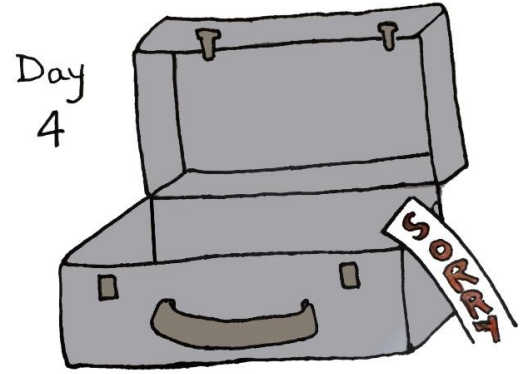


Day 4

Today we pack our SORRY'S into the case.

Q: What do you need to say sorry to God for today?

A: Lord, my list is so long, how long have you got to listen?



Be still in the silence and aware of the love with and within
and the forgiveness that is always given

as I receive forgiveness, I pray

O River of the Spirit,
as the heat of my desire wakes this day,
flow with compassion through my eyes that I may understand before I judge.
Flow through my mouth that I may speak with words of peace.
Flow through my feet that I may find those I am meant to meet today.
Flow through my hands so I may work with gentleness.
Flow through my heart so I am unafraid to share.
Flow through my attitude so I may be easy with others.
River of Spirit flow through my life.
Flow from the rock when I pass through dry land.
Flow under me with your grace as you would carry a leaf
on silver sud of eddy and whirl.
Flow over my roots that I may grow deep down
in the river of your plentiful love which babbles through our world
offering succour, solace and a place to go,
when all has been said and done this day.

Tess Ward the Celtic Wheel of the Year

Seven days to go!

Lord, may the River of the Spirit flow through our church offering forgiveness, acceptance, succour, solace and a place to be.