

Prayer for Kind Speaking

Jan Phillips

Be my speaking, You, the Word
that tells no bitter lie
shape my lips in such a way
that only You get by

Take away my anger
cast out all my need to blame
let my words be comforting,
a balm to someone's pain.

Let me not forget the power
of words to soothe the soul,
let my stories be a fire
to lost ones in the cold.

Be my words, come flood my mind,
come drench my every cell,
till the thoughts beneath my words
rise up from You as well.

Prayer Leader:
Subhana Cathy Graf
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No Time to Waste



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.

Renew · Refresh · Refocus

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To Ponder: Howard Zinn

“TO BE HOPEFUL in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.”

Reading: Abdur Rahman

Beloved, we come to this world
for just a moment,
before the dawn arrives
and the caravan sets off once more.

Beloved, let that moment
be spent in goodness and beauty,
in the sharing of hearts,
in love and in friendship.

Beloved, let our brief moments here
light a tender candle,
set to burn
in eternity's gentle embrace.

Beloved, all that I am
is just a moment.
I have no time to waste.
May this moment of me dissolve in love

Sharing...

a word,

a phrase

a reflection