

About the authors

DAVID ADAM was the Vicar of Lindisfarne, off the Northumbrian coast, for thirteen years until he retired in March 2003. His work involved ministering to thousands of pilgrims and other visitors. He is the author of many inspiring books on spirituality and prayer, and his Celtic writings have rekindled a keen interest in our Christian heritage.

RUPERT BRISTOW was Director of Education for Canterbury Diocese and a governor of Canterbury Christ Church University from 1995 until his retirement in 2008 and is active as a Reader in Trinity Benefice, Folkestone. He has worked in education – in schools, universities and administration – at home and overseas. He has also been a specialist adviser to a House of Commons select committee, edited and written for various educational publications and chaired Kent SACRE (Standing Advisory Council for Religious Education). He is an Honorary Fellow of Canterbury Christ Church University.

NICK FAWCETT was brought up in Southend-on-Sea, Essex, and trained for the Baptist ministry at Bristol and Oxford, before serving churches in Lancashire and Cheltenham. He subsequently spent three years as a chaplain with the Christian movement Toc H, before focusing on writing and editing, which he continues with today, despite wrestling with cancer. He lives with his wife, Deborah, and two children – Samuel and Kate – in Wellington, Somerset, worshipping at the local Anglican church. A keen walker, he delights in the beauty of the Somerset and Devon countryside around his home, his numerous books owing much to the inspiration he unfailingly finds there.

SUSAN SAYERS is the author of many popular resource books for the church. Through the conferences and workshops she is invited to lead, she has been privileged to share in the worship of many different traditions and cultures. A teacher by profession, she was ordained a priest in the Anglican Church and, before her

retirement, her work was divided between the parish of Westcliff-on-Sea, the local women's prison, writing, training days and retreats.

RAY SIMPSON is a Celtic new monastic for tomorrow's world, a lecturer, consultant, liturgist, and author of some 30 books. He is the founding guardian of the international Community of Aidan and Hilda and the pioneer of its e-studies programmes. He is an ordained member of the Christian church and lives on the Holy Island of Lindisfarne. His website is www.raysimpson.org

- 16 Lord, we remember all who are struggling
with doubt, depression and despair,
all who are having difficulty in their daily lives.
We pray for all who are ill at home or in hospital,
especially those who have no one
to care for them or visit them. *David Adam*
- 17 Lord, we remember before you
the troubled in mind,
all who have painful memories,
the depressed and the despairing,
the mentally disturbed
and all who cannot cope with life.
Lord, keep our minds strong
in the knowledge and love of God
and help us to proclaim your presence and love.
David Adam
- 18 We ask you to bless
all who are not at peace with themselves,
all who are disturbed in mind or spirit.
We ask that all who are ill at this time
may know your love and your presence. *David Adam*
- 19 We remember all who walk in darkness
and who are heavily burdened.
We pray for all who have lost hope and who despair.
We ask your blessing
upon all who are chronically ill
and those who can no longer cope on their own.
We pray for all who are approaching death and
their loved ones who are caring for them. *David Adam*
- 20 Lord, we pray for your blessing
upon the world-weary, the worried and worn,
all who feel overwhelmed and unable to cope.
We remember all who are ill at home or in hospital
and those who care for them.
We pray especially for any involved in accidents
or whose illness finds no cure. *David Adam*

- 69 We pray for all who have lost vision and hope,
for all who are struggling with life.
We remember the broken-hearted,
those suffering from broken relationships,
all who are broken by illness or trouble,
all who can no longer cope on their own.
Lord, may they know you in their breaking
for you alone can make us whole. *David Adam*
- 70 We remember all who have lost their way
and become involved in drugs or violence,
all who are suffering
through the decadence of society.
We ask your blessing
upon all who are ill at home or in hospital
and all who are fearful for their future. *David Adam*
- 71 We remember today all who are struggling with life.
We pray for the world's poor, refugees
and all who are used as work slaves.
We ask your blessing upon all who are losing heart
or who feel discouraged and despondent. *David Adam*
- 72 Lord, we come with the sorrowing and sad people
of our world,
with all who live in fear or anxiety.
We pray for refugees and homeless people.
We remember all who are in pain or distress at this time.
May they all know that you love them and care for them.
We ask your blessing on all healers
and on relief organisations. *David Adam*
- 73 We pray for all who feel they have lost their way,
who are troubled and distressed,
that they may know your love and care. *David Adam*

- 125 Great and glorious God,
let the translucence of your presence
always show through the hesitations and repetitions of
dementia.
May our patience and perception
not be found wanting,
as we seek the person within,
and the spirit of faith,
in gesture and twinkle, in touch and gaze,
guided by your bright star. *Rupert Bristow*
- 126 God of spirit and truth,
may the practice of the Eucharist
break through barriers of memory,
as we give thanks through bread and wine.
Let those with all their frailties intact
be especially sensitive to those whose gifts are restricted.
May we always respect the person,
as your Son respected all. *Rupert Bristow*
- 127 Lord of life,
renew in us a right spirit,
towards stranger and sufferer,
as well as neighbour and friend.
We never know when illness will strike,
gradually or all at once.
Let us look out for the needs
and struggles of those with dementia,
not through enlightened self-interest,
but through love of humankind,
love of your creation. *Rupert Bristow*
- 128 Lord of unity and diversity,
what you have brought together
may sometimes be put asunder,
given our fallen state.
We ask your forgiveness and patience,
long-suffering Lord.
We ask for the second chance
that you gave to humankind,
through your Son. *Rupert Bristow*

May the sun never set
without a resolution of resentments.
And let the power of prayer and contemplation
always be preferable to instant reaction,
done or said in anger.
Help us to respect and forgive in an atmosphere of calm,
just as we pray to you in the midst of turmoil.

Rupert Bristow

133 God of our fathers,
send us the hope of reconciliation
after the despair of aggression.
Let domestic dispute lead to domestic understanding,
without the oppression of the cycle of destruction,
which can turn reason to unreason,
sweetness to bitterness,
discussion to violence.
Cast out violence from our nature,
transforming Lord.

Rupert Bristow

134 God of first and last,
may reason be first and violence be last
in our repertoire of response.
Let self-defence prevent the worst
and may assertiveness and the art of listening
calm emotion and avoid escalation.

Rupert Bristow

135 Transforming Lord,
send us out in sympathy
for those who experience domestic violence.
Send us out in confidence
to cope with perpetrators of violence.
Safeguard us from danger,
but let us not shrink
from saying things which challenge unacceptable behaviour,
knowing that your Son upset the tables of the
money-changers,
but did not countenance violence to person,
except when he accepted humankind's violence to him.

Rupert Bristow

153 Living God,
we bring not only the needs of others but also our own,
for we are all in some way bruised,
troubled in body, mind or spirit.
Reach out then to all –
restoring, renewing, holding, healing –
and teach us to reach out also,
not as the strong to the weak
or the healthy to the sick
but as fellow-strugglers along the journey of life,
in common need of the help and wholeness
that you desire for all. *Nick Fawcett*

154 Loving God,
teach us that,
though our bodies may be broken,
our minds battered and our spirits crushed,
you still see and value us as whole people,
and, in that knowledge,
may we find inner healing and tranquillity,
until that day when you make us new in your eternal
kingdom,
through Jesus Christ our Lord. *Nick Fawcett*

155 Living God,
we don't want to neglect our body, for it is your gift,
but what of our soul, the inner self?
Teach us to seek wholeness of spirit with equal resolve,
to work for true well-being,
cultivating a health that will neither fade nor perish.
Nick Fawcett

156 Loving Lord,
you are always looking to respond to our needs,
constantly reaching out to touch our lives with your love,
yet all too often we fail to seek the help you long to give us.
We trust in our own strength;
we try this, that and everything else;

- 256 We pray for all who are ill at home or in hospital,
for all in emergency surgery or in casualty;
for those who have just discovered
that they have injuries or illnesses
that will change their lives.
We pray for the work of all who heal and comfort,
all who visit the sick and counsel the distressed. *Susan Sayers*
- 257 Thank you, Father, for all those who care for the sick,
the unstable, the ungrateful and the difficult.
We pray for all who are on the receiving end
of hate, deceit, suspicion or abuse,
and for those who cause others pain
and distress of any kind.
We pray for your healing and transforming. *Susan Sayers*
- 258 Lord, we bring to you those we know
who are ill or suffering in any way.
Give them healing, restore them
in body, mind and spirit,
and provide them with your indwelling. *Susan Sayers*
- 259 Heavenly Father, as we pray for all who are ill
in body, mind or spirit,
surround them with your love and healing,
your reassurance and peace. *Susan Sayers*
- 260 We pray for those
who are too weak or exhausted to pray,
but simply know they ache for your comfort. *Susan Sayers*
- 261 Father, as the sick were brought to Jesus
by their loved ones,
so we bring to you now all those
whom we long to be healed.
May they hear your voice and sense your touch.
Susan Sayers

- 262 We pray for all who are suffering
through illness, accident or deliberate cruelty;
for refugees and all who are abused;
that through the caring of human hands
they may experience the caring hands of God. *Susan Sayers*
- 263 We pray for those who have chronic illness
and have to live in constant pain.
We ask for God's comfort
and reassurance to support them. *Susan Sayers*
- 264 Father, give courage to those
who have to suffer physical pain
or mental and emotional anguish.
Enable them to draw on your resources
and transform all our pain and sorrow. *Susan Sayers*
- 265 May all whose bodies cause them pain or immobility
be affirmed in value by loving encounter
with Jesus and his followers;
and may those who are spiritually crippled
be set free to love and serve God. *Susan Sayers*
- 266 We pray for all suffering from leprosy
and other infectious and life-threatening diseases;
give courage to the long-term and chronically ill
and give respite to those who are at their wits' end.
Susan Sayers
- 267 Father, we remember those whose bodies
do not function effectively,
and those whose bodies are abused;
bring some good from their suffering
and healing to their needs. *Susan Sayers*
- 268 Wherever slow recovery makes time hang heavily,
wherever hope and joy are fading,
we pray for encouragement and delight. *Susan Sayers*

- 269 We remember those waiting for surgery,
and those in long-term care,
and pray that God's will
may be beautifully accomplished in their lives. *Susan Sayers*
- 270 We pray for those in pain
and those whose peaceful lives
have suddenly been shattered.
Help them gather the fragments to start again;
give courage and hope. *Susan Sayers*
- 271 Father, we remember those whose bodies ache,
whose spirits shudder
and whose memories terrify.
We pray for your healing and wholeness. *Susan Sayers*
- 272 Father, bring healing and wholeness
to those who suffer, in body, mind or spirit.
In the sleepless nights and endless days of pain,
give the grace to persevere with patience,
and turn these dark times
into places of spiritual growth. *Susan Sayers*
- 273 Healing God, lay your hands on those who suffer,
so that they may know the support of your presence
and find wholeness and peace in your love.
We pray especially for those who are locked
into the conviction
that they are beyond your forgiveness.
May they quickly discover
the freedom of your acceptance. *Susan Sayers*
- 274 Wherever there is pain and suffering,
whether physical, emotional, mental or spiritual,
we pray for your fulsome healing,
and commit ourselves to be available
and ready to help. *Susan Sayers*

- 279 *When a person suffers from insecurity or a lack of identity*
An eye was seeing you,
a mouth has named you,
a heart has thought of you,
a mind has desired you:
May Three Persons sanctify you,
May Three Persons help you,
the Father and the Son and the perfect Spirit. *Ray Simpson*
- 280 *Healing with water*
May this water be for your healing
in the holy name of the Father,
in the holy name of the Son,
in the holy name of the Spirit,
in the holy name of the Three,
everlasting, kindly, wise. *Ray Simpson*
- 281 Healing Christ,
you walk the world with those who suffer
in broken places of the world.
We come to you with our wounds and theirs.
Encircle those for whom we pray.
Enter their bodies, minds and spirits.
And heal them of all that harms. *Ray Simpson*
- 282 All-aware One,
quieten our fevered minds,
subdue our overheated souls,
rest our stressed bodies.
In quietness and confidence be our strength *Ray Simpson*
- 283 May the Divine Father
make us instruments of healing.
May the Complete Christ
take from us all that frustrates healing.
May the Holy Spirit
give us power for healing. *Ray Simpson*

- 290 In each hidden thought our minds start to weave,
be our canvas and our weaver.
In each wounded memory to which we cleave
be our counsel and our healer. *Ray Simpson*
- 291 We confess that we wound one another.
Our world is disordered.
Accompany us on a journey towards wholeness.
Ray Simpson
- 292 Spirit of the living God, present with us now,
circle these we have named.
Enter their bodies, minds and spirits,
and heal them of all that harms. *Ray Simpson*
- 293 May illness depart from our eyes.
May weakness depart from our eyes.
May soreness depart from our eyes.
May hardness depart from our eyes.
May sourness depart from our eyes.
May lewdness depart from our eyes,
in the name of the all-seeing Healer. *Ray Simpson*
- 294 Give us faith that heeds your call to heal.
Give us eyes that see your healing rays.
Give us speech that transmits your healing words.
Give us hands that bring your healing touch.
Give us grace to give to you the glory. *Ray Simpson*
- 295 Before your Cross, O Christ,
we recollect one story of wounding.
We ask for your mercy
upon this wounded person and people.
We ask your forgiveness for our people.
We ask for the healing of the wound
and the birth of our common humanity. *Ray Simpson*