



ROSWELL
PARK
CANCER INSTITUTE

Sacred Time... ...Sacred Space

A COLLECTION OF PRAYERS,
POEMS AND REFLECTIONS

**Roswell Park Cancer Institute
The Department of Pastoral Care**



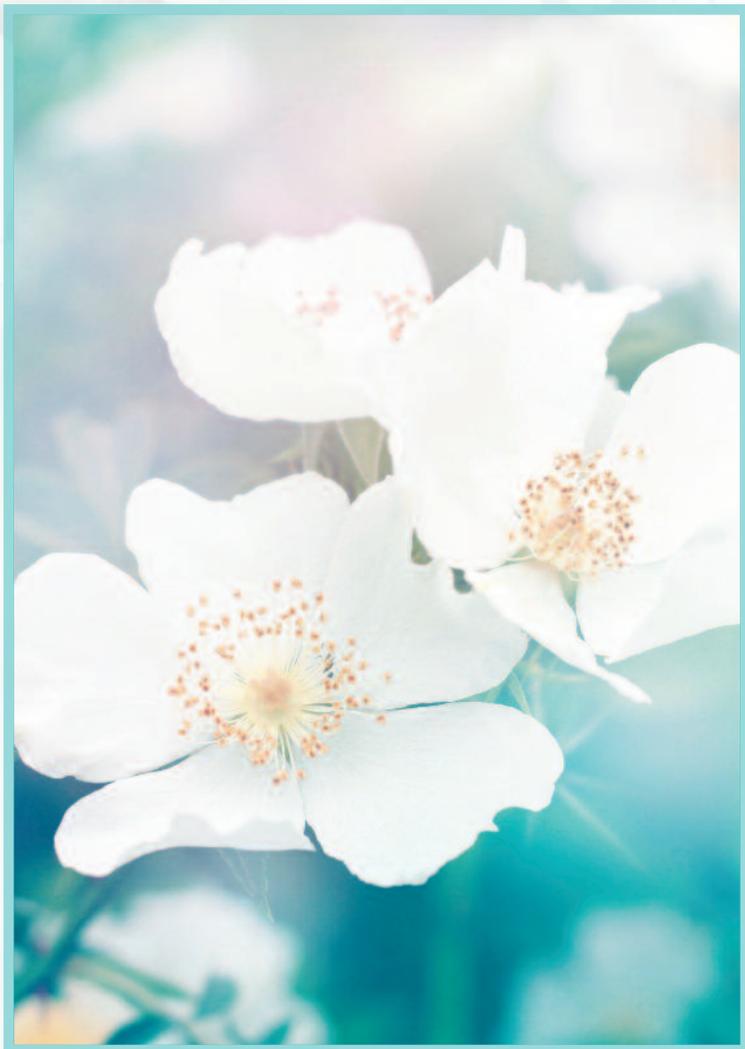


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*For those who feel weak,
and seek strength
For those who carry heavy burdens,
and seek the load lightened
For those who doubt,
and seek faith
For those who are sad,
and seek joy
For those who despair,
And seek hope
For those who seek healing,
For the patients, families and staff of
Roswell Park Cancer Institute
This Prayer Book
Is dedicated.*

Introduction

INTRODUCTION

The diagnosis of cancer impacts patients and their love ones physically, emotionally and spiritually. Often times, people will turn to prayer to help cope with the challenges that a cancer diagnosis brings.

A prayer takes just a matter of seconds to utter, but its influence in our lives, on our behavior, on our hearts, on our perceptions, can be permanent. A moment on our lips and in our hearts is a lifetime on our souls. A simple prayer can change us; can lead us on the path to healing ourselves and our world.

Pray to your God of Faith with all your heart and soul, and then hold on to that prayer to meet the challenges that lie ahead.

The staff of the Pastoral Care Department at Roswell Park Cancer Institute wish you the gifts of time and space so you can be one with the God and/or Power that you have come to know.

SACRED TIME PRAYERS

Each morning
Night's curtain
opens on a new day.
You are invited
To join the great opening.
Open your ears.
Open your heart.
Open your eyes
To the sacred path you travel every day,
The path of the hours.

Greet the hours
With joyful awareness.
Greet the hours
With faithful presence.
Greet the hours
With a reverential bow.
Greet the hours
With a sacred pause.

Reverence each hour
As a small stepping stone
On your pilgrimage
Through the day.
Receive the gift
Of seven sacred pauses.
Practice waking up
Seven times a day.
(Marcina Wiederkehr)

Sacred Time at Morning

SACRED TIME AT MORNING

Bless me this day, with time
Bless me this day, with choices
Bless me this day, with friendship

Bless me this day, with work to do
Bless me this day, with adventures
Bless me this day, with opportunities

Bless me this day, with health & safety
Bless me this day, with faith in the future
Bless me this day, with lessons to be learned

Bless my family & friends today
Bless those who serve & protect us all
Bless all who share this day under the sky
(Abby Willowroot)

O living Breath of God awaken us this day.
O living Breath of God awaken us this day.
Open the windows of our souls.
Open the walls of our minds.
Open the doors of our hearts.
Awaken us to hope. Awaken us to joy.
Awaken us to the coming of light.
(Marcina Wiederkehr & Velma Frye)

Sacred Time at Morning

SACRED TIME AT MORNING

Faith is the bird that sings to the dawn
While it is still dark.
Because I believe in you, my God,
I will keep singing
In the darkness of my life.

Though I cannot see it now,
I believe the dawn will come;
Though I cannot find
The right melody of joy,
I will sing a song of my trust in you.

And when I finally see the soft glow
Of a new day coming,
I will know all the more
That you are the God
Who always keeps promises.
(Christianity)

God, our father, I offer you today
All that I think and do and say.
I offer it with what was done
On earth by Jesus Christ, your Son. Amen
(Christianity)

Sacred Time at Morning

SACRED TIME AT MORNING

karaagre vasate lakshmi karamadhye sarasvati.

karamuule tu govindah prabhaate karadarshanam.

The front part of the hands (the finger tips) are ascribed to Goddess Lakshmi, the Goddess of wealth, the middle part (the palm proper) to Goddess Saraswati – the Goddess of learning and the root (the part of hand near the wrist) to Govinda (God) Therefore, every morning, ne should have a respectful look at one's hand which symbolizes honest labor.

samudravasane devi parvatatanamandale.

vishhnupatni namastubhyam paadasparsham

kshamasva me.

Oh mother earth, who has the ocean as clothes and mountains and forests on her body, who is the wife of Lord Vishnu, I bow to you. Please forgive me for touching you with my feet.

(Hinduism)

I give thanks before You,
Living and everlasting Adonai
That you have restored my soul to me
With compassion;
Great is Your trustworthiness.

(Judaism)

Sacred time at Morning

SACRED TIME AT MORNING

Spend 5 minutes at the beginning of each day remembering
We all want the same things (to be happy and to be loved)
And we are all connected to one another.

Spend 5 minutes breathing in, cherishing yourself; and breathing out
cherishing others. If you think about people you have difficulty in
cherishing, extend your cherishing to them anyway.

During the day extend that attitude to everyone you meet.
Practice cherishing the “simplest” person (clerks, attendants etc.)
Or people you dislike.

Continue this practice no matter what happens or what anyone does to
you.

These thoughts are very simple, inspiring and helpful.

The practice of cherishing can be taken very deeply if done wordlessly,
Allowing yourself to feel the love and appreciation that already exists
in your heart.

(Dalai Lama – Buddhism)

Sacred Time at Morning

SACRED TIME AT MORNING

Lord, set your blessing on us
As we begin this day together.
Conform in us the truth which we rightly live;
Confront us with the truth from which we wrongly turn.
We ask not for what we want,
But for what you know we need,
As we offer this day and ourselves for you and to you,
Through Jesus Christ our Savior. Amen
(Celtic)

We have entered the morning and the kingdom
has awakened for God, Lord of the Worlds.
O God, verily I beg of You the good of this day, the victory of it,
And the help of it, the light of it and the blessings of it
And its guidance. And I seek protection in You from
Whatever evil is within and whatever evil comes after it.
O God, by your leave we have reached the morning and by Your leave
We have reached the evening, by Your leave we live and die and unto
You is resurrection.
O God what blessing I or any of your creation have risen upon, is from
You alone,
Without partner, so for You is all praise and unto You all thanks.
Whoever says this in the morning has
Indeed offered his day and whoever says this in the evening has indeed
Offered his night's thanks.

Sacred time at Morning

SACRED TIME AT MORNING

(Islam)

One who calls himself a Disciple of the Guru, the True Guru,
Shall rise in the early morning hours
And meditate on the Lord's name.
Upon arising early in the morning,
He is to bathe, and cleanse himself in the pool of nectar.
Following the instructions of the Guru,
He is to chant the Name of God.
All sins, misdeeds and negativity shall be erased.
Then, at sunrise, he is to sing Gurbani;
Whether sitting or standing.
He is to meditate on God's name.
One who meditates on God with every breath
And morsel of food –
That GurSikh becomes pleasing to the Guru's mind.
That person, unto whom my Lord is compassionate-
Upon the GurSikh, the Guru's teachings are bestowed.
Servant Nanak begs for the dust of the feet of the GURSIKH,
Who himself chants the Naam,
And inspires others to chant it.

(Sikh)

Sacred Time at Morning

SACRED TIME AT MORNING

O Holy and astounding Spirit,
You catch me by surprise at least once a day
With the freshness of your love
And the unpredictability of your presence-
Especially in humble things
That somehow gives me immense joy.
Some moments are completely new, full of joy,
As uplifting as the dawning sun,
And those moments come from you
Day by day.
Stand behind me today when I am right and
Ought to be more determined,
And block my way when I ought to back off.
Teach me true compassion for those in need,
So I can be of genuine help to someone.
Bless me today, Holy Spirit, and astound me again!
(Tom Noe – Christianity)

SACRED TIME PRAYERS

Sacred Time at Daytime

SACRED TIME AT DAYTIME

May the brightness of the morning light
Fill my heart with hope and vision.
May the bustle of the noonday heat
Fill my mind with wise reflection.
May the lull of evening's early calm
Fill my soul with contemplation.
May the darkness and the sleep of night
Fill my body with restoration.
(Betty Lynn Schwab-Canada)

Sacred time at Night

SACRED TIME AT NIGHT

As the evening has come may this place be one that experiences
God's presence.

May each of us here enter into the blessedness of God
May the troubles of the day flee from you
May the breath of the Spirit rest on you
May the calm of deep sleep fill your mind.
(Philip Freier Australia)

Christ Arm enfold you throughout the night;
To hold you safe, hold you tight.

Christ shield before your covers lay;
To keep the evil powers at bay.

Christ hand upon your sleeping head;
To gently comfort you in bed.

Christ's watch within your dreams tonight;
To soothe your mind, to quell your fright.

Christ's peace be flooding all your room;
To light the dark and chase the gloom.

Christ's love to fill your tender heart;
To hold you fast while we're apart.
(Celtic)

Sacred time at Night

SACRED TIME AT NIGHT

God, our father, this day is done.
We ask you and Jesus Christ, your Son,
That with the Spirit, our welcome guest,
You guard our sleep and bless our rest. Amen
(Christianity)

Goodnight, Lord,
Protect us through the night
And as we sleep
Bless our dreams
And may our rest
Refresh and strengthen us
For what we will meet
At the dawn of the new day
(Richard Becher
England)

karacharana kritam vaakkaayajam karmajam vaa.
shravananayanajam vaa maanasam vaaparaadham

Oh lord kindly forgive my wrong actions done knowingly or
unknowingly,
Either through my organs of action (hand, feet, speech)
Or through my organs of perception (eyes, ears) or by my mind.
Glory unto thee O Lord, who is the ocean of kindness.
(Hinduism)

Sacred time at Night

SACRED TIME AT NIGHT

Throughout all generations we will render thanks
Unto You , Adonai,
And declare Your praise,
Evening, morning and noon,
For our lives which are in Your care,
For our souls which are in Your keeping,
For Your miracles which we witness daily,
And for your wondrous deeds
And blessings toward us at all times.
(Jewish Sabbath Evening Prayer)

I implore Thee, Thou God;
I pray to Thee during the night.

How are all people kept by Thee all days?
And Thou walkest in the midst of the grass,
I walk with Thee;
When I sleep in the house,
I sleep with Thee.

To Thee, I pray for food and water to drink,
and Thou givest it to the people.
Set me free, I implore Thee from my heart:

If I do not pray to Thee with my heart,
Thou hearest me not!
If I pray to Thee with my heart,
Thou knowest it and art gracious unto me!
(African Tradition)

Sacred time at Night

SACRED TIME AT NIGHT

O God, we indeed ask You the good of this night, the victory of it,
The help of it, the light of it,
The blessing of it, and the guidance of it,
And we seek refuge in You from whatever evil is within it, and what-
ever evil comes after it.

O god, I have surrendered my faith to You, and I am under Your
command,

And I out my trust in You expecting Your reward
And feeling your punishment. There is no escape
And no shelter from you except to You.

I believe in your book you have revealed and in Your prophet You
have sent.

‘If one of you rises from his bed and then returns to it he should dust
it with The edge of his garment three times for he does not know
what has occurred In his absence and when he lies down he should
supplicate: ‘In Your name my lord, I lie down and in Your name I
rise, so If You should take my soul then have mercy upon it, and if
you should return my soul then Protect it in the manner You do so
with Your righteous servants.’

(Islam)

Sacred time at Night

SACRED TIME AT NIGHT

Watch, dear Lord
With those who wake, or watch,
Or weep tonight,
And give your angels charge
Over those who sleep.
Tend your sick ones, O Lord Christ,
Rest your weary ones.
Bless your dying ones.
Soothe your suffering ones.
Pity your afflicted ones.
And all for your love's sake.
Amen

(Christianity)

SACRED TIME OF THE SEASONS

God of all time and Season

GOD OF ALL TIME AND SEASON

God of all time and seasons

I come to you, the God of Spring - the new leaf God, the new life
God - blessed by your creation;

I come to you, the God of Summer – the color God, the growing
God – blessed by your sustenance;

I come to you, the God of Autumn – the harvest God, the richness
God – blessed by your fruitfulness

I come to you, the Go of Winter – the waiting God, the still and
Secret God – blessed by your mystery.

And so I surrender my seasons into your eternity;

I open my life to the edges of your timelessness;

And when I come to that place of stillness and silence,

There let me adore you.

(Peter Graystone, England)

SACRED TIME OF GROWING OLDER

Oh God, you have made us in your image and likeness.
There is a purpose to our lives.
Help us to acknowledge the gifts you have given me,
And to use them in your service.
I believe that you are still at work in me
And certainly there is so much Incompleteness all around us.
No matter how old I am,
May I always be aware of the possibilities for good
And your call to make a difference.
I ask this through Christ our Lord
(Christianity)

May those whose lives are gripped in the palm of suffering
Open even now to the Wonder of Life.
May they let go of the hurt
And Meet the True Self beyond pain,
The Uncarved Block That is our joyous Unity and Holiness.
May they discover through pain and torment
The strength to live with grace and humor.
May they discover through doubt and anguish
The strength to live with dignity and holiness.
May they discover through suffering and fear
The strength to move toward healing.
(Rabbi Rami M. Shapiro)

I give you thanks and praise for your promises to me as I age.
With your presence in my life,
I will be productive, every day of my life
Until you take me home!
And every day I am here you will care for me with your watchful eye.
You will carry me through every triumph and every trail.
Thank you for giving me a satisfying life that is filled with good things every
day.
You are opening my eyes to the good things around me,
And gratitude is becoming my habitual response to your blessing.
Thank you that with your everlasting help, I can soar over every
circumstance of life!
(Christianity)

SACRED TIME OF GROWING OLDER

Even the season form a great circle
In their changing,
And always come back to where they were.
The life of a person is a circle
From childhood to childhood,
And so it is in everything where power moves.

(Black Elk)

Bless me as I move forward through time,
accepting my mind, when it moves at a waltz,
seeing my beauty, is no longer that of youth,
aware of my body, which is changing,
grateful for the wisdom gained.

Bless me with strength, health and vitality,
open me to new lessons and opportunities,
reflecting on the moments of my life,
knowing aging isn't for jelly beans,
celebrating my own longevity.

Bless me as I move forward through time,
remembering, sorting, valuing, celebrating, regretting,
loving, giving, missing, grieving, honoring, journaling,
working, relaxing, dancing, resting, moving, longing,
praising, meditating, singing, reading, writing, walking,
fighting, healing, bitching, accepting, thinking, flowing.

Bless each day of my life, as I become an elder.

(Abby Willowroot)

SACRED TIME OF ILLNESS AND HEALING

In the Talmud we are taught that the Ark held both the
Shattered fragments of the first set of tablets
And the whole, unbroken second set.
While we never lose our brokenness,
We can become whole again – we can embrace
Our shattered hearts.
We can become more compassionate, caring and forgiving
Because we feel our brokenness when we share the
pain of others. In our souls, we carry both sets of tablets.
(Judaism)

May all beings everywhere plagued
With sufferings from body and mind
Quickly be freed from their illnesses.
May those frightened cease to be afraid,
And may those bound be free.
May the powerless find power,
And may people think of befriending one another.
May those who find themselves in trackless,
Fearful wilderness—
The children, the aged the unprotected—
Be guarded by beneficent celestials,
And may they swiftly attain Buddhahood.
(Buddhism)

O you people, be healed;
Life anew I bring to you.
O you people, be healed;
Life anew I bring to you.
Through the Father over
All do I offer healing.
Life anew I bring to you.
(Dakota Holy Song, USA)

SACRED TIME OF ILLNESS AND HEALING

Prayer to the Ancient mother
Ancient mother of Healing and Life
Please send us the blessings of health and vitality.
Open us to the gifts of insight and understanding.
Teach us to listen to the rhythms of the body.
Teach us to use power tools of self-healing.
Help us to use the truths spoke by our bodies.
Show us the power of living in harmony with our bodies.
Open us to the gifts of stillness and rejuvenation of Spirit.
Heal our hearts and minds of fear, that we may enter true health.
Oh, Ancient mother
May we be honored by your healing gifts.
(Indigenous)

Heal us Adonai, and we will be healed; help us and we will be
Saved; for you are our praise.
Grant complete cure and healing to all our wounds;
For you, Almighty King, are a faithful and merciful healer.
Blessed are you Adonai, who heal the sick of his people Israel.
(Judaism)

Holy Spirit, Spirit of the Living God,
You breathe in us
On all that is inadequate and fragile,
You make living water spring even
From our hurts themselves.
And through you, the valley of tears
Become a place of wellsprings.
So in the inner life with neither beginning nor end,
Your continual presence makes new freshness break through.
Amen.

(Br. Roger of Taize – Christianity)

SACRED TIME OF ILLNESS AND HEALING

Dear God,

I want so much to be the master of my destiny.

Still I know that you are saying:

“Let me take you by the hand and lead you.

Accept my love

And trust that where I will bring you,

The deepest desires of your heart will be fulfilled.”

Lord open my hands to receive your gift of love. Amen.

(Henri Nouwen)

Thy name is my healing, O my God, and remembrance

Of Thee is my remedy.

Nearness to Thee is my hope.,

And love for Thee is my companion.

Thy mercy to me is my healing

And my succor in both this world

And the world to come.

Thou, verily, art the All-Bountiful,

And the All-Knowing, the All-Wise.

(Baha'u'llah)

May the Wind breathe healing upon us,

Prolong our life span,

And fill our hearts with comfort.

You are father, O Wind,

Our friend and our brother.

Give us life that we may live.

From that immortal treasure, O Lord,

Which is hidden in your abode,

Impart to us that we may live.

(The Vedas - Hinduism

Translated by Raimundo Panniker)

SACRED TIME OF ILLNESS AND HEALING

No journey you take
Is ever alone
There is always
The white light
On the crest
Of your mind
The dove of friendship
Always alighting
The whisper of encouragement
The beckoning stranger
To lure you on
Or to send you home
For blessings or blessings.
(Bob Commin, South Africa)

Heavenly Father, Creator and Comforter, who created me in Your image and likeness. You know every fiber of my being and willed that I be born. I ask You, Lord, to guide the minds and hands of those who will operate on me so that I may be restored to health and well-being. Help me, Lord, to pray with all my heart and allow my burden of concern and anxiety that of my family to be lifted up with knowledge that you are with is now and always. And Lord, when I awake from surgery, take me by Your hand and guide me towards a life of thanksgiving and peace. Amen.
(Orthodox Christianity)

O our Father, the Sky, hear us and make us strong.
I our Mother, the Earth, hear us and give us support.
O Spirit of the East, send us your Wisdom.
O Spirit of the South, may we tread your path of life.
O Spirit of the West, may we always be ready for the long journey.
O Spirit of the North, purify us with your cleansing winds.
(Native American)

SACRED TIME OF ILLNESS AND HEALING

Remember, O most gracious Virgin Mary,
That never was it known that anyone who fled
Your protection, implored your help or sought your intercession,
Was left unaided. Inspired by this confidence,
I fly unto you, O Virgin of Virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word incarnate, despise not my petitions,
But in your mercy, hear and answer me. Amen.

(Roman Catholic)

In the name of Allah, most gracious and most merciful.
Praise be to Allah, the cherisher and sustainer of the worlds,
most gracious and most merciful.
Master of the Day of Judgment, you do we worship, and your aid
do we seek.
Show us the straight way; the way of those on whom you have
bestowed your grace.
We humbly ask that you shower blessings and restore peace to all
those Suffering loss, and grant all people wisdom and compassion.

(Islam)

Spirit of life:

May we yield to your love;
Resting in your spaciousness,
Mending from our frenzy,
Turning to still waters.

May we trust your quiet rhythm
To calm us back to center,
To soften brittle places,
To bring new joy in living.

May we receive this Sabbath gifting,
May we honor time as friend,
May we listen for your heartbeat,
And bring peace into our own.

(Keri Wehlander, Canada)

SACRED TIME OF ILLNESS AND HEALING

O Lord, protect me with Your Hand, thus my heart's desire be fulfilled. May my mind ever seek the refuge of Your Feet, and You sustain me as Your very Own. Lord! destroy all my enemies (diseased passions, instincts, impulses, evil thoughts and protect me with Your Hand. Thus make my house-hold servants and followers rest in peace. O Lord, extend Your personal protection to me and kill all my enemies here and now (refers to our countless inner enemies. May my this wish be fulfilled and I ever yearn to reflect my mind on You. Lord, Bless me that I should never abandon You and think of any one else. Whatever boons I seek I should obtain from You. Liberate all my servants and followers, pick each and every one and destroy them, who are obstacles in my well being. Pray, ferry me across, giving me Your Hand, and destroy the fear of death in me. O Mighty Lord of the Sword (All wisdom), be ever at my back, and protect me.

(excerpted from Chaupai Sahib by Guru Gobind Singh, Sikh)

Bless this day with healing, bless it with
radiant sun energy, fill each cell of the body,
bringing a flood of healthy energy to all the bod,
banishing illness & disease, as healing grows.

May the abundant powers of health flourish within,
each day, may they expand & grow stronger,
bringing the gifts of vitality, strength & wellbeing,
Blessings flow now with ample energy & happiness.

(Abby Willowroot)

SACRED TIME OF ILLNESS AND HEALING

Heal this child and bring wellness
remove disease and banish germs
strengthen this child's immune system.
The gift of health is needed now.
Bless this loving child.

(Abby Willowroot)

Bless me with laughter and an easy smile
May I put away cares more easily, and relax
May I know the great healing powers of laughter
May I see that laughter makes all things better
Laughter moves through the body, healing and repairing,
Soothing, calming and replenishing, body and spirit
Bless me with laughter, now and always.

(Abby Willowroot)

SCARED TIME OF PRAYER

My source in the spiritual realm,
I celebrate your presence with me here.
Let me be guided by unconditional Love
And be of service for the highest good.
Thank you for the abundance I receive,
And please forgive my mistakes,
As I forgive those who cause me difficulties.
Help me to fulfill my purpose, uphold my values,
And be understanding and compassionate.
With all my love.

(Interpretation of the Lord's Prayer by Peter Shepherd)

Prayer is so simple;
It is like quietly opening a door
And slipping into the very Presence of God,
There in the silence
To listen for His voice.
Perhaps to petition,
Or only to listen;
It matters not;
Just to be there
In His Presence
Is prayer!

He asked for strength that he might achieve; he was made weak that he might obey.
He asked for health that he might do greater things;
He was given infirmity that he might do better things.
He asked for riches that he might be happy; he was given poverty that he might be wise.
He asked for power that he might have the praise of men;
He was given weakness that he might feel the need of God.
He asked for all things that he might enjoy life;
He was given life that he might enjoy all things.
He has received nothing that he has asked for, all that he hoped for.
His prayer is answered.

(-Col. R. H. Fitzhugh)

The fruit of silence is prayer.
The fruit of prayer is faith.
The fruit of faith is love.
The fruit of love is service.
The fruit of service is love
(Mother Theresa)

SACRED TIME OF PEACE

Be generous in prosperity,
And thankful in adversity.
Be fair in thy judgement,
And guarded in thy speech.
Be a lamp unto those who walk in darkness,
And a home to the stranger.
Be eyes to the blind,
And a guiding light unto the feet of the erring.
Be a breath of life
To the body of humankind.
A dew
To the soil of the human heart,
And a fruit
Upon the tree of humility.
(Bahai')

O Great Spirit of our Ancestors
I raise my pipe to you.
To your messengers the four winds,
And to Mother Earth
Who provides for your children.

Give us the wisdom to teach our children
To love, to respect, and to be kind to each other
So that they may grow with peace in mind.
Let us learn to share all the good things
That you provide for us on this earth.
(Native American)

SACRED TIME OF PEACE

Come let us go up to the mountain of the Lord,
That we may walk the paths of the Most High.
And we shall beat our swords into ploughshares,
And our spears into pruning hooks.
Nation shall not lift up sword against nation-
Neither shall they learn war any more.
And none shall be afraid,
For the mouth of the Lord of Hosts has spoken.

(Judaism)

Lord,
Make me an instrument of Your peace.
Where there is hatred, let us sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness , joy.
Grant that I may not so much to be consoled, as to console;
To be understood, as to understand; and
To be loved, as to love.
For it is pardoning that we are pardoned.
And it is in dying to the self that we are born to eternal life. Amen

(Christianity)

In the name of Allah, the beneficent, the merciful.
Praise be to the Lord of the Universe
Who has created us and made us into tribes and nations,
That we may know each other, not that we may despise each other.
If the enemy inclines towards peace,
Do thou also incline towards peace, and trust in God,
For the Lord is the one that heareth and knoweth all things.
And the servants of God, most gracious,
Are those who walk on the earth in humility,
And when we address them,
We say Peace.

(Islam)

SACRED TIME OF PEACE

Gentle me,
Holy One,
Onto an unclenched moment,
A deep breath,
A letting go
Of heavy experiences,
Of shriveling anxieties,
Of dead certainties,
That, softened by the silence,
Surrounded by the light,
And open to the mystery,
I may be found by wholeness,
Upheld by the unfathomable,
Entranced by the simple,
And filled with the joy
That is you.

(Ted Loder)

Each morning we are born again.
What we do today is what matters most.
(-Jack Kornfield
Buddha's Little Instruction Book)

I thank You God for most of this amazing day;
For leaping greenly spirits of trees
And a blue true dream of sky;
And for everything which is natural
Which is infinite which is yes.
(E.E. cummings)

Each morning I bring my requests to the Lord and wait expectantly.
(-Psalm 5:3)

The world is new each morning – that is God's gift,
And a man should believe he is reborn each day.
(Israel Ben Eliezer)

Lord help me to remember that nothing is going to happen to me
today
That You and I can't handle. Amen

I arise at dawn with a winged heart
And give thanks for another day of loving.
(Kahlil Gibran)

O God, you are my God. I seek you, my soul thirsts for you.
Psalm 63:1

Evening and morning, and at noon will I pray,
And cry aloud;
And he will hear my voice.
(Psalm 55:17)

SACRED TIME – REFLECTIONS

Help me now to be quiet, relaxed and receptive,
Accepting the thought of your healing grace
At work, deep within my nature.

(Leslie D. Weatherhead)

May suffering ones be suffering free and the fear struck fearless be.
May the grieving shed all grief-
And the sick find health relief.

(Zen Chant)

Heal me, O Lord,
And I shall be healed;
Save me, and I
Shall be saved;
For thou art my praise.

(The Tanuch/Prophets
Jeremiah XVII,14)

Do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you, I will help you, yes, I will uphold you with My
righteous hand.

(Isaiah 41:10)

And he said to her, 'daughter, be of good cheer, your faith has made
you well. Go in peace'.

(Luke 8:48)

Beloved Lord, Almighty God!
Through the rays of sun,
Through the waves of the air,
Through the All-prevading Life in space,
Purify and revivify me, and I pray.
Heal my body, heart and soul. Amen

(Hazrat Inayat Khan)

Be anxious for nothing, but in everything, by prayer and supplication with Gratitude, make your requests known to god.

(Philippians 4:6)

Prayer goes deep at night. Images dissolve. There's only God, and silence, kindness and grace.

(Coleman Barks)

Let nothing disturb you
Nothing frighten you,
All things are passing;
Patient endurance
Attains all things;
One whom God possesses
Wants nothing
For God alone suffices.

(St. Teresa of Avila)

O my God, come to me, so that You may dwell
In me and I may dwell in you.

(St. John Vianney)

Happy Moments

Praise God.

Difficult Moments

Seek God

Quiet Moments

Worship God

Painful Moments

Trust God

Every Moment

Thank God.

SACRED TIME – REFLECTIONS

The Lord is near to all who call upon him,
To all who call upon Him in truth.
(Psalm 145:18)

Those who wait for the Lord shall renew their strength,
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not faint.
(Isaiah 40:31)

When My servants ask you concerning Me, I am indeed close to them.
I listen to prayer of every supplicant when he calls on Me.
(Islam Qur'an 2.186)

Every step you take should be a prayer.
And if every step you take is a prayer,
Then you will always be walking in a sacred manner.
(Oglala Lakota Holyman)

Lord of creation! No one other than thee
Pervades all these that have come into being.
May that be ours for which our prayers rise,
May we be masters of many treasures.
(Hinduism Rig Veda 10.121.10)

Worship me through meditation in the sanctuary of the heart.
(Hinduism Srimad Bhagavatam 11.5)

For the great spirit is everywhere;
He hears whatever is in our minds and
Hearts; and it is not necessary to speak to him
In a loud voice.
(Black Elk Sioux Tradition)

Joy is the echo of God's life in you.
(Dom Marmion)

Even in old age they will produce fruit;
They will remain vital and green.
(Psalm 92:14)

I will be your God throughout your lifetime-
Until your hair is white with age.
I made you and I will care for you.
I will carry you along and save you.
(Isaiah 46:4)

This is the lesson of age – events pass, things change, trauma
fades
Good fortune rises, fades, rises again, but different.
(Mary Oliver)

Gracious God, teach us to thank you for the past, to trust you for
the
future, to serve you in the present, celebrating every day you
give us with glad and joyful praise.
(Nick Fawcett, England)

Blessed are you,
winter, your bleak,
barren trees preach
wordless sermons
about emptiness
and solitude.
(Joyce Rupp and Macrina Wiederkehr)

SACRED TIME – REFLECTIONS

Sit still
O my body
like an icy pond
frozen at attention
at rest yet alert.
(Edward Hays)

Be alert for any sign of beauty or grace
offer up every joy
Be awake at all moments to the news
that is always arriving out of the silence.
(Sogyal Rimpoche)

As long as the earth endures,
Seedtime and harvest,
Cold and heat,
Summer and winter,
Day and night
Will never cease.
(Genesis 8:22)

Lo, the winter is past, the rain is over and gone.
The flowers appear on the earth,
The time of signing has come,
And the voice of the turtledove is heard in our land.
(Song of Solomon 2:11-12)

Blessings. Blessings.

Blessings as the day unfolds, blessings

Of the morning,

Pausing in the fullness of the moment,

Our grateful hearts.

Sing a morning song on this holy ground.

Sing a morning song to the precious life all around.

Blessings. Blessings.

Blessings of the rising sun, blessings of the morning,

Pausing in the fullness of the moment,

Our grateful hearts.

Sing a morning song on this holy ground.

Sing a morning song to precious life all around.

Blessings. Blessings. Blessings of the morning.

(Velma Frye)

Holy Ground

HOLY GROUND

As I walked through the door, I sensed his presence
And I knew this was a place where love abounds
For this is the temple, Jehovah God abides here
We are standing in His presence on holy ground.

We are standing on holy ground
And I know there are angels all around
Let us praise Jesus now
We are standing in his presence on holy ground.

In His presence there is joy beyond all measure
And at his feet peace of mind can still be found
And if you have a need, I know he has the answer
Reach out and claim it for we are standing on holy ground.

We are standing on holy ground
And I know there are angels all around
Let us praise Jesus now
We are standing in his presence on holy ground.

(Heritage Singers)

Heaven and Earth

HEAVEN AND EARTH

Heaven this is not.
Earth it is, the place not yet perfect;
The place of struggling wills,
Tainted love,
Fragile bodies.
Earth it is, where all is not yet as we deeply desire;
Where we are weak,
When we want to be strong;
Lonely, when we yearn to be loved;
Sick when we seek invulnerability and health.
Earth it is, the road to heaven;
Where we become strong by effort and grace,
Where love grows true in time,
Where health in soul is more crucial
Than perfect bodies.
Earth it is, the promise of heaven;
The hint of what can be,
The slow opening of hearts to others and God,
The soul becoming whole through
Vulnerability.
Heaven, it is not.
But heaven follows.
(Road of Grief)

Heaven and Earth

HEAVEN AND EARTH

When each day is sacred
When each hour is sacred
When each instant is sacred
Earth and you
Space and you
Bearing the sacred through time
You'll reach the fields of light.

(Guillevic)

At the cool of the day, with God I walk
My garden's grateful shade;
I hear His voice among the trees,
And I am not afraid.

He speaks to me in every wind,
He smiles from every star;
He is not deaf to me, nor blind,
Nor absent, nor afar.

His hand, that shuts the flowers to sleep,
Each in its dewy fold,
Is strong my feeble life to keep,
And competent to hold.

The powers below and powers above,
Are subject to His care-
I cannot wander from His love
Who loves me everywhere.
(Mason)

Heaven and Earth

HEAVEN AND EARTH

I never knew thee, Lord, until
My garden brought us face to face,
Revealed Thy gracious miracle
Of sun and seed in a little space.

Since I have seen Thine alchemy
Change earth-blown bulbs to living gold
Of Daffodils, Eternity
Has seemed a simple truth to hold.

The incense-breath of mignonette
Has summoned me to vespers too.
And may I nevermore forget
To lift my heart, as pansies do!

No dim cathedral is as still
As twilight in this holy place;
I never knew Thee, Lord, until
My garden brought us face to face.

(Molly Anderson Haley)

SACRED SPACE PRAYERS

Sacred Space - Water

SACRED SPACE - WATER

We praise and thank You, Lord,
For the gift of living water.
Guide us to use it wisely,
Learn from its humility,
Consume it sparingly,
And protect its purity,
So that with St. Francis,
We may truly enjoy water.
(Br. Cathal Duddy ofm)

O Waters, give us health, bestow on us
Vigor and strength, so I shall see enjoyment.
Rain down your dewy treasures o'er our path.
Like loving mothers, pour on us your blessing,
Make us partakers of your sacred essence.
We come to you for cleansing from all guilt,
Cause us to be productive, make us prosper.
(-Rig Veda X.9 Hinduism)

Surround me with stillness,
Tiny ripples spreading across the pond,
Touched by one finger of Your hand,
Calmed by the warmth of Your palm.
Croon the wordless melody
That fills my being with peace.
Under the spreading tree of Your affection,

Sacred Space - Water

SACRED SPACE - WATER

I will sit and meditate
On the goodness You have brought,
Counting the happy moments like glistening beads
Strung to adorn my days.
Light the shadowed corners with gentle glow,
To fill my being with peace.
Drape about me the dappled sunlight of Your teachings,
Opening my eyes to the search,
Clearing my heart of small distractions
That I might find the answers within myself.
Blow the breeze of compassion upon my brow,
Breathing the sigh of peace.
Let me rest by the water,
Probing gently for the sense of what I see,
Releasing my hurts to restore my spirit,
Feeling You guide me toward a distant chore.
(Judaism)

Lead me to your still streams O Lord
Where I can kneel in the waters of life
Lay down my anxious thoughts
And cast all my cares on You.

Here I wait a while
Wait a while
And bathe in the life-giving waters.

Bathe my mind in your Spirit O God
Come fill my being with Your peace.

SACRED SPACE PRAYERS

Sacred Space - Water

SACRED SPACE - WATER

Bathe my spirit with Your freedom O God
Come saturate this life with Your peace.
(Christianity)

Lord, lead me into the valley of your protection.
May I feel safe and secured sheltered there.

Lead me to drink from the streams of life.
May I find hope and healing in the waters.

Lead me to the fields of green meadows.
May I rest in the quiet places on the softness of your grass.

Lead me into the light of your eternal truth.
May I bathe in the promise of heaven.
(Christianity)

Sacred Space - Home

SACRED SPACE - HOME

God bless this house
A place to be
God bless the journey
That brings me here
God bless the door between two worlds
God bless the solitude to rest and pray
God bless the rooms
To welcome friends
God bless the food
The sharing of life
God bless the ground
With sun and rain and seed
God bless this place
To be my home.

(John Stewart Murray
Aotearoa, New Zealand)

Surround me, my God
And this place where I live.

Surround my children
Awake, asleep.

Surround those who visit here,
Their coming and their going
That they and we may be at peace.

SACRED SPACE PRAYERS

Sacred Space - Home

SACRED SPACE - HOME

God of the arms of love
Hold me, day and night
Close to you, my heart of hearts.
(John Stewart Murray
Aotearoa, New Zealand)

May our home be blessed with laughter and peace
May health and vitality inhabit all who dwell here
May our table be blessed with food and conversation
May there be peaceful evenings and restful sleep
May we know our home is not a roof, or a place,
Our home is family, friendship and faith in the future,
Bless our home this day, every day, forever.
(Abby Willowroot)

May this House be blessed by the Elements
May East's Air bring inspiration and communication
May South's fire bring warmth and playful spirit
May West's Water bring easy flow and healing energy
May North's Earth bring calm, grounding and security.
May the strong powers of the Elements
Fill this home with happiness
Bless all who enter here.
(Abby Willowroot)

This being human is a guest house.
Every morning is a new arrival.

A joy, a depression, a meanness
Some momentary awareness comes
As an unexpected visitor.

Sacred Space - Home

SACRED SPACE - HOME

Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who violently sweep your house
Empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out
For some new delight.

The dark thought, the shame the malice,
Meet them at the door laughing,
And invite them in.
Be grateful for whoever comes,
Because each has been send as a guide from beyond.
(Rumi)

Our true home is in the present moment.
To live in the present moment is a miracle.
The miracle is not to walk on water.
The miracle is to walk on the green Earth in the present moment,
to appreciate the peace and beauty that are available now.
Peace is all around us-
in the world and in nature-
and within us-
in our bodies and our spirits.
Once we learn to touch this peace,
we will be healed and transformed.
It is not a matter of faith;
it is a matter of practice.
(Thich Nhat Hanh)

SACRED SPACE PRAYERS

Hospital Room HOSPITAL ROOM

Lord, we ask you to bless the doorway to my hospital room
May it be a gate of security during my time of illness.
Bless this room as a place of Your presence and healing.
Bless it with rest and with peace.
Bless this room with quietness. Let it be a haven that the angels
watch over.
Bless all those who enter this room.
Bless my doctors, nurses, my family and friends, and all those who
care for me.
Be their hands, feet, eyes and ears so that I may feel your presence
with me
Each and every day.

Surgical Waiting Room SURGICAL WAITING ROOM

Maker of heaven and earth,
Thank you for the role of doctors, nurses, and
surgeons. Thank you for the blessing of knowledge
And understanding, for the breakthroughs in
Medicine and all the specialist treatments.
Lord, may you oversee each area of this surgery,
every detail and protect me and keep me as I look forward to
recovery and the future.
I dwell in your love, hope and strength always.

(www.lords-prayer-words.com)

Holy Presence HOLY PRESENCE

Heavenly Father, how sweet to know
That I can enter into Your holy presence
Not only to pray for others,
But I can come with my own bundle of concerns and cares.
Thank You for the assurance
That You are always there for me too.
(Ann Shorb)

My heart can see into the darkness.
And my prayer travels deep, where the Eternal One awaits.
With love I listen, keeping vigil with the Mystery,
With the One who waits for me.
I am with the One who waits for me.
(Marcina Wiederkehr & Velma Frye)

SACRED SPACE REFLECTIONS

You are standing on holy ground
Exodus 3:5 Judaism

God, you are my shepherd;
I shall not want.
In verdant pastures you give me repose.
Beside restful waters you lead me;
You refresh my soul.
(Psalm 23:1-3 Judaism; Psalms Anew)

All things of earth are holy,
All things are one in you.
This earth is filled with your beauty God,
Charged with your love.
(Bill Wallace, Aotearoa/New Zealand)

Wherever people stand is holy ground. Whatever spot on earth
you occupy can be sanctified to God.
(Elimelech of Lyzhansk (Hassidic Master))

As the mountains surround Jerusalem, so the Lord surrounds
His people from time forth and forever.
(Psalm 125:2)

The whole earth has been made a mosque and pure for me.
(Bukhari (Islam))

To God belongs the East and West;
And wherever you turn, there is the face of God.
(Islam)

Wherever we are, God is.
Whatever is going on in our body,
In our mind,
In our spirit,
God is in it with us.
Nothings can separate us from God
Who is closer to us than we are to ourselves.
Let the beauty we love be what we do
There are hundreds of ways to kneel and kiss the earth.
(Rumi)

All that we see – the heaven, the earth and all that fills it –
All these things are the external garments of God.
(Rebbe Shneur Zalman)

The ground we stand on is sacred ground.
It is the dust and blood of our ancestors.
(Chief Plenty Coups – Crow)

The kiss of the sun for pardon,
The song of the bird for mirth,
Yu are nearer God's heart in a garden,
Than anywhere else on earth.
(Molly Anderson Haley)

The earth is full of thy riches.
(Psalm 104:24)



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