

KEEPING GOOD COMPANY 2023

<p>At the Prayer Bench we're keeping good company with the saints, the prophets, the mystics, the poets, the songwriters, the psalmists, the artists, and musicians. They share their wisdom while we wait with them through Advent and celebrate Christmas.</p>						<p>1 December Make a Breath Prayer: Let everything in me/ Watch and Wait.</p>	<p>2 December Bringing good news, loving justice, greatly rejoicing. Read Prophet Isaiah 61:1-4;8-11</p>
<p>3 December Join with artists and doodle the state of hope in your inner being. What do you notice?</p>	<p>4 December <i>"I have a small grain of hope."</i> says Denise Levertov, a poet. Write a prayer of hope.</p>	<p>5 December <i>"Grace and peace from our Loving God."</i> - Paul Offer a kindly greeting to all you meet today</p>	<p>6 December Light a candle named Hope. Rise and find one way to make hope today.</p>	<p>7 December <i>"Lead me in your truth, and teach me ... for you I wait all day long."</i> Psalmist. Read or chant Ps. 25.</p>	<p>8 December <i>"I will put music in the listening place."</i> - St Brigid Listen to or make music.</p>	<p>9 December <i>"Hope begins in the dark."</i> -Anne Lamott Close your eyes, pray or go for a night walk.</p>	
<p>10 December "The beginning of the good news of Jesus Christ." - Mark Read: Mark 1:-10</p>	<p>11 December Light a candle. Make space within. Breath in peace. Breath out worry.</p>	<p>12 December <i>"Listen carefully ... with the ear of your heart."</i> -St Benedict Call a friend.</p>	<p>13 December "Let us hold a giveaway for Mother Earth." - Robin Wall Kimmerer Choose a gift to give Earth.</p>	<p>14 December <i>"In Silence, God becomes an experience."</i> -Thomas Merton Make silence in your day.</p>	<p>15 December Welcome writers. Make time to read a favourite children's book Savour the pleasure.</p>	<p>16 December <i>"You use a mirror to see your face: you use works of art to see your soul."</i>G.B. Shaw Gaze on art.</p>	
<p>17 December <i>"Rejoice always, pray without ceasing."</i> - Paul Draw or dance your gratitude</p>	<p>18 December <i>"A feather on the breath of God."</i> -Saint Hildegard Make a breath prayer.</p>	<p>19 December <i>"When hands reach out beyond divides."</i> Song by Keri Wehlander. Find a way to reach out today.</p>	<p>20 December <i>"My soul magnifies the Lord."</i> - Mary Read Luke 1:46b-55. What helps you rise with joy?</p>	<p>21 December Light a candle on this Longest Night keeping good company with a saint, an ancestor, a friend.</p>	<p>22 December <i>"The fullness of joy is to behold God In everything."</i> - Saint Julian Express Joy with words/art.</p>	<p>23 December <i>"I am waiting for a birth that will change everything."</i> Hilary LWilliams Contemplate possibility.</p>	
<p>24 December Light a candle named Love. Make space for Quiet Prayer, indoors or outside.</p>	<p>25 December <i>"In the beginning was the Word."</i> - John Prayerfully read: John 1:1-5</p>	<p>26 December <i>Welcome St. Stephen.</i> Give whatever gift of money you can to a charity striving to help others.</p>	<p>27 December <i>"Set the world singing, make the world glad!"</i> sings Shirley Murray Sing/Play a favourite song.</p>	<p>28 December Holy Innocents <i>"All humans are little first."</i> - Callie, 4 years. Pray for children.</p>	<p>29 December <i>"Jesus, draw me into the flames of your love."</i> St. Theresa of Liseaux. Soften, open your heart.</p>	<p>30 December <i>"I will honour Christmas in my heart, and try to keep it all the year."</i> - C. Dickens Ponder & pray.</p>	
<p>31 December <i>"Ring in the Christ that is to be."</i> -Tennyson Set an intention for the New Year.</p>	<p>1 January Pray: " <i>For all that has been, Thanks. For all that is to come, Yes!"</i> -Dag Hammarskjöld</p>	<p>Visit the Prayer Bench website and Facebook Page for related posts with music and songs, poems, art and suggestions for spiritual practice.</p>					