



"There are few hours in life more agreeable than the ceremony known as afternoon tea" — Henry James

Saturday 1st:

Grant us a vision Lord, to see what we can achieve; to reach out beyond ourselves; to share our lives with others; to stretch our capabilities; to increase our sense of purpose; to be aware of where we can help; to be sensitive to your Presence; to give heed to your constant call. Amen. **David Adam**

The Psalm for this week is 125

Sunday 2nd:

In all things God works for the good of those who love Him, who have been called according to His purpose. **Romans 8:28**

Monday 3rd:

Praise the Lord all living creatures! Praise the Lord. **Psalm 150:6**

Tuesday 4th:

"He stood beside a cottage lone and listened to a lute,
One summer's eve, when the breeze was gone,
And the nightingale was mute." - **Thomas K. Hervey, 1799-1859**

Wednesday 5th:

Guide our feet into the way of peace - **Luke 1:79**

Thursday 6th: The Transfiguration of our Lord

Father in heaven, whose Son Jesus Christ was wonderfully transfigured before chosen witnesses upon the holy mountain, and spoke of the exodus he would accomplish at Jerusalem: give us strength so to hear his voice and bear our cross that in the world to come we may see him as he is.

Friday 7th:

Day by day the Lord observes the good deeds done by godly men and gives them eternal rewards. **Psalm 37:18**

Saturday 8th:

In my distress I called to the Lord My cry came to His ears. **2 Samuel 22:7**
When has God been your refuge? God, I am grateful You've always been and will always be my secure place to land. Amen

Psalm for this week is 126

Sunday 9th:

Mary Sumner, Founder of the Mothers' Union - Faithful and loving God, who called Mary Sumner to strive for the renewal of family life: give us the gift of your Holy Spirit, that through word, prayer and deed your family may be strengthened and your people served.

Monday 10th:

How kind the LORD is! How good he is! So merciful, this God of ours! The LORD protects those of childlike faith; I was facing death, and he saved me. Let my soul be at rest again, for the LORD has been good to me. He has saved me from death, my eyes from tears, my feet from stumbling.— **Psalm 116:5-7**

Tuesday 11th:

He did not say, "You shall not be tempest-tossed, you shall not be weary, you shall not be discomforted". But He said, "You shall not be overcome". **Julian of Norwich**

Wednesday 12th:

Thank you, dear God, for the joy of life and the everyday things that make life a joy. Amen

Thursday 13th:

Though I walk through the darkest valley, I will fear no evil, for you are with me. **Psalm 23:4** Thank you, God, for being with us even in the darkest valley as we imagine the glories of heaven. Amen

Friday 14th:

If you love those who love you, what reward will you get? **Matthew 5:46**
Jesus pour your love into me so I may pour it out to others-even those who can't repay the favour.

Saturday 15th:

The Blessed Virgin Mary - Almighty God, who looked upon the lowliness of the Blessed Virgin Mary and chose her to be the mother of your only Son: grant that we who are redeemed by his blood may share with her in the glory of your eternal kingdom; through Jesus Christ your Son our Lord. Amen

Psalm for this week is 127

Sunday 16th:

Wisdom is worth much more than precious jewels or anything else you desire. **Proverbs 8:10** Illustrating Wisdom is a challenge, but Psalm 119 says that Wisdom is found in God's word.

Monday 17th:

God of ever-changing life, who knit me together in my mother's womb: you are with me even when I feel alone, and you know my thoughts before I speak. Help me to seek out your marvellous works in the shadows and in plain view, and let me leap for joy at their appearing. Amen

Tuesday 18th:

Dear God – the only source of healing and hope and the one fountain of peace and hope – look down in pity and mercy on Your many children who are facing adversity and afflicted by the miseries that this world system is imposing. Amen

Wednesday 19th:

God of ever-changing life, who knit me together in my mother's womb: you are with me even when I feel alone, and you know my thoughts before I speak. Help me to seek out your marvellous works in the shadows and in plain view and let me leap for joy at their appearing. Amen

Thursday 20th:

For it is by God's grace you have been saved through faith. It is not the result of your own efforts but God's gift so that no one can boast about it. **Ephesians 2: 8-9**

Friday 21st:

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! — **Psalms 103:1-5**

Saturday 22nd:

Dear Lord, guard our friendships, encourage us, inspire us, strengthen us, and remember us that we may encourage, inspire, strengthen and remember one another. Amen

Psalm for this week is 128

Sunday 23rd:

Be
Be still
Be still and know
Be still and know that I am God.
Just simply be.

Monday 24th:

Bartholomew the Apostle - Almighty and everlasting God, who gave to your apostle Bartholomew grace truly to believe and to preach your word: grant that your Church may love that word which he believed and may faithfully preach and receive the same.

Tuesday 25th:

The Lord gave and the Lord has taken away. Blessed be the name of the Lord.

Job 1:21

Wednesday 26th:

Wherever you go I will go, wherever you live I will live. Your people will be my people, and your God will be my God **Ruth 1: 16-17**

Thursday 27th:

There is nothing in all creation that will be able to separate us from the love of God which is ours through Christ Jesus our Lord. **Romans 8:39**

Friday 28th:

God will show us the way, because that's what good shepherds do. "He makes me lie down in green pastures. He leads me beside quiet waters. He restores my soul. He guides me in paths of righteousness for His name's sake." **Psalm 23: 2-3.**

Saturday 29th:

God's own peace to the mountain, God's own peace to the plain: God's own Paradise garden grow in the world again. **Lois Rock**

Psalm for this week 129

Sunday 30th:

A light in the darkness stops everything falling apart. **Let Jesus be that light.**

Monday 31st: Aidan, Bishop of Lindisfarne

Everlasting God, you sent the gentle bishop Aidan to proclaim the gospel in this land: grant us to live as he taught in simplicity, humility, and love for the poor.



Long warm days... The pace of life slows... A time for picnics and rest in the shade...

Lord, help me to rest awhile in the cooling shade of your presence. Slow down my restless heart and fill me with gentle compassion for all your people. Amen.