

The Benefice of Silsoe, Pulloxhill and Flitton

Growing as beacons of Christ's Light in our communities



A Gentle Journey of Prayers and Reflections

Conceived and created by Gillian Chapple

A selection of prayers and reflections accompanied by restful music and tranquil images. Lasting just over 15 minutes, we hope that you will find peace and relaxation, comfort and inspiration, a time of quiet contemplation as you listen to these words of praise.

Reflections and Prayers:

Reader Gillian Kern:

*I come before you, oh Lord.
As the sun rises, may your hope rise up in me.
As the birds sing, may your love flow out of me.
As the light floods into this new day,
may your joy shine through me.
I come before you, oh Lord,
and drink in this moment of peace,
that I may carry something of
your hope, love, and joy today in my heart.
Amen*

Author: Unknown



Rev. Anna Garvie:

The Blessing of life

*Lord of creation,
whose glory is around and within us:
open our eyes to your wonders,
that we may serve you with reverence
and know your peace at our lives' end,
through Jesus Christ our Lord.
Amen.*

Common Worship: Collects and Post Communions
© 2000 The Archbishops' Council
published by Church House Publishing



Rev. Julie Cox:

I am the Lord of Love

*I am the Lord of love
I am the one who is moving gently ...
Leading, drawing on into all that is new and good and lovely
all that I have for you is good
all that you need is available now.*

*Do not rush ... Do not fret ... Do not panic.
Just rest and wait ... and wait and rest,
Let the water flow on ... carrying you.
Leave it all to me.
For I am the God who comes gently to you.
I am the Lord who loves you deeply.
I died ... I went through Gethsemane for you.
How Can I lead you into death now?
No, I am the Lord of life and I lead you on ...
Into new and wonderfully green pastures.*

*There is no need to struggle anymore,
Just step on gently ... in my love.
I have you by the hand ...
I am not rushing you.
We will go together into tomorrow ...
I am with you ...trust me for I cannot let you go.*

Author: Unknown





Reader Gillian Kern

In a way the grain can feel

*Remember, God, that we are the plants in your fields
so connected to the earth
that you know what would happen
if you did not rain upon us.*

*And if your light ceased to lift us from the ground
and craft our bodies,
how might we near you
like the suns?*

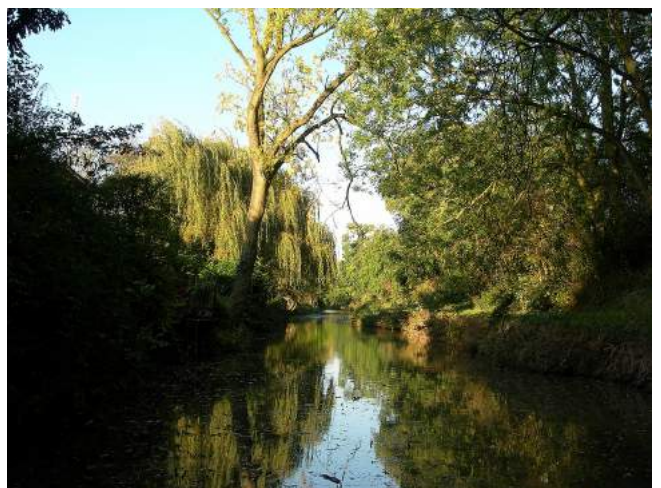
*Remember, God, to love us in a way
our souls can taste and rejoice in.*

St Theresa of Avila Love Poems from God:
Twelve Sacred Voices from East and West.
Editor: Daniel Ladinsky

Rev. Anna Garvie

*Blessed are you creator God,
to You be praise and glory forever.
As Your spirit drifts over the face of the waters
bringing light and life to Your creation,
pour out Your spirit on us today
that we may walk as children of light
and by Your grace, reveal Your presence.
Blessed be God, Father, Son and Holy Spirit
Blessed be God for ever*

Common Worship: © 2000 The Archbishops' Council
published by Church House Publishing



Rev. Julie Cox

Dear God,

*Speak gently in my silence.
When the loud outer noises of my surroundings,
and the loud inner noises of my fears
keep pulling me away from you,
help me to trust that you are still there
even when I am unable to hear you.*

*"Come to me, all you who are overburdened,
and I will give you rest...
for I am gentle and humble of heart."*

Let that loving voice be my guide.

Amen.

Author: Henri J.M. Nouwen



Lay Leader of Worship Maggie Jeeves

*May today there be peace within.
May you trust that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith in yourself and others.
May you use the gifts that you have received, and pass on the love that has been given to you.
May you be content with yourself just the way you are.
Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance,
praise and love.
It is there for each and every one of us.
Amen*

Author: Saint Terese of Liseaux



Rev. Anne Barker

A prayer at the end of the day

Zephaniah 3:17 New King James Version (NKJV)

¹⁷ The LORD your God in your midst,

The Mighty One, will save;

He will rejoice over you with gladness,

He will quiet you with His love,

He will rejoice over you with singing.”

*Loving Father, I praise you for the beautiful moments which have interspersed my day,
and the special people who've crossed my path;*

for creation's delights, and hidden wonders;

for the unexpected smiles and meaningful gestures,

the kind words and inspiration.

Today has revealed new treasures of your love, and new opportunities.

Holy Spirit, help me to cherish them,

that I may be enriched by these experiences, and grow in faith and love.

*Hold in your gracious hands the hurts I have caused, and those I have encountered,
bringing reassurance of forgiveness, in the knowledge that,*

'With God all things are possible' (Matthew 19:26)

I place into your tender healing palms the ongoing anxieties, and uncertainties;

then remind me, deep in my heart, of the words of Julian of Norwich that,

'All will be well, and all will be well, and all manner of thing will be well.'

In Jesus' precious name. Amen

Author: Rev Anne Barker



Reader Gillian Kern

*In peace we lie down to sleep;
For you alone, Lord, make us dwell in safety.*

*Abide with us lord Jesus,
For the night is at hand and the day is now past.*

*As the night watch looks for the morning
So we look for you, O Christ.*

*May the Lord watch over us;
May the Lord make his face shine upon us and be gracious to us;
May the Lord look kindly on us and give us peace.*

Amen

© 2005 Archbishops' Council published by Church House Publishing



Music: The Golden Present by Jesse Gallagher
All images: © 2020 Gillian Chapple

© 2020 Benefice of Silsoe, Flitton & Pulloxhill and Licensors