# **Opening Words**

God is our refuge and strength, a very present help in trouble. Psalm 46:1

## Be still and aware of the presence of the Divine within and all around

### **Invitatory**

O come, let us sing to the Lord, let us rejoice in the rock of our salvation.

We sing to you, O God, and bless your name; and tell of your salvation from day to day.

We proclaim your glory to the nations, your praise to the ends of the earth.

Glory to the Holy and undivided Trinity, one God: as it was in the beginning, is now, and shall be for ever. Amen.

# Scripture – Philippians 2:1-4a (CEV)

Christ encourages you, and Christ's love comforts you. God's Spirit unites you, and you are concerned for others. Now make me completely happy! Live in harmony by showing love for each other. Be united in what you think, as if you were only one person. Don't be jealous or proud, but be humble and consider others more important than yourselves. Care about them as much as you care about yourselves.

#### **Prayers**

Make your ways known upon earth, O God, your saving power among all peoples.

Renew your Church in holiness, and help us to serve you with joy.

Guide the leaders of this and every nation, that justice may prevail throughout the world.

Let not the needy, O God, be forgotten, nor the hope of the poor be taken away.

Make us instruments of your peace, and let your glory be over all the earth.

# Personal Thanksgivings and Intercessions

Poem – "Limitations" by Henrietta Cordelia Ray (1849-1917)

The subtlest strain a great musician weaves,

Cannot attain in rhythmic harmony
To music in his soul. May it not be
Celestial lyres send hints to him? He grieves
That half the sweetness of the song, he leaves
Unheard in the transition. Thus do we
Yearn to translate the wondrous majesty
Of some rare mood, when the rapt soul receives
A vision exquisite. Yet who can match
The sunset's iridescent hues? Who sing
The skylark's ecstasy so seraph-fine?
We struggle vainly, still we fain would catch
Such rifts amid life's shadows, for they bring
Glimpses ineffable of things divine.

## The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.

### **Closing Prayer**

Holy and everliving God, by your power we are created and by your love we are redeemed; guide and strengthen us by your Spirit, that we may give ourselves to your service and live this day in love to one another and to you; through Jesus Christ our Saviour. *Amen*.

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Poem – "Limitations" by Henrietta Cordelia Ray, public domain. Source: *Collected Black Women's Poetry, Volume 3* (Oxford University Press, 1988).