

# BOOK of PRAYERS



**UNITED  
THANK  
OFFERING**

## INTRODUCTION

We face so many challenges and uncertainties in the world today that we have every reason to give thanks for the many blessings we have received. The wildfires, the hurricanes, and the day-to-day tragedies have taught us valuable lessons. Above all, they have taught us how to love, share, and care for each other. In many ways our faith has been tested, and we have had to draw on our strength, courage, commitment, and endurance.

We have gathered prayers of gratitude and thankfulness from many parishes in the dioceses around The Episcopal Church, and we have published this little book, which can be carried in your purse or pocket and used daily.

Thanks to all of you who have contributed prayers. To all our readers, we hope that these selections will touch your hearts in an inspirational way, and furthermore, we encourage you to share them with others.

**Blessings to you and yours,  
The 2018–2021  
Board of the United Thank Offering**

## **2018 UNITED THANK OFFERING PRAYER**

Gracious God, we come before you in the knowledge that although we are varied in our gifts, we are united as laborers of your harvest. With grateful hearts, we give thanks for the blessings and challenges that inspire the work of the United Thank Offering. May the offerings given to UTO as an expression of gratitude go on to address the needs of our ever-changing world. All this we ask through Jesus Christ, whose life is a blueprint we strive to follow.  
Amen.

## **2018 UNITED THANK OFFERING BLUE BOX PRAYER**

Almighty God, I give you praise for blessing me in many ways. Create in me a grateful heart and with this gift a blessing start.  
Amen.

## **A PRAYER FOR THE UNITED THANK OFFERING**

Holy and gracious God, we give you thanks today for the United Thank Offering and all who participate in the spiritual discipline of gratitude. We give thanks for our history: for the inspiration and wisdom You planted in women who were called and responded to the needs of innovative mission and ministry, especially by women. Together Ida Soule and Julia Chester Emery created a united offering which we continue today, and we also thank you for the work of all Emery sisters: Julia Chester Emery, Mary Emery Twing, Helen Winthrop Emery, and Margaret Theresa Emery. These mighty sisters worked on behalf of missionaries, their families, and single women in service here and abroad.

We also are grateful for the generations of unnamed women who have led and participated in UTO – for their dedication, care and discipline. We ask that you bless all of us who have dedicated ourselves to the practice and discipline of gratitude, and all who will continue this work. May You continue to bless the United Thank Offering, calling others to join in our daily thanksgivings.

Most importantly, we ask You to uphold, bless and guard all those ministries that have received UTO funds to continue to be a sign of Your love to our broken world. Dear God, we thank You for all of the blessings of this life, given freely as a sign of Your grace. Amen.

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# GRATITUDE

## A GRATITUDE PRAYER

Dearest Lord,  
For the gift of life, I thank thee.  
For the rising sun and the seasonal promise of plants  
and flowers that will surround me, I thank thee.  
For my family and friends and the gifts they share,  
I thank thee.  
For my home and all its comforts within,  
I thank thee.  
For the abundance you give me and my willingness  
to share it with others, I thank thee.  
For the wisdom of my elders and my ability to listen,  
I thank thee.  
For acceptance of the challenges that I face every  
day, I thank thee.  
For strength and courage to act for justice and peace,  
I thank thee.  
For knowledge that without you I have nothing,  
I thank thee.  
And for the end-of-day blessings before I sleep,  
I thank you gracious Lord.

Mrs. Kathryn A. Leno  
St. Andrew, Florence, OR  
United Thank Offering Representative  
Diocese of Oregon

## **A PRAYER OF THANKSGIVING AND PRAISE**

God of our hope. God of our dreams.  
God of our understanding.  
Humbled, we bow before you, giving you  
thanks for all of creation.  
We thank you for all that you give us.  
We praise your name for forgiving us of our sins  
before we ask for forgiveness.  
Only you can raise us from our brokenness  
and make us whole.  
Only you can give us the peace that we yearn for.  
Fill us with your spirit. Be our light in the darkness.  
Envelop us with your presence.  
Set in our hearts to always praise you.  
Let us ever be mindful of your healing spirit.  
Let us live, one with you.  
Hallelujah!

**Ms. Lisa Martin**  
**President, Episcopal Church Women**  
**Diocese of Texas**

I think I could not bear it, Lord,  
To know things all at once,  
I need the stepping stones,  
The leap of faith each time  
I meet a challenge,  
I reach for your hand  
To steady me when I am in the air,  
You have never failed me,  
Though I am mortal and often  
Splash and wet my feet as I fall short,  
This is a lesson learned,  
You never tire of hauling me  
Out of the deep water and  
You let me wade through  
What makes me stronger in the end.

**Ms. Charlotte Johnson**  
**St. Raphael the Archangel**  
**Diocese of Lexington**

## PRAISE AND GRATITUDE

Heavenly Father, Almighty Creator God,  
My voice is raised to you acknowledging the gift  
of confession, grateful for your mercy, grace, and  
forgiveness, and the opportunity to begin anew.  
Looking back, I know you have been the architect of  
my life as you have pushed me to and through high  
points while you have been steadfast and present  
during my times of loss and other great challenges.

I've felt the strength and power that have come only  
from you, sustaining me and providing me with joy.

Knowing you are in charge of this world and all that  
is in it, I ask your intercession for all your people  
throughout the world that we may also come to  
know each other through your love.  
I thank you for blessing me with a loving family and  
friends and all the blessings of this life.

I love you, our only Lord and Savior, Jesus Christ.  
Amen

**Dr. Betty Carrington**  
St. David's Church, Episcopal Church Women  
Diocese of Long Island

## GRATITUDE FOR ABUNDANCE

Creator Spirit,

In gratitude we offer thanks for all which has been  
provided for us, as well as for opportunities and  
challenges placed before us.

Help us to envision our future together from a  
viewpoint of abundance rather than scarcity;  
from love rather than despair or hate.

Love and gratitude have the ability to transform us  
in ways which we may never understand, yet at the  
same time, call to us.

Thanks be to our Creator – Always.  
Amen

**Mrs. Susan Harries**  
St. James' Episcopal Church Women  
Diocese of Northern Michigan

## LORD, YOU ARE THERE!

Gracious God:

Today I will count all my many blessings, the ones that I saw, heard, and touched, and especially for the blessings I overlooked and that escaped my conscious being.

In all those blessings, you are there!

I will count the blessings of the seemingly ordinary moments, those things I take so for granted; the rising of the sun, the smile of a friend, the embrace of my child, the look of love on my spouse, and the excited bark of my furry pawed pet. In all those moments, you are there!

I will count the majestic things you have created; the crocus peeking through the snow, the sound of the ocean lapping up on the shore, the wind whirling the leaves across my yard, and the mighty thunder cracking just before the rain comes.

In all those things, you are there!

May I be in an attitude of thanksgiving for all these daily glimpses of your power, your kindness and awesome love, your compassionate and undeserving grace, and for all that is a part of your beautiful kingdom.

May you remind me Lord, you are there!

May I be open and sensitive as you refine my awareness to be on watch for all your daily blessings, the ordinary and the extraordinary, the small and the large, the grand and the simple.

In all those humble, kind, and just things, you show me that You are there!

Amen!

**Mrs. Debbie Butcher**  
President, Episcopal Church Women  
Diocese of Oklahoma

## GRATITUDE FOR DIVERSITY

Sitting under a large shade tree, Grandmother calls to Granddaughter,

“Come sit in the shade by me, child. I have watched you for awhile and you look as if you have been so busy running one place and then another. Actually you have been running in circles, going nowhere.

Sit quietly, my child, look about you, watch the people of our community. Each has her/his own way of looking at life. That determines the focus each has on what she/he does with life. This uniqueness is a gift from the Creator. Some are always pleasant and gracious; some dance as if the Spirit of a particular animal lives within them; some are storytellers, and then there are the contraries.

What is it that the Creator wants you to focus on? Just like the dog running in circles, chasing its tail, going nowhere, so you too run here and there, going nowhere. Sit my child, watch the people of our community and think on these things.”

May we, within the Episcopal Community, recognize that diversity within our Community is our strength. Even though you and I may have differing views on issues, we are all Children of God, together.

It is to that God that we understand, each in our own way, that we say AMEN together.

**Ms. Winonah McGee**  
**Parishioner, St. Stephen's Episcopal Church, Newton, IA**  
**Diocese of Newton**

## **A PRAYER FOR FAMILY AND SUMMER TIME**

Gracious Lord,  
School is out and we are ready to reconnect  
with our family.  
Keep us safe as we travel to visit new places.  
Keep us healthy as we eat to fuel our bodies.  
Let us praise the Lord as we continue to learn  
new skills in school and at home.

Give us confidence in our parenting and patience  
with our children.  
Give us rest after a day of labor.  
Bless our families, our friends,  
and our four-legged families too.  
Thank you for all our blessings.  
We ask this in your name.  
Amen

**Ms. Barbara Schafer**  
**Grace in the Desert Representative**  
**United Thank Offering Board, Province VIII**  
**Diocese of Nevada**

## MY MORNING PRAYER

Thank You, Father, for watching over us  
through the night.

Thank you, Father, for opening our eyes  
to see the morning light.

Help us, Father, to do the work you have  
giving us to do with all thy might.

Amen.

**Mrs. Bernice Turner**  
**United Thank Offering**  
**Diocese of Maryland**

## STAINED GLASS WINDOWS

Your light shines forth so brightly, Lord,  
Always with outstretched arms you pull me in  
That I might know the warmth and joy and love  
You offer me.

With my heart filled, you send me out again  
That those I meet might also know the love  
That sets me free.

**Mrs. Ginny Wynn**  
**Episcopal Church Women**  
**Diocese of Oklahoma**

## FILLED WITH GRATITUDE

Holy Presence within us and all around us,

We are filled with gratitude  
for the day that is given,  
for the love that surrounds us,  
for the hope that springs eternal,  
for the call to love and serve,  
for the spirit of guidance that keep us on your path.

Give us the courage and the resolve to do justice and  
walk humbly in your way.

Amen

**Ms. Phyllis Hockley**  
**Episcopal Church Women**  
**Diocese of Oregon**

## A CELTIC PRAYER

O Creator, Redeemer, and Sustainer of the Universe,  
I do give thanks for:

The Earth, for without it we are literally space dust.  
Water, from which You first brought forth life  
and with which my sin was washed away at baptism.  
Plants of all shapes and sizes, which provide the  
oxygen we breathe and which remind me to stay  
“rooted” in You.

Birds of the sky, which call to mind  
Your ever-watchfulness.

Land creatures of the woods, deserts, plains,  
and jungles – they are also created by Your  
loving Creativity.

Rocks and pebbles, which anchor the soil that  
nurtures the ground upon which our food grows.  
May I always turn to You as my Rock.  
You, Creator God, are the Source of all  
and to You I give thanks.

In the Name of the Creator, Redeemer,  
and Sustainer.

Amen.

**Ms. Sarah Elizabeth McCarren**  
**St. Francis of Assisi UTO Coordinator**  
**Diocese of the Central Gulf Coast**

## FOR SOCIAL JUSTICE

Most Merciful God, as we raise up our hands to you, we seek solace, deep rest, and relief from the struggles of a world which seem so unfair. There is never-ending misery. We lose hope. We question the point of even trying. But our pleas remain unspoken. We have no words. We come before you in the silence of this pain. We wait. Until, finally, we sense your Light, and as we lean to this Light, our hearts feel the rush of your love. We know you have listened. We are comforted once again, soothed by your grace, given so freely. For this, we are grateful. We breathe in this gift. We arise, renewed through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Ms. Bev Clark**  
**St. Stephen's Episcopal, Newton, IA**  
**Diocese of Iowa**

## WORDS FOR GOD

Special thanks for our gift of Prayer, dear God.  
Like You without Beginning or End.  
Somewhere, in any time or place  
We pray.  
Seeing Your Light in darkness.  
Hearing Your Calm in the storm.  
Finding Your Pathway of Peace.  
So – in Prayer without End  
Help us bring Your Kingdom Come  
On Earth as it is in Heaven.

**Mrs. Mary Holley**  
**St. Peter's Episcopal Church, Henrietta, NY**  
**Diocese of Rochester**

## GOD OF THE GARDENS

O God of the Gardens, we give you thanks for the trees that created the wood that created the container to hold the dirt in our city garden.

We give you thanks for the seeds that grow in the container to become vegetables in our city garden.

We give you thanks for the curious city dwellers who you have sent to tend the plants in our city garden.

And we give you thanks for the lives that have changed and flourished through the gift of fresh fruits and vegetables we have harvested from our city garden.

May more dirt cover the asphalt, may more seeds sprout and provide healthy food to those that have none, and may the power of your love manifested in your harvest help us bring healing to a divided world.

Amen.

The Rev. Julie Cicora  
St. Mark's and St. John's  
Diocese of Rochester

## LITANY OF PRAISE FOR THE BEACH

For the hum of Your huge machine,  
Your steel indigo tumble

For towering waves that drown  
pettiness and stir wonder

For shells, kelp, clam holes  
and translucent jellyfish

For sand that polishes rocks  
and oozes between toes

For the gull's glide  
and the cloud's door

For vermilion light splashed  
across the dashboard of the day

For Your night torch welding  
the rim of the world

Mrs. Phyllis Mannan  
St. Catherine of Alexandria Episcopal Church  
Manzanita, OR  
Diocese of Oregon

Father, thank you for calling us to come closer to you.

You want to hold us in your embrace and guide and protect us.

Thank you for these gifts that allow us to be in unity with you, united in strength and power to bring our offerings to you, wholly and acceptable, through our worship of you.

We pray that you will use these, our gifts to you, to spread Your Word and manifest your love to those who are hurting that they may see You through these offerings.

Amen

**Ms. Suzanne Harrow**  
**Church of the Atonement**  
**Diocese of Georgia**

Our Heavenly Father,

We thank you for the opportunities you give us to help and serve others.

You have commissioned each one of us to go out as disciples to make disciples.

It is only through your great love and mercy for us that we can reach out to others.

We ask you to send your Holy Angels to bless and guide us in this extraordinary ministry so that only your will be done.

We humbly ask this prayer of thanks and hope through your only Son, Jesus Christ; who along with You and the Holy Spirit reign as One true God.

Amen.

**Mr. Larry Miller**  
**Vestry Clerk and Member**  
**St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Lord above,  
Thank you for sending your Son to be the perfect  
example for us on our daily walk with you.  
Let every aspect of our lives reflect our love of You  
and of Your joyous creation.  
In Jesus' Name I pray.  
Amen

**Mr. Tom Worden, Age 13**  
**St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Dear Lord,  
We trust in your ways to deal with all the problems  
we face in our lives.  
Thank you for always listening, guiding, protecting,  
and loving us enough to give us a wonderful life  
with you.  
In the name of your Son.  
Amen.

**Mrs. Lorene Every**  
**Treasurer, St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Heavenly Father,  
Thank you for giving us the strength and courage  
to follow your path and do your Will, with the sure  
knowledge that you will provide for all our needs.  
Thank you, Jesus.  
Amen

**Mr. Jim Worden**  
**Member, St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Dear God,  
Thank you, God, for the feet that you gave me, for  
shoes and socks that you provide me, and showing  
me the way to walk.  
Thank you, God, for hands so I may eat and use to  
help others.  
Thank you, God, for the brain to know you and the  
heart you gave me to feel your love each day.

**Ms. Chris O'Brien**  
**Vestry Member, St. Paul's Episcopal Church, Bloomville,**  
**NY**  
**Diocese of Albany**

Dear Jesus,  
Thank you for taking care of my grandpa when he got sick last week.  
I am so happy to know you will be with me when the doctor takes out my tonsils because it scares me.  
Thank you for my mommy and big sister who reads to me at night.  
Amen.

**Mr. Carter Moore, Age 6**  
**St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Dear Heavenly Father,  
We thank you for always being there to listen as we lift up our problems and hardships in prayer.  
Thank you for ministering our needs.  
We look forward to knowing what special plans you have for each of us.  
In Jesus' Name.  
Amen.

**Mrs. Lisa Worden**  
**Member, St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Dear God of All,  
Thank you for what you give us each day, for the little things as well as the larger prayer requests.  
Thank you for always being there to listen and for all the answered prayers, even if the answer was "no."  
Amen

**Ms. Stacey Collins**  
**Member, St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Dear God,  
Thank you for helping me on tests when I pray for your help and for the good grades.  
Thank you for my family, my mom, my crazy little brother, and my grandparents.  
Amen

**Ms. Hannah Collins, Age 11**  
**St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

Heavenly and Most Gracious Father,  
Thank you for the gifts and talents You have given  
each of us, so we can always do what is best for  
furthering Your Kingdom.  
Please help us to do what is Your Holy Will as we  
commit ourselves to You and to Your service.  
Thank you for showing us that age has no limits:  
young or old, we can all be used for Your Honor and  
Glory in every aspect of our lives.  
Help us to open our hearts more fully each day,  
as we reach out to aid and teach others about the  
immeasurable love You have for each person.  
In the name of our Lord, Jesus Christ.  
Amen

**The Rev. Laura Miller**  
**Deacon Vicar, St. Paul's Episcopal Church, Bloomville, NY**  
**Diocese of Albany**

## THANKFUL

Be thankful for the gift of life.  
Be thankful for the precious years given to pursue  
our call through his grace.  
Be thankful for family and friends who have  
supported us in good times.  
Be thankful for dark challenges and obstacles that  
foster growth and renew faith.  
Be thankful for friends that come and go during  
seasons of life to guide us and open our eyes to new  
opportunities and possibilities to prosper and serve.  
Be thankful through daily prayer for his continued  
strength, love, and guidance.  
Be thankful by sharing your blessings and placing  
monetary gifts in the United Thank Offering Blue  
Box to support our brothers and sisters in need  
throughout our beloved faith community and  
beyond.  
Be thankful and continue to be a vessel of Jesus'  
power and light in the world.

**Ms. Birdie Blake-Reid**  
**Secretary, United Thank Offering Board**  
**St. Augustine's Episcopal Church Brooklyn, NY**  
**Diocese of Long Island**

## THANKSGIVING FOR A GRANDCHILD

A Prayer of Thanksgiving for the Birth of a Grandchild.

On a day celebrating Thanksgiving, we learned you were expected; a long awaited gift.  
For the conception of this child,  
Father, we give you thanks.

Each month we received news of your growth as you were formed and knit together in the secret place of your mother. For the development and growth of this child, Father, we give you thanks.

I watched as your mother birthed you into the world; and she and your father marveled at the wonder of you. For the safe delivery of this child and this mother, Father, we give you thanks.

You cried immediately, announcing your arrival into this world; your voice joining the chorus of the newborn souls of that day. For the life of this child, Father, we give you thanks.

Heavenly Father, we give you thanks for the dream of this child before the foundations of the world. Give her (him) strength to stand; comfort when discouraged or in sorrow; lift her (him) when she (he) has fallen, and give her (him) your peace which passes all understanding to dwell in her (him) heart all the days of her (his) life; through Jesus Christ our Lord. Amen.

**The Rev. Deacon Andrea Peacock**  
**President, Episcopal Church Women, Diocese of Alabama**  
**St. James'**  
**Diocese of Alabama**

Dear God,

We praise you for your greatness and thank you for each blessing you have given us.

For the strength you give us to persevere when times are hard, we thank you.

For the beauty of creation that inspires us, we thank you.

For the gift of music that makes our hearts sing, we thank you.

For the support of our friends and family, we thank you.

For our health and well being, we thank you.

For the food we eat and the clothes we wear, we thank you.

For the privilege to serve you and your church, we thank you.

Most of all we thank you for your loving and loyal presence in our lives despite our lack of faith and for calling us back when we wander too far away.

In Jesus' name, Amen

**Ms. Joyce Landers**

**United Thank Offering Board, Province IV Representative**

**St. Mark's, Troy**

**Diocese of the Central Gulf Coast**

## **WONDER AND AWE**

Most Wondrous God, keep me in this moment!  
May I never cease to be amazed by the extraordinary way You touch my very being by the synchronicity of unexpected joy exploding from a previously deemed lost cause.

When I consider that Your very breath gives me life and simply waking in the morning is gift, I cannot imagine a day when even the smallest thank you goes unuttered.

May I speak from a place of gratitude with words of kindness and encouragement.

May I serve from a place of gratefulness with compassion and love, a reflection of Your grace and merciful abundance.

For each day given, every new dawn that awakens, fill me with awe and expectation, and in the instant I shiver with recognition of Your immanence, may I pause and say thank you.

For everything.

Amen.

**Mrs. Nancy Severin**

**President, The Order of the Daughters of the King®**

**Province VI**

**Diocese of Colorado**

Divine and Merciful God,

Creator of all things great and matchless, how can we begin to thank you for your grace and mercy?

Daily you provide for us, even before we can ask; your grace and goodness is sufficient for us.

Because of your grace and mercy, out of our wellspring flow rivers of love and gratitude in worshipping you.

We thank you for those companions you have given us to walk with on this earthly journey, a journey that is filled with rough places that you have made smooth.

You continue to provide us with fresh waters to sooth our anxious soul.

For this we give you thanks and praise.

Amen

**The Rev. Deacon Marjorie Boyden-Edmonds  
Episcopal Church Women  
Diocese of Long Island**

## **THE GIFT OF TODAY**

Gracious and loving God,

Thank you for the gift of this day: for the brilliance of the rising sun, for the ripples of the flowing river, for the music of the birds and the industry of the small animals.

May I use this day wisely and reverently and to your glory, always remembering that each and every day is a blessing from you to be shared and honored.

I pray this all in Jesus' Name.

Amen.

**The Rev. Jennifer Kenna  
National Episcopal Church Women Board  
Diocese of Central New York**

## AN END OF THE DAY LITANY OF THANKSGIVING

As the day draws to a close, I pause in gratitude to God for the day behind me and for the gifts it brought.

I give thanks for my home, for a safe place to live and sleep, and for the room to gather with those I love and the respite the space offers me. Thank you, Lord.

I give thanks for those who love me in spite of myself, for my friends, my family, my neighbors, and I ask for guidance to love them more deeply tomorrow and your grace and support to strengthen and overcome any brokenness in relationships with people around me. Thank you, Lord.

Thank you for meaningful work, for the passing of the hours in building up my community through the vocation you've called me to do. Thank you, Lord.

With gratitude for rest, play, and fun, I give thanks for the laughter of the day, for the joy, and for the hope it brings for tomorrow. Thank you, Lord.

I give thanks for the small things that made the day better today: for good parking spots, easy driving when I expected traffic, coffee in the morning, sunshine, fresh air, and all of your beautiful creation that I got to experience today. Thank you, Lord.

For those that I love who have died, I give thanks for the ways their lives continue to bless mine. Thank you, Lord.

For all the blessings and trials of this day, things done and yet to be done, I give thanks for the ability to place them aside and rest. Thank you, Lord.

I give thanks for the mercy, grace, hope, peace, and gratitude bestowed upon me this day from a God who loves and cares for us.

Praise be to God, Father, Son, and Holy Spirit now and forever.

Amen.

**The Rev. Heather Melton  
Staff Officer, The United Thank Offering  
Diocese of New York**

## **A GRATITUDE PRAYER**

Dear Heavenly Father,  
I am so grateful for everything  
that you have given me.  
For my friendships and the love of my family.  
For the many ways in which I am cared for  
and supported by them.  
For the many ways I can serve, love,  
and give to others.  
For the beauty of the skies, breathtaking sunsets,  
and morning mists of your lovely earth.  
My heart is grateful and full of thanks.  
I thank you with everything I am.  
Amen

**Ms. Barbara Schafer  
Grace in the Desert  
Diocese of Nevada**

Dear Heavenly Father,  
I come to You with tremendous gratitude for  
all of the innumerable blessings that You have  
bestowed and continue to bestow upon me daily.  
Help me to always do Your will and to draw  
others to You.  
Thank You for loving me.  
In the holy name of Your Son,  
our savior, Jesus Christ.  
Amen

**Mrs. Maggie Noland  
St. James' Episcopal Church  
Diocese of Alabama**

## THREE PER DAY

At the end of the day, it helps me to quiet myself and tame the negative aspects of the day or of my family struggles, health concerns, and violent news stories of the day throughout the world, by doing the following:

I sit quietly at my kitchen table, usually with my dog and two cats sleeping close by, and pause for a few minutes to clear my busy mind.

Then, pen in hand, I take my journal and handwrite what three things I am grateful for that day. It could be a solved problem, an answer to prayer, or simply three things that touched me.

Sometimes it is a friendly greeting from the grocery clerk, a polite person who holds the door open for me, or someone who lifts a heavy sack of grain into the back of my car for my chickens.

Sometimes it is the chance for me to touch another person by greeting them or noticing a troubled look on their face and asking them if they are OK. Sometimes it is a chance to be able to help a sorrowful person as they face a tragedy.

Usually the simpler the better.

Lord, help me to be aware.

**The Rev. Mary Bredlau**  
Grace in the Desert Episcopal Church  
Diocese of Nevada

Gracious God,

I give you thanks this day,  
not only for my family, friends, and loved ones, but  
also for all who will cross my path today,

I give you thanks this day,  
not only for the many gifts I often take for granted,  
but also for the struggles that draw me closer to you.

I give you thanks this day,  
not only for your presence in times of light and joy,  
but also for your presence in the dark times when I  
need you most.

Thank you, Gracious God, thank you,  
not only for loving me,  
but also for granting me the privilege  
of sharing your love wherever I go.

Amen.

**The Rev. C.K. Robertson**  
Canon to the Presiding Bishop, The Episcopal Church  
Diocese of New York

## EPIPHANY AGAIN

By no words  
I was arrested, again  
On my way back to church  
Yesterday.  
Arrested speechless,  
When the molecules of my very blood,  
Souls unto themselves,  
Stood still, waiting,  
Tracing their way  
Back to my heart.  
Headed to the Church in the Glen Wood, was I  
And but for a stone's throw  
(I could pitch the front door)  
I parked, sat, waited...and shut down  
My eyes blinded,  
My ears, now deaf,  
My heart fainting its last beat.  
Tears leaving me more blind  
Than the light rain tracing its way  
Down the windshield.  
"I have arrived" I thought,  
Worship visited me  
On my way back to church  
Yesterday.

Thank you  
God of river, rock, and tree,  
God of bird, bear, and snail;  
Thank you  
God of wind, sun, and rain,  
God of all, not just you and me;  
Thank you  
for the gift of all creation  
help us to love it as you do.  
Amen

**Ms. Linda Gelbrich**  
**Church of the Good Samaritan**  
**Diocese of Oregon**

**Mr. Bruce Sedgwick**  
**Resurrection Episcopal Church, Eugene, OR**  
**Diocese of Oregon**

## **PRAYER OF GRATITUDE DURING ILLNESS**

Dear Heavenly Father,  
thank you for bringing me through the perils  
and dangers of this world, and giving me  
a second chance at life.

Thank you for the doctors, nurses, family,  
and friends who cared for me and prayed  
with me throughout my illness.

Thank you for easing my pain and suffering,  
and bringing me to a point where I can face another  
day knowing that you are with me all the way.

Grant me the strength and courage to face  
the days ahead.

Give me the wisdom to accept those things  
I cannot change and the guidance to follow  
your will for the rest of my days.

This I pray in Jesus' name.

Amen.

**Ms. Vernese Smith**  
**United Thank Offering Board, Province II Representative**  
**Diocese of Long Island**

Almighty and ever-living God,  
Father of our Lord, Jesus Christ,  
I give thanks for those who pray  
with others and for others in times  
of hardship, waiting, confusion, and doubt.  
When Your answer is “No,” their prayers  
strengthen and fortify.  
When the waiting is long, their prayers comfort.  
When Your answer is “Yes” or “Maybe,”  
their prayers bring joy and encouragement.  
Bless all who commit to pray for others –  
friends and strangers – for their gift is mighty!  
Amen.

**The Rev. Marion Luckey**  
**Executive Council Liaison, United Thank Offering Board**  
**Diocese of Northern Michigan**

## FOR THE DISCIPLINE OF GRATITUDE

Holy and Gracious God,

We acknowledge that everything is a gift from You  
and all that we have belongs to You.

Grant that it may be our life mission to return a little  
to You each day in service and in gratitude for Your  
deep and sustaining love.

Create generous and thankful hearts in your people  
for the daily blessings that come each day.

Help us to recount and share those blessings to Your  
greater glory and the development of Your Kingdom.

For truly it is in giving that we receive and far more  
than we can imagine.

For our hearts will be forever changed and our souls  
united one with Jesus.

May God bless us and keep us.

Amen.

**Mrs. Kathy Mank**  
United Thank Offering Board Treasurer  
Diocese of Southern Ohio

Holy and gracious God,

sometimes we suffer from thinking we are too small  
to make any difference.

Remind us that we are your beloved children,  
made in your image, and that even our tiniest acts  
of kindness, love, or generosity can make positive  
ripples beyond our imagination.

Multiply our offerings that, together, we might reach  
all those who are in need.

We pray in the name of your son,  
who multiplied the loaves and fish.

Amen.

**The Rev. Lauren M. McDonald**  
Associate Rector for Outreach and Women's Ministries  
Bruton Parish Church  
Diocese of Southern Virginia

Generous God,

our hearts are full of gratitude for all that  
you have given us, large and small.

Thank you for our blessings.

This week we pray that you would grant us  
opportunities to share our gratitude with others  
at church, at work, at school, in our neighborhoods,  
with our families and friends, and with strangers.

Help us to fill our community and our world  
with thanksgiving and to show our gratitude  
in all of our actions. In Jesus' name we pray.

Amen.

**The Rev. Lauren M. McDonald**  
**Associate Rector for Outreach and Women's Ministries**  
**Bruton Parish Church**  
**Diocese of Southern Virginia**

O God of resurrection,

who brings new life out of death:  
Pour out your spirit upon us that we might bless  
others as we have so generously been blessed;  
equip us to be bearers of resurrection,  
that our gifts may bring light and life to a broken  
and hurting world;  
make us instruments of your love and grace  
and peace, that we might see your son in all  
whom we meet and that all whom we meet  
might experience your love through us;  
in Jesus Christ we pray.

Amen.

**The Rev. Lauren M. McDonald**  
**Associate Rector for Outreach and Women's Ministries**  
**Bruton Parish Church**  
**Diocese of Southern Virginia**

Heavenly and Most Gracious Father,  
Thank you for the gifts and talents You have given  
each of us, so we can always do what is best for  
furthering Your Kingdom.  
Please help us to do what is Your Holy Will as we  
commit ourselves to You and to Your service.  
Thank you for showing us that age has no limits:  
young or old, we can all be used for Your Honor and  
Glory in every aspect of our lives.  
Help us to open our hearts more fully each day,  
as we reach out to aid and teach others about the  
immeasurable love You have for each person.  
In the name of our Lord, Jesus Christ.  
Amen

**The Rev. Laura Miller**  
Deacon Vicar, St. Paul's Episcopal Church, Bloomville, NY  
Diocese of Albany

O God,  
you have sent angels, Prophets, and sages  
to tell your people to not be afraid.  
In these tender times, there is much to fear  
in the world.  
We sense our own vulnerability and see danger  
and evil all around.  
Quicken in our hearts the courage to greet  
this day without fear so that we may be heralds  
of the good news of your love and companionship.  
With you, we have nothing to fear, for love is  
stronger than hate; hope is stronger than despair.  
Through the cross of Christ, fear is vanquished  
by perfect love.  
With confidence in your Son,  
Jesus Christ our Lord, we pray.  
Amen.

**The Rt. Rev. James Mathes**  
Bishop of the Diocese of San Diego  
Diocese of San Diego

## IN GRATITUDE FOR DIFFICULT TIMES

Dear God, we give thanks for your never-failing presence during difficult times and for the ways you are like a mother hen, always gathering us to you. Even though we would prefer to never know hardship, we are grateful for the ways our lives are shaped by the challenges, losses, and adversity we face during our lifetime. We give thanks for the lessons we learn when we overcome adversity, for the fortitude and strength gained when we survive challenges, find our way through darkness and the strength to continue to move forward. We are grateful for those you send to journey with us, to advocate beside us and to fight for justice with us as we work together to bring about a world that

embodies your hope for us, that we might love one another, and ourselves, as you love us. Help us to see your love at work in the world around us, help us to be strengthened in difficult times by that love and may we always choose to see and follow you to a new hope, a new day and the promise that you will never abandon us again. We give thanks for all of the times it is easy to practice gratitude, because it strengthens our resolve to be grateful even when it is most challenging. We praise you and we bless you for all of the good you are working out through us, in spite of us and in the midst of us, this day and always. Amen.

**Anonymous**

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# CRISIS OR DEALING WITH DISAPPOINTMENT OR CRISIS

## FOR THE CARDINAL VIRTUES IN TROUBLED TIMES

Grant us, O God, in these troubled times of division and discord, the courage to live fearlessly despite all threats real or imagined, the prudence to see things as they are – not as painted by anxiety and prejudice, the temperance to treat others with compassion and curiosity especially if they differ from us, and the firm resolve to insist on justice against the worldly system of power and greed.

In the storm of social passions, in the tide of discontent, in the whirlwind of delusions, suspicions, and fantasies believed, in the fray of battles over wealth and power, teach us the ways of effective compassion, “teach us to be still.”

Make us O Lord, “instruments of your peace” with justice, all to your glory and yours alone, Father, Son, and Holy Spirit.

**The Rt. Rev. Dan Edwards**  
**Bishop of Nevada**  
**Diocese of Nevada**

Most Gracious Father,  
There are many times in the dark when the pain becomes unbearable and we don't know where to turn. Please help us to understand and give us the strength we need to carry on through any trial because we know You would never leave us. Please help us to feel Your loving arms around us as You guide us through any tragedy. In Jesus' Most Precious Name.  
Amen.

**Mr. Doug Williams**  
Member, St. Paul's Episcopal Church, Bloomville, NY  
Diocese of Albany

Lord,  
I thank you for your loving kindness.  
You shine bright in my life and help me when I am upset.  
Thank you.  
Amen.

**Mr. Evan Reed**  
Middle School Student, All Saints', Lakeland, FL  
Diocese of Central Florida

## NO THANKS TO GIVE

Creator God:  
How can I give thanks when I have no thanks to give?  
Loss and fear have carried me into a cavern of seemingly endless darkness.  
Rough stone is everywhere around me, and every path takes me deeper into the void.  
Who will guide me when the person I love most is no longer breathing the same air that I breathe?  
Can I overcome my pain long enough to reach out in blind trust?  
Where will I find the courage to seize the cord that can and will lead me out of despair?  
Redeemer God, your faithfulness is that cord.  
Sustainer God, your steadfast love will keep me safe until I am above ground, until I am able once again to embrace life and the living of it.  
Perhaps it is possible to give thanks even when I have no thanks to give.

**Ms. Carol Bell**  
St. Ignace Community  
Diocese of Northern Michigan

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## FEAR OR DANGER

### PRAYER OF A FEARFUL PEOPLE

Holy One, we are such fearful people, forgive us and heal our brokenness.

We are fearful of what the future holds, and so we hoard our resources, while others die from lack of food, water, housing, and health care. Holy One of Abundance, have mercy on us, and help us to share your gifts.

We are fearful of what other may do to us, and so we buy guns, build walls, and prepare for war, rather than reaching out to our neighbors, listening to one another, and doing the hard work of reconciliation. Holy One of Peace, have mercy on us, and help us to beat our swords into plowshares.

We are fearful that we are not good enough, and so we build ourselves up by holding others down, pretending that everyone has an equal chance, when in truth we know the falsehood of that claim. Holy One of Justice, have mercy on us, and help us to speak truth to power on behalf of the powerless. We are fearful that the Commonwealth of Heaven may not be big enough to hold the great diversity you have created in the world, and so we demonize those

who hear your voice differently than we do or know you by another name. Holy One of Grace, have mercy on us, and help us to remember that every human being is your beloved child.

Holy One, Love Incarnate, help us to set aside our fear and incarnate your love in all that we do.

Amen.

**Companion Teri Smith-Jones  
Grace Episcopal Church, Brunswick, MD  
Diocese of Maryland**

## IN TIMES OF FEAR

In times of fear...

Teach us, gracious God, to live again in hope, despite forces all around us calling for fear, despair, mistrust, and anger.

Teach us, dear God, to dare to trust again, for trust in you allows us to recover the trust lost, even in those we have long known and loved. Guide us in letting go of the hurts of the past and the present, that we may face the future free of cynicism and filled with joy. Give us forgiving souls, ready to move on instead of lingering in disquiet.

Infuse our hearts with a powerful sense of your Holy Spirit, that we may again and always live in faith.

We ask, generous God, for the courage and the faith to cling tightly to what cannot be seen. We ask for healing hearts to hold one another through all which cannot be understood, but which must be endured. Remind us, God of comfort and inspiration, that we are called not to bear burdens of worry, but to bear the light of love.

We are afraid, Lord God Almighty. As people of faith, we reluctantly admit such fear. But we are afraid, lately as much of friend as of stranger.

Teach us, God, to love deeply: stranger, enemy, friend. Teach us to trust again. Help us, God.

We are afraid. Amen.

**The Rev. Carol Mead  
St. Peter's by-the-Lake  
Diocese of Mississippi**

## A PRAYER FOR OUR ENEMIES

Even as innocent blood has been spilled, we pray for those perpetrators' souls and well-being.

For their and their families continued growth toward understanding and truth.

Protect those who protect us, guide those who guide us, and save those who hurt us.

In Jesus' name, we pray.

Amen.

**Miss Denise Junker**

**The Church of the Good Shepherd, Webster, NY  
Diocese of Rochester**

Dear Lord,

all around us forest fires rage, earthquakes rattle the ground, storms dump unprecedented rain, while in other places drought withers crops and dries up lakes.

People and animals suffer, and political turmoil here and abroad keeps us on edge.

Please help us turn to you in these times as well as in the times that are fruitful and calm. Help us have faith and courage to face fully whatever lies ahead, knowing we are not alone.

And finally Dear Lord, please help us remember that in spite of all the pain in this world, the light of your love still burns and lights the way before us.

Through our Lord Jesus Christ we pray, Amen

**Ms. Linda Gelbrich**

**Church of the Good Samaritan  
Diocese of Oregon**

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# FORGIVENESS

Dear Lord,

It is only me checking in, to let you know that I do carry you in my heart daily.

Do I always remember that?  
No, it is a failing of mine.  
So I pray for your forgiveness.

Do I always pray for the well being of my family?  
No, it is a failure of mine.  
So I pray for your forgiveness.

Do I always pray for mankind to bring peace on our earth?  
No, it is a failure of mine.  
So I pray for your forgiveness.

Do I always remember to pray to you at least once a day?  
No, it is a failure of mine.  
So I pray for your forgiveness.

I close my prayer with thankfulness to you for your many blessings in my life, knowing that your Fatherly love is always with me, day or night, dear Lord. Amen

**Mr. Raymond (Ray) Steckman**  
**Church of the Epiphany, Norfolk, VA**  
**Diocese of Southern Virginia**

## **FORGIVE AND CLEANSE US**

Dear Lord, Forgive us of our sins.

Open our hearts and enter.

Cleanse our bodies and souls from all illnesses  
and evil spirits that may lurk within.

And help us to do the things that are righteous  
in thy sight.

**Mr. Allison Bourne**  
**St. Peter's Episcopal Church, Henrietta, NY**  
**Diocese of Rochester**

Dear Heavenly Father,  
Forgive me for the things in my life which continue  
to keep me from the path you have chosen for me.  
Remove the sins from my life that block me from  
becoming the person you want me to be.  
Fill my life with your Holy Spirit that I may be a  
light unto others that they may come to know you.  
Amen.

**Mrs. Marti Lopez**  
**All Saints', Lakeland, FL**  
**Diocese of Central Florida**

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## **GUIDANCE**

Oh yes, believe,  
Dare to cut the cord  
That ties to faith by rote  
And holds to prayer by only memory,  
Compassion calls heart to heart  
And soul to soul to meet,  
That prayers, unshaped,  
May rise to God in love  
In recognition of our  
Common need to heed  
The Christ call meant  
For all.

**Ms. Charlotte Johnson**  
**St. Raphael the Archangel**  
**Diocese of Lexington**

## FOR GUIDANCE AND PEACE

Heavenly Father, in the midst of the many chances and changes in our church, in our society, in our individual lives and families,

we give you great thanks for the many blessings of your presence in our common life as revealed in your Son, Jesus our Lord.

Give us courage and hope in the coming of your Spirit made known to us in our Baptism and in the sacred Breaking of Bread.

We continue to ask for your guidance and peace day by day, season by season.

All this we ask you God, our Creator, Redeemer, and Sanctifier.

Amen.

**The Rev. Deacon Tom Regan  
All Angels Episcopal Church, Spearfish, SD  
Diocese of South Dakota**

Dear Heavenly Father, we thank you for all of the many blessings in our lives.

We offer prayers for those around us who suffer from any form of illness, lack of shelter, and above all, lack of knowing that you care and love them.

We know that we are here to be your hands, your feet, your voice, and also your heart in taking care of all of your children in need.

We pray that you will not only continue to bless America but also all the countries around the world.

For we are all interconnected in one spirit and we cannot isolate ourselves from our brothers and sisters around the world.

We pray that through your blessings, we can all grow in grace and love and live the life that you have deemed for all of us.

We ask this in your name.

Amen

**Mrs. Annie Jacobs  
Episcopal Church Women  
United Thank Offering Coordinator  
Diocese of East Carolina**

## LET ME, LORD

Let me, Lord, discern my faults  
without becoming self-absorbed,  
let me confess my sins  
without excuse,  
let me be penitent  
without despair,  
let me grow in faith  
without self-righteousness,  
let me increase in virtue  
without conceit,  
let me be generous to a fault  
desiring nothing,  
let me be humble  
craving no esteem,  
let me be honest  
even in my silences,  
let me be loving  
with a true heart,  
and let me be filled with Your Holy Spirit  
that I may worship and adore You, always.

Ms. Alice Baird  
St. Peter's Episcopal Church  
Diocese of Upper South Carolina

## A PRAYER AT THE BEGINNING OF A MEETING

Almighty God and Heavenly Father, it is through  
your grace and mercy that we are able to be present  
and we are grateful for this blessing.

As we seek to embrace our mission, teach us to  
listen and to hear each other with open minds and  
compassionate hearts.

We ask that you will guide our thoughts, so that  
decisions we are called to make are done with  
courage, commitment, and good conscience.

With humble thanks, we pray that whatever we  
achieve will be to the glory of your holy name,  
through Jesus Christ.  
Amen

Mrs. Joyce Nightingale-Holder  
St. Augustine's Episcopal Church, Brooklyn  
Diocese of Long Island

## LORD OF CREATION

Lord of Creation, who gave us the Gift of Water,  
Help us understand all water is connected,  
Through water tables and springs  
And as it flows through a stream, a river,  
a bay and into the interconnected oceans  
that circle the globe.

Father of All People,  
Guide us as we connect with  
Those who sail across the waters  
To be where we are,  
As well as those neighbors who live near us.

Lord of All Creatures,  
Help us understand our connection to,  
and responsibility for,  
All who walk on the land, fly in the air,  
Or swim in the deep.

And finally, God of Eternity,  
Each day as we walk with You,  
Remind us of Your Promise  
Of a deeper and closer connection to You  
In the life of the world to come. Amen.

**Mrs. Vickie Easley**  
Christ and St. Luke's  
Diocese of Southwestern Virginia

We sing your praise, dear Father, and glorify  
your Holy Name.

Our faithfulness increases as we come more  
and more into your presence.

We are thankful people who seek your guidance  
in our lives often filled with turbulence and  
misunderstanding with glimpses of calm.

We pray that you will grant us wisdom and be  
our guide daily.

Direct our thoughts, words, and actions as  
we reach for our goals of servanthood and love  
for all people.

Our hope rests in you.

In thy Holy Name we pray.

Amen.

**Mrs. Brenda Davis Hawkins**  
UTO Coordinator  
Diocese of Mississippi

## PRAYER FOR DEVELOPING A CENTERING PRAYER PRACTICE

(This prayer was written as I struggled to develop the discipline for a Centering Prayer Practice.)

Holy Presence,  
Help me still the myriad thoughts  
running through my head.  
Help me to sit in silence and be present to you.  
Strengthen my Intention.  
Lord Jesus,  
Help me follow your example by going into my inner  
room where I can listen to the voice of silence  
as you have directed.  
Strengthen my Intention.  
Holy Flame,  
Your provided a blazing spark  
To kindle in your early church  
A desire for transformation and healing.  
Ignite this same spark in me.  
Strengthen my Intention.  
Abba Father,  
You are showing me a new vision of the person  
I can be.  
Help me to be a co-creator with you.  
Re-create me so that your Spirit flows  
Out to all whom I meet.  
Strengthen my Intention.

Eternal Mother,  
Encourage me to be  
Compassionate and courageous  
As I nurture those who are hurt and helpless.  
Inspire me to pray and work for a just society  
Where war, torture, racism, sexism,  
and abuse no longer exist.  
Strengthen my Intention.  
Incarnate One,  
You have shown me how the fruits of the spirit  
Grow when we seek you.  
Help me to see all I encounter  
As a brother or a sister.  
Strengthen my Intention.  
Spiritus,  
Breathe on me a spirit of love  
So that I have a new appreciation,  
Toleration, and love  
For the human family.  
Strengthen my Intention.  
Heavenly Father,  
Help me to receive  
Your unconditional love  
And be inspired to show that  
Same love to the world.  
Strengthen my Intention.

Mrs. Dena Lee  
United Thank Offering  
Diocese of Southwestern Virginia

## MEDITATION ON THE CROSS

You hang there on the cross, and just for me.  
For me, you let them do this willingly.  
Why then is it so hard to make your will my own?  
I stayed in darkness tho' all around me shone  
Your light and love to lead me safely home.

So once again I come on bended knee,  
Laying my pain and worries at your feet.  
To walk your path of love is what I pray,  
Knowing that when I rise and walk away  
Your strength will guide me through another day.

**Mrs. Ginny Wynn**  
**Episcopal Church Women**  
**Diocese of Oklahoma**

## FOR GUIDANCE

Gracious and loving God, in the gift of your Son  
Christ Jesus, you opened the way to eternal life in  
the here and now; and you revealed to us your desire  
for all people.

Help us to lean into your gift of eternal life.

Give us the courage to let go of all that binds us  
to the ways of this world so that your desire for all  
people becomes our desire.

Provoke us to follow your way of generosity and  
grace, no matter the cost.

Disturb us to speak your truth of mercy and peace,  
no matter the risk.

Inspire us to live your life of joy and hope, no matter  
the sacrifice.

Amen.

**The Rt. Rev. Russell Kendrick**  
**Bishop of the Diocese of the Central Gulf Coast**  
**Diocese of the Central Gulf Coast**

## HAIKU / PRAYER

Light flung by candle  
Shared in its space with shadows  
Motion chasing change.  
May our candle seek out the shadows.  
Amen

**Ms. Mary Pauly**  
Vestry Member, St. Peter's  
Diocese of South Carolina

## ELDERWISE PRAYER

God of all life, we come together as elders  
of this Community.  
Guide us that what wisdom we have gleaned from  
the manifold and sundry changes of our lives and  
of the world not be lost, but serve to bring new life,  
hope, and blessing to this Community and to  
future generations.  
Send your spirit, we pray, that with the ripening of  
years may come as well a ripening of the soul that  
times of despair be turned to hope and moments of  
fear be transformed to love.  
Amen

**The Rev. Canon Joseph Dubay**  
Trinity Episcopal Cathedral, Portland, OR  
Diocese of Oregon

## GIVE ME A PURPOSE, LORD

Holy Spirit, strengthen my aging body with the body  
of Christ, clear my aging mind with the Blood of  
Christ. Look through my eyes, hear with my ears,  
speak with my mouth, let me be Your hands and feet  
here on earth.

**Mrs. Marjorie Wells**  
Church of the Redeemer, Midlothian, VA  
Diocese of Southern Virginia

## A PRAYER FOR A PARISH CONSIDERING IDEAS FOR GROWING THE CONGREGATION

Blessed Jesus, human and perfect, enlighten us with  
your lessons of inclusion and comfort, that we may  
introduce to you those who have forgotten or never  
known your warm embrace.  
“The grace of the Lord Jesus Christ, the love of God,  
and the communion of the Holy Spirit be with [us].”  
Amen. (2 Corinthians 13:13)

**Mr. Gary Gocek**  
St. Luke's Episcopal Church, Fairport, NY  
Diocese of Rochester

Heavenly Father,  
Thank you for giving us a set of rules so we can know, understand, and freely make the choice to follow those laws which are in place because you love us so much. It is by your gift of free will that we can choose to return your love by choosing to live according to your will.  
Amen.

**Mr. John Every**  
Warden, St. Paul's Episcopal Church, Bloomville, NY  
Diocese of Albany

Lord God,  
Please help us to slow down our thoughts and lives in order for us to turn more of our focus on Jesus. Our lives have little meaning without you. We owe you everything – our hearts, obedience, thanks, and love.  
In Jesus' Name we pray.  
Amen.

**Mr. John Drake**  
Warden, St. Paul's Episcopal Church, Bloomville, NY  
Diocese of Albany

Dear Lord,  
Please give us a discerning heart so we may hear and know what you desire each one of us to do for the sake of your will.  
We look forward to serving you in the fullness of your honor and glory.  
In Jesus' Name we pray.  
Amen.

**Mrs. Dianne Drake**  
Vestry Member, St. Paul's Episcopal Church  
Bloomville, NY  
Diocese of Albany

Dear Lord, our strength and purpose come from you.

As we awake to your undeserving grace and mercy, fill our hearts this day with your love that we may do all that we need to do to extend your kingdom here on earth.

All this we ask in the Name of your Son,  
Jesus Christ our Lord.

Amen.

**The Rev. Christopher Brathwaite**  
Rector, St. Mark's Episcopal Church, Haines City, FL  
Diocese of Central Florida

## BEING OPEN

We open our hearts to you, Life Giver and Protector.

We open our ears to hear your voice.

We open our minds to discern your will for us.

We open our hands to join the hands  
of our neighbors.

We open our kitchens and cupboards  
to feed your hungry children.

We open our homes to provide shelter  
to the homeless.

We open our mouths to sing your praises  
and to share the joy of your love.

We open our purse to support the mission  
and ministries of your church.

We open wide the doors of your church so that all  
may enter and none be excluded.

We open our all to you.

Forgiving and affirming God, be open to our  
longings to be a reflection of your Son in this world  
and forgive our missteps along the way.

In Jesus' holy name we pray, Amen.

**Mr. Gary Alan Moore**  
Racial Reconciliation Facilitator  
St. Paul's  
Diocese of the Central Gulf Coast

## UNSPOKEN

O God of my life, call to me from the depths of Your  
Essence, inside my being, where only Love resides –  
where only Silence speaks.

The way before me lies in shadow and my thoughts  
are overcome with the thunderous noise of doubt.  
I seek clarity.

I need You to hear my pleas for help, and yet my  
heart knows I must be quiet to hear Your guidance.  
Here I am, Lord.

You know my chosen path before I even kneel to ask.  
I surrender to holy listening.

Grant me the grace of Your wisdom and the surety  
of Your abiding presence as I rest in Your peace.

Then, with each next step I take, surround me with  
the awareness of Your Holy Spirit as I submit to  
Your leading.

Amen.

**Mrs. Nancy Severin**  
President, The Order of the Daughters of the King®  
Province VI  
Diocese of Colorado

## WHERE ARE YOU GOD?

God, through Whom all things are possible,  
hear my plea.

My ship has no rudder, I am adrift.

Waves of opinion, thoughts, events

Toss me in constant confusion

Nothing to guide me.

Give me wisdom, hope, strength to  
choose the right way.

Where are you God? Speak to me.

God of all Creation, hear my plea.

**Mrs. Kay Stoltz**  
**St. Catherine's of Alexandria**  
**Diocese of Oregon**

## PRAYER FOR A MEETING

Holy and Giving Lord, we thank You for gathering us safely together for this meeting to do Your work. Help us to set aside the troubles of the day that we carried with us to this place so we can be present to one another and to You.

We seek Your blessing as we share ideas, progress, and accomplishments and go about doing the work You have called us to do.

You have charged us with being Your hands and feet here on earth, for seeing opportunities for ministry in many circumstances – both big and small, so please reveal to us through our discussion and decisions what You would have us do. If we have differences, help us to resolve those in a manner that leaves everyone's dignity in place and with a solution that brings light into our community. Help us to have the strength to carry out Your mission of love, justice, peace, and gratitude this day and always in our church, our communities, and our homes.

We ask all of this through Your Son,  
our Savior, Jesus Christ.  
Amen.

**Dr. Sandra Squires**  
**St. Augustine of Canterbury, Elkhorn, NE**  
**Diocese of Nebraska**

## FOR GUIDANCE IN TUMULTUOUS TIMES

Almighty and ever-living God, we live in frightening and tumultuous times.

Help us to remember that no matter our differences, all members of your church are trying to serve you and following your path for this world.

Though we come from different places, and hold different world views, keep us mindful that politics is only one way of bringing this world closer to your kingdom here on earth, and to have patience and love towards those whom we feel are pulling this world further away from You.

We ask this in the name of Christ our Lord, Amen.

**Ms. Allie Graham**  
**Episcopal Church Women**  
**Diocese of New Jersey**

Dear God who is Love,

Remind me to pray for the well-being of the entirety of your Creation as much and as often as I pray for my own well-being and that of my family.

Teach me in every fiber of my being to reach out for the presence of the other in my waking moments and in my dreams.

To love you is to seek you in all of your Creation. May the breeze on my cheek turn my face to the sun, whose warmth reminds me of your light upon all the creatures of the earth.

To seek you is to walk humbly among the suffering. Remind me that I am not alone in your Creation. May the suffering of others bend my spirit towards compassion and a determination to use my gifts for the joy and healing of Creation.

**Ms. Lelanda Lee**  
**St. Stephen's Episcopal Church**  
**Diocese of Colorado**

## A PRAYER FOR GUIDANCE

In the stillness of my days,  
In the clamor and noise,  
  
In the rush of wind and rain,  
In the welcome of cool, warmth,  
  
In the peace of solitude,  
In the tension of crowded spaces,  
  
In the dark-shadowed night,  
In the promised morning,  
  
In flourish,  
In dry-spell,  
  
In hurts and sorrows,  
In temptation and trouble,  
  
In celebration and laughter,  
In rejoicing and the “yes”-ence of life,  
  
In “Already,”  
In “Not yet,”  
  
In presence,  
In absence,  
  
In every moment, O Lord,  
Guide and guard me.

The Rev. Canon J. Brian Ponder  
Canon for Administration and Finance  
Diocese of Mississippi

God, please guide us in our daily lives as we try to balance the many things we commit ourselves to.

Help us discern your priorities – especially when we get overwhelmed due to so many things that need to be done right away.

Please continue speaking to us in your still small voice until we hear and obey.

Help us know your will for us and make it ours. Thank you for always being there for us and for forgiving us when we are so busy trying to do what we think you want that we don't take time to seek your guidance and heed it.

Amen

Mrs. Valinda Jackson  
United Thank Offering Board, Province VII Representative  
Diocese of Kansas

## HEAL US AND CALL US, LORD

Your voice both calls us and heals us, Lord,  
reaching in to heal deep injuries to our souls and  
bodies as you lead us forward to do your work.

You healed the bleeding woman and called her  
to speak out her witness to the crowds;  
You touched the hurt of the woman  
with five husbands and commissioned  
her to proclaim your grace;  
You heard the yearnings of Sarah's heart  
and enabled her to become the mother of nations.

Speak to our injuries, too, Lord:  
the failings, the damages, the injustices to both  
body and soul.  
Heal us and use us as avenues to proclaim your  
goodness, your compassion, and your grace,  
for a world so sore in need.  
All this we say in your Name.  
Amen.

**The Rev. Lindsay Hardin Freeman**  
Adjunct Clergy, St. David's Episcopal Church  
Minnetonka, MN  
Diocese of Minnesota

Dear Lord, our strength and purpose come from  
you. As we awake to your undeserving grace and  
mercy, fill our hearts this day with your love that  
we may do all that we need to do to extend your  
kingdom here on earth. All this we ask in the  
Name of your Son, Jesus Christ our Lord.  
Amen.

**The Rev. Christopher Brathwaite**  
Rector, St. Mark's Episcopal Church, Haines City, FL  
Diocese of Central Florida

I choose this day to live my life for you, O God,  
to slow myself down and walk in the way you  
would have me go – with kindness, compassion,  
and gratitude.  
Give me the courage to combat hate and fear with  
your revolutionary love.  
Remind me with each person I encounter that  
I have the opportunity to learn from them and to  
refrain from judgment. Keep my heart ever thankful  
for the beauty of your creation.  
I pray this in the name of Jesus Christ, the one who  
transforms my life.  
Amen

**Ms. Kate Mietus**  
Coordinator, United Thank Offering  
Diocese of Spokane

Dear Lord and Father of all, we praise You for who You are. Father, we confess we have not loved You as we should and ask Your forgiveness.

Lord, we ask Your intervention in the unfavorable situations we face each day.

We pray the elected individuals of our Country will understand there is nothing they can accomplish without Your guidance; they **MUST** come to You before making decisions which they believe will benefit the citizens.

In distributing wealth, those in authority should think of the less fortunate of our society, and remember the saying “from each according to his abilities, to each according to his need.”

We pray for our Churches and the people who are called to worship You and serve as we are directed. Strengthen those in authority to withstand the challenges they face as they be the shepherd of Your people.

Let us open our ears to hear Your word, our minds to understand what we have heard and to do as You direct us.

Let us open our arms and our hearts to love and embrace each other regardless of ethnicity and social standing – we are all Your children and should love each other as You have loved us.

We pray for our young people: allow our lives to be models for them as they grow up in a very confusing world.

We pray for our brothers and sisters who are sick or distressed in one way or another – in Your mercy heal all whom You desire to heal, comfort those who needed to be comforted, and bless those who need a blessing. Father, thank You for being always with us, and each day help us to be a blessing to someone.

All this we ask in the name of Jesus Christ,  
Your Son, our Savior. Amen.

**The Rev. Deacon Dorothy Spencer**  
**St. Mark's Episcopal Church, Haines City, FL**  
**Diocese of Central Florida**

Heavenly Father,

In these rapidly changing times, it has become extremely difficult to distinguish the voice of God from the disturbing noises all around us; we turn to you for guidance.

In your word, you promised that if we seek with all our heart we will find you.

Guide and calm our troubled spirits as we seek only after you.

Open our hearts as we become instruments of your love.

Continue to guide us as we release all our anxieties, doubts, and fears to your care.

Show us a better way and be our constant guide. These mercies we ask in the precious name of your Son Jesus.

Amen.

**Mrs. Rita Payne-Samuel**  
**United Thank Offering Coordinator**  
**Nazareth By The Sea Episcopal Mission**  
**Episcopal Church Women**  
**Diocese of The Virgin Islands**

Heavenly Presence,  
Help me to breathe.  
Help me to be more mindful and patient  
in my day so I can be more open to recognizing  
the many blessings in my daily life.

**Ms. Kayla Massey**  
**Associate Staff Officer, United Thank Offering**  
**Diocese of Upper South Carolina**

## PEACE AND LOVE

Heavenly Father, God of All created things,  
may I love You in all things and above all things.

May I obtain the peace of God which surpasses all  
understanding, may my daily walk bring all the joy  
which You have prepared for me.

Help me to know that which is Your will,  
and remind me that all that is good comes  
from Your Loving Hand.

Place in my heart a desire to Love You and  
and fill my days with the opportunity to serve  
You by serving others selflessly.

Please, dear Lord, fill my heart and mind with joy  
of Your Love, so that I may grow in Your wisdom  
and enjoy Your true and lasting peace.

**The Rev. Bruce Cheney**

**St. Paul's Episcopal Church, downtown Newport News, VA  
Diocese of Southern Virginia**

Dear Lord,

In spite of the turmoil and widespread pain in this  
world, please open our eyes to the beauty around us,  
and help it restore us to wholeness.

Even in the midst of the frightful noise of  
destruction, please open our ears to the sound of  
your voice wherever the sound may flow.

Even when the darkness around us is great,  
please open our hearts to the light of your presence,  
and let the light flow through us.

Even when the needs of this world overwhelm us,  
please open our hands to help, and our arms to  
embrace all in need of your love.

Lord, the source of our hope, we ask these things  
because time and time again, we forget to turn to  
you for strength, for renewal, and for guidance.

Thank you for not forgetting us.

Amen

**Mrs. Linda Gelbrich  
Church of the Good Samaritan  
Diocese of Oregon**

Dear Lord,

please forgive our stubbornness and our illusion  
of self-sufficiency.

Please help us remember we are all connected  
through the power of your endless love,

and help us be that love in the world.

We ask this in your holy name, Amen.

**Ms. Linda Gelbrich  
Church of the Good Samaritan  
Diocese of Oregon**

Almighty God,

your mission is to reconcile all the world to yourself.  
Thank you for opportunities to be part of that  
mission, to reach out to others in need, to love our  
neighbors as ourselves, to build, to plant, to grow.

We offer ourselves, our souls and bodies, our gifts  
and talents, to be your hands and feet in the world.

Transform us with your love that we might  
transform others.

Through Jesus our Redeemer.

Amen.

**The Rev. Lauren M. McDonald  
Associate Rector for Outreach and Women's Ministries  
Bruton Parish Church  
Diocese of Southern Virginia**

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# HEALING

The questing heart  
that seeks to understand itself  
Will find much more than  
what it first believed,  
The broken, wounded self  
that rests in Jesus  
Will know the sweet release  
that love sets free.

**Ms. Charlotte Johnson**  
**St. Raphael the Archangel**  
**Diocese of Lexington**

## **PRAYER FOR HEALING LIFE'S HURTS**

(When used in a group, may be read as a litany, with a response of “Jesus, hold us and heal us,” or other appropriate response.)

Jesus, hold and heal the hurts that happened before I was born: the losses, the conflicts, the pain that surrounded my conception, my formation, the labor of my birth.

Jesus, hold and heal the hurts of my helplessness: of my defenselessness and vulnerability as a child, of the ways I feel weak for not being able to help, of all the things I cannot change.

Jesus, hold and heal the hurts of my limitations: all the ways I think I should be or do more than I can be; all the times I have been too tired, too slow, too pressed for time, too poor, too young, too old, too simply human.

Jesus, hold and heal the hurts of my aloneness: the distance that surrounds me, the emptiness of my life, the feeling that no one understands or cares, the burden of being myself.

Jesus, hold and heal the hurts of my differentness: all the times it has been painful for me to be unlike others, to stand out and apart because of my body, my mind, my feelings, my ways, my faith.

Jesus, hold and heal the hurts of my failures: all the ways I seem to disappoint others, myself, and You; all the things I failed to do or say; all the ways I have not lived up to expectation.

Jesus, hold and heal the hurts of my brokenness: all the things that I have broken or that have been broken in my life, especially the relationships that have shattered.

Jesus, hold and heal the hurts of indifference: all the ways people have not cared when I wanted them to, all the relationships that have simply withered, all the joy and possibilities I have let go by because I didn't care.

Jesus, hold and heal the hurts of unloving in my life: all the times when others have been unwilling or unable to love me as I wished, the pain of people around me hurting each other, my own inability to reach out in love or to accept myself.

Jesus, hold and heal the hurts society has given me: its hurry, chaos, impersonalness, and desire for instant everything; its stereotypes, exploitation, and oppression; its violence.

Jesus, hold and heal the hurts of my losses: all that I have had to let go of in my life – precious possessions, places, ideas, animals, self-images, people.

Jesus, hold and heal the hurts of my transience: all the times I have had to move on when I would rather have stayed, the awful sense of being a sojourner on this earth, the sometimes painful knowledge of how little time I have.

Jesus, hold and heal the hurts of my fears: all that restricts me and holds me back; all the ways I am afraid of being hurt again, afraid to embrace life.

Jesus, hold and heal my hurts: all that has wounded me, made me feel unwhole, unwanted, unloved; all the ways I have wounded others, intentionally and by accident.

Jesus, hold and heal me. Jesus, help me to hold and heal.

**Margaret Lee Ferry**  
**Retired Priest**  
**Diocese of Vermont**

Lord,

Thank you for using me to give joy to Donna for eight months prior to her passing.

I know now that you are good.

I know now that when I gave my life to your use that I am to be used for your purposes, not mine.

I know now that your purpose is so much greater than my purpose.

I know now that sometimes this means pain or not understanding.

I know now that it means accepting and forgiving, loving and enjoying in your time, not mine.

I know now that you always have been, are, and always will be with me.

Thank you for using me for your purpose.

**Mr. Greg Wellstead**  
Postulant for Holy Order (Priest)  
Diocese of Georgia

## FOR HEALING

Gracious God, sometimes I feel bereft of the care, comfort and companionship of family and friends. My isolation is intensified when I don't feel your comforting presence and peace.

I know much of that is because of the walls I build around my heart and for not letting go of past hurts and offenses.

Help me, Lord, to let go of all thoughts of my own woundedness.

Help me, Lord, not to close off my heart to your loving Spirit.

Help me, Lord, to let go when I am feeling overwhelmed, so I may receive your peace.

Help me, Lord, to let go when I feel fear so that in fear's place I may receive calming love and courage.

Help me, Lord, not to struggle but to surrender my struggle to you so I may always feel your presence.  
Amen.

**The Rev. Thack Dyson**  
St. Paul's  
Diocese of the Central Gulf Coast

## **A PRAYER FOR REFUGEES / IMMIGRANTS**

Gracious God, grant me the courage to leave the comfort of familiar places and people to go find those who live on the margins.

You loved the poor, the lonely, the hungry, the alien, the prisoner, and you offered hope by proclaiming that you are with them always.

May we share this good news with others through our presence, through our willingness to hear their stories, and through prayer.

May we see the Christ in each one we encounter.

May we respect the dignity of every human being, knowing that all we do is made possible through Your love.

**The Rev. Deacon Maureen-Elizabeth Hagen  
President, Association of Deacons  
Christ Church  
Diocese of Oregon**

O God of this uncertain world, you are never distant from our troubled hearts or broken spirits. Reveal yourself, we pray, that your tender compassion and love for us may be felt anew and as close as the air we breathe. Give us strength and courage that we might endure what cannot be avoided, and in all things, remind us daily that your will for us is wholeness and health.

**The Very Rev. Gail Greenwell  
Christ Church Cathedral, Cincinnati, OH  
Diocese of Southern Ohio**

We give thanks for all those who are moved, in their lives, to heal and protect the earth, in small ways and in large.

Blessings on the composters, the gardeners, the breeders of worms and mushrooms, the soil-builders, those who cleanse the waters and purify the air, all those who clean up the messes others have made.

Blessings on those who defend trees and who plant trees, who guard the forests and who renew the forests.

Blessings on those who prevent erosion, who restore the salmon and the fisheries, who guard the healing herbs and who know the lore of the wild plants.

Blessings on those who heal the cities and bring them alive again with excitement and creativity and love.

Gratitude and blessings to all who stand against greed, who risk themselves, to those who have bled and been wounded, and to those who have given their lives in service of the earth.

May all the healers of the earth find their healing.  
May they be fueled by passionate love for the earth.  
May they know their fear but not be stopped by fear.

May they feel their anger and yet not be ruled by rage.

May they honor their grief but not be paralyzed by sorrow.

May they transform fear, rage, and grief into compassion and the inspiration to act in service of what they love.

May they find the help, the resources, the courage, the luck, the strength, the love, the health, the joy that they need to do the work.

May they be in the right place, at the right time, in the right way.

May they bring alive a great awakening, open a listening ear to hear the earth's voice, transform imbalance to balance, hate and greed to love.

Blessed be the healers of the earth.

**Ms. Joan Breit**  
**St. Matthew's Episcopal Church, Newton, KS**  
**Diocese of Kansas**

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# LONELINESS

## ANXIOUS AND FEARFUL

Lord Jesus, we come to you and give you thanks for your love and care for us at all times – times of joy and times of sadness.

We ask for your peace and guidance to be with us during this time when we are fearful and anxious.

We know you know our needs before we ask and you know what is best for us, so we ask for your gift of peace and understanding.

Our prayer is offered in the name of your beloved son, Jesus.

Amen.

Mrs. Vicki Sweet  
Emmanuel Episcopal Church Women, Rapid City, SD  
Diocese of South Dakota

## EVER PRESENT, EVER HERE

O God of undeniable caring, hear my call.

Touch my tears in the darkness of loneliness;  
sooth the fears of my fettered heart.

Find me where no others search, reach through  
the layered walls that pain and rejection have bid  
me build, and be the comforting voice of hope that  
tells me, “I am here ... ever present, ever here.”

Amen.

**The Rev. Dr. Stephen Robb**  
**Episcopal Church of the Good Shepherd**  
**Diocese of Rochester**

## HAS ANYONE SEEN MY JESUS?

Our Father in Heaven, there is no escaping the  
Globe in the least of us, for you are everywhere.  
Globally, your sky is ever so blue, but not at all times.  
No island or continent is untouched – the pain of  
separation and sadness noticed from afar. No matter  
how it occurs – by gun, knife, fire, suicide, bomb,  
nerve gas, medical, drone, or an automobile – our  
actions smell all the same. You promised, never to  
leave us orphaned – answer our question: where are  
You, Lord? Are You tired, Lord? Why is so much  
pain inflicted on us human beings? Could it be that  
we want You for ourselves and hide You in our Souls?  
Please, Lord, hear then the cries of humanity once  
more. Awaken your spirit from deep within us and  
dispel the loneliness and senseless killings of human  
beings. You have borne death for all humanity  
through your own death, to give us life. Now, speak  
to our loneliness of hearts. Allow Your Spirit to  
conquer that loneliness.

Lord, You must be somewhere; for the United Thank  
Offering (UTO) ministry, despite death and sadness,  
continues to inspire humanity: to let their lights  
shine in the darkness to reveal a heart of Love and to  
allow your sky to be blue once more. Help us to feel  
your protective love given through Your Holy Spirit,  
this we ask, through Your Son, Jesus. Amen!

**The Rev. Erminie George**  
**Diocese of the Virgin Islands**

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## LOVE OF GOD

### A PRAYER FOR A SNOWY DAY

Lord God of all creation,  
You've sent us from your heavens  
A blanket of snow on a bed of ice  
To quiet this moment and beckon us towards you

Grant that we might glory in this gift  
And lift grateful hearts and happy voices  
For the blessings of shelter, heat,  
And human companionship to keep us well

Assist us in the chill to still our minds,  
Quiet our souls,  
And know that in the face of life's every storm  
and onslaught  
Your one desire is to protect your children

Hold them in your arms  
And keep them safe and warm  
Amen.

**The Rt. Rev. J. Scott Barker**  
**11th Bishop of the Diocese of Nebraska**  
**Diocese of Nebraska**

## **GOD'S LOVING PRESENCE IN OUR LIVES**

Our Dear and Loving God,  
We are reminded each new day that we are your  
precious children.

Whether we act on it or not, your love is always  
present, even if we do not acknowledge your  
presence. Save us, we pray, from making choices  
that are not righteous in your sight.

Help us to see clearly the hurt and confusion that  
surrounds us, and give us courage to eradicate the  
misery of your children who are not as blessed  
as we are.

Direct us in all our doings, inspire us with your  
Holy Spirit, and make us responsive to the needs of  
all your children who are placed before us each day.  
We ask this in the name of Jesus who came to  
bring peace and healing in our world.  
Amen.

**The Rev. Thomas W. Campbell  
Christ Church, Newcastle, WY  
Diocese of Wyoming**

Give it a name  
when, meeting eye to eye,  
a spark of recognition passes  
between strangers,  
The something there is Jesus.

Sing out with joy  
when music fills the empty space  
beyond all words,  
That sound is Jesus.

When poets tell the truth,  
as poets do with words  
that touch the heart,  
Remember,  
They speak with breath of Jesus.

**Ms. Charlotte Johnson  
St. Raphael the Archangel  
Diocese of Lexington**

## PRAYERS TO GOD

Touch my lips...so I may share your Word.  
Touch my eyes...so they may see the beauty  
of your creation...its colors and diversity.  
Touch my ears...so I may hear your Word  
and know the truth.  
Touch my hands...so that they may be lifted  
up in praise and service.  
Touch my heart and have them follow your paths  
of obedience.  
Touch my heart and soul, that I may know I am  
your child, God, and that you will forever guide  
my whole existence into eternity! AMEN.

May I live with You each day?  
May I walk with You today?  
May I pray to You and may You hear me say,  
“I LOVE YOU DEARLY,” each and every day?  
When I live with You, when I walk with You,  
and when I pray to You...as I try to do...  
This I know, know so very well...  
that every day and every tomorrow is sweeter and  
better, because I live with You and I love YOU!  
AMEN.

Char Clark  
President, Trinity Guild, All Angels Episcopal Church  
Diocese of South Dakota

## REORDER MY LOVES

Father in Heaven,  
Ever since I arose this morning, I've been paying  
attention to just about everything but You – and who  
I am in You.  
My loves are in disarray.  
If I'm honest, it's easier for me to love a lot of things  
that aren't You.  
Because loving You takes time, solitude,  
vulnerability,  
and a listening ear.  
Reorder my loves so that You are first.  
Reorient my being toward your Living Word.  
Only then will I see the day for what it is: Gift.  
In the name of Jesus, your son.  
Amen.

The Rev. Cameron MacMillan  
Episcopal Church of the Good Shepherd  
Diocese of Central Florida

## NATURE WALK

God of all creation,  
we adore you for the beauty of your created works.  
For you have made...  
the birds that sing, the ants that crawl,  
the leaves that cushion, the flowers that perfume  
the air, and the sunlight that nourishes our souls.  
Delight in us, dear Father, as members of your  
created world and give us hearts wide open to  
embrace your love for all things and all people.  
In Christ's precious name, by whom, through  
whom, and for whom all things were created,  
we offer this prayer.  
Amen.

**Mrs. Kathy Hulin**  
All Saints', Lakeland, FL  
Diocese of Central Florida

## IF ONLY

O God, if only I could love You even a little more –  
I would.  
If only I could fathom the depth to which You love  
me – I would try.  
If only I could see You the way You see me –  
I would see others better.  
If only I could open my heart to Your suffering –  
I would fully know compassion.  
If only I could surrender to Your call –  
I would taste freedom unknown.

O God, take my grasping, my clenched fists of  
“if onlys” and cast them to the winds of futility.  
Draw me once more to Yourself.  
Drench me with the clear waters of Your  
unconditional love that I might rest in the Light of  
Your grace.  
Returning again and again I pray to know myself  
in You.  
I pray that by letting go, I will consent to being  
transformed by the Love that knows no bounds.  
And silently “if only” then disappears and my soul  
is restored in You.  
Amen.

**Mrs. Nancy Severin**  
President, The Order of the Daughters of the King®  
Province VI  
Diocese of Colorado

## IT'S TOO WONDERFUL FOR WORDS

Sometimes it dawns on me as if for the first time,  
how very much You love me.  
You actually knew me when You were on the cross,  
as life left Your body.  
How could You love me that much?!  
Then, I think, how could You love the world that  
much? It is too much to grasp.  
I, in my flesh, want to tag on “ifs” and conditions.  
But You, You just LOVE.  
No ifs, no strings, just pure, unadulterated love.  
It seems hard to grasp.  
Grace...the love of God given to us.  
You, that indescribable gift.  
My heart bows to You as belief once again floods  
my soul.

**Mrs. Donna Mills**  
**St. Matthew's, Newton, KS**  
**Diocese of Kansas**

## NEVER ALONE

Dear Father in Heaven and here with me on Earth,  
How blessed I am to trust so fully in your Love.  
I learned of your existence as a young child in a  
small-town pioneer church and the lesson of your  
all-embracing love for me and everything and  
everyone everywhere.  
What comfort I have felt from that beginning,  
which remains within me this day, as I continue  
with you beside me on our journey.  
I see you in all things around me – in your people,  
in your work, in my joys, in my sorrows,  
on your land, and in your words.  
I pause this day, dear Lord and Savior, to give you  
thanks for the Comfort which has sustained me my  
entire life through your Grace.  
I feel the relief of your love.  
I only live with the Hope of your calling me home  
to you one day.  
You are the Faithful One – I know you will  
never leave me.  
Amen

**Ms. Jo Elaine Martin**  
**President (2017-19), Episcopal Church Women St. Thomas**  
**Dallas, OR**  
**Diocese of Oregon**

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## OTHER

### PRAYER OF HUMBLE REALITY

Lord, help me see in myself the adjectives  
I call other people.  
Amen.

**The Rt. Rev. Scott A. Benhase**  
**Bishop of the Diocese of Georgia**  
**Diocese of Georgia**

Lord of peace and love, in a world in which we are ever more aware of domestic violence, civil strife, abuse and neglect of your creation, and warfare among nations, we pray you to help us to understand that true peace and freedom come only through the doing of your loving will.

Transform and so move us that we become able to respond to hurt and violence in all its forms, with respect and compassion for all sides.

Bring us to that day, Lord, when in the words of Isaiah: “They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters that cover the sea.”  
(Isaiah 11:9)

**The Rev. Deacon Virginia Bird**  
**Emmanuel Episcopal Church**  
**Diocese of South Dakota**

## PRAYER AT THE BEGINNING OF A LABYRINTH WALK

Alone in Your sight  
at the labyrinth's mouth I stand:  
let it swallow me  
as I enter here the circle,  
enter with humility,  
enter with penitence,  
enter with grace,  
this path to what is holy,  
sacred center,  
Spirit of God.  
At each turn let fall my sins,  
fall from my heart,  
fall from my mind,  
fall from my anguished soul:  
I here abandon them.  
Lord, the way to You is neither straight  
nor easily discerned—  
I turn and turn again,  
turn from my desires,  
turn from grief,  
turn from guilt.  
There are times I wander,  
almost aimlessly,  
and times I think that I am  
almost close to finding You,

close to Your mercy,  
close to Your mind,  
close to Your will,  
and then I turn again, away.  
Walk with me, Lord, walk with me  
along these paths, away from sin,  
towards the center,  
center of knowing,  
center of believing,  
center of eternal love.  
Here let me linger  
in the heart of the Mystical Rose  
before You send me out again  
on a new journey,  
journey of faith,  
journey of hope,  
journey of love,  
where at every turn  
I may follow in Your gentle way,  
and turn, ever and again, to You:  
inspired, healed, renewed.  
Then, send me out into the world  
in peace, to love You, Lord,  
with gladness, and to follow You  
with singleness of heart.

Ms. Alice Baird  
St. Peter's Episcopal Church  
Diocese of Upper South Carolina

O Compassionate Companion  
I find, in the end, that I am but a  
cracked and empty vessel,  
and yet even there I encounter your love.

Use me, I pray, in your service  
and, if it is your will,  
smash me and set me free  
among the shattered pieces that  
I thought so precious  
that I may find my entire life in you.

**The Rev. Shannon Leach**  
**Grace in the Desert, Las Vegas, NV**  
**Diocese of Nevada**

## THE PRESCHOOLER'S PRAYER

(This was actually a bedtime prayer of a 5-year-old  
I babysat)

*“Dear God,  
Please help us to listen better to Mommy,  
'cause we're bad at it.  
Amen.”*

(With everything that goes on in our world today,  
sometimes this is exactly the prayer my heart needs  
in difficult times)

Dear God,  
Please help us listen better to our Heavenly Parent,  
'cause we're bad at it.  
Amen.

**Ms. Rachel Schnabel**  
**Holy Innocents, Valrico, FL**  
**Diocese of Southwest Florida**

## GRATITUDE IN ABUNDANCE

In gratitude we offer thanks for all which has been provided for us, as well as the opportunities and challenges placed before us.

Help us to envision our future TOGETHER from a viewpoint of abundance rather than scarcity; from love rather than despair or hate.

Love and gratitude have the ability to transform in ways which we may never understand, yet at the same time call to us.

Thanks be to our creator – Always.

**Mrs. Susan Harries**  
**St. James' Episcopal Church Women**  
**Diocese of Northern Michigan**

## THE JESUS PRAYER

While at the General Theological Seminary with my husband during the 1960s, Caroline Rose, wife of Dean Lawrence Rose, spent time with clergy wives, helping us to prepare for our lives in the church.

Some things were practical, like baking bread, while others were ways we could relate with our friends in the church.

She told us to be always ready to pray, and if we could not find words to express our thoughts and needs, to just utter the name of Jesus to be in God's presence and to ask for God's help.

She assured us that the words we were searching for would come in time. So I offer that prayer to anyone who desperately needs help, or who needs to commune with God for any reason.

Just say the word, and God will be with you.

“Jesus.”

**Elizabeth Ann Campbell**  
**United Thank Offering Board, Province VI Representative**  
**Diocese of South Dakota**

## PRAYER FOR TRANSFORMATION

Most merciful Father, Son, and Holy Spirit,  
please shine your rich, energetic light upon each  
and every one of us.

Fill us to the brim with your Godly peace, love,  
and kindness – making us eager to live our lives  
in your ways.

With your holy infusion, we will be enabled to heal  
past wounds to ourselves, to one another, to our  
beautiful island home Earth, and be Godly examples  
for generations to come.

We pray to the Holy Trinity with thankfulness  
from the depths of our being, with glory and honor  
to your name, now and forever.

Amen.

**Ms. Katherine Warner**  
St. Peter's Episcopal Church, Henrietta, NY  
Diocese of Rochester

## MEALTIME BLESSING

May this food restore our strength –

Giving new energy to tired limbs and new thoughts  
to weary minds –

Restoring our souls,

Warming our spirits,

And renewing our hearts.

Amen

**Ms. Mary Pauly**  
Vestry member, St. Peter's Church  
Diocese of South Carolina

## HERITAGE

(Group Prayer)

Stand as you are able. Close your eyes. Move in a counterclockwise circle. As you move take yourself back in time.

Back to a place where our Episcopalian forbearers stood to declare God is Good and sat down roots as witnesses to that eternal good.

In our common past, let us lift a prayer of thankfulness for our Sisters' and Brothers' foresight and wisdom to lay a heritage strong enough for us to climb on as we take our place in that ever-changing journey that streams from a common foundation.

Let us stop for just a moment to reflect on where we are at this moment.

What sights, smells, sounds, tastes surround us?

Who stands next to me, before me, behind me?

Does that Sister look different than me?

Does that child dress differently?

Does that Brother speak strangely?

All is well.

Continuing on, let us lift a prayer of gratefulness for all that surrounds us to encourage us on this journey.

Now we turn and move in a clockwise circle – eyes still closed.

We are returning to not only the present but to the future as well.

As Sisters and Brothers of the “Jesus Movement,” where does God call us to go from this time on?

Glorious God, may your presence envelop us as we journey together, eyes always to a place and time beyond our here and now.

As we stand still and open our eyes, let us say together:

“The Lord Be With You.” “And Also With You.”

“Amen.”

**Ms. Winonah McGee**  
Parishioner, St Stephen's Episcopal Church, Newton, IA  
Diocese of Iowa

## **PRAYER TO OPEN A CHURCH MEETING**

Lord, fill this room with your Holy Spirit.

Help us to glorify Christ through our loving interaction with each other.

Help us to speak our truth quietly and clearly.

Help us listen to each other with open minds and open hearts.

Cleanse us of pride, bitterness, and fear.

Remove from us the blinders of our own desires so we may see the needs of others.

Help us remember our church does not belong to any of us, but is yours: a place where anything is possible.

Amen

**Ms. Susan Paynter**  
Emmanuel Episcopal Church, Chatham, VA  
Diocese of Southern Virginia

## **A MEETING MEAL BLESSING**

Gracious Lord, may this food restore our strength, giving new energy to tired limbs and new thoughts to weary minds.

May this drink restore our souls, giving new vision to dry spirits and new warmth to cold hearts.

And once refreshed, may we give new pleasure to You, who gives us all.

**Ms. Sherri Dietrich**  
United Thank Offering Board, Province I Representative  
Diocese of Maine

## PRAYER FOR GOD'S PEACE

Dear God, our shared and ultimate source of all life, your children need You.

Our world is broken, divided, brutal, and frightening. Many of your children are filled with hate and intolerance.

Millions of your children live in constant terror without clean water or adequate food.

We all fear for our children. Many are starving and dying with diseases that could be cured if we could only share our knowledge and money.

Your children – Jews, Muslims, and Christians – are being tortured and terrorized.

We are confronted daily with images of violence, inequality, intolerance, and deep insecurity.

The common families from all races and religions are suffering with great fear, violence, and deep doubt.

Please help us rid ourselves of the demons of hate and violence and ignorance.

We ask this in the Holy Name of Jesus.

We ask this with the blessed covering of Your all-encompassing Love.

Amen.

**Mrs. Bonnie Newland**  
**St. Francis of Assisi, Lake Placid, FL**  
**Diocese of Central Florida**

## A PRAYER IN THANKSGIVING FOR THE UNITED THANK OFFERING

Holy and gracious God, we give you thanks today for the United Thank Offering and all who participate in the spiritual discipline of gratitude. We give thanks for our history: for the inspiration and wisdom You planted in women who were called and responded to the needs of innovative mission and ministry, especially by women.

Together Ida Soule and Julia Chester Emery created a united offering that we continue today, and we also thank you for the work of all Emery sisters: Julia Chester Emery, Mary Emery Twing, Helen Winthrop Emery, and Margaret Theresa Emery. These mighty sisters worked on behalf of missionaries, their families, and single women in service here and abroad.

We also are grateful for the generations of unnamed women who have led and participated in UTO – for their dedication, care, and discipline. We ask that you bless all of us who have dedicated ourselves to the practice and discipline of gratitude, and all who will continue this work. May You continue to bless the United Thank Offering, calling others to join in our daily thanksgivings. Most importantly, we ask You to uphold, bless, and guard all those ministries that have received UTO funds to continue to be a sign of Your love to our broken world. Dear God, we thank You for all of the blessings of this life, given freely as a sign of Your grace. Amen.

**United Thank Offering  
Diocese of New York**

Gracious God,

You came in the person of  
Jesus Christ to journey with us  
and to teach us how to walk  
with you and with one another.

Open our hearts and minds  
so we can see to follow You,  
strengthen us when the Way is difficult,  
or seemingly blocked.

Make us grateful for all the blessings  
we encounter and the love we share  
in this common pilgrimage You have called us into.

For we make the road by walking\*  
with You  
with each other  
to make the common holy  
to invite a community into being  
to praise Your name  
with every  
step  
we  
take.

**The Rev. Sarah Carver  
United Thank Offering Board  
Diocese of North Carolina**

You should defend those who cannot help themselves.  
Yes, speak up for the poor and helpless, and see that  
they get justice.

Proverbs 31:8-9

## SHARE YOUR LOVE FOR SOCIAL JUSTICE

Righteous God, we embrace our mission to share  
your love to our sisters worldwide through speaking  
out for the helpless and campaigning for social  
justice.

Righteous God, we commit ourselves to campaign  
for equality and justice for all.

Help us to do our part in creating a just and peaceful  
society for your people on earth.

May hope be stronger than struggle, may  
celebrations be more frequent than trials,  
May kindness prevail over judgment, may equality  
dissolve oppression, may love break walls of hate  
and fear.

Lord, as we go in your name, in our communities,  
may we spread love and celebrate our mission  
with thankful hearts.

Amen

**Delores M. Alleyne**  
Past President, Girls' Friendly Society (GFS)  
President, Episcopal Church Women, Province I  
Episcopal Church Representative  
UN Commission on the Status of Women 61  
Diocese of Connecticut

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## ARCHIVE OF UTO PRAYERS

## INGATHERING PRAYER

O Lord our heavenly Father, we pray thee to send forth more laborers into thy harvest, and to grant them thy special grace for every need.

Guard and guide the workers in the field, and draw us into closer fellowship with them. Dispose the hearts of all women everywhere to give gladly as thou hast given to them.

Accept from grateful hearts, our United Thank Offering of prayer and gifts and joyful service; and bless it to the coming of thy kingdom through Jesus Christ our Lord. Amen.

United Thank Offering Archives  
United Thank Offering

## INGATHERING PRAYER

Accept, O Father, this joyful sacrifice of thanksgiving and praise, and bless these gifts to the setting forward of thy kingdom; that as we have gratefully received the benefits thy bounty has bestowed, so we may cheerfully share them with thy children in all the world; for his sake whose life and death and rising to life again were a song of praise to thee, O thou Most Holy, our Saviour Jesus Christ. Amen.

United Thank Offering Archives  
United Thank Offering

## WOMEN'S WORK

Almighty God, our heavenly Father, bless, we pray thee, our work for the extension of they kingdom, and make us so thankful for the precious gift to us of thy beloved Son, that we may pray fervently, labor diligently, and give liberally to make him known to all nations as their Saviour and their King; through the same Jesus Christ our Lord. Amen.

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United Thank Offering

## WOMEN'S WORK

Almighty God, whose love reacheth unto the world's end, and who dost send thy blessed Son to redeem all mankind Help us, we pray thee, so to reveal thy love by thy Spirit all nations and peoples may be baptized into one body, even as all are redeemed by one Saviour; through Jesus Christ our Lord. Amen.

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## **A PRAYER FOR MISSION 1913**

Almighty God, Lord of the harvest,  
we humbly beseech Thee to send forth  
more labourers into Thy harvest,  
and especially to put it into the hearts of many  
faithful women to give themselves to Thy work  
in the mission field; that so the bounds  
of Thy blessed Kingdom may be enlarged;  
through Jesus Christ our Lord.  
Amen

**From Althea's Call  
UTO Archives**

THE  
*Episcopal*  
CHURCH



**THE UNITED THANK OFFERING**

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