

Being there for others

I listen to people around me,
I hear their struggles, their needs, their
questions, their pain.

I listen to the news headlines and see
violence and terror, I look at the bruised
environment. I hear the cries for justice.
I care, but I cannot be there for everyone:

I cannot heal the world.

Jesus, help me to be
where You need me to be.

Help me to know
where to place my limited energies.

Help me to live out my calling
and not someone else's. AMEN

Thin Places

Celtic people spoke of
"thin places" where the
Holy and the ordinary
seemed to be as one.
Notice those places to-
day the sound of birds
at dawn; the chair by
the window, the cup of
coffee shared with a
soul friend; the dusk
and the first evening
stars; the letter or
email that warmed
your heart; the words
that you need to read
again because they are
the words of life for you
right now.....

Minute meditations

I calm and quiet my soul,

I dwell deeply and richly in
this present moment. I
surrender what has been. I
let go of what might be.

I am here,
God is living this moment
with me.

I look at the sky,
Contemplate eternity,
Remember the billions of
Years that lie before and
Ahead of this universe.

I relax.
There is plenty of time.

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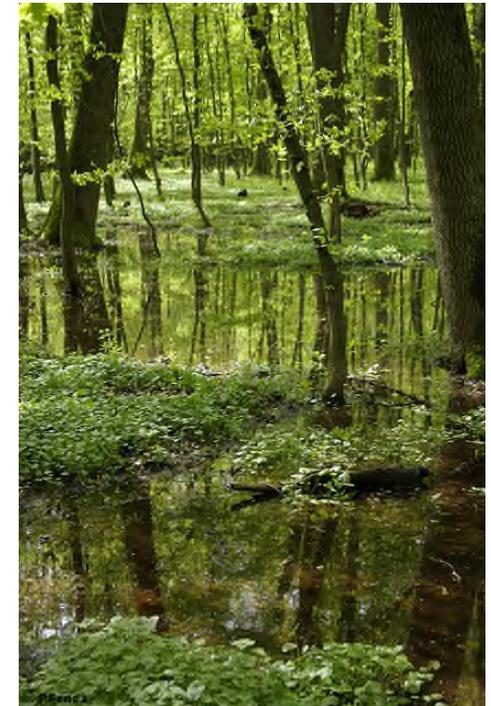
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Stillpoint Spirituality is a Mission Centre of
the [Mission and Leadership Development
ministry centre](#) of the Uniting Church in South
Australia. Stillpoint invites and encourages
both groups and individuals to take 'time out'
to pray, refresh, renew and discover more of
the 'life in all its fullness' that Jesus offers.

[Stillpoint Faith Community](#), offers a regular
contemplative worship experience.

Living from the Stillpoint:

Prayers and meditations for ordinary days



**Stillpoint Spirituality Network
Faith Community
Uniting Church Synod of SA**

Every day...

Beneath the routine, the pressures, the expectations of every day, a deeper life issues its gentle invitations to us.

We do not have to struggle to find long hours for prayer – so much as to claim some sacred moments in each ordinary day, and to be aware.

God waits for us, with love.

A “great work” is underway and we are invited to participate.

We are invited to live in a way that is conscious and connected to a great mystery.

The Way of Christ opens up before us, step by step.

Great possibility lies before us.

The transformation of our lives and of our world comes through sacred moments when we are awake, aware, open, searching.

Carry this leaflet with you, and let it draw you deeper into the Way of wisdom and compassion.



God in the air I breathe,
In the good earth beneath my feet,
In every person and creature I see,
In my inmost being.

In the morning

I honour the gift of this new day.
I bow before Your presence, O God.

In the morning, I will remember you:
Your name is on my lips and in my heart.

I bring to mind what lies before me today
And I ask You for the grace I need to live it well.

God bless my new beginning,
Jesus lead me in Your Way
Holy Spirit inspire me.

In the middle of the day

Mid-day, mid-action,
I pause.

I remember You,
You in me and I in You.

I breathe.

I am calm, thankful,
hopeful, open to Your Spirit

At the day's ending

Com to the day's ending, the time of rest.
My work is incomplete, but Yours continues.

I look back over the day –

For these things.....I give thanks

For this.....I am sorry

I ask for help with.....

I commit myself to Your care.

May I sleep well. May my dreams be wise.
May angels watch over me and those I love.
I welcome the soft darkness and stillness of
night. Your gift of rest. Amen.

Centering, focussing

When the pressure is on, when it all gets too much, when you need to take a step back from what is happening to centre, focus and calm down try this:

I place my feet firmly on the floor.
My hands rest on my knees, palms upwards.
I take a few deep, cleansing breaths...

In the centre of my being
God is present, inviting me to
“Be still and know that I am God”.
I let these words echo within me several times.

I hold the present moment, the issues, my feelings, my questions, my struggles.... and simply breathe into them; let them be. I open them to the Spirit...I wait, I trust, I listen...

Now I return to my activities, trusting the flow of the greater life of which I am a part.

