



If you are searching for something more than temporary spiritual relief, then Christian spirituality is a source for a deeper life.

We are all seeking depth, meaning and fellow travellers to share the journey with. Our highly consumptive, technological culture has produced a generation of spiritual tourists who pursue a deep place of rest, but have no perceivable destination. Buying a new car, clothes or gym membership gives temporary relief but doesn't bring lasting rest or centeredness. Even with our relative wealth, we still have a deep inner poverty.

The ancient narratives of Christian spirituality offer renewed, contemporary wisdom into this context. Exploring and embodying the teachings of Jesus through prayer, contemplation, and the practise of community, helps us become more truly human. Life is a journey of 'human becoming', within which we shift from being lonely tourists to fellow pilgrims whose destination is God in whom we find rest.

Encouragement

Wisdom sayings from Jesus:

- Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle

and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light

- Blessed are those who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Blessed are the merciful, for they will receive mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.

Prayer for the Journey

Christ be before me,

Christ be beside me,

Christ be all around.

*May the peace of Christ go with me,
wherever God may send me.*

*May God guide me through the wilderness,
protect me through the storm.*

*May God bring me home rejoicing
at the wonders God has shown me.*

*May God bring me home rejoicing
once again into our doors.*

Amen



May is the month of Beltane, celebrating the life of the earth and of Pentecost, the life of the Holy Spirit following the resurrection of Christ.

On Rising/Resting

Blessed be you Source of All.

In your greenly greeting you return to the earth.

In blade and petal and shoot and leaf,

sprung again when all seemed gone.

Indwell your spirit of hope as I rise up this morning/

I lie down to rest at this day's end.

Morning Invocation

Pulse of all life beat through all I am and all I do this day.

Beat through my feet that I might walk in awareness of the earth.

Beat through my legs that I might go the extra mile for fellow-traveller.

Beat through my groin that I might cherish the darkness and joy that stirs there.

Beat through my hands that I might touch with awe all you have created.

Beat through my heart that I might know the connectedness of every living thing.

Beat through my body that I might respect what I take for granted.

Pulse of all life, beat through your world and myself as

part of it, as I set forth this morning.

Opening Out

You who are risen with newness,
be with all those who feel old this day.

Those with weary bodies, tired spirits,
those who feel stuck in ancient patterns that never seem to shift

Help us to trust the cycle of your healing, spiralling
like the rings of a tree, coming to the same place
but deeper and different this year round.

Night Shielding

Quickening Spirit,

You have given to me my breath this day.

Gratitude for all the life I have been part of

gratitude for my body, mind and spirit;

gratitude for each person I was given;

gratitude for each creature;

gratitude for this tiny piece of your living planet
that came into my sights this day;

Be with all who need the connection of prayer this night

As we lie down in the Oneness of all your creation

may your deep peace enfold us this night.

*Prayers taken from "The Celtic Wheel of the Year"
by Tess Ward*