

Seedtime

In quiet reflection/contemplation we sow seeds for the day to come. The short reading offers a thought for the day; in the silence you can reflect on it, or pray/meditate in any other way. Please feel free to adapt the suggested wordings so that nothing is forced or false.

Light the Candle

**We gather here to dedicate this day,
consciously in the presence
of a great intimate mystery,
which we humans name with many names:
the Spirit - within us and beyond us,
the All in all.**

Short Reading (supplied/recommended for each day)

Silent Time for reflection marked at start and finish by a gong

**May every seed planted in the quiet
germinate and grow Amen**

Extinguish the Candle

Harvest

Light the Candle

Introduction (words to this effect, spoken by whoever is leading):
Now for the harvest of this fruitful day –
for burdens halved by sharing... and blessings doubled.

Open Time for Sharing

To finish, a blessing or gesture may suggest itself (at the leader's discretion), or we can all use these words:

**May this rich harvest not only nourish us now
but be the good seed for growth upon growth
enough to share beyond our familiar circle
tonight and in all the days to come Amen**

Extinguish the Candle

Seedtime & Harvest

Morning and Evening Prayer at Othona

In the chapel, as elsewhere at Othona, we aim to include and learn from a great diversity of people and from their experience.

The three paragraphs to the right are an attempt to spell out the frame of reference for our worship/contemplation/spiritual practice.

Overleaf you'll find two very simple outline formats for use in morning and evening.

***Seedtime* continues to be shared daily by the core community at times when we have no visitors.**

***Harvest* lends itself to all sorts of adaptation and embellishment, or may be replaced entirely if you feel inspired to offer some other 'service'.**

Since human history began
we have shared our experience of life
celebrating its goodness
crying out at pain and injustice
looking for stillness of soul
We have struggled
to honour the individual
and to build community
We have ventured
to fathom the mystery of life
and to give it a name
gently breathing "God"

In this chapel our guiding light
is the example of Jesus
He offered a welcome to all
regardless of status or preference
of sex race or religion
We seek to honour all faiths
as responses to the divine
as paths to liberation
We look for the Christian tradition
to evolve with new understandings
and to join hands with all
who hunger for justice and peace

What you bring to this sacred place
nobody else can bring
What you draw from it
only you will know
Here together we find space
to grow in awareness
to glimpse the inner lives of others
to learn patience when all is arid
to connect with the Divine
If love is our only offering
and Thank You our only prayer
these are riches indeed
Wherever you are on your journey
you are welcome here
to take part as you may
in spirit and in truth