

Evening Song

Antiphon:

May God guide us while we are awake and guard us while we sleep, that sleeping or waking we dwell in God.

Reflection: Philippians 4:4-7

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition and with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

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Reflection: Adapted from "A Blessing" by John O'Donohue

As you go to rest

May the light of your soul guide and gentle you and

Bless the work you did this day with the love and warmth of your heart.

May your work never weary you but bring healing, light, and renewal to those who work with you and those who see and receive your work.

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

May your soul calm, console and renew you.

Antiphon

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Reflection

Invitation to share an experience of God's goodness and provident care

Antiphon

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