

# **Mears Ashby and Hardwick and Sywell with Overstone**



**Prayers and Reflections  
for use at home**

**Sunday 22 June 2025  
Trinity 1**

Welcome to our prayers and reflections for the first Sunday after Trinity. We are back in Ordinary Time, but nothing is truly 'ordinary' or 'plain' with God, is it? Nor are we 'ordinary' to him. Each one of us is special to him. We see this in the gentle and compassionate way that Jesus calms a disturbed man.

Enjoy pondering the calm that Jesus can bring.

Every blessing,

**Revd Katrina**

**Vicar**

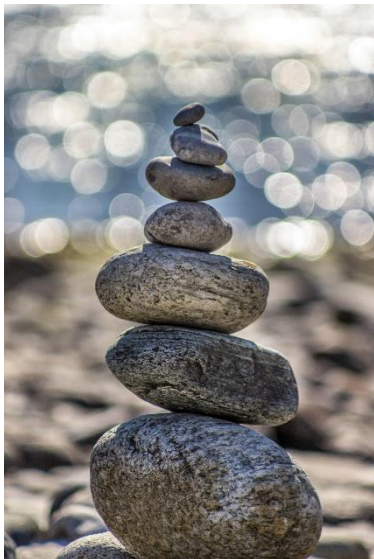
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*As you prepare to enter these prayers and reflections,  
ponder what it is you are seeking from our Lord at this time,  
we will return to this later in these reflections.*



As water to the thirsty,  
as beauty to the eyes,  
as strength that follows weakness,  
as truth instead of lies,  
as songtime and springtime  
and summertime to be,  
so is my Lord,  
my living Lord,  
so is the Lord to me.

*Timothy Dudley-Smith (1926-2024)*

*CCLI reported*

# Prayers and Reflections for use at home on Trinity Sunday Calm

## PREPARING OURSELVES

*Take a moment to be still in God's presence and feel his love. If you are indoors, you may wish to light a candle as a sign of God's love - here, in your room. You may also wish to have a bowl of water ready for the time of letting go. When you are ready, say this opening prayer.*

Lord, as I sit and wait in silence,  
I place my hopes and dreams,  
my fears and concerns,  
into your safe and loving hands.  
Enfold me with your love,  
make my heart beat in time with yours;  
in Jesus' name,  
I pray. **Amen.**

## LETTING GO

*If you come to this time of prayer and reflection with any regrets, with things that you wish you had not said, done or been, offer them to God in the silence of your heart. And then, reflect on the words of this second verse.*

Like calm in place of clamour,  
like peace that follows pain,  
like meeting after parting,  
like sunshine after rain,  
like moonlight and starlight  
and sunlight on the sea,  
so is my Lord,  
my living Lord,  
so is my Lord to me.

*Timothy Dudley-Smith (1926-2024)*

*CCLI reported*



*If you wish, dip your finger into a bowl of water and make the sign of the cross on your palm. Feel God's forgiveness.*

*Our second verse speaks of the transformation God can bring within ourselves. During our lives, each one of us will experience times of deep sadness and distress, overwhelming uncertainty and chaos, confusing dilemmas and unresolvable problems. Outside we might appear calm but inside we are a mess. It is then that we turn to God as our help in life's emergencies. Every time, the question that our Lord asks us is the one that he asked of the blind Bartimaeus, which is 'What do you want me to do for you?' It is a perfect question to ask of anyone in need of our love, compassion, help or prayers.*

*With the help of the verse above, think about what it is you want the Lord to do for you at this time. What is it that you are seeking? How can he bring you to a place of inner peace and calm even as you live through whatever is happening in your life at this time?*

Deep peace of Christ,  
the Son of Peace,  
to you.

*Scottish Celtic Prayer*

## **PRAYING TODAY'S PRAYER (The Collect)**

*Across our villages and the worldwide Church, this prayer is being said today. Add your voice to this earthly circle of prayer to our God who loves us with an unbreakable love.*

God of truth,  
help us to keep your law of love  
and to walk in ways of wisdom,  
that we may find true life  
in Jesus Christ your Son. **Amen.**



*Leading on from our reflection on what it is that our Lord can do for us, our prayer invites us to walk the path that leads to life in all its fullness. We cannot find this path or walk it on our own. We only experience life in its deepest and fullest sense when we walk it in the company of God's Spirit who dwells within us. It is then that we can be calm in the face of our life's storm, be a source of peace in the storms of those dearest to us. This is the true life - life as it should be for everyone.*

*Pause to ponder how you have been - are - might be a source of peace, gentle strength and hope to those who are part of your life: family, friends, neighbours, colleagues or carers. Think about how you are being an answer to the question that they are aching for others to ask them, 'What do you want me to do for you?'*

*Lift them up to our Lord in prayerfulness. You might like to make a note to ask them this question in the coming week.*



As sleep that follows fever,  
as gold instead of grey,  
as freedom after bondage,  
as sunrise to the day,  
as home to the traveller  
and all we long to see,  
so is my Lord,  
my living Lord,  
so is my Lord to me.

*Timothy Dudley-Smith (1926-2024)*

*CCLI reported*

## LISTENING TO GOD'S WORD

### Jesus brings calm...

They sailed to the region of the Gerasenes, which is across the lake from Galilee. When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time this man had not worn clothes or lived in a house, but had lived in the tombs. When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, 'What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me!' For Jesus had commanded the impure spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into solitary places.

Jesus asked him, 'What is your name?'

'Legion,' he replied, because many demons had gone into him. And they begged Jesus repeatedly not to order them to go into the Abyss.

A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into the pigs, and he gave them permission. When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned.

When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind; and they were afraid. Those who had seen it told the people how the demon-possessed man had been cured. Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left.

The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, 'Return home and tell how much God has done for you.' So the man went away and told all over the town how much Jesus had done for him.

*Luke 8:26-39*

## What calm brings...

*This can be a difficult reading. Some can find it hard to look at the man, the deeply disturbed man, who is at the heart of this passage. The story begins with him living outside of his home town. He has been sent out - away from family, friends and neighbours - into the wilderness to live amongst those whose lives have come to a close. It is a sign that the life that he dreamed of is no more. Gone.*

*Let's pause to contemplate his situation. His inner demons - mental health - have cut him off from society. When in a manic phase, he is unwelcome, scary and shackled by chains. No one wants a life like this. No one wants to flee their homes and live alone as you battle your inner demons, troubles and confusion. You want help.*

*His plight invites us to think of those today who feel like outcasts from life in all its fullness. Who feels as lost and alone as this today? I think of the homeless who are living with addictions or mental health issues that keep them out of community life. I think of those who have suffered deeply at the hands of others and do not feel safe in the company of others. I think of those living with some of the saddest forms of dementia who say, repeatedly, 'I don't know where I am.' I think too of the refugees who flee conflict, persecution or abuse, and feel unwanted and unwelcome.*

*What is it that they are seeking? Someone who will see them for who they are and restore their dignity. Someone who will listen to their story and not judge but guide them - gently. Someone who is a calming presence. Someone who can draw them back into fellowship with others. A Christ-like welcome. Notice who touches your heart. Pray for them.*



Drop thy still dews of quietness,  
till all our strivings cease,  
take from our souls the strain and stress,  
and let our ordered lives confess  
the beauty of thy peace.

*John Greenleaf Whittier (1807-1892)*

## OUR PRAYERS

*Feel free to use one or more of these prayers and to add your own.*

Lord Jesus, you looked into the eyes of the troubled man,  
and saw his need for inner peace. By your words and actions,  
you restored his dignity and saved him. May I be a source of calm.

Lord, hear my prayer.

Lord Jesus, this man's neighbours were scared of him. His demons,  
his behaviours frightened them. No one befriended him when  
he was in a manic phase. Lord, as a society, help us to be more caring...

Lord, hear my prayer.

Lord Jesus, you sent this man home to his family and friends,  
and he went singing your praises. This is my prayer for those who live  
on our streets or who are battling inner struggles. Lord, restore...

Lord, hear my prayer.

*Offer your own heartfelt prayers and yearnings, praise and thanksgivings.*

### **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 trespasses,  
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,  
for ever and ever. **Amen.**

## PRAYER OF BLESSING

*A closing prayer of blessing for this week.*

O God, you search me and you know me,  
all my thoughts and feelings are open to your gaze,  
you see the paths I will take before I take them. Guide my daily living.  
Bless me and keep my loved ones safe, I pray. **Amen.**