

Prayer for Wholeness

Non-Stick

Here in your grace, God,
I wipe off the dust that has clung to me
from unpleasant encounters.
I do not need to take them personally:
the dirt of hurt feelings,
the smear of insults,
the slime of other people's anger.
The grit of trauma, driven deep into my pores,
I wash clean. It is not me.
Even the dust of my own self-doubt
I wipe off.
Beneath the mud, beneath the stains,
I am whole and beautiful and capable.
I am blessed and beloved.
To other people's bad energy,
God, help me be non-stick.
I'll stick with your grace instead.

Steve Garnaas-Holmes

Sung Response

Spirit of the Living God, fall afresh on me.
Spirit of the Living God, fall afresh on me.
Melt me; mold me; fill me; use me.
Spirit of the Living God, fall afresh on me.

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Eucharistic Prayer

The Lord be with you

And also with you

Lift up your hearts

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Great is the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

Our *Father, who art in heaven,

hallowed be thy name,

thy *kingdom come,

thy will be done,

on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our debts,

as we forgive our debtors;

and lead us not into temptation,

but deliver us from evil.

For thine is the *kingdom, and the power,

and the glory, forever. Amen.

**May use expansive language, if desired.*

For example, Mother, Parent, Creator for Father and kin-dom for kingdom

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