

St James News: Thought for the day – Thursday 9th July 2020

How do you pray? – by Revd John Marshall

One enjoyable aspect of lockdown has been exploring my library. I haven't got far but I did find a little book that I had forgotten. (I may not have read it). It was from Colin Gale – and I think it was to encourage me into a pattern of prayer.

It is called Each Day and Each Night and it is a cycle of prayers from Iona in the Celtic tradition by J. Philip Newell. It has beautiful calligraphy and I read it one morning before I got up. I would like to share some of the prayers.

The intercession for Monday morning when the topic is justice and peace.

O Christ of the poor and the yearning
Kindle in my heart within
A flame of love for my neighbour,
For my foe for my friend,
for my kindred all.
From the humblest thing that lives
To the name that is highest of all
Kindle in my heart within
A flame of love.

On Wednesday evening when the theme is the goodness of creation and care for the earth. The opening prayer and thanksgiving is:

You are the love of each living creature O God
You are the warmth of the rising sun
You are the whiteness of the moon at night
You are the life of the growing earth
You are the strength of the waves of the sea
Speak to me this night O God
Speak to me your truth
Dwell with me this night O God
Dwell with me in love.

And a closing prayer:

May the grace of the love of the stars be mine
May the grace of the love of the winds be mine
May the grace of the love of the waters be mine
In the name of the Word of all life.

THANKS COLIN

Song: [Deep Peace \(Choral Version\)](#)

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you
Deep peace of Christ
Of Christ, Of Christ, the light of the world to you
Deep peace of Christ to you
Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
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