

## Additional Prayers, taken from the Eucharist booklet used in Holy Trinity

### *The Rule of St Benedict – The Prologue*

Therefore we intend to establish a school for the Lord's service. In drawing up its regulations, we hope to set down nothing harsh, nothing burdensome. The good of all concerned however, may prompt us to a little strictness in order to amend our faults and to safeguard love. Do not be daunted immediately by fear and run away from the road that leads to salvation. It is bound to be narrow at the outset. But as we progress in this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with inexpressible delight of love. Never swerving from his instructions, then, but faithfully observing his teaching in the monastery until death, we shall through patience share in the sufferings of Christ that we may deserve also to share in his kingdom. Amen.

Prayer, the Church's banquet, Angels' age,  
God's breath in man returning to his birth,  
The soul in paraphrase, heart in pilgrimage,  
The Christian plummet sounding heaven and earth;

Engine against th' Almighty, sinner's tower,  
Reversèd thunder, Christ-side-piercing spear,  
The six-days'-world transposing in an hour,  
A kind of tune, which all things hear and fear;

Softness, and peace, and joy, and love, and bliss,  
Exalted manna, gladness of the best,  
Heaven in ordinary, man well drest,  
The Milky Way, the bird of Paradise;

Church bells beyond the stars heard, the soul's blood,  
The land of spices, something understood.

*George Herbert (1593-1633)*

## Doxology

Praise God our Father, Mother, Friend,  
before all time until its end;  
the source of beauty, truth and love;  
praise God on earth; praise God above

Praise God for bud and leaf and root,  
for fragile flower and wholesome fruit;  
for swelling seed and golden wheat  
providing food for all to eat.

Praise God for twilight, dark and light,  
for touch and smell, hearing and sight;  
for rushing wind and roaring sea,  
for birds and beasts and all that's free.

Praise God for friendship, sex and love  
preparing us for life above;  
the touch of hand, the glance of eye,  
the joke, discussion, laugh and sigh.

Praise God for doubt through which we grow,  
for all we dream and all we know.  
For hopes that rise unquenched from dust,  
for pain that teaches us to trust.

Praise God for music, books and art,  
whose treasures grow within the heart;  
for dance and sport and leisure days  
that stretch our souls to sing your praise.

Praise God for colour, work and game,  
for dappled shade and dancing flame.  
Praise God for all our life, that we  
may praise God through eternity.

*Alwyn Marriage*

Love bade me welcome; yet my soul drew back.  
    Guilty of dust and sin.  
But quick-eyed Love, observing me grow slack  
    From my first entrance in,  
Drew nearer to me , sweetly questioning,  
    If I lacked any thing.

‘A guest’, I answered, ‘worthy to be here.’  
    Love said, ‘You shall be he.’  
‘I the unkind, ungrateful? Ah my dear,  
    I cannot look on thee.’  
Love took me by the hand, and smiling did reply,  
    ‘Who made the eyes but I?’

‘Truth, Lord, but I have marred them; let my shame  
    Go where it doth deserve.’  
‘And know you not’, says Love, ‘who bore the blame?’  
    ‘My dear, then I will serve.’  
‘You must sit down’, says Love, ‘and taste my meat.’  
    So I did sit and eat.

*George Herbert (1593-1633)*

Life is like playing a violin solo in public  
and learning the instrument as one goes on.

*Samuel Butler (1612-80)*

You are not here to verify,  
Instruct yourself, or inform curiosity or carry report.  
You are here to kneel where prayer has been valid.  
And prayer is more  
than an order of words, the conscious occupation  
of the praying mind, or the sound of the voice praying.

*T S Eliot (1888-1965)*

Beautiful music is the voice of God talking to the human soul.

*Sir Malcolm Sargent (1895-1967)*

*In Tune*

‘Done your practice? Said your prayers?’  
Echoes from childhood, as though  
Practice must be perfect, prayer complete.  
Experience tells us neither satisfies  
Till techniques spring to life.

Prayer is a musicianship, a  
Growing alertness to God’s beat,  
Drawn to the rhythm of his will,  
Watching his cues for  
Rest or entry; listening,  
Aware of others’ harmony, or  
Seeking in discord sounds of  
Resolution; accepting occasional  
Transposition to enable others  
To join in; through many modulations  
Learning the beauty of the minor key  
Offsetting major’s splendour.  
Then, secure, daring to improvise  
Above the steady groundbass of God’s love.

*Ann Lewin*

Everything that has been done has been done well,  
for it is our Lord’s doing. Sin is not a thing that is done.

*Julian of Norwich (1342-c.1413)*

To clasp the hands in prayer is the beginning of an uprising  
against the disorder of the world.

*Karl Barth (1886-1968)*

Almighty God,  
you have made us for yourself,  
and our hearts are restless  
till they find their rest in you.  
Teach us to offer ourselves in love and service  
to one another and to you;  
that here we may have your peace,  
and in the world to come life everlasting.

*St. Augustine (354-430)*

The ancient Assyrians used the same word for prayer as for the act of unclenching a fist. If we think how often in a day we have our fist clenched we begin to see the importance of this image of prayer. The clenched fist can represent so much of the human spirit - high-handedness, pride, threatening behaviour, possessiveness, control. Prayer, however, in the spirit of Christ who prayed for his Father's will to be done, is a renouncing of such attitudes. As the soul awakens so the fists unfold. To open our hands to God is to reject violence, pride and a belief in our self-sufficiency. Open hands form an invitation to the future to take shape as the will of God directs.

*Michael Ramsey (1904-1988) from Be Still and Know*

Wherever I go, Eternally Present One,  
you go before me, behind me, within me,  
and I find strength in the knowledge  
that I will never be alone.  
Like a pillar of fire that lights my way  
or a pillar of cloud, day after day  
I depend on you for all that I need  
for comfort and survival.  
Be with me tangibly,  
speak to me audibly,  
show me your love visibly  
so that now and forever  
your people will be my people  
and you will always be my God. Amen.

*Nikki Arthy*

We consider our very souls to be like a castle made out of a diamond or of very clear-cut crystal in which there are many dwelling places ... in the centre and middle are the dwelling places where the very sweet exchanges of love between God and the soul take place. The door of entry to this castle is prayer and reflection.

*St Teresa of Avila (1515-1582)*

A peaceable person doth more good than a well-learned.

*Thomas á Kempis (c.1380-1471) The Imitation of Christ*

Most gracious Lord,  
we pray for your holy catholic Church:  
fill it with all truth  
and in all truth with all peace;  
where it is corrupt, purge it;  
where it is in error, direct it;  
where anything is amiss, reform it;  
where it is right, strengthen and confirm it;  
where it is in want, furnish it;  
where it is divided, heal it  
and unite it in your love;  
through Jesus Christ. Amen.

*William Laud (1573-1645)*

### *Disclosure*

Prayer is like watching for the Kingfisher.  
All you can do is  
Be where he is likely to appear, and  
Wait.  
Often, nothing much happens;  
There is space, silence and  
Expectancy.  
No visible sign, only the  
Knowledge that he's been there,  
And may come again.  
Seeing or not seeing cease to matter,  
You have been prepared.  
But sometimes,  
When you've almost  
Stopped expecting it,

A flash of brightness  
Gives encouragement.

*Ann Lewin*

Since you are the Body of Christ and his members,  
it is your mystery that is placed on the Lord's table,  
it is your mystery that you receive.  
You hear the words: The Body of Christ,  
and you answer: Amen.  
Be therefore members of Christ,  
that your Amen may be true.  
If you have received well,  
you are that which you have received.

*St. Augustine (354-430)*

God  
is a circle  
a circle is endless;  
whom God loves he loves  
to the end, and not only to  
their own end, to their death  
but to His end, and His end  
is that He might  
love them  
still.

*John Donne (1572-1631)*

We need silence to be able to touch souls. The essential thing is not what we say, but what God says to us and through us. All our words will be useless unless they come from within – words which do not give the light of Christ increase the darkness.

*Mother Theresa of Calcutta (1910-1997)*

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*St. Patrick's Breastplate*

Let nothing disturb you,  
Let nothing dismay you,  
All things pass:  
God never changes.  
Patience attains  
All that it strives for.  
Those who have God  
Find they lack nothing.  
God alone suffices.

*St. Teresa of Avila (1515-82)*

The meaning of things, and their purpose  
Is in part now hidden  
But shall in the end become clear.  
The choice is between  
The Mystery and the absurd.

To embrace the Mystery  
Is to discover the real.  
It is to walk towards the light  
To glimpse the morning star,  
To catch sight from time to time  
Of what is truly real.

*Cardinal Basil Hume (1923-99)*

*Anima Christi*

Soul of Christ, sanctify me,  
Body of Christ, save me,  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesu, hear me.  
Within your wounds, hide me.  
Never let me be separated from you.  
From the malicious enemy, defend me.  
In the hour of my death, call me  
and bid me come to you,  
that with all the saints I may praise you  
for ever and ever. Amen.

I am no longer my own, but yours.  
Put me to what you will, rank me with whom you will.  
Put me to doing, put me to suffering;  
Let me be employed for you or laid aside for you,  
exalted for you or brought low for you;  
Let me be full, let me be empty;  
Let me have all things, let me have nothing;  
I freely and heartily yield all things to your pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit,  
You are mine, and I am yours. So be it.

*John Wesley (1703-1801)*

My dearest Lord, be thou a bright flame before me,  
be thou a guiding star above me,  
be thou a smooth path beneath me,  
be thou a kindly shepherd behind me,  
today and for evermore.

*Liturgy of Malabar, India*

Strengthen for service, O Lord,  
the hands that have taken holy things.  
May the ears that have heard your word  
be deaf to clamour and dispute;  
may the tongues that have sung your praise

be free from deceit;  
may the eyes that have seen the tokens of your love  
shine with the light of hope;  
and may the bodies which have been fed with your Body  
be replenished with the fullness of your life.

*Ephraim the Syrian (306-373)*

Never look down to test the ground before taking your next step: only those  
who keep their eyes on the far horizon will find the right road.

*Dag Hammarskjold (1905-1961)*

Sin is behovely but all shall be well,  
And all shall be well,  
And all manner of things shall be well.

*Julian of Norwich (1342-c1413)*