

SUMMER

Preparing

You make springs gush forth in the valleys; they flow between the hills, giving drink to every wild animal. The wild asses quench their thirst. By the streams the birds of the air have their habitation: they sing among the branches. From your lofty abode, you water the mountains: the earth is satisfied with the fruit of your work. '

Psalm 104. 10-13.

Journeying

Summer time: a time to pause, look around us at the wonderful world we live in, appreciate it, and to give thanks to God for all that he gives us.

And yet—not everyone can enjoy the beauty of this place. Many people even in this country have to live in poverty in inner city areas, with no access to the peace and quiet, the generosity of this countryside. Say a prayer for them.

Arriving

And some of us, even if we can come to this place, are living with sadnesses and worries which weigh us down, and dull our enjoyment. Bring them to God.

Loving, generous God I give you thanks for this beautiful land, for its greenness and freshness, for everything that you have made. Help me to share with you the difficult times in my life, that I may feel your healing and loving touch in me.

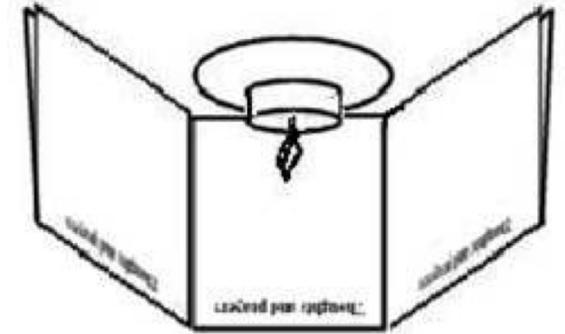
Amen.

Using this Candle Prayer Card

In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper, lengthwise and then fold into three, placing it around the candle with the three prayer sections facing you as shown in the diagram to the left.

Light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.

Use each of the sections in turn to give focus to your prayer.



Diocese of Hereford

Jesus said:

'I am the light of the world'

This is based on an original idea of the Gloucester Diocese.