

**\* A DAILY PRAYER OR REFLECTION FOR USE AT HOME BY WOMEN THROUGH THE AGES \*  
COLLATED BY THE REVD CANON CYNTHIA DOWDLE OBE & ULTAN RUSSELL**

**1. TERESA OF AVILA (1515-1582)  
MYSTIC AND WRITER**

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.

Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.

**2. SUSANNAH WESLEY (1669-1742)  
MOTHER OF CHARLES & JOHN**

Enable me, O God,  
to collect and compose my thoughts  
before an immediate approach to Thee in prayer.

May I be careful  
to have my mind in order  
when I take upon myself the honour  
to speak to the sovereign Lord of the universe.

Save me  
from engaging in rash and precipitate prayers  
and from abrupt breaking away to follow  
business or pleasure,  
as though I had never prayed.

**3. JULIAN OF NORWICH (BORN 1342)  
WRITER, ANCHORITE & MYSTIC**

In you, Father all-mighty,  
we have our preservation and our bliss.  
In you, Christ,  
we have our restoring and our saving.

You are our mother, brother, and Saviour.  
In you, our Lord the Holy Spirit,  
is marvellous and plenteous grace.

You are our clothing;  
for love you wrap us and embrace us.  
You are our maker, our lover, our keeper.  
Teach us to believe  
that by your grace all shall be well,

and all shall be well,  
and all manner of things shall be well. **Amen**

**4. MARY ROWLEY  
THE CATHOLIC WOMEN OF AMERICA**

Heavenly Father, In the beginning, You created  
the heavens and the earth, light and dark, sky  
and waters, plants, birds and creatures of the  
sea, living animals of all types and then male and  
female in the image of You.

With all that was created you were pleased and  
saw that it was all very good. Millions of years  
have passed since and mankind has not treated  
Your creation well.

Help us to be more aware of our use of resources  
and the products we choose so that we do not  
harm Mother Earth any further and so that we  
care for Your creation as You desire. Primarily,  
help us to love each other so that we respect one  
another in all actions and value all human life  
from conception to natural death. **Amen.**

**5. REVD DR BARBARA GLASSON  
PRESIDENT, THE METHODIST CONFERENCE**

We are not people of fear:  
we are people of courage.

We are not people who protect our own safety:  
we are people  
who protect our neighbours' safety.

We are not people of greed:  
we are people of generosity.

We are your people God, giving and loving,  
wherever we are, whatever it costs  
For as long as it takes wherever you call us. **Amen**

**6. MARY SUMNER (1828 -1921)  
FOUNDER OF THE MOTHERS' UNION**

All this day, O Lord,  
let me touch as many lives  
as possible for thee;  
and every life I touch,  
Do thou by thy spirit quicken,  
whether through the word I speak,  
the prayer I breathe, or the life I live. **Amen.**

## **7. WORLD UNION OF CATHOLIC WOMEN'S ORGANISATIONS (WUCWO) (ADAPTED)**

We have been especially invited, to contemplate the anguish of our suffering sisters.

Today we pray for all who are being abused, violated, oppressed, and in situations that deprive them of their dignity.

We pray for mothers yearning for adequate, clean drinking water and proper sanitation, sufficient food and health care for their families.

We pray for those struggling for survival, those broken and alienated, refugees and visible minorities experiencing repeated discrimination, bearing the brunt of indifference and oppression.

We pray for the day when women who are equal in ability have equal rights and can live in peace, joy and harmony

## **8. HILDEGARD OF BINGEN (1098 -1179) GERMAN HYMN WRITER & MYSTIC**

Holy Spirit,  
Comforting fire,  
Life of all creation.  
Anointing the sick, cleansing body and soul,  
Fill this body!

Holy Spirit,  
Sacred breath, Fire of love,  
Sweetest taste, Beautiful aroma,  
Fill this heart!

Holy Spirit,  
Filling the world,  
from the heights to the deep,  
Raining from clouds, filling rivers and sea,  
Fill this mind!

Holy Spirit,  
Forgiving and giving,  
uniting strangers, reconciling enemies,  
Seeking the lost, and enfolding us together,  
Fill these gathered here!

Holy Spirit,  
Bringing light into dark places, igniting praise,  
Greatest gift, our Hope and Encourager,  
Holy Spirit of Christ, I praise you! **Amen.**

## **9. BISHOP MARIANN BUDDE BISHOP OF WASHINGTON THE EPISCOPAL CHURCH**

We are all walking the Emmaus Road now,  
moving from where we have been  
to where life is leading us.

No matter how we experience or interpret  
what is happening now and what lies ahead;  
no matter how we may feel on a given day,  
what we can be assured of is  
that Christ is with us.

We hope for a better day,  
and pray for that day to come.

For now, we are walking on the road.  
Take heart that you do not walk alone.

## **10. THE LUTHERAN WOMEN'S MISSIONARY LEAGUE OF AMERICA**

Jesus is the Vine and we are the branches.  
We can only grow as we are connected to Him!

He has made us His friends because He loves us.

We gather in His love, as His friends, to worship  
Jesus!

Jesus has chosen each one of us and appointed  
us to bear fruit for Him.

Make us fruitful for You, dear Lord, so that others  
might see Your love in us!

Live in His love and celebrate His grace as we  
bear fruit for Jesus!

As You laid down Your life for us, Jesus, may we  
live our lives for You! Amen!

## **11. CATHERINE BOOTH (1829-1990) CO-FOUNDER OF THE SALVATION ARMY**

Don't let controversy hurt your soul.  
Live near to God by Prayer.  
Just fall down at his feet  
And open your very soul before him,  
and throw yourself right into his arms.

## 12. THE MOTHERS' UNION (ADAPTED)

Loving God,  
we come here today  
recognising once again  
that you have called us to your service.

Each one of us is unique  
and so our service to you is unique,  
let us celebrate our unique gifts at our meeting.

Let our different roles and ministries  
be a source of strength to us,  
a source of diversity within unity.

Guide us therefore, as we meet now,  
all with something to offer  
and something to receive.

As we consider the past  
and plan for the future,  
let our hearts and minds  
be open to you and to each other.

## 13. BAPTIST WOMEN'S WORLD DAY OF PRAYER

Loving God, you made us in your image,  
male and female you created us.

You sent us forth to love  
and tend the world which you created,  
commanding us to bear fruit  
and multiply so that your world  
might be transformed from glory to glory.

We come before you today conscious  
that we have allowed  
Your image within us  
to become tarnished and dull.

Send your Holy Spirit upon us  
as we meet together today,  
and remake us,  
transform us anew. **Amen**

## 14. CHURCH OF SCOTLAND GUILD

Heavenly Father,  
thank you for loving me right where I am.  
Help me to know your love deep in my heart, and  
enable that love to flow from me to those with  
whom I am in contact. **Amen.**

## 15. SISTER KITTY O'MEARA CONFERENCE OF (ROMAN CATHOLIC) RELIGIOUS ENGLAND & WALES

And the people stayed home.

And read books, and listened, and rested, and  
exercised, and made art, and played games, and  
learned new ways of being, and were still.

And listened more deeply. Some meditated,  
some prayed, some danced. Some met their  
shadows.

And the people began to think differently. And  
the people healed.

And, in the absence of people living in ignorant,  
dangerous, mindless, and heartless ways, the  
earth began to heal.

And when the danger passed, and the people  
joined together again, they grieved their losses,  
and made new choices, and dreamed new  
images, and created new ways to live and heal  
the earth fully, as they had been healed.

## 16. EDWINA GATELEY FOUNDER OF VMM (VOLUNTEER MISSIONARY MOVEMENT)

Let Your God Love You  
Be silent.  
Be still.  
Alone.  
Empty  
Before your God.  
Say nothing.  
Ask nothing.  
Be silent.  
Be still.  
Let your God look upon you.  
That is all.  
God knows.  
God understands.  
God loves you  
With an enormous love,  
And only wants  
To look upon you  
With that love.  
Quiet.  
Still.  
Be.  
Let your God—  
Love you.

**17. ADAPTED FROM A SERMON BY RT HON  
& RT REVD DAME SARAH MULLALLY  
BISHOP OF LONDON**

Let us pray that we as Christians  
are called to follow God's example,  
as dearly loved children to walk  
in the way of love, just as Christ loved us  
and gave himself up for us  
as a fragrant offering and sacrifice to God.

Let us pray that we Christians,  
alongside other people of faith and of goodwill,  
live in and serve the whole community –  
where there is no longer Jew or Greek,  
there is no longer slave or free,  
there is no longer male and female; ....  
for all of us are one in Christ Jesus. (*Galatians 3:28*)

We are here to serve our communities  
and to bless them.

To carry hope and peace,  
and to demonstrate the love of God to everyone.  
Servants and neighbours to those around us.

Lord Hear Our Prayer.

**18. ARCHDEACON SUE PINNINGTON, MBE  
ARCHDEACON OF THE GWENT VALLEYS  
(CHURCH IN WALES)**

The world now is too dangerous  
and too beautiful for anything but love.

May your eyes be so blessed  
to see God in everyone.

Your ears, so you hear the cry of the poor.

May your hands be so blessed  
that everything you touch is a sacrament.

Your lips, so you speak nothing  
but the truth with love.

May your feet be so blessed  
you run to those who need you.

And your heart be so opened, so set on fire,  
that your love, your love, changes everything.

**19. US EPISCOPAL CHURCH WOMEN**

Almighty God,  
we pray that You will bless our work  
in mission and ministry in the world.

We give thanks for the gifts of joy  
and wonder to be found in Your works.

Make us so thankful for the power of Your love,  
given through Your Son, Jesus, that we may pray,  
labour and give liberally  
to make known that love throughout the world.

We are women and girls of all ages  
and ethnic backgrounds, who offer You our  
ministries at home, in the workplace, community,  
& school. Bless us that our lives may shine forth  
the joy & wonder we share in Your Name, **Amen**.

**20. INTERNATIONAL WOMEN'S DAY**

Creator God: You made us all in your image,  
male and female. Let us remember  
to celebrate each other's unique gifts.  
Lord, hear us.

Father God: We are your daughters and sons,  
neither slaves nor free.  
We are all one in Christ Jesus.  
Help us to be heirs to your promise.  
Lord, hear us.

Christ our light: Show us the way  
as we work for equity among races,  
creeds and gender.  
Lord, hear us.

Jesus, friend of marginalised peoples everywhere:  
We pray for all those whose family life  
are torn apart by violence  
and economic hardship.  
Lord, hear us.

Holy Spirit: We pray for all those  
whose lives are hampered  
by sickness and ill health.  
We ask you to heal them.  
Lord, hear us.

Spirit of joy: Visit our families  
and imbue them with your love and strength.  
Lord, hear us.

**21. CHIARA LUBICH (1920-2008) ADAPTED  
FOUNDER OF THE FOOLARE MOVEMENT**

Christ ... came on earth for us, the fact that only he could pray in this privileged way wasn't enough for him. When he died for us and redeemed us, he made us children of God, his brothers and sisters.

Through the Holy Spirit he also gave us the possibility of being taken into the heart of the Trinity, in him, together with him, through him. So we too can make the divine invocation "Abba, Father" (Mk 14.36 and Rm 8:15) – "Daddy", "my Dad", "our Dad" with all that this entails.

We are certain of his protection, we feel secure, we are able to abandon ourselves blindly to his love, we have divine consolations, strength and ardour – an ardour that is born in the heart of those who are certain that they are loved.

**22. JOSEPHINE BUTLER (1828-1906)  
SOCIAL REFORMER AND FEMINIST**

My God, I pray not for myself alone,  
But for all those in our community  
Who are as dear to me as my own soul?

Suffer us, till life ceases,  
To bear each other's burdens,  
Knit our hearts together in steadfast love.

May we walk together in the narrow way?  
Upheld by mutual prayer.

Perfect in heaven the love begun on earth.  
Smite us in an eternal bond,  
And let nothing put asunder  
Those whom you have joined together.

**23. EDITH STEIN (1891-1942), SR TERESA  
BENEDICTA. PHILOSOPHER & MARTYR**

O my God, fill my soul with holy joy,  
courage and strength to serve You.

Enkindle Your love in me and then walk with me  
along the next stretch of road before me.

I do not see very far ahead,  
but when I have arrived where the horizon  
now closes down, a new prospect will open  
before me and I shall meet with peace. **Amen**

**24. CHRISTINA ROSSETTI (1830-1894)  
POET & HYMN WRITER**

O God the Holy Ghost  
Who art light unto thine elect  
Evermore enlighten us.  
Thou who art fire of love  
Evermore enkindle us.  
Thou who art Lord and Giver of Life,  
Evermore live in us.  
Thou who bestowest sevenfold grace,  
Evermore replenish us.  
As the wind is thy symbol,  
So forward our goings.  
As the dove, so launch us heavenwards.  
As water, so purify our spirits.  
As a cloud, so abate our temptations.  
As dew, so revive our languor.  
As fire, so purge our dross.

**25. METHODIST WOMEN IN IRELAND**

Almighty God, Lord of power and love,  
Saviour who died for our sins and rose again,  
Living Holy Spirit  
Thank you for the gift of life,  
Thank you for the offer of salvation,  
Thank you for surrounding us with love  
and promising your power.

Help us to honour you in our lives,  
to rejoice in our salvation,  
to share your love with others  
and to go forward in your power  
to fulfil your will daily.

Help us to encourage one another,  
to pray for one another,  
and together to reach out to others  
both here in Ireland and throughout the world.  
In the name of Jesus Christ our Saviour. **Amen.**

**26. NORA A. CUNNINGHAM, UNITED  
METHODIST WOMEN OF THE USA**

Beloved God, be with us  
as we navigate changing times,  
allowing us to find connection  
and spiritual sustenance with  
our human communities and our earth.  
Equip us with the insight  
to care for one another –  
maybe from a distance but close in heart. **Amen.**

**27. CATHERINE OF SIENA (1347-1380)  
MYSTIC AND AUTHOR**

Holy Spirit, come into my heart;  
draw it to Thee by Thy power, O my God,  
and grant me charity with filial fear.

Preserve me, O ineffable Love,  
from every evil thought;  
warm me, inflame me with Thy dear love,  
and every pain will seem light to me.

My Father, my sweet Lord,  
help me in all my actions.  
Jesus, love, Jesus, love. Amen.

**28. ELIZABETH FRY (1780 -1845)  
QUAKER, PRISON REFORMER**

O Lord, may we be directed what to do,  
and what to leave undone,  
and then may we humbly trust  
that a blessing will be with us.

Enable us, O Lord,  
to feel tenderly and charitably toward all.  
Help us to have no soreness toward any.

Let us think no evil,  
bear all things, hope all things, endure all things.  
let us walk in all humility before all we meet,  
and into your sight. Amen.

**29. CLARE OF ASSISI (1194-1253)  
FOUNDER OF THE POOR CLARES**

I behold the Lord  
I see His outstretched hands  
I see the blood from His wounds.  
I see the love in the eyes of Jesus.  
I see His gracious acceptance of me.

Jesus has come out of the tomb –  
He still has the scars, but now they are glorious,  
with the glory of heaven.

Still looking at the Lord,  
I reach out and touch Him.  
I hold the Lord – and I am held in His love.

***This prayers have been collated from a broad  
spectrum of countries, denominations, and traditions.***

**30. SR JOAN CHITTISTER  
US THEOLOGIAN & PENAL REFORMER**

God of light and God of mystery,  
give us the faith to see you  
in the grey dimness of this time.

Give us the heart to hear,  
in the silence of the sick,  
the call to care for those in pain.

Give us the courage to find you  
where you do not now appear to be.

Give us the trust it takes to make our way  
through this uncertainty, this fear,  
this seemingly irredeemable  
sense of limitless loss  
to the recognition of the relentless hope  
that each seasonal cycle of life confirms.

You who made all things  
for our good and our growth show us, too,  
now the power of darkness  
so that we might see newly—  
beyond the ephemeral — to what are really  
the gloriously important things in life. **Amen**

**31. BISHOP SUSAN GOFF, VIRGINIA  
DIOCESE, EPISCOPAL CHURCH. EXTRACT**

Abundant life given to us in the life, death and  
resurrection of Jesus Christ, proliferates with wild  
abandon in the fertile soil of fear, restlessness &  
denial. It grows like a beautiful native plant in the  
fertile soil of change and possibility. Life wants to  
live and is living itself now in us, in our  
communities, in our world.

As you live this week, keep your eyes and hearts  
wide open to notice: Life abundant growing  
untamed & out of control. Life growing in places  
you have never seen it before. Life, hope and  
beauty that your parched heart has been longing  
to experience.

Loving God, you give me life beyond my wildest  
imaginings. You pour down blessings like rain on  
a dry and barren land. Help me to notice the life  
that is springing up all around me in this season  
of continued uncertainty. Enable me to feel and  
embrace the abundant life that you have given  
me in Christ Jesus. Life wants to live, & I want to  
live in you. Show me how, more & more. **Amen.**