

*At noon each day we pause to recollect who we are: beloved of God.
We invite you to take a moment to breathe and be nourished by the water of life.
Drink deep and find yourselves renewed and refreshed - once more able to see your
precious life and the world around you, shimmering with the light of Gods
presence.*

Midday Prayers

Draw us into your love, Christ Jesus
and deliver us from fear.

A Blessing in the Chaos

*To all that is chaotic
in you,
let there come silence.*

*Let there be
a calming
of the clamoring,
a stilling
of the voices that
have laid their claim
on you,
that have made their
home in you, that go with you
even to the holy places
but will not let you rest,
will not let you hear your life
with wholeness
or feel the grace
that fashioned you.*

*Let what distracts you
cease.*

*Let what divides you
cease.*

*Let there come an end to what diminishes
and demeans,
and let depart all that keeps you
in its cage.*

*Let there be an opening
into the quiet
that lies beneath the chaos,
where you find
the peace
you did not think possible
and see what shimmers
within the storm.*

© Jan Richardson, from her book *The Cure for Sorrow*

Let us pray,

**God of noontime and gentle rain, you bring to us refreshment on our daily
journeying, and the strength to persevere. Open our eyes to your wonders, that we
may serve you with reverence and know your peace, through Jesus Christ our Lord.
Amen.**

Psalm 65:5-13

O Hope of all the ends of the earth * and of the seas that are far away.
You make fast the mountains by your power; * they are girded about with might.
You still the roaring of the seas, * the roaring of their waves, and the clamour of the
peoples.

Those who dwell at the ends of the earth will tremble at your marvellous signs;* you make the dawn and the dusk to sing for joy.

You visit the earth and water it abundantly; * you make it very plenteous; the river of God is full of water.

You prepare the grain, for so you provide for the earth. You drench the furrows and smooth out the ridges; * with heavy rain you soften the ground and bless its increase.

You crown the year with your goodness, * and your paths overflow with plenty.

May the fields of the wilderness be rich for grazing, * and the hills be clothed with joy.

May the meadows cover themselves with flocks, and the valleys cloak themselves with grain; * let them shout for joy and sing.

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.

A reading from the Gospel of John

On the last day of the festival, the great day, while Jesus was standing there, he cried out, "Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'"

Bell

Silence

Bell

Our Prayers

Let us soften into the peace of God

Silence

Let us accept that we are profoundly loved and need never be afraid.

Silence

Let us be aware of the Source of all Being that is common to us all and to all living creatures.

Silence

Let us be filled with love and compassion towards ourselves and towards all living beings.

Silence

Realising that we are all nourished from the same source of life, may we live sustainably in our watersheds that others be not deprived of air, food, water, shelter, or the chance to thrive.

Silence

With humility let us pray for peace in our hearts and on our earth. Let us remember that we are beloved, a part of your good creation.

Silence

Let us offer the prayers we carry, silently or aloud.....May God kindle in us the fire of love to bring us alive and give warmth to the world.

Holy God, earth and air and water are your creation, and every living thing belongs to you: have mercy on us as climate change confronts us. Give us the will and the courage to simplify the way we live, to reduce the energy we use, to share the resources you provide, and to bear the cost of change. Forgive our past mistakes and send us your Spirit, with wisdom for the present and vision for the future to which you call us.

Oh God, hear the prayers we have offered as we lift them to you in the words Jesus taught us to pray saying

**Abba/Amma/Beloved/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.**

Sending

Deep peace I breathe into you,
Deep peace, a soft white dove to you;
Deep peace, a quiet rain to you;
Deep peace, an ebbing wave to you
Deep peace, pure red of the flame to you;
Deep peace, pure blue of the sky to you
Deep peace of the rushing wind to you,
Deep peace of the quiet earth to you,
Deep peace of the God of Peace to you.

~Celtic traditional

Let us bless the Lord

Thanks be to God

Bell x 3