

## **SPIRITUAL RESOURCES AND PRAYER**

**A prayer from the President of the Uniting Church Assembly, Dr, Deidre Palmer**

### **A PRAYER FOR COMPASSION, WISDOM AND STRENGTH**

Loving and compassionate God,

You call us to love our neighbours and to be bearers of your hope and grace in our world.

Expand our hearts and vision to respond with compassion to those around us, who are struggling in this time of uncertainty, anxiety, grief and suffering.

Give wisdom and strength to our church leaders, health workers and government officials, as they provide leadership in bringing us through this time of uncertainty.

We bring before you and into our hearts and minds:

- Those whose work and income are uncertain.
- Those who are isolated.
- Those who are fearful of an unknown future.
- Those who live in situations of domestic violence, and whose isolation increases the control of their violent partners.
- Those who are homeless, and all those who offer them support and care.
- Those who are involved in aged care, our agency leaders and staff, the residents and their loved ones, and those who visit.
- Businesses whose futures are uncertain – their leaders and staff.
- School staff and students.
- Those with health conditions that put them at greater risk.

Give wisdom and care-filled discernment to all our Church leaders – our Councils, and local congregations, as we seek to creatively live out our worship, witness and service in ways that offer Christ's life-giving love and presence.

Strengthen and sustain us to be your people – shaped by your abundant grace, bearers of your generosity and overflowing love.

Through Christ our Light and Hope, we pray,  
Amen.

**And from my friend , Ann Siddall, some idea for helping us when the going gets a bit tough.**

### **SPIRITUAL RESOURCES FOR TOUGH TIMES**

I very tentatively posted this on the South Australian Love Your Neighbour Facebook page two days ago and the response of 120 "likes" and rising, and a number of shares, has shown me that people are needing spiritual practices as well as good information and practical help to get through our present crisis. I deliberately made it useful for people of all faiths or none. Feel free to share it or adapt it, and feel free to also share what helps you get through the tough times. We have some wonderful resources in the Christian tradition!

"To Love Your Neighbour South Australia COVID-19 inspired local connections:

I'm aware of how anxious many of us feel about the prospect of getting this virus and also the unknown disruption to normal life in the community it is likely to cause. May I offer three things I have found helpful over the years.

1)The first is what I call "Take five". When it all feels overwhelming, step back, find a quiet spot, acknowledge how you feel - and just breathe. Breath out stress and anxiety, and breathe in peace and strength. (Or whatever words you would use.)

2) The second is a version of the Buddhist loving-kindness prayer, which is helpful for people of all faiths or none. Again, take a moment to be quiet and simply breathe, then: May I be safe, may I be well, may I be happy. May I be filled with loving kindness. May I be peaceful." This meditation can also be followed by "May we be safe, may we be well" etc. I find the latter to be a way of putting out kindness to others - in our street, in the shops, in medical waiting rooms .

3) The third practice is to consciously seek out beauty - a park, some trees, a painting, some music, poetry. This reminds us of the deep down goodness of life and becomes an important balance when we are surrounded by the negative news that is coming our way.

Peace be with you."

## **WORSHIP WEBSITES**

If you are unable to attend worship or if we have to close our worship at Seacliff, I have found the following churches that have audio or video services posted.

Our near neighbours at Brighton Uniting will have audio posted on their website:

<https://brighton.ucasa.org.au/>

From Blackwood Uniting

<http://blackwooduc.org.au/downloads/live-streaming/>

Pilgrim Uniting has audio and downloadable services.

<https://pilgrim.org.au/listen/index.php>

No doubt you can search our others as well.

If you feel you need to contact anyone at this point for whatever reason, you may feel anxious, you may need help with shopping, you might just want to talk with someone, please give me a call.

Peace

Gary Stuckey (Rev)

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