

A PRAYER for THE JOURNEY

CHARM

In the name of the Sacred Guide who leads us on our journeys,

INVITATORY

I stand at the crossroads and look; I ask for the ancient paths, I ask where the good way is, so I may walk in it, and find rest for my soul.

-PARAPHRASE OF JEREMIAH 6:16

CRUCIFORMS

Always we begin again.

-FROM THE RULE OF ST. BENEDICT

WEEKS

1. *With blessing behind me,*
2. *With blessing before me,*
3. *With blessing to my right,*
4. *With blessing to my left,*
5. *With blessing all around me,*
6. *I journey into Christ.*
7. *My steps are blessed as I journey into God.*

-ADAPTED FROM A NAVAJO PRAYER

INVITATORY

God be in my head, and in my understanding; God be in mine eyes, and in my looking; God be in my mouth, and in my speaking; God be in my heart, and in my thinking; God be at mine end, and at my departing.

-SARUM PRIMER

CHARM

Let it be so

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A PRAYER for PEACE

CHARM

In the name of the One who holds all the world in hand,

INVITATORY

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.

-R. NIEBUHR, SERENITY PRAYER

CRUCIFORMS

All shall be well, and all shall be well, and all manner of thing shall be well.

-JULIAN OF NORWICH

WEEKS

1. *Lord, make me a channel of your peace,*
2. *Where there is hatred, let me sow love;*
3. *where there is injury, pardon;*
4. *where there is doubt, faith;*
5. *where there is despair, hope;*
6. *where there is darkness, light;*
7. *where there is sadness, joy.*

-FROM THE PRAYER OF ST. FRANCIS

INVITATORY

Now to him who is able to do immeasurably more than all we ask or imagine...to him be glory in the church and in Christ Jesus...

-EPHESIANS 3:20-21

CHARM

Maranatha (Come, Lord Jesus)

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A PRAYER with CREATION

CHARM

In the name of the Creator who cultivates all things,

INVITATORY

Come all you who are thirsty, come to the waters...and delight yourself in abundance.

-PARAPHRASE OF ISAIAH 55:1A, 2B

CRUCIFORMS

[I am] a feather on the breath of God.

-HILDEGARD OF BINGEN

WEEKS

1. *Deep peace of the running wave...*
2. *Deep peace of the flowing air...*
3. *Deep peace of the quiet earth...*
4. *Deep peace of the shining stars...*
5. *Deep peace of the Son of Peace...*
6. *Let peace fill my soul.*
7. *May peace keep me whole.*

-ADAPTATION OF GAELIC BLESSING

INVITATORY

The light shines in the darkness, and the darkness has not overcome it.

-JOHN 1:5

CHARM

Let the whole earth sing your praise.

-PARAPHRASE OF PSALM 66:4

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A PRAYER to THE TRINITY

CHARM

In the name of the Father, the Son, and the Holy Spirit,

INVITATORY

I bind unto myself today the strong Name of the Trinity, by invocation of the same, the Three in One, and One in Three.

-FROM ST. PATRICK'S BREASTPLATE

CRUCIFORMS

In you, O Lord, I put my trust; In you, O Lord, I take refuge.

-PARAPHRASE OF PSALM 71:1

WEEKS

1. *Christ be with me, Christ within me,*
2. *Christ behind me, Christ before me,*
3. *Christ beside me, Christ to win me,*
4. *Christ to comfort and restore me.*
5. *Christ beneath me, Christ above me,*
6. *Christ in quiet, Christ in danger,*
7. *Christ in hearts of all that love me, Christ in mouth of friend and stranger.*

-FROM ST. PATRICK'S BREASTPLATE

INVITATORY

Our Father in heaven, Reveal who you are. Set the world right; Do what's best—as above, so below.

-FROM THE LORD'S PRAYER (MESSAGE)

CHARM

Veni Sancte Spiritus (Come, Holy Spirit)

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