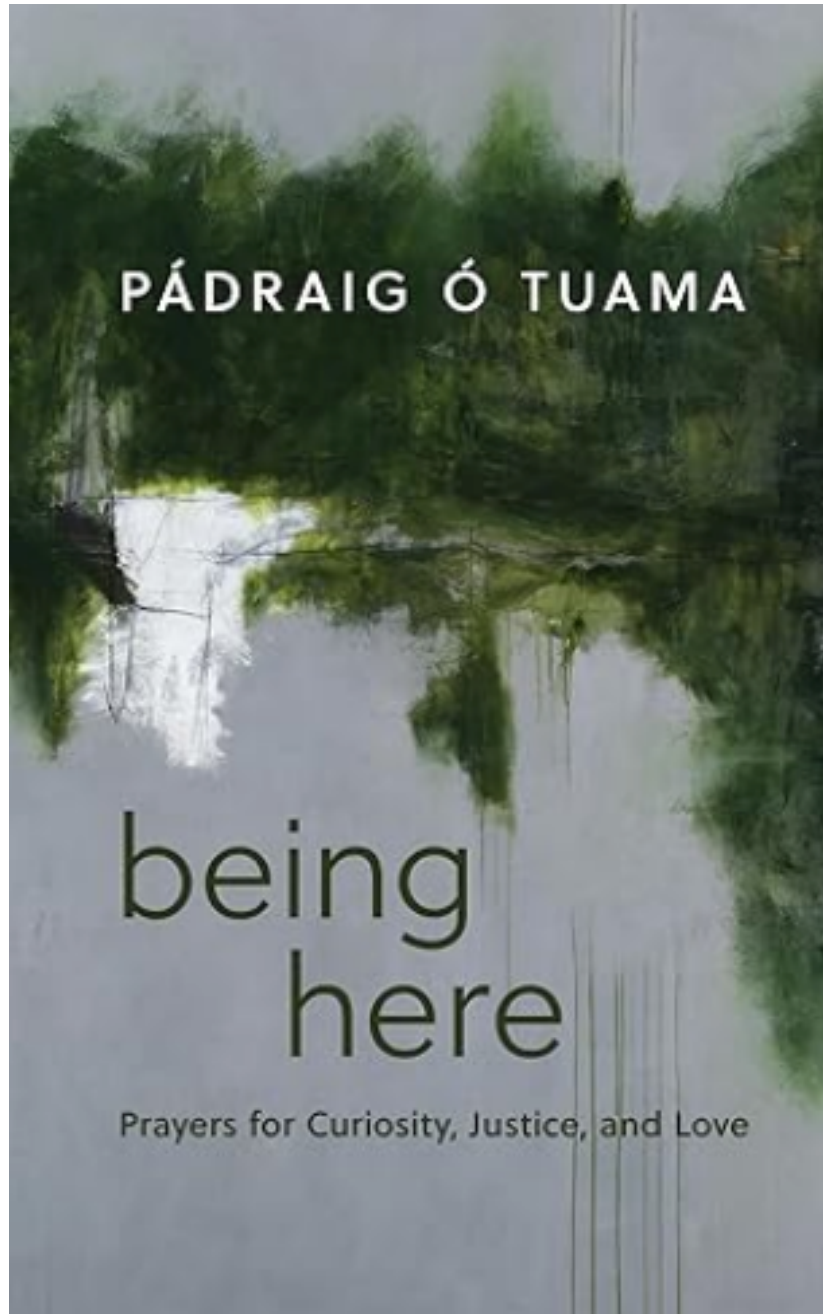


Anam Cara Sojourners Lenten Morning Prayer - 2024
From Being Here: Prayers for Curiosity, Justice, and Love
by Pádraig Ó Tuama



Opening Prayer

Turning to the day
And to each other

We open ourselves to the day
And each other.

This is the day that the Lord has made
And a day we'll have to make our way through.

Whether with ease or pain
With patience of joy

May we find opportunities for generosity
Toward others and ourselves.

May we find moments of encounter
Even in isolation.

May we find stories and memories
Even in the most complicated corners.

May we start again
Where we have failed again.

May we confess
And be confessed to.

Because this is a way of living
That's worth living daily.

Reading, Scripture, Meditation & Music

Intercessions Beginning with a Collect of the Day

A Remembering Prayer

God of day and night,
In the great poem of creation
We read that we
Were considered very good,
And that you
Find glory
In us.

We look around our city:
the birds finding home
the name of it
the shape of it
the bustle and magnificence of it.

the poverty of it
the complicity of it
the repressed stories of it
the generosity of it
the corners of kindness
on every corner

the future of it
the past it hides from
greed and goodness
violence and visions
burdens and bodies
everywhere.

We pray for our city
and for the cities we are.

Breathe in us
just like you always do
and renew us
with every twilight
with every morning
with every encounter
with every opportunity.