup>20</sup>O guard my life, and deliver me; do not let me be put to shame,  
for I take refuge in you.

<sup>21</sup>May integrity and uprightness preserve me,  
for I wait for you.

<sup>22</sup>Redeem Israel, O God,  
out of all its troubles.



## FRIDAY | POEM

---

Mercy  
F. Deane

Unholy we sang this morning, and prayed  
as if we were not broken, crooked  
the Christ-figure hung, splayed  
on bloodied beams above us;  
devious God, dweller in shadows,  
mercy on us;  
immortal, cross-shattered Christ—  
your gentling grace down upon us.

## FRIDAY | PRAYER

---

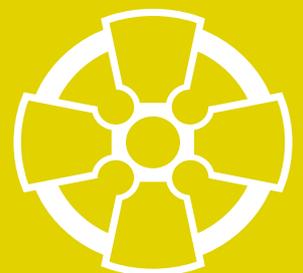
Christ our Friend  
Janet Morley

Christ our friend  
you ask for our love in spite of our betrayal  
give us courage to embrace forgiveness  
know you again  
and trust ourselves in you.  
Amen.



*Christ our cornerstone  
you were recognised  
at your presentation  
as a sign of hope for the world  
but also as a stumbling  
block for many,  
may we so present our bodies  
to your service,  
that in sharing your scandal  
we may become a people  
acceptable to you.*

**Janet Morley**





## MONDAY | SCRIPTURE

---

### Psalm 111

- <sup>1</sup> Praise the Lord! I will give thanks to the Lord with my whole heart,  
in the company of the upright, in the congregation.
- <sup>2</sup> Great are the works of the Lord, studied by all who delight in them.
- <sup>3</sup> Full of honour and majesty is his work, and his righteousness endures forever.
- <sup>4</sup> He has gained renown by his wonderful deeds; the Lord is gracious and merciful.
- <sup>5</sup> He provides food for those who fear him; he is ever mindful of his covenant.
- <sup>6</sup> He has shown his people the power of his works,  
in giving them the heritage of the nations.
- <sup>7</sup> The works of his hands are faithful and just; all his precepts are trustworthy.
- <sup>8</sup> They are established forever and ever,  
to be performed with faithfulness and uprightness.
- <sup>9</sup> He sent redemption to his people; he has commanded his covenant forever.  
Holy and awesome is his name.
- <sup>10</sup> The fear of the Lord is the beginning of wisdom; all those who practice it have a  
good understanding. His praise endures forever.

## MONDAY | POEM

---

### Gloria

#### Euros Bowen

The whole world is full of glory:

Here is the glory of created things,  
the earth and the sky,  
the sun and the moon,  
the stars and the vast expanses:

Here is the fellowship  
with all that was created,  
the air and the wind,  
cloud and rain,  
sunshine and snow:



All life like the bubbling of a flowing river  
and the dark currents of the depths of the sea  
is full of glory.

The white waves of the breath of peace  
on the mountains,  
and the light striding  
in the distances of the sea.

..... Every land, every language,  
became bread and wine:

Every labour,  
railway stations,  
bus stops  
at the beginning of journeys,  
every aviation:

Every art  
under its own fig tree –  
the vision of a man and a maid.  
Lest treating  
the misunderstanding between man  
and his world, becomes  
a giving way to meaninglessness:

And perchance we shall see the dancing  
in the halls of the atoms  
and the meddling with their temperament  
as an art of the soul.

## MONDAY | PRAYER

---

Christ our Beloved  
Janet Morley

Christ our beloved,  
whose persistent care for us  
is painstaking and joyful:  
keep us in in your wisdom  
and hold us in your love. Amen.



## TUESDAY | SCRIPTURE

---

### Luke 2:22-40

When the time came for their purification according to the law of Moses, the parents of Jesus brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every firstborn male shall be designated as holy to the Lord"), and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtledoves or two young pigeons." Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying,

"Master, now you are dismissing your servant in peace,  
according to your word;  
for my eyes have seen your salvation,  
which you have prepared in the presence of all peoples,  
a light for revelation to the Gentiles  
and for glory to your people Israel."

## TUESDAY | POEM

---

### Candlemas Denise Levertov

With certitude  
Simeon opened  
ancient arms  
to infant light.  
Decades  
before the cross, the tomb  
and the new life,  
he knew  
new life.  
What depth  
of faith he drew on,  
turning illumined  
towards deep night.



## TUESDAY | PRAYER

---

### RE: Worship

Open our ears to hear good news of peace today.  
Open our eyes to see glimpses of your grace  
in enemy and friend.  
Open our lips to sing with joy.  
Open our lives to bear fruit for your reign,  
on earth as it is in heaven.  
Like Simeon, we have seen God's salvation  
And his name is Jesus. Amen.

## WEDNESDAY | SCRIPTURE

---

### Malachi 3:1-4

Thus says the Lord, See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight— indeed, he is coming, says the Lord of hosts. But who can endure the day of his coming, and who can stand when he appears?

For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness. Then the offering of Judah and Jerusalem will be pleasing to the Lord as in the days of old and as in former years.

## WEDNESDAY | POEM

---

### Candlemas Malcom Guite

They came, as called, according to the Law.  
Though they were poor and had to keep things simple,  
They moved in grace, in quietness, in awe,  
For God was coming with them to His temple.  
Amidst the outer court's commercial bustle  
They'd waited hours, enduring shouts and shoves,



Buyers and sellers, sensing one more hustle,  
Had made a killing on the two young doves.

They come at last with us to Candlemas  
And keep the day the prophecies came true  
We glimpse with them, amidst our busyness,  
The peace that Simeon and Anna knew.  
For Candlemas still keeps His kindled light,  
Against the dark our Saviour's face is bright.

## WEDNESDAY | PRAYER

---

John Bell

Lord, kindle a flame,  
to lighten the dark.  
And keep all fear away.  
Amen.

## THURSDAY | SCRIPTURE

---

Mark 1:21-28

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. <sup>22</sup>They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. <sup>23</sup>Just then there was in their synagogue a man with an unclean spirit, <sup>24</sup>and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God."

<sup>25</sup>But Jesus rebuked him, saying, "Be silent, and come out of him!" <sup>26</sup>And the unclean spirit, convulsing him and crying with a loud voice, came out of him. <sup>27</sup>They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." <sup>28</sup>At once his fame began to spread throughout the surrounding region of Galilee.



## THURSDAY | POEM

---

### Miracle

Seamus Heaney

Not the one who takes up his bed and walks  
But the ones who have known him all along  
And carry him in –

Their shoulders numb, the ache and stoop deep-locked  
In their backs, the stretcher handles  
Slippery with sweat. And no let up

Until he's strapped on tight, made tiltable  
and raised to the tiled roof, then lowered for healing.  
Be mindful of them as they stand and wait

For the burn of the paid out ropes to cool,  
Their slight light-headedness and incredulity  
To pass, those who had known him all along.

## THURSDAY | PRAYER

---

### Traditional Collect

Lord God almighty,  
come and dispel the darkness from our hearts,  
that in the radiance of your brightness  
we may know you,  
the only unfading light,  
glorious in all eternity. Amen.

## FRIDAY | SCRIPTURE

---

### Psalm 95

O come, let us sing to the Lord;  
let us make a joyful noise to the rock of our salvation!  
<sup>2</sup>Let us come into his presence with thanksgiving;



let us make a joyful noise to him with songs of praise!

<sup>3</sup>For the Lord is a great God, and a great King above all gods.

<sup>4</sup>In his hand are the depths of the earth;  
the heights of the mountains are his also.

<sup>5</sup>The sea is his, for he made it, and the dry land,  
which his hands have formed.

<sup>6</sup>O come, let us worship and bow down,  
let us kneel before the Lord, our Maker!

<sup>7</sup>For he is our God, and we are the people of his pasture,  
and the sheep of his hand.

O that today you would listen to his voice!

<sup>8</sup>Do not harden your hearts, as at Meribah,  
as on the day at Massah in the wilderness,

<sup>9</sup>when your ancestors tested me, and put me to the proof,  
though they had seen my work.

<sup>10</sup>For forty years I loathed that generation and said, "They are a people whose  
hearts go astray, and they do not regard my ways."

<sup>11</sup>Therefore in my anger I swore,  
"They shall not enter my rest."

## FRIDAY | POEM

---

### Kneeling

R.S. Thomas

Moments of great calm,  
Kneeling before an altar  
of wood in a stone church  
In summer, waiting for the God  
To speak; the air a staircase  
For silence; the sun's light  
Ringing me, as though I acted  
A great role. And the audiences  
Still; all that close throng  
Of spirits waiting, as I,  
For the message.  
Prompt me, God;  
But not yet. When I speak,  
Though it be you who speak



Through me, something is lost.  
The meaning is in the waiting.

## FRIDAY | PRAYER

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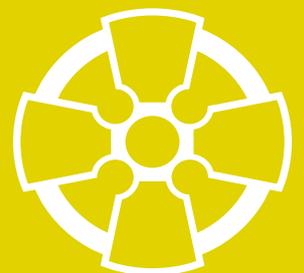
### Blessing Prayer Traditional Chalking Liturgy

Visit, O blessed Lord, this place  
with the gladness of your presence.  
bless all who work or visit here with the gift of your love;  
and grant that we may manifest your love  
to each other and to all whose lives we touch.  
May we grow in grace and in the knowledge  
and love of you; guide, comfort,  
and strengthen us in peace,  
O Jesus Christ, now and for ever. Amen.



*Hidden God  
whose wisdom  
compels our love  
and unsettles all our values;  
fill us with a holy desire  
to search for truth  
that we may transform the  
world,  
becoming fools  
for Wisdom's sake.*

**Janet Morley**





## MONDAY | SCRIPTURE

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### Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? <sup>22</sup>It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; <sup>23</sup>who brings princes to naught, and makes the rulers of the earth as nothing. <sup>24</sup>Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. <sup>25</sup>To whom then will you compare me, or who is my equal? says the Holy One. <sup>26</sup>Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

<sup>27</sup>Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? <sup>28</sup>Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. <sup>29</sup>He gives power to the faint, and strengthens the powerless. <sup>30</sup>Even youths will faint and be weary, and the young will fall exhausted; <sup>31</sup>but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

## MONDAY | POEM

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### Primary Wonder Denise Levertov

Days pass when I forget the mystery.  
Problems insoluble and problems offering  
their own ignored solutions  
jostle for my attention, they crowd its antechamber  
along with a host of diversions, my courtiers, wearing  
their coloured clothes; cap and bells.



And then  
once more the quiet mystery  
is present to me, the throng's clamour  
recedes: the mystery  
that there is anything, anything at all,  
let alone cosmos, joy, memory, everything,  
rather than void: and that, O Lord,  
Creator, Hallowed One, You still,  
hour by hour sustain it.

## MONDAY | PRAYER

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### Epiphany Collect Common Worship

Eternal Lord,  
our beginning and our end:  
bring us with the whole creation  
to your glory,  
hidden through past ages  
and made known  
in Jesus Christ our Lord.

## TUESDAY | SCRIPTURE

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### Psalm 147

Praise the Lord! How good it is to sing praises to our God; for he is gracious, and a song of praise is fitting.

<sup>2</sup>The Lord builds up Jerusalem; he gathers the outcasts of Israel.

<sup>3</sup>He heals the broken hearted, and binds up their wounds.

<sup>4</sup>He determines the number of the stars; he gives to all of them their names.

<sup>5</sup>Great is our Lord, and abundant in power; his understanding is beyond measure.

<sup>6</sup>The Lord lifts up the downtrodden; he casts the wicked to the ground.

<sup>7</sup>Sing to the Lord with thanksgiving; make melody to our God on the lyre.

<sup>8</sup>He covers the heavens with clouds, prepares rain for the earth,  
makes grass grow on the hills.

<sup>9</sup>He gives to the animals their food, and to the young ravens when they cry.



<sup>10</sup>His delight is not in the strength of the horse, nor his pleasure in the speed of a runner;  
<sup>11</sup>but the Lord takes pleasure in those who fear him,  
in those who hope in his steadfast love.  
<sup>12</sup>Praise the Lord, O Jerusalem! Praise your God, O Zion!  
<sup>13</sup>For he strengthens the bars of your gates;  
he blesses your children within you.  
<sup>14</sup>He grants peace within your borders;  
he fills you with the finest of wheat.  
<sup>15</sup>He sends out his command to the earth; his word runs swiftly.  
<sup>16</sup>He gives snow like wool; he scatters frost like ashes.  
<sup>17</sup>He hurls down hail like crumbs— who can stand before his cold?  
<sup>18</sup>He sends out his word, and melts them;  
he makes his wind blow, and the waters flow.  
<sup>19</sup>He declares his word to Jacob, his statutes and ordinances to Israel.  
<sup>20</sup>He has not dealt thus with any other nation;  
they do not know his ordinances. Praise the Lord!

## TUESDAY | POEM

---

### I Look at the World Langston Hughes

I look at the world  
From awakening eyes in a black face—  
And this is what I see:  
This fenced-off narrow space  
Assigned to me.

I look then at the silly walls  
Through dark eyes in a dark face—  
And this is what I know:  
That all these walls oppression builds  
Will have to go!

I look at my own body  
With eyes no longer blind—  
And I see that my own hands can make  
The world that's in my mind.  
Then let us hurry, comrades,  
The road to find.



## TUESDAY | PRAYER

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### Uncommon Prayer: Prayers for BLM Kenji Kuramitsu

Sheltering God,  
who fled across borders  
to escape a tyrant's genocide,  
help us today as we shelter  
all those who fear the breaking apart  
of families in the threat of deportation.  
Open to your holy migrants  
the sanctuaries of our hearts and minds,  
and our homes and churches.  
Teach us to recognize your voice  
in tongues and traditions  
other than our own.  
Amen

## WEDNESDAY | SCRIPTURE

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### 1 Corinthians 9: 16-23

I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel!<sup>17</sup> For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission.<sup>18</sup> What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

<sup>19</sup>For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. <sup>20</sup>To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. <sup>21</sup>To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. <sup>22</sup>To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. <sup>23</sup>I do it all for the sake of the gospel, so that I may share in its blessings.



## WEDNESDAY | POEM

---

St. Paul  
Malcom Guite

An enemy whom God has made a friend,  
A righteous man discounting righteousness,  
Last to believe and first for God to send,  
He found the fountain in the wilderness.  
Thrown to the ground and raised at the same moment,  
A prisoner who set his captors free,  
A naked man with love his only garment,  
A blinded man who helped the world to see,  
A Jew who had been perfect in the law.

Blesses the flesh of every other race  
And helps them see what the apostles saw;  
The glory of the lord in Jesus' face.  
Strong in his weakness, joyful in his pains,  
And bound by love,  
he freed us from our chains.

## WEDNESDAY | PRAYER

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Perfect in Weakness  
Janet Morley

O God  
against whom we struggle  
you speak with the voice  
of the persecuted  
and call the oppressor  
to turn to you:  
confront in us the violence  
that we enact or consent to,  
that our strength may be made  
perfect in weakness  
and we may put our trust in you,  
through Jesus Christ.  
Amen.

## THURSDAY | SCRIPTURE

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### Mark 1:29-39

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup>Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup>He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup>That evening, at sundown, they brought to him all who were sick or possessed with demons. <sup>33</sup>And the whole city was gathered around the door. <sup>34</sup>And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup>In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup>And Simon and his companions hunted for him. <sup>37</sup>When they found him, they said to him, "Everyone is searching for you." <sup>38</sup>He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do."

<sup>39</sup>And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

## THURSDAY | POEM

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### Make it Holy Meister Eckhart

Do not think that saintliness  
comes from occupation;  
it depends rather on what one is.  
The kind of work we do  
does not make us holy,  
but we are to make holy  
all that we do.



## THURSDAY | PRAYER

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### God of Surprises RCL Prayer

God of faithful surprises,  
throughout the ages  
you have made known  
your love and power  
in unexpected ways and places:  
May we daily perceive the joy and wonder  
of your abiding presence  
and offer our lives in gratitude  
for our redemption.  
Amen.

## FRIDAY | SCRIPTURE

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### Job 7:1-7

<sup>1</sup>“Do not human beings have a hard service on earth,  
and are not their days like the days of a labourer?  
<sup>2</sup> Like a slave who longs for the shadow,  
and like laborers who look for their wages,  
<sup>3</sup> so I am allotted months of emptiness,  
and nights of misery are apportioned to me.

<sup>4</sup> When I lie down I say, ‘When shall I rise?’  
But the night is long,  
and I am full of tossing until dawn.

<sup>5</sup> My flesh is clothed with worms and dirt;  
my skin hardens, then breaks out again.

<sup>6</sup> My days are swifter than a weaver’s shuttle,  
and come to their end without hope;

<sup>7</sup> “Remember that my life is a breath;  
my eye will never again see good.



## FRIDAY | POEM

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### Emptiness

Stephen Dunn

I've heard of yogis talk of a divine  
emptiness,  
the body free of its base desires,

some coiled and luminous god  
in all of us  
waiting to be discovered...

and always I've pivoted,

followed Blake's road of excess  
to the same source  
and know how it feels to achieve

nothing, the nothing that exists  
after accomplishment.  
And I've known the emptiness

of nothing to say, no reason to move,  
those mornings I've built  
a little cocoon with the bedcovers

and lived in it, almost happily,  
because what fools  
the body more than warmth?

And more than once

I've shared an emptiness with someone  
and learned  
how generous I could be — here,  
take this, take this ...



## FRIDAY | PRAYER

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### Kenotic Love

Gareth Rayner-Williams

Outpouring Christ,  
whose divine self-emptying  
hallows the depths  
of our emptiness;  
pour your life within us  
and so transfigure  
our nothingness,  
that with holy extravagance  
we might be poured out  
and so fulfil your work of  
healing and justice.  
Amen.



*Christ our teacher,  
you reach into our lives  
not through instruction,  
but through story;  
open our hearts to be attentive;  
that seeing, we may perceive,  
and hearing, we may understand  
and understanding, may act  
upon your word.*

**Janet Morley**





LENNIS DOMINGUEZ

## MONDAY | SCRIPTURE

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### Mark 9: 2-9

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, 3 and his clothes became dazzling white, such as no one on earth could bleach them. 4 And there appeared to them Elijah with Moses, who were talking with Jesus. 5 Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." 6 He did not know what to say, for they were terrified.

7 Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" 8 Suddenly when they looked around, they saw no one with them anymore, but only Jesus.

## MONDAY | POEM

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### The Light Gatherer Carol Ann Duffy

When you were small, your cupped palms  
each held a candlewath under the skin, enough light to begin,  
and as you grew,  
light gathered in you, two clear raindrops  
in your eyes,  
warm pearls, shy,  
in the lobes of your ears, even always  
the light of a smile after your tears.  
Your kissed feet glowed in my one hand,  
or I'd enter a room to see the corner you played in  
lit like a stage set,  
the crown of your bowed head spotlit.  
When language came, it glittered like a river,  
silver, clever with fish,  
and you slept  
with the whole moon held in your arms for a night light



where I knelt watching.  
Light gatherer. You fell from a star  
into my lap, the soft lamp at the bedside  
mirrored in you,  
and now you shine like a snowgirl,  
a buttercup under a chin, the wide blue yonder  
you squeal at and fly in,  
like a jewelled cave,  
turquoise and diamond and gold, opening out  
at the end of a tunnel of years.

## MONDAY | PRAYER

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### Benediction for Transfiguration Joanna Harader

In the coming week,  
may you experience the presence of God  
with joy.  
May the holy cloud comfort you.  
May the divine voice encourage you.  
May the power of the Spirit transform you,  
transform us,  
transform our world. Amen.

## TUESDAY | SCRIPTURE

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### 2 Corinthians 4:3-6

And even if our gospel is veiled, it is veiled to those who are perishing. 4 In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. 5 For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. 6 For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

## TUESDAY | POEM

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### Primary Wonder Denise Levertov

Days pass when I forget the mystery.  
Problems insoluble and problems offering  
their own ignored solutions  
jostle for my attention, they crowd its antechamber  
along with a host of diversions, my courtiers, wearing  
their coloured clothes; cap and bells.

And then

once more the quiet mystery  
is present to me, the throng's clamour  
recedes: the mystery  
that there is anything, anything at all,  
let alone cosmos, joy, memory, everything,  
rather than void: and that, O Lord,  
Creator, Hallowed One, You still,  
hour by hour sustain it.

## TUESDAY | PRAYER

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### Eyes to See Rod Hamilton

Not all is as it seems:  
there is a glory hidden in everything  
waiting to be revealed  
to the eyes of those who believe  
beyond what seems inevitable  
who do not want to live in the status quo  
but in the promises of God.  
Hold onto the vision  
as we turn towards lent  
and walk the more difficult path;  
there is yet a greater glory  
still to be revealed.  
Go in peace, Go in hope,  
Go in love. Amen.