

Opening Prayers

Find a comfortable position to sit, and close your eyes.

Rest your hands on your lap, and allow your fingers to settle in place.

Take a deep breath in through your nose, and slowly let it out through your mouth.

Lock your fingers together. Think of the people you share your life with...the connections you have...the networks you are a part of...your loved ones, friends, family, colleagues.

Allow your clasped fingers to tense slightly, then relax them. Consider the way our relationships can sometimes feel strained, uncomfortable and tense.

Hold all your relationships in your heart and offer them to God.

Cup your hands in front of you. Think of all the precious gifts you have received from God - the strength to face difficult situations, friends and family, an everlasting relationship with Jesus rooted in a love beyond all understanding.

Hold out your hands palms-up in front of you,
Allow God to challenge you - to open your eyes and your heart,
through this time of worship, that you may hear God's voice, and feel called to serve, to love radically, give generously and stand for justice.

Relax your hands, and rest a moment in the silence.

Amen.

Sermon

Good Shepherd





The Small Beatitudes

The Small Beatitudes

Blessed are those who can laugh at themselves;
they will have no end of fun.

Blessed are those who can tell a mountain from a molehill;
they will be saved a lot of bother.

Blessed are those who know how to relax without looking
for excuses;
they are on their way to becoming wise.

Blessed are those who are sane enough not to take
themselves too seriously;
they will be valued most by those about them.

Happy are you when you can take small things seriously
and face serious things calmly;
you will go far in life.

Happy are you if you can appreciate a smile and forget a
frown;
you will walk on the sunny side of the street.

Happy are you if you can be kind in understanding the
attitudes of others even when the signs are unfavourable;
you may be taken for a fool but this is the price of
charity.

Blessed are those who think before acting and pray before
thinking;
they will avoid many blunders.

Happy are you if you know how to hold your tongue and smile even when people interrupt and contradict you or tread on your toes;

the gospel has begun to seep into your heart.

Above all, blessed are you who recognize the Lord in all whom you meet;

the light of truth shines in your life for you have found true wisdom.