

Lord, help us this month to take the time we need for communion with You and with our thoughts. Help us to slow down long enough to consider where we may be heading next. Amen.

Saturday 1st

The tears of our own grief can soften our hardened hearts and open us to the possibility to say “Thanks.”

Henri Nouwen

Sunday 2nd

Father God, give us a daily awareness of Your presence, teach us to be faithful in prayer and always open to your love. Amen.

Monday 3rd

In the words of **Henri Frederic Amiel**: *“How to grow old is the masterwork of wisdom and one of the most difficult chapters in the great art of living.”*

Tuesday 4th

Think backwards with thankfulness for the life you have enjoyed. Think forward with hope in your heart. Look heavenward and feel the self-confidence within you.

Wednesday 5th

Truth and love are wings that cannot be separated, for truth cannot fly without love, nor can love soar aloft without truth; their yoke is one of amity.

Ephrem the Syrian

This week's readings

Psalm 33, verse 18 / Proverbs 11, verse 14 / Matthew 10, verse 16

Thursday 6th

Sometimes we can be so focussed upon what we think we need, that we forget to consider that there may be other solutions that would actually be better for us.

Friday 7th

“We should always pray for help. But we should always listen for inspiration and impression to proceed in ways different from those we may have thought of.”

H Groberg

Saturday 8th

Breathe on me, breath of God, fill me with life anew.

That I may love what Thou dost love and do what Thou wouldst do.

Edwin Hatch

Sunday 9th

Guiding God, as this day unfolds, inspire us with fresh insights, challenge us with new experiences and reassure us that your love never changes. Amen.

Monday 10th

Every time someone reaches out to help a brother or sister in need, be convinced a choir of angels steps forward, unseen but still there, and sings a joyful song.

Tuesday 11th

“The darker the night, the brighter the stars; the deeper the grief, the closer is God.”

Fyodor Dostoyevsky

Wednesday 12th

“When we are nothing, we are in a fine position to receive everything from God.”

Margaret Ingall

This week's readings

Psalm 59, verse 1 / Proverbs 24, verse 20 / Mark 14, verse 38

Thursday 13th

“Beyond the sunset, a hand will guide me to God the Father whom I adore.

His glorious presence, His words of wisdom, will be my portion on that far shore”

Horace Burr, Virgil Brock

Friday 14th

Holy Cross Day

“For most of us the prayer in gethsemane is the only model. Removing mountains can wait.”

C.S. Lewis

Saturday 15th

“A book is a garden you can carry in your pocket.”

Chinese proverb

Sunday 16th

Lord, although we may not think we can do much, help us today to bring colour, kindness and love into your world.

Monday 17th

“Forgiving and accepting are both blessed in equal parts and neither could exist without an open, loving heart.”

Margaret Ingall

Tuesday 18th

“The function of prayer is not to influence God, but rather to change the nature of the one who prays.”

Soren Kierkegaard

Wednesday 19th

“Myself is who All I can ‘Pay back’ to God or others or I really am.”

Richard Rohr

This week’s readings

Psalm 119, verse 30 / Micah 6, verse 8 / Matthew 5, verses 7 - 8

Thursday 20th

“Some people care too much. I think it’s called love!”

Winnie the Pooh

Friday 21st

St. Matthew, Apostle and Evangelist

“We may be surprised at the people we find in heaven. God has a soft spot for sinners.”

Desmond Tutu

Saturday 22nd

*“If you feel that you are struggling and daily trials grown
Don’t fear to hold your hand out, look around, you are not alone.”*

Margaret Ingall

Sunday 23rd

Heavenly Father, you have shown us great mercy. Please help us to be sacrificial in our relationship with You and with each other today. Amen.

Monday 24th

“He became what we are that he might make us what He is.”

Athanasius of Alexandria

Tuesday 25th

Carpe diem – seize the day.

Wednesday 26th

“The courage of very ordinary people is all that stands between us and the dark.”

Pam Brown

This week’s readings

Psalm 40, verse 1 / Job 37, verse 23 / Mark 6, verse 34

Thursday 27th

“Those we care for never leave us, even when our ways must part.

All the things that made them special, live forever in our heart.”

Margaret Ingall

Friday 28th

“O Lord, help me not to despise or oppose what I do not understand.”

William Penn

Saturday 29th

St. Michael and all Angels

“God whispers to us in our pleasures, speaks to us in our conscience, but shouts in our pain.”

C S Lewis

Sunday 30th St Jerome, translator of the scriptures, teacher of the faith

In Reflection

Everlasting God, we thank you for the variety of ways in which we communicate. Especially we thank you that we know You, because Jesus was the word who became flesh and lived among us. Amen.

It’s easily done with failings of your own to think disapprovingly, *“I should have known! I should have done better. How foolish of me”* and judge it with harshness, not leniency.

Yet if a companion were in such plight, what kind of response would we deem right? To chide in a stern intolerant fashion, or speak words of tenderness, care and compassion.

Perhaps, *“No-one’s perfect”* or *“You tried your best”* and words of encouragement kindly expressed. So next time you don’t accomplish perfection, treat yourself as you would your friends – with affection.

Emma Canning