

## *Lord of all Hopefulness*

(traditional Irish melody)

on YouTube: Heath End Church choir

Lord of all Hopefulness, Lord of all joy  
Whose trust ever childlike no cares could destroy,  
Be there at our waking, and give us we pray,  
Your bliss in our hearts Lord at the break of the day.

Lord of all eagerness, Lord of all faith,  
Whose strong hands were skilled at the plane and the lathe,  
Be there at our labors and give us we pray,  
Your strength in our hearts Lord at the noon of the day.

Lord of all kindness, Lord of all grace,  
Your hands swift to welcome, your arms to embrace,  
Be there at our homing, and give us we pray,  
Your love in our hearts Lord at the eve of the day.

Lord of all gentleness, Lord of all calm,  
Whose voice is contentment, whose presence is balm,  
Be there at our sleeping, and give us we pray,  
Your peace in our hearts Lord, at the end of the day.

**Prayer Leader:**  
**Cheryl Keehner, CSA**  
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## Everything is Grace



Our prayer is characterized by silence ~

**Be still and know that I am God!**

In that silence we listen for a new word.  
God is present in all our lives.

God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

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## To Ponder:

*The Inner Experience* Thomas Merton

Real mystics are hidden contemplatives, ordinary people who have abandoned themselves to the will of God, seeking only to keep in touch with the inner and spiritual realities of the present moment. They see life simply as a *walk with God*, not seeking anything special or demanding anything special or demanding any particular satisfaction. They live simply and freely each day in great simplicity of inner freedom, doing what has to be done, not worried about the results of what is done, but continuing to have good motives and not to be too anxious about making mistakes.

## Reading:

*Psalm 109* Nan Merrill

O Giver of life's journey  
companion me along the way;  
Then will I recognize your face in everyone I meet.

Guide me into wholeness and harmony,  
and balance,  
that I may be a peaceful presence.

Let me witness your way  
that others may grow in trust and truth.  
Bring each of us into Your Presence,  
to Love and serve in the great Plan.

## Sharing...

a word...

a phrase...

a reflection...