**TUESDAY MORNING PRAYER AFTER PENTECOST**

Readings from the day/ commemoration of Saints

*Let us in silence welcome and wait for the Spirit of God.*

It is in the depths of life that we find you

at the heart of this moment

at the centre of our soul

deep in the earth and its eternal stirrings.

You re the Ground of all being

the Well-Spring of time

Womb of the earth

the Seed-Force of stars.

And so at the opening of this day

we wait not for blessings from afar

but for You the very Soil of our soul

the early Freshness of morning

the first Breath of day.

(John Philip Newell)

Bell x3

*Let us in silence confess our faults and draw near to God*

We pray together:

**God of all mercy,  
We humbly admit that we need your help.  
We have wandered from your way.  
We have sinned in thought, word, and deed,  
and have failed to do what is right.  
You alone can save us. Have mercy on us,  
wipe out our sins and teach us to forgive others. Bring forth the fruit of your Spirit  
that we may live the new life to your glory.  
This we ask in the name of Jesus our Saviour. Amen.**

*Words of Pardon and Assurance*

If anyone sins, we have an advocate: Jesus Christ the righteous, who is the perfect offering for our sins, and not for ours only, but also for the sins of the whole world. (1 John 2:1-2)

Almighty God pardon and deliver us from all our sins, confirm and strengthen us in all goodness and keep us in everlasting life. **Amen.**

Psalm

Gospel Acclamation: **Alleluia** x4 / Gospel

*Our reflections on the Gospel*

*Our Prayers*

*A liturgy for those flooded by too much information*

In a world so wired and interconnected, our anxious hearts are pummeled by an endless barrage of troubling news. We are daily aware of more grief, O God, than we can rightly consider, of more suffering and scandal than we can respond to, of more hostility, hatred, horror, and injustice than we can engage with compassion.

**But you, Jesus, are not disquieted by such news of cruelty and terror and war. You are neither anxious nor overwhelmed. You carried the full weight of the suffering of a broken world when you hung upon the cross, and you carry it still.**

When the cacophony of universal distress unsettles us, remind us that we are but small and finite creatures, never designed to carry the vast abstractions of great burdens, for our arms are too short and our strength is too small.

**Justice and mercy, healing and redemption, are your great labors. And yes, it is your good pleasure to accomplish such works through your people, but you have never asked any one of us to undertake more than your grace will enable us to fulfill.**

Guard us then from shutting down our empathy or walling off our hearts because of the glut of unactionable misery that floods our awareness. You have many children in many places around this globe.

**Move each of our hearts to compassionately respond to those needs that intersect our actual lives, that in all places your body might be actively addressing the pain and brokenness of this world, each of us liberated and empowered by your Spirit to fulfill the small part of your redemptive work assigned to us.**

Give us discernment in the face of troubling news reports. Give us discernment to know when to pray, when to speak out, when to act, and when to simply shut off our screens and our devices, and to sit quietly in your presence, casting the burdens of this world upon the strong shoulders of the one who alone is able to bear them up.

**Amen.**

(Douglas Kaine McKelvey)

*We add our own prayers and petitions to God silent or aloud:*

*Gathering our prayers into one we pray as our Saviour taught….*

Our Father….

**A blessing for today**

Let me live today.

Let me be open to the miracle of this day.

Let me breathe the best of today.

Let me not miss the heart of today.

Let me find the gift of today

Hidden like a jewel in rubble of care, duty, and detail.

Let me pause to hear

the steady beat of the heart of God –

hoping, aching, sorrowing, expectant, patient

despairing heart of God.

Listen, listen.

Do you hear it?

Ever so faint but steady, steady,

Rhythmic organ, strong muscie,

Thumping, beating, pumping, sustaining, encompassing,

Wildly dancing heart of God.

Let us live this day, aware, open, listening, breathing, alive.

(Rev. Virginia Going)

**In the name of God,**

**Source of All being, eternal word, and Holy Spirit.**

**Amen.**

Bell x3