

Lord Jesus,
we can think of your people down the ages
who have travelled over life's stormy sea
and, in dying, have reached the harbour
of peace, light and happiness.

As you calmed the sea, we ask you to be with us
and bring peace in our lives each day
because the boat of our lives is small
and the ocean is very large.

As you have set our course,
we ask you to steer our lives
towards the shore of everlasting life.
Bring us, at last,
along with all who are dear to us,
to the quiet rest that we seek,
where you live and reign
with the Father and the Holy Spirit,
one God, for ever and ever.

Amen.

Brother Nicholas Hutchinson, FSC
Inspired by The Prayer of a Breton Fisherman
and a prayer of St. Augustine

Lord Jesus, you told your friends
not to worry about the future.
You showed them
how to have the attitude of simple
trust that young children have,
so that they could place themselves
into the caring hands of our Father.
And so I ask for the power of your Spirit
that I may remain positive
throughout all that happens
each day of my life,
knowing that nothing
can ever separate me from your love.
I know that your touch
can change people and situations,
and so I ask you to join me
in offering to our Father
not only the good things of this day,
but also any suffering and sacrifices
that I want to offer
cheerfully and lovingly,
and in a quiet and hidden way.
And so may any difficulties
and frustration and pain of this day
be transformed in your presence
for the benefit of other people.

Amen.

Brother Nicholas Hutchinson, FSC



Loving Father,
like clay in the hands of the potter
you have made each of us
your magnificent work of art.

(Eph 2:10)



Open our eyes
so that we may appreciate
the beauty that is within us
and around us.

Brother Nicholas Hutchinson, FSC
Theme of the potter inspired by Is 64:7,
Jer 18:6, Sir 33:13, 2 Cor 4:7

Father,

we read at the beginning of the Bible
that you looked at all that you had made
and proclaimed it good. (Gen 1:31)

Then your Son, Jesus, was life-affirming
in all that he said and did,
rejoicing in the lilies of the field
and the birds of the air. (Lk 12:22-32)

He lived fully his human life,
and the first sign that he gave
that your Kingdom was amongst us
was, with joy, to turn water into wine
at the marriage-feast at Cana (Jn 2:1-12)
- and we read
that the wine he made for the celebration
was the very best!

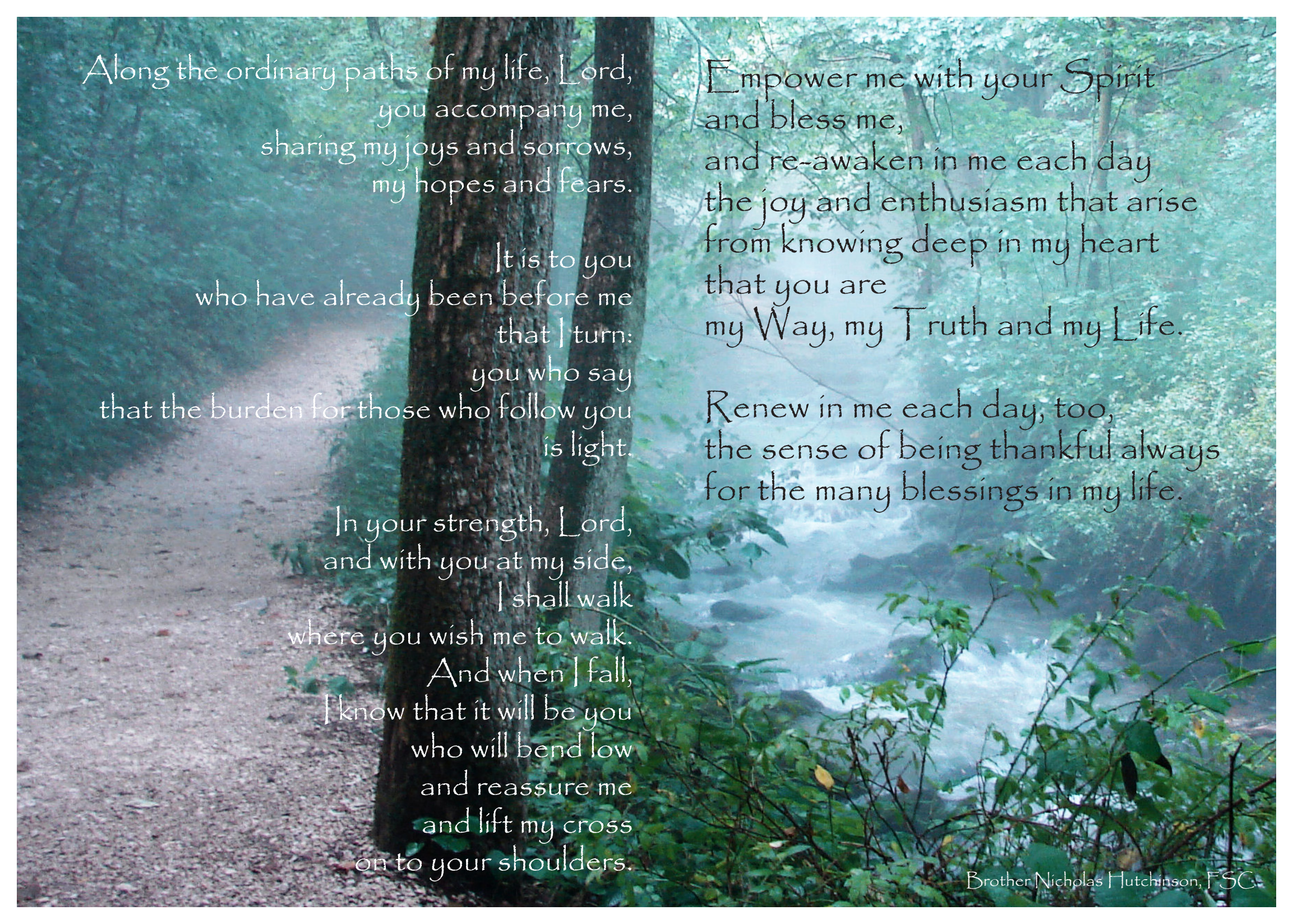
We read in the gospel
that Jesus was criticized
for eating and celebrating with sinners. (Lk 5:30)

He told the story of the Prodigal Son, (Lk 15:11-32)
and we hear that the father
rejoiced and put on a feast
when his lost son returned to him.

In the same way, Father,
you look out for us
and rejoice and celebrate
when we return to the fullness of life
that Jesus offered. (Jn 10:10)

It is in and through our common humanity
- which Jesus himself shared -
that we are called
to wholeness and holiness.

Show us, Father, how to be fully alive,
rejoicing with those who rejoice (Rom 12:15)
and bringing comfort
to those who are in sorrow.



Along the ordinary paths of my life, Lord,
you accompany me,
sharing my joys and sorrows,
my hopes and fears.

It is to you
who have already been before me
that I turn:
you who say
that the burden for those who follow you
is light.

In your strength, Lord,
and with you at my side,
I shall walk
where you wish me to walk.
And when I fall,
I know that it will be you
who will bend low
and reassure me
and lift my cross
on to your shoulders.

Empower me with your Spirit
and bless me,
and re-awaken in me each day
the joy and enthusiasm that arise
from knowing deep in my heart
that you are
my Way, my Truth and my Life.

Renew in me each day, too,
the sense of being thankful always
for the many blessings in my life.

Lord Jesus,

I sign my HEART with the cross,
reminding myself
of your love for each person.

I ask that I may grow in faithfulness
as your friend.

I sign my LIPS with the cross,
that I may speak as you would speak.

I sign my HANDS with the cross,
asking that you enable me
to do your work
and be your hands
in our world which you love so much.

I sign my EYES with the cross,
that I may really see, Lord,
and be aware of all that is around me.

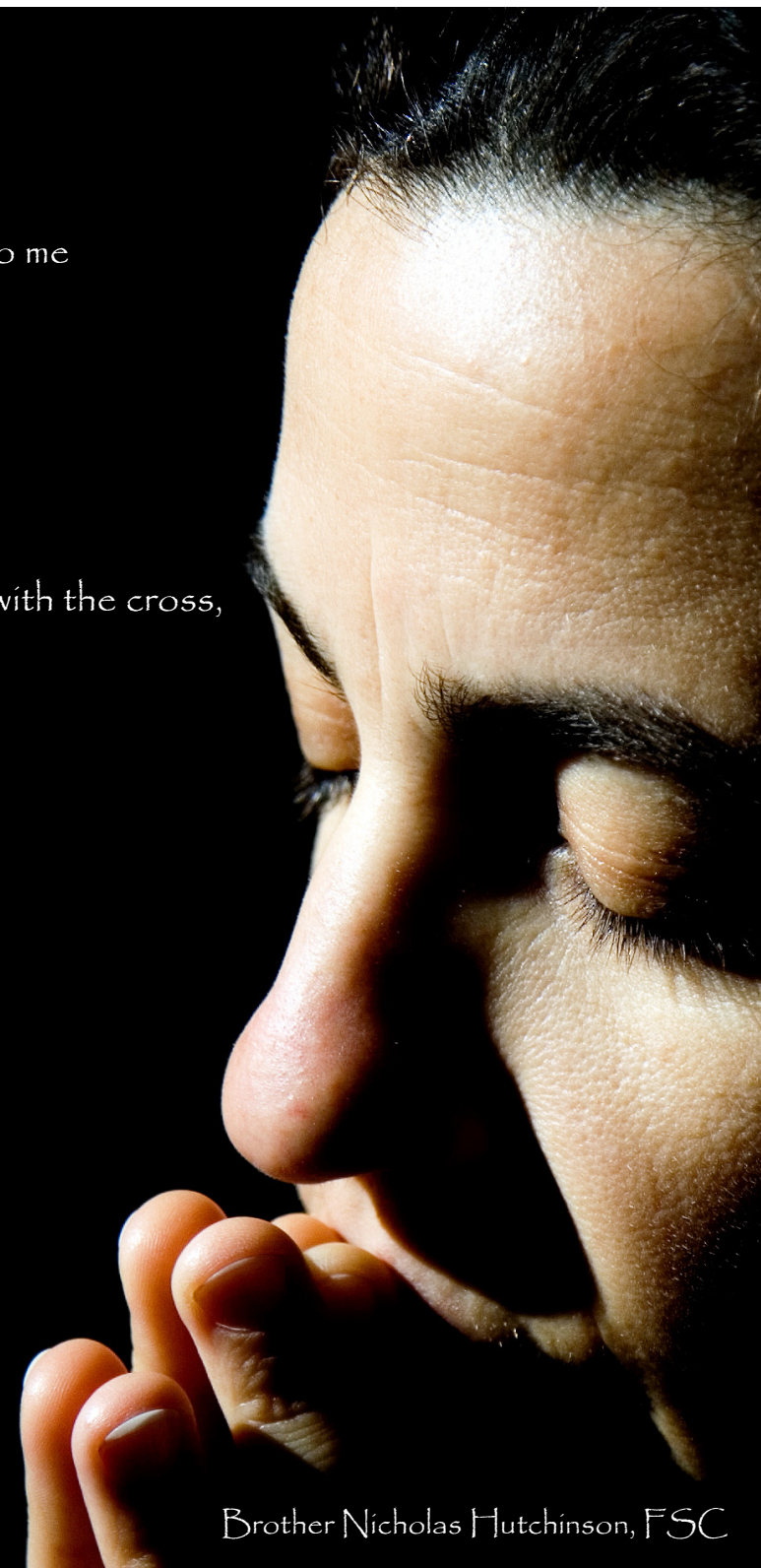
I sign my EARS with the cross,
that I may listen and really hear
the communication that comes to me
in different ways,
from you and from the people
who are a part of my life.

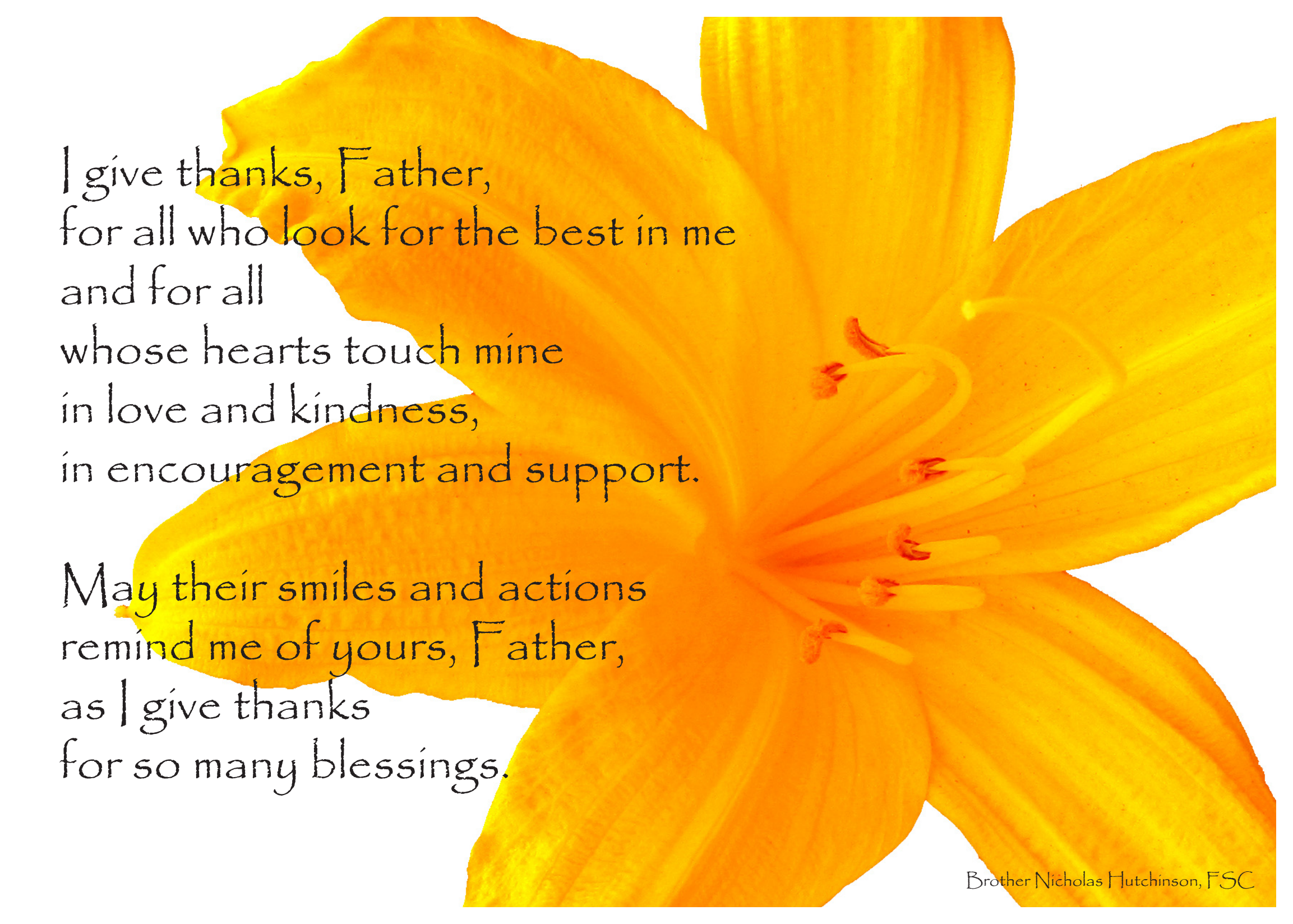
I sign my SHOULDERS, Lord, with the cross,
knowing that you call me
to carry my own cross each day,
and support others
in the burdens and difficulties
that they have.

All that I do today
I set out to do
in the name of the Father
and of the Son
and of the Holy Spirit.

Amen.

Brother Nicholas Hutchinson, FSC





I give thanks, Father,
for all who look for the best in me
and for all
whose hearts touch mine
in love and kindness,
in encouragement and support.

May their smiles and actions
remind me of yours, Father,
as I give thanks
for so many blessings.



We thank you, Father,
for the touch of your hand
on the clay of the earth
that formed our bodies,
and for the breath of your Spirit
giving life to our flesh.

We thank you, Father,
that you so loved our world
that you sent your Son
to live among us:
Jesus, your Word made flesh,
whose image you see
whenever you look at us.

Lead us now to treasure
what is most deeply human
and grow as the people
you call us to be.

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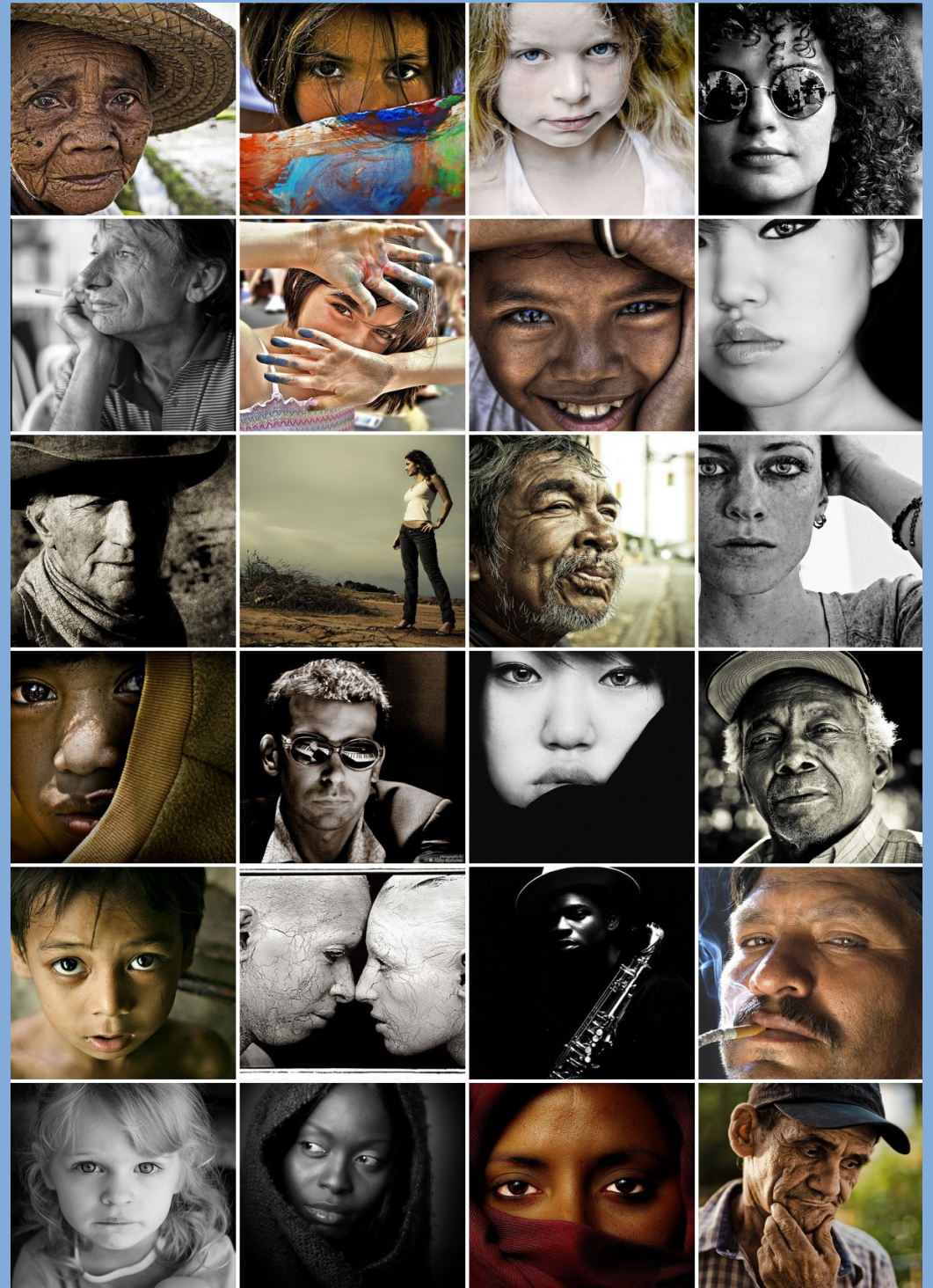
Lord,

we ask you to open our eyes
that we may find value and appreciate
all people,
recognising what we have in common,
rather than focusing
on what our differences might be.

Inspire us to distinguish
between what is important
and what is not,
and open our minds and hearts
that we may always be
people of good will
who bring life and joy to others.

Amen.

Brother Nicholas Hutchinson, FSC



Loving Lord, it is good to be here beside you
and listen to the Scriptures unfold
as you speak. *(Luke 24:13-35)*

The healing word that you bring
begins with the calling of my name,
and I hear you say
that you are my Brother and my Friend.

You go beyond words,
and your hand upon my shoulder
enfolds me in your love
and encourages and comforts me.

I pray that nothing but your love
will ever overwhelm me,
so that I may grow
as the extraordinary person
you call me to be.

I pray, too, for other pilgrims,
that we may strengthen one another
on our common journey.

Teach me, Risen Lord, to remain faithful.
And when I arrive home,
you will be there beside me still
and, together, we will know
the welcoming embrace of our Father.





Lord God,
Creator of Light,
at the rising of your sun
each morning
let the greatest of all lights
~ your love ~
rise, like the sun,
within my heart.