

Lord we pray to you in gratitude for being able to meet this year as pilgrims.  
Hold us we ask as we reflect on “what sort of people we want to be after the pandemic?”

We hold before you those who have been lost to the pandemic, those suffering long Covid, those who give care to victims of Covid and essential workers for this and all nations.

We give thanks and hold a debt of gratitude to those in caring roles and we pray that the world will unite in the provision of vaccines to all nations.

We pray for this family of pilgrims, our church families, our families and loved ones at home.

We pray for this and every nation and that we individually on our journey through life, use the love of your message each and every day to bring a small improvement in the lives of others.

We ask this in the name of our Lord Jesus Christ. Amen

**For those wanting to contribute with prayer and reflection:**

Some ideas to help you be creative in your prayer and thoughts for reflection. Use the ideas to allow you to draw us to your individual prayers and thoughts.

**Theme: What Sort of People do we want to be After the Pandemic?**

Reflect on the journey through life, the nurture we receive and the nurture we give.

Use the information on the Saints to inspire your prayers and reflections through the inspiration of their lives.

Does the history or name of the church you are in, inspire you with creative thought for prayer?

**Perhaps the following concepts might speak to you:**

Life as a journey, not always smooth.

Life testing us, where do we find courage, strength and faith?

Life challenging us, finding our weakness, making us ill.

Let God speak to us, through nature, people and events around us.

Let God speak to us through our dreams, our children, and our history.

Let God speak to us through our stories, our music, our art and our joy.

Pray that our children go forward to a newness of life, with compassion, hope and faith.

Let us be a source of wisdom, and integrity for those around us.

For those broken by life, be their rock, their comfort and solace.

May we take from the archetypes true virtues that allow us to have courage, to lead, to give care and nurture, to create, to give generously, to teach, to play and always be able to listen.

Let us as individuals, mature to be confessing and forgiving, in this world.

Let us reflect on those pilgrims who have gone before us, their message, their strength, their commitment.

### **The evolving spirit over the years of our life:**

Lord allow us to look at this your world as an infant. To gaze in wonder, to learn to trust, to hold a simple faith, preverbal, full of hope.

Lord allow us to look at this your world as a child. To see powerful images, to listen in awe to stories, to construct a new view of faith and trust in lives to come.

Lord allow us to look at this your world as a young adult, to think beyond the literal, to synthesise that is to combine your ideas, make them all fit together and bring forth new thoughts, new behaviours and new life.

Lord allow those of us in midlife to question where necessary, to revise where necessary, to maintain our faith in your guidance and word.

Lord allow those of us in later life to accept paradox and mystery, sense a coming together, a wholeness in your vision of life in your creation, to feel integrity at one with you.

### **Reflect on the journey of this world:**

Hunter gatherers, farmers, materialism, industrialised societies, the ecology, the need to bring together the needs and wants of a highly populated world, in a way to support nature and all life.

Art as inspiration, do you have a favourite piece of art that speaks to you spiritually? Bring the image along to reflect on and inspire your prayer.