

Example of Advent Quiet Morning

Christ Church Cathedral

10:00am - *Gathering Prayer*

(Participants are invited to attend 9:10am Eucharist, enjoy coffee and tea after, and then the Quiet Morning formally begins at 10:00am)

From the corners of the world,
from the confusion of life,
from the loneliness of our hearts,

Gather us, O Love.

To free our minds,
to fire our imagination,
to free our hearts,

Gather us O Love.

Silence.

Psalm 139:7-12

Where could I go from your Spirit?

Or how could I flee from your Presence?

If I ascend into heaven, You are there!

If I make my bed in darkness,
You are there!

If I soar on the wings of the morning

or dwell in the deepest parts of the sea,

Even there your Hand will lead me,

and your Love will embrace me,

If I say, "Let only darkness cover me,

and the light about me be night."

Even the darkness is not dark to You,
the night dazzles as with the sun:
and darkness is as light with You.

Silence.

Stillness exercise - a guided relaxation

Prayer Intentions: participants are invited, if it feels appropriate or helpful, to notice what wants to come into their awareness as they hear the gospel reading and the reflection. This may or may not match their conscious intention for prayer this morning.

John 1:3-5

What has come into being in him was life and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

10:10 - 10:20 Address: *Reflection on the dark*

10:20 – 12:25 *Quiet Time*

Silence is kept. Participants are free to use any of the public spaces in the Cathedral that are unoccupied. Outside. Paper, pens, coloured felt tip pens and pencil crayons, celtic knots to colour, books of prayers and poems as well as children's picture books about the season of the year are provided for reflection and response.

During silence you are welcome to come into the chapel for anointing and laying on of hands if you choose. (Available approx. 12:00pm)

Gong will sound for return to worship.

12:25 – 12:30 *Closing Responses and Blessing*

For all that God can do within us,
For all that God can do without us,

Thanks be to God.

For all in whom Christ lived before us,
For all in whom Christ lives beside us,

Thanks be to God.

For all the Spirit wants to bring us,
For where the Spirit wants to send us,

Thanks be to God.

Listen,
Christ has promised to be with us
in the world as in our worship.

Amen, we go to meet him.

The love of the faithful Creator,
The peace of the wounded Healer,
The joy of the challenging Spirit,
The hope of the Three in One
surround and encourage us
today, tonight, and forever.

Amen

End 12:00pm