

## Common Prayers

You are invited to share any prayers with those gathered. They can include anything.

## Final Prayers

(Repeat these prayers 7 times)

### Our Father

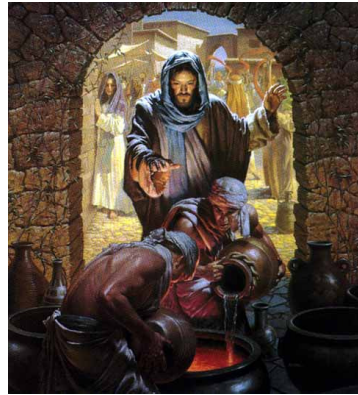
Who Art in heaven  
Hallowed be thy name  
Thy Kingdom Come  
Thy will be done  
On Earth as it is in heaven  
Give us this day  
Our daily bread  
And forgive us our trespasses  
As we forgive those  
Who trespass against us and lead us not into temptation  
But deliver us from evil.  
Amen.

### Hail Mary

Hail Mary  
Full of Grace  
The Lord is with you  
Blessed Art Thou among women  
And Blessed, is the fruit of your womb Jesus  
Holy Mary Mother of God  
Pray for our sinners now and at the hour of our death.  
Amen.

### Glory Be

Glory Be to the Father  
And to the Son  
And to the Holy Spirit.  
As it Was in the beginning,  
Is now and ever shall be  
World without End  
Amen.



# prayer and dinner

## Opening Prayer

### "The Prayer of the Empty Water Jar"

Jesus, I come into the warmth of your presence

knowing that you are

the very emptiness of God.

I come before you

holding the water jar of my life.

Your eyes meet mine

and I'd know what I'd rather not know.

I came to be filled

but I am already full.

I am too full.

This is my sickness

I am full of things

that crowd out

your healing presence.

A holy knowing steals inside my heart

and I see the painful truth.

I don't need more.

I need less.

I am too full.

I am full of things which block out

your golden grace.

I am smothered by gods of my own creation.

I am lost in the forest of my false self.

I am full of my own opinions and narrow

attitudes

full of fear, resentments, control,

full of self-pity, and arrogance.

Slowly this terrible truth

pierces my heart.

I am so full there is no room for you.

Contemplatively, and with compassion

you ask me to reach into my water jar.

One by one, Jesus,

and you ask me to pour it over you.

## Video

"Luggage"

By Rod Bell

## Gospel

### John 10:27-30

Jesus said:

“My sheep hear my voice;

I know them, and they follow me.

I give them eternal life, and they shall never perish.

No one can take them out of my hand.

My Father, who has given them to me, is greater than all,  
and no one can take them out of the Father’s hand.

The Father and I are one.”



## Gospel Reflection

### Do we need a Good Shepherd?

Fr Kevin O'Shea

Do we really need a Good Shepherd?

If a priest gives a terrible sermon, we can go home, moan about it, and find a better one on the internet. If we need counselling we can find a professional counsellor. We can find medical help, financial advice, getting in and out of mortgages, skills training to get jobs, mediation in conflict situations, further education, provision for their children's education, these are the sort of things the 'sheep' need now. We know where to look for them! The shepherds who can take them there are not ministers of religion, and Jesus is not one of them.

So where does Jesus fit into their lives, and does he fit at all as a Good Shepherd? Where does the church fit there? Where do we need a shepherding of a Jesus kind?

We need good shepherd in prayer (at our last supper),

We need good shepherd in dying (in our own Cross) ,

We need good shepherd in rising (in our own Easter).

## "You Belong to Me"

By Henri Nouwen

A few years ago I was hit by a car and ended up in hospital. I was feeling very uncomfortable lying on my bed, but I didn't have any external injuries to speak of so I thought I would be released to return home. When the doctor had finally examined me, he was kind but clear saying, "You might not live long. There is serious internal bleeding. We will try to operate, but may not succeed".

Suddenly everything changed. Death was right there in the room with me. I realised that this might be the moment of my death. I felt shocked and I felt many thoughts going through my mind until I had a further experience. I had never felt anything like it before because in the midst of my confusion and shock I became very calm, very 'at rest' and there was a sort of 'embrace of God' that reassured me and gently told me, "Don't be afraid. You are safe. I am going to bring you home. You belong to me, and I belong to you".

I was so amazed at peace that later than night after the surgery when I woke up in the intensive care unit, I felt extremely disappointed. I asked myself why, "What am I doing here and why am I still alive?" I kept wondering what had happened to me. Gradually I realised that perhaps for the first time in my life. I had contemplated my death not through the eyes of fear but through the eyes of love. Somehow, if only for a moment, I had known God, felt unconditionally loved and I had experienced being a lover.

### Activity

#### “Lost Sheep and Shepherds”

Silently, read the activity sheet

“lost sheep and shepherds”.

Where are the “Lost Sheep and Shepherds in your life?”

Use the bolded words

to answer this question.

Lord, help us to **change**

To change ourselves and to change our world.

To know the need for it.

To deal with the pain of it.

To feel the joy of it.

To undertake the **journey**, without understanding the destination.

The art of **gentle** revolution.

When my house **burnt down**,

I got an **unobstructed view**

of the moon at night.

- Zen Monk

Its not the criminal things  
which are the hardest to  
**confess**, but the **ridiculous** and  
**shameful**.

- Rousseau

**Experience** is not what  
happens to you, but what you  
make of what happens to you.

## lost sheep and shepherds

When we **die**,

we **carry** in our clutched hand  
only what we give away

People who have the most  
**compassion** and the greatest  
**capacity** to forgive are  
generally those who are honest  
enough to recognise their own  
**failures**.

- Anne Kiernel

**Solitude** means being lonely.

Not in a way that **pleases** you.

But in a way that **frightens** and **empties** you.

To the extent that it means being exiled

Even from **yourself**.



The more you **depend** on  
forces outside yourself, the  
more you are **dominated** by  
them.

- Harold Sherman

Let it go.

Let it out.

Let it **unravel**.

Let it be **free** and it can be

A path on which to travel

- Leunig.