

Day One: Morning

Love

OPENING PRAYER

Mother/Father of Life, Maker of all things, we come together guided by love, with the singular desire to live in love, with creation and with each other, because you are Love. Keep our feet on the path of love, holding hands with our fellow humans, especially those who we were taught were unlovable, unworthy of our time and attention, and to be feared or hated. We are so much more alike than we are different from one another. Help us to be mindful of this today and always.

OPENING SONG: I Know

I know that you move through me
Show me your rhythm
to move through this world with your Love, Dear Love.

Hold me,
Show me,
Speak to my spirit
to move through this world with your love, Dear Love.

FIRST READING: Austin Channing Brown

I need a love that is troubled by injustice. A love that is provoked to anger when Black folks, including our children, lie dead in the streets. A love that can no longer be concerned with tone because it is concerned with life. A love that has no tolerance for hate, no excuses for racist decisions, no contentment in the status quo. I need a love that is fierce in its resilience and sacrifice. I need a love that chooses justice.

SUNG PSALM OPENING

O Love, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 34

With humility I bless and praise You Lord.
The sweetness of Your grace upon my lips.
I called to you and sought You and You found me and delivered me from my fear.
Broken open I stood before you in my pain:
You watched me and held me in your gaze.
Your light shone right through me, bringing peace and wholeness to my life.
So taste and see the goodness that is God. Live in this Truth.
With reverence and beauty you abide in us when we abide in you.
A lion share of riches and of power cannot protect us from suffering or pain.
Keep an eye out for evil for its hatred can lock us out from within.
While the pure of heart are humble, God's light protects them.
So act with kindness, seek peace and pursue it as best you can.
Your tender heart knows how to reach to God to find healing and refuge and peace.
For You are ever with me God, I thank you , my soul finds rest in You.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Steven Charleston

The key to stopping the environmental apocalypse is not science but love. For decades now we have been staring at the scientific reports. They have not sufficiently *inspired to change* our apocalyptic reality. But where science has failed, faith can succeed. We must help humanity rediscover their loving parent, the living world that sustains them.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

Blessed Holy One, how did we, created in love to be love, find ourselves separate from our true nature, bright beings of love? So often we find ourselves embroiled in strife, division, and hate. Peace on earth seems impossible within these conditions, and inner peace unattainable. Where is the love we're meant to live in, love that extends outward? Restore us to living love.

SUNG RESPONSE

O God of Love, receive the prayers we offer.

Lover of the World, do we see ourselves as we truly are, or do we clean up our image in our minds? Can we recognize the aspects of us that don't align with love? Do we ever view

ourselves as greater than or less than others, when neither is true, when love is the great equalizer? When do I walk away from love? Show me, so that I may return to it.

SUNG RESPONSE

O God of Love, receive the prayers we offer.

Gracious Divine, how can we say we love you, but not creation or humankind when you are the creator of all? How can we cry out for justice for those in far off lands, and ignore the injustices those in our own communities face? So often we are full of contradictions. Give us the will and ability to keep choosing love in both desire and action.

SUNG RESPONSE

O God of Love, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Love, receive the prayers we offer.

CLOSING SONG: There is No Gift So Holy

Chorus

There is no gift so holy as the gift of love, oh love.
There is no gift so holy as the gift of love, oh love.

Praying for mercy, sobbing for freedom,
a heart of hope and pain.

Troubled in spirit, restless with visions,
a creature held in God's sweet embrace.

Long have you traveled pilgrimage journeys,
longing to free us all.

Mother to many, seeking forgiveness,
devoted to Christ's love and call

CLOSING BLESSING

A Blessing to Live in Love

If the words we speak
can break hearts and heal them again,
but we do not live in love,
our utterances are all noise.
And if we give prophecies

that bloom the buds of mystery,
and have faith that makes mountains leap,
and we don't live in love,
we are among those in most need of mercy.

May we see lovelessness as crippling poverty,
and grow rich in love.

May we cultivate care for others,
and surrender the memory of their sins.

May we bow deeply to love,
allowing it to have its way,

May we let love open sweetness in us to share,
the way lilacs and roses gift us their scents.

May love open our eyes to see clearly the good in us,
and move our gaze away from what's best left
in our painful, distant past.

May love never fail us,
and like the Divine,
despite obstacles and at all times,
may we live in love to stay.

SUNG AMEN



CREDITS

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Opening Prayer written by Claudia Love Mair

Opening Song: *I Know* by [Soyinka Rahim](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

First Reading: [Austin Channing Brown](#), *I'm Still Here: Black Dignity in a World Made for Whiteness*. Convergent Books (2018) page 176.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 34: Interpretation, musical setting, and sung by [Simon de Voil](#)

Second Reading: [Steven Charleston](#), *We Survived the End of the World*. Broadleaf Books (2023) page 109.
Prayers of Concern written by Claudia Love Mair

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *There is No Gift So Holy*, by [Richard Bruxvoort Colligan](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written Claudia Love Mair

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Day One: Evening

Love

OPENING PRAYER

As the night leads us to slowing down and coming home, may we allow tenderness to let go of any clinging or grasping from today. May we give love permission to carry us down the path of rest and release.

OPENING SONG: Release

May your Love be gently written on my heart
May your Grace embrace me from the very start
And as I listen for your way
And as you guide each night and day
May your love release my open heart

SUNG PSALM OPENING

O Love, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 139

You have searched me and known me, Holy Lord
Know when I sit and rise
You're acquainted with my ways
Where I go and where I lie
You know each word completely
before I speak it, Lord
You lay your hand upon me
hem me in behind, before
Where can I flee from your spirit
Or from your presence go?
If I rise up to the heavens
Or descend to the depths below
If I take the wings of the dawn to
the far side of the sea
Even there, your hand will hold me fast

your right hand will guide me
For you formed my inmost being
within my mother's womb
When I dwelt within that secret place
I was not hid from you
You ordained that the days before me
be filled with love and grace
Made me beautiful and wonderful
for this I give you praise
How precious is your every thought
how vast the sum of them
Though I try to count them
they are more than every grain of sand
O that you would pull down the ones who
do harm and seek to gain
My heart is heavy and I long
for goodness and love to reign
Search me, O God, and know my heart
know every anxious thought
And lead me on the path of
your everlasting way

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Luther E. Smith

Even as we declare love as essential to God's dream of justice and beloved community, love surpasses our understanding. Love is a sacred mystery. Love is not a mystery for us to solve, but a mystery for us to revere, embrace, and enact in all our days.

SILENT CONTEMPLATION

CLOSING SONG: Mend Your Heart

Mend your heart while I hold your hand
Take all the time your spirit needs
I'm forever your loving friend
Don't let go
Just hold my hand
Oh, oh, oo-oo

Through the storm, through the rain
I'm loving you in sickness and pain
I will stand with you—
Your loving friend
I'll hold your hand until the end
And again, I'll stand with you
Forever I'll stay
Forever I'm with you
With you always
Oh, oh, oh oh oh
Oooo

CLOSING BLESSING

Let us sit with love amid the brokenness around us and draw wisdom and strength from its healing presence. Love's gentleness is strong, its silence heard from every corner, calling us to stillness.

Love holds us tenderly as we learn to hold ourselves and others with compassion. Love's spaciousness holds all our doubts, fears, and dreams. Its vastness becomes a sacred space, a home for those seeking rest and refuge.

May love's gentle and steady current flow through every part of our being, weaving mystery and wonder into the fabric of our days. When pain visits and even lingers, may we feel love's warmth soothing every wound, softening even the hardest places within us.

Let this love be a fire that refines, not destroys; a balm that heals, not hides. May we become hands of love in the world, instruments of peace and restoration.

SUNG AMEN



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Opening Prayer written by [Jo-ed Tome](#)

Opening Song: *Release* by [Deirdre Ní Chinnéide](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 139: Tune: *The Banks of Claudy*, Words: [Kiran Young Wimberly](#) © 2015, from the album [Celtic Psalms Vol 2](#). Performed by [Simon de Voil](#)

Reading of the Night: [Luther E. Smith](#), *Hope is Here!: Spiritual Practices for Pursuing Justice and Beloved Community*.

Westminster John Knox Press (2023) page 183.

Closing Song: *Mend Your Heart* by [Dena Jennings](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Jo-ed Tome](#)

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Day Two: Morning

Vision

OPENING PRAYER

This morning, we call on mystics and saints Julian of Norwich, Teresa of Avila, Harriet Tubman, and Howard Thurman, whose visions of divine love transformed their spirits and ways of being in the world. Like St. Benedict instructs, we open ourselves to see with “the eyes of the heart” the wonders of creation and all who share this life.

OPENING SONG: Wade in the Water

See them children dressed in white
Gonna trouble the water
The leader looks like the Israelite
Gonna trouble the water

I said
Wade in the water
Wade in the water, children
Wade in the water
My God’s gonna trouble the water

Don’t you see them children dressed in red
God’s gonna trouble the water
They look like the band that Moses led
God’s gonna trouble the water

See them children all dressed in black
God’s gonna trouble the water
They’re goin’ over Jordon and they ain’t coming back
God’s gonna trouble the water

I said
Wade in the water
Wade in the water, children

Wade in the water
My God's gonna trouble the water

FIRST READING: Wilda Gafney

The sanctified imagination is the fertile creative space where the preacher-interpreter enters the text, particularly the spaces in the text, and fills them out with missing details: names, back stories, detailed descriptions of the scene and characters and so on. . . the sacred imagination tells the story behind the story, the story behind the lines on the page.

SUNG PSALM OPENING

O Vision, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 8

Many-Named One
beyond imagining--
When I contemplate the night sky,
the cosmos which all unfolded from a speck,
galaxies, stars, this beautiful earth
Who are we humans, that you attend to us?
mere mortals in our tiny corner, and you love us?
We are life come to knowing and feeling.
The whole world is in our hands.
plants and animals, oceans and ice caps, rain forests
atmosphere and ecosystem.
Touch our hearts, O God,
make us worthy of this trust
Help us care for life on this beautiful earth. Amen.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Mihee Kim Kort

Queerness embraces and cultivates that weirdness. It sees deviation as normal and normative. It sees what is perplexing, rare, or unfamiliar as a possibility for a new, glorious iteration not only of humanity but of all creation.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

Breath of Life, your sacred imagination danced creation into being. It can be so hard to see ourselves with the same loving gaze with which you look upon us. Help us to see ourselves with clarity and non-judgement. Open our vision to honor stories of the past, respond to the present, and cultivate a future in which our diversity is celebrated, and our similarities grounded in the recognition of shared humanity.

SUNG RESPONSE

O God of Vision, receive the prayers we offer.

Spirit of Being, we give thanks for the gift of this Earth. We know the harm we've visited upon your creation and ask forgiveness for apathy that keeps us from cherishing ecosystems. When visions of our future climate look bleak, expand our gaze to see the truth and possibility. May wonder and courage disrupt cynicism and inspire our collective work to pass along a thriving habitat for plants and animals, mountains and prairies, children and grandchildren, and all who live in this shimmering world.

SUNG RESPONSE

O God of Vision, receive the prayers we offer.

Godde of Holy Sight, cast away our assumptions and prejudices so we may see those we other and value their personhood as deeply as we value our own. We are willing to see injustice and acknowledge its reality. We will not look away from suffering but rather turn our gaze to the world as it truly is in all its beauty and brokenness. As our sight clears, inspire our lives to be grounded in deep listening and authentic love.

SUNG RESPONSE

O God of Vision, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Vision, receive the prayers we offer

CLOSING SONG: Plowshare Prayer

Refrain

I pray that I'm heard
And I pray that this works

I pray if a prayer has been used as a sword
against you and your heart, against you and your word

I pray that this prayer is a plowshare, of sorts
that it might break you open, it might help you grow

CLOSING BLESSING

This blessing comes as a healing salve
to cast away the dross on your sight.
May you be like the hawk soaring above,
able to see a vast expanse of sky, and the
minute details of a landing place.
Vision is different than sight.
Even if you remain blind and cannot
see the colors of the world, your
inner gaze is fed by sacred imagination.
Use your senses to “see with the eyes of the heart.”
When you feel the air moving in and out of your body,
see your breath as divine inspiration that gave you life.
When you hear birdsong in the morning,
see the call of love connecting you to one another.
When you taste ripe fruit,
see the sweetness of life.
When you smell dried leaves and rot,
see the wisdom of decay.
Your creative self has all the gifts you need
to make the world more beautiful
and share in the joy of a new creation
filled with peace, acceptance, and understanding.

SUNG AMEN



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Opening Prayer written by [Melinda Thomas](#)

Opening Song: *Wade in the Water* by [Benjamin Mertz](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

First Reading: [Wilda Gafney](#), *Womanist Midrash: Volume 1: A Reintroduction to the Women of the Torah and the Throne*. Westminster John Knox Press (2017) page 3-4.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 8: Interpretation by [Christine Robinson](#), musical setting and sung by [Simon de Voil](#)

Second Reading: [Mihee Kim Kort](#), *Outside the Lines: How Embracing Queerness Will Transform Your Faith*.

Fortress Press (2018) page 100.

Prayers of Concern written by [Melinda Thomas](#)

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *Plowshare Prayer* by [Spencer La Joye](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Melinda Thomas](#)

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Day Two: Evening

Vision

OPENING PRAYER

God of liberating grace, we bring before you all that we have witnessed during this day—all that has motivated or disturbed us, all that has sparked joy or sorrow, all that feeds us and all we fear. Gather our experiences into your wide embrace so that we might see them with your eyes and hold them with your hands. Open us to the reality of your power, freedom, and healing presence within, around, and among us.

OPENING SONG: Open Up Ancient Gates

Open up ancient gates
Open up ancient doors
Stand at the threshold of the sacred
Open, open, open up

SUNG PSALM OPENING

O Vision, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 90

Before the mountains were born
before the earth had its form
From the world that was before
to the world that is to come
You are Elohim
For a thousand years
are just one of your days
But we are like grass
that quickly withers away

So teach us, to number our days
That a heart of wisdom we would gain
Let years of trouble be turned to gladness

Let your beauty be upon us
And in your anger remember mercy
For we are only dust and you've numbered our days
Teach us to number our days

Generations have past
The end will come at last
But for all of our days
You have been our dwelling place
For a thousand years are just one of your days
How quickly they pass and we all fly away

So teach us, to number our days
That a heart of wisdom we would gain
Then years of trouble will turn to gladness
And your beauty will be upon us
And in your anger there'll be mercy
For we are only dust and you've numbered our days
Teach us to number our days

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Cole Arthur Riley

For me, most simply, contemplative spirituality is a fidelity to beholding the divine in all things. In the field, on the walk home, sitting under an oak tree that hugs my house. A sacred attention.

SILENT CONTEMPLATION

CLOSING SONG: Liberating Grace

Let us rise with you in liberating grace,
with lives that know the power of your gaze.
Let us rise with you in liberating grace,
with lives that know the freedom in your gaze.

Let us rise with you in liberating grace,
with lives that know the healing in your gaze.
Let us rise with you in liberating grace,

with lives that know the freedom in your gaze.

Let us rise with you in liberating grace,
with lives that know the healing in your gaze.

Let us rise with you in liberating grace,
with lives that know the power of your gaze.

Let us rise with you in liberating grace,
with lives that know the freedom in your gaze.

Let us rise with you in liberating grace,
with lives that know the healing in your gaze.

Let us rise with you in liberating grace,
with lives that know the power your gaze.

Let us rise with you in liberating grace,
with lives that know the power of your gaze.

CLOSING BESSING

God is the One who sees:
sees your tired feet and restless hands,
sees your secret sighs of longing,
your tear-stained pillowcases,
your softest smiles.

The Divine vision
will always include
the way the sight of the snowdrops
lights up your eyes with sudden joy,
they way your eyes brim
when the child wails in hunger.

You, child of the Light,
are welcomed into the blessing of Vision,
not because you hold some hidden knowledge or brilliant solution,
but because you are held
in the loving gaze of the One who knows us in our fullness
and invites us to dance
the story of our liberation.

SUNG AMEN



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Opening Prayer written by [Cassidhe Hart](#)

Opening Song: *Open Up Ancient Gates* by [Dena Jennings](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 90: Translation and musical setting by James Block, adapted and sung by [Simon de Voil](#)

Reading of the Night: [Cole Arthur Riley](#), *This Here Flesh: Spirituality, Liberation, and the Stories That Make Us*. Convergent Books (2023) pg X

Closing Song: © 1997, Trisha Watts. Originally published by Willow Publishing Pty Ltd. www.willowpublishing.com.au. Available from the album [Cultivating Seeds of Liberation: Songs for Justice and Joy](#)

Closing Blessing written by [Cassidhe Hart](#)

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Day Three: Morning

Hope

OPENING PRAYER

God who is our Source and our End, the One who holds all margins and in-between places of the world, we stand on the threshold of this day in a posture of hope. Open our hands and hearts to receive your reign of Love which is already among us and still emerging in every moment.

OPENING SONG: Dweller

Refrain: I am an artist and a pilgrim on the threshold.

FIRST READING: Randy Woodley

In Indian country, any hope is good hope. This hope—sustained through poverty, racism, poor housing, chronic disease, and a host of other maladies—is not based on utopianism. The earned hope of which I speak is built on a spirituality of relationship with the land and with all living creation and on respect for elders who sacrificed to give the generations to follow them a future.

SUNG PSALM OPENING

O Hope, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 23

O my Lord, You are my shepherd,
I shall not want;
You bring me to green pastures
and lead me beside still waters
restoring my soul.
You guide my life.
and lead me along the path of
Love's great mercy and truth.

Even though I walk through the valley
of the shadow of death,
I am not my fear.
For You are always with me
your rod and your staff
You guide me,
You give me strength and comfort.

You prepare a table before me
in the presence of my enemies
you anoint my head with oil
my cup overflows.
Surely goodness and mercy will follow me
all the days of my life;
and I shall dwell in the house of the Beloved forever.
And ever, Amen. Amen.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Maurice J. Nutt

Hope can be learned with practice. Certain attitudes support it. One is patience, an ability to tolerate delays, a willingness to let events unfold in their own time. The other is courage, an attitude of confidence even when facing the unknown. A third is persistence, the determination to keep going no matter what happens.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

God who made the dance of light and dark, illuminate the heavy and shadowed places where hope is hard to find. Reveal to us the tender emergence of your presence beyond the boundaries of our expectations. Kindle within and around us the flame of your patient love so that we can join you in proclaiming the goodness of Creation in the midst of all that is broken.

SUNG RESPONSE

O God of Hope, receive the prayers we offer.

You, Spirit of Creation, have placed in us the vision of a world where we all are flourishing in justice and peace. Grow in us a holy imagination that we might gain the courage to act on

our hope for your reign of love. Where we are stuck in preconceptions of specific outcomes, orient our lives toward the fullness of what is possible through your presence already among us. Strengthen our commitment to the oppressed, and teach us to live in active anticipation of the healing world.

SUNG RESPONSE

O God of Hope, receive the prayers we offer.

Mothering God, gather us into communities of hope where we can practice persistence with each other. When we are in threshold places, feeling tired or confused, nourish us with glimpses of resurrection. Invite us into the dynamic dance of sacred longing, where every step, no matter how small or halting, is collected into your movement toward liberation.

SUNG RESPONSE

O God of Hope, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Hope, receive the prayers we offer.

CLOSING SONG: Fear Not the Pain

Fear not the pain
Fear not the pain
Let its weight fall back into the earth
Fear not the pain
Fear not the pain
Let its weight fall back into the earth
For heavy are the mountains
For heavy the seas
For heavy are the mountains
For heavy the seas

CLOSING BLESSING

When despair knocks on your door,
threatens to drown you,
whispers *impossible impossible impossible*
in your exhausted ears,
you do not begin with hope.
You begin with Love,
poured out infinitely,

unconditionally,
your foundation and your breath.
Only out of this all-pervasive love
can hope emerge.
You can rest, rooted,
held securely,
in the love of the earth and the One who made it.
You can trust
in the infinite goodness
of the earth and the One who made it.

And you do not end with hope.
Hope isn't the goal;
hope *moves*:
hope is the pathway, the getaway car, the sheet music,
hope is the water that nourishes the seeds,
hope is the bowl that holds the meal.
Hope is the vessel, the instrument, the posture.
May hope open your hands
to let go of expectations,
to receive the gifts of the present moment,
to reach out to others in committed connection.
When your cup overflows
with tears or gratitude,
may hope give you the courage
to begin again and again
every day,
assured of the promise
that you never walk through the valley of the shadow
alone.

SUNG AMEN



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Opening Prayer written by [Cassidhe Hart](#)

Opening Song: *Dweller* by [Joel McKerrow](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

First Reading: [Randy Woodley](#), *Becoming Rooted: One Hundred Days of Reconnecting with Sacred Earth*.
Broadleaf Books (2022) page 57-58.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 23: Interpretation and musical setting by [Simon de Voil](#)

Second Reading: [Maurice J. Nutt](#), *Embodied Spirits: Stories of Spiritual Directors of Color*. Morehouse Publishing (2013). page 19-20.

Prayers of Concern written by [Cassidhe Hart](#)

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *Fear Not the Pain* by [Richard Bruxvoort Colligan](#) from the album [Cultivating Sees of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Cassidhe Hart](#)

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Day Three: Evening

Hope

OPENING PRAYER

We come with humility, Great Spirit. So many trod the valley of despair right now, and if one of us suffers, any of us, at any time can be plunged into waking nightmares. Yet, the reality is we ourselves, as individuals, will never be able to help everyone. That, too, feels hopeless.

But where we are not able, you Spirit of Love, are able. You have the power to knit us together in Love to collectively make a difference. We ask that you foster love-fueled hope in us, that drives us to do what is ours to do. And let us trust you to give our other beloveds what is theirs to do to alleviate the suffering of those you hold in your heart, along with us.

OPENING SONG: Dreams

Dreams. So many many many many many many dreams.
Dreams. So many many many many many many many dreams.
I dream. You dream. We dream.
I am the one. You are the one. We are the ones.
I am the one we're dreaming of ... I am love.
You are the one we're dreaming of ... You are love.
We are the ones we're dreaming of ... We are love.
We are the ones we're dreaming of ... We are love.
I am love, you are love, we are love.
I am the one, you are the one, we are the ones we're dreaming of.
Love love love love love!

SUNG PSALM OPENING

O Hope, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 113

Hallelujah!

Open your hearts, you servants of God
Open your hearts to God
Strive to be a fertile field for God's love
All day, all night, all ways.

God's work encompasses the nations,
the world, the distances between the stars.
God's work is in the atom,
the core, the intestacies of matter.
God's work is in the deeds of love,
the justice of society, the care of friends.
God's life is in every life, making us one family.
God's justice lifts the poor
setting them with nobility in the human community.
God's love fills our hearts
with everything we need.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Austin Channing Brown

This is the shadow of hope. Knowing that we may never see the realization of our dreams, and yet still showing up . . . I work toward a world unseen, currently unimaginable. . . . It is working in the dark, not knowing if anything I do will ever make a difference. It is speaking anyway, writing anyway, loving anyway.

SILENT CONTEMPLATION

CLOSING SONG: Your Heart Knows the Way Home

Your heart knows the way home
Listen the birds are singing, singing their freedom
The forest will speak to you in the silence

CLOSING BLESSING

May we be the heart, hands, and feet of mercy,
in the most practical ways.
There are so many pressing needs,
with too many dying from want,
but we cannot do it all.
Desire to help
does not equal capacity to.

May we know what we are capable of,
and do what we can.

May we keep the flame of hope burning bright
in the midst of adversity, and let it warm our hearts,
that they never grow cold.

May we reach out our hands in the dark night,
and grasp the hands we find of those who felt alone.

May we sit with those who have been alienated,
and let them know how alike we all are,
and how our new proximity,
reveals our shared light.

May hope make us unashamed,
because Divine Love flows through and out of us,
until we become the hope of the world,
the same way that Spirit makes us,
the very love of the world,
though broken this world may be.

May we have, and be,
Spirit's hope.

SUNG AMEN



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Opening Prayer written by Claudia Love Mair

Opening Song: *Dreams* by [Soyinka Rahim](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 113: Interpretation by Christine Robinson. Musical setting and sung by [Simon de Voil](#)

Reading of the Night: [Austin Channing Brown](#), *I'm Still Here: Black Dignity in a World Made for Whiteness*.

Convergent Books (2018) page 180-181.

Closing Song: *Your Heart Knows the Way Home* by [Te Martin](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by Claudia Love Mair

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Day Four: Morning

Justice

OPENING PRAYER

We come together today, O Lover and Protector of all, because we understand that all of creation is made by you. We are all one, holy family. Grant us your vision of a family of your making, in which all are loved, protected, and cared for, and no one has too much, while others have too little. Help us to see that though diverse, we are equally loved. We share in the dignity of belonging to you, your beloved creation. Help us to return to this family of origin, for if some of us know injustice, none of us will possess true abiding peace. Give us the strength to be love, to heal each other and the planet.

OPENING SONG: We Rise

We rise, humbly hearted
Rise, won't be divided
Rise, with spirit to guide us
Rise!

In hope, in prayer, we find ourselves here
In hope, in prayer, we're right here (x2)

We rise, all of the children
Rise, elders with wisdom
Rise, ancestors surround us
Rise!

In hope, in prayer, we find ourselves here
In hope, in prayer, we're right here (x2)

We rise, up from the wreckage
Rise, with tears and with courage
Rise, fighting for life
We rise!

FIRST READING: Kat Armas

I think this is foundational to an *abuelita* faith: recognizing the sacred belonging we have to Creator and every created thing. But we cannot belong to one another if we're not committed to telling the truth about ourselves and each other. Injustice affects both the oppressor and the oppressed, so we must tell the truth about the past—and the ways we have disrupted our sacred belongingness—so we may heal our future.

SUNG PSALM OPENING

O Justice, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 37

Evil may prosper, but don't you wallow in anger.
Do what you can and let it go.
Remember the long arc of the universe
and how it bends towards justice.
Set your feet upon that path;
for it is True.

Be still
and wait for God to speak to your heart.
Cherish your life, find your work and love those around you.
Hold your head up and teach your children.

Stand with those who are honest and kind.
Seek out the upright
make peace where you can
trust in God.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Barbara Holmes

Today's wilderness can be found in bustling suburban and urban centers, on death row, in homeless shelters in the middle of the night, in the eyes of a hospice patient, and in the desperation of AIDS orphans in Africa and around the world. Perhaps these are the postmodern desert mothers and fathers. Perhaps contemplative spaces can be found

wherever people skirt the margins of inclusion. Perhaps those whom we least value have the most to teach.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

Mother/Father of All Souls, you who weep with those who weep, see the travail of those whose loved ones have fallen victim to hate. Sometimes it is those oppressed by they who fear and despise them, yet at other times there are those who become victims of the hate that dwells within them. Both are in need of healing. So heal us, Mother/Father and Giver of Life, no matter where we stand. Restore us to the Love that puts us on an equal playing field.

SUNG RESPONSE

O God of Justice, receive the prayers we offer

Spirit of Our Light and Our Shadow, the morning sunlight can reveal the ugliness inside of us. The evening shadows can hide our deception and hate. Let your Light show us who we are, and help us to be our most loving, justice, and life-giving selves, until the only shadow we dwell in is yours. Let us be honest with ourselves, and others, vulnerable in our sharing, and quick to forgive. Let us heal and build together, as you would have us to do.

SUNG RESPONSE

O God of Justice, receive the prayers we offer

You Who Are Love, we have fallen so far away from your desires. Fill our hearts with compassion for one another, and the willingness to work to ensure justice for all. We have stripped the earth by our greed. Help us to restore our great mother, and share her bounty in the most sustainable ways, even as we begin to share the fruits of our own labor with each other. Let us love without reservation, and beyond our comfort zones, until justice dawns like morning, full of new mercies.

SUNG RESPONSE

O God of Justice, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Justice, receive the prayers we offer.

CLOSING SONG: We Shall Be Known

We shall be known by the company we keep
By the ones who circle round to tend these fires.
We shall be known by the ones who sow and reap
The seeds of change alive from deep within the Earth.

It is time now
It is time now that we thrive
It is time we lead ourselves into the well
It is time now
And what a time to be alive
In this "Great Turning" we shall learn to lead in love
In this "Great Turning" we shall learn to lead in love

(The term "Great Turning" is coined by Joanna Macy)

CLOSING BLESSING

Bless you with great discomfort
when you see injustice play out before you
and there is something you can do to help.

Bless you with wholeheartedness,
so that you may live
from deep within wellsprings of Love,
placed in your heart when you were created.

Bless you with fiery anger,
so that you may fight to keep the world from burning,
innocents and innocence lost,
casualties of genocide and war.

Bless you to understand the assignment:
justice, freedom, peace, and goodwill,
a healed and healthy planet full of plenty,
and may you accept your call with joy and sometimes even tears.

Bless you to reach out your hand
to comfort those with little comfort,
and bless those with few blessings.

And finally, bless you with glorious foolishness
to know that Love always, in all ways, makes a difference,
in your home, your neighborhood,

your city, state, and country.
May you be foolish enough to try the impossible,
so that the good that is possible stands a chance.

May Christ grant you the strength to live
in the Love that makes justice attainable,
now and for the rest of your days.

SUNG AMEN



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Opening Prayer written by Claudia Love Mair

Opening Song: *We Rise* by [Batya Levine](#) (a queer Jewish artist) © 2020, from the album [Karov](#)

First Reading: [Kat Armas](#), *Abuelita Faith: What Women on the Margins Teach Us about Wisdom, Persistence, and Strength*. Brazos Press (2021) page 72.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 37: Interpretation by [Christine Robinson](#), adaptation, musical setting and sung by [Simon de Voil](#)

Second Reading: Barbara Holmes, *Joy Unspeakable: Contemplative Practices of the Black Church*. Fortress Press (2017) page 11.

Prayers of Concern: Claudia Love Mair

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *We Shall Be Known* by [MaMuse](#) from the album *Prayers for Freedom*

Closing Blessing written by Claudia Love Mair

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Day Four: Evening

Justice

OPENING PRAYER

Healing God, we offer our day and all it contained to you. We confess the places we fell short of your justice, where we numbed ourselves to the pain in the world and in ourselves and failed in our calling to see through the eyes of the oppressed. Assure us of your loving forgiveness and your never-ending gift of beginning again. Ground us in the belovedness of the whole of creation and tend the seeds of liberation your love has planted within us.

OPENING SONG: May This Body Be a Bridge

May this body be a bridge for the healing of this land
May the river flow through us cleansing greed from our hands
We are, we are born from the water
We are, we are made from the land
Teach us, teach us, oh great mother
To bring, to bring peace to this land

SUNG PSALM OPENING

O Justice, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 13

How long, O how long, will You turn Your face aside
And look the other way?

How long must I feel this dread in my heart?
How long will my enemies hold power?
In their cruelty I see them thrive.
Hear me, answer me!
Shed Your light here on my path
as I find a way through this hatred and greed

I return always to You
For You hold the breadth of my soul

And I trust in Your mercy and truth.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Barbara Holmes

The world is the cloister of the contemplative. There is no escape. Always the quest for justice draws one deeply into the heart of God. In this sacred interiority, contemplation becomes the language of prayer and the impetus for prophetic proclamation and action.

SILENT CONTEMPLATION

CLOSING SONG: Prayer of St. Francis

Refrain

Lord, make me a channel of your peace.

Grant that I can see through my human pain and still feel loved.

In the darkness, let light be found in there.

We all need to learn to forgive a few more hundred times.

Melt our hatred, let love take root in our hearts.

Through my own pain and need, let me learn to understand.

Reach through our sadness, let it be joy.

CLOSING BLESSING

The God of justice strengthens your eyes
that you might see the truth of the world
as it is and as it was made to be.

The God of justice strengthens your ears
that you might listen to freedom songs arise
from the places you had overlooked.

The God of justice strengthens your mouth
that you might speak the truth with boldness
and hold reverent silence for another's voice.

The God of justice strengthens your lungs
that you might breathe through the hard moments

of trying and failing and seeking reconciliation.

The God of justice strengthens your hands
that you might reach out in compassion
for partners on the journey.

The God of justice strengthens your feet
that you might walk with urgency and with patience
toward the hope for a flourishing Creation.

May God ground you in expansive love,
dance with you in dynamic creativity,
and strengthen you to embody justice
in your own time and place.

SUNG AMEN



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Opening Song: *May This Body Be a Bridge* by [Te Martin](#) from the album [Cultivating Sees of Liberation: Songs of Justice and Joy](#)

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 13: Interpretation, musical setting, and sung by [Simon de Voil](#)

Reading of the Night: Barbara Holmes, *Joy Unspeakable: Contemplative Practices of the Black Church*. Fortress Press (2017) page 111.

Closing Song: *Prayer of St. Francis* by [Simon de Voil](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Closing Blessing written by [Cassidhe Hart](#)

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Day Five: Morning

Peace

OPENING PRAYER

Like the quiet and steady sunrise, let us contemplate our gentle and calm rising today. We give thanks to Life for our breath as we slowly flow with the waves this day will bring. Let us connect with our inner sanctuary where stillness and peace echo, where our soul finds true solace.

OPENING SONG: Arms of Love

Come now child, lay it down
Just breathe
Just be
Come be cradled in the arms of love
Just breathe, just be.

FIRST READING: Tyler Sit

Now is the time for us to rediscover practices that change us – not into an estranged ‘new’ self, but into a richer, more authentic, truer version of the self we’ve always been.

SUNG PSALM OPENING

O Peace, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 46

God is our refuge and our strength
a haven in times of trouble.
Therefore, we can be calm though the earth shakes,
though the nations change, and though the sea rises.
Our trust is in the Holy One
who is making the heavens in the earth
Who is with us in the midst of the city

and in our own hearts.
See the miracles that are a part of our lives!
and the longing for peace and justice in our hearts
and the way we can make our lives abundant
in nearly any circumstance.

God whispers to us, *"Be still and know that I am God,
I am with you to the ends of the universe
and through all time."*

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Howard Thurman

As we listen, floating up through all the jangling echoes of our turbulence, there is a sound of another kind – A deeper note which only the stillness of the heart makes clear. It moves directly to the core of our being. Our questions are answered, our spirits refreshed.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

O God, you never tire of offering me your loving arms as a place of refuge, comfort, and peace. Your embrace is a safe dwelling place where my weary heart finds rest and my troubled mind is calmed. Show me the way back to your arms, my home, when the waves crush my spirit and the current drowns my voice. Let me hear your gentle voice that seeps through my bones, keeping me safe amid the doubts and fears. Teach me to trust in your presence and lean on your grace.

SUNG RESPONSE

O God of Peace, receive the prayers we offer.

O Presence, you accompany me with every breath and in every step. In the stillness of my heart, your gentle invitation to rest in your boundless love echoes. Teach me to sail in your ocean of calm. Guide me with patience and tenderness as I journey toward homecoming, reconnecting with who I truly am. I surrender to you the heavy mask I wear as I receive your comforting cloak of belovedness. I immerse in the peace of being fully seen, fully known, and fully loved.

SUNG RESPONSE

O God of Peace, receive the prayers we offer.

O Peacemaker, your presence can calm my afflicted heart when pain and worries take hold.
I desire to awaken to the stillness I carry within me, knowing full well you are there. Show me the place you have prepared for me in your grand symphony of peace, so I may lovingly play my part with humility and grace. May my life echo your harmony, and may every note I offer be a reflection of your love, healing, and hope for a world that longs to hear your song of peace.

SUNG RESPONSE

O God of Peace, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Peace, receive the prayers we offer.

CLOSING SONG: Deep Peace

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the Son of peace to you
Moon and stars pour their healing light on you
Deep peace to you.

CLOSING BLESSING

God of Peace, bless our day as it unfolds through your grace. In a world of endless noise and distraction, be our guide and steady presence.

Invite us to savor the warmth of love's tender embrace and let peace carry us as we move through the motions of today. Let calmness be our rhythm, a gentle current that carries us through winding paths.

Accompany us as we ride the waves of blessings flowing in abundance. Each moment is a gift, each breath a quiet miracle. Our hearts swell in gratitude like the sea's rising tide, lifting us higher with the overflow of grace.

Grant us your peace and let this be our song. May the melody of your serenity echo in every face we encounter on this day's journey. Let our eyes be open to wonder.

SUNG AMEN



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Opening Prayer written by [Jo-ed Tome](#)

Opening Song: *Arms of Love* by [Alexa Sunshine Rose](#) from the album [Cultivating Sees of Liberation: Songs of Justice and Joy](#)

First Reading: [Tyler Sit](#), *Staying Awake: The Gospel for Changemakers*. Chalice Press (2021) page xli.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 46: Interpretation by [Christine Robinson](#), musical setting and sung by [Simon de Voil](#)

Second Reading: Howard Thurman, *Meditations of the Heart*. Beacon Press (2023) page 29.

Prayers of Concern written by [Jo-ed Tome](#)

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *Deep Peace* by Bill Douglas, adapted by [Simon de Voil](#)

Closing Blessing written by [Jo-ed Tome](#)

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Day Five: Evening

Peace

OPENING PRAYER

As the day draws to a close, we set aside our frenzied doing and enter into rest. We breathe in. We breathe out. Calm our nervous system. We breathe in. We breathe out. Guide us to the heart of peace. We breathe in. We breathe out.

OPENING SONG: May I Be Empty

May I be empty and open to receive the light,
May I be empty and open to receive.
May I be full and open to receive the light,
May I be full and open to receive.

SUNG PSALM OPENING

O Peace, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 84

The sparrow has a place in the rafters.
The swallow raises her young in the nest she has made.
They live and move easily in their places.
They flit and soar around your world altar.
They are home.

It is not so easy for me.
I long for that ease of being and pray
for the grace to live in the world as at your altar.
Happy are they who live in the Pilgrim way;
They walk through desolate landscapes and find your springs.
They toil through mountains and discover your peaks.
They set themselves to the tasks of love and service and know deep satisfaction
One day lived in this grace is better than a thousand spent at our own devices.
When we walk our appointed path in peace
We find our home and our way.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Cynthia Bailey Manns

We will know we are going in the right direction by the signs we see along the way. Are there changes in our behaviour that lead to a deeper connection to God's love for us? Does our behaviour reflect our love for others in a compassionate, forgiving way? Are we willing to embrace mystery in our relationships with God and others? Are we willing to be healed? Transformed? Do we have experiences of awe, wonder, or joy that cannot be described? Do we experience God's presence in the depths of our deepest sorrows?

SILENT CONTEMPLATION

CLOSING SONG: Nairobi Women's Peace Song

If every woman in the world had her mind set on freedom
If every woman in the world dreamed a sweet dream of peace
If every woman in every nation, young and old, each generation
held her arms out in the name of love, there would be no more war.

Repeat: Man, Children, People

Held their arms out in the name of love, let us all live in peace.

CLOSING BLESSING

This blessing arrives on the gentle rise and fall of breath.
Strife is ever-present and unending.
Peace be with you.

Anxiety resides in disturbance.
Peace be in you.

Nations rise and fall.
Neighbors and family divide.
Peace be around you.

Through it all there is a deeper presence.
You see it in sunlight shimmering on water,
and casting a benediction upon treetops.
You sense it in precious moments of
loving embrace and quiet solitude.

You know peace is not to be taken for granted;
peace is to be cultivated in stillness, in word, in deed.

You know peace is the birthright of creation.
Bless this world with your gifts.
Make yourself a safe space.
Peace begins with you.

SUNG AMEN



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Psalm 84: Interpretation by Christine Robinson, musical setting and sung by Simon de Voil

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Morehouse Publishing (2013) page 64.

Closing Song: *Nairobi Women's Peace Song* by Karen MacKay and Nancy Nordlie, recorded by Lorraine Bayes
from the album [Cultivating Sees of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Melinda Thomas](#)

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Day Six: Morning

Joy

OPENING PRAYER

God our Mother, Host, and Friend, open our hearts to receive your invitation to the feast you have spread before us. Nourish us with the assurance that we belong at this table. When we walk through shadowed valleys, fill us with subversive joy and with the promise that oppression and brokenness do not have the last word. Meet us in our hunger for flourishing and connection.

OPENING SONG: All Belong Here

Refrain

Come and remember who you are here
Do this to remember who I am
Come and remember you belong here
All belong here.

FIRST READING: Patrick Saint-Jean

When my ancestors found the strength to sing, to dance, and to rebel against their so-called masters, that was Resurrection. They looked at the stories of the Bible, and they saw that God had brought justice out of many impossible situations.

SUNG PSALM OPENING

O Joy, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 45

My heart overflows! I have done work of which I am proud.

I have followed my calling, and it is good!
I have been anointed with the oil of gladness
and turn to share it with others. Thank you.

God says, *Gladly!*

*And now, let go of the past.
Embrace what is to come.
Joys and trials await you
in the future-triumphs, service and reward.
Be not afraid.
Open your heart.*

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Tracey Michea'l Lewis-Giggetts

Our joy and our trauma both sit on a continuum. There isn't one or the other. There isn't a binary. The complexities of our experience means that joy can live just underneath the pain. In fact, it can live alongside it. It's the mother who, after experiencing the pain of childbirth, can look down at the tiny face looking up at her and feel nothing but love.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

God of wild grace, when the intensity of suffering numbs our capacity to notice your presence, draw us close to you. Ground us in both honest grief and profound gratitude, that we might be renewed and transformed, open to the fullness of our connection with the Divine in and around us.

SUNG RESPONSE

O God of Joy, receive the prayers we offer.

God of the poor and the outcast, our hearts break and burn at the injustice that touches every aspect of our life on this earth. Surround us with companions on the journey, and teach us to proclaim your persistent love, which makes a way out of no way. Call us into the practice of joy that resists the powers of oppression and announces your reign of peace.

SUNG RESPONSE

O God of Joy, receive the prayers we offer.

Creator and lover of the entire universe, you have made us as creatures attuned to wonder. The vastness of what we do not know or understand is often unmooring. Root us in the strength of your love, and grow our capacity to hold loss and miracle together, as we become more and more alive to the cosmic rhythms that embrace us.

SUNG RESPONSE

O God of Joy, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Joy, receive the prayers we offer.

CLOSING SONG: Praise the Maker

Refrain

Praise the maker

Praise the maker

We hawl, and we sing

Praise the maker

Praise the maker

Within all things

CLOSING BLESSING

Even the tiniest worker ant
knows uncontainable joy
deep in its miniscule exoskeleton—
the joy which is the celebration
of one small part of Creation
living into the wholeness of its existence,
even if just for a moment.

This joy, your joy,
in the face of all that would constrain you,
is the power God gives you.

This joy, your joy,
is the web God weaves you into
with delight.

Embrace the ant exploring the patch of clover,
and the cloud painting the cerulean sky,
and tears on your loved-one's face,
and the cry of the seagull,
the laughter down the street,
the sharp ache of heartbreak,
the stars' soft croon of lullaby,

and hold them all before the One

who is dancing in you,
singing joy
joy
joy,
“praise to the Loving that is our home.”*

*The last line is in reference to Alana Levandoski’s song “Praise the Maker”.

SUNG AMEN



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Opening Prayer written by [Cassidhe Hart](#)

Opening Song: *All Belong Here* by [The Many](#), from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#). Lyrics by Lenora Rand; Music by Hannah Rand As recorded by The Many ©2017 Plural Guild Music

First Reading: [Patrick Saint-Jean](#), *Spiritual Work of Racial Justice: A Month of Meditations with Ignatius of Loyola*. Harding House Publishing, Inc./Anamcharabooks, (2021) page 305.

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

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Gallery Books (2022) page xxi.

Prayers of Concern written by [Cassidhe Hart](#)

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

Closing Song: *Praise the Maker*, by [Alana Levandoski](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Cassidhe Hart](#). Final line in reference to “Praise the Maker” by Alana Levandoski

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Day Six: Evening

Joy

OPENING PRAYER

Let us begin by connecting with the beat of our hearts. Each pulse is a smile we offer to the world. Each throb a sense of lightness we send out to every soul that needs to be uplifted. We breathe in peace and breathe out joy to all creation. May we drink from this well of lightheartedness and enlivening joy.

OPENING SONG: Let Our Hearts Overflow

Let our hearts overflow,
Let our hearts overflow
with the inexpressible delight of love,
with the inexpressible delight of love.

SUNG PSALM OPENING

O Joy, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 19

May the words of my mouth
and the meditations of my heart
find their home in You, my Godde,
My rock and safe keeper.
The heavens declare Your glory, O Godde,
the firmament shows the touch of Your hand.

Day to day in beauty You pour forth
and night after night You rest by our side.

In the silence Your voice is revealed,
Your song sings out through the land.

Your laws of creation are perfect,
bringing life down to our souls.

Your instructions, O Godde, are sure,
making wise our thoughtlessness.

Your commandments, O Lord, are pure,
giving light to our eyes —
more to be desired than gold,
sweeter than honey.

We already know Your ways, O Lord,
You are etched in our hearts.

I already know Your ways, O Lord,
for you quicken within me.

But who can detect their own error?
Please guide and instruct me.

From my false presumptions, restrain me.
Let compassion abound

That my heart shall not be soiled,
Nor sin define me.

May the words of my mouth
and the meditations of my heart
find their home in You, my Godde,
My rock and safe keeper.

As it was in the beginning, is now, and shall be forever, amen.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Howard Thurman

Every moment is a divine encounter, every facet is an exposure to the boundless energies by which life is sustained and our spirits made whole. Thus we live joyfully into life and its restraints.

SILENT CONTEMPLATION

CLOSING SONG: Joy to Life

Refrain.

Joy to life, joy to seasons
Joy to every living being
Joy to all beneath the moon and sun

Joy to life, joy to seasons
Joy to every living being
Joy to all and peace to everyone

Verse I.

To you, who hears our songs
Who makes the mountains strong
The hope of all the earth and seas
Even silence sings

Refrain.

Verse II.

At the ends of the world
Creation sings in awe
At the wonder of the evening and the wonder of the dawn
You call forth joyful song

Refrain.

Verse III.

You remember the earth with sweet water
Sending rivers to satisfy her ground
Make her soft with showers and bless all that grows
The hills rejoice all around

CLOSING BLESSING

As the day comes to a close, feel the gentle nearness of joy in your heart. We look back with gratitude for every moment touched by joy's quiet glow. How they shimmer with grace!

O Joyful God, we feel your loving hands softening the edges of our hearts. Help us usher in lightheartedness so we can burst like fountains of unrestrained joy where others can drink and be refreshed.

May we welcome joy and allow it to dwell in us. Let our consciousness be fertile ground where joy can flourish. Our body and spirit thirst for laughter and await the invitation to dance in the song of creation's delight.

Joy is a homecoming, a return to love's unending wellspring.

SUNG AMEN



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Opening Song: *Let Our Hearts Overflow* by [Richard Bruxvoort Colligan](#) from the album [Singing with Monks and Mystics](#)

Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

Psalm 19: Interpretation, musical setting, and sung by [Simon de Voil](#)

Reading of the Night: Howard Thurman, *Meditations of the Heart*. Beacon Press (2023) page 106.

Closing Song: *Joy to Life* by [Alexa Sunshine Rose](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by [Jo-ed Tome](#)

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Day Seven: Morning

Beauty

OPENING PRAYER

We open up to the splendor and beauty of this day. We stretch out our arms to welcome the various textures and colors we see that mirror the nuances of our inner beauty. May this day bring out our light so the beauty all around us can shimmer.

OPENING SONG: Beauty

Let the beauty you love be what you do.
Let the beauty you love be what you do.

Beauty, beauty. Beauty, beauty.
Beauty, beauty. Beauty, beauty.

FIRST READING: Sophronia Scott

I feel closest to the earth after the rain. The ground is so soft, and as I walk it, I have this sense of coming home-like I want to lie down in the forest after a warm spring rain, only instead of lying on the earth, I have become the earth, alive and wet and teeming. Flowers could germinate beneath me and grow roots and tendrils through my body until they come from my skin and bloom and bloom and bloom through my mouth and from every square inch of my being. The feeling is exhilarating and devastating. Sublime.

SUNG PSALM OPENING

O Beauty, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 65

It is good to give thanks,
for the boundless mercy

which renews us and makes us whole.
Happy are those who know this

and open themselves to the Light
and sing—

You make the sunrise and the sunset shout for joy.
You are the earth's fertility.
Your law governs her cycles of snow, run-off, flood, and rain.
You crown the year with abundance
The wild lands are watered with dew.
The hills deck themselves with green.
The meadows adorn themselves with flocks,
The valleys gown themselves with grain.
They dance together.
They join in song.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

SECOND READING: Cole Arthur Riley

We have found ourselves too busy for beauty. We spin our bodies into chaos with the habits and expectations of the dominating culture, giving and doing and working. . . We live depleted of that rest which is the only reliable gateway to wonder. . . My faith is held together by wonder—by every defiant commitment to presence and paying attention.

SILENT CONTEMPLATION

PRAYERS OF CONCERN

O God, in my striving to feel enough and prove my worth, I sometimes lose sight of the beauty that has always dwelled within me. Caught in the unending chase for productivity and perfection, I forget that I am already whole in your eyes. Open my heart to see the goodness you have planted in me, even in my flaws and frailty. Help me to nurture this inner beauty and, with your guidance, flourish in ways beyond measure.

SUNG RESPONSE

O God of Beauty, receive the prayers we offer.

O Light, it is very easy to fall into the illusions of shoulds and musts. My eyes get fooled by what the world labels as worthy and beautiful. Teach me to see myself and the world through your eyes. Draw me closer to nature so I can commune with you in the rain, the

mud, the rough tree trunks, and the diverse colors of the flowers. Teach my eyes to see your beauty.

SUNG RESPONSE

O God of Beauty, receive the prayers we offer.

O Creator, life moves so quickly that I am swept away by its endless demands. My days are filled with distractions that pull my attention from the peace of your presence. Show me the path to alignment with your heart. Slow me down, ground me in stillness, and remind me that you are here. Open my eyes to the healing beauty you have woven into each moment.

SUNG RESPONSE

O God of Beauty, receive the prayers we offer.

Please add the prayers you are longing to express.

SUNG RESPONSE

O God of Beauty, receive the prayers we offer.

CLOSING SONG: Only Grace

Things are broken here; things are shared.
Things are carried here, hearts bow in prayer.

Chorus:

It is grace, only grace
That brings us here,
Holds us together here.
It is grace, only grace
That brings us here,
Holds us all together here,
All together here.

Things are dying here; things are torn.
Things are growing here and burdens borne.

Chorus

Bridge

Amazing grace, hear the sound.
Here is where hope is found.

CLOSING BLESSING

O Creator, your grace indeed holds us all together. It flows in and through us, in an infinite chain of creativity, joy, and beauty.

Awaken my innocence and wonder that I may celebrate with all creation. Open my senses to the beauty that surrounds me—the glow of the dawn, the rhythmic dance of the ocean’s waves, the tender song of birds at first light.

With every breath, draw me closer to you. Let every inhale be a path toward deeper intimacy and every exhale, a release of fear and doubt. I desire to join the sacred rhythm of life in your presence.

Infuse creativity and joy into the fabric of who I am. May they pour forth in all I do—a song of peace that heals, a work of love that inspires, a life that reflects your abundance. May my thoughts be a canvas for your dreams and my hands bring hearts together.

SUNG AMEN



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Opening Song: *Beauty* by [Betsey Beckman](#), arranged and performed by [Simon de Voil](#) and [Alexa Sunshine Rose](#) from the album [Monk in the World: Songs for Contemplative Living](#)

First Reading: [Sophronia Scott](#), *The Seeker and the Monk: Everyday Conversations with Thomas Merton*. Broadleaf Books (2021) page 60.

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Prayers of Concern written by [Jo-ed Tome](#)

Sung Response: Words by Abbey Dream Team. Music by [Betsey Beckman](#). Arranged and performed by [Alexa Sunshine Rose](#) and [Simon de Voil](#) © 2025

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Day Seven: Evening

Beauty

OPENING PRAYER

Beautiful One, we bow our hearts and our heads in thanksgiving. There is still so much beauty in the world, even among that which remains brutal. Through this beauty, which is your beauty, you can save us, elevating us aesthetically and ethically. Let beauty lift us, urging us to do justice, love mercy, and walk humbly with you, in Spirit and in truth. For we are the people of faith, hope, and the greatest of all, Love. We are your people, your beautiful people in your beautiful world. Restore us to our rightful shine. We love you. We glory in your Divine loveliness.

OPENING SONG: We are Weaving Our Lives

We are weaving our lives
We are weaving our hearts and minds
We are weaving the bright and dark threads of our journeys through

We are weaving our lives
We are weaving a blanket of light
We are weaving a basket to hold all that's true

SUNG PSALM OPENING

O Beauty, open my lips, and my mouth will declare your praise. (Repeat)

PSALM 104

I am awestruck, Holy One
at this beautiful and boundless universe—
gestated over eons with love and care.
Your creative intent envelops the world like a cloak.
I see it shining in the heavens, hear it whispering
in the winds, feel it crackling in the fire.
For you energized the dust of the universe—
the galaxies, planets and stars
right down to this jewel of an earth.

You birthed her like a golden babe
from the fires under your heart.
She cooled, wrapped herself in water and air.
The waters receded, the mountains rose
Storms shaped and softened the land
and in time, she gave birth to life in her seas.
In the eons life evolved into myriad forms
each with its own niche in your scheme.
With your love, she taught each its place, its work, its song.
And humankind—you birthed us too.
Gave us the world as our home
bread to eat and wine to gladden our hearts,
herbs for healing, and oil to soothe our skin.
You gave us many songs, many powers
and put a restlessness in our hearts
so we could seek you always.

O Holy One, how manifold are your works.
In your love and play you have birthed them all
and raised them up.
I will sing your songs all my days
and care for all you have created
and keep my heart ever open to your Love.
and keep my heart with you.

SUNG DOXOLOGY

Glory to the Maker, Lover, and Keeper; as ago, in this breath, and will be ever. Amen, Amen.

READING OF THE NIGHT: Makoto Fujimura

God is not just restoring us to Eden; God is creating through us a garden, an abundant city of God's Kingdom. What we build, design, and depict on this side of eternity matters, because in some mysterious way those creations will become part of the future city of God.

SILENT CONTEMPLATION

CLOSING SONG: On the Wings of Grace

Gently I go, Softly I know.
Nothing to fear, spirit is here.

Love be my guide. Lift me, I'll fly
Far from this place on the wings of grace.

Gently I go, softly I know
Nothing more to fear, oh
Love be my guide, Lift me I'll fly
On the wings of grace.

CLOSING BLESSING

A Blessing for Beauty

May your eyes open to the startling beauty of you
and the divine beauty in those who are not you.
May you find wonders in earth's bounties,
like fragrant flowers, verdant grass, silver rain,
and dark soil cool beneath your feet.
See the shine of love in another's eyes,
and reflect that love back at them.
Find joy in children's laughter,
and wisdom in the wizened face of elders.
Let dawn make you leap out of your slumber to start a joy-filled day.
Let twilight bring you ease as you move into a night of reflection and hope for a more joyous
tomorrow.
Love without hesitation, for what is more beautiful than that?
Live in kindness, knowing we are one, all of us are one.
Find generosity in your need and be generous when others are in need.
May you know you are never alone.
Embrace life and greet it with passion, receive from it all that it gives.
May your days, however they are numbered,
be full and may the legacy you leave be strong.
Let the generations that follow you, ever benefit from your bright light.

May you have love and beauty.
May you give love and beauty.
May you be love and beauty.
Now and forever.

SUNG AMEN



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Opening Prayer written by Claudia Love Mair

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Sung Psalm Opening and Doxology: [Richard Bruxvoort Colligan](#) from the album [Monk in the World: Songs for Contemplative Living](#)

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Closing Song: *On the Wings of Grace* by [Melanie DeMore](#) from the album [Cultivating Seeds of Liberation: Songs of Justice and Joy](#)

Closing Blessing written by Claudia Love Mair

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