


grace

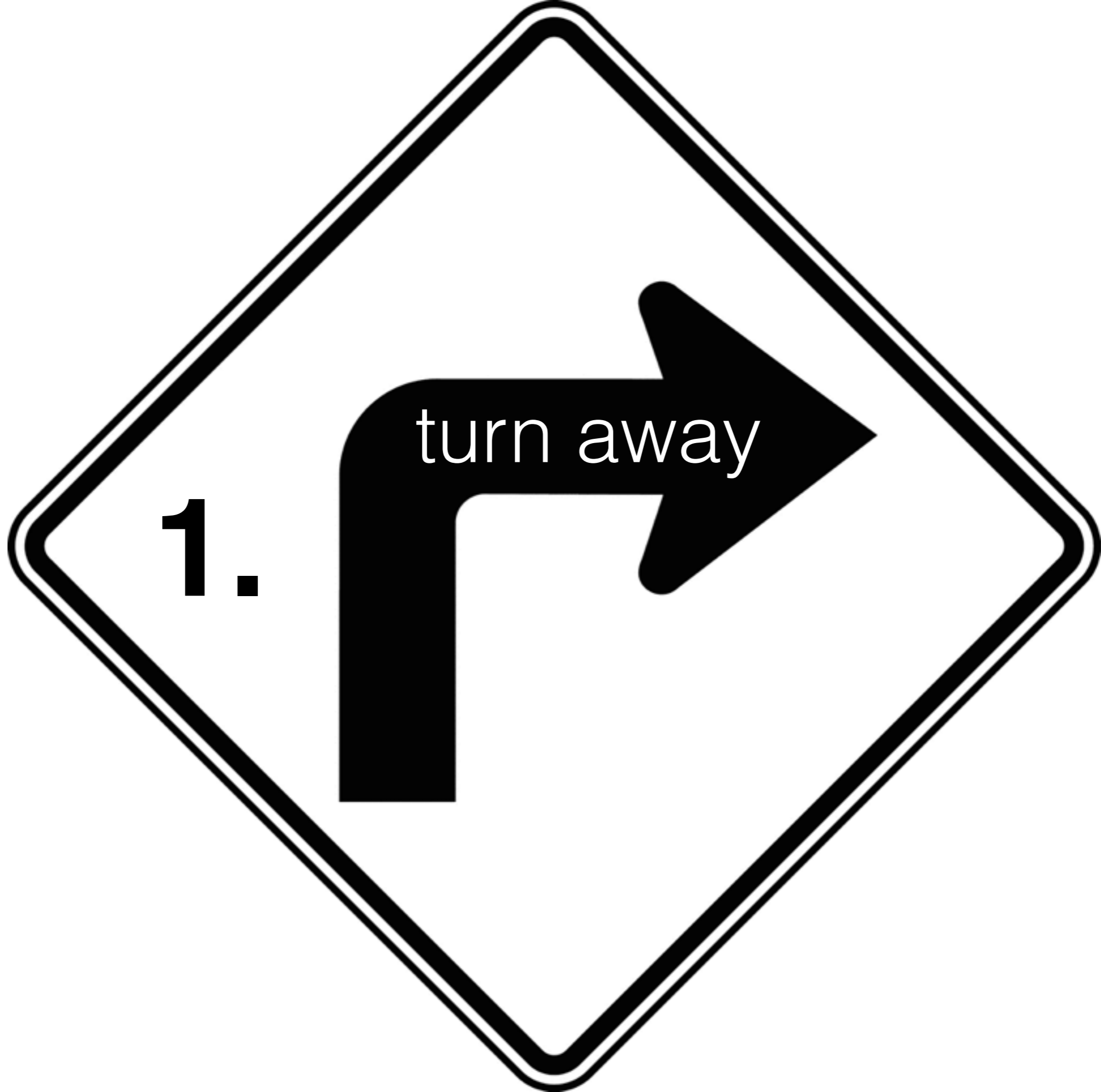
turn



help!




higher power
here with me now
humbly i seek your grace.
all in your care
your will be done
through me as it is through others.
give me today hope and courage
to forgive all past transgressions
as i surrender my fears and resentments.
and strengthen me against temptation
but free me to let go control.
fill my spirit with calm,
and compassion, and clarity
to carry to others.
amen.




1.

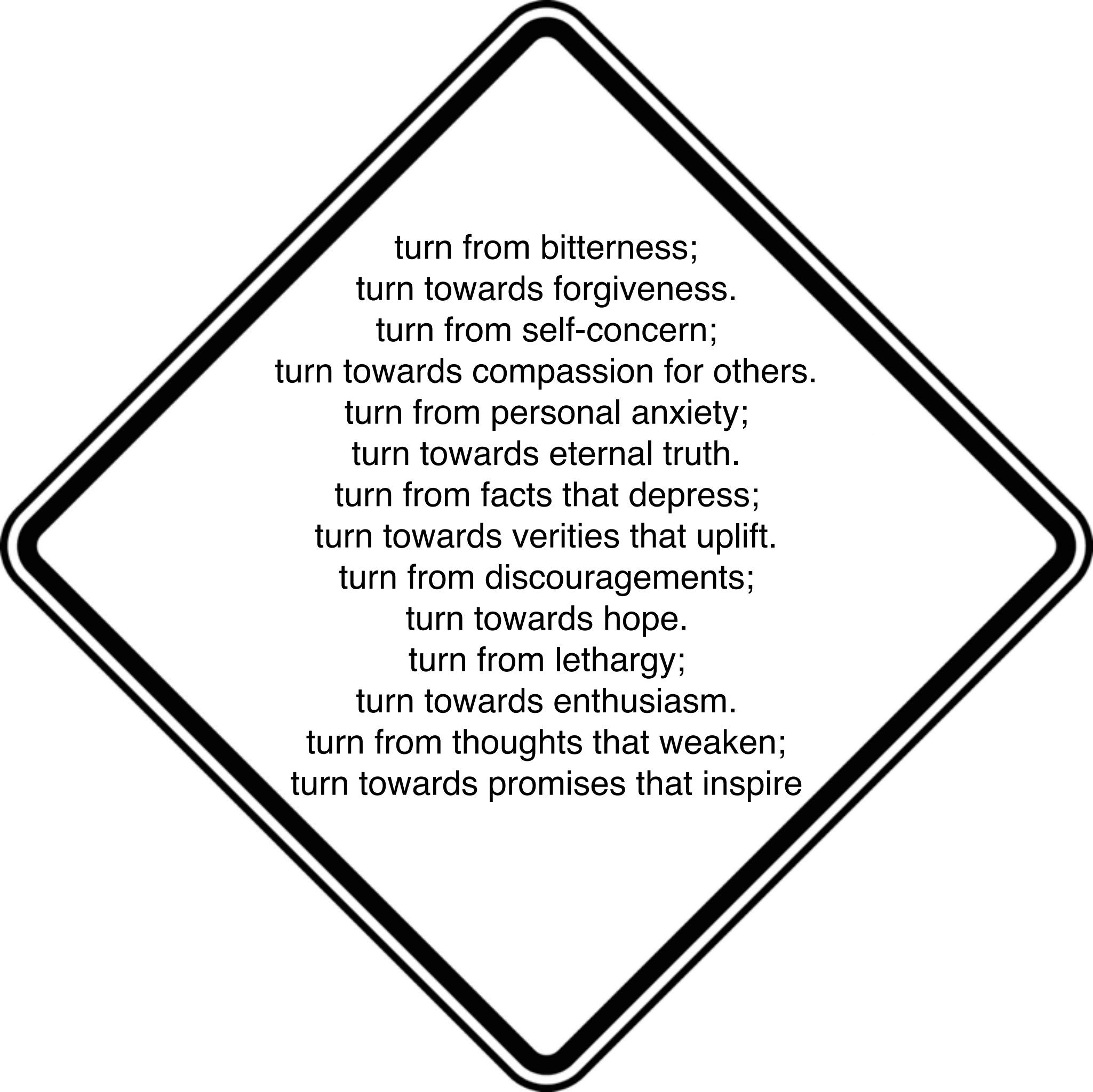
turn away



turn from judging others;
turn towards the christ dwelling in them.
turn from emphasis on differences;
turn towards the unity of life.
turn from apparent darkness;
turn towards the reality of light.
turn from thoughts of illness;
turn towards the healing power of god.
turn from words that pollute;
turn towards phrases that purify.
turn from discontent;
turn towards gratitude.




turn from anger;
turn towards patience.
turn from pessimism;
turn towards optimism.
turn from worry;
turn towards divine order.
turn from complaining;
turn towards appreciation.
turn from negatives;
turn towards affirmatives.
turn from unrelenting pressure;
turn towards unceasing prayer.
turn from hostility;
turn towards nonresistance.



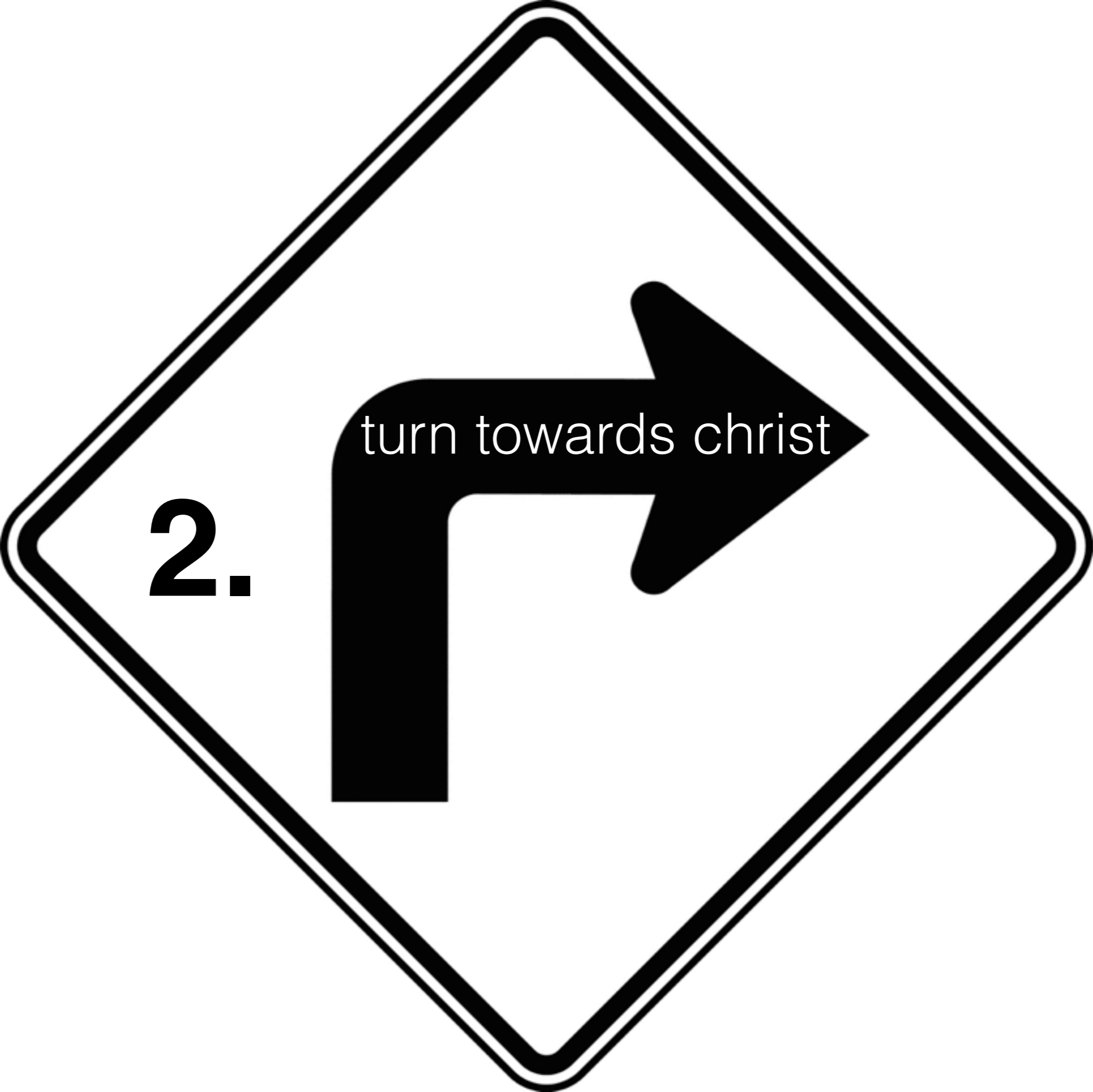
turn from bitterness;
turn towards forgiveness.
turn from self-concern;
turn towards compassion for others.
turn from personal anxiety;
turn towards eternal truth.
turn from facts that depress;
turn towards verities that uplift.
turn from discouragements;
turn towards hope.
turn from lethargy;
turn towards enthusiasm.
turn from thoughts that weaken;
turn towards promises that inspire



turn from shadows of sorrow;
turn towards the sunlight of serenity.
turn from idle gossip;
turn towards purposeful silence.
turn from problems that overwhelm;
turn towards prayer that undergirds.



you are dust
and to dust you shall return
turn away from sin
and be faithful to christ



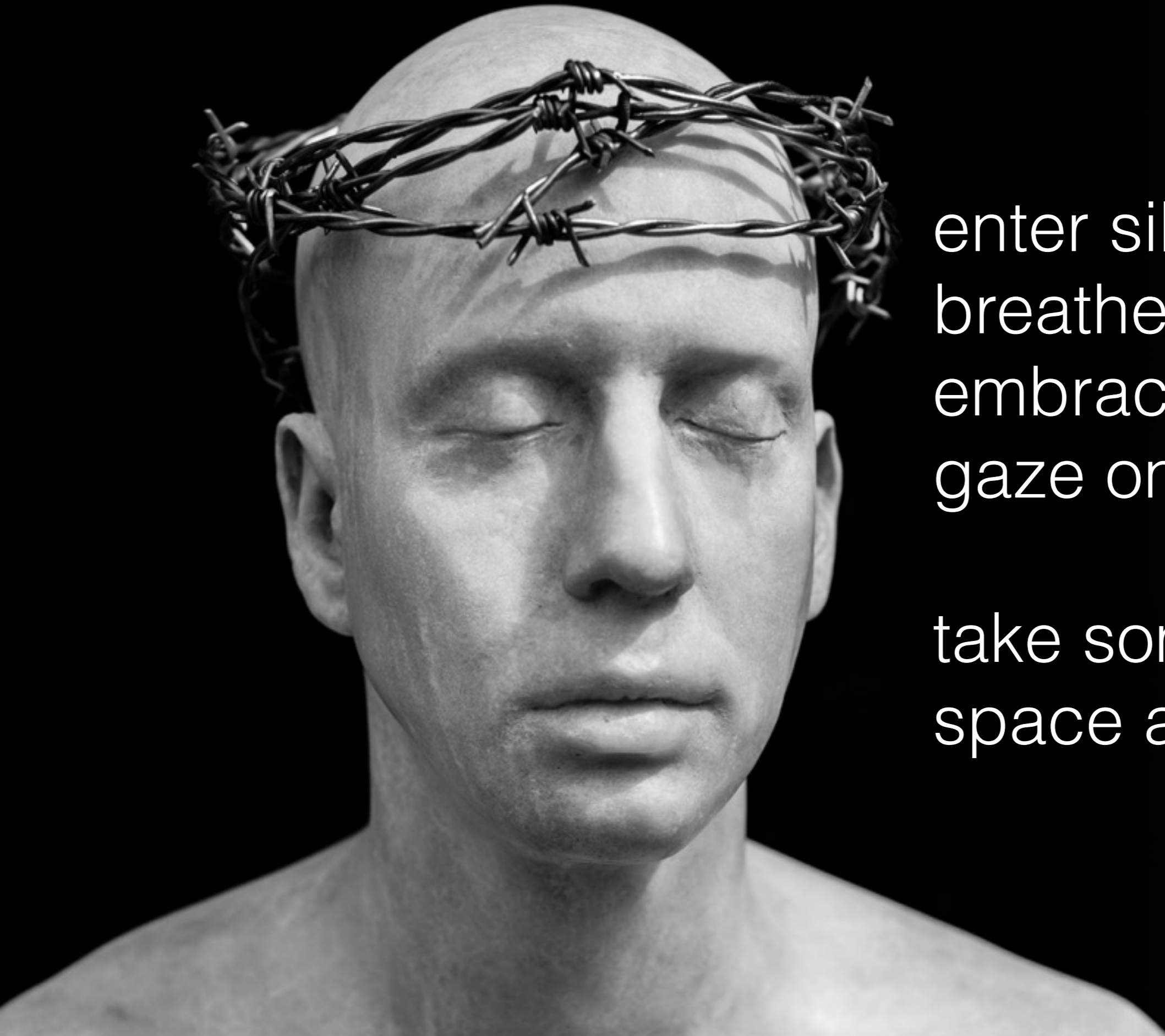
2.

turn towards christ



lay down burdens
breathe out stress
release pressure
shed some layers

take some
space and time



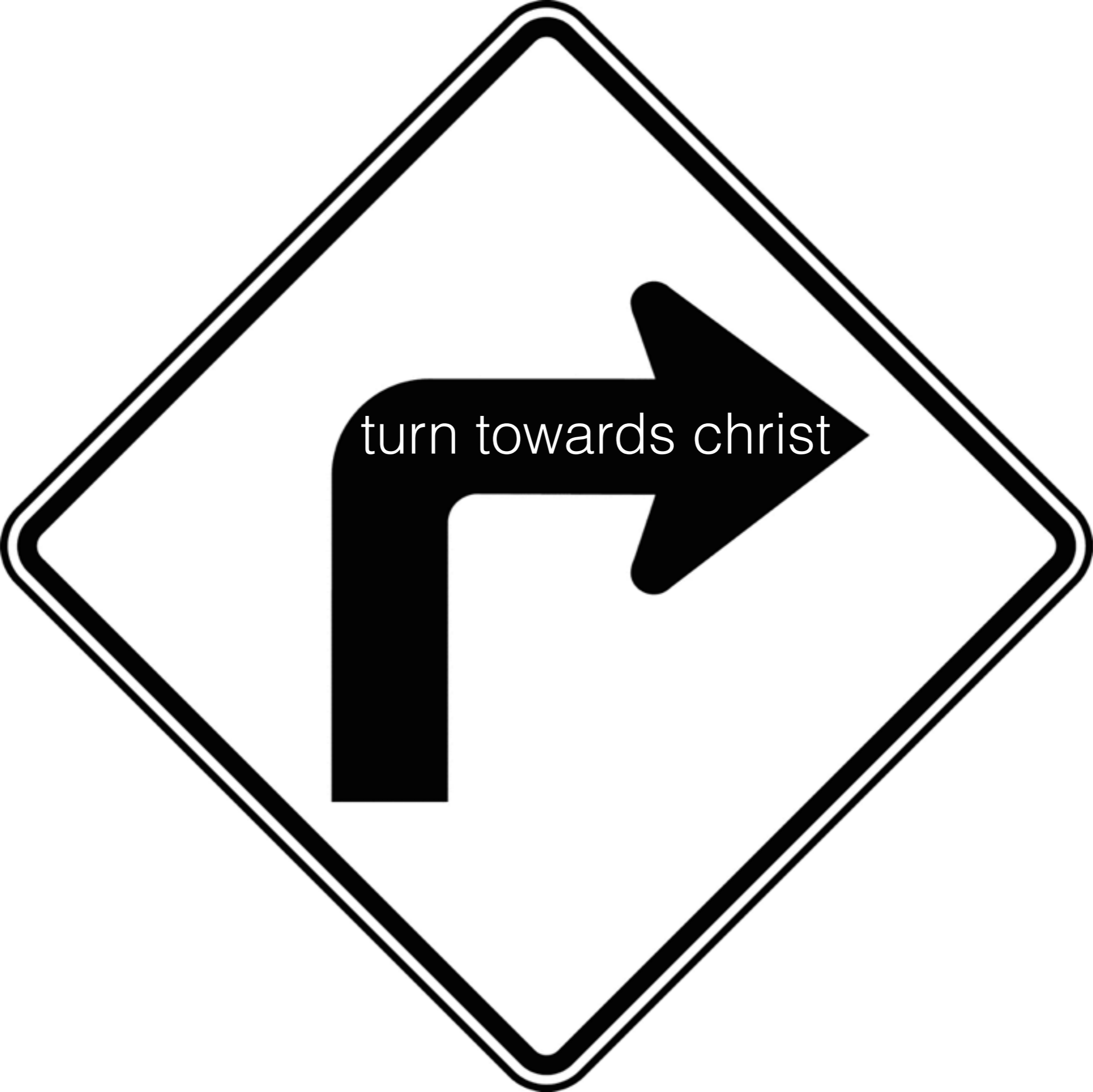
enter silence
breathe in life
embrace peace
gaze on christ

take some
space and time




you are loved
you are free
you are safe
you are clean

take some
space and time



turn towards christ



look at us lord
our hands are empty
our hearts are hungry
what do we want?

we are here to say that we are hungry -
we are hungry for you, god our maker

we are hungry for a world
where people are loved and affirmed

we are hungry for you holy spirit

we are hungry for justice

we are hungry for community


we are hungry for celebration

we are hungry for you jesus christ

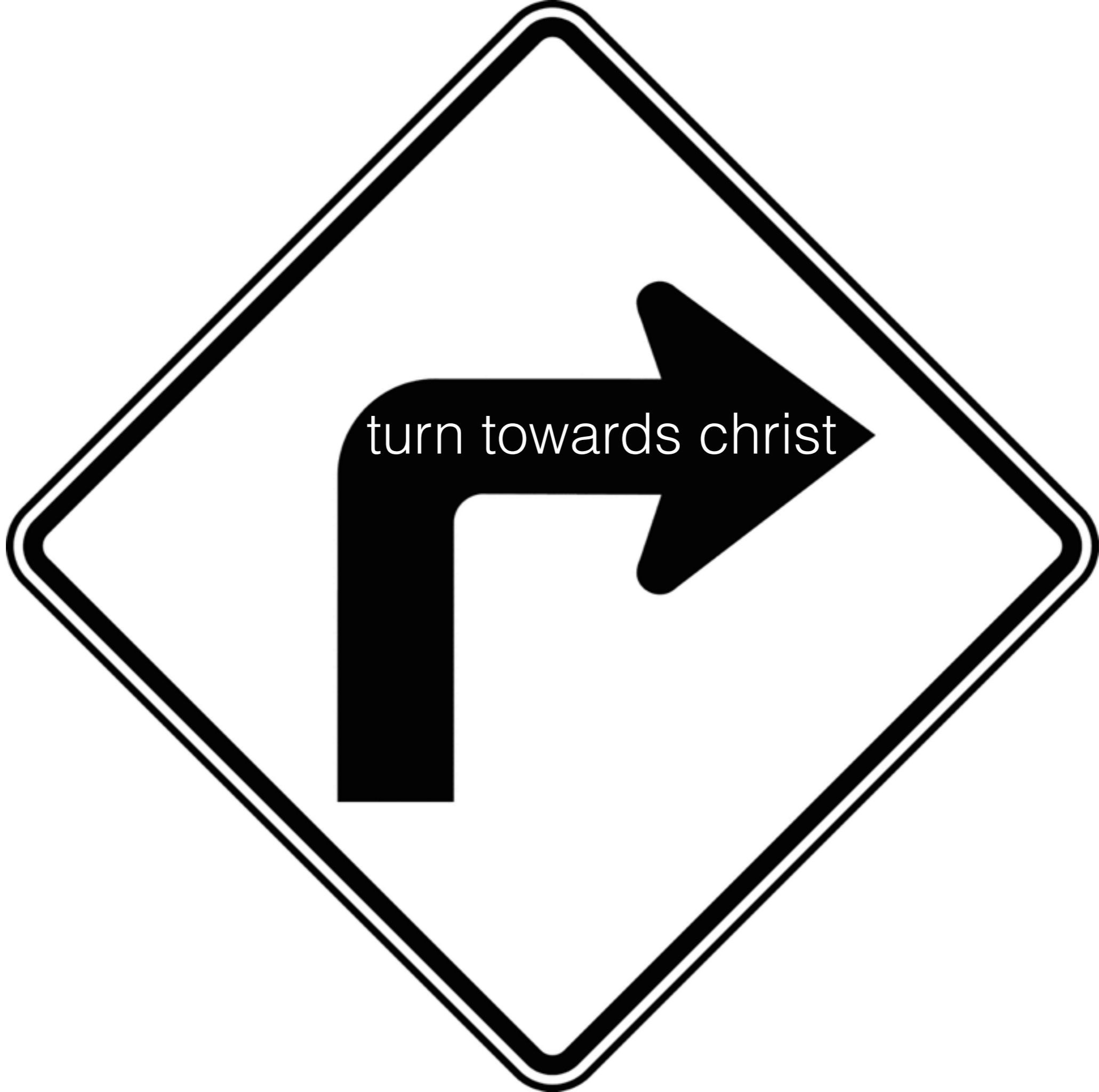
we are hungry for change




turn towards christ




**send down your holy spirit on us
and on these gifts of bread and wine
that they may become for us your body
healing, forgiving and making us whole
and that we may become, for you, your body
loving and caring in the world
until your kingdom comes
amen**



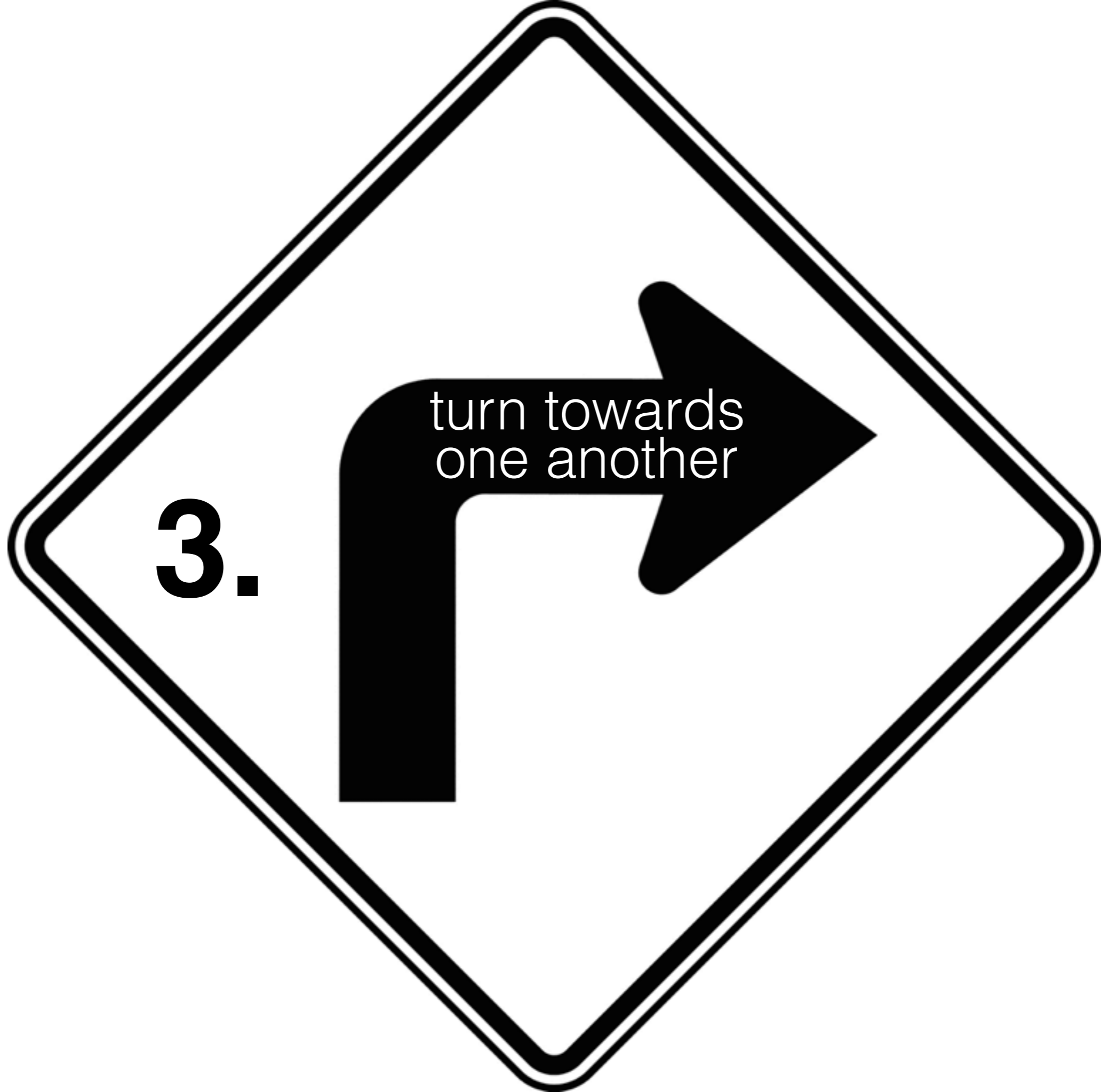
turn towards christ



jesus, who fasted alone for 40 days
who pushed yourself to the limits
who faced your demons and met your angels
we ask you to be in our fasting
lord in your mercy hear our prayer
jesus who ate with outcasts
who broke down the barriers that divided people
by sharing food and drink
we ask you to be in our eating
lord in your mercy hear our prayer



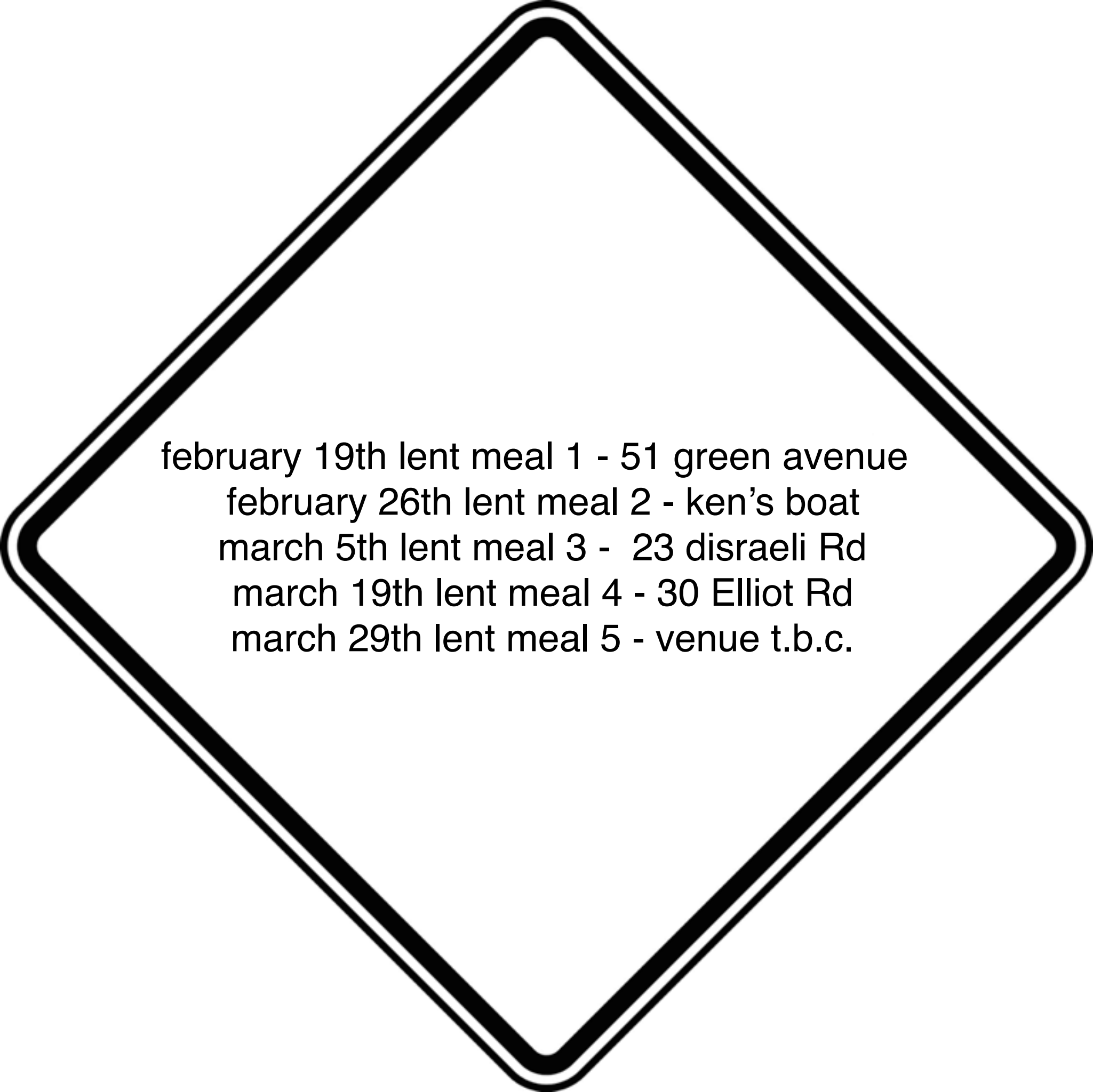
jesus you had a passion
for a life of extremes
you taught us that to live we have to be
prepared to die
to eat we have to be prepared to fast
to love others we have to learn to be alone
we ask you to be in our living
lord in your mercy hear our prayer
jesus may we live your life with you and
share in your death
may we have the courage to learn the
secrets of the universe
to stare death in the face
and to love life.
amen.



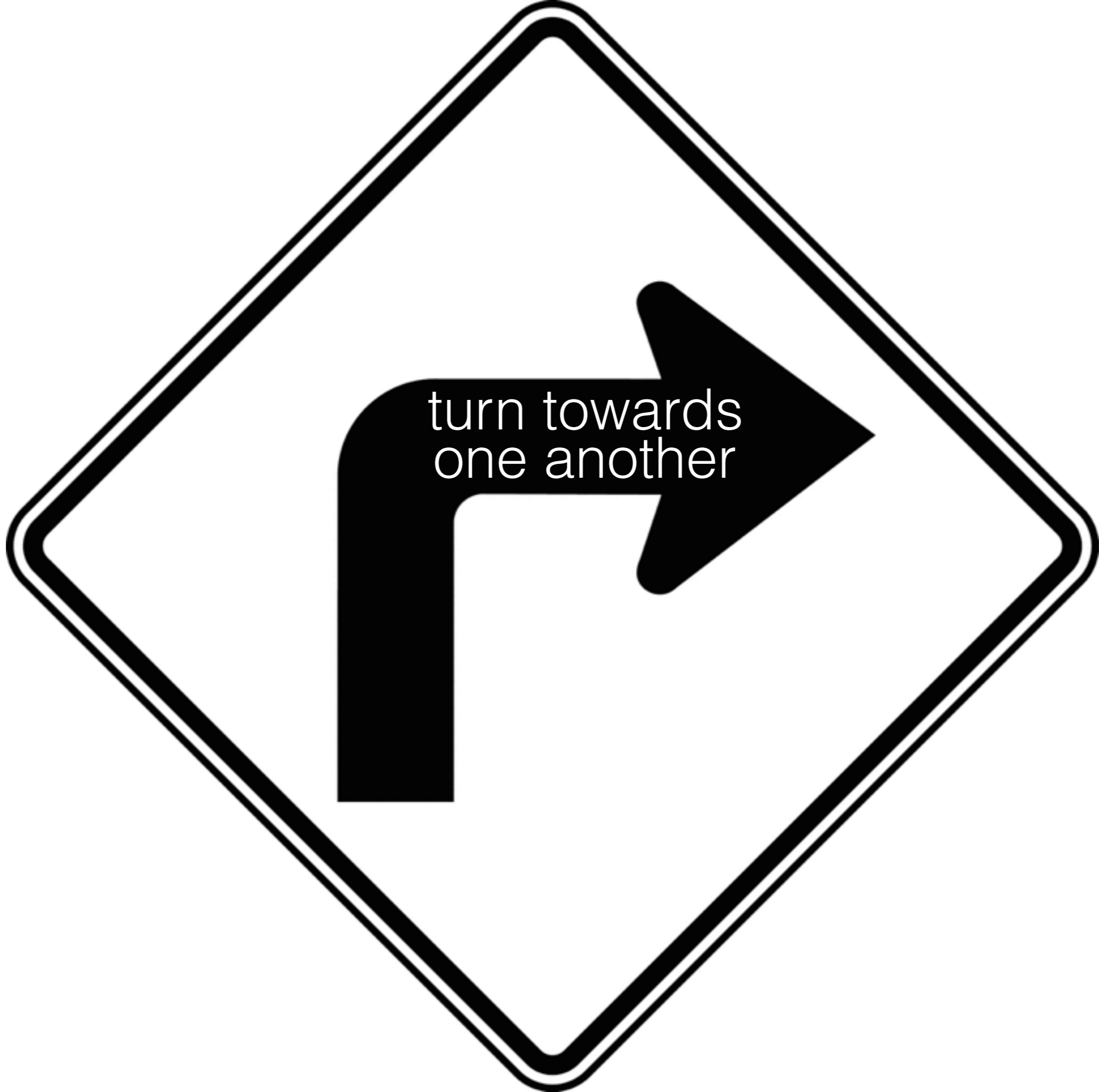
3.

turn towards
one another

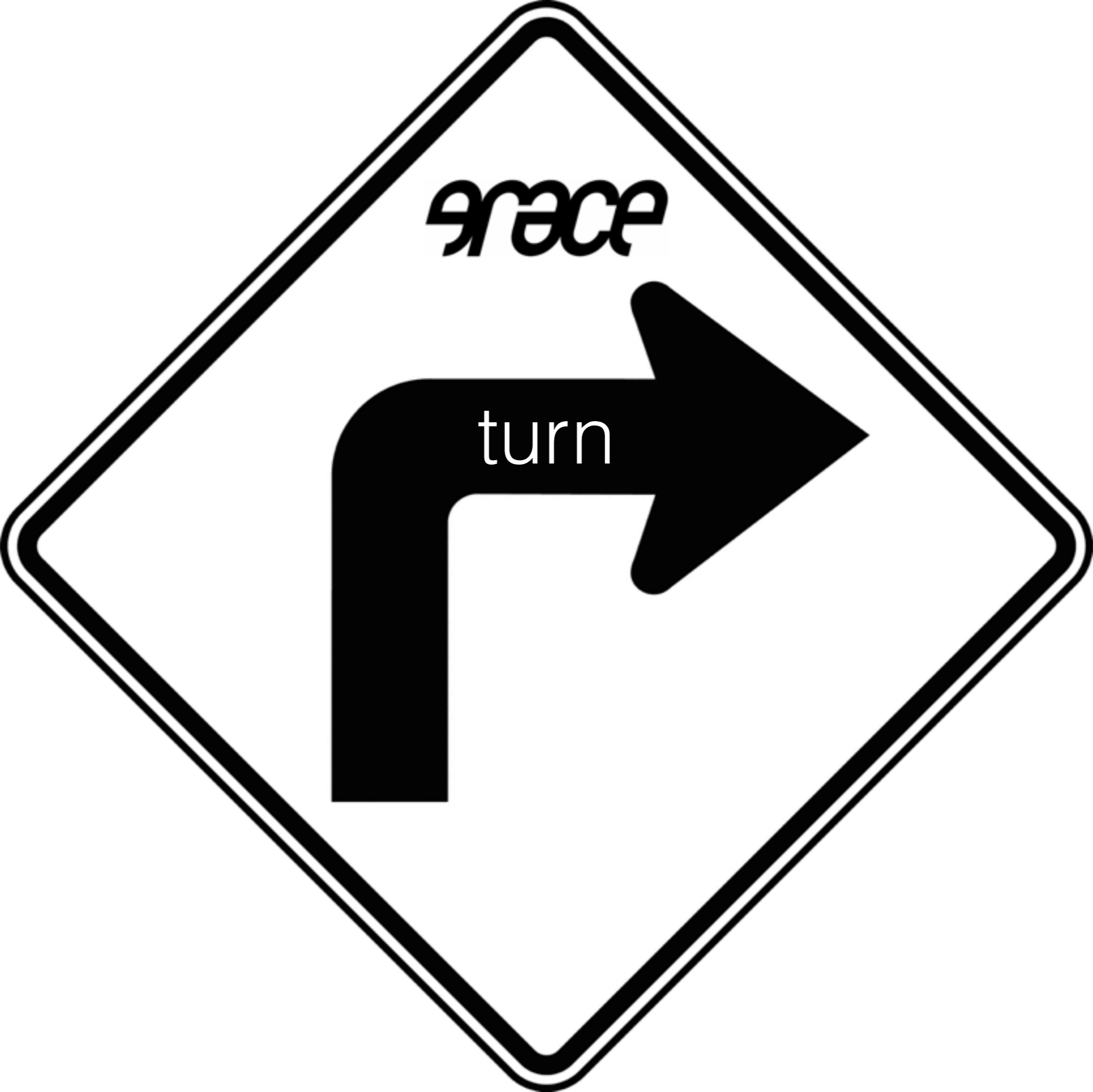




february 19th lent meal 1 - 51 green avenue
february 26th lent meal 2 - ken's boat
march 5th lent meal 3 - 23 disraeli Rd
march 19th lent meal 4 - 30 Elliot Rd
march 29th lent meal 5 - venue t.b.c.



turn towards
one another



grace

turn