

# 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](http://www.aidanandhilda.org)

The words on this Card are from *Liturgies from Lindisfarne* (Kevin Mayhew) which  
comes with a CD that enables the text to be downloaded. The four volume *Celtic  
Prayer Book* is also published by Kevin Mayhew.

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:  
admin@aidanandhilda.org

You may order online from [www.mayhewbrodt.com](http://www.mayhewbrodt.com) (for N America) and  
[www.mayhew.com](http://www.mayhew.com) (for Europe).

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](mailto: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 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 sen-  
tries to stand guard. It is useless to work so hard for a living, get-  
ting 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 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 chanting birds**  
**Their tune I sing**  
You are the sea breaking on rock I 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 to-  
day; 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 name of the restful Father,  
In the name of the calming Son,  
In the name of the peaceful Spirit.  
In the name of the Three in 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 of 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 God, and God 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;**

God and Christ and the 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.**

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