



## Prayer Resources

Dear Brothers and Sisters:

The practice of prayer is a source of strength and comfort at all times but especially so in times like we are experiencing now. Prayer is how we present to God our praise and concerns. Prayer is talking to God. Prayer is the channel of healing. Just as we need to exercise our muscles to grow strong, the more we pray the stronger becomes our relationship with God and each other. Sometimes it helps if we have assistance in formulating our conversation with God. These are some time-honored prayer resources for these times.

### Noonday Prayer

Our diocese encourages all to participate in the world wide practice of praying the Our Father [at noon](#).

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**Compline or Night Prayer** is the final Church service of the day. This can be a very calming practice to observe before turning in at night. Turn your worries and cares over to God and rest.

### St James Episcopal School Compline Service:

<https://www.youtube.com/watch?v=YWdt8i65VIY&feature=youtu.be&bbeml=tp-QySdE549Z0CGV7QpvK-Hzg.jEqR3yJ2I5kqCAL5FJyRhKA.rlcxHI8WNqk6XDKR8se1ndw.IA21x4juXiU2fYqusCap0iQ>

**New Zealand Night Prayer:** This service is a deeply calming experience. It comes from the Anglican Church of New Zealand, version of traditional night prayer translated into the context of their culture. The General Thanksgiving prayer is especially soothing.

<https://files.constantcontact.com/777ce2b0301/f45ea126-7c37-4edf-813d-d4c41d6ccf48.pdf>

### An abbreviated version of New Zealand Night Prayer

<https://files.constantcontact.com/777ce2b0301/8dfbe02f-7a5b-4fd6-ad76-74500ab183c3.pdf>

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**Another excellent resource for daily prayer is provided by the Mission of St Clare.** The Mission of St. Clare is an ecumenical website offering Morning and Evening Prayer using the order set out in The Book of Common Prayer. Both Rite 1 and Rite II versions of daily prayer are provided. You may access their resources at:

<https://www.missionstclare.com/english/index.html>

Of course, there are many and varied ways to pray. Handouts from some of those sessions are provided here:

**Centering Prayer:**

<https://files.constantcontact.com/777ce2b0301/d698db83-9f34-48a7-bf69-b1de48bd5247.pdf>

**Praying in Motion:**

<https://files.constantcontact.com/777ce2b0301/aae432ae-88f1-42f9-b91e-2a14df9d0512.pdf>

**Lectio Divina :**

<https://files.constantcontact.com/777ce2b0301/032ad726-a780-46f5-8763-ec6689dfada0.pdf>

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If you have a specific prayer intention, and would like to be included in our parish prayers or have our Daughters of the King pray for you,, please email :

[rector@holytrinityoxfordmd.org](mailto:rector@holytrinityoxfordmd.org)

My friends, prayer is powerful and with prayer, faith, and hope we will navigate these challenging times together.

Take care. Be of good cheer. Know that you are loved,

Fr. Kevin