

# **Monday Evening Prayer**

with centering prayer / contemplative sit.

## **THE GATHERING OF THE COMMUNITY**

*Invocation of a memorial or commemoration, as appropriate.*

*Bell x 3*

### **Gathering Words**

Light and peace in Jesus Christ our hope. **Thanks be to God.**

Blessed be God: Source of all being, eternal Word and Holy Spirit.

**Blessed be God for ever.**

## **THE PROCLAMATION OF THE WORD**

### **The Psalm**

*The psalm of the day is said or chanted.*

...Glory to You, Source of all being, eternal Word and Holy Spirit:

as it was in the beginning, is now and ever shall be, world without end, Amen.

**The Reading**     *A reading of the day is read.*

### **The Contemplative Sit**

The Principles of Centering Prayer.

1. Choose a sacred word or a sacred breath as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts, return ever-so- gently to the sacred word. Thoughts include body sensations, feelings, images, and reflections.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*20 minutes of silence begins and ends with a bell. We bow toward each other.*

### **Responsory**

Take, Lord, and receive all my liberty,

**my memory, my understanding, and my entire will,**

**all I have and call my own.**

You have given all to me.

**To you, Lord, I return it.**

Everything is yours; do with it what you will.

**Give me only your love and your grace.**

That is enough for me.

**Amen.**

St. Ignatius of Loyola.

## **The Canticle**

*A Song of True Motherhood by Julian of Norwich may be said or chanted*

God chose to be our mother in all things \*

and so made the foundation of his work,  
most humbly and most pure, in the Virgin's womb.

God, the perfect wisdom of all, \*

arrayed himself in this humble place.

Christ came in our poor flesh \*

to share a mother's care.

Our mothers bear us for pain and for death; \*

our true mother, Jesus, bears us for joy and endless life.

Christ carried us within him in love and travail, \*

until the full time of his passion.

And when all was completed and he had carried us so for joy, \*

still all this could not satisfy the power of his wonderful love.

All that we owe is redeemed in truly loving God, \*

for the love of Christ works in us;

Christ is the one whom we love.

Glory to You, Source of all being, eternal Word and Holy Spirit:\*

as it was in the beginning, is now and ever shall be, world without end, Amen.

Julian of Norwich

## **Affirmation of Faith: New Creed** (The United Church of Canada)

*[we say together]* **We are not alone,**

**we live in God's world.**

**We believe in God:**

**who has created and is creating,**

**who has come in Jesus,**

**the Word made flesh,**

**to reconcile and make new,**

**who works in us and others**

**by the Spirit. We trust in God.**

**We are called to be the Church:**

**to celebrate God's presence,**

**to live with respect in Creation,**

**to love and serve others,**

**to seek justice and resist evil,**

**to proclaim Jesus, crucified and risen,**

**our judge and our hope.**

**In life, in death, in life beyond death,**

**God is with us.**

**We are not alone.**

**Thanks be to God.**

# THE PRAYERS OF THE COMMUNITY

## **The Litany** Church of England

That you will give us a quiet night and a perfect end:

**we pray to you, O Lord.**

That you will have mercy upon us and grant us your salvation:

**we pray to you, O Lord.**

That you will keep us this night without sin:

**we pray to you, O Lord.**

That you will guard us and give us your blessing:

**we pray to you, O Lord.**

That you will bring us with [*N* and] all your saints to glory everlasting:

**we pray to you, O Lord.**

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God...

*Additional intercessions, petitions and thanksgivings  
may be offered in silence or aloud.*

## **Collecting Prayers**

*This, or another collecting prayer (collect) may be said:*

Kindle in our hearts, O God, the flame of love which never ceases, so that it may burn in us, giving light to others. May we shine for ever in your temple, set on fire with your eternal light, even your Son Jesus Christ, our Saviour, our Friend - and our Redeemer. **Amen,**

## **The Lord's Prayer**

...with gratitude, we gather our prayers and praises into one in a language, paraphrase or translation of our choosing let us pray as our Saviour taught us,

**Our Father** (or Source, or Maker, or Parent) **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.**

# THE SENDING FORTH OF THE COMMUNITY

## **The Dismissal**

God of immeasurable grace,  
Bless us with spirituality as deep as the ocean  
Call us to a discipleship as bold as the saints'.  
Compel us to a justice as daring as the Redeemer's love,  
In the name of our Impossible Hope, Christ Jesus. Amen.

Jennifer Henry The United Church of Canada.

*Or*

God, give our bodies restful sleep;  
and let the work we have done today  
be sown for an eternal harvest.  
Through Christ our Lord.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

Almighty God grant us a restful night and a peaceful death. **Amen.**  
May the risen Christ grant us the joys of eternal life. **Amen.**

*We stand, bow to each other, and depart in silence.*

*Bell x 3*