

Community of Aidan and Hilda

Everyday Prayer Rhythms

Cards for Morning, Midday, Evening and Night

For car, home or pocket
Easy to memorise, easy to carry

Selected from worship patterns of the Community of
Aidan and Hilda

THE PRAYER OF ST AIDAN

Here be the peace of those who do your sacred will
here be the praise of God by night and day
here be the place where strong ones serve the weakest
here be a sight of Christ's most gentle way.
Here be the strength of prophets righting greed and wrong
here be the green of land that's tilled with love
here be the soil of holy lives maturing
here be a people one with all the saints above.
Celtic Hymnbook (Kevin Mayhew)

The Community of Aidan and Hilda invites you to join with them
in daily prayer around the world. To find out more visit
www.aidanandhilda.org

To find out how to follow our way of life, or to order our prayer
books and the books of daily readings mentioned in the text,
contact our international office:
aidanandhildacommunity@gmail.com

To book a retreat at our Retreat House,
The Open Gate, Holy Island of Lindisfarne,
Berwick-upon-Tweed, TD5 2SR
email opengate@aidanandhilda.org.uk,
or ring 44 (0)1289 389222

Morning Prayer

In the wasteland may the Glory shine;
In the land of the lost may the king make his home.

Shine on us, Lord like the sun that lights up day;
Chase away the dark and all shadow of sin.
May we wake eager to hear your Word;
As day follows night may we be bathed in your glory.

From a psalm

This is from psalm 63. Each day read some verses from a psalm that follows.

O God, I long for you from early morning; my whole being
desires you. Like a worn-out and waterless land my soul is
thirsty for you. Let me see you in the place of prayer; let me see
how glorious you are. Your constant love is better than life itself,
and so I will praise you. I will give thanks as long as I live. I will
raise my hands to you in prayer. My soul will feast and be
satisfied, and I will sing glad songs of praise to you. Alleluia!

You may say or sing Alleluia! several times

In the midst of a blighted land,
we magnify the greatness of heaven.
In the midst of foul deeds, **we magnify ...**
In the midst of dark powers, **we magnify ...**
In the midst of fearful thoughts, **we magnify ...**
In our time of need, **we magnify ...**
We magnify you on earth as in heaven.
Illumine our hearts, O Lord; implant in us a desire for your truth.
May all that is false within us flee.

Today's day's bible reading and reflection from *Waymarks for the Journey*

Lord - we offer you all we are, all we have, all we do, and all
whom we shall meet this day, that you will be given the glory.
We offer you our homes and work, our schools and leisure, and
everyone in our community today; may all be done as unto you.

We offer you the broken and the bereaved, the hungry and the
homeless, the places of darkness and division ... May the
wealth and work of the world be available to all and for the
exploitation of none. May your presence be known to all.

Circle us, Lord
Keep strife without, keep peace within.
Keep fear without, keep hope within.
Keep pride without, keep trust within
Keep evil out, keep good within.

May we walk in the hope of your kingdom,
Fill us with your light and love.
Be with us all through this day,
Father, Son, and Holy Spirit.

Midday Prayer

In the name of the creating Father
In the name of the workaday Son
In the name of the renewing Spirit
In Love's name, the Three in One.

A Psalm

Read this verse from Psalm 127 1, 2. If there is time, you could sing something before, and meditate after reading it. Tomorrow, choose a verse from the next psalm, and so on each day.

If the Lord does not build the house, the work of the builders
is useless. If the Lord does not build the city, it is useless for
sentries to stand guard. It is useless to work so hard for a
living, getting up early and going to bed late. For the Lord
provides for those he loves.

A Prayer

As the press of work pauses at noon
may God's Rest be upon us.
As the sun rides high at noon,
may the Sun of Righteousness shine upon us.
As the rain refreshes the stained, stale streets
May the Spirit bring rain upon our dry ground.

A Bible verse

*Read and meditate on this verse from Ephesians 6. 6,7
or another Bible verse*

Obey those over you sincerely, with a proper sense of
respect and responsibility, as service offered to Christ
himself. You may be sure that God will reward a person
for good work.

Say the Lord's Prayer

Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.
Deep peace of the Son of peace
fill our hearts, our workplace, our world.

Bless us now Lord, in the middle of the day
Be with us and all who are dear to us
Be in the eye of all who see us.
Keep us in the beautiful attitudes,
joyful, simple and gentle.

Holy Three, be in the eye of each one we shall meet, and
pour upon us more and more generously throughout this day.

Evening Prayer

Spirit of the Risen Christ, as lamps light up the evening,
shine into our hearts and kindle in us the fire of your love.

When this is possible candles may be lit

The light of Christ has come into the world!

We give you thanks that you led our forbears in the Faith by
a cloud by day and a fire by night; we give you thanks, kindly
Light, that the torch of faith was brought to this land, and that
you ever lead your people on. Light up our dark hearts by the
light of your Christ; may his Word illumine our way, for you
pour forth loving kindness upon your whole creation, Father,
Son and radiant Spirit.

May the Light of lights come to my dark heart;
May the Spirit's wisdom come to me from my Saviour.
May the peace of the Spirit be mine this night,
The peace of the Son be mine this night,
The peace of the Father be mine this night,
The peace of all peace be mine this night,
Each morning and evening of my life.

Psalm

*Read Psalm 23. Next time read key verses from psalm 24, and so on.
Follow this with silent reflection.*

We offer to You, Lord, the troubles of this day; we lay down
our burdens at your feet. Forgive us our sins, give us your
peace, and help us to receive your Word.

Today's reading from Celtic Daily Light

Lord, You are my island, in your bosom I nest.
You are the calm of the sea, in that peace I rest.
You are the waves on the shore's glistening stones,
their sound is my hymn.
You are the song of the birds, in that tune is my hymn
You are the sea breaking on rock, praise you with the swell.
You are the ocean that laps my being in you I dwell.

Thanks

We give you thanks, our Father, that you are always present,
in all things, each day and each night. We give you thanks for
your gifts of creation, life and friendship. We give you thanks
for the blessings of this day ...
These may be named There may be singing.

Prayers

Into your hands, O Lord, we place our families, our
neighbours, our brothers and sisters in Christ, and all whom
we have met today; enfold them in your will.
Into your hands, O Lord, we place all who are victims of
prejudice, oppression or neglect; the unwanted, the frail.
May everyone be cherished from conception to the grave.
Into your hands, O Lord, we place all who are restless, sick,
or prey to the powers of evil...;
watch over them and watch over us this night.

Night Prayer

+ In the presence of the restful Father,
In the presence of the calming Son,
In the presence of the peaceful Spirit.
We and God are one.

I place my soul and body
Under your guarding this night, O God,
O Father of help to frail pilgrims,
Protector of heaven and earth.
I place my soul and body
Under your guiding this night, O Christ,
O Son if the tears and the piercings
May your cross this night be my shield.

I place my soul and body
Under your glowing this night, O Spirit,
O gentle Companion, and soul Friend,
My heart's eternal Warmth.

Say or sing Psalm 134 or another psalm

Come bless the Lord, all you servants of the Lord,
Who stand by night in the house of the Lord;
Lift up your hands in the holy place,
Come bless the Lord, come bless the Lord.

May that part of me that did not grow at morning,
Grow at nightfall....
Place this "part" at Christ's feet - the place of at-one-ment

Read these or other words of Christ :

Come to me, all you who are weary and burdened, and I
will give you rest. Take my yoke upon you and learn from
me, for I am gentle and humble of heart, and you will find
rest for your souls.

My dear ones bless, O God, and keep in every place
where they are (*dear ones may be named ...*)
May the great and strong heavenly task force encircle us
with their outstretched arms
To protect us from the hostile powers,
To put balm into our dreams.
To give us contented, sweet repose.
May the virtue of our daily work,
hallow our nightly prayers.
May our sleep be deep and soft,
That our work be fresh and keen.

I lie down this night with the Father,
and the Father will lie down with me;
I lie down this night with Christ,
and Christ will lie down with me;
I lie down this night with the Spirit,
and the Spirit will lie down with me;
Father and Christ and Spirit, lying down with me.

I make the sign of the Cross of Christ +
My Christ, my Shield, my Encircler;
Each day, each night, in light, in dark,
My Treasure, my dear One.
The almighty and merciful Three circle us,
that awake we may watch with Christ,
and asleep we may rest in peace.