



Food For The Journey

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Produced by Members and Friends of Evergreen Christian Church
in Evergreen, Colorado. Rev. G. Duncan Miller, Pastor

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Celtic Prayer

The Lord is here
His Spirit is with us.
We need not fear
His Spirit is with us.
We abide in peace
His Spirit is with us.
We are immersed in
love
His Spirit is with us.
We continue in hope
His Spirit is with us.
We rejoice in hope
His Spirit is with us.

**Lord, help us
to know that
you are here
and with us
now, that
your Spirit
is with us
and abides
with us al-
ways.**

AMEN



*Then I heard
the voice of
the Lord say-
ing, "Whom
shall I send,
and who will
go for us?"
And I said,
"Here am I,
send me!"*

Isaiah 6:8

Deliver Me, O Jesus

Deliver me, O Jesus

From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being consulted,
From the desire of being approved,
From the desire of being popular,
From the fear of being humiliated,
From the fear of being despised,
From the fear of being rebuked,
From the fear of being lied about,
From the fear of being forgotten,
From the fear of being wronged,
From the fear of being ridiculed,
From the fear of being suspected.

(by Mother Teresa of Calcutta — *Meditations From a Simple Path*)



As the prayer descends from your mind into the center of your being you will discover its healing power.

Christ In The Storm

Little by little we are able to hear the still small voice in the hurricane, the earthquake, or the fire. God is hidden in the difficulties. If we can find him there, we will never lose him. Without difficulties we do not know the power of God's mercy and the incredible destiny God has for each of us. We must be patient with our failures. To encounter the winds and the waves is not a sign of defeat. It is a training in the art of living, which is the art of yielding to God's action and believing in his love no matter what happens.

by Thomas Keating - *Awakenings*

Father Thomas Keating is a Trappist monk who has been instrumental in reviving *Centering Prayer* as a spiritual discipline in the United States and Canada.

For more information visit <http://www.contemplativeoutreach.org/>

CANTICLE OF CREATION

Be praised Good Lord for Brother Sun who brings us each new day.

Be praised for Sister Moon: white beauty bright and fair, with wandering stars she moves through the night.

Be praised my Lord for Brother Wind, for air and clouds and the skies of every season.

Be praised for Sister Water: humble, helpful, precious, pure; she cleanses us in rivers and renews us in rain.

Be praised my Lord for Brother Fire: he purifies and enlightens us.

Be praised my Lord for Mother Earth: abundant source, all life sustaining; she feeds us bread and fruit and gives us flowers.

Be praised my Lord for the gift of life; for changing dusk and dawn; for touch and scent and song.

Be praised my Lord for those who pardon one another for love of thee, and endure sickness and tribulation.

Blessed are they who shall endure it in peace, for they shall be crowned by Thee.

Be praised Good Lord for Sister Death who welcomes us in loving embrace.

Be praised my Lord for all your creation serving you joyfully.

by St. Francis of Assisi





Native American Prayer

O Great Spirit, whose breath gives life to the world, and whose voice is heard in the soft breeze; we need your strength and wisdom. Cause us to walk in beauty. Give us eyes ever to behold the red and purple sunset. Make us wise so that we may understand what you have taught us. Help us learn the lessons you have hidden in every leaf and rock. Make us always ready to come to you with clean hands and steady eyes, so when life fades, like the fading sunset, our spirits may come to you without shame. AMEN

*Make Us
Wise So
That We
May Under-
stand What
You Have
Taught Us.*



⁵¹Listen, I will tell you a mystery! We will not all die, but we will all be changed, ⁵²in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. ⁵³For this perishable body must put on imperishability, and this mortal body must put on immortality. ⁵⁴When this perishable body puts on imperishability, and this mortal body puts on immortali-

ty, then the saying that is written will be fulfilled: 'Death has been swallowed up in victory.'

⁵⁵ 'Where, O death, is your victory?

Where, O death, is your sting?'

⁵⁶The sting of death is sin, and the power of sin is the law. ⁵⁷But thanks be to God, who gives us the victory through our Lord Jesus Christ.

(1 Corinthians 15: 51-56)



*Thanks
Be To
God
Who
Gives
Us
Victory*

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**A Loving,
Witnessing,
& Serving
Community of Faith**

Lectio Divina (Sacred Reading) For Spiritual Growth

"*Lectio Divina*", sometimes called "*Sacred Reading*" is a special type of reading. The aim of *Sacred Reading* is to allow the printed word to open your heart to the heart of God. When practicing the spiritual discipline of *Sacred Reading* you might want to find a quiet place, become attentive to the presence of God within that place, and ask God to open your heart to God's life giving word.



You are invited to use this "Food for the Evergreen Journey" for such reading. Leave the publication somewhere you can have easy access to it. God might move you to receive its blessings at different times during the day, week, or month. Perhaps you will want to go back and read its offerings several times. Each time, God may reveal something new to you. Perhaps there will be a word or a phrase within this publication which moves you deeply and opens you to the fruit of the Spirit: Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, and Self-control.

Pay attention to those words and phrases. They are God's word for your life today.

If you would like to contribute to this publication, please write or call Rev. Miller. The only requirement is that all submitted items be uplifting and convey some quality of the fruit of the Spirit as found in Galatians 5: 22-23.



Agnus Dei *Lamb of God*

O Lamb of God, that takes away the sins of the world, have mercy upon us.

O Lamb of God, that takes away the sins of the world, have mercy upon us.

O Lamb of God, that takes away the sins of the world, grant us your peace.

In the Mass of the Catholic Church and also in the Eucharist of the Anglican Communion, the Lutheran Church, and the Western Rite of the Orthodox Church the *Agnus Dei* is the invocation to the Lamb of God sung or recited during breaking of the bread. It is said to have been introduced into the Mass by Pope Sergius I (687-701) For all Christians this prayer can be recited throughout the day as a daily spiritual discipline.

**Prayer—
Faith —
Love —
Service —
Peace**

