

Lord, we know story of Easter so well that it is easy to take it for granted. Give us a new insight into the immensity of what happened on that day so that we can be inspired to follow the instructions Jesus gave to all his disciples so long ago but relevant for all eternity; with the power of the Holy Spirit to go throughout the whole world and preach the gospel to all mankind. Amen

Sue Kennedy

+++++++

A Communion Prayer of Thanksgiving

As we drink the wine of celebration,
May we remember Christ and give thanks.

Give thanks to you Lord Jesus,
That you willingly poured out your life-blood for us.
Poured it out like wine,
Free-flowing and unlimited,
Constantly flowing through our lives,
Around and within us,
Touching us in so many ways
If only we would perceive it in what we see and hear and feel.

As we drink the wine of celebration,
May we remember Christ and give thanks.

Give thanks for what we see
Trees bending in the wind, rejoicing in their strength to withstand life's buffeting,
Bulb tips pushing through the bare earth, heralding the fulfilment of your promise of new life,
The smile of encouragement which banishes insecurity and uncertainty, which builds up rather than destroys,
A wagging tail expressing sheer delight and joy at our mere presence,
An open book, revealing enlightening, questioning and stimulating.

As we drink the wine of celebration,
May we remember Christ and give thanks.

Give thanks for what we hear
A crackling fire giving warmth and security, a sense of home and belonging,
Familiar sounds of voices, cars and pans, assuring us of life and activity around us,
Birds babbling in the trees, its liquidity revealing the beauty and complexity of your created world,
The disturbing cry of a child, or an adult, reminds us of our vulnerability, humanity and our need for others,
The voices of friends, supporting, encouraging, laughing, sharing and enlightening.

As we drink the wine of celebration,
May we remember Christ and give thanks.

Give thanks for what we feel
The invigorating wind blowing away the stupor and lethargy of inactivity,
The embrace of a friend, providing reassurance and solidarity of presence on our walk through life,
The delight of touch, of shape and form and texture which enriches our world,
The gnawing pain of loss or hurt, which topples us from our self-made pedestals and causes us to seek for help,
That leap of delight within our very core when we recognise your hand in our lives and our world, that foretaste of the promised full union with you for which we yearn.

As we drink the wine of celebration,
May we remember Christ and give thanks.

Liz Styan

+++++

Thoughts on grief

- We grieve all losses
- All who are 'attached' grieve
- We grieve emotionally, cognitively, spiritually and behaviourally
- People differ in how they experience grief
- Grief should be encouraged not repressed
- The length of time required for grieving varies and often is an uneven course
- We never fully detach, but only become able to 'live with it'
- Grievers need an opportunity to talk about and experience their grief and their memories.

Cokey Roberts and Canon Michael Butler