

Body Prayer

Creator God

Creator God

(Hands in front of your body and then spreading out in an offering gesture.)

You feed my soul

(Hands coming up as if bringing food to the mouth.)

With the whole earth

(Hands reaching above head as high as they will go and spreading down each side in a stretched circle.)

You feed my soul

(Hands coming up as if bringing food to the mouth.)

With the plants that grow

(Left hand holding right wrist. Then right hand moves upwards wiggling the fingers like a growing plant.)

You feed my soul

(Hands coming up as if bringing food to the mouth.)

With the creatures that walk

(Right hand walks two fingers across left hand.)

And swim

(Breast stroke action.)

And fly

(Lock thumbs together and flap hands.)

You feed my soul

(Hands coming up as if bringing food to the mouth)

With the winds that blow

(Sway and move arms in a wave.)

And the rain that falls

(Raise your hands above your head and wiggle fingers coming down.)

You feed my soul

(Hands coming up as if bringing food to the mouth.)

With the stars in the heavens

(Raise your arms with clenched fists and when fully stretched open hands several times.)

You feed my soul

(Hands coming up as if bringing food to the mouth.)

And I grow strong in my heart

(Point to self, flex your bicep and point to heart.)

In my mind

(Point to head.)

And my spirit

(Raise your right arm and wiggle fingers.)

With your food

(Hands coming up as if bringing food to the mouth.)

Amen

Serenity Prayer

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
That I may be reasonably happy in this life
And supremely happy with Him
Forever in the next.

Amen

The Lord's Prayer

Our Father, who art in heaven,

Hallowed be thy name.

Thy Kingdom come,

Thy will be done,

On earth as it is in heaven

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive those who trespass against us.

And lead us not into temptation,

But deliver us from evil.

For thine is the kingdom, the power and the glory,

For ever and ever.

Amen

Body Prayer

Together

I am here

(Point to self and then spread hands in an offering gesture.)

You are here

(Stretch arms up to the sky)

We are here together

(Put thumbs together pointing towards yourself then stretch out to make a circle.)

Amen

May the Road Rise Up to Meet You

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

the rains fall soft upon your fields

and until we meet again,

May God hold you in the palm of His hand.

(Traditional Gaelic Blessing)

St Patrick's Breastplate

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Deep Peace

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 Son of peace to you

(Iona Community)