

Saturday 24th

Blessed Father, may we feel Your power protecting us, the peace of Your Divine Spirit, calming us. May Your humility show us the way to gentleness. And may Your presence sustain us through all trials that may beset us. Amen.

Sunday 25th

Lord put my feet on the path you have chosen for me, and let my heart be content Amen. "I will always trust in You and Your mercy" – **Psalm 13:5**

Monday 26th

Our lives are enriched by honouring the ones who gave us life. "Honour your father and mother.... that it may go well with you and that you may enjoy long life on earth." **Ephesians 6:2-3**

Tuesday 27th

Vincent de Paul: Merciful God, whose servant Vincent de Paul, by his ministry of preaching and pastoral care, brought your love to the sick and the poor: give to all your people a heart of compassion that by word and action they may serve you in serving others in their need. Amen

Wednesday 28th

We will come across many "Rocks" that bar our way, it's up to us if we make them "stumbling blocks" or "stepping stones".

Thursday 29th Michael & All Angels:

Everlasting God, you have ordained and constituted the ministries of angels and mortals in a wonderful order: grant that as your holy angels always serve you in heaven, so, at your command, they may help and defend us on earth. Amen. "Give your angels charge over us, O God, to keep us in all our ways". **From Psalm 103**

Friday 30th

Give us this day our daily bread
Peace in our hearts, calm in our heads.
Give us this day whatever the struggle
Peace in our world whatever the trouble
Give us all faith in each other.

A Prayer for Autumn

Lord of the crystal blue sky, bless us with the clarity of vision. Lord of the lengthening evening, lighten our burdens. Lord of the biting breeze, sharpen our response to your spirit. Lord of the falling leaf, lift our hearts heavenwards. In our autumn, may we seek your spring. Amen



OUR DAILY BREAD SEPTEMBER 2022

Almighty Father in heaven, I ask for your strong arms of protection to be around our children as they go back to, or start a new school; that they may be held safely within your love. Fill their days and nights with hope and joy; fill their hearts and minds with your truth and light. We trust in you. Amen.

Thursday 1st

When everything feels like an uphill struggle, think of the view at the top. "Look." he said, "I see the Heaven open and the Son of Man standing at the right hand of God". **Acts 7:55**

Friday 2nd

Some people are making such thorough plans for the rainy days that they aren't enjoying today's sunshine.

Saturday 3rd

Mine is the sunlight! Mine is the morning, born of the one light, Eden saw play! Praise with elation, praise every morning, God's recreation of the new day.

Sunday 4th

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom". - **Marcel Proust**

Monday 5th

A good deed is never lost. He who sows curtesy, reaps friendship, he who plants kindness, gathers love. **St. Basil.**

Tuesday 6th

My God, how wonderful you are, your majesty how bright; how beautiful your mercy seat in depths of burning light! How wonderful, how beautiful, your loving face must be. Your endless wisdom, boundless power, and awesome purity."

Wednesday 7th

God gave you the gift of 86,400 seconds a today. Have you used one to say thank you? **William Arthur Ward.**

Thursday 8th Birth of the Blessed Virgin Mary

Almighty and everlasting God, who stooped to raise fallen humanity through the child-bearing of blessed Mary: grant that we, who have seen your glory revealed in our human nature and your love made perfect in our weakness, may daily be renewed in your image and conformed to the pattern of your Son, Jesus Christ our Lord. Amen

Friday 9th

Dear Lord, help me to hear you today, to hear your joy in the birds songs, to hear your heart in the chattering voices; to hear your voice in the quiet. Dear Lord help me to hear and listen to you today

Saturday 10th

Dear Lord, we thank you for those who maintain the fabric of our common life; in our public services, our local and national governments, in our institutions and faith communities. We hold these before you; purge what is wrong, complete what is lacking and begin with us. Amen.

Sunday 11th

Dear Lord, help us to jump into this new day with a song of joy in our hearts; full of energy and hope, holding tightly to your hand and excited to share another day with you.

Monday 12th

When you let your heart receive God's love infinite blessings come with it. "I will bless the Lord and not forget the glorious things He does for me" **Psalms 103: 2**

Tuesday 13th

I am so glad that our Father in heaven, tells of His love in the book He has given, wonderful things in the Bible I see, but none is the dearest that Jesus loves me. Jesus loves even me.

Wednesday 14th

Lord, lend me the courage to travel my way, Lord, send me purpose to deal with each day, for life can be daunting and I'm feeling small, I fear, left alone I might falter and fall. So walk with me Lord, let your love hold me near, I know with your strength, I can conquer all fear. Amen. **Margaret Ingall.**

Thursday 15th

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."- **Helen Hunt Jackson**

Friday 16th

Shop bought gifts can be returned if there is a receipt. But what better gift to give than that of a smile, a helping hand, time. These come without a receipt, but, would you want to return them?

Saturday 17th

Precious Saviour, guide us today, to share the gifts you have so generously given. Renew in us the gift of friendship, so that in one another, we may more deeply reflect on earth thy eternal love. Amen.

Sunday 18th

Now and then, it is good to pause in pursuit of happiness and just be happy.

Monday 19th

Father I place into your hands the things I can't do. Father I place into your hands the times that I've been through. Father I place into your hands the way that I should go, for I know I always can trust you. **(Hymn by Jenny Hewer)**

Tuesday 20th

Friendship consists in forgetting what one gives, and remembering what one receives. **Alexandre Dumas the Younger.**

Wednesday 21st

Matthew, Apostle & Evangelist: Happy are those who find wisdom, and those who get understanding, for her income is better than silver, and her revenue better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to those who lay hold of her; those who hold her fast are called happy. **Proverbs 3. 13-18**

Thursday 22nd

Next time you feel nothing important is happening in your life, think on; every day the sun rises and sets, every night you see billions of stars wheeling their way overhead, grass grows, seasons change. Aren't these important happenings?

Friday 23rd

In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb colour effects as from August to November."
- **Rose G. Kingsley, The Autumn Garden, 1905**