

A Lover's Psalm

WE WILL DO THIS PSALM RIGHT SIDE FIRST, LEFT SIDE SECOND

Right side

O Ever-present Beloved,
My soul sings and my body rejoices
That you are the flesh and bone of my life.

Left side

You are the ever –youthful life-seed
At the core of all that grows.

Right side

I bow before you, Gracious God,
That while you are greater than this vast universe,
You are also the innermost essence of every being.

Left side

I delight that you are the fiery force
That gives the flowers their beauty;

Right side

You are the life giving wetness of water
And the warmth of the sun;

Left side

You are the breath of all living things
And the fertile soil out of which
all things draw their life-nourishment.

Right side

The blood in my veins races madly,
And my heart drum-beats like thunder
At the very hint of your holy voice.

Left side

I hear you in the song of birds,
In the gurgle of flowing water,
In the rush or the whisper of the wind.

LEFT AND RIGHT SIDE TOGETHER

You are here,
With me and in me
And all around me.

"Used with Permission"

A Sunset Psalm of Turning

Slowly we are turning once again
To look into the dark, star-sprinkled space
Through which our planet is traveling,
All life is aware of the approaching view,
and the sunset beauty of this day's end
An overture to the awesome grandeur
Of the eternal vision that awaits us.

As the earth turns outward,
May my thoughts turn inward
To the Sacred Mystery that dwells in my heart.
At the end of this year
I sing a song of thanksgiving
For the wonder of life.
I lift up my voice in gratitude
For all this year has held for me
As I turn my memory to its flood of gifts.

Blessed are you, Divine Mystery,
Who has chosen to dwell within me
And has enriched this year
With some sorrows,
But also with zestful life, beauty and love.

Blessed are you, O God,
Most blessed are you.

A Psalm of New Wine Skins Listen/Let the Psalm speak to you

Comfortable and well-worn are my daily paths
Whose edges have grown gray
With constant use.

My daily speech is a collection of old words
Worn down at the heels
By repeated use.

My language and deeds, addicted to habit,
Prefer the taste of old wine,
The feel of weathered skin.

Come and awaken me, Spirit of the new.
Come and refresh me, Creator of green life.
Come and inspire me, Risen Son,
You who make all things new:
I am too young to be dead,
To be stagnant in spirit.

High are the walls that guard the old,
The tried and secure ways of yesterday
That protect me from the dreaded plague,
The feared heresy of change.
For all change is a danger to the trusted order,
The threadbare traditions that are maintained
By the narrow ruts of rituals.

Yet how can an everlastingly new covenant
Retain its freshness and vitality
without injections of the new,
The daring and the untried?

Come, O you who are ever-new,
Wrap my heart in new skin,
Ever flexible to be reformed by your Spirit.
Set my feet to fresh paths this new year
Inspire me to speak original and life-giving words
And to creatively give shape to the new.

Come and teach me how to dance with delight
Whenever you send a new melody my way.

A Feast Day Psalm Right side first. Left side second.

RIGHT AND LEFT SIDE TOGETHER

O Blessed One who created calendars and clocks,
Come and show me how to make each hour a feast.

Right side

May the meals I share each day
Be true adventures of taste.
Let me delight in every flavor
As a special gift of the moment.

Left side

May each day of this new year be a feast for my eyes
As I drink in the vast range
Of the colors, forms and textures
Of all the things I see.

Right side

Gift me in this new year
With fresh-cleansed eyes,
Open to beauty and alive with wonder.

Left side

In this newyear
May my ears feast as well.
Unplug them of habit – the deafness of routine –
So that the whisper of the wind,
The soft sounds of gentleness,
The magic of human speech
and the healing laughter of mirth
May enter my mind and heart.

Right side

On this feast of the new year
May I also feast as never before
In the joy of those I love
And with whom I share my life.

Left side

May each day be a holiday of love for our community.

RIGHT AND LEFT SIDE TOGETHER

In these and in all ways
May this year created by you be truly a feast year.