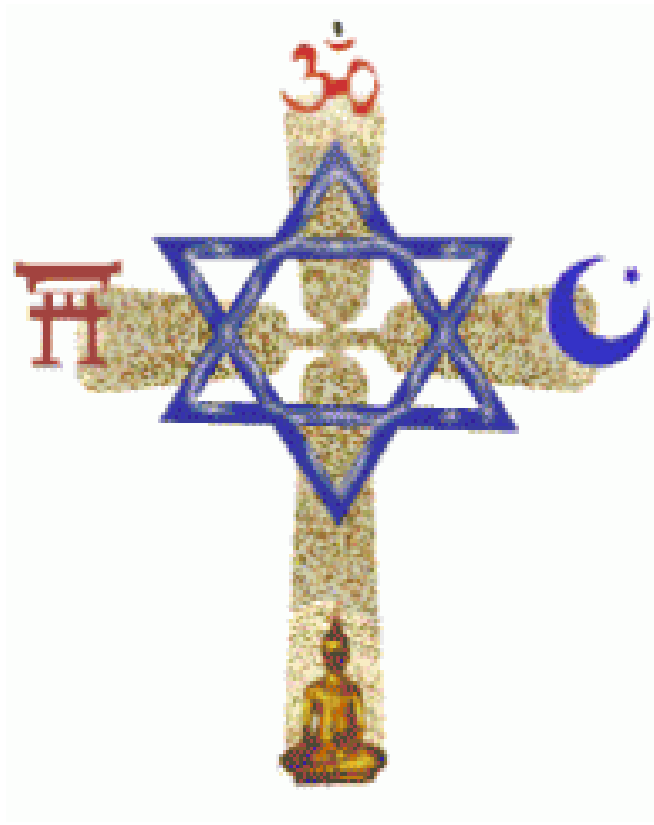


Tau Community of Saint Francis

Franciscan Abbey of Peace and Compassion-lay monastic contemplative community

www.interfaithfranciscans.com

DAILY MORNING AND EVENING PRAYERS



Brother Sean TCOSF

Founder of the Tau Community of Interfaith Franciscans and Abbey Of Peace and Compassion lay monastic contemplative family

©TauCommunityofSaintFrancis/ Revised Edition 22 July 2011

I shall go to the mosque of the Muslim.

**I shall enter the Christian's church and kneel before the
crucifix;**

**I shall enter the Buddhist temple and take refuge in the
Buddha.**

**I shall go into the forest and sit down in meditation with
the Hindu...In addition,**

**I shall keep my heart open for all that may come in the
future.**

Is God's book finished? Or is revelation still going on?

...Salutations to all the Prophets of the Past,

to all the great ones of the Present,

and to all that are to come in the future.

Swami Vivekananda.



Lord, make me an instrument of peace.

Where there hatred, let me sow love.

Where there is injury, pardon.

Where there is discord, unity.

Where there is doubt, faith.

Where there is error, truth.

Where there is despair, hope.

Where there is sadness, joy.

Where there is darkness, light.

O, Divine Master, 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 giving, that we receive.

It is in pardoning, that we are pardoned.

It is dying, that we are born to eternal life.

Introduction:

This book of daily morning and evening prayers has been written for the Oblates and Lay Monastics of the Tau Community to include an selection of prayers and reflections from several of the World's greatest spiritual teachers to demonstrate our commitment as Inner Faith Franciscans to embrace all faiths and none.

Brother Sean has dedicated this book as a personal testimony of his love for the Barefoot Galilean, Jesus, the Essene of the Gnostic Gospels. It was that same love which one day spoke to the heart of a young man, Francis of Assisi, who set the world on fire with a new spirituality inspiring the disillusioned souls of the 12th century to recapture their simple faith in a God of love by returning to living a life of simplicity without dogma, hierarchy and clericalism. Today, the same message is being presented to the members of the Tau Community of Saint Francis to live in the world but not be influenced by it. We are encouraged by Franciscan spirituality to reawaken our hearts to seek God through the Natural World –the Franciscan Soul of Simplicity-Unity –Peace- Compassion.

Over 5000 years ago, an indigenous people spoke of a Tree of Life which hung the Blessed or Anointed One. The Mayan's prophecies spoke at length of the Tree of Life that the early Essenes of Egypt shared with their followers over 8000 years ago. When Lord Kutumi, St. Francis, spoke to 12 of Brother Sean's student therapists back in July 2006, little did anyone realize that the vision was to adopt the ancient Tree of Life to reawaken the Divine within one's heart to embrace God?

More importantly, the vision of Saint Francis to our hearts is primarily about healing divisions caused by religious intolerance and ignorance from within the Abrahamic faith traditions. Often, when we are at our very lowest, it is then that God comes knocking on the door of our heart to open the rusty lock and allow His love penetrate the deepest and sometimes darkest recesses thus setting us free to celebrate and rejoice just like Francis and Claire did in the 12th century.

Society today desperately needs men and women of conviction, just like Saint's Francis and his followers down through the centuries who will challenge all religious beliefs to embrace the Divine regardless of colour, creed, religious persuasion, sexuality or diversity in our communities. The vision we were given is not for the faint hearted! This little book of spiritual practices may well in still that spiritual longing for closer intimacy with one's God, regardless of name/s.

Becoming a member of the Tau Community of Saint Francis is to share one's vulnerability and availability with one's Creator God by honouring the Divine within one's heart through doing what comes naturally, effortlessly and selflessly as a co creator of God.

The call of the oblate seeking membership whether as a lay monastic or as seminarian seeking commissioning within the Tau Inner Faith Franciscan Family is a personal invitation from God to embrace spiritual union or intimacy with one's own God. This can be found in the little things of everyday life such as using this simple book of prayers, reflections which are a means to an end-the end.

The final words must go to Saint Francis who reminded his followers back in the 12th century, 'that they must at all times **'Behold-Hold-Enfold and Listen to God speaking to our hearts.'**

Pax et Bomun
Brother Sean

Sunday Evening

Prologue to the Sunday Evening Communions

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Sunday evening we commune with the Angel of Creative Work, saying: “The Heavenly Father and I are One”.

We contemplate bees at work, and the creative work of humanity in all spheres of existence.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Protection Prayer for all Light Bringers of Peace

In the name of all that ‘IS,’ I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. Amen.

Jesus I trust in Thee!

Merciful Jesus, we believe in Thee
And we trust in Thee.
Come to the aid of our weakness
And our incapacity.
Grant that we may be able to make Thee known

And loved by all men,
And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.

Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength so that I may return
to you a child of God, whole perfect and complete.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
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Is now and ever shall be
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Amen**

*The man with clean hands and pure heart will climb the mountain of the
Lord.*

The Lord comes to his temple. Psalm 23 (24)

*The gates of heaven were opened to Christ because he was lifted up
in the flesh*

The Lord's is the earth and its fullness,
the world and all its peoples.
It is he who set it on the seas;
on the waters he made it firm.

Who shall climb the mountain of the Lord?
Who shall stand in his holy place?
The man with clean hands and pure heart,
who desires not worthless things,
who has not sworn so as to deceive his neighbour.
He shall receive blessings from the Lord
and reward from the God who saves him.
Such are the men who seek him,
seek the face of the God of Jacob.
O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!
Who is the king of glory?
The Lord, the mighty, the valiant.
The Lord, the valiant in war.
O gates, lift high your heads;
grow higher, ancient doors,
let him enter, the king of glory!
Who is he, the king of glory?
He, the Lord of armies,
he is the king of glory.

**Glory be to the Father Mother God
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Amen**

The marriage of the Lamb Canticle: Cf Rev. 19: 1-2, 5-7

Alleluia.
Salvation and glory and power belong to our God,
His judgements are true and just.
Alleluia.

Alleluia.
Praise our God, all you who are in service to God,
You who fear him, small and great.

Alleluia.

Alleluia.

The Lord our God, the Almighty, reigns,
Let us rejoice and exult and give him the glory.

Alleluia.

Alleluia.

The marriage of the Lamb has come,
And his bride has made herself ready.

Alleluia.

**Glory be to the Father Mother God
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Scripture Reading: 2 Thess. 2: 13-14

We feel that we must be continually thanking God for you, brothers whom the Lord loves, because God chose you as the first fruits to be saved by the sanctifying Spirit and by faith in the truth. Through the Good News that we brought he called you to this so that you should share the glory of our Lord Jesus Christ.

Spiritual Reflection for the Soul:

Beyond our ideas of right-doing and wrong-doing, there is a field. I'll meet you there.

When the soul lies down in that grass, the world is too full to talk about.
Ideas, language, even the phrase 'each other' doesn't make sense any more.

Jelaluddin Rumi

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.

He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy is his name!

His mercy is from generation to generation,
on those who fear him.

He puts forth his arm in strength,
and scatters the proud-hearted.

He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty handed.

He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

**Glory be to the Father Mother God
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Amen**

Be Still and Know

Be still and know for God is talking
to you in the still of the day
as well as in the still of the night.

Be still and know for God's love pours out
to you in the still of the day
as well as in the still of the night.

Be still and know for God gives you
His blessings in the still of the day,
as well as in the still of the night,

Be still and know for God gives you
His peace in the still of the day
as well as in the still of the night,

Be still and know that
all these things come from God!
Shyama

**Glory be to the Father Mother God
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Word without end
Amen**

INTERCESSIONS

Through the gospel, the Lord Jesus calls us to share in his glory. Let us make our prayers with him to our heavenly Father.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

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We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

We pray for all nations:- that they may seek the way that leads to peace, that human rights and freedom may be everywhere respected, and that the world's resources may be generously shared.

We pray for all believers and those who do not share our belief:- that we who profess to love God above all else, that we will strive for peace and harmony in our local community and throughout the wider world.

We pray for our families and friends:- that we may empower each other to see the face of Christ in each other, particularly during those times when we are being tested.

We pray for ourselves:- that in the coming week we may serve others in our work, and find peace when we rest.

We pray for the faithful departed:- that through your Divine Mercy they may rest in God's eternal peace and love.

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Amen**

Concluding Prayer to the Holy Spirit of God

Give me my Lord Thy divine strength,
Let me bear the words wicked,
Let me love the hearts crooked,
For my ego there be no place,
My swollen head please displace.

Let the hurdles come in number,
Let the dangers always thunder,
Bestow such a strength and power,
Keep me on Thy path forever.

Pleasure, pain, peace or plenty,

Misery, failure or the bounty,
Never should they disturb me,
I shall always remain with Thee.

The blossoms of my life at ease,
Swing and dance in Thy breeze,
Let thy memory ever prevail,
Rama, my Lord remove this veil!
Rama

OR

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace

**It is in pardoning that we are pardoned.
Francis of Assisi**

Monday Morning

Prologue to the Monday Morning Communions

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Monday morning we commune with the Angel of Life by saying: “ Angel of Life, enter my limbs and give strength to my whole body”.

You now contemplate trees as you feel yourself absorbing vital healing energy forces from the trees and forests of the Creator’s garden.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
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Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

May I live this day
Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

The exile's nostalgia for the Lord's Temple Psalm 41 (42)

Like the deer that yearns
for the running streams,
so my soul is yearning
for you, my God.

My soul is thirsting for God,
the God, of my life;
when can I enter and see
the face of God?

These tears have become my bread,
by night, by day,
as I hear it said all the day long:

‘Where is your God?’
These things will I remember
as I pour out my soul:
how I would lead the rejoicing crowd
into the house of God,
amid cries of gladness and thanksgiving,
the throng wild with joy.

Why are you cast down, my soul,
why groan within me?

Hope in God; I will praise him still,
My saviour and my God.

My soul is cast down within me
and I think of you,
from the country of Jordan and Mount Hermon,
from the hill of Mizar.

Deep is calling on deep,
in the roar of mighty waters;
your torrents and all your waves,
swept over me.

By the day the Lord will send
his loving kindness;
by night I will sing to him,
praise the God of my life.

I will say to God, my rock:
‘Why have you forgotten me?
Why do I go into mourning
oppressed by the foe?’
with cries that pierce me to the heart,
my enemies revile me,
saying to me all the day long:

'Where is your God?'
why are you cast down, my soul,
why groan within me?

Hope in God; I will praise him still,
my saviour and my God.

**Glory be to the Father Mother God
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Amen**

Scripture Reading 2 Thess 3:10b-13

We gave you a rule when we were with you: not to let anyone have any food if he refused to do any work. Now we hear that there are some of you who are living in idleness, doing no work themselves, but interfering with everyone else's. In the Lord Jesus Christ, we order and call on people of this kind to go on quietly working and earning the food that they eat. My brothers, never grow tired of doing what is right.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,
As he promised by the lips of holy men
Those who were his prophets from of old.
A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.
As for you, little child,
you shall a prophet of God, the Most High,
You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.
He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

***As the new day begins let us praise Christ, in whom is the fullness of grace
and the Spirit of God.***

***We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace
and Compassion given to our Founder, Brother Sean in 2008.***

***We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for
preparing the Field of Dreams where men and women from all faiths and none can
come together in love celebrating interfaith unity and peace***

***We ask God's blessing on the Tau Community of Interfaith Franciscans; on the
members of Heart to Soul Prayer Partners 4 Peace and on Livestream.***

***We also remember our Benefactors, friends, enemies and for all who have asked our
prayers today.***

**We praise you, Lord, and we thank you for all your blessings.
Give us peace of mind and generosity of heart:- grant us health and
strength to do your will today.**

May your love be with us during the day:- guide us in our work to praise you, our God.

Be with all those who have asked our prayers:- and grant them all their needs.

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To the Holy Spirit of God
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Word without end
Amen**

Concluding Prayers

Beautiful Play

Remember you, Oh Lord I night and day,
And do exactly as you say;
Cheerful peaceful, smiling, gay
Remain I try to come what may.
Hear you correct when attention I pay,
Happy and fearless, walk my way.
Give me courage and strength I pray.
Rama play part in your beautiful play.
Om !
Rama

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves

and has its being from you this day.

Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



**Lord, make me an instrument of thy peace. Where there is
hatred, let me sow love.**

Francis of Assisi

Monday Evening

Prologue to the Monday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Monday evening we commune with the Angel of Peace, saying “ Peace, peace, peace, Angel of Peace, be always everywhere”.

We now reflect the crescent moon and the moonlight, invoking and visualizing universal peace in all spheres of life.

O God, come to my aid

O Lord make haste and help me.

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To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Protection Prayer for all Light Bringers of Peace

*In the name of all that ‘IS,’ I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. **Amen.***

Jesus I trust in Thee!

**Merciful Jesus, we believe in Thee
And we trust in Thee.
Come to the aid of our weakness**

And our incapacity.
Grant that we may be able to make Thee known
And loved by all men,
And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.
Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength
so that I may return to you a child of God, whole perfect and complete.

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Amen**

Blessed are the pure in heart they shall see God

**Who shall be worthy to stand before the Lord?
Psalm 14 (15)**

You have come to Mount Sion to the city of the living God

**Lord, who shall be admitted to your tent
and dwell on your holy mountain?**

**He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;
he who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord;
he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm forever.**

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Amen**

God the Saviour Canticle: Ephesians 1:3-10

Blessed be the God and Father
of our Lord Jesus Christ
who has blessed us in Christ
with every spiritual blessing in the heavenly places.
He chose us in him
before the foundation of the world,
that we should be holy
and blameless before him.
He destined us in love
to be his sons through Jesus Christ,
according to the purpose of his will,
to the praise of his glorious grace,

which he freely bestowed on us in the Beloved.
In him we have redemption through his blood,
the forgiveness of our trespasses,
according to the riches of his grace
which he lavished upon us.
He has made known to us
in all wisdom and insight
the mystery of his will,
according to his purpose
which he set forth in Christ.
His purpose he set forth in Christ,
as a plan for the fullness of time
to unite all things in him
things in heaven and things on earth.

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Scripture Reading Col. 1: pb-11

We ask God to fill you with the knowledge of his will, with all the wisdom and understanding that his Spirit gives. Then you will be able to live as the Lord wants, and always do what pleases him.

Your lives will be fruitful in all kinds of good works, and you will grow in your knowledge of God. May you be made strong with all the strength which comes from his glorious might, so that you may be able to endure everything with patience.

Spiritual Reflection for the Soul:

I died as a mineral and became a plant;
I died as a plant and rose to animal;
I died as animal and I was a man.

Why should I fear? When was I less by dying?

Yet once more I shall die as man to soar
With angels blest. But even from an angel
I must pass on: all except God must perish.
When I have sacrificed my angel soul,
I shall become what no mind ever conceived.

Jalaluddin Rumi

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The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy is his name!
His mercy is from generation to generation,
on those who fear him.
He puts forth his arm in strength,
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty handed.
He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

Glory be to the Father Mother God

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Through the gospel, the Lord Jesus calls us to share in his glory. Let us make our prayers with him to our heavenly Father.

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To the Holy Spirit of God
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Amen**

Concluding Prayers

Oh God Give Me Wisdom

Ocean of mercy, You are kind,
Wherever eye goes, You I find,
You are flute and You are winsome,
Oh God give me wisdom
and stay in your happy kingdom.

You are the Light of all that shines,
And the greatest power divine,
Please take away ego my burden,
Oh God give me wisdom
and stay in your happy kingdom.

Night and day I sing Thy glory,
And read in my life Your fine story,
Please now reveal Yourself,
and come, come,
Oh God give me wisdom
and stay in your happy kingdom.

Light of whole universe, I know You,
You are the Master of my being, I bow to You,
Your glory gave Rama his freedom,
Oh God give me wisdom
and stay in your happy kingdom.

Rama, 1972

Or:

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves.

Francis of Assisi

Tuesday Morning

Prologue to the Tuesday Morning Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Tuesday morning we commune with the Angel of Joy, saying: “Angel of Joy, descend upon earth and give beauty to all beings”.

You then reflect and feel yourself absorbing vibrations of joy from the beauties of nature as you contemplate the colours of sunrise, sunset and the song of a bird, or the aroma of flowers.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

To you our praise is due in Sion, O God.

Solemn Thanksgiving Psalm 64 (65)

To you our praise is due
in Sion, O God.

To you we pay our vows,
you who hear our prayer.

To you all flesh will come

with its burden of sin.

Too heavy for us, our offences,
but you wipe them away.

Blessed is he whom you choose and call
to dwell in your courts.

We are filled with the blessings of your house,
of your holy temple.

You keep your pledge with wonders,
O God our saviour,
the hope of all the earth,
and of far distant isles.

You uphold the mountains with your strength,
you are girded with power.

You still the roaring of the seas,
the roaring of their waves
and the tumult of the peoples.

The ends of the earth stand in awe
at the sight of your wonders.

The lands of sunrise and sunset
you fill with your joy.

And thus you provide for the earth;
you drench its furrows,
you level it, soften it with showers,
you bless its growth.

You crown the year with your goodness.
Abundance flows in your steps,
in the pastures of the wilderness it flows.

The hills are girded with joy,
the meadows covered with flocks,
the valleys are decked with wheat.

They shout for joy, yes, they sing.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

To you our praise is due in Sion, O God.

Christ, the servant of God. Canticle: Phil. 2: 6-11

Thought he was in the form of God,
Jesus did not count equality with God a thing to be grasped.

He emptied himself,
taking the form of a servant,
being born in the likeness of men.

And being found in human form,
he humbled himself and became obedient unto death,
even death on a cross.
Therefore God has highly exalted him
and bestowed on him the name which is above every name.

That at the name of Jesus every knee should bow,
in heaven and on earth and under the earth.
And every tongue confess that Jesus Christ is Lord,
to the glory of God the Father.

The Lord Jesus humbled himself, but God exalted him on high for ever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading

Phil. 2: 14-15

Do everything without complaining or arguing, so that you may be innocent and pure, as God's perfect children who live in a world of corrupt and sinful people. You must shine among them like stars lighting up the sky.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,
As he promised by the lips of holy men
Those who were his prophets from of old.
A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.
As for you, little child,
you shall a prophet of God, the Most High,
You shall go ahead of the Lord
to prepare his ways before him.
To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.
He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.
Glory be to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and ever shall be,
world without end. Amen

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end**

Amen

INTERCESSIONS

From all eternity God chose Mary to be the Mother of Christ.

Therefore, she is above all other creatures both in heaven and on earth. With her we proclaim:

Father, your Son Jesus gave his mother to the world, a perfect example of faith:- may we accept your word in faith, as she did.

Mary listened to your voice, and brought your Word into the world:- by answering your call, may we too bring your Son to all men, women and children who are seeking Truth.

You strengthened Mary to stand at the foot of the cross and filled her with joy at the resurrection:- by her intercession, lighten our sorrow and reinforce our hope.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Master of Mind

When lust and greed have on you no hold,
Nor pleasure and pain and heat and cold,
Then Master of Mind you are bold,
And brighter by far than stars and gold!

Rama

To the Holy Spirit of God

Breathe on me breath of God; fill me, your child, with life anew,
that I may love what thou dost love, and do what thou wouldst do.
Touch my life that I may see you in everything that lives, moves and has its being from
you this day.
Empower me to live in the present moment seeking only your Love.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



**Preach the Gospel at all times and when necessary use words.
Francis of Assisi**

Tuesday Evening

Prologue to the Tuesday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Tuesday evening we commune with the Angel of Power, saying “Angel of Power, descend upon my Acting Body and direct all my acts”.

As you contemplate the stars, their radiations, and the cosmic ocean of Life, you begin to experience the cosmo-vital forces from the stars being absorbed by the nervous system, of the Acting Body

O God, come to my aid

O Lord make haste and help me.

Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen

Protection Prayer for all Light Bringers of Peace

*In the name of all that “IS,” I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. **Amen.***

Jesus I trust in Thee!

Merciful Jesus, we believe in Thee
And we trust in Thee.
Come to the aid of our weakness
And our incapacity.
Grant that we may be able to make Thee known
And loved by all men,

And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.

Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength
so that I may return to you a child of God, whole perfect and complete.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

**Unless you become like little children you will not enter
the kingdom of heaven and see God**

Childlike confidence in the Lord Psalm 130 (131)

Learn from me, for I am gentle and humble in heart (Mt. 11:29)

O Lord, my heart is not proud
nor haughty my eyes.

I have not gone after things too great
nor marvels beyond me.
Truly I have set my soul
in silence and peace.
As a child has rest in its mother's arms,
even so my soul.
O Israel, hope in the Lord
both now and forever.

Unless you become like little children you will not enter the kingdom of heaven.

Hymn of the redeemed Cantic: Rev. 4: 11; 5:9, 10,12

Worthy are you, our Lord and God,
to receive glory and honour and power,
for you created all things,
and by your will they existed and we created.

Worthy are you, O Lord,
to take the scroll and to open its seals,
for you were slain,
and by your blood you ransomed men for God
from every tribe and tongue and people and nation.

You have made us a kingdom and priests to our God,
and we shall reign on earth.

Worthy is the lamb who was slain,
to receive power and wealth,
and wisdom and might,
and honour and glory and blessing.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Rom 12: 9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer.

Spiritual Reflection for the Soul:

**Those who don't feel this Love
pulling them like a river,
those who don't drink dawn
like a cup of spring water
or take in sunset like supper,
those who don't want to change,**

Let them sleep.

**This Love is beyond the study of theology,
that old trickery and hypocrisy.
I you want to improve your mind that way,**

**Sleep on.
I've given up on my brain.
I've torn the cloth to shreds
and thrown it away.**

**If you're not completely naked,
wrap your beautiful robe of words
around you,**

And sleep.

Jalaluddin Rumi

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning**

**Is now and ever shall be
Word without end
Amen**

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy is his name!
His mercy is from generation to generation,
on those who fear him.
He puts forth his arm in strength,
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty handed.
He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

God has established his people in hope. Nothing can break the confidence of those who love him. Let us proclaim –Father our trust is in you.

We give thanks Lord God, for you have made all men and women rich in all wisdom and insight.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Lord God, you know the hearts of all rulers:- may they work for the good of the people they govern.

Lord, you empower mankind to glorify this world with art:- make our work live with vision and true hope.

You do not allow us to be tempted beyond our limits /strength:- strengthen the weak and vulnerable, raise up all those who have lost all hope and who may have fallen into despair.

Father, you have promised all your children a share in your Son's resurrection on the last day:- remember those who have gone before us on the path to eternal life.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Some say God is love, well I beg to differ
Christ is Love, Mary is Love.
God is guilt, God is your conscience

Being all knowing does not allow for love.

That is why a son was born.
A son born to a mother that
was the embodiment of love.
Christ has the best of both worlds.

God answers prayers, and
judges you on your final days
But Christ and Mary are with you always.
They are by no means greater than Him,
But they were put here by Him
To serve that exact purpose.

To know all is to know evil,
that is why the world is so bad.
God must have the hardest time.
I feel sorry for him.

Swami Rama Talks and Conversations
by Shakuntala Bodas

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.

Empower me to live in the present moment

Wednesday Morning

Prologue to the Wednesday Morning Communions

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Wednesday morning we commune with the Angel of the Sun, saying: “Angel of the Sun, enter my Solar Centre and give the fire of life to my entire body”.

As these words are spoken you contemplate the rising sun and experience the accumulated solar energies radiating through your Solar Centre, located at the solar plexus, sending healing life force energy through your entire body.

O God, come to my aid

O Lord make haste and help me.

Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Give joy to your servant, Lord, for to you I lift up my soul.

Prayer of a poor man in distress Psalm 85 (86)

Blessed be God who comforts us in all our sorrows (2 Cor 1: 3-4)

Turn your ear, O Lord, and give answer
for I am poor and needy.

Preserve my life, for I am faithful;
save the servant who trusts in you.

You are my God, have mercy on me, Lord,
for I cry to you all the day long.

Give joy to your servant, O Lord,
for to you I lift up my soul.

O Lord, you are good and forgiving,
full of love to all who call.

Give heed, O Lord, to my prayer
and attend to the sound of my voice.

In the day of distress I will call
and surely you will reply.

Among the gods there is none like you, O Lord;
nor work to compare with yours.
All the nations shall come to adore you
and glorify your name, O Lord:
for you are great and do marvellous deeds,
you who alone are God.

Show me, Lord, your way
so that I may walk in your truth.

Guide my heart to fear your name.
I will praise you, Lord my God, with all my heart,
and glorify your name for ever;
for your love to me has been great:
you have saved me from the depths of the grave.

The proud have risen against me;
ruthless men seek my life:
to you they pay no heed.

But you, God of mercy and compassion,
slow to anger, O Lord,
abounding in love and truth,

turn and take pity on me.

O give your strength to your servant
and save your handmaid's son.

Show me a sign of your favour
that my foes may see to their shame
that you console me and give me your help.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Christ is the first-born of all creation, the first-born from the dead.
Canticle: Col 1: 12-20

Let us give thanks to the Father,
who has qualified us to share
in the inheritance of the saints in light.

He has delivered us from the dominion of darkness
and transferred us to the kingdom of his beloved Son,
in whom we have redemption,
the forgiveness of sins.

He is the image of the invisible God,
the first-born of all creation,
for in him all things were created;
in heaven and on earth visible and invisible.

All things were created
through him and for him.

He is before all things,
and in him all things hold together.

He is the head of the body, the Church;
he is the beginning,

the first-born from the dead,
that in everything he might be pre-eminent.

For in him all the fullness of God was pleased to dwell
and through him to reconcile to himself all things,
whether on earth or in heaven,
making peace by the blood of his cross.

He is the first-born of all creation; he is supreme over all creatures.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Job 1: 21; 2-10b

Naked I came from my mother's womb, naked I shall return. The Lord gave, the Lord has taken back. Blessed be the name of the Lord! If we take happiness from God's hand, must we not take sorrow too?

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.
Francis of Assisi

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
In the house of David his servant,

As he promised by the lips of holy men
Those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.

So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.

As for you, little child,
you shall a prophet of God, the Most High,

You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.

He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

God is love, he who dwells in love dwells in God, and God in him. In Jesus Christ we see how God loves us. Let us renew our faith in his love.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

You have given us life and light this morning:- let us give thanks for the gifts from your sacred hands.

You are sole master of the future, our future:- keep us from despair and the fear of what is to come.

Love has no ambition to seek anything for itself:- strengthen our will to give up selfishness today.

May your love in us overcome all things:- let there be no limit to our faith, our hope, and our endurance.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Message from God.

Looking down
I see the sun,
And the way it shines
on everyone.
There is no colour,
it knows no face,
it shines for hours
on every race.

Continually shining every day,
if only my children
behaved that way.

Swami Rama CVA

To the Holy Spirit of God

**Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
*and do what thou wouldst do.***

**Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.**

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

**Namaste
Shalom
Inshallah
Solo De Caritas
Pax et Bonum
Peace**

O Blessed Tree upon which hung the anointed One.

Wednesday Evening

Prologue to the Wednesday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Wednesday evening we commune with the Angel of Love, saying “ Angel of Love, descend upon my Feeling Body and purify all my feelings”.

While this is being recited, the Feeling Body both sends and attracts superior currents of feeling energy to and from all beings on earth and all those in the cosmic ocean of Love.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Bless the Lord through the night

Protection Prayer for all Light Bringers of Peace

*In the name of all that ‘IS,’ I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. **Amen.***

Jesus I trust in Thee!

Merciful Jesus, we believe in Thee

And we trust in Thee.

Come to the aid of our weakness

And our incapacity.
Grant that we may be able to make Thee known
And loved by all men,
And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.
Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength
so that I may return to you a child of God, whole perfect and complete.

Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen

Evening prayer in the Temple Psalm 133 (134)

*Praise our God, all you his servants, and all who revere him, both great
and small (Rev 19:5)*

O come, bless the Lord,
all you who serve the Lord,

who stand in the house of the Lord,
in the courts of the house of our God.

Lift up your hands to the holy place
and bless the Lord through the night.
May the Lord bless you from Sion,
he who made both heaven and earth.

Bless the Lord through the night.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

**Christ is the firstborn of all creation, the firstborn of the dead.
Canticle: Col. 1:12-20**

Let us give thanks to the Father,
who has qualified us to share
in the inheritance of the saints in light.

He has delivered us from the dominion of darkness
and transferred us to the kingdom of his beloved Son,
in whom we have redemption,
the forgiveness of sins.

He is the image of the invisible God,
the firstborn of all creation,
for in him all things were created,
in heaven and on earth,
visible and invisible.

All things were created
through him and for him.

He is before all things,
and in him all things hold together.

He is the head of the body, the Church;
he is the beginning,
the firstborn from the dead,
that in everything he might be pre eminent.

For in him all the fullness of God was pleased to dwell,
and through him to reconcile to himself all things,
whether on earth or in heaven,
making peace by the blood of his cross.

All things were created in him, and he holds all things in being.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Rom 12: 9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer.

Spiritual Reflection for the Soul:

Achievement brings its own anticlimax.

All great achievements require time.

All men are prepared to accomplish the incredible if their ideals are threatened.

Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him.

As far as I knew white women were never lonely, except in books. White men adored them, Black men desired them and Black women worked for them.

At fifteen life had taught me undeniably that surrender, in its place, was as honorable as resistance, especially if one had no choice.

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

Children's talent to endure stems from their ignorance of alternatives.

Courage is the most important of all the virtues, because without courage you can't

practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.

Maya Angelou

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.

He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy is his name!

His mercy is from generation to generation,
on those who fear him.

He puts forth his arm in strength,
and scatters the proud-hearted.

He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty handed.

He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

Glory be to the Father Mother God

**To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

Through the Gospel, the Lord Christ calls us to share in his glory.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Let us make our prayer with him to our heavenly Father and our earthly Mother. Lord, in your mercy hear our prayer.

We pray for all nations:- that they may seek the way that leads to peace, that human rights and freedom may be everywhere respected, and that the world's resources may be generously shared.

We pray for the religious leaders of the world:- that they may be faithful ministers and teachers of your word, that all her members may be strong in faith and hope and that you may be recognised in the love she bears to all.

We pray for our families and the community in which we live:- that we may find you in them.

We pray for ourselves:- that in the coming week we may serve others in our work, and find peace when we rest.

We pray for the faithful departed:- that through your mercy they may rest in peace.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

The Compassionate Fisherman

He cast His line into the sea,
To catch a worthless fish like me,
Seeing His beautiful lure of Light,
I swam to it with mustered might,
Swallowed that heavenly lure so fast,
And sighed deep inside - Home at last!

But Home at last did not begin,
Although hooked fast, not reeled in,
Thrashing and splashing and knowing not why,
Perhaps the thought - This fish must die,
Convinced within of His love so true,
Yet ever a flounder in sea so blue!

Hooked tight on line with increased fear,
Will the day never come when He draws me near,
My heart cried out to Him at night,
Why dear Lord is such my plight,
Caught in the midst of heaven and sea,
Lost to the earth - No home with Thee!
His answer as a wave washed over me,
To do you no harm, I let you be,
If I reeled you in your thrash and roll,
Much harm I would do to heart and soul,
If I let the line slack and you swam out to sea,
How lost you would become without thought of me!

Because my compassion for you is great,
I hold the line taut, and patiently wait,
Till your love overwhelms all thoughts of the sea,
And your eyes brim with tears, thought always on Me,
When your heart is at peace,
and you struggle no more,
Then, my son, I will draw you ashore!

Swami Rama RAA

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.
Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace

Thursday Morning

Prologue to the Thursday Morning Communion

**“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father,
the Earthly Mother and Great Masters, reverence to the holy, pure and saving
Teaching, reverence to the brotherhood of the Elect”.**

Thursday morning we commune with the Angel of Water, saying: “ Angel of Water, enter my blood and give the water of Life to my whole body”.

As you say this, you contemplate the waters of earth, in rain, rivers, lakes, seas, or anywhere, and the currents of the Angel of Water are left intensifying and directing the circulation of the blood.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,

Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Let us listen for the voice of the Lord and enter his peace.

A call to praise God Psalm 94 (95)

Every day, as long as this 'today' lasts, keep encouraging one another (Heb. 3: 13)
Come, ring out our joy to the Lord;
hail the God who saves us.

Let us come before the him, giving thanks,
with songs let us hail the Lord.

A mighty God is the Lord,
a great king above all gods.

In his hand are the depths of the earth;
the heights of the mountains are his.

To him belongs the sea, for he made it,

and the dry land shaped by his hands.

Come in; let us bow and bend low;
Let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.
O that today you would listen to his voice?
‘Harden not your hearts as a Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, thought they saw my work.

For forty years I was wearied of these people
and I said: “Their hearts are astray,
these people do not know my ways”.

Then I took an oath in my anger:
“Never shall they enter my rest”.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Christ, the servant of God Canticle: Phil. 2:6-11

Though he was in the form of God,
Jesus did not count equality with God
a thing to be grasped.

He emptied himself,
taking the form of a servant,
being born in the likeness of men.

And being found in human form,
he humbled himself and became obedient unto death,
even death on a cross.

Therefore God has highly exalted him
and bestowed on him the name which is above every name,

That at the name of Jesus every knee should bow,
in heaven and on earth and under the earth.

And every tongue confess that Jesus Christ is lord,
to the glory of God the Father.

The Lord Jesus humbled himself, but God exalted him on high forever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Jas. 2: 12-13

Talk and behave like people who are going to be judged by the law of freedom, because there will be judgement without mercy for those who have not been merciful themselves; but the merciful need have no fear of judgement.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,
As he promised by the lips of holy men
Those who were his prophets from of old.
A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.

As for you, little child,
you shall a prophet of God, the Most High,
You shall go ahead of the Lord
to prepare his ways before him.
To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.
He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.
Glory be to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and ever shall be,
world without end. Amen

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

We pray to the Father, who sent his Holy Spirit to bring new light to the hearts of us all.
Lord send us the light of your Spirit.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and
Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for
preparing the Field of Dreams where men and women from all faiths and none can come
together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the
members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our
prayers today.

Blessed are you, the source of all light:- all creation rightly gives you praise.

Through the resurrection of your Son, the world is filled with light:- through the gift of your Holy Spirit, may your light shine out across the universe.

Through your Holy Spirit, the early disciple remembered all that Jesus taught them:- pour out your Holy Spirit on all men and women of every Creed, denomination and belief known to man, that they may be faithful to that teaching.

Light of all the nations, look upon those who live in darkness:- open their hearts to accept you as the one true God of all that IS.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Your task is not to seek for love,
but merely to seek and find
all the barriers within yourself
that you have built against it.

Jalal ad-Din Muhammad Rumi

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment

seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



**Where there is charity and wisdom, there is neither fear nor ignorance.
Francis of Assisi**

Thursday Evening

Prologue to the Thursday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Thursday evening we commune with the Angel of Wisdom, saying “Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts”.

Superior currents of thought are then sent and attracted by the Thinking Body while the individual contemplates all thought on earth and in the cosmic ocean of thought.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

We are waiting in hope for the blessings of the glorious coming of our Saviour

Peace with God Psalm 61 (62)

In God alone is my soul at rest;
my help comes from him.

He alone is my rock, my stronghold,
my fortress; I stand firm.

How long will you all attack one man
to break him down,
as though he were a tottering wall,
or a tumbling fence?

Their plan is only to destroy:

they take pleasure in lies.
With their mouth they utter blessings
but in their heart they curse.

In God alone be at rest my soul;
for my hope comes from him.

He alone is my rock, my stronghold,
my fortress: I stand firm.

In God is my safety and glory,
the rock of my strength.

Take refuge in God all you people.

Trust him at all times.

Pour out your hearts before him
for God is our refuge.

Common folk are only a breath,
great men an illusion.

Placed in the scales, they rise;
they weigh less than a breath.

Do not put your trust in oppression,
nor vain hopes on plunder.

Do not set your heart on riches,
even when they increase.

For God has said only one thing:
only two do I know:
that to God alone belongs power
and to you, Lord, love;
and that you repay each man
according to his deeds.

We are waiting in hope for the blessings of the glorious coming of our Saviour.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading 1 Peter 1:3-5

Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy has given us a new birth as his son, by raising Jesus Christ from the dead, so that we have a sure hope and the promise of an inheritance that can never be spoilt or soiled and never fade away, because it is being kept for you in the heavens. Through your faith, God's power will guard you until the salvation which has been prepared is revealed at the end of time.

Spiritual Reflection for the Soul:

A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble.

**A coward is incapable of exhibiting love; it is the prerogative of the brave.
A man is but the product of his thoughts what he thinks, he becomes.**

A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act.

**A nation's culture resides in the hearts and in the soul of its people.
A policy is a temporary creed liable to be changed, but while it holds good it has got to be pursued with apostolic zeal.**

A principle is the expression of perfection, and as imperfect beings like us cannot practise perfection, we devise every moment limits of its compromise in practice.

**A religion that takes no account of practical affairs and does not help to solve them is no religion.
Mohandas Gandhi**

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.

He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy is his name!

His mercy is from generation to generation,
on those who fear him.

He puts forth his arm in strength,
and scatters the proud-hearted.

He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty handed.

He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

God is ever creative. His love renews all things and is the source of our hope. Let us turn to him in confidence: Lord accept our thanks and our prayers.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

We give thanks for the order of created things:- you have blessed us with the resources of the earth and the gift of human life.

We give thanks for man's share in your continuing work of creation:- we praise you for your gifts to him of inventive skill and creative vision.

We pray for all the nations of the world:- may those in authority work for peace and goodwill among men.

We pray for all who are homeless today:- we pray for families searching for a place to live, and for refugees driven from their homeland.

Life was your first gift to us:- may those who have died come to its fullness in you.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Jesus is completely selfless and Satan is completely selfish. The more unselfish you are the closer you are to God and the more selfish you are the closer you are to Satan.

All of us are on this line, some ahead in the trek back to God and some behind. What religion you subscribe to or if you subscribe to none makes no difference; it all has to do with selfishness. The more unselfish you are the more you will realize that you and the rest of creation are One. Rama

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace

While you are proclaiming peace with your lips, be careful to have it even more
fully in your heart.

Francis of Assisi

Friday Morning

Prologue to the Friday Morning Communions

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Friday morning we commune with the Angel of the Air, saying: “ Angel of Air, enter my lungs and give the air of Life to my whole body”.

As you say this, you contemplate on the atmosphere around you as you connect with the rhythm of your breathing.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,

Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

My food is to do the will of him of my Father

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Thanksgiving and request for help Psalm 39 (40):2-14, 17-18

I waited, I waited for the Lord
and he stooped down to me;
he heard my cry.

He drew me from the deadly pit,
from the miry clay.

He set my feet upon a rock

and made my footsteps firm.

He put a new song into my mouth,
praise of our God.

Many shall see and fear
and shall trust in the Lord.

Happy the man who has placed
his trust in the Lord
and has not gone over to the rebels
who follow false gods.

How many, O Lord my God,
are the wonders and designs
that you have worked for us;
you have no equal.

Should I proclaim and speak of them,
they are more than I can tell!

You do not ask for sacrifice and offerings,
but an open ear.

You do not ask for holocaust and victim.
Instead, here am I.

In the scroll of the book it stands written
that I should do your will.

My God, I delight in your law
in the depths of my heart.

Your justice I have proclaimed
in the great assembly.

My lips I have not sealed;
you know it, O Lord.

I have not hidden your justice in my heart
but declared your faithful help.
I have not hidden your love and your truth

from the great assembly.

O Lord, you will not withhold
your compassion from me.

Your merciful love and your truth
will always guard me.

For I am beset with evils
too many to be counted.

My sins have fallen upon me
and my sight fails me.

They are more than the hairs of my head
and my heart sinks.

O Lord, come to my rescue,
Lord, come to my aid.

O let there be rejoicing and gladness
for all who seek you.

Let them ever say: "The Lord is great",
who love your saving help.

As for me, wretched and poor,
the Lord thinks of me,

You are my rescuer, my help,
O God, do not delay.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Isaiah 55:1

Oh, come to the water all you who are thirsty; though you have no money, come! Buy wheat and corn without money, and eat, and, at no cost, wine and milk.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,
As he promised by the lips of holy men
Those who were his prophets from of old.
A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.
As for you, little child,
you shall a prophet of God, the Most High,
You shall go ahead of the Lord
to prepare his ways before him.
To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.
He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.
Glory be to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and ever shall be,
world without end. Amen

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

Our sufferings brings acceptance, acceptance brings hope: and our hope will not deceive us, for the Spirit has been poured into our hearts. It is through the same Spirit that we pray: Stay with us, Lord, on our journey.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Help us to realize that our troubles are slight and short-lived:- they are as nothing compared with the joy we shall have when we reach our home with you.

Come to the lonely, the unloved, those without friends:- show them your love today and help them to care for their brothers and sisters in need.

Take away our pride, temper, our anger:- may we follow you in your gentleness: may you make us humble of heart this day and every day that we grace this beautiful world.

Give us all the fullness of your Holy Spirit of sonship:- make our love for each other generous and sincere in our sharing Christ's Love and Light to those who call on us for help.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

The arrogance of a man and his ignorance are directly proportional as is his humility and wisdom!

The amazing thing is that the one who is truly wise has absolutely no concept of his/her humility.

Rama

Or

To the Holy Spirit of God

**Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
*and do what thou wouldst do.***

**Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.**

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace

Friday Evening

Prologue to the Friday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Friday evening we commune with the Angel of the heavenly Father, saying, “ The Heavenly Father and I are One”.

This Communion in time brings union with the eternal and boundless cosmic ocean of all superior radiations from all planets, as cosmic consciousness is awakened and the individual is finally united with the Supreme Power, God himself.

O God, come to my aid

O Lord make haste and help me.

Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen

Protection Prayer for all Light Bringers of Peace

*In the name of all that ‘IS,’ I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. **Amen.***

Jesus I trust in Thee!

Merciful Jesus, we believe in Thee
And we trust in Thee.
Come to the aid of our weakness
And our incapacity.
Grant that we may be able to make Thee known
And loved by all men,
And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.

Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength
so that I may return to you a child of God, whole perfect and complete.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

The Lord is King, let our Earth rejoice!

The glory of the Lord's rule Psalm 96 (97)

The Psalm tells of the salvation of the world and of the faith all peoples would have in Christ (St Athanasius)

The Lord is king, let the earth rejoice,
let all the coastlands be glad.

Cloud and darkness are his raiment;
his throne, justice and right.

A fire prepares his path;
it burns up his foes on every side.

His lightnings light up the world,
the earth trembles at the sight.

The mountains melt like wax
before the Lord of all the earth.

The skies proclaim his justice;
all peoples see his glory.
Let those who serve idols be ashamed,
those who boast of their worthless gods.

All you spirits, worship him.
Sion hears and is glad;
the peoples of Judah rejoice
because of your judgements O Lord.

For you indeed are the Lord
most high above all the earth
exalted far above all spirits.

The Lord loves those who hate evil:
he guards the souls of his saints;
he sets them free from the wicked.

Light shines forth for the just
and joy for the upright of heart.
Rejoice, you just, in the Lord;

give glory to his holy name.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

The Lord is king, let the earth rejoice.

Hymn of adoration Canticle: Rev 15:3-4

Great and wonderful are your deeds,
O Lord God the Almighty!

Just and true are your ways,
O King of the ages!

Who shall not fear and glorify your name O Lord?

For you alone are holy.

All nations shall come and worship you,
for your judgements have been revealed.

All peoples will come and serve you O Lord Christ.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading

Jas 1: 2-4

My brothers! Consider yourselves fortunate when all kinds of trials come your way, because you know that when your faith succeeds in facing such trials, the result is the ability to endure. Be sure that your endurance carries you all the way, without failing, so that you may be perfect and complete, lacking nothing.

Spiritual Reflection for the Soul:

Be faithful in small things because it is in them that your strength lies.

Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.

Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.

Do not wait for leaders; do it alone, person to person.

Each one of them is Jesus in disguise.

Even the rich are hungry for love, for being cared for, for being wanted, for having someone to call their own.

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

God doesn't require us to succeed; he only requires that you try.

Good works are links that form a chain of love.

I am a little pencil in the hand of a writing God who is sending a love letter to the world.

I do not pray for success, I ask for faithfulness.

I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.

Mother Teresa

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.

He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy is his name!

His mercy is from generation to generation,
on those who fear him.

He puts forth his arm in strength,
and scatters the proud-hearted.

He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty handed.

He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

Father, Christ prayed that we be forgiven through his passion. As you accepted him, accept his prayer for all who are hurting right now. Father, into your hands I commend my spirit.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Through his beloved disciple, Jesus gave Mary to be our mother:- with her we pray to you for all her children.

Jesus gave to us his beloved, Mary of Magdala to be an inspiration for us in our periods of desolation and despair:- we ask that she will intercede for us with your Son and comfort us until we are one with you in heaven.

Father, heed the anguish of those who cry out to you with your Son:- 'My God, my God, why have you forsaken me?' Help us to hear the cry, 'I thirst':- help us to see your Son, even in the least of his brothers and sisters.

To the man dying with him, Jesus said, "Truly I say to you, this day you will be with me in Paradise", - Father, let these words be heard again by those who die tonight.

We pray for those who have gone before us, signed with the sign of the cross:- may they rise with Christ in power when his voice resounds again through the universe: 'It is consummated.'

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Father Mother God of all faiths and none, you created us in love to serve you by living and speaking our truth. Help us this night to listen to your voice within our heart and by sending a blessing to all whom you brought into our lives today, we will show you how much you truly love all. **Brother Sean**

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace

It is not fitting, when one is in God's service, to have a gloomy face or a chilling look.

Francis of Assisi

Saturday Morning

Prologue to the Saturday Morning Communions

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Saturday morning we commune with the Earthly Mother, saying, “ The Earthly Mother and I are one. She gives me the food of life to my entire body”.

When you have completed these words, you contemplate edible fruits, grains or plants and feel the currents of the Earthly Mother flowing in you and intensifying and directing metabolism of your body.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,
Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

How wonderful is the knowledge of yours that you have shown me, Lord.

The Lord sees all things Psalm 138 (139)

O Lord, you search me and you know me,
you know my resting and my rising,
you discern my purpose from afar.

You mark when I walk or lie down,
all my ways lie open to you.

Before ever a word is on my tongue

you know it, O Lord, through and through.

Behind and before you besiege me,
your hand ever laid upon me.

Too wonderful for me, this knowledge,
too high beyond my reach.

O where can I go from your spirit,
or where can I flee from your face?

If I climb the heavens, you are there.

If I lie in the grave, you are there.

If I take the wings of the dawn
and dwell at the sea's furthest end,
even there your hand would lead me,
your right hand would hold me fast.

If I say: 'Let the darkness hide me
and the light around me be night',
even darkness is not dark for you
and the night is as clear as the day.

How wonderful is this knowledge of yours that you have shown me, Lord.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

**Who could ever know the mind of the Lord? Who could ever be
his counsellor? Romans 11:34**

For it was you who created my being,
knit me together in my mother's womb.

I thank you for the wonder of my being,
for the wonders of all your creation.

Already you knew my soul
my body held no secret from you
when I was being fashioned in secret
and moulded in the depths of the earth.

Your eyes saw all my actions,
they were all of them written in your book;
every one of my days was decreed,
every one of them came into being.

To me, how mysterious your thoughts,
the sum of them not to be numbered!

If I count them, they are more than the sand;
to finish, I must be eternal, like you.

O search me, God, and know my heart.

O test me and know my thoughts.

See that I follow not the wrong path
and lead me in the path of life eternal.

*I am the Lord, who test the mind and heart; I give each man what his
conduct deserves.*

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading

1 John 2: 3-6

We can be sure that we know God only by keeping his commandments.

Anyone who says, 'I know him', and does not keep his commandments, is a liar, refusing to admit the truth.

But when anyone does obey what he has said, God's love comes to perfection in him.

We can be sure that we are in God only when the one who claims to be living the same kind of life as Christ lived.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!

He has visited his people and redeemed them.

He has raised up for us a mighty saviour

In the house of David his servant,

As he promised by the lips of holy men

Those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.

So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.

As for you, little child,
you shall a prophet of God, the Most High,
You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.

He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.

Glory be to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and ever shall be,
world without end. Amen

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher**

**To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

Let us ask the Father, from whom every family in heaven and on earth takes its name, to send the Spirit of his Son into our hearts as we pray: Lord, in your mercy, hear our prayer.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

O Lord, the creator and redeemer of all mankind, we humbly pray for all men of every race in every kind of need:- make your ways known to them, and reveal your salvation to all nations.

May the universal Church of our Heavenly Father and our Earthly Mother be guided and governed by your Holy Spirit:- let all who call themselves believers in a loving God be led into the way of truth and hold faith in unity of Spirit.

We commend to your Fatherly care and goodness all who are afflicted or distressed:- comfort and relieve them according to their needs and grant them the love and consolation of your Spirit.

Father, give a place of life and rest to those who have died in your peace:- may we share with them in the glory of Jesus Christ, who died to save us all.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher**

**To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

If your love of God is conditional, it is just a form of barter and mostly meaningless. If it is unconditional, God will protect your every move! If you are being hammered on by life, there is a reason for it.

Do not get depressed; ask God what He is trying to teach you. Krishna said, *"And though a man be the foulest of sinners, let him but love me in right resolve. I see no sinner that man is holy. Holiness shall soon re-fashion his whole nature and he will enter into my being. Of this be certain the man who loves me, he shall not perish!" Rama*

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



**It is no use walking anywhere to preach unless our walking is
our preaching.
Francis of Assisi**

Saturday Evening

Prologue to the Saturday Evening Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Saturday evening we commune with the Angel of Eternal Life, saying, “Angel of Eternal Life, descend upon me and give Eternal Life to my Spirit”.

As these words are said you contemplate union with the currents of thought of the superior planets and gains power to overcome the sphere of gravitation of earthly currents of thought.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Protection Prayer for all Light Bringers of Peace

*In the name of all that ‘IS,’ I draw a blood line by faith around myself, my health, my abundance, my home, partner, my family, my life’s work, my friends, my clients and their associates and the Brothers and Sisters of the Tau Community of Saint Francis. I draw a bloodline by faith knowing that there is power, wondrous power in the blood of the Cosmic Christ Jesus. Neither Satan, nor any of his co-workers, dark energies / entities can ever cross such a bloodline. **Amen.***

Jesus I trust in Thee!

Merciful Jesus, we believe in Thee

And we trust in Thee.
Come to the aid of our weakness
And our incapacity.

Grant that we may be able to make Thee known
And loved by all men,
And that, confident in the immensity of Thy love
We may be able to combat the evil
Which is in us and in the entire world,
For Thy Glory and our Salvation.

Amen.

PRAYER TO THE COSMIC CHRIST THE HEALER

In the comfort of your love, I pour out to you my Brother Jesus,
The memories that haunt me,
The anxieties that perplex me,
The fears that stifle me,
The sickness that prevails upon me,
And the frustration of all the pain that weaves about within me.
Lord help me to see your peace in my turmoil,
Your compassion in my sorrow,
Your forgiveness in my weakness,
And your love in my need.

Touch me, O Christ, with your healing power and with your strength
so that I may return to you a child of God, whole perfect and complete.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Before the Angels I will bless you, O Lord.

Thanksgiving

Psalm 137 (138)

The kings of the earth will bring glory and honour to the holy city

I thank you, Lord, with all my heart,
you have heard the words of my mouth.

In the presence of the angels I will bless you.
I will adore before your holy temple.

I thank you for your faithfulness and love
which excel all we ever knew of you.

On the day I called, you answered;
you increased the strength of my soul.

All earth's kings shall thank you
when they hear the words of your mouth.

They shall sing of the Lord's ways:
'How great is the glory of the Lord'.

The Lord is high yet he looks on the lowly
and the haughty he knows from afar.
Though I walk in the midst of affliction
you give me life and frustrate my foes.

You stretch out your hand and save me,
your hand will do all things for me.

Your love, O Lord, is eternal,
discard not the work of your hands.

Before the angels I will bless you, my God.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading Gal 2: 19b-20

With Christ I hang upon the cross, and yet I am alive, or rather, not I; it is Christ that lives in me. True, I am living, here and now, this mortal life; but my real life is the faith I have in the Son of God, who loved me, and gave himself for me.

I am most happy, then, to be proud of my weaknesses, in order to feel the protection of Christ's power over me. I am content with weaknesses, insults, hardships, persecutions, and difficulties for Christ's sake. For when I am weak, then I am strong.

Spiritual Reflection for the Soul:

Rama said, *"If one has no respect for another's religion, he has no respect for his own."* The reason this is true is that there is no place you can point where God is not. You can worship God with any form, animate or inanimate, or worship God the formless.

It makes no difference; all that exists that you can see and not see is God. People who argue about religion are like little kids yelling at one another, "My dad can beat up your dad!" The truth of the matter is that we all have the same Dad.

Pure science is also embraced here for it too is a search for Truth and although not recognized by man, is a path to God. **Swami Ramakrishna**

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

The Canticle of Mary – the Magnificate Luke1 :46-55

My soul rejoices in the Lord.

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.
The Almighty works marvels for me.
Holy is his name!

His mercy is from generation to generation,
on those who fear him.
He puts forth his arm in strength,
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty handed.
He protects Israel, (you and me) his servants,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

We have a high priest, able to sympathize with us in our weakness, one who, because of his likeness to us, has been tempted in every way, but did not sin. Let us pray to him: Show us your mercy and compassion.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Lord, for the joy which lay in the future, you willingly went to the cross:- make us share your death, that we may also share your joy.

Lord, you said, ' Let any man who thirsts come to me and drink':- give your Spirit now to those who thirst for you.

You sent your disciples to preach the gospel to every nation:- bless those men and women who devote their lives to making known your Love and Light through their work as healers, therapists and preachers.

Help those in pain to know that our Heavenly Father and our earthly Mother cares for them as they love us as their sons and daughters.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

Jesus said love one another. He didn't say love the whole world.

Joy is a net of love by which you can catch souls.

Kind words can be short and easy to speak, but their echoes are truly endless.

Let us always meet each other with smile, for the smile is the beginning of love.

Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God - the rest will be given.

Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.

Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.

Loneliness and the feeling of being unwanted is the most terrible poverty.

Loneliness is the most terrible poverty.

Love begins at home, and it is not how much we do... but how much love we put in that action.

Love begins by taking care of the closest ones - the ones at home.

Love is a fruit in season at all times, and within reach of every hand.

Many people mistake our work for our vocation. Our vocation is the love of Jesus.

One of the greatest diseases is to be nobody to anybody.

Mother Teresa

Or

To the Holy Spirit of God

Breathe on me breath of God;
fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.

Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



Sunday Morning

Prologue to the Sunday Morning Communion

“I enter the Eternal and Infinite Garden with reverence to the Heavenly Father, the Earthly Mother and Great Masters, reverence to the holy, pure and saving Teaching, reverence to the brotherhood of the Elect”.

Sunday morning we commune with the Angel of Earth, saying: “Angel of Earth, enter my generative organs and regenerate my whole body”.

As you say this, you contemplate the life- generating soil and the growing grass, feeling the currents of the Angel of Earth transforming his sexual energy into regenerative forces.

O God, come to my aid

O Lord make haste and help me.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Soul Reflection to begin the day with God

I arise today.

In the name of Silence
Womb of the Word,
In the name of Stillness
Home of Belonging.
In the name of Solitude
Of the Soul and the Earth.

I arise today

Blessed by all things,

Wings of breath,
Delight of eyes,
Wonder of whisper,
Intimacy of touch,
Eternity of soul,
Urgency of thought,
Miracle of health,
Embrace of God.

May I live this day

Compassionate of heart,
Clear in word,
Gracious in awareness,
Courageous in thoughts,
Generous in love.

John O'Donohue (To bless the space between us)

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

To you, O God, I keep vigil at dawn to look upon your power.

A soul thirsting for God. Psalm 62 (63): 2-9

Let the man who has put away the deeds of the night watch for God.
O God, you are my God, for you I long:
For you my soul is thirsting.

My body pines for you
Like a dry, weary land without water.

So I gaze on you in the sanctuary
To see your strength and your glory.

For your love is better than life,
My lips will speak your praise.

So I will bless you all my life,
In your name I will lift up my hands.

My soul shall be filled as with a banquet,
My mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
For you have been my help;
In the shadow of your wings I rejoice.

My soul clings to you;
Your right hand holds me fast.

To you O God, I will keep vigil at Dawn, to look upon your power.

Lord our God, we praise the splendour of thy name.

Blessed be the God and Father of our Lord Jesus Christ

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

**To God alone be glory, honour and power.
*Canticle: 1 Chron. 29: 10-13***

Blessed are you O Lord,
The God of Israel our Father,
For ever and ever.

Yours, O Lord, is the greatness and the power,
And the glory, and the victory, and the majesty;
For all that is in the heavens and in the earth is yours;
And you are exalted as head above all.

Both riches and honour come from you,
And you rule over all.

In your hand are power and might;
And in your hand it is to make great
and to give strength to all.

And now we thank you, our God,
And praise your glorious name.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Scripture Reading: Ezek. 36: 25-27

I shall pour clean water over you and you will be cleansed; I shall cleanse you of all your defilement and all your idols. I shall give you a new heart, and put a new spirit in you; I shall remove the heart of stone from your bodies and give you a heart of flesh instead. I shall put my spirit in you, and make you keep my laws and sincerely respect my observances.

The Benedictus - Canticle of Zechariah

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,
As he promised by the lips of holy men
Those who were his prophets from of old.
A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.
He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our enemies
all the days of our life in his presence.
As for you, little child,
you shall a prophet of God, the Most High,

You shall go ahead of the Lord
to prepare his ways before him.
To make known to his people their salvation
through forgiveness of all their sins,
the loving kindness of the heart of our God,
who visits us like the dawn from on high.
He will give light to those who are in darkness,
those who dwell in the shadow of death,
and guide us into the new way of peace.
Glory be to the Father and to the Son and to the Holy Spirit,
As it was in the beginning, is now, and ever shall be,
world without end. Amen

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

INTERCESSIONS

Let us thank our Saviour, who came into this world that God might be with us.

We welcome you with praise, you are the Daystar, the first fruits from the dead: - let us rise with you to walk in the light of LOVE.

We ask Jesus and St Francis to bless their vision for the Franciscan Abbey of Peace and Compassion given to our Founder, Brother Sean in 2008.

We thank Mother Earth, the Nature Spirits, Elementals and all the Celtic Saints for preparing the Field of Dreams where men and women from all faiths and none can come together in love celebrating interfaith unity and peace

We ask God's blessing on the Tau Community of Interfaith Franciscans; on the members of Heart to Soul Prayer Partners 4 Peace and on Livestream.

We also remember our Benefactors, friends, enemies and for all who have asked our prayers today.

Help us on this new day of rest to see goodness in all your creatures:- open our eyes and our hearts to your love in this modern world.

Lord we come around your table of Love as your family:- help us to see that our bitterness is forgotten, our discord is resolved, and our sins of disobedience to your selfless love are forgiven.

We pray today for all believers:- may your Spirit deepen their unity in faith and love:- that we can all come together in love and sing your praises from one heart, with one mind and rejoice in your goodness to us.

**Glory be to the Father Mother God
To the Lord Jesus Christ our teacher
To the Holy Spirit of God
As it was in the beginning
Is now and ever shall be
Word without end
Amen**

Concluding Prayers

All the religions of the world, while they may differ in other respects, unitedly proclaim that nothing lives in this world but Truth.

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.

Before the throne of the Almighty, man will be judged not by his acts but by his intentions. For God alone reads our hearts.

But for my faith in God, I should have been a raving maniac.

Capital as such is not evil; it is its wrong use that is evil. Capital in some form or other will always be needed.

Commonsense is the realised sense of proportion.

Confession of errors is like a broom which sweeps away the dirt and leaves the surface brighter and clearer. I feel stronger for confession.

Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position.

Mohandas Gandhi

Or

To the Holy Spirit of God

Breathe on me breath of God;

fill me, your child, with life anew,
that I may love what thou dost love,
and do what thou wouldst do.
Touch my life that I may see you
in everything that lives, moves
and has its being from you this day.
Empower me to live in the present moment
seeking only your Love and Light.

We thank our Heavenly Father and our Earthly Mother in partnership with the Lord Christ and the Four Spheres of Angelic Beings for their loving protection in the past week and we now Invite them to bless the coming week filling us with the healing energies of Source.

The Final Blessing/s

Let us now Go in Peace to Love and Serve the Lord.

Namaste

Shalom

Inshallah

Solo De Caritas

Pax et Bonum

Peace



A BLESSING

May the light of your soul guide you.

May the light of your soul

Bless the work you do with secret love

And warmth of your heart.

May you see in what you do?

The beauty of your own soul.

May the sacredness of your work bring healing?

Light and renewal to those who work with you,

And those who see and receive your work.

May your work never weary you?

**May it release within you wellsprings of refreshment,
Inspiration and excitement.**

May you be present in what you do?

May you never become lost in the bland absences?

May the day never burden?

May the dawn find you awake and alert?

**Approaching your new day with dreams,
Possibilities and promises.**

May evening find you gracious and fulfilled?

May you go into the night blessed, sheltered and protected?

May your calm, console and renew YOU.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name,
Thy kingdom come,

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread, and forgive us our trespass as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power and the glory,

Now and forever more.

Amen

The Prayer to the Divine Feminine

Hail Mary full of grace, beloved Kuan Yin and Magdalene, the Lord is with thee,
blessed art thou amongst women,

And blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, Beloved Kuan Yin and Magdalene, pray for us sinners,
now and at the hour, of our death. **Amen.**



If God can work through me, he can work through anyone.

Francis of Assisi

About the Author



Brother Sean –The Barefoot Franciscan monk

What Clients have to say about Brother Sean:

Once in a life time a truly amazing helper comes along, like the healer Brother Sean. Without his help I would still be stuck up the thicket of a tributary, some way off the River, and very far from Sea, a shipwrecked man holding onto a spar. I would still be living in Misery. But Life had other plans. There is no doubt over Brother Sean's healing powers, his encouragement, his prophetic and intuitive insight, the sheer sagacity of the man; his healing power, prayer, Franciscan serenity and those special healing oils he makes. He is truly a channel of impressive and significant quality. I strongly believe he is as good as it gets in a time when there are no real masters left here on the earth plane, save through our appeal to the Ascended Masters that have gone before and the angelic and Divine healing energies of which we are only servants

His connection with the Master Jesus, Magdalene, Mother Mary, the Archangels and Saint Francis, has worked a miracle in keeping me well against the odds. I have long suffered from depression and mental illness, imbalance and self-absorption. Conventional medicines, remedies, talking therapies (CBT/CAT), Jungian psychotherapy and NLP, have not helped me near enough as Brother Sean's humble and definitive Essene approach, working with the Holy Spirit, and allowing Divine Guidance--along with time, since there is never a magic wand to recover--to heal where reason and often a fallible one size fits all NHS approach could not, but merely suppress or contain difficulties until they had straightened, but never resolved, quietened but functioning with all the trash dug deep.

All truly great healers and sages are incredibly humble people, and those with the greatest insight into the mysteries and realities of the world, have inevitable suffered the most. This equips them to change their world and in so doing improve our own, and it is from them that truly great things can be carried forth in those that they help and the ideas that they help to spread, as lives begin to change. I have benefited from his expertise in healing, his work with Jesus-Mirian [bio-energy healing] oils and his great compassion that radiates from his aura, his hands and his loving eyes. When it seemed life would not improve, when I was fast losing hope, when I was not really living but existing as a man abandoned, isolated and near the borderlands of out and out psychosis-Sean's healing and daily affirmations and prayer prescription has helped me to restore my Spirit and give me back my spark which had dimmed through many life traumas and

negative experiences. Sean has given me the power to reclaim hope and trust that all will be well if I embrace Jesus and the Brotherhood of the elect... He also actively proves through his interfaith work with the Tau Community of St. Francis, and his visionary--though frankly sensible and realistic plans for simplicity and ecological sustainability at a community and local level [and the use of the fabled Essene Angel Bagua], that beautiful days full of creativity and promise are available to us all. He is truly a living embodiment of the True Religion, that is the Imagination, tempered with patience and love.

He has given me hope that there are good human beings out there. And while no one is perfect, there are those who devote their lives to serving others in need and selflessly asking nothing back. I'm sincerely grateful for his love, patience and compassion in the matter concerning Harry Matthews. What I have learned from Sean has helped me to rehabilitate and I see it as a turning point in my life. I sincerely do, as you so prophetically knew when we last met in person.

Since December 8th 2007, Brother Sean has lived as an enclosed contemplative Franciscan monk. From his small [monastery of Saint Francis in the South Lakes](#), he continues to provide respite and support for those seeking solace. In addition, Brother Sean continues to assist clients embrace Franciscan Spirituality by 1 to 1 personalized guided spiritual retreats.

Back in 2006 he was present when Lord Kutumi invited 12 of his students to set up the Tau community of Saint Francis.

In April 2008 whilst visiting the tomb of Saint Francis, Brother Sean sensed that he was been asked by Jesus and St. Francis to set up the Tau Community of Interfaith Franciscans which is now established as an online community. An important aspect of the vision in 2008 was to set up the Field of Dreams, the [Abbey of Saint Francis of Peace and Compassion](#) where a group of men and women would unite and live the contemplative life as modern day interfaith Franciscans.....

On 4th October 2009, St. Francis asked Brother Sean to set up the '[Francesco Seminary](#)' on 4th October 2010. On the 4th April 2011, 4 students were accepted on the 3 year course having completed their 6 months probation to train as commissioned interfaith Franciscan ministers.

And all of this has been done through the Vow of Providence!



**Above all the grace and the gifts that Christ gives to his beloved is that of overcoming self.
Francis of Assisi**

How to contact us:

THE TAU COMMUNITY OF SAINT FRANCIS

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**I have been all things unholy. If God can work through me, he
can work through anyone.**

Francis of Assisi

The Cathar Prophecy of 1244 AD
In accordance with an old prophecy...

"The Church of Love is proclaimed in 1986.

It has no fabric - only understanding.

It has no membership - save those who know they belong.

It has no rivals - because it is non-competitive.

It has no ambition, because it only seeks to serve.

It knows of no boundaries for nationalisms are unloving.

It is not of itself because it seeks to enrich all groups and religions.

It acknowledges all great teachers of all the ages who have shown the truth of Love.

Those who participate, practice the Truth of Love in all their daily being.

There is no walk of life or nationality that is a barrier.

Those who are, know. It seeks not to teach but to be, and by being, enrich.

It recognizes the collectivity of all humanity and that we are all one with the One.

It recognizes that the way we are may be the way of those around us because we are that way.

It recognizes the whole planet as a Being, of which we are a part.

It recognizes that the time has come for the supreme transmutation, the ultimate alchemical act, the conscious change of the ego into a voluntary return to the whole.

It does not proclaim itself with a loud voice but in the subtle realms of loving.

It salutes all those in the past who have blazoned the path but paid the price.

It admits of no hierarchy or structure, for no one is greater than another.

Its members shall know each other by their deeds and being and their eyes and by no other outward sign, save the fraternal embrace.

Each one will dedicate his or her life to the silent loving of their neighbour and environment and the planet, whilst carrying out their daily task, however exalted or humble.

It recognizes the supremacy of the great idea which may only be accomplished if the human race practices the supremacy of Love.

It has no rewards to offer, either here or in the hereafter, save that of the ineffable joy of being and loving.
Its members shall seek only to advance the cause of understanding, within whichever church, group or family they happen to be.
They shall do good by stealth and teach only by example.
They shall heal their neighbour, their community and our Planet.
They shall know no fear, and feel no shame and their witness shall prevail over all odds. It has no secrets, no arcanum, no initiations save that of the true understanding of the power of love and that, if we want it to be so, the world will change but only if we change ourselves first."

