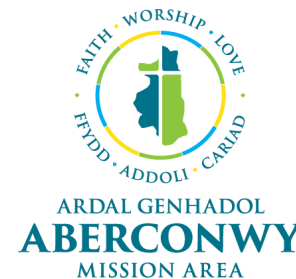




**This weeks Newsletter will be the last one until the first week in SEPTEMBER when the Newsletter will resume again**



St Grwst, Llanrwst.  
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**Cylchlythyr Eglwys / Church Newsletter 16.07.21**

### Reflection on Prayer

Prayer is about our relationship to God. Like any relationship, it requires time. Some of us are used to praying on the run, but our relationship with God cannot flourish unless we find time to be fully present to God: speaking and listening to one another, sharing silence or beauty, delight or sorrow. Intimacy grows when we invest in this kind of quality time – both in human relationships and in our relationship with God. There is truth in the familiar phrase, “If we’re too busy to pray, we’re too busy.”

We must pray for no less a reason than our life depends on it. Jesus promised to give us life, abundant life, yet we will only realize this promise when we live in sync with God on God’s terms, on God’s time. Talking about God and time is a paradox: Time is created by God, yet God is not subject to time. God is timeless, however we can only experience God in time. And, miraculously, we do! There are moments in our life when we actually get in touch with the timelessness of God. Gerard Manley Hopkins wrote, “The world is charged with the grandeur of God.” God comes to us in time and space, in the now. This is why moments of prayer and worship are so important: In the midst of time, we actually perceive the Timeless that intersects the now. Prayer opens the space needed for that encounter.

Pause for thought...

Have you ever bought a book or watched a film that has a sequel to follow? When the Lord of the Rings films came out (a long time ago now) it felt like an age until the film to follow hit the big screen or the bookshop!!

When the sequel or book came out there would be a huge sense of anticipation for the next chapter of the story. Excitement would build as the next bit of the story would unfold on the page or screen.

Wimbledon is over now as are the Euros. Many people will be absolutely as sport takes a back seat until the Olympics begins in a couple of weeks.

Things begin, things end. Pages turn and new chapters carry the story on. For our young people school ends at the end of this week. Children move up a class, move up to a new school, All change, new teachers, new friends, new subjects to learn, a whole new avenue in life opens up.

Isn't this the way of life? Beginnings and endings are part of all that we experience as human beings.

The prayer cycle of the Church has always offered a number of times of day for prayer, 8 in total, beginning at some ungodly hour of the morning! Today it is usual for Anglican Christians to say Morning Prayer, Evening Prayer and Night Prayer. I'm afraid Night Prayer, said just before bed is generally a struggle for me but beginning the day with God, opening a new chapter with known and unknown elements is helpful. Evening Prayer helps round off the day, closing the chapter and putting all that has been safely into the hands of God before night draws in.

Monastic communities have and still today practice gathering together for these times of prayer so that as a

*Before sleep:*

*In peace we will lie down and sleep:  
for you alone, Lord, make us dwell in safety.*

*Abide with us, Lord Jesus:  
for the night is at hand and the day is now past.*

*As the night watch looks for the morning:  
so do we look for you, O Christ.*

*Come with the dawning of the day:  
and make yourself known in the breaking of bread.*

*The Lord bless us and watch over us;  
the Lord make his face to shine upon us  
and be gracious to us;  
the Lord look kindly on us and all for whom we pray  
and give us his peace. Amen.*

### **Praying without words**

Many words have been offered here and they are called prayers. Sometimes, for some people, the only type of response to the presence of God, who is love, is silence and stillness. Calming a busy heart and mind can be quite difficult.

Find a quiet place, light a candle, take hold of your holding cross and search for a verse or even just a word from the Bible as a way to focus the heart and mind.

*'Be still and know that I am God' (Psalm 46)*

*'God is love' (1 John)*

*'The Lord is my shepherd' (Psalm 23)*

Allow these words or words of your choice settle you and begin to know yourself in the presence of the God who loves you.

Offer to God all that is on your heart and mind.

Draw your time with God to a close with the words that Jesus taught us in the Lord's Prayer.

## A selection of prayers for the Evening / Night

Bendigedig wyt ti, Arglwydd  
Dduw, creawdwr dydd a nos:  
i ti y bo'r gogoniant a'r moliant  
am byth. Wrth i'r tywyllwch  
ddisgyn yr wyt yn adnewyddu dy  
addewid i ddatguddio yn ein plith  
oleuni dy bresenoldeb. Trwy  
oleuni Crist, dy Air bywiol, ymlid  
o'n calonnau bob tywyllwch fel y  
rhodion yn blant y goleuni a  
chanu dy foliant ledled y byd.  
Bendigedig fyddo Duw am byth.

Blessed are you, Lord God, crea-  
tor of day and night: to you be  
glory and praise for ever. As dark-  
ness falls you renew your promise  
to reveal among us the light of  
your presence. By the light of  
Christ, your living Word, drive  
out all darkness from our hearts  
that we may walk as children of  
light and sing your praise through-  
out the world. Blessed be God for  
ever.

Goleua ein tywyllwch, gweddiwn  
arnat, O Arglwydd, ac yn dy fawr  
drugaredd amddiffyn ni rhag pob  
perygl ac enbydrwydd y nos hon;  
trwy gariad dy unig Fab, ein  
Gwardwr Iesu Grist. Amen.

Lighten our darkness, Lord,  
we pray, and by your great mercy  
defend us from all perils and  
dangers of this night;  
for the love of your only Son,  
our Saviour Jesus Christ. Amen.

In to your hands, O Lord, we place our families, our neighbours,  
our brothers and sisters in Christ,  
and all whom we have met today; enfold them in your love.  
Into your hands, O Lord, we place all who are victims of prejudice,  
oppression or neglect; the unwanted, the frail.  
May everyone be cherished, from conception to the grave.  
Into your hands, O Lord, we place all who are restless,  
sick, or prey to the powers of evil.  
Watch over them and watch over us this night.  
Into your hands, O Lord,  
we all who we have prayed for and ourselves,  
knowing that we are safe in your love.

community life is begun and ended together. There is an awful lot to be said for the practice. I know of only a few church's that practice this today but where they do their common life together in Christ is strengthened, often ideas for mission are born and there is a greater sense of unity and working together for the Kingdom of God.

In the Mission Area we already have gatherings called 'Praying for Growth' maybe to add to this in the Conwy Valley we could look at days and times when we could meet together for Morning and evening Prayer? Booklets could be provided for those who perhaps can't come to Church but would like to pray with us from home instead.

When Jesus's disciples asked him how they should pray, he taught them the prayer known to us today as the Lord's Prayer. In reality however it could really be called the Disciples Prayer. Jesus gave us this prayer as it encompasses everything necessary for life and living. The one thing to note about this prayer is that it begins and ends with God: Our Father in heaven...For the kingdom the power and the glory are yours.

This pray highlights the glorious truth that God desires to be part of the whole of our lives, through that ongoing verbal or non-verbal relationship we have with God through our prayers. Through our relationship with God, reaching beyond our Sunday worship we can know God's presence with us in every chapter and twist and turn of our lives. In this way we know that we are never alone and no matter what each day, each chapter brings God is with us.

Pob Bendith / Every Blessing  
Rev'd Sarah

## A selection of prayers for the Morning

*O Lord, open our lips, And our mouth shall proclaim your praise.  
Glory to the Father, and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be for ever. Amen.*

Bendigedig wyt ti, greawdwr pob  
peth, i ti y bo gogoniant a moliant  
am byth. Wrth i'th wawr ad-  
newyddu wyneb y ddaear a dwyn  
goleuni a bywyd i'r gteadigaeth  
gyfan, bydded inni lawenhau yn y  
dydd hwn a wnaethost; wrth inni  
ddeffro o ddyfnderoedd cwsge wedi  
ein hadnewyddu, agor ein llygaid i  
ganfod dy bresenoldeb a nertha  
ein dwylo i wneud dy ewyllys, fel y  
llawenychu'r byd a'th foliannu di.  
Bendigedig fyddo Duw am byth.  
Amen.

O Arglwydd a nefol Dad, Dduw  
hollalluog a thragwyddol, diolchwn  
iti am ein dwyn yn ddiogel i  
ddechrau'r dydd newydd hwn:  
amddiffyn ni â'th gadarn allu fel y'n  
cedwir ni yn rhydd rhag pob pechod  
ac yn ddiogel rhag pob perygl; a gal-  
luoga ni ym mhob peth i wneud yn  
unig yr hyn sydd iawn yn dy olwg di;  
trwy Iesu Grist ein Harglwydd.  
Amen.

Blessed are you, creator of all,  
to you be praise and glory for  
ever. As your dawn renews the  
face of the earth bringing light  
and life to all creation, may we  
rejoice in this day you have  
made; as we wake refreshed  
from the depths of sleep, open  
our eyes to behold your  
presence and strengthen our  
hands to do your will, that the  
world may rejoice and give you  
praise. Blessed be God for ever.  
Amen.

O Lord and heavenly Father,  
almighty and everlasting God, we  
thank you for bringing us safely  
to the beginning of this new day:  
defend us by your mighty power  
that we may be kept free from  
all sin and safe from every  
danger; and enable us in  
everything to do only what is  
right in your eyes; through Jesus  
Christ our Lord. Amen.

## God of the morning

God of the morning.  
Wake us up.  
Wake us up to wonder.  
Wake us up to beauty.  
Wake us up to justice.  
Wake us up to love.  
God of the morning.  
Wake us up.  
Wake us up good.

*Ruth Burgess  
Bare Feet and Buttercups  
WGP 2008 p218*

Today may I walk in the hope of your kingdom.  
Fill me with your light and your love.  
Be with me through this day.  
Father, Son and Holy Spirit. Amen.

Lord, I offer you all that I am,  
all that I have, and all that I do,  
and all who I shall meet today,  
that you may be given the glory.  
I offer you my home, my family,  
my work.  
I offer you our schools and leisure and everyone in our  
community today;  
may all be done as if for you.  
I offer you the broken and hungry.  
May the wealth and work of the world  
be available to all and for the exploitation of none.  
May your loving presence be known in every human heart.  
Amen.

## Washing Blessing

*To be said whilst splashing  
your eyes with water:*

In the name of the Father -  
that I may see wonder.  
In the name of the Son -  
that I may see love.  
In the name of the Spirit -  
that I may see joy.

*Pamela Whyman  
Bare Feet and Buttercups  
WGP 2008. p218*