

Anam Cara Sojourners
Celtic Morning Prayer for Advent 2022

From Praying with the Earth by J. Philip Newell (7-day cycle)
and Advent in Narnia: Reflections for the Season, by Heidi Haverkamp

DAY 1

Opening Words

Blessed are those who know their need.

(Matthew 5.3)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

Light within all light
Soul behind all souls
at the breaking of dawn
at the coming of day
we wait and watch.

Your Light within the morning light

Your Soul within the human soul

Your Presence beckoning to us from the heart of life.

In the dawning of this day

let us know fresh shinings in our soul.

In the growing colours of new beginning all around us

let us know the first lights of our heart.

Great Star of the morning

Inner Flame of the universe

let us be a colour in this new dawning.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

For the gift of this new day
for waking again from the dreams of the night
for our bodies strengthened and our minds renewed
thanks be to you, O God.

You are the stillness of the night
You are the genesis of the morning
You are the moistness of new conception.

Let there be peace in the human soul
let there be wakings to new consciousness
let there be tears of love.

In the life of the world this day
and in our own hearts
let there be fresh tears of love.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

May the angels of light
glisten for us this day.

May the sparks of God's beauty
dance in the eyes of those we love.

May the universe
be on fire with Presence for us this day.

May the new sun's rising
grace us with gratitude.

Let earth's greenness shine
and its waters breathe with Spirit.
Let heaven's winds stir the soil of our soul
and fresh awakenings rise within us.

May the mighty angels of light
glisten in all things this day.

May they summon us to reverence,
may they call us to life.

DAY 2

Opening Words

Blessed are those who weep
for their tears will be wiped away
(Matthew 5.4)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

Light
golden light
fresh from the source.

Colours
creation's colours
calling our senses.

Life
life in its oneness
life in its manifold oneness
all from You.

You are the Sun from whom the morning shines
You are the River in whom each life-form flows
each face
each race
each cell within our ever-living soul.
This new day we great You.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

For the freshness of this new day
thanks be to you, O God.
For morning's gift of clarity
its light like the first day's dawn
thanks be to you.
In this newborn light
let us see afresh.
In this gateway onto what has never been before
let our soul breathe hope
for the earth
for the creatures
for the human family.
Let our soul breathe hope.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

On this day
the blessings of heaven.
On this day
the blessings of earth.
On this day
the blessings of sea and of sky.
To open us to life
to ground us in life
to fill us with life
and with wonder.
On those we love this day
and on every human family
the blessings of heaven
the blessings of earth
the blessings of sea and of sky.

DAY 3

Opening Words

Blessed are the humble
for they are close to the sacred earth.
(Matthew 5.5)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

It is in the depths of life that we find you
at the heart of this moment
at the centre of our soul
deep in the earth and its eternal stirrings.
You are the Ground of all being
the Well-Spring of time
Womb of the earth
the Seed-Force of stars.
And so at the opening of this day
we wait
not for blessings from afar
but for You
the very Soil of our soul
the early Freshness of morning
the first Breath of day.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

For everything that emerges from the earth
thanks be to you, O God.

Holy Root of being
Sacred Sap that rises

Full-bodied Fragrance of earth's unfolding form.

May we know that we are of You
may we know that we are in You
may we know that we are one with You
together one.

Guide us as nations to what is deepest
open us as peoples to what is first
lead us as a world to what is dearest
that we may know the holiness of wholeness
that we may learn the strength of humility
that together we may live close to the earth
and grow in grounded glory.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

May the deep blessings of earth be with us.
May the fathomless soundings of seas surge in our soul.
May boundless stretches of the universe echo in our depths
to open us to wonder
to strengthen us for love
to humble us with gratitude
that we may find ourselves in one another
that we may lose ourselves in gladness
that we give ourselves to peace.

DAY 4

Opening Words

Blessed are those who hunger for earth's oneness
for they will be satisfied.

(Matthew 5.6)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

All things come from you, O God,
and to you we return.

All things emerge in your great river of life
and into you we vanish again.

At the beginning of this day
we wake

not as separate streams

but as countless currents in a single flow

the flow of this day's dawning

the flow of this day's delight

the flow of this day's sorrows

your flow, O God,

in the twistings and turnings of this new day.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

All things are born of you, O God.
We carry within us your light and your life.
In the mystery of matter
and deep in the cells of our souls
are your longings for oneness.
The oneness of the universe
vast and vibrating with the sound of its beginning.
The oneness of the earth
greening and teeming as a single body.
The oneness of the human soul
a sacred countenance in infinite form.
Grant us your longings for oneness, O God,
amidst life's glorious multiplicities.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

Blessings on the day
born of night.
Blessings on the earth
wedded to heaven.
Blessings on the creatures
adored by angels.
Blessings on our bodies
alive with spirit.
Blessings on our minds
filled with dreams.
Blessings on our hearts
opened by love.
Blessings, blessings, blessings.

DAY 5

Opening Words

Blessed are the forgiving
for they are free.
(Matthew 5.7)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

We wake
to the forgiveness of a new day.
We wake
to the freedom to begin again.
We wake
to the mercy of the sun's redeeming light.
Always new
always gift
always blessing.
We wake
to the forgiveness of this new day.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

May our enemy become our friend, O God,
that we may share earth's goodness.
May our enemy become our friend, O God,
that our children may meet and marry.
May our enemy become our friend, O God,
that we may remember our shared birth in you.
May we grow in grace
may we grow in gratitude
may we grow in wisdom
that our enemy may become our friend.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

The blessings of sun
the blessings of moon
the blessings of east and of west
to guide us on the way
to lighten our eyes
to strengthen our will and our loving.
The blessings of earth
the blessings of air
the blessings of fire and of water
to fill us with heaven
to free us with mercy
to stir us with flames of compassion.

DAY 6

Opening Words

Blessed are the clear in heart
for they see the Living Presence.
(Matthew 5.8)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

At the beginning of the day
we seek your countenance among us, O God,
in the countless forms of creation all around us
in the sun's rising glory
in the face of friend and stranger.
Your Presence within every presence
your Light within all light
your Heart at the heart of this moment.
May the fresh light of morning wash our sight
that we may see your Life
in every life this day.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

It is when we are still
that we know.
It is when we listen
that we hear.
It is when we remember
that we see your light, O God.
From your Stillness
we come.
With your Sound
all life quivers with being.
From You
the light of this moment shines.
Grant us to remember you at the heart of each moment.
Grant us to remember.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

Peace where there is war
healing where there is hurt
memory where we have forgotten the other.
Vision where there is violence
light where there is madness
sight where we have blinded each other.
Comfort where there is sorrow
tears where there is hardness
laughter where we have missed life's joy
laughter when we remember the joy.

DAY 7

Opening Words

Blessed are the peacemakers
for they are born of God.
(Matthew 5.9)

(Be still and aware of God's presence within and all around)

Prayer of Awareness

The peace of morning's stillness
the peace of new beginnings
the peace of heaven's kiss
to welcome us to this day
to root us in this day
to free us from this day
that we may grow with the greening earth
that we may grow from the ground of glory
that we may grow in grateful wonder
of You
Gracious Giver of this day
Great Giver of this new day.

Scripture & Meditation

From *Advent in Narnia: Reflections for the Season*



Prayer for the Life of the World

To the home of peace
to the field of love
to the land where forgiveness and right relationship meet
we look, O God,
with longing for earth's children
with compassion for the creatures
with hearts breaking for the nations and people we love.
Open us to visions we have never known
strengthen us for self-givings we have never made
delight us with a oneness we could never have imagined
that we may truly be born of You
makers of peace.

Prayers of Thanksgiving & Intercession

(Pray for the coming day and for the life of the world)

Hymn or Song *(optional)*

Prayer of Blessing

May the love of life
fill our hearts.
May the love of earth
bring joy to heaven.
May the love of self
deepen our souls.
May the love of neighbour
heal our world.
As nations, as peoples, as families this day
may the love of life heal our world.