

# BOOK of PRAYERS 2021-2024



**UNITED  
THANK  
OFFERING**



# INTRODUCTION

Dear Readers,

Life is a collection of innumerable joys and successes as well as trials and sorrows. Paul admonishes us in 1 Thessalonians, “In everything give thanks,” no matter the circumstances. And so we are to thank God for the promotion, the successful surgery, or time with grandchildren. As well, we are to be thankful for any challenge in which God can move: losing a loved one, losing a job, or suffering a health crisis. We can allow God to celebrate with us or instruct us and comfort us.

This little “Book of Prayers” owes its existence to a great many prayer warriors, men and women who’ve looked at life through grateful eyes, who’ve been “thankful in all circumstances.” May these prayers uplift you in your celebrations and uphold you when you experience “groans too deep for words.”

We encourage each of you, as you experience these prayers, to join with a whole host of people who raise their voices in thanksgiving to God daily.

**Blessings to you and yours,  
The 2021–2024  
Board of the United Thank Offering**

## **UNITED THANK OFFERING PRAYER**

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

Amen.

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

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

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

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

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

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

---

# GRATITUDE

I pray, O Lord, that you will change my heart, my eyes and ears, and my hands during this time of pandemic with its isolation, this time of protests against racial inequality, and this time of political unrest.

Gentle my heart to daily prayer that addresses the needs of community and country.

Gentle my eyes and ears to continually seek and give thanks for the blessings you have already bestowed.

Gentle my hands to serve my community with love and justice.

Gentle my thinking with the knowledge that you alone ~ and not any politician ~ are my King.

Thank you for the wisdom for the facing of this hour.  
Thank you for the courage for the living of these days.

Amen.

**Ms. Kate Mietus  
United Thank Offering  
Province VIII Representative  
Diocese of Spokane**

## **THE LORD IS MY SHEPHERD**

I don't have a mansion, but I have a home.

I don't have a car, but I can get to everywhere I need to go.

I don't have new clothes, but my clothes are still stylish and clean.

I can't afford to go to a hairdresser, but my hair is washed and groomed. I don't have a million dollars, but my bills are paid and I have food on my table.

For your Word says "You are my Shepherd and I shall not want." So Thank you Lord, I have all I need and not all I want! Amen.

**Ms. Janis Moore  
Church of the Holy Apostles and the Mediator  
Diocese of Pennsylvania**

We thank God for our daily bread.  
Let us also, Lord, our souls be fed.  
O Bread of Life, from day to day,  
sustain us in our journey home.  
Amen.

**Mr. Nicholas Bisaccia**  
**Chaplain, Episcopal Church of Philadelphia**  
**Diocese of Pennsylvania**

Almighty God, You are the giver of every good and perfect gift. We know how easily we take and how often we reluctantly give. Give us the gift of grateful hearts, that we may want to share freely with others all You have given us. Amen.

**Mr. Nicholas Bisaccia**  
**Chaplain, Episcopal Church of Philadelphia**  
**Diocese of Pennsylvania**

Our God and our Father, we thank you for the United Thank Offering. Thank you for the membership and the leaders of the organization. Grant us your divine favor to be worthy of our calling so that your name may be glorified in our lives by how we live our lives that will bring glory to your name. May your name be glorified through UTO and its members in Jesus' name.  
Amen.

**Sir Joseph Ohanugo  
Church of the Holy Apostles and the Mediator  
Diocese of Pennsylvania**

Dear Lord, In the confusion of our lives, it is sometimes hard to be grateful for the challenges that the world presents. I am grateful for those challenges You provide because they spur me to keep You in the forefront of my thinking and actions. I am grateful that I have been more alert to what I can do and how I can act to be a better minister of Christ. Please bless all those who labor for your kingdom, bless all those who need the message of your love and grace. In the name of our Savior, Jesus Christ.  
Amen.

**Ms. Elizabeth (Lissa) Barker  
St. Patrick's Episcopal Church, Dublin Ohio,  
Becoming Beloved Community Member  
Diocesan Council, Procter Board  
Diocese of Southern Ohio**

## **KINDNESS**

Dear Jesus, I love you because you are kind.  
Help us to be kind like you.  
Amen.

**Lucy Melton**  
**Age 6**

**Diocese of Colorado/Navajoland**

## **IN GRATITUDE FOR DINOSAURS**

Dear God, thank you for the Tyrannosaurus rex and all dinosaurs, and for all the scientists who teach us about them. Dinosaurs are awesome and so are you.

Amen.

**Carrie Melton**

**Age 6**

**Diocese of Colorado/Navajoland**

## **IN GRATITUDE FOR FOOD**

Thank you for food, God. Food is delicious and helps me grow. Please help those who are hungry and remind us always to share.

Amen.

**Carrie Melton**

**Age 6**

**Diocese of Colorado/Navajoland**

## **COLLECT FOR GRATITUDE**

Almighty and gracious God, author and giver of every good and perfect gift: Enlist our hearts in humble and steadfast gratitude to thee, that we may be drawn ever closer to the hallowed source of all good where there is complete fullness of joy, through Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God forever and ever.  
Amen.

**Ms. Ruth D'Arcy  
Church of the Holy Faith of St. Francis of Assisi  
Santa Fe, New Mexico  
Diocese of Rio Grande**

## PRAYER OF GRATITUDE

Dear Lord,

I am grateful for this beautiful day for the sky is blue and the clouds are fluffy.

I am grateful for my beautiful home for it is clean and comfortable. I pray for those who have no home.

I am grateful for my precious family and my extended family who I cherish and love.

I am grateful for my friends, those who are near and especially those who are far away.

I am grateful for my darling animals who bring me comfort and joy.

I am grateful for my health and my life. It has been full of challenge and contentment.

I pray for peace and love for all in this world and the world beyond.

May your many blessings shine down upon us as we strive to walk in your path.

Amen.

**Ms. Barbara Schafer  
Episcopal Church Women  
Advent Episcopal Church  
Diocese of Arizona**

Dear Heavenly Father, we give you thanks for our many blessings. Thank you for our family and friends as we remember the lonely. Thank you for our health as we remember the sick. Thank you for our food as we remember the hungry. Thank you for our homes as we remember the homeless. Thank you for our freedom as we remember the enslaved. May the remembrance of our many blessings help us to give service to others according to your will. In Jesus Christ's name, Amen.

**Mrs. Judith Keat  
Grace Episcopal Church, Anniston  
Diocese of Alabama**

Dear Father, thank you for the many blessings you have bestowed upon me. Thank you for family and friends, and especially for sending my dear great-grandson who really keeps me going every day. My life is filled with love, joy, peace and humility. I wake up every morning to see the beauty of this earth, and in spite of all the pain and uncertainty of this world, you give me the strength to carry on and to do your work. Bless O Lord those who are less fortunate, and take us through this turmoil, and bring us to rest at peace with you. In Jesus' name I pray.  
Amen.

**Ms. Vernese Smith  
St. David's Episcopal  
Diocese of Long Island**

## **BLESSING OF PLEDGE CARDS**

Most Loving God, we place on this altar of love these pledges of our very lives. These little pieces of yellow paper represent many things, our time, our gratefulness for this place called [insert church name]. They represent our dreams, our hopes, our vision of the future, our life together as a people committed to following you and sharing you with others. May our lives lived outside these walls reflect that vision. May our gifts, these and others, not be viewed as leverage with you, but rather as gifts of thankfulness for all that we have been given. We pray for the continuing mission of [insert church name], that it may continue to be a place of comfort and guidance to all people and a place where all are welcome no matter who they are or where they are on their journey of faith. And now we ask your blessing on these cards, all they represent, and especially the pledge we have made to you through them and with our lives.

Amen.

**The Rt. Rev. Gregory Rickel  
Diocese of Olympia**

## **PRAYER OF BLESSING OVER PLEDGE CARDS**

Gracious and loving God, giver of all that is good and true and beautiful and life-giving, these cards represent our sweat, they represent our lives, they represent our dreams. The pledges which we make on them are but tokens of the awesome gifts that have been given to us and they are pledged in thanksgiving for all we have received, for all we have been inspired to be, for all we are challenged to become, in this place. May they be the first fruits of all we have and not what we have left over, so that we may live out as closely as possible how you give to us. May we see them as our offering to you, sacred, holy, yet earthy, filled with possibilities. May we hold this image in our hearts and minds so as we watch our offerings each week come to this table, we can see our very selves being part of this offering, it is us on the table, living sacrifices to you. Amen.

**The Rt. Rev. Gregory Rickel  
Diocese of Olympia**

Dear God of our Lives, we are humble in your presence because you have given us the power to know what gifts have come from you. Thank you for your hand in our lives, and thank you for our awareness. Help us to hold on and cherish the knowledge of your generosity to us. When we forget, forgive us. When we stray, take us by your holy hand and lead us. When we are angry or irritable, give us your calm kindness. We seek your patience, God. Because you became one of us, you know our humanness, our strengths and our frailties. We seek so much in the name of your Son our Lord.  
Amen.

**Ms. Hilda Weaver**  
**Trinity Episcopal Church, Covington, Kentucky**  
**Diocese of Lexington**

## **ABC'S OF GRATITUDE**

Write all the letters of the alphabet down the left side of a piece of paper. As you think of a blessing or gratitude, write it down beside the corresponding letter of the alphabet. It might take as much as a week to have a blessing beside each letter. Try to fill in a gratitude for each letter before starting new piece of paper.

**Ms. Kate Mietus  
United Thank Offering  
Province VIII Representative  
Diocese of Spokane**

## THANKS IN A TIME OF TURMOIL

In the restless hours of the night as I have tossed and turned upon my bed, when sleep is a stranger and my mind feels as if it is on fire with worry and anxiety, the only calm that I find is in my prayer to you, O God. That I have a bed at all, I give you thanks. That my home is safe, I give you thanks. And for the lesson that the only certain hope is in you, I give you thanks and praise. With a grateful heart, I rest in your calm, more than in my bed. But before my eyes close upon this night, I pray for those who are troubled and in distress. And, I ask that when I awake I will be strengthened to answer the call of your son, Jesus, to bring your hope in deed and word to those who are struggling and in need; through Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Rt. Rev. Scott Hayashi**  
**Episcopal Diocese of Utah**

## GRATITUDE — A MORNING PRAYER

Dear God, My Gracious Heavenly Father...

As I wake with a humble and grateful heart to your beautiful and perfect day, I want to thank you for every blessing that You have bestowed on me for every day of my life. I am so grateful for the family that you placed me in and for the family and friends that I now enjoy each day. I pray Dear God that I will continue to be worthy of Your guidance and presence in everything that I do today. Help me to be a blessing to everyone that I come in contact with today, and to not ignore the people and things that I can help. Let me meet each challenge knowing that you are with me in all that I say and do, and make me fearless for doing the right thing.

Dear God, I am so truly grateful for this day; let me rejoice and be glad in it knowing that You are walking with me in each and every step that I take. I am forever grateful for Your presence in my life. All these things I ask in Your Son's name, Amen.

**Mrs. Judy Spree**  
**St. Mark's Episcopal Church, Boligee**  
**Diocese of Alabama**

## **GRATITUDE FOR AMERICA**

Dear God,

Please know how grateful I am to be an American, and that I do not take my freedom for granted, but thank you for placing me here. Thank you for the men and women who have and are serving in the military to protect our freedom. Please bring each one home safely. Thank you for all politicians who are serving in leadership roles. Let each one make sound, wise decisions that are good for the people and the office that they serve.

These things I ask in Your Son's name, Amen.

**Mrs. Judy Spree  
St. Mark's Episcopal Church, Boligee  
Diocese of Alabama**

## **GRATEFUL FOR HOPE**

God of Hope, Hope is all we have. It is the only sustainer. We ask for your presence in our lives this day. That you would walk with us and assure us that for this day, you will be there. We are thankful for our lives both past and present. Help us always to be grateful for the present moment, to live in that moment. Keep us from either looking at the past as always better or the future as solely bleak. Keep us one day at a time in hope. For this day, we give you thanks. Amen.

**Ms. Annette Fricke  
St. Martin's Episcopal Church  
Diocese of Spokane**

I give thanks, during this incredibly crazy year, for good health; for the anticipation of new life in a grandchild soon to be born; for the peace and beauty of the small part of “this fragile earth, our island home” that I am blessed to call mine; for the birds and beasts with whom I share this; for the Clematis, Roses, Lilies, Bird of Paradise which color and enliven my life; and mostly for the family and friends who enrich every day. So much for which to give thanks to our loving God.

**Mrs. Joanna Henrichs  
Diocesan UTO Chair  
Diocese of California**

## **STUCK**

On flypaper - can't move - one foot in one foot out.

Okay to be home, cooking again and loving it, walking about 4-5 miles a day, not feeling alone or lonely, loving the silence and the garden growing its beautiful array of colors, a respite time, missing hugs and holding his hand, your hand.

Hear a knocking at the door...opportunity, a new, changed, more loving people on the planet, learning new technologies to stay connected virtually, words have more meaning, foods more comforting, time for touching base with more than close friends, words written on my heart from childhood at the forefront of my thoughts, therapeutic.

World seems crumbling under my feet...and then, the foundation, strong, sure, eternal settles inside me and I am unstuck.

**Mrs. Kate Muris**  
**Diocese of Northern California**

## THANK YOU

If only two words I could utter each day

These two are what I would say:

Thank You

In Thank You is

Your Holiness

In Thank You is

Your Glory

In Thank You is

You Heavens

In Thank You is

Redemption

In Thank You is

Forgiven

In Thank You is  
    Unending Love  
In Thank You is  
    All Knowledge  
In Thank You is  
    Justice  
In Thank You is  
    All Language  
In Thank You  
    I am heard  
In Thank You is  
    My heart's meditation  
Dear God  
    Thank You.

**Mr. David Jordan  
St Bede's Episcopal Church  
Diocese of Oregon**

## GIFTS OF LOVE

Most precious Lord,

The past days and weeks have been life-changing for me. Through it all I find that it is in these gifts of love, although the givers often consider them small and ordinary, that I've been so truly grateful and most humbled as I struggle to fulfill your will and call of ministry.

A place to work that is concerned for those who work the frontlines.

The shuttle driver who welcomes me, blesses me with words of encouragement for the day.

Leaders who welcome me into work each day with eyes that are often brimming with tears.

The security of a mask, my office walls, the smell of bleach and detergent.

The letters that line the hallway walls with handprints of children who wish us well and thank us for this work we often reply to as just doing our job.

A call from a colleague to check on how I am doing. Snacks delivered to sweeten the day.

Chalk on a sidewalk as I leave for the day claiming that behind the masks and scrubs we are heroes.

Planes flying overhead to give a salute, that make my heart pound with love and admiration for their compassion.

A daily prayer said over me to keep my heart and my soul in touch with you my precious Lord.

Lord, I am so grateful for the many things and the people that give me so much each day during these times of uncertainty and trial. Give me the eyes to see that these things are miracles of your love, the heart to feel the breath of your spirit casting grace over me and the knowledge to know that in these acts of extraordinary giving you are still in control.

Amen!

**Mrs. Debbie Butcher**  
**Past Diocesan ECW President**  
**St. Paul's Cathedral, Oklahoma City**  
**Diocese of Oklahoma**

## THANK YOU NOTE

For lavender and rose's swan-song at day's end, And  
rainbow worlds of rainy April eves; Cellophane days that  
imprint in their silver blends The faded hues of clouds and  
fields and leaves;

For roads to walk, for springs to drink, for health and  
strength And joy and mirth and warmth that fills our days;  
For beauty You've created in my frieze of years — I offer  
every day my love and praise.

Amen.

Mr. Jim Farris  
Episcopal Church of Our Saviour, Richmond, Kentucky  
Diocese of Lexington

## **BLESSINGS IN THE MIDST OF UNCERTAINTY**

Dear Jesus,

During this season of unrest, uncertainty and even the possibility of debilitating sickness, we praise you, Dear Lord, and we long to hear your voice and see your healing hand in the midst of chaos. We thank You for our homes, which are our sanctuary as we “Stay in Place” to escape the infectious spread of the virus. Blessings, gratitude and grace to our sisters and brothers who serve God’s people on the front lines as first responders, on the mission field and throughout our nation and the world. Be with us, Dear Lord, as we praise you and thank You for life, freedom, protection, and peace. Amen.

**Dr. Marcie Cherau  
St. Mark’s Episcopal, Haines City  
Diocese of Central Florida**

## **STRUGGLING TO KEEP AFLOAT**

Never Thought I would write a prayer  
Thanking God for always being there.  
Days when I struggled to keep afloat  
Called on Jesus My Helmsman who steered the boat.  
So in closing this prayer written especially 4 U  
Difficult days ahead, skies aren't always blue?  
One thing for sure, Trust and Believe  
Jesus your Helmsman Is waiting for Thee  
So Call on Him, Praise Him, Say His Name  
for the Helmsman HE IS Will Revive You Again!  
Amen.

**Ms. Sharida Gillison  
Holy Apostles and The Mediator  
Diocese of Pennsylvania**



---

# **GUIDANCE**

## **A PRAYER FOR LOVE AND PEACE**

Show us how to know the love you put into our souls before we were in our mothers' wombs.

Help us to know and nurture it into loving you better and loving ourselves more.

Help us to transform our love into peace that we can understand that we may live within it.

Show us how to create a world that is formed in the peace Jesus taught us, and to be the people of love and peace you made us to be. Amen.

**The Rev. Canon Betsy Ivey  
Canon for Growth and Support  
Diocese of Pennsylvania**

Dear Lord, we know that all we are and all we have come from your great grace. Even in times when things are tough we know you are near, and with patience and trust in your unwavering love and bountiful blessings, we will get through. We thank you for your abundant generosity and pray that we may look to see your presence in our world in all places and things.

May we have eyes that see brokenness in the world and hearts, led by your Holy Spirit, that reach out to heal.

May our hands be your hands reaching out to feed and comfort your people. May our feet walk in your footprints to share the light and love that only you can bring into the brokenness. Keep our hearts and minds turned outward yet always close to you. In Jesus' name, we pray.

Amen.

**Ms. Cheryl Daly**  
**Diocese of Pennsylvania**

O God, grant me the strength to remain forever strong in my faith during these times of adversity. Help us to give love and support to those in need so they know that You are with them and will never leave or forsake them. Help us to give support to our brothers and sisters making their lives better and lightening their burdens.

I pray to you most merciful Father for patience when prayers are not answered quickly; being always mindful that Thy will be done. My faith is in you O, Lord. Be with me always.

Amen.

**Ms. Jean Fowler**  
**The Order of Daughters of the King**  
**Diocese of Pennsylvania**

I pray for you to be free from worry and anxiety, to be the fearless, wise, confident, capable being that you are in Spirit.

**Mrs. Helen Allen**  
**The Order of Daughters of the King**  
**Diocese of Pennsylvania**

When we face hardships and discouragement, it's easy to lose sight of the big picture. We are not alone, many have made it through life enduring far more than we've experienced. (Suffering is the training ground for Christian Maturity. Hebrews 12:3)  
Amen.

**Ms. Barbara D'Antonio**  
**Church of the Holy Apostles and the Mediator**  
**Diocese of Pennsylvania**

## **JESUS BE WITH ME**

Jesus be with me always.

Jesus be the light when all others go out.

Remind me that during turbulent times, your light and love is ever present. Give me the strength to always remember you live within us.

Help me to stay on the path you have laid out for me.

Guide me to do the work you would have me do.

Lift me up when I'm down. Pick me up when I fall.

Be my friend when all others have gone. Be with me when I am alone.

May your name be the first upon my lips when I wake, and the last upon my lips before I sleep.

Amen.

**Ms. Jane E. McKinney**  
**President, Diocesan Assembly of Pennsylvania**  
**The Order of the Daughters of the King**  
**Diocese of Pennsylvania**

## **FOR THOSE WITHOUT HOMES**

God, please help us to take care of people without houses. You may not realize it, but there are people living under bridges and they are afraid.

Please help them to stay safe and to know that we care about them. Amen.

**Lucy Melton**

**Age 6**

**Diocese of Colorado/Navajoland**

Thank God every day for his loving kindness, mercy, and peace. Thank God for the Sun, Moon, Earth and Stars. I pray we continue to learn God's will and grow in God's Love. Amen.

**Ms. Marilyn Grier**

**The Order of the Daughters of the King**

**Edna Carroll Chapter**

**Diocese of Pennsylvania**

## **BLESSING BEFORE A MEETING**

Lord, we gather in your name to do the work you have given us to do. We are grateful for the opportunity to serve in your name. Bless us and grant us the wisdom and courage to follow your will in all that we do. Help us to be mindful of the thoughts and feelings of others. Lift us up when we feel overwhelmed. Comfort us when we are confronted by difficult decisions. Help us to see things from new perspectives and inspire us to find new ways to solve old problems. In all that we do, help us to always remember why we are called to be here. Amen.

**Ms. Joyce Landers  
UTO Board Vice President  
Diocese of Central Gulf Coast**

## A COUPLE'S PRAYER

Our God,

Our lives are in your hands  
give us wisdom that we might know your way.  
As you are love, we bring and celebrate our love for each  
other before you now  
knowing that our love for others is a reflection of our love  
for you.

Please shower us with wisdom and peace.

Help us to find in each other the wonder, grace and  
kindness that you intended.

Help us to give to each other what is needed for the others'  
greatest good without losing ourselves in the process.

To work through the trials of life as they come with  
patience and kindness. Help us share our love with others,  
our family and friends, and let us be beacons of light in a  
sometime bleak world.

With abundant gratitude, we thank you for the gift of your  
love. Through you we know all things are possible.

Amen.

**Ms. Jane Skaer and Mr. Scott Laurent  
St. Mary Magdalene Episcopal Church  
Diocese of West Missouri**

Dearest Father, I will hesitate after reading or hearing a story in the news to make sure I have all the facts, before adding to something I know nothing about that will cause fear to someone. I will stay off social media and strive to find news of the day I can depend on and trust. I will not speak ill of those who hold office about something I do not have all the facts about. I shall trust in the Lord to guide me to find the honest and truthful message I need to hear. I will not share any gossip. And I will not fear to send your message. Help me have the strength to know that when “I am touched by the spirit of God, I will elevate it and touch others.”

Amen.

**Ms. Deborah Cearley  
St. Simon. Pell City  
Diocese of Alabama**

God, thank you for blessing the United States of America with bountiful natural resources that enable us to take care of ourselves and many other nations of the world. I pray we will be good stewards of these natural resources.

My prayer is that the people of our country will turn back to God, and that our churches will be full again. O Lord, may the Ten Commandments that you gave to Moses be our guide to live according to your will. I am grateful to you, God, for inspiring our founding fathers to write our Constitution and the Bill of Rights that have served America well for over 230 years. God Bless America. Praise the Lord and save thy people keeping America a nation, that stands united and trusts in God. Amen.

**Mrs. Ethel Garth Scott**  
**St. James' Episcopal Church, Livingston**  
**Diocese of Alabama**

Oh God of all comfort and giver of every good thing, we pray that you fill us with the desire to be your hands and feet in the world, so that the hungry are filled with good things and all may experience your reconciling Love.  
Amen.

**Rev. Shaneequa Brokenleg  
Racial Reconciliation Staff Officer,  
The Episcopal Church  
Diocese of South Dakota**

Oh forgiving God who hears us all, we pray for humble hearts and authentic prayers, so that our relationships with you and each other can be real and not contrived.  
Amen.

**The Rev. Shaneequa Brokenleg  
Racial Reconciliation Staff Officer,  
The Episcopal Church  
Diocese of South Dakota**

## **FOR SCHOOLS DURING COVID-19**

Dear God, thank you for our schools and for the teachers, staffs, and administrators who are doing all that they know how to do to provide quality education for their students.

Please give them the wisdom to make the difficult decisions that must be made as we all try to cope with COVID-19. Help everyone involved to practice patience and kindness to one another in facing this virus challenge. These things I ask in your Son's name, Amen.

**Mrs. Judy Spree  
St. Mark's Episcopal Church, Boligee  
Diocese of Alabama**

## **PANDEMIC AND UNCERTAINTY**

Father, we give thanks to you for this wonderful world, walking through this pandemic knowing you are beside us. For the medical staff giving of themselves. For scientists and the gifts of wisdom you bestow. For teachers and students as they develop new and uncharted ways of using the gifts you have given. Help us to remember those who are homeless and in need. Help us to be to them as Jesus taught about the good Samaritan. Help us to be kindhearted and caring. Dispel our fears, bring us a sense of calmness, and grace. Let us rest in your assurances of your presence within us. Amen.

**Ms. Suzanne Harrow  
Daughters of the King President  
Diocese of Georgia**

## OUR CRY TO YOU

God of Power and Might,  
Almighty One, Truth Bearer,  
Open our eyes to your goodness.  
We are your broken ones.  
We are your unconsolated.  
We are your needy,  
Crying out to you for guidance and forgiveness.  
Guide us to right decisions.  
Take our hearts and instill in them kindness and justice.  
Let us weep with those who weep.  
Let us take the hands of those who are lost.  
Let us not turn a blind eye to those who sit in the darkness.  
Send your Holy Spirit to empower us to spread your word.  
Give us your grace to love those who are difficult to love.  
We pray all these things in the name of Jesus. Amen.

**Mrs. Lisa Bortner**  
**Episcopal Church Women**  
**Province VII Representative**  
**Diocese of Texas**

## FOUNDATION

Oh Lord, my rock and salvation,  
Take my hand as I walk this desert and through change,  
holding all the change in my heart.  
Lead me to your will for me; guide me to living water  
and those in need of comfort and peace in knowing you,  
your love and grace.  
Let me trust and not fear.  
Keep me in my continued awe of your companionship.  
Allow me to know you as foundation, to mirror that  
for others.

**Mrs. Kate Muris**  
**Diocese of Northern California**

## OH LORD OF MY HEART

Oh Lord of my heart

How I long for your whisper of wisdom,

A song of joy and hope.

My heart aches for peace My Soul lingers as it waits

For a breeze, a flower's petals opening...

Then it slowly lifts its gaze

upward toward Thee...

Knowing your wanting, your waiting,

your hope for our indwelling at long last.

Oh Lord of my heart, I long

For your whisper of

“Hello, all is well, my daughter.”

**Mrs. Kate Muris**  
**Diocese of Northern California**

## PRAYERS OF THE PEOPLE ON THE MOUNT

*Petitioner:* Loving God, your people who walked in darkness have seen a great light; lead us by your light, and mercifully hear our supplications.

*Petitioner:* Gracious God, guide the Universal Church and its members to readily answer the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, especially [add names of bishops, priests, deacons, and lay leaders]. Blessed are those who hunger and thirst for righteousness,

*People:* For they will be filled.

*Petitioner:* Omnipotent God, guide the nation and all in authority, especially [add names of president, governor, mayor, and other officials], to do justice, and love kindness, and walk humbly with You. Blessed are the merciful,

*People:* For they will receive mercy.

*Petitioner:* Creator God, guard the welfare of your world. Shine your light on half-truths, deceptions, and lies so that our vision and voices are raised against exploitation, prejudice, oppression, and pain. Blessed are those who are persecuted for righteousness' sake,

*People:* For theirs is the kingdom of heaven.

*Petitioner:* Righteous God, guide our local communities. Let your light warm our hearts and hands that we offer our food to the hungry, satisfy the needs of the afflicted, welcome the strangers, love our neighbors, and do what is right. Blessed are the peacemakers,

*People:* For they will be called children of God

*Petitioner:* Healer God, let your soothing light shine on those who suffer and those in any trouble: addicts and their families; prisoners and their guards; refugees and their helpers; the sick in body, mind, and spirit and their caregivers; especially [add names]. Blessed are the meek,

*People:* For they will inherit the earth.

*Petitioner:* Merciful God, guide those who walk through the region and shadow of death for whom your light has dawned, especially [add names]. Blessed are those who mourn,

*People:* For they will be comforted.

*Petitioner:* With sounds of great gladness, make known to God the blessings for which you are thankful [add thanksgivings]. Blessed are the pure in heart,

*People:* For they will see God

**Ms. Monica Irwin  
St. Mary's Episcopal Church  
Diocese of Northwestern Pennsylvania**

---

# HEALING

## HEALING LAMENT

Holy and Immortal One, Creator of Heaven and Earth, Our Hope, Shield and Defender, hear our cries and be gracious unto us. We ask that you forgive our sins so that healing and restoration may begin again. Give us courage to break free from the trappings that prevent us from loving one another in perfect freedom. Heal our brokenness and create space in our hearts to receive your transforming Holy Spirit. We trust in Your power and Your omnipotent actions that we have witnessed throughout the ages to come to our aid. We offer our Thanksgivings for your favorable intervention. Great is Your Name and greatly to be praised – never to be forgotten.

Through Christ and in Christ.

Amen.

**Ms. Kathy Mank**  
**Financial Secretary**  
**United Thank Offering Board**  
**Diocese of Southern Ohio**

## HEAR US, O LORD

In this time of trouble, anxiety, and need.

*Hear us, O Lord.*

As we make our way through the long days and nights.

*Hear us, O Lord.*

As we pray with our brothers and sisters in Christ.

*Hear us, O Lord.*

As we pray for our family and friends.

*Hear us, O Lord.*

Help us to love one another even though we have different opinions.

*Hear us, O Lord.*

As we pray for those who are sick to help them recover.

*Hear us, O Lord.*

As we pray for peace in our cities, states, nation and world.

*Hear us, O Lord.*

As we pray that our leaders in the Church and Country will be wise.

*Hear us, O Lord.*

As we pray that love and goodness will win over evil

*Hear us, O Lord.*

We ask all this in your Name.

*Amen.*

**Mrs. Barbara Schafer  
Episcopal Church Women  
Advent Episcopal Church  
Diocese of Arizona**

## **WORLD HEALING**

Our Father, who art in Heaven, thank you for your endless supply of innumerable blessings toward us. You know we have brought about great pain and turmoil to our world, and only your intervention and guidance can save us. Deliver us from prejudice, hatred, cruelty, and revenge, and inspire us to live our lives in such gladness that others can recognize you in us. In Jesus' name, Amen.

**Mrs. Mary Helen Jones**  
**St. James' Episcopal Church, Livingston**  
**Diocese of Alabama**

Dear God, You are powerful, you are strong. We know that with one touch we can be healed and made whole. Father, we ask for all who need healing whether it be mentally, emotionally, physically... Lord you are the creative force behind all this and the energy that flows through us all. Lord, may your healing touch be released into those who have faith. You are the great healer and keep doing all your miracles.

Amen.

**Mrs. Virginia Grimes  
St. James' Episcopal Church, Livingston  
Diocese of Alabama**

Our most wonderful heavenly Father, please forgive us of all our sins; those known, unknown, and those forgotten. Dear Lord, thank you so much for all the wonderful blessings you have given us, especially our families and friends. Please be with all the people who are suffering and need your love and strength. Please help our country to recover from all the riots and needless deaths. Please heal those who are suffering with COVID-19 and shield those who are not. Please help us to feel your strength and know your love. In your precious name I pray,  
Amen.

**Mrs. Sue Moore**  
**St. James' Episcopal Church, Livingston**  
**Diocese of Alabama**

## **A PRAYER FOR THE HEALING OF OUR NATION**

Almighty God, the author of peace and unity, we pray to you for the healing of our nation and our civilization. We are broken and torn by anger, hatred, dissention, immorality, and violence, and we have no hope but in your help. We pray that you will send your Holy Spirit to move those who act in violence to seek peace, those who hate to seek love; those who value only worldly pleasures to seek your heavenly treasures, those who trust in rhetoric to seek honest discourse; and those who have turned away from you to repent and know that you are God. Give us an understanding of your Holy Will, and restore in us a moral standard; a respect for life and for one another, and a thirst for unity, peace, and mutual forbearance. Finally, we pray that you will judge us not with justice, which would be our destruction, but with the mercy that you have promised us through the of love him who died and rose again for our salvation, Jesus Christ our Savior.  
Amen.

**The Rev. Richard Losch  
St. James' Episcopal Church, Livingston  
Diocese of Alabama**

## **A PRAYER FOR THE HEALING OF OUR COUNTRY**

Heavenly Father, please heal the rifts in our country. Imbue all those in authority with wisdom and especially empathy for all of the people whom they lead. Fill all of us with the spirit of love and forgiveness for others that Jesus exemplified and directed us to show. We ask this in His name.

**Dr. Roy Underwood  
St. James' Episcopal Church, Livingston  
Diocese of Alabama**

## **A PRAYER FOR HUMAN SUFFERING**

Heavenly Father, in your mercy, please ease the suffering of our loved ones who are ill, suffering, or dying. In addition, please ease the distress of the caretakers of those loved ones. We are thankful for the many times you have answered our prayers and supplications.  
Amen.

**Mrs. Sharon Underwood  
St. James' Episcopal Church, Livingston  
Diocese of Alabama**

Darkest night,  
Struggling to sleep.  
Fears, worries, pain overwhelm.  
No sounds, only gentle weeping.

HE comes.  
Calm peacefulness enters,  
His love erases the sadness and hurt.  
He is here.  
Always.

**Mrs. Kathryn Lenox  
Diocesan United Thank Offering Representative  
St. Andrew, Florence, Oregon  
Diocese of Oregon**

Dear Lord, I ask you to put peace in the hearts of those who have hate for this country. I pray that you will help us find a cure for COVID-19. I pray, Lord, that you will protect the people who have not been infected with this disease and heal the ones who have. Please, Lord, I pray that the ones who do not know you will open their hearts and let you into their lives.

Thank you, Lord, for all the many blessings you have given me and my family. Bless and protect all the police officers, firefighters, EMTs, and all the people who protect us. I pray, Lord, that you will watch over all our children and grandchildren and bless them with good health and safety. In your name I pray,  
Amen.

**Mr. Joe Moore**  
**St. James' Episcopal Church, Livingston**  
**Diocese of Alabama**

---

# **LOVE OF GOD AND CREATION**

## **PRAYER OF PRAISE AND THANKSGIVING**

Lord God my Father, Jesus, my Savior, and to You, Holy Spirit who fills me with peacefulness, happiness, and power, I praise Your Holy name for holding me securely and assuring me that You are in control during this time of fear and trouble. I no longer feel afraid for I know that You are in charge and that Your perfect will is in place. Thank You for releasing me from my anger and filling me with love for others, peacefulness, and happiness. My desire and hope is to be what You need me to be. Let praise for Your omniscience and love be my witness to others through these days.

Thanks and praise be to You. Amen.

**Ms. Madelyn Mack  
St. James' Episcopal Church, Livingston  
Diocese of Alabama**

Heavenly Father, as the setting of the sun nears, we want to thank you for all the blessings of this day. We especially thank you for the water, the vegetation and the creatures that roam the earth on every continent.

We are grateful for the bountiful world that you created for us. Give us, we pray, the knowledge, the guidance and the desire to preserve and nurture this wonderful gift that you bestowed on all mankind.

Gratefully we pray in your name.  
Amen.

**Mrs. Toni Robertson  
St. Michael's Episcopal Church, Fayette  
Diocese of Alabama**

## THE MOST IMPORTANT RELATIONSHIP

GOD:

Is Creator

Is Sovereign

Is Holy

Is Almighty

Is GLORIOUS

Is Righteous

Is Everlasting

GOD:

Heals

Restores

Loves

Reconciles

Brings Peace

WE:

are to

Hear

Trust

Have Faith

Be Still

Surrender

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

God of creation, you turn atoms into molecules, cells into blastulas, joining and dividing to form planets and amoebas, bristle-cone pines and people, birds and butterflies—all of infinite variety and diversity. Grant us never to cease at the wonder of wind and water, smiles and tears, mines and mountaintops, the pilgrim's path and the trucker's four-lane highway. Give us the will and imagination to be faithful stewards of your creation. Amen.

**Ms. Monica Irwin  
St. Mary's Episcopal Church  
Lawrence Park, Pennsylvania  
Diocese of Northwestern Pennsylvania**

Look to the welfare of your world, O God.  
Restore the cycle of nature's balance,  
Send rain in its time to fill wells  
and feed rivers to water the earth;  
save us from violent tides and untimely floods.

Let the sun shine mild on our crops;  
Let the roots of trees hold soil in place,  
and their leaves replenish its vigor.  
Save us from drought and scorching heat.  
Rein in your winds, unwind tornados, and tame  
the hurricane.

Look to the welfare of your world, O God.  
Restore to your people awe of your creation. Amen.

**Ms. Monica Irwin  
St. Mary's Episcopal Church  
Lawrence Park, Pennsylvania  
Diocese of Northwestern Pennsylvania**

## STILLNESS

Sitting with good posture, take several breaths to relax, gently close your eyes and meditate on this portion of a beautiful Psalm pausing after each segment for reflection.

PSALM 46:10

“Be still and know that I am God;...”

Experiencing the oneness with our Lord and Savior.

“Be still and know that I am...”

Always knowing that we are joined with God by the holy spirit within.

“Be still and know...”

Knowing that in stillness God has our attention.

“Be still...”

Allowing the rush of your mind to slow and your body to soften and relax.

“Be...”

In our human form we are all Beings connected by the Holy Spirit within to love and serve our Lord and Savior.

**Mrs. Carla Self  
Church of the Holy Faith  
Diocese of Rio Grande**

Loving Creator,  
As I live in a sea of your love, sustained by the Mystery,  
I am called by the Eternal Yes to live the eternal yes to my  
life, where the only boundary is trust. And sustained in  
your love,  
I will trust in the power of that love  
which gives me the strength to answer the call to share that  
love with others.

Living in the bounty of your goodness, My heart overflows  
in gratitude.  
Amen.

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

## SANCTUARY

My Sanctuary is my home. More specifically my deck. The depth of emotion is definitely dictated by the seasons.

In Winter, especially when it is covered with snow, I am grounded by its silent beauty. I can stand inside or out depending on conditions, cold, wet windy, calm. All emotions can develop according to my mood. Ultimately peace prevails. It's hard to be angry, sad, melancholy when seeing the ultimate beauty of the mountains, and the city so calm from afar.

In Spring I revel at the new growth showing in the new leaves on the indigenous trees, bushes, and recently and lovingly planted small plants. The newness of life gives me energy to move on. God's promise of rebirth surrounds me with color and tenderness of new life. Despite wind and uncertain temperatures, my soul is refreshed. I can look forward with certain understanding.

In Summer the tender growth of nature becomes strong in appearance and need. I become a nurturer providing water and care. The beauty increases with vivid color, the singing of birds, and the humming of insects. With the coming of warm evenings, family and friends gather to share love and comfort while watching the coming of dusk, darkness, the city lights and possible summer storms.

As the chill of Fall approaches, some tender plants die, some produce fantastic color, and we await the coming of Winter. Holiday lights give beauty to the bleak approaching season. Once again, we await rebirth. The story of the Nativity centers our Faith in continuing Life.

God is always present in my Sanctuary.

**Mrs. Georgia Tachoures  
St. Catherine of Siena Reno, Nevada  
Diocese of Nevada**

## PRAYER FOR EARTH'S FUTURE

Heavenly Father,

We live in a world where we are blind to the impacts of how we use our earth and our ocean. We care too little for using our earthly resources rightly. We take too much life out of our ocean and we put too much pollution in. We forget that our world is fragile and that it is a commons for all to behold and enjoy.

And, all this is happening in the midst of climate change - the human-made warming of our planet.

We pray that you forgive us for treading harshly on your creation and that you will show us the path of resilience as we navigate the “new normal” ahead.

Direct our thoughts, words, and actions to be on behalf of our vulnerable planet and all life that call it home,

In Jesus' name we pray.

Amen.

**Ms. Charlotte Meyer**  
**UTO Coordinator**  
**Diocese of Easton**

God with us ever  
In our hearts Through all That may befall,  
Love hold our souls together  
In harmony with all creation  
Listening to God's call.

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

## PSALM 23 DOMINUS REGIT ME, PLEASE, PLEASE...

*The Lord is my shepherd;  
I shall not be in want.*

So, who needs a shepherd? I need a spouse or a bevy of servants who would scurry at my every command! Laundry takes so much time, Lord, and the dishwasher needs to be unloaded - again! - and my to-do list just gets longer and longer while cat hair collects in every corner...Oh. Clothing and food and friends and pets and a busy church. I am not in want...thank you.

*He makes me lie down in green pastures and leads me  
beside still waters.*

The only “green pasture” I see is the little spot next to that tennis court I am not allowed to play on! The only still water around is that puddle breeding a bazillion mosquitoes! I could use a little respite outside the bathroom - seems that is the only place I get to be alone these days! Oh. The beach is just two blocks away. Meet you there? Yes, oh, yes!

*He revives my soul  
and guides me along right pathways  
for his Name's sake.*

God, could I ask for just one right pathway this week? Not even today - just this week! Seems I keep putting my foot in my mouth up to the knee, missing cues that others need kindness, not rushing. I am just not the right size to fit anywhere, it seems. Oh. You created me to be me, nothing more, nothing less. I'm sorry. May I please start again?

*Though I walk through the valley of the shadow of death,  
I shall fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.*

Some days, Lord, I would be more comforted if You offered me an AK-47! Evil and trouble wherever I look. A shooting 2 blocks from our son's front porch, a sweet- looking local teenager on a missing poster at the mall, front page blood and mothers crying and always, always war. Will there never be peace anywhere? Oh. I am to be a peace-maker. Me? Really? I will take Your rod and your staff now. Please.

*You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over.*

Except when the bills come, and the cup is a little short. We had plans for retirement, Lord. Not extravagant plans, just fun plans. But we seem to be letting go of so many of them. Some days there is virtually nothing left. I want more time, Lord. This eighth decade seems not nearly enough! Oh. We are together. We have remarkable children and patient, interesting friends. Such pleasant oil, such a full cup.

*Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.  
Amen.*

In all my days, You have never left me.  
In all my sins, You have sought me out and forgiven me.  
I can read books, hear music, drink good wine, smell the salt air.  
My kitties are fat and soft, my dogs are small and fierce.  
My house is open to those I love and my beloved waits there for me.  
Oh. Oh, Lord God, blessed be Your holy, grace-filled Name. Amen.

**The Rev. June Johnson  
All Saints Episcopal Church  
Tybee Island, Georgia  
Diocese of Georgia**

## **GRATITUDE — A MORNING PRAYER**

Dear Heavenly Father, I come to you today with humble gratitude for the innumerable blessings of this world. From the sounds of early morning to the visions of the setting sun, I give you thanks. For the beauty of the flowers in spring to the snow in winter, I give you thanks. For the vastness of the desert, mountains, and oceans, I give you thanks. For all that I am and have yet to be, I give you sincere thanks and praise. Help me live this day in a way that is pleasing to you. In Your Son's Holy Name,  
Amen.

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

---

# **PRAYERS FOR THE MORNING**

Thank you, God, for morning light. Let my first thought be of your goodness, grace, and peace. Thank you for bringing life to the birds that sing, the flowers that bloom, and every little thing. Thank you for giving me a fresh start each day and help me to be a blessing to someone today. Thank you for the evening, the quiet time before I close my eyes to rest. Let my last thought be of you, your goodness, grace, and peace. Amen.

**Mrs. Amy Madison  
Church of the Highlands, Birmingham  
Diocese of Alabama**

Dear Lord, thank you for the gift of another day to continue to strive to be our best selves. Help us to extend grace to others we feel may have wronged us yesterday. May we see the beauty of your earth and in your people. Help us to look for you, Jesus, in all we meet. Grant us strength and courage to be your hands and feet today, Lord. In Jesus' name I pray, Amen.

**Mrs. Madeleine Pearce  
St. Matthias' Episcopal Church, Tuscaloosa  
Diocese of Alabama**

Lord, grant me tenacious courage and unyielding gratitude for this new day and awareness of you as I walk through it. When I am tempted to deflate, help me to keep on keeping on. Meld my heart to cheer and hope. Give me courage to face the music when things don't go my way and brave buoyancy to embrace enthusiasm, renewed by your indwelling Holy Spirit.  
Amen!

**The Rev. Dr. Caroline Carson  
Holy Innocents' Episcopal Church  
Diocese of New Jersey**

God, I offer myself to you—not just in service or devotion—  
but my whole self, including my will and my desires.

Shape me like the potter's clay, to be who You would have  
me be this day. And when my own self-will mars your  
design, re-make me again into something beautiful.

Lift the clouds of darkness that hover over me. Free me  
from the things and circumstances that bind me. Banish  
the fear that keeps me in turmoil, anxiety, and want.  
Dispel the fog that clouds my vision and keeps me from  
seeing Your path.

Hold me in the light of your presence, God—ever mindful  
of your loving kindness—that I may hold You in my heart  
and reflect Your light upon others this day.

**Ms. Brenda Hamilton**  
**St. Andrew's Church, Newcastle**  
**Diocese of Maine**

## PRAYER FOR A NEW DAY

Gracious God, creator of all things seen and unseen, known and unknowable, thank you for bringing me safely to the beginning of this day.

Today may I follow the way of love, mindfully greeting distractions with openness to your presence.

Today may I be still and listen to the Holy Spirit with the ear of my heart and draw near to you.

Today may I seek your will in all that I do, acting with courage, compassion, humility and generosity.

Today may I choose joy, going into the world in peace and with good intentions.

Today, help me do the work you would have me do, so that you are praised and glorified.

Amen.

**The Rev. Glenda Empsall  
St. Luke's Episcopal Church,  
Coeur d'Alene, Idaho  
Diocese of Spokane**

Most merciful and gracious Father, as I begin this day, I ask thee to forgive me all my sins. Please grant me absolution, remission, and forgiveness, and show me thy will, that I may do only what thou wouldst have me to do, through Jesus Christ our Lord. Amen.

**Mr. Hiram Patrenos**  
**St. James' Episcopal Church**  
**Diocese of Alabama**

## PRAYER FOR THE DAILY JOURNEY

Holy God, Creator, Sustainer, whose love and caring are beyond our understanding, we pray we will know and live with your presence beside us each hour of this day as we navigate our journey in a Boat called Surrender. May our surrender be an offering of all cares of this day to the Holy Spirit, especially the concerns which cloud our vision from seeing the channel in the water right in front of us.

Guide our two oars, Forgiveness and Gratitude, which give us the strength to make the voyage just for today.

Holy God, Holy Spirit, Holy Christ, speak to us in the waves and wind and the birds of the air and all we encounter, as we surrender and forgive and remain grateful for just one more hour, one more day.

*Inspired by writings of Balbir Mathur.*

**The Rev. Dr. Joanna Seibert  
St. Mark's Episcopal Church  
Little Rock, Arkansas  
Diocese of Arkansas**

## MORNING HOPE

Father, my soul waits in silence. You are my refuge. Hope sprouts through my early morning prayers. Let me sense your sheltering heart surrounding me. Guide me always on your way of love.

**Ms. Janeen Pergrin Rastall**  
**St. Paul's Episcopal Church of Marquette**  
**Diocese of Michigan**

## WINTER MORNING PRAYER

Lord, last night I listened to the wind lift snow shovels and twirl them across the porch. Gusts raised ice-cruled pine boughs skyward. The waves chortled and applauded across the beach. I caught the gale's chorus: "Listen for the silence, seek the splendor after the storm." Lord, your love sings in Nature's boisterous bellows and the caesuras that follow. Help me hear your voice in every octave.

**Ms. Janeen Pergrin Rastall**  
**St. Paul's Episcopal Church of Marquette**  
**Diocese of Michigan**

## **A MORNING PRAYER FOR WORK**

Loving Father,

Where will you lead today? Who will you place in front of me? What challenge will present itself today?

Help me to remember that it is truly the why behind my work that I do each day. It's my service to others that you call me to do. Remind me that in serving others, I truly see you and am blessed beyond measure.

Help me to respond despite the anxiety and feeling afraid. Help me to hold and love your people, to be your hands and heart in this world. Help me to be in the present moment, to realize that you have a purpose and there is meaning in this time of trial, sadness and feeling overwhelmed. Help me to pray for others, to provide them with your hope of eternal love and mercy. Prepare me for the joy my heart will feel in the witness of your good and glorious works.

As you lead, I praise you for the vast opportunities yet to be seen, for giving me guidance and wisdom, patience and understanding. I praise you for your strength and protection, for being assured that you are my rock and my refuge each day.

Forgive me Lord when I fail, when I harbor resentment, or when I feel too exhausted to meet your call.

Lord, I know you are counting on me! Serving you and your people is the best of all!

Amen!

**Mrs. Debbie Butcher  
Past Diocesan ECW President  
St. Paul's Cathedral, Oklahoma City  
Diocese of Oklahoma**

---

# **PRAYERS FOR THE MIDDAY**

Dear Lord, At this time between the peace of morning when I wake and give thanks for rest and the night when I thank you for the blessings of the day, help me to remember in the midst of daily actions, that You are depending on me to be your representative. Help me to reflect your love and grace in all decisions I make, all actions I implement, and all words that I speak.

May I continue to thank you for my many blessings and the strength to meet all challenges as Jesus would have us respond. To You who with the Son and the Holy Spirit live and reign for eternity. Amen.

**Ms. Elizabeth (Lissa) Barker  
St. Patrick's Episcopal Church, Dublin Ohio  
Becoming Beloved Community Member  
Diocesan Council, Procter Board  
Diocese of Southern Ohio**

## **RISING FROM MIDDAY PRAYER**

As we go about the remainder of our day, O God,  
our work be a conscious prayer to you,  
our actions a witness to the love of Christ,  
and our hearts mindful that your Spirit is with us,  
this day and always.

Amen.

**Brother Frederick-James (Mark) Gladman OSB**  
**House of Initia Nova, OSB**  
**Diocese of Vermont**

O God, Precious Lord, in the middle of my day I pause and breathe in your lovingkindness. Tasks are behind me, tasks lay before me, but I give this moment to you alone, to remember that you are our help and our strength (Psalm 124:8), and that you are a gracious God, abounding in steadfast love and faithfulness (Exodus 34:6). Be with me as I go forward in the work you have given me to do today. As the sun reaches its highest point in the noonday sky, let my lips proclaim: “Glory to God in the highest, and peace to all His people on Earth.”

**Ms. Cecilia Malm**  
**The Episcopal Church, Office of Development**  
**Diocese of New York**

---

# **PRAYERS FOR THE NIGHT**

## **COMMENDING THOSE I AM WORRIED ABOUT TO JESUS' CARE PRIOR TO SLEEP**

When I have worries about people dear to me before bedtime, I imagine a large round mattress. At the 12 o'clock position of that mattress I see the standing, risen Lord Jesus. I lay myself face down on the cozy mattress, at His feet. Then in my mind I put all of my dear ones around that mattress, and ask Him to tuck us all in, in His care and comfort, until morning. Help, save, comfort and defend us, gracious Lord! Amen.

**Mrs. Jeri Miller  
Trinity Sutter Creek  
Diocese of California**

## **A MOMENT OF GRATITUDE BEFORE SLEEP**

Dear God, thank you for the day that was. Thank you for the blessings of the day and for the ability to be present enough to notice them. Thank you for the strength to face the challenges that the day brought and the wisdom to navigate them. Thank you for all of the people known and unknown who supported my journey today. From the people who grew the coffee beans I used this morning to the people who grew the food we ate for dinner, I am grateful for each one. I give thanks for those who do not sleep at night so that people have access to what they need, from those who work in the pharmacies all night, to the doctors and nurses at the hospital. I am grateful for the peace their work brings to my sleep. Finally, I give thanks for rest. For the ability to dream, to sleep, and to recharge so that I might face tomorrow refreshed and centered. Thank you for keeping watch over all of us this night and always.  
Amen.

**The Rev. Canon Heather Melton  
UTO Staff Officer  
Diocese of Navajoland Area Mission**



---

**SORROW  
OR FEAR**

## **GRATITUDE IN THE MIDST OF GRIEF**

God, show me a path and a light to help me see You in this time of darkness. I am at a time of grief and sadness due to unexpected happenings and pain in my life and the life of my family and friends. Allow me, and others affected by this grief, to see the blessings in our lives. Make us aware of these gifts, which can bring peace and serenity to me and to others experiencing pain.

Allow me to experience the Wonders of Life and the Mystery of Love, which come from Your Grace, Giver of Life. Thank you for my life and the lives of all Your people. Let me use my gifts to bring happiness to those who do not experience the joy and importance of each day as they go through times of grief.

Each day is a Gift of 24 precious hours with tasks to accomplish, with challenges to solve, and with changes from the normal routine. Grief can trickle into our lives slowly or it can come quickly with illness, accidents, or a loss of a loved one. Allow me to feel the compassion and caring of the people walking the path of life with me and my loved ones.

May we be able to know that without the tears, the moisture, and the rain, the rainbow can not shine forth to be seen and experienced in our lives and in the greater world.

I pray for the ability to share what I have to make a better world. Empower me and others to hold one another in the arms of love to ease their pain and discouragement. Let me give unconditional love to those sharing these times of grief and sadness. Allow my grateful heart to shine out: to change me, to change others, and to find You as the Creator God. Amen.

**The Rev. Elaine Clyborne Barner  
Episcopal Church of the Advent  
Diocese of Minnesota**

## **ROLLER COASTER PRAYER**

Dear God, Why do I feel like I am on a roller coaster ride, and I do not know if I will be going up or down each day? There are days and even periods of time when I feel that my health is good and I feel as if I am healing so well! And then I go on a downward cycle when I feel defeated, helpless, and tired both emotionally and physically. My body has gone through a number of these ups and downs in the last year or more.

There are times when I feel so hopeful due to the newest treatments available for my particular illness. My prayers at that time are thanksgiving words.

And then after time there have been some less hopeful signs and signals that not everything is going well. It is then that I turn to You for support and a healing to restore my health and my hope for a miraculous cure.

Gracious God, give me the internal peace to allow me to look for signs of blessings and love as I travel this unsteady ride. Do not let me give up hope and a positive attitude to help me through the dark times when I feel helpless and in despair. Help me to remember that I have the support of my closest family and friends to add to the strength that I need to face each day with warmth, kindness, and prayer. And on the upward ride days, make me aware that each day of my life should be a prayer, a “communion” with you in gratitude and thanksgiving.

**The Rev. Elaine Clyborne Barner  
Episcopal Church of the Advent  
Diocese of Minnesota**

Dearest Father, we look to you for strength to see beyond this trying time as we search for ways to maintain and improve upon your creation as your stewards. We look to the past as only a lesson that with our faith we shall overcome. In Jesus name, Amen.

**Ms. Deborah Cearley  
St. Simon. Pell City  
Diocese of Alabama**

## **FOR PEACE**

Father God, for those of us who come to you with heavy hearts for one reason or another, please give us the peace that passeth understanding, and the blessed assurance that you are still in charge and all will be well. Thank you for your constant grace and mercy, and help us become more worthy of receiving it. In Jesus' name,  
Amen.

**Mrs. Mary Helen Jones**  
**St. James' Episcopal Church, Livingston**  
**Diocese of Alabama**



---

# OTHER

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

Gracious and loving God, giver of all good gifts and author of our being, We give you humble thanks for ministry of the United Thank Offering.

May it continue to be a vehicle of your grace and a fountain of generosity to support your Church in its life and ministry.

May you continue to bless and encourage those who make it possible through their gifts and devotion.

All this we ask through your Holy Name and through the merits and mediation of Christ Jesus our Lord.

Amen.

**Canon Kirk Berlenbach  
Canon for Support and Growth  
Diocese of Pennsylvania**

## **A PRAYER AS I PUT ON MY MASK**

Creator and Giver of life,  
as I put on my mask and prepare to go out among others,  
help me to see the sacrament  
in wearing this cloth, “an outward sign  
of an inward grace” and a visible sign of loving my  
neighbors as I love myself.

Because my lips are covered, uncover my heart and let  
people see the smile in my eyes and hear the joy and  
gratitude in my voice.  
Remind me to listen to those I meet with full attention and  
care and to speak clearly your love with both words and  
actions.

May this simple piece of cloth be both shield and banner,  
and each breath that it holds be filled with your love.

Amen.

**Ms. Sherri Dietrich  
St. Andrew's, Newcastle, Maine  
Diocese of Maine**

## **LORD, HELP ME REMEMBER**

Social distancing means wearing a mask while Kroger workers load groceries into my trunk. Lord, help me remember that others are unemployed and can't afford to buy food.

Office closures means connecting remotely from my comfortable home office. Lord, help me remember that this is not an option for those who work in essential, high-risk occupations.

Healthy-at-Home means sunny day lunches on the patio with my husband. Lord, help me remember that others are isolated and lonely at home.

Restaurant closures means experimenting with new recipes and honing my baking skills. Lord, help me remember that restaurant workers are suffering from job loss.

COVID news sometimes seems abstract because no one close to me has been seriously affected. Lord, help me remember that those who are ill and dying from COVID are more than statistics.

**Ms. Diane Gabbard**  
**UTO Diocesan Coordinator, UTO Board**  
**Diocese of Lexington**

O God of grace and mercy  
as this pandemic runs its course  
around the world  
threatening everyone we know  
everyone we love  
everyone we will never have the privilege of knowing:  
Grant us inner peace  
That we might focus on what needs to  
be done and not done.  
Grant us grace to surrender  
That we might let go of nonessentials  
and choose love.  
Grant us courage  
to face with generous acceptance  
inevitable changes in our lives.  
Grant us faith to see you at work in the  
midst of all that is happening.  
Fill us with trust in you.

Sister Diana Doncaster  
Community of the Transfiguration, Cincinnati, Ohio

## CONFESSION

We have followed our own ways, Lord,  
wounding the world with our unquenchable desire for  
wealth,

enslaving our neighbor in seeking our own freedom,  
the freedom from doing your will,  
the freedom to rip the crust of the earth,  
to pollute the air we breathe,  
to wage war against those with whom  
we disagree.

In our arrogance, we have misused your word to  
justify our own means,  
hoarding our time, talent, and treasure  
because the poor will always be with us,  
inciting intolerance and spewing hatred  
to exact an eye for an eye, a tooth for a tooth.

We have not loved you with our whole heart,  
locking the chamber housing our self-love,  
holding our hidden desires,  
hiding our secret fears.

For the sake of your Son Jesus Christ,  
wear down the walls that shelter our reluctance to repent  
and be sorry, have mercy on us and forgive us,  
grant that today we would hearken to your voice.

**Ms. Monica Irwin  
St. Mary's Episcopal Church  
Lawrence Park, Pennsylvania  
Diocese of Northwestern Pennsylvania**

## PROTECTION FOR FAMILY

Dear God,

I ask You to put a shield of protection around the ones that I love, especially my children and grandchildren. Please keep them safe and free from all harm and help us all to be good stewards of the talents and blessings that you have given us. Let us all be good and productive people; always keeping the good of all mankind as our guide.

These things I ask in Your Son's name, Amen.

**Mrs. Judy Spree**  
**St. Mark's Episcopal Church, Boligee**  
**Diocese of Alabama**



THE  
*Episcopal*  
CHURCH



**THE UNITED THANK OFFERING**

The Episcopal Church Center  
815 Second Avenue, New York, NY 10017  
800.334.7626 | [episcopalchurch.org/uto](http://episcopalchurch.org/uto)