

## **A Benediction**

Watch now, dear Lord,  
with those who wake or watch  
or weep tonight,  
and give your angels charge over  
those who sleep.  
Tend your sick ones,  
O Lord Christ,  
rest your weary ones,  
bless your dying ones,  
soothe your suffering ones,  
pity your afflicted ones,  
shield your joyous ones,  
and all for your love's sake.  
Amen.

## **Philippians** (4:4-6)

*“Rejoice in the Lord always;  
again I will say, Rejoice. Let your  
gentleness be known to  
everyone. The Lord is near. Do  
not worry about anything, but in  
everything by prayer and  
supplication with thanksgiving let  
your requests be made known to  
God.”*

## **Nunc Dimittis**

The day ends,  
darkness descends,  
Now Lord let troubles cease,  
Let your servant depart  
in peace.  
Labours are over,  
my task here done,  
Now Lord your victory be won.

Lord when everything trembles  
Give me a firm foundation;  
Faith founded on facts . . .  
Prayers founded  
on your Presence  
Life founded  
on your love  
Peace founded  
on your power.

## **Romans** (15:13)

*“And now may the God of hope  
fill us with all joy and peace in  
believing, that we may abound  
in hope in the power of the Holy  
Spirit.. Amen.”*

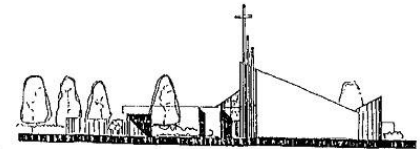
## **God with Us**

Father abide  
Christ beside  
Spirit reside  
The Three shield  
From hate  
From harm  
From death's alarm.

Lord be with me  
In my weakness  
Be my strength  
In my troubles  
Be my peace  
In my danger  
Be my shelter  
In my fears  
Be my hope  
And be with me, evermore . . .

## **CHURCH OF THE ADVENT** *Anglican Parish of Colwood and Langford*

510 Mount View Ave.  
Colwood BC  
250 474 3031  
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*Peace I leave with you,  
My peace I give to you;  
Let not your heart be  
troubled*

*John 14:27*

**Greetings from all of us at the CHURCH OF THE ADVENT.**

*We are pleased to make your acquaintance, and would like to share with you some scriptures and prayers which others have found helpful in times of stress, ill-health, and family crisis. We hope you find these words helpful.*

*Please do not hesitate to make further contact with us should you need any kind of assistance, be it practical or spiritual.*

*The Church office telephone number is 474-3031. If no one is in the office please a message as the answering machine is monitored daily.*

*And now, some thoughts and prayers:*

**Psalm 23**

The Lord is my shepherd;  
I shall not be in want.  
He makes me lie down  
in green pastures  
and leads me beside  
still waters.  
He revives my soul  
and guides me  
along right pathways

for his name's sake.  
Though I walk through  
the valley of the  
shadow of death,  
I shall fear no evil;  
for you are with me;  
your rod and your staff,  
they comfort me.  
You spread a table before me  
in the presence of those  
who trouble me;  
You have anointed my head  
with oil, and my cup  
is running over.  
Surely your goodness and mercy  
shall follow me  
all the days of my life,  
and I will dwell in the house  
of the Lord for ever.

**The Prayer of St. Francis**

Lord, make me  
an instrument of your peace.  
Where there is hatred,  
let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
Grant that I may not so much  
seek to be consoled  
as to console;  
to be understood  
as to understand;  
to be loved, as to love;  
for it is in giving that we receive;

it is in pardoning  
that we are pardoned,  
it is in dying that we are born  
to eternal life.

**For the Use Of Means**

LORD Jesu Christ, thou great Physician: O Look with thy gracious favour upon us; give wisdom and discretion to those who minister to us in our sickness; bless all the means used for our recovery; stretch forth thy hand and, according to thy will, restore us to health and strength, that we may live to praise thee for thy goodness and thy grace; to the glory of thy holy Name. Amen.

**Deuteronomy (30:19-20)**

*"Choose life so that you and your descendants may live, loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days" (Deut)*

**Matthew (11:28-9)**

*"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls."*