

Evening Prayer (Pots and Pans!)

As you join in the 7pm cheer
for health care and essential workers each day:

Notice those you hear or see cheering in proximity to you.
Notice those you don't hear or see, but who live close by.

[With kids: You may want to make a point to name the names of all those you see – a daily holy nosiness that can be followed by some holy sleuthing if there are people whose names you don't know.]

Bless your neighbours

Consider that God is already at work in your neighbourhood, seeking to love people. God is inviting you to join in work that is already happening.

On the other side of this card are some suggestions to choose from

Dig Deeper in prayer & reflection

- As you bless your neighbour(s) in some fashion, notice what arises in you as you do so. It might be an emotion, a memory, a physical or body sensation. It might be a reminder. You might be drawn to think of neighbours who are not physically in your geographic neighbourhood.
- Ask God if there's anything about this that is calling for your attention now. It might be an assurance, a movement of heart, a confession, and invitation, a wondering, an action.

Suggestion for blessing your neighbour...

- In song:

*May the Lord bless you, bless you.
May the Lord keep you, keep you.
Amen.*

- In a liturgical prayer:

*Jesus, you are active on the road, and present at our tables.
Today, you have been extending your love and presence
amongst my neighbours.*

*Bless the places we are in and the land where we have our
being.*

Bless those who long for safe and welcoming homes.

Bless all who work in health care or essential services.

Bless parents who want to care well for their children.

Bless kids in their learning and play and rest.

Bless those who are overworked or under-employed.

Bless those who are lonely, anxious or afraid.

*Bless _____ & _____, and others whom I don't know
yet.*

*Lead me in being part of your love in my neighbourhood.
Amen.*

- In a spontaneous prayer.

Holding them imaginatively to God, notice what God brings to your heart and mind as you desire the Lord's blessing for your neighbour.

- Move your feet & engage with your neighbours at an appropriate distance.

Some ideas:

- Introduce yourself if you haven't before.
- Ask how they're doing.
- Share something about yourself that might be surprising, unique, humorous or vulnerable.
- Be curious.

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