

Let the bells jingle

Let the bells jingle but make time for the tears to fall,
Eat, drink and be merry but do not go hungry
in that inner place.

Rest, reflect and remember. Be true to yourself.
Many of us can't play happy families at this time of the year.

December is for a difficult diagnosis
as well as dreaming of a white Christmas.

December is for divorce as well as decorations.

December is for death and dying
as well as discos and dancing.

December is for distances that separate us from people,
even those in the same room.

Disappointments in December are especially hard to bear.
Sometimes the light no longer shines in the darkness.
The desolation swallows us up and we die a little.

Yet a kindly word, a bird in flight,
a tree alive with hoar and hips
can drown out despair and kindle determination to move on.
Dig down deeper than the tinsel to the place
where hope is found.
Maybe, just maybe, the flickering flame will be
fanned gently into fire.

Helen Jesty

Prayer during the Christmas Season

Rest in the love of the Father,
Rest in the love of the Son,
rest in the love of the Spirit.
The love of the sacred Three
Your rest-place be.

Amen.

Psalm 62

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

Wait on God alone in stillness, O my soul.

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.

Wait on God alone in stillness, O my soul;
for in him is my hope.

Wait on God alone in stillness, O my soul.

He alone is my rock and my salvation,
my stronghold, so that I shall not be shaken.

Wait on God alone in stillness, O my soul.

In God is my strength and my glory;
God is my strong rock; in him is my refuge.

Wait on God alone in stillness, O my soul.

Put your trust in him always, my people;
pour out your hearts before him, for God is our refuge.

Wait on God alone in stillness, O my soul.

