



CPC Pilgrim Prayer Book 2023



May the daily rhythms of morning and evening prayer
found within this CPC Pilgrim Prayer Book bless each of us
on our pilgrimage journey. Peace be with you,

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PRAY THE DAY

PRAISE when you wake

Give thanks to God for the day.

PRESENCE beginning the day

Ask God to be present today.

TURNING lunchtime

Pray for the world.

CALM mid-afternoon break

Take three deep breaths.

PAUSE late afternoon

Be reminded of God's Spirit sustaining you.

REFLECT bedtime

Reflect on your day.

PRAISE

WHEN YOU WAKE

Give thanks to God for a new day.

If possible, spend some time in silence (5-20 minutes), opening your heart to God.

This is also a good time for scripture reading to ground your day.

You can close your time with a doxology or psalm.

Doxology

Praise God, from whom all blessings flow;
Praise Christ all people here below;
Praise Holy Spirit evermore;
Praise Triune God, whom we adore.
-Neil Weatherhogg

PRESENCE

BEGINNING THE DAY'S WORK

**Ask God to be present with you
throughout the day.**

If you have times you know will
be especially difficult, ask for
God's wisdom and guidance.

Psalm 84:1-4

How lovely is your dwelling place,
O Lord of hosts!
My soul longs, indeed it faints,
for the courts of the Lord;
my heart and my flesh sing for joy
to the living God.

Even the sparrow finds a home
and the swallow a nest for herself,
where she may lay her young,
at your altars, O Lord of hosts,
my King and my God.
Happy are those who live in your house,
ever singing your praise.

TURNING LUNCHTIME

Turn your focus outward and pray for the world. Use the guide below, or pray in your own way.

Monday	Local community
Tuesday	State
Wednesday	Nation
Thursday	North America + Europe
Friday	South America
Saturday	Africa
Sunday	Asia + Oceania

CALM

MID-AFTERNOON

Take three deep breaths to anchor you to the present moment.

On your first breath, release any swirling thoughts in your head. Let your mind be open, curious, and spacious.

On your second breath, bring your awareness to your body, and let yourself become grounded. Feel your energy renewed as you connect to the Creator.

On your third breath, open your heart to love and compassion - both for yourself and others. Place your hand on your heart and feel it warm with God's love.

Bring your grounded presence to all you do. Feel free to repeat it when needed throughout the day.

PAUSE

LATE AFTERNOON

**Be reminded of God's Spirit
sustaining you.**

Ask God for what you need in the
final hours of your day.

Psalm 28:7-8

The Lord is my strength and my
shield; in God my heart trusts;
so I am helped, and my heart
exults, and with my song I give
thanks to God.

The Lord is the strength of the
people; God is the saving refuge
of God's anointed.

REFLECT

BEDTIME

Ask God to guide you as you review your day. Be in conversation with God throughout this process.

Give thanks for the day, asking God to show you that day's blessings.

Review the day, lingering on the significant moments. Continue thanking God for the gifts you find.

Pause on the difficult moments, and stop to ask forgiveness from God. Sense God's healing mercy washing over you.

With what you've learned in this time, **ask God to show you new ways to respond tomorrow.**

Ask God's blessing on the day that happened and on your rest throughout the night.

Based on the Ignatian Examen as found in *Reimagining the Ignatian Examen* by Mark E. Thibodeaux, SJ.

The Pilgrim's Prayer

O God,
Be for us our companion on the walk,
Our guide at the crossroads,
Our breath in our weariness,
Our protection in danger,
Our refuge on the Way,
Our shade in the heat,
Our light in the darkness,
Our consolation in our discouragements,
And our strength in our intentions.

So that with your guidance
we may arrive safe and sound
at the end of the Road
enriched with grace and virtue
may we return safely to our homes
filled with joy.

In the name of Jesus Christ our Lord. Amen.

Sunday, June 18th Evening Prayer: Sarria

Phos Hilaron

The Gentle light of eventide is like the Creator's face.
The day now done we turn to you and rest in your embrace.
Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and
grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,
Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.
All creatures great and small alike in chorused praise resound.
So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found

Evening Psalm 121

1 I raise my eyes toward the mountains.
Where will my help come from?
2 My help comes from the LORD,
the maker of heaven and earth.
3 God won't let your foot slip.
Your protector won't fall asleep on the job.
4 No! Israel's protector
never sleeps or rests!

5 The LORD is your protector;
the LORD is your shade right beside you.
6 The sun won't strike you during the day;
neither will the moon at night.
7 The LORD will protect you from all evil;
God will protect your very life.
8 The LORD will protect you on your journeys—
whether going or coming—
from now until forever from now.

I AM Statement: The Vine

John 15:1-11

1 "I am the true vine, and my Father is the vineyard keeper. 2 He removes any of my branches that don't produce fruit, and he trims any branch that produces fruit so that it will produce even more fruit. 3 You are already trimmed because of the word I have spoken to you. 4 Remain in me, and I will remain in you. A branch can't produce fruit by itself, but must remain in the vine. Likewise, you can't produce fruit unless you remain in me. 5 I am the vine; you are the branches. If you remain in me and I in you, then you will produce much fruit. Without me, you can't do anything. 6 If you don't remain in me, you will be like a branch that is thrown out and dries up. Those branches are gathered up, thrown into a fire, and burned. 7 If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. 8 My Father is glorified when you produce much fruit and in this way prove that you are my disciples.

Evening Collect:

Lord who is the light of the world:

You are the Sovereign over day and night — of morning brilliance & the warm glow of vesper-light — and now as the world is clothed in twilight, we give thanks that you have graced us today with light. We thank you for the ways you have illumined our paths and enlightened our minds. For new insight and deeper understanding, for instruction and intuition, for imagination and vision, we give you thanks.

At the hinge of evening, we open our hearts and minds to an examination of the day, trusting that you can be found in both our consolations and desolations.

Reflect/Daily Examen Practice

Prayer at Close of Day (Pilgrim's Prayer)

O God,

Be for us our companion on the walk,

Our guide at the crossroads,

Our breath in our weariness,

Our protection in danger,

Our refuge on the Way,

Our shade in the heat,

Our light in the darkness,

Our consolation in our discouragements,

And our strength in our intentions.

So that with your guidance

we may arrive safe and sound

at the end of the Road
enriched with grace and virtue
may we return safely to our homes
filled with joy.
In the name of Jesus Christ our Lord. Amen

Monday, June 19th Morning Prayer: Sarria

Morning Collect: *Sarum Primer* (c. 1514)

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing. Amen.

Psalm 139

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.

I Am Statement: The Light of the World

John 8:5

12 Jesus spoke to the people again, saying, "I am the light of the world. Whoever follows me won't walk in darkness but will have the light of life."

Reflection on Jesus as The Light of the World

Morning Canticle (from Augustine of Hippo 354-430)

O God, full of compassion,
I commit and commend myself to you,
in whom I am, and live, and know.
Be the goal of my pilgrimage,
and my rest by the way.

Let my soul take refuge
from the crowding turmoil of worldly thought
beneath the shadow of your wings.
Let my heart, this sea of restless waves,
find peace in you, O God. **Amen.**

Thanksgiving and Intercession

Lord God, you are the light of the world: my true sun, my real day. I, who have dwelt for too long in darkness rejoice that you have rescued me from the power of darkness and have made me an inheritor with the saints in the light. It was on the first day of creation that you made clear the brilliance of your love by commanding, "Let there be light!"

Especially we thank you for
the ministry of all the baptized . . .
those who provide for public safety and well-being . . .
those with whom we work or share common concerns . . .
opportunities to share good news with others . . .
the treasure stored in every human life. . .

We dare to pray for others, God our Savior, claiming your love in Jesus Christ for the whole world, committing ourselves to care for others in his name.

Especially we pray for
the church in Asia and the Middle East . . .
those who seek to save the earth from destruction . . .

those who work for the benefit of others . . .
those who cannot work today . . .
all who proclaim your saving love. . .

"People of God, for what else do we pray?"

As you cause the sun to rise, O God,
bring the light of Christ to dawn in our souls and dispel the
shadows of hatred and fear.
Give us grace to reflect Christ's glory;
and let his love show in our deeds,
his peace shine in our words,
and his healing in our touch,
that all may give him praise, now and forever. **Amen.**

Dismissal (Jeremiah 6:16)

16 The LORD proclaims:
Stop at the crossroads and look around;
ask for the ancient paths.
Where is the good way?
Then walk in it
and find a resting place for your souls.

Monday, June 19th Evening Prayer: Portomarin

Phos Hilaron

The Gentle light of eventide is like the Creator's face.
The day now done we turn to you and rest in your embrace.
Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and
grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,
Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.
All creatures great and small alike in chorused praise resound.
So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found

Psalm 84:1-8

1 How lovely is your dwelling place,
O LORD of hosts!

2 My soul longs, indeed it faints
for the courts of the LORD;
my heart and my flesh sing for joy
to the living God.

3 Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at your altars, O LORD of hosts,
my King and my God.

4 Happy are those who live in your house,
ever singing your praise.

Selah!

5 Happy are those whose strength is in you,
in whose heart are the highways to Zion.

6 As they go through the valley of Baca
they make it a place of springs;
the early rain also covers it with pools.

7 They go from strength to strength;
the God of gods will be seen in Zion.

8 O LORD God of hosts, hear my prayer;
give ear, O God of Jacob!

Selah!

I Am Statement: The Light of the World

John 8:5

12 Jesus spoke to the people again, saying, "I am the light of the world. Whoever follows me won't walk in darkness but will have the light of life."

Evening Collect:

We praise you God for setting the sun to rule the day and moon to rule the night — each of them crossing the dome of our vision to remind us of you.

Now as we come to the setting of the sun and the world is bathed in vesper light we are grateful not only for the gift of the day but for the promise of rest in the coming night. In mercy you desire for us a time of rest when we put aside our anxious toil and relax in your embrace. In returning and in rest is our salvation.

At the threshold of evening we make an examination of the day, trusting that you can be found in both our consolations and desolations.

Reflect/Daily Examen Practice

Prayer at Close of Day

Eternal and everlasting God,
in the growing quietness of the evening
and the deepening shadows of the night,
grant us sleep and rest.

With the stilling of the day's doings,
and the end of coming and going about us,
make us to be sleepy with heavy eyes and tired limbs.

As your creatures are lying down in the wood,
as the bird is quiet in its nest
and the wild thing in its hole,
as the stream is still in its bed
reflecting the great expanse of stars above,

may we in our sleep reflect our confidence in you,
and our assurance in your constant peace.
In our sleep give us that deeper communion of our souls
with you who restores unto health.
For your name's sake.
Amen.

Tuesday, June 20th Morning Prayer: Portomarin

Morning Collect: *Sarum Primer* (c. 1514)

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing. Amen.

Psalm 145:13-21

The LORD is trustworthy in all that he says,
faithful in all that he does.

**14 The LORD supports all who fall down,
straightens up all who are bent low.**

15 All eyes look to you, hoping,
and you give them their food right on time,
16 opening your hand
and satisfying the desire of every living thing.

**17 The LORD is righteous in all his ways,
faithful in all his deeds.**

18 The LORD is close to everyone who calls out to him,
to all who call out to him sincerely.

19 God shows favor to those who honor him,
listening to their cries for help and saving them.

20 The LORD protects all who love him,
but he destroys every wicked person.

21 My mouth will proclaim the LORD's praise,
and every living thing will bless God's holy name
forever and always.

I Am Statement: The Bread of Life

John 6:35 Jesus replied, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Reflection on Jesus as The Bread of Life

Morning Canticle: Canticle of Mary (Luke 1:46-55)

46 Mary said,

"With all my heart I glorify the Lord!

47 In the depths of who I am I rejoice in God my savior.

48 He has looked with favor on the low status of his servant.

Look! From now on, everyone will consider me highly favored

49 because the mighty one has done great things for me.

Holy is his name.

50 He shows mercy to everyone,

from one generation to the next,

who honors him as God.

51 He has shown strength with his arm.

He has scattered those with arrogant thoughts and proud
inclinations.

52 He has pulled the powerful down from their thrones
and lifted up the lowly.

53 He has filled the hungry with good things
and sent the rich away empty-handed.

54 He has come to the aid of his servant Israel,
remembering his mercy,

55 just as he promised to our ancestors,
to Abraham and to Abraham's descendants forever."

Thanksgiving and Intercession

Eternal God,

we rejoice this morning in the gift of life, which we have received
by your grace, and the new life you give in Jesus Christ.

Especially we thank you for

ministries of compassion, witness, and service . . .

those who make and grow the things we need . . .

the communities in which we live . . .

strength and abilities to serve you today . . .

indications of your love at work in the world . . .

God of grace,

we offer our prayers for the needs of others and commit
ourselves to serve them

even as you have served us in Jesus Christ.

Especially we pray for

the church in Africa . . .

the conservation of the soil, water, and air . . .

those closest to us in this community . . .
friends and relatives who are far away . . .
all who care for others in body, mind, and spirit . . .

People of God, for what else do we pray?

God of our salvation,
as the light of morning dawns
heaven and earth sing your praise. Cause us to live and grow in
faith so that we may bear good fruit for the glory of your holy
realm; through Jesus Christ our Lord. **Amen** .

Dismissal (Luke 6:27-31, 37-38)

27 "But I say to you who are willing to hear: Love your enemies.
Do good to those who hate you. 28 Bless those who curse you.
Pray for those who mistreat you. 29 If someone slaps you on the
cheek, offer the other one as well. If someone takes your coat,
don't withhold your shirt either. 30 Give to everyone who asks
and don't demand your things back from those who take them.
31 Treat people in the same way that you want them to treat you.
37 "Don't judge, and you won't be judged. Don't condemn, and
you won't be condemned. Forgive, and you will be forgiven. 38
Give, and it will be given to you. A good portion—packed down,
firmly shaken, and overflowing—will fall into your lap. The portion
you give will determine the portion you receive in return."

Tuesday, June 20th Evening Prayer: San Xulian/Pontecompana

Phos Hilaron

The Gentle light of eventide is like the Creator's face.
The day now done we turn to you and rest in your embrace.
Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and
grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,
Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.
All creatures great and small alike in chorused praise resound.
So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found.

Psalm 104 (1, 13-19, 24)

1 Let my whole being bless the LORD!
LORD my God, how fantastic you are!
You are clothed in glory and grandeur!
13 From your lofty house, you water the mountains.
The earth is filled full by the fruit of what you've done.
14 You make grass grow for cattle;
you make plants for human farming
in order to get food from the ground,

15 and wine, which cheers people's hearts,
along with oil, which makes the face shine,
and bread, which sustains the human heart.

16 The LORD's trees are well watered—
the cedars of Lebanon, which God planted,
17 where the birds make their nests,
where the stork has a home in the cypresses.

18 The high mountains belong to the mountain goats;
the ridges are the refuge of badgers.

19 God made the moon for the seasons,
and the sun too, which knows when to set.

24 LORD, you have done so many things!
You made them all so wisely!
The earth is full of your creations!

I Am Statement: The Bread of Life

John 6:35 Jesus replied, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Evening Collect:

You are the bread of heaven, the staff of life. In you there is manna which satisfies the hungry heart. For everything which has nourished me today and which has revitalized your life within me I give thanks. Throughout the day you have remained with me — for where could I go where your light did not reach me? Even if I was to say, " 'Let the darkness cover me, and the light around me be night,' even darkness is not dark to you and night is as clear

as the day." I give all praise to you who are sovereign over both the day and the night.

I know of your word, spoken through the prophet, that I stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for my soul. I also know that sometimes I respond as did my ancestors saying, "I will not walk in it." So I pause at this hour to reflect on my day in examination of conscience - expecting to find you in both my successes and failures as a disciple. Help me, Lord, to practice self-examination with clarity, honesty, and trust.

Reflect/Daily Examen Practice

Prayer at Close of Day

Eternal and everlasting God,
in the growing quietness of the evening
and the deepening shadows of the night,
grant us sleep and rest.
With the stilling of the day's doings,
and the end of coming and going about us,
make us to be sleepy with heavy eyes and tired limbs.
As your creatures are lying down in the wood,
as the bird is quiet in its nest
and the wild thing in its hole,
as the stream is still in its bed
reflecting the great expanse of stars above,
may we in our sleep reflect our confidence in you,
and our assurance in your constant peace.

In our sleep give us that deeper communion of our souls
with you who restores unto health.

For your name's sake.

Amen.

Wednesday, June 21st Morning Prayer: Pontecompana

Morning Collect: *Sarum Primer* (c. 1514)

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing. Amen.

Morning Psalm 23

1 The LORD is my shepherd, I shall not want.

2 He makes me lie down in green pastures;
he leads me beside still waters;

3 he restores my soul.

He leads me in right paths
for his name's sake.

4 Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;

my cup overflows.

6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long.

I Am Statement: The Good Shepherd

John 10:11-15

11 "I am the good shepherd. The good shepherd lays down his life for the sheep. 12 When the hired hand sees the wolf coming, he leaves the sheep and runs away. That's because he isn't the shepherd; the sheep aren't really his. So the wolf attacks the sheep and scatters them. 13 He's only a hired hand and the sheep don't matter to him. 14 "I am the good shepherd. I know my own sheep and they know me, 15 just as the Father knows me and I know the Father. I give up my life for the sheep.

Reflection on Jesus as The Good Shepherd

Morning Canticle:

Almighty God, bless your people.

Give us your peace, your help, and your love,
for we are the sheep of your pasture.

Let us be united in your peace—

one in the Body, one in the Spirit,
and one in the hope of our calling,

all through the gift of your endless grace. Amen . —Based on the
Liturgy of St. Mark (2nd century)

Thanksgiving and Intercession

Lord, you are the good shepherd: the one willing to lay down your life for the sheep. You call me and I follow because I recognize your voice. Lead me Lord, through the peregrinations of this day — to green pastures, to still waters, in right paths. Should trial and trouble confound me, may I take note of your rod and your staff and regain my confidence that goodness and mercy shall follow me all the days of my life.

Especially we thank you for
ministries of discernment and governance . . .
those who teach and those who learn . . .
the community of faith in your church . . .
reconciliation in our relationships . . .
all gifts of healing and forgiveness . . .

Merciful God, strengthen us in prayer
that we may lift up the brokenness of this world for your healing,
and share in the saving love of Jesus Christ.

Especially we pray for
the church in Europe . . .
safe, clean, and renewable energy . . .
those who are lonely and forgotten . . .
those from whom we are estranged . . .
all who glorify you in worship and service . . .

People of God, for what else do we pray?

Eternal God,
you are the source of every gift,
and the fountain of all blessing.
Give us such joy in living
and such peace in serving Christ,
that we may gratefully make use of all your blessings, and joyfully
seek our risen Lord in everyone we meet. In Jesus Christ we pray.
Amen .

Dismissal (Romans 12:1-2):

1 I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Wednesday, June 21st Evening Prayer: Arzua

Phos Hilaron

The Gentle light of eventide is like the Creator's face.
The day now done we turn to you and rest in your embrace.
Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and
grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,

Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.

All creatures great and small alike in chorused praise resound.
So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found.

Evening Psalm 100

1 Make a joyful noise to the LORD, all the earth.

2 Worship the LORD with gladness;
come into his presence with singing.

3 Know that the LORD is God.

**It is he that made us, and we are his;
we are his people, and the sheep of his pasture.**

4 Enter his gates with thanksgiving,
and his courts with praise.

Give thanks to him, bless his name.

**5 For the LORD is good;
his steadfast love endures forever,
and his faithfulness to all generations.**

I Am Statement: The Good Shepherd

John 10:11-15

11 "I am the good shepherd. The good shepherd lays down his life for the sheep. 12 When the hired hand sees the wolf coming, he leaves the sheep and runs away. That's because he isn't the shepherd; the sheep aren't really his. So the wolf attacks the sheep and scatters them. 13 He's only a hired hand and the sheep don't matter to him. 14 "I am the good shepherd. I know

my own sheep and they know me, 15 just as the Father knows me and I know the Father. I give up my life for the sheep.

Evening Collect:

Praise to you Creator of all that is, who on the fourth day established the sun, moon, and stars which shape our experience of day and night. Receive my sacrifice of praise and thanksgiving for the blessings of the light.

I thank you also for the gift of night. As this world turns from the brilliance of the rising sun to the warm colors of the setting sun — may I who have rejoiced in the light also enter into warm and fearless rest from this day's activities.

For the leading you have provided this day, I offer my grateful prayers, good shepherd. And now as I draw toward the end of the day's journey I pause in reflection on the quality of my following. Though you would lead me where sheep may safely graze, I am prone to wander - and leave the one I love. May your gentle Spirit accompany me as I look for moments of encounter in the day.

Reflect/Daily Examen Practice

Prayer at Close of Day

God our shepherd, you have brought us through this day to a time of reflection and rest.

Calm our souls,
and refresh us with your peace.

Keep us close to Christ

and draw us closer to one another
in the bonds of his wondrous love.
We pray through Christ our Lord. Amen.

Thursday, June 22nd Morning Prayer: Arzua

Morning Collect: *Sarum Primer* (c. 1514)

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing. Amen.

Morning Psalm 8

1 LORD, our Lord, how majestic
is your name throughout the earth!
You made your glory higher than heaven!

2 From the mouths of nursing babies
you have laid a strong foundation
because of your foes,
in order to stop vengeful enemies.

3 When I look up at your skies,
at what your fingers made—
the moon and the stars
that you set firmly in place—

4 what are human beings
that you think about them;
what are human beings
that you pay attention to them?

5 You've made them only slightly less than divine,
crowning them with glory and grandeur.
6 You've let them rule over your handiwork,
putting everything under their feet—
7 all sheep and all cattle,
the wild animals too,
8 the birds in the sky,
the fish of the ocean,
everything that travels the pathways of the sea.
9 **LORD, our Lord, how majestic is your name throughout the
earth!**

I Am Statement: The Resurrection and The Life

John 11:11-26

11 After saying this, Jesus told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." 12 The disciples said to him, "Lord, if he has fallen asleep, he will be all right." 13 Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. 14 Then Jesus told them plainly, "Lazarus is dead. 15 For your sake I am glad I was not there, so that you may believe. But let us go to him." 16 Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

17 When Jesus arrived, he found that Lazarus had already been in the tomb four days. 18 Now Bethany was near Jerusalem, some two miles away, 19 and many of the Jews had come to Martha and Mary to console them about their brother. 20 When Martha heard that Jesus was coming, she went and met him,

while Mary stayed at home. 21 Martha said to Jesus, "Lord, if you had been here, my brother would not have died. 22 But even now I know that God will give you whatever you ask of him." 23 Jesus said to her, "Your brother will rise again." 24 Martha said to him, "I know that he will rise again in the resurrection on the last day." 25 Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, 26 and everyone who lives and believes in me will never die. Do you believe this?"

Reflection on Jesus as The Resurrection and The Life

Morning Cantic: Make Me an Instrument of Peace (attributed to Francis of Assisi)

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O Divine Master, grant that I may not seek so much to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life. Amen .

Thanksgiving and Intercession

Lord, you are the resurrection and the life: yours is the life worth having, the life that really is life, the life which persists beyond every deadly moment. Though I know that with you all things are possible, I often side with Martha and Mary in the hours of tribulation and assume that death is the final chapter of life. Show me again the power of your love which raised Lazarus from his deathly tomb.

Especially we thank you for
the ministry of Word and Sacrament . . .
those who serve and care for others . . .
the affection of our friends . . .
your call to love and serve one another . . .
the presence and power of your Spirit . . .

Mighty God,
with the dawn of your love you reveal your victory over all that
would destroy or harm,
and you brighten the lives of all who need you.
Especially we pray for
the church in the Pacific region . . .
endangered species of animals and plants . . .
those who are isolated by sickness or sorrow . . .
those who suffer mental anguish . . .
all who seek the way and truth of Christ . . .

People of God, for what else do we pray?"

Holy God, your love is higher than the heavens and your grace is wider than the sea.

Awaken our hearts to the joy of your presence and open our lips to sing your praise; to the glory of Jesus Christ our Lord. **Amen .**

Dismissal

May the Peace of our Lord Jesus Christ go with you, wherever he may send you.

May the God of creation guide you through the wilderness, protect you through any storm.

May the Holy Spirit bring you home rejoicing at the wonders she has shown you. Amen.

Thursday, June 22nd Evening Prayer: Rua

Phos Hilaron

The Gentle light of eventide is like the Creator's face.

The day now done we turn to you and rest in your embrace.

Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,
Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.
All creatures great and small alike in chorused praise resound.
So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found.

Evening Psalm 16:5-11

5 The LORD is my chosen portion and my cup;
you hold my lot.
6 The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.
7 I bless the LORD who gives me counsel;
in the night also my heart instructs me.
8 I keep the LORD always before me;
because he is at my right hand, I shall not be moved.
9 Therefore my heart is glad, and my soul rejoices;
my body also rests secure.
10 For you do not give me up to Sheol,
or let your faithful one see the Pit.
11 You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.

I Am Statement: The Resurrection and the Life John 11:11-26

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fallen asleep, but I am going there to awaken him." 12 The
disciples said to him, "Lord, if he has fallen asleep, he will be all
right." 13 Jesus, however, had been speaking about his death,

but they thought that he was referring merely to sleep. 14 Then Jesus told them plainly, "Lazarus is dead. 15 For your sake I am glad I was not there, so that you may believe. But let us go to him." 16 Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

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Evening Collect:

I am dazzled by your brilliance, O God of light. You come to me in a pillar of fire to lead me to the promised land; as a burning bush that captivates my attention; as a star brilliant in the heavens heralding your coming to be with me; as a pentecostal flame moving us to bear witness to your love — and I am in awe. Accept these prayers of thanksgiving for your gift of light.

Today I have made my way in search of the place of my resurrection. Now as I recollect my day, may you who are the resurrection and the life, guide my memory to find those places of joy & sorrow, elation & perplexity which can help me to see more clearly the work you are accomplishing in me.

Reflect/Daily Examen Practice

Prayer at Close of Day

Keep me this night in your light and life. Disperse any shadows within me and keep me in your embrace until I am met again in the gathering light of the new day. In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Friday, June 23rd Morning Prayer: Rua

Morning Collect: *Sarum Primer* (c. 1514)

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing. Amen.

Morning Psalm 107:1-9

1 O give thanks to the LORD, for he is good;
for his steadfast love endures forever.

2 Let the redeemed of the LORD say so,
those he redeemed from trouble

3 and gathered in from the lands,

from the east and from the west,
from the north and from the south.

4 Some wandered in desert wastes,
finding no way to an inhabited town;
5 hungry and thirsty,
their soul fainted within them.

6 Then they cried to the LORD in their trouble,
and he delivered them from their distress;

7 he led them by a straight way,
until they reached an inhabited town.

8 Let them thank the LORD for his steadfast love,
for his wonderful works to humankind.

9 For he satisfies the thirsty,
and the hungry he fills with good things.

I Am Statement: The Way, The Truth, and the Life

John 14:1-7

1 "Don't be troubled. Trust in God. Trust also in me. 2 My Father's house has room to spare. If that weren't the case, would I have told you that I'm going to prepare a place for you? 3 When I go to prepare a place for you, I will return and take you to be with me so that where I am you will be too. 4 You know the way to the place I'm going."

5 Thomas asked, "Lord, we don't know where you are going. How can we know the way?" 6 Jesus answered, "I am the way, the truth, and the life. No one comes to the Father except through me. 7 If you have really known me, you will also know the Father. From now on you know him and have seen him."

Reflection on Jesus as The Way, the Truth, and the Life

Morning Cantic: Cantic of Peace (Isaiah 2:2-5)

2 In days to come
the mountain of the LORD's house
shall be established as the highest of the mountains,
and shall be raised above the hills;
all the nations shall stream to it.

3 Many peoples shall come and say,
"Come, let us go up to the mountain of the LORD,
to the house of the God of Jacob;
that he may teach us his ways
and that we may walk in his paths."

For out of Zion shall go forth instruction,
and the word of the LORD from Jerusalem.

4 He shall judge between the nations,
and shall arbitrate for many peoples;
they shall beat their swords into plowshares,
and their spears into pruning hooks;
nation shall not lift up sword against nation,
neither shall they learn war any more.

Judgment Pronounced on Arrogance

5 O house of Jacob,
come, let us walk
in the light of the LORD!

Thanksgiving and Intercession

Lord, you are the way the truth and the life: in you I discover that
the *truth is a person*. May my friendship with you teach me to

love others, not merely in word or speech, but in truth and action.

Especially we thank you for
ministries of teaching and pastoral care . . .
those who work to help and heal . . .
sacrifices others have made for our benefit . . .
opportunities for our generous giving . . .
the presence of Christ in our weakness and suffering . . .

God of grace, let our concern for others reflect Christ's self-giving love, not only in our prayers, but also in our practice.
Especially we pray for
the church in Latin America . . .
a right relationship between humans and the earth . . .
those who are wounded or face death . . .
those who keep watch over the sick and dying . . .
all who speak up and take action for what is right . . .

People of God, for what else do we pray?

Almighty God, you have made us in your image and crowned us with honor and glory.
Shape us by your Word and fill us with your Spirit so that we may live as your beloved children and proclaim your saving love to our life's end; through Jesus Christ our Lord. **Amen.**

Dismissal (Deuteronomy 6:4-9 adapted)

Hear this, people of God! The Lord your God is one, and you shall love the Lord with all your heart and all your soul and with all your strength.

Ponder the faith when you rise up and as you walk through the day and when you lie down again — teaching the faith by word and deed.

May the strength of God sustain you and the Spirit of God direct you today and always. Amen.

Friday, June 23rd Evening Prayer: Santiago de Compostela

Phos Hilaron

The Gentle light of eventide is like the Creator's face.

The day now done we turn to you and rest in your embrace.

Our Holy Lord and Love's pure light, the blessed Son of God,
Has dwelt with us throughout the day, the light of truth and
grace.

Now as we come at setting sun to worship you aright,
and lift our songs of grateful praise as daylight turns to night.
We join in song with saints of old to praise the One-Yet-Three,
Whose love and mercy never cease, in whom our souls delight.

The evening comes, the daylight fades, still praise of you
abounds.

All creatures great and small alike in chorused praise resound.

So we your people gladly meet to sing with joyful voice,
The source of life, and help, and hope in Jesus we have found.

Evening Psalm 36:5-9

5 Your steadfast love, O LORD, extends to the heavens,
your faithfulness to the clouds.

6 Your righteousness is like the mighty mountains,
your judgments are like the great deep;
you save humans and animals alike, O LORD.

7 How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.

8 They feast on the abundance of your house,
and you give them drink from the river of your delights.

9 For with you is the fountain of life;
in your light we see light.

I Am Statement: The Way, The Truth, and the Life

John 14:1-7

1 "Don't be troubled. Trust in God. Trust also in me. 2 My Father's house has room to spare. If that weren't the case, would I have told you that I'm going to prepare a place for you? 3 When I go to prepare a place for you, I will return and take you to be with me so that where I am you will be too. 4 You know the way to the place I'm going."

5 Thomas asked, "Lord, we don't know where you are going. How can we know the way?" 6 Jesus answered, "I am the way, the truth, and the life. No one comes to the Father except through me. 7 If you have really known me, you will also know the Father. From now on you know him and have seen him."

Evening Collect:

I praise you God that since the beginning what comes into being by your Word is light and life. All things come into being through him who is the

As I move from the activity of my day into the rest of evening, I pause in this hour of twilight — now in the twined light of brother sun and sister moon — to make an accounting of my life. May the lights of sun and moon reveal to me, with your help Lord, the places where the veil between the sacred and profane are thin.

Reflect/Daily Examen Practice

Prayer at Close of Day (Pilgrim's Prayer adapted)

O God,
we thank you for being our companion on the walk,
Our guide at the crossroads,
Our breath in our weariness,
Our protection in danger,
Our refuge on the Way,
Our shade in the heat,
Our light in the darkness,
Our consolation in our discouragements,
And our strength in our intentions.

As we turn our hearts and minds toward home, we ask for your guidance.

May we arrive safe and sound at the end of the Road
enriched with grace and virtue.

May we return safely to our homes
filled with joy.

In the name of Jesus Christ our Lord. Amen.

Additional Prayers for the Journey

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand.
- traditional gaelic blessing

God of life,
there are days when the burdens we carry
are heavy on our shoulders and weigh us down,
when the road seems dreary and endless,
the skies gray and threatening,
when our lives have no music in them,
and our hearts are lonely,
and our souls have lost their courage.
Flood the path with light,
turn our eyes to where the skies are full of promise; tune our
hearts to brave music;
give us the sense of comradeship
with heroes and saints of every age;
and so quicken our spirits
that we may be able to encourage
the souls of all who journey with us on the road of life,
to your honor and glory. **Amen** .
—Attributed to Augustine of Hippo (354–430)

O gracious and holy God,
give us diligence to seek you,
wisdom to perceive you,
and patience to wait for you.
Grant us, O God,
a mind to meditate on you;
eyes to behold you;
ears to listen for your word;
a heart to love you;
and a life to proclaim you;
through the power of the Spirit
of Jesus Christ our Lord. **Amen** .

—Attributed to Benedict of Nursia (c. 480–c. 547)

With you, O God, to guide me, I journey on my way.
I know you are beside me
all through the night and day. Within your hand you hold me;
what do I have to fear?
Your loving arms enfold me,
your grace is always near. **Amen** .

—Based on a prayer of Columba (c. 521–597)

In you, Father almighty,
we have our preservation and our bliss.
In you, Christ,
we have our restoring and our saving.
You are our mother, brother, and Savior.
In you, our Lord the Holy Spirit,
is marvelous and plenteous grace.

You are our clothing;
for in love you wrap us and embrace us.
You are our maker, our lover, our keeper.
Teach us to believe that by your grace
all shall be well,
and all shall be well,
and all manner of things shall be well. **Amen** .
—Julian of Norwich (c. 1342–1416)

Open unto me—light for my darkness.
Open unto me—courage for my fear.
Open unto me—hope for my despair.
Open unto me—peace for my turmoil.
Open unto me—joy for my sorrow.
Open unto me—strength for my weakness.
Open unto me—wisdom for my confusion.
Open unto me—forgiveness for my sins.
Open unto me—love for my hates.
Open unto me—thy Self for my self.
Lord, Lord, open unto me! **Amen** .
—Howard Thurman (1900–1981)

May God bless your steps as you make your way on difficult
paths.
May God bless your steps as you navigate fear, guilt, and shame.
May God bless your steps as you seek new ways to follow Jesus.
May God bless your steps as you accompany the broken and
those on the margins.

May God bless your steps as you experience new ways of bearing hope to a world in need.

May God bless your steps as you journey to the cross. Amen.

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