

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

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

Jeremiah 31:10-14

¹⁰Hear 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." ¹¹For the Lord has ransomed Jacob, and has redeemed him from hands too strong for him.

¹²They 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.

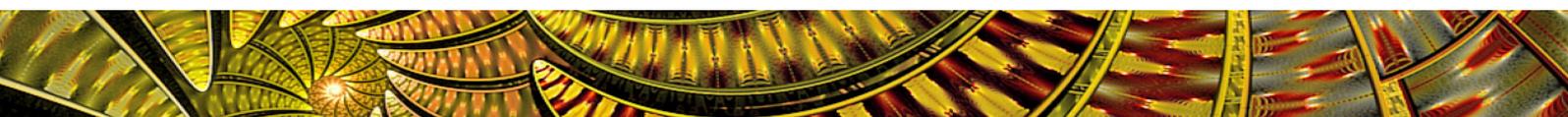
¹³Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow. ¹⁴I will give the priests their fill of fatness, and my people shall be satisfied with my bounty, says the Lord.

MONDAY | POEM

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

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.

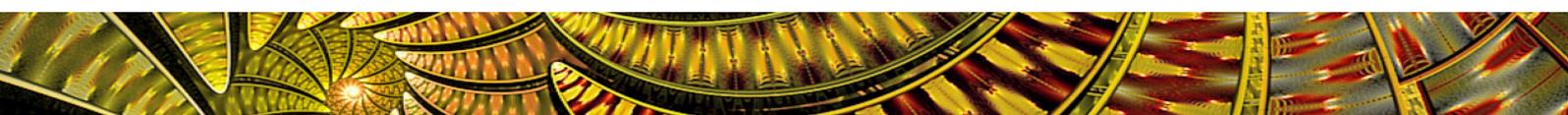
Wisest one of all the ages
You came here, a babe so small,
Early blessed by wizened sages,
Born to lead and bless us all.

TUESDAY | SCRIPTURE

Ephesians 1:3-14

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

¹¹In 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, ¹²so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³In 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; ¹⁴this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.



TUESDAY | POEM

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.

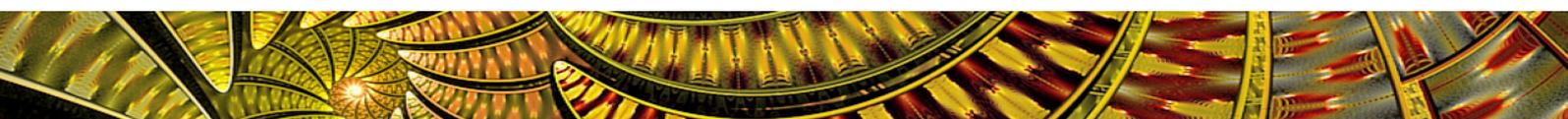
Then bring to birth,
push out into air, a Man-child
needing, like any other,
milk and love –
but who was God.

TUESDAY | PRAYER

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

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

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;



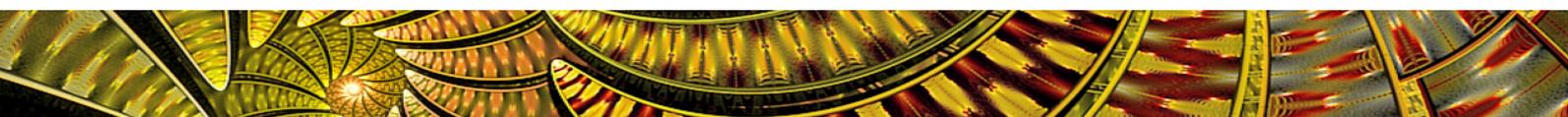
but she drowned their enemies,
and cast them up from the depths of the sea.
Therefore the righteous plundered the ungodly;
they sang hymns, O Lord, to your holy name,
and praised with one accord your defending hand;
for wisdom opened the mouths of those who were mute,
and made the tongues of infants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

THURSDAY | POEM

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

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

Psalm 29

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

²Ascribe to the Lord the glory of his name; worship the Lord in holy splendour.

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

⁴The voice of the Lord is powerful; the voice of the Lord is full of majesty.

⁵The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon.

⁶He makes Lebanon skip like a calf, and Sirion like a young wild ox.

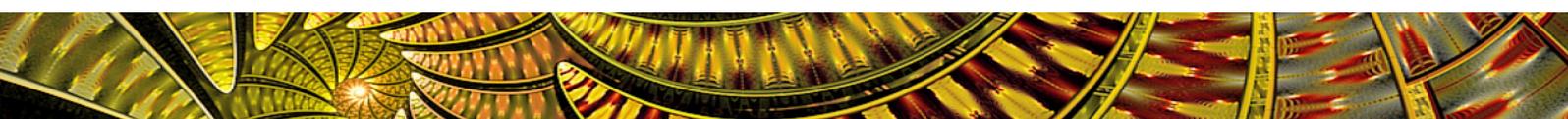
⁷The voice of the Lord flashes forth flames of fire.

⁸The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.

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

¹⁰The Lord sits enthroned over the flood; the Lord sits enthroned as king forever.

¹¹May the Lord give strength to his people! May the Lord bless his people with peace.



FRIDAY | POEM

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.

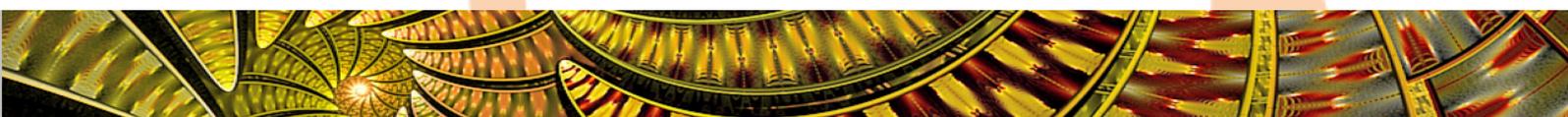
Are you holding
the universe? You hold
onto my smallness. How do you grasp it,
how does it not
slip away?

I know so little.

You have brought me so far.

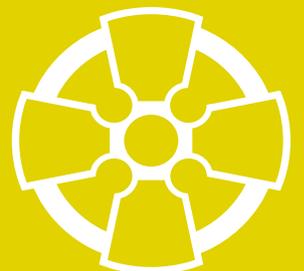
FRIDAY | PRAYER

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

Genesis 1:1-5

In the beginning when God created the heavens and the earth, ²the 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.³Then God said, "Let there be light"; and there was light. ⁴And God saw that the light was good; and God separated the light from the darkness.⁵God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

MONDAY | POEM

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

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

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. ²Why 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. ³Incline your ear, and come to me; listen, so that you may live.

⁶Seek the Lord while he may be found, call upon him while he is near; ⁷let 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.

⁸For my thoughts are not your thoughts, nor are your ways my ways, says the Lord.
¹²For 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

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

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

Acts 19:1-7

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. ²He 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." ³Then he said, "Into what then were you baptized?" They answered, "Into John's baptism."

⁴Paul 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." ⁵On hearing this, they were baptized in the name of the Lord Jesus.

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

WEDNESDAY | POEM

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

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

Mark 1:4-11

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. ⁵And 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.⁶Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. ⁷He 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. ⁸I have baptized you with water; but he will baptize you with the Holy Spirit."

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And 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. ¹¹And a voice came from heaven,

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



THURSDAY | POEM

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

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

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. ²By this we know that we love the children of God, when we love God and obey his commandments. ³For the love of God is this, that we obey his commandments. And his commandments are not burdensome, ⁴for whatever is born of God conquers the world. And this is the victory that conquers the world, our faith. ⁵Who is it that conquers the world but the one who believes that Jesus is the Son of God?

⁶This 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

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

Baptism of Christ

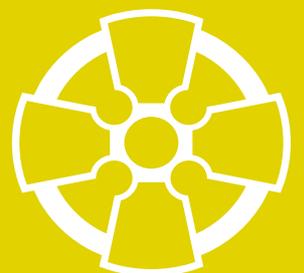
Re: Worship

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

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

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

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

³He 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.

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

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

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

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

MONDAY | POEM

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

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

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. ²At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; ³the 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. ⁴Then the Lord called, "Samuel! Samuel!" and he said, "Here I am!" ⁵and 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. ⁶The 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." ⁷Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. ⁸The 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. ⁹Therefore 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. ¹⁰Now the Lord came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening."

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



TUESDAY | POEM

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

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

Psalm 139: 1-14

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

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

³⁷The two disciples heard him say this, and they followed Jesus. ³⁸When 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?" ³⁹He 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. ⁴⁰One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. ⁴¹He first found his brother Simon and said to him, "We have found the Messiah" (which is translated Anointed). ⁴²He 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, ²“Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” ³So 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. ⁴Jonah began to go into the city, going a day’s walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!”

⁵And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. ⁶When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. ⁷Then 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. ⁸Human 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. ⁹Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.” ¹⁰When 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

- ¹For God alone my soul waits in silence; from him comes my salvation.
²He alone is my rock and my salvation, my fortress; I shall never be shaken.
³How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence?
⁴Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse.
⁵For God alone my soul waits in silence, for my hope is from him.
⁶He alone is my rock and my salvation, my fortress; I shall not be shaken.
⁷On God rests my deliverance and my honour; my mighty rock, my refuge is in God.
⁸Trust 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;³⁰ 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,³¹ 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

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

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

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

²⁰Immediately 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

¹To you, O Lord, I lift up my soul.

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

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

⁴Make me to know your ways,
O Lord; teach me your paths.

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

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

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

²¹May integrity and uprightness preserve me,
for I wait for you.

²²Redeem Israel, O God,
out of all its troubles.



FRIDAY | POEM

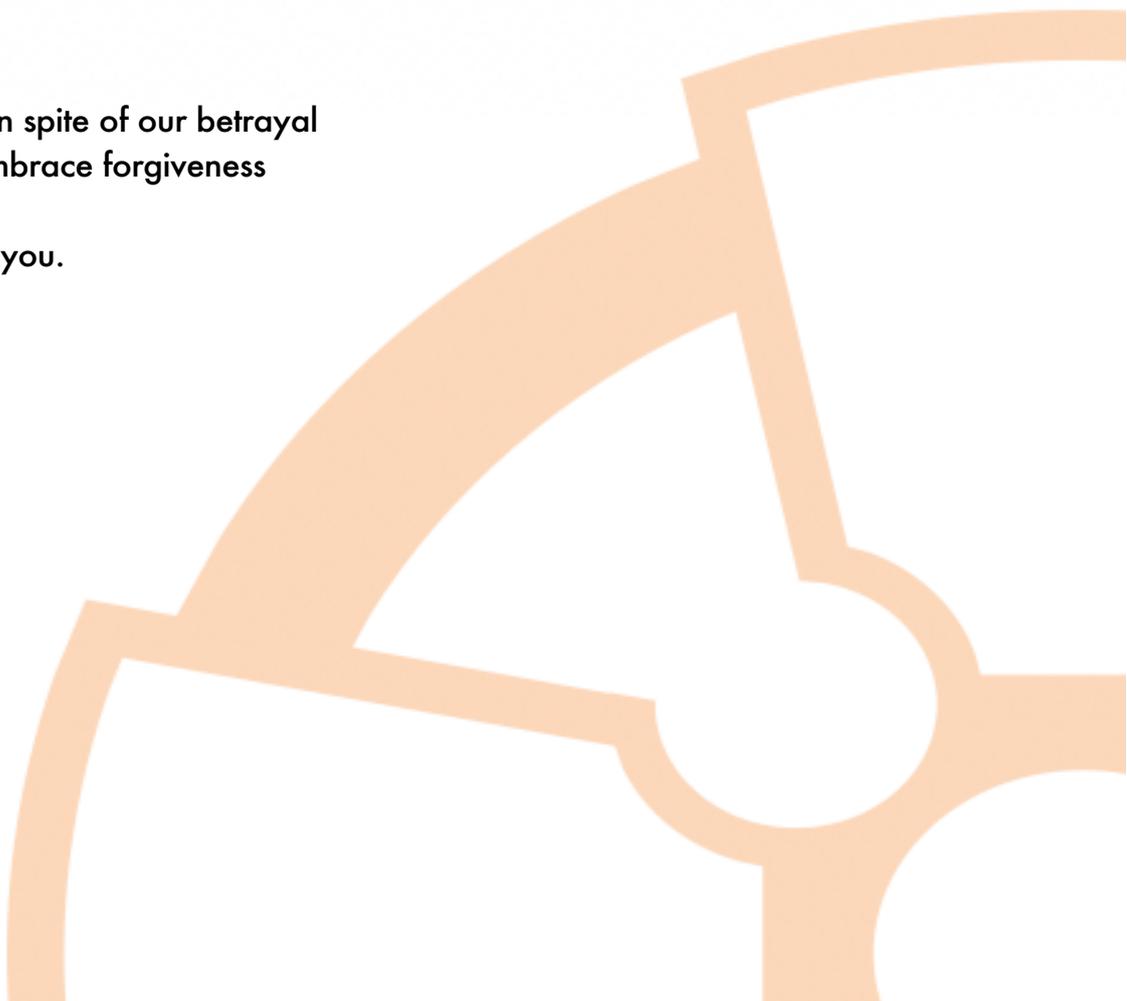
Mercy
F. Deane

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

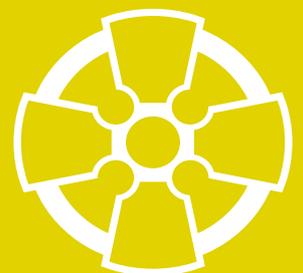
Christ our Friend
Janet Morley

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

- ¹ Praise the Lord! I will give thanks to the Lord with my whole heart,
in the company of the upright, in the congregation.
- ² Great are the works of the Lord, studied by all who delight in them.
- ³ Full of honour and majesty is his work, and his righteousness endures forever.
- ⁴ He has gained renown by his wonderful deeds; the Lord is gracious and merciful.
- ⁵ He provides food for those who fear him; he is ever mindful of his covenant.
- ⁶ He has shown his people the power of his works,
in giving them the heritage of the nations.
- ⁷ The works of his hands are faithful and just; all his precepts are trustworthy.
- ⁸ They are established forever and ever,
to be performed with faithfulness and uprightness.
- ⁹ He sent redemption to his people; he has commanded his covenant forever.
Holy and awesome is his name.
- ¹⁰ 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. ²²They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³Just then there was in their synagogue a man with an unclean spirit, ²⁴and 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."

²⁵But Jesus rebuked him, saying, "Be silent, and come out of him!" ²⁶And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷They 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." ²⁸At 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!
²Let us come into his presence with thanksgiving;



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

³For the Lord is a great God, and a great King above all gods.

⁴In his hand are the depths of the earth;
the heights of the mountains are his also.

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

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

⁷For 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!

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

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

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

¹¹Therefore 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

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

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? ²²It 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; ²³who brings princes to naught, and makes the rulers of the earth as nothing. ²⁴Scarcely 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. ²⁵To whom then will you compare me, or who is my equal? says the Holy One. ²⁶Lift 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.

²⁷Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? ²⁸Have 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. ²⁹He gives power to the faint, and strengthens the powerless. ³⁰Even youths will faint and be weary, and the young will fall exhausted; ³¹but 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

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

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

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.

²The Lord builds up Jerusalem; he gathers the outcasts of Israel.

³He heals the broken hearted, and binds up their wounds.

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

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

⁶The Lord lifts up the downtrodden; he casts the wicked to the ground.

⁷Sing to the Lord with thanksgiving; make melody to our God on the lyre.

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

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



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

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

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!¹⁷ 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.¹⁸ 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.

¹⁹For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰To 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. ²¹To 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. ²²To 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. ²³I 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

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

Mark 1:29-39

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

³²That evening, at sundown, they brought to him all who were sick or possessed with demons. ³³And the whole city was gathered around the door. ³⁴And 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.

³⁵In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶And Simon and his companions hunted for him. ³⁷When they found him, they said to him, "Everyone is searching for you." ³⁸He 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."

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

THURSDAY | POEM

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

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

Job 7:1-7

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

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

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

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

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



FRIDAY | POEM

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

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

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

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

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

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

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

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.