



## **An evening service of stillness**

### ***Opening prayer***

In a world vibrating with action  
**we have come here to be still.**

In a world of deadlines and schedules  
**we have come to rest in the present.**

In a world of tumult and upheaval  
**we have come to experience constancy.**

At the still point of our churning world  
**we can meet the unchanging God  
and know his peace.**

***Silence***

### ***Prayer of thanksgiving***

Oh Lord, our God,  
you have created all things,  
and you hold all things in existence.  
**Lord, we thank you.**

Each moment is touched with your love,  
each moment expresses your truth.  
**Lord, we thank you.**

Through time and eternity,  
you remain...  
**Lord, we thank you.**

***Silence***

***Canticle***  
***(based on Psalm 27)***

**In the shadows of your wings  
I will sing your praises, O Lord.**

The Lord is my light, my salvation;  
whom shall I fear?  
The Lord is the refuge of my life;  
of whom shall I be afraid?

**In the shadow of your wings  
I shall sing your praises, O Lord.**

One thing I ask of the Lord,  
one thing I seek;  
to dwell in the presence of my God,  
to gaze on your holy place.

**In the shadow of your wings  
I shall sing your praises, O Lord.**

I believe I shall see the goodness  
of the Lord in the land of the living.  
O wait for the Lord!  
Have courage and wait,  
wait for the Lord.

**In the shadow of your wings  
I will sing your praises, O Lord.**



***The Word of God***

**First reading – Psalm 62, verses 1-2; 5-8**

On God alone my soul in stillness waits;  
from him comes my salvation.

He alone is my rock and my salvation,  
my stronghold, so that I shall never be shaken.

Wait on God alone in stillness, O my soul;  
for in him is my hope.  
He alone is my rock and my salvation,  
my stronghold, so that I shall not be shaken.

In God is my strength and my glory;  
God is my strong rock; in him is my refuge.  
Put your trust in him always, my people;  
pour out your hearts before him, for God is our refuge.

This is the word of the Lord. **Amen**

### **Second Reading – The Gospel according to Mark, chapter 4, verses 35-41**

On that day, when evening had come, he said to them, ‘Let us go across to the other side.’ And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, ‘Teacher, do you not care if we perish?’ And he awoke and rebuked the wind, and said to the sea, ‘Peace! Be still!’ And the wind ceased, and there was a great calm. He said to them, ‘Why are you afraid? Have you no faith?’ And they were filled with awe, and said to one another, ‘Who then is this, that even wind and sea obey him?’

This is the word of the Lord. **Amen**

### **Reflection**

*including a period of silence and on-screen prayers*



## **Closing Prayer**

Lord, we pray for all who need your stillness in their lives;  
for those who are anxious about many things;  
for those whose worries loom large.

**Lord, give us peace in your stillness.**

Lord, we pray for those who feel overwhelmed with work  
or other responsibilities;  
for those who have no time to pause or reflect.

**Lord, give us peace in your stillness.**

Lord, we pray for those who feel their lives are too quiet;  
for those unnerved by solitude;  
for those who are desperately lonely.

**Lord, give us peace in your stillness.**

Lord, whatever our circumstances, give us your lasting peace.

*Silence*

**Amen**

## **Blessing**

Lord, bless us and keep us...

Lord, be gracious unto us...

Lord, give us peace, this night and always.

**Amen.**



### *NOTES*

(1) Service compiled by Liam Pilgrim for the Hempnall Group of Parishes (October 2022), adapted from Susan Sayers, 'Stillness' in her book *Reflective Services* (Stowmarket: Kevin Mayhew Ltd; 2010 edition), pp. 22-23.

(2) Photographs taken on Hempnall Group Pilgrimages/Retreats as follows: pp.1 and 2 - Lindisfarne, 2007 by the late George Davey; p.3 - Parcevall Hall, Wharfedale, 2011 by Penny Wall; and p. 4 – Lindisfarne, 2007 by Penny Wall.