

A Benediction

Watch now, dear Lord,
with those who wake or watch
or weep tonight,
and give your angels charge over
those who sleep.
Tend your sick ones,
O Lord Christ,
rest your weary ones,
bless your dying ones,
soothe your suffering ones,
pity your afflicted ones,
shield your joyous ones,
and all for your love's sake.
Amen.

Philippians (4:4-6)

*“Rejoice in the Lord always;
again I will say, Rejoice. Let your
gentleness be known to
everyone. The Lord is near. Do
not worry about anything, but in
everything by prayer and
supplication with thanksgiving let
your requests be made known to
God.”*

Nunc Dimittis

The day ends,
darkness descends,
Now Lord let troubles cease,
Let your servant depart
in peace.
Labours are over,
my task here done,
Now Lord your victory be won.

Lord when everything trembles
Give me a firm foundation;
Faith founded on facts . . .
Prayers founded
on your Presence
Life founded
on your love
Peace founded
on your power.

Romans (15:13)

*“And now may the God of hope
fill us with all joy and peace in
believing, that we may abound
in hope in the power of the Holy
Spirit.. Amen.”*

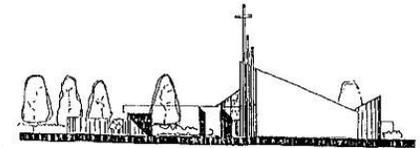
God with Us

Father abide
Christ beside
Spirit reside
The Three shield
From hate
From harm
From death's alarm.

Lord be with me
In my weakness
Be my strength
In my troubles
Be my peace
In my danger
Be my shelter
In my fears
Be my hope
And be with me, evermore . . .

CHURCH OF THE ADVENT *Anglican Parish of Colwood and Langford*

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*Peace I leave with you,
My peace I give to you;
Let not your heart be
troubled*

John 14:27

**Greetings from all of us at
the CHURCH OF THE ADVENT.**

We are pleased to make your acquaintance, and would like to share with you some scriptures and prayers which others have found helpful in times of stress, ill-health, and family crisis. We hope you find these words helpful.

Please do not hesitate to make further contact with us should you need any kind of assistance, be it practical or spiritual.

The Church office telephone number is 474-3031. If no one is in the office please a message as the answering machine is monitored daily.

And now, some thoughts and prayers:

Psalm 23

The Lord is my shepherd;
I shall not be in want.
He makes me lie down
in green pastures
and leads me beside
still waters.
He revives my soul
and guides me
along right pathways

for his name's sake.
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.
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.
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.

The Prayer of St. Francis

Lord, make me
an instrument of your peace.
Where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
Grant that I may not so much
seek to be consoled
as to console;
to be understood
as to understand;
to be loved, as to love;
for it is in giving that we receive;

it is in pardoning
that we are pardoned,
it is in dying that we are born
to eternal life.

For the Use Of Means

LORD Jesu Christ, thou great Physician: O Look with thy gracious favour upon us; give wisdom and discretion to those who minister to us in our sickness; bless all the means used for our recovery; stretch forth thy hand and, according to thy will, restore us to health and strength, that we may live to praise thee for thy goodness and thy grace; to the glory of thy holy Name. Amen.

Deuteronomy (30:19-20)

"Choose life so that you and your descendants may live, loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days" (Deut)

Matthew (11:28-9)

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls."