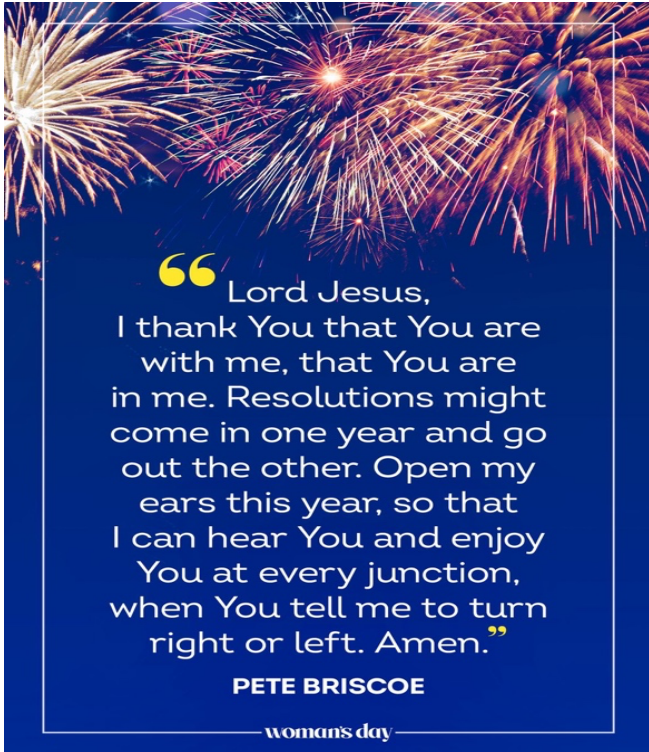




60 Days of Centering Prayers

Compiled by the St. John's UCC
Green Team

Week 1- January 1-7



January 2

Depicted on the first page of this document is a photo of the 'Pillars of Creation' Nebula, taken from the James Webb Telescope. Whenever I think about the 38th chapter of the book of Job, I am reminded of the pillars of creation. Something so far from our sight that we needed to find a way to behold God's glory!

On this first day of the new year, as everyone is making resolutions, I invite you to consider resolving to grow deeper in your relationship with God and creation. What might that look like? Creator God, help us to know you more. Grant us your blessing in this new year, and help us to shine your light into the world. Amen.

-Rev. Becky Sausser

January 3

God of blessings, the universe sings of your glory.

Deepen our gratitude for all you have made and awaken in us a renewed commitment to care for the earth and each other.

Inspire leaders with openness to listen to those most affected by climate change

and with courage to act urgently and wisely, so that our common home may be healed and restored and all people, and generations to come, may delight in it.

-Adapted from the COP27 Climate Summit prayer from the EcoJesuits

January 4

Read Genesis 1:1-19. Is there anything that stood out to you? Read the passage a second time.

January 5

Read Genesis 1:20-31. What does this tell you about our relationship to God?

January 7

What does the image below evoke in your heart? Journal these thoughts and feelings.

January 6

I thank You God for most this amazing day: for leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes.

- E.E. Cummings



Week 2- January 8-14

January 8

Take a moment today to step outside (please do wear a coat)! Feel that chill in the air? Is the sun out and shining? Creation is adaptive and amazing, because God created it that way. Take a moment and thank God for the world!

Dear God, thank you for the beauty of the earth! In your hands are the depths of the earth and the height of the mountain. We stand in awe of your creation! Amen!

-Rev. Becky Sausser

January 9

Read through Psalm 23. What does this tell us about God's relationship to us?

January 10

Read Psalm 42. How does the Psalmist describe God's relationship with the world?

January 13

Look out your window at creation. What do you notice?

January 11

Lord, grant us the wisdom to care for the earth and till it. Help us to act now for the good of future generations and all your creatures. Help us to become instruments of a new creation, Founded on the covenant of your love.

-A prayer from Xavier University

January 12

January 14

All praise be yours, My Lord
through all that you have made.

And first my lord Brother Sun, who brings the day...
How beautiful is he, how radiant in all his splendor!
Of you, Most High, he bears the likeness.

All praise be yours, my Lord, through Sister Moon
and Stars;
In the heavens you have made them, bright and
precious and fair.

All praise be yours, my Lord, through Brothers Wind
and Air...

All praise be yours, my Lord, through Sister Water,
So useful, lowly, precious and pure.

All praise be yours, my Lord, through Brother Fire,
through whom you brighten up the night...

All praise be yours, my Lord, through Sister Earth,
our mother,
Who feeds us...and produces various fruits
With colored flowers and herbs...

Praise and bless my Lord, and give him thanks,
And serve him with great humility.

- *Attributed to St. Francis of Assisi*



God of Love,

You are with us in every
transition and change.

As we enter into this new era with
excitement and even some anxiety,
we recall your deep compassion,
presence, and abounding love.

We thank you for the gifts, talents
and skills with which you have blessed us.

We thank you for the experiences
that have brought us to this moment.

We thank you for the work of others that
gives breadth and depth to our own work.

Be with us as we move forward, rejoicing
with you and supporting one another.

We ask this in your Holy Name.

JOSEPH P. SHADLE



womans day

Week 3- January 15-21

January 15

Dear Mother earth,
Who day by day unfolds rich blessing
on our way, O Praise God! Alleluia!
The fruits and flowers that verdant
grow,
Let them his praise abundant show.

O praise God, O praise God, Alleluia,
Alleluia, Alleluia.
- *St. Francis*

January 16

Thank you for the apples like berries that color the
trees and the sky.

I want to leap and talk and then sleep in the air
where your fruits ripen and dance.

Mother of earth, this is my prayer! Oh yes — at night
when we turn from father light please cover my cloud
bed with your phosphorescence.

Thank you for your apples.

— Small Prayer by Scott Chaskey, North America

January 17

“In his hand is the life of every creature and
the breath of all mankind.” — Job 12:10
Meditate on this scripture? What does it
mean to you at this point in your life?

January 19

“Humble yourselves, therefore, under God’s
mighty hand, that he may lift you up in due
time.” 1 Peter 5:6

Does this verse speak to you? Does it
resonate with yesterday’s verse? What do
these verses mean together?

January 18

O Lord

Let my spirit

glow

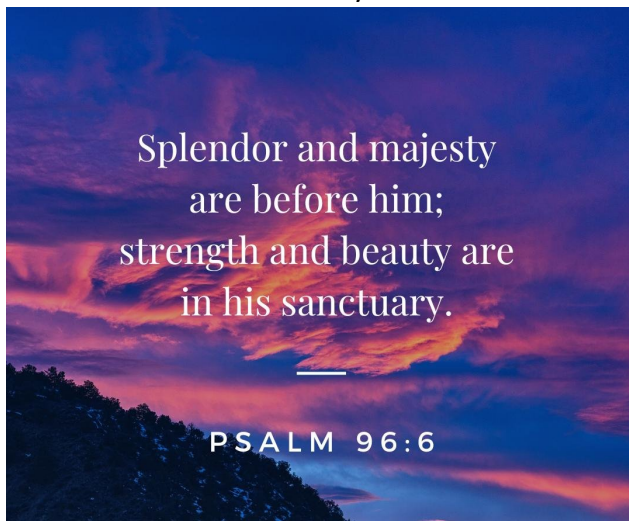
so brightly,

that darkness

will disappear.

— Islamic child’s prayer, Pakistan

January 20



January 21

We thank you, creator God,
for the goodly heritage you offer us,
from green downland
to the deep salt seas,
and for the abundant world
we share with your creation.
Keep us so mindful of its needs
and those of all with whom we share,
that open to your Spirit
we may discern and practice
all that makes for its wellbeing,
through Jesus Christ our Lord,

- *Rev. Peter Lippiett*

Week 4- January 22-28

January 22

O God, we thank you for this earth, our home;
For the wide sky and the blessed sun,
For the salt sea and the running water,
For the everlasting hills
And the never-resting winds,
For trees and the common grass underfoot.
We thank you for our senses
By which we hear the songs of birds,
And see the splendor of the summer fields,
And taste of the autumn fruits,
And rejoice in the feel of the snow,
And smell the breath of the spring.
Grant us a heart wide open to all this beauty;
And save our souls from being so blind
That we pass unseeing
When even the common thorn bush
Is aflame with your glory,
O God our creator,
Who lives and reigns forever and ever.
- *Walter Rauschenbusch*

January 25

The garden is rich with diversity
With plants of a hundred families
In the space between the trees
With all the colours and fragrances.
Basil, mint and lavender,
Great Mystery keep my remembrance pure,
Raspberry, apple, rose,
Great Mystery fill my heart with love,
Dill, anise, tansy,
Holy winds blow in me.
Rhododendron, zinnia,
May my prayer be beautiful
May my remembrance O Great Mystery
Be as incense to thee
In the sacred grove of eternity
As I smell and remember
The ancient forests of earth.

- *Chinook Psalter*

January 23

Lord, grant us the wisdom to care for
the earth and till it.
Help us to act now for the good of
future generations and all your
creatures.
Help us to become instruments of a new
creation,
Founded on the covenant of your love.

- *The Cry of the Earth*

January 24

"His splendor was like the sunrise; rays flashed from
his hand, where his power was hidden." – *Habakkuk*
3:4

As the sun sustains life on earth, the Son of God
sustains and holds us. Journal about this relationship.

January 26

"You will be a crown of splendor in the Lord's hand, a
royal diadem in the hand of your God."
What does this verse mean in 2024?

January 27

Lord, the air smells good today,
straight from the mysteries
within the garden of God.
The trees in their prayer,
the birds in praise,
the first blue violets, kneeling.
— Rumi

January 28

How strong and good
and sure your earth smells,
and everything that grows there.
Bless us, our land,
and our people.
Bless our forests with mahogany,
wawa and cacao.
Bless our fields
with cassava and peanuts.
Be with us in our countries
and in all of Africa,
And in the whole world.

— *Ashanti prayer (Ghana, Africa)*

Week 5- January 29- February 4

January 29

It's harvest time,
It's harvest time,
How rich is nature's yield
In fruit of earth
And bush and tree,
From orchard, farm and field.
It's autumn time,
It's autumn time,
When leaves turn gold and red.
In smiling sky
And land and sea
God's glories are outspread.
It's Sukos time,
It's Sukos time,
This day of our Thanksgiving.
We hymn the praise
Of God above
For all the joys of living.
— Israeli Sukos Song

February 1

When true simplicity is gained,
To bow and to bend
We will not be ashamed.
To turn, turn
will be our delight,
'Til by turning, turning
we come round right.
— Simple Gifts, a Shaker song, North America

February 2

Look up Isaiah 66:2. What does it mean to understand all of the universe as a work of God's hand?

February 3

Read Psalm 8. What imagery does this evoke in your soul?
How might you share this with others?

January 30

Read John 3:16-17. This passage is so familiar to us, but what does it say about Christ's relationship with creation? What does it say about our relationship as creation?

January 31

God I am grateful to you
for all things good,
for beauty and love and joy.
Christ I am grateful to you
for all things challenging,
for growth and patience and endurance.
Spirit I am grateful to you
for all things true,
for faith and counsel and comfort.
God who is One,
God who is Three,
I am grateful to you for life.

Christine Sipe <http://godsplace-misa.com/>

February 4

Hey! Learn to hear my feeble voice.
At the center of the sacred hoop
You have said that I should make the tree to bloom.

With tears running, O Great Spirit, my
Grandfather,
With running eyes I must say
The tree has never bloomed

Here I stand, and the tree is withered.
Again, I recall the great vision you gave me.

It may be that some little root of the sacred
tree still lives.
Nourish it then
That it may leaf
And bloom
And fill with singing birds!

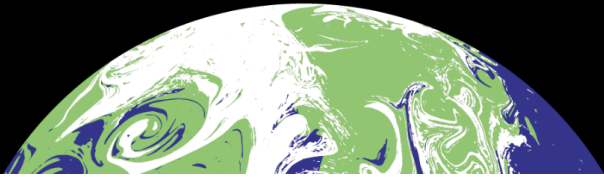
Hear me, that the people may once again
Find the good road
And the shielding tree.

- Black Elk

Week 6- February 5-11

WE PRAY FOR NATURE...

Creator God, who formed us and all living creatures from carbon dust, forgive us for viewing ourselves as separate from creation; give us a humble sense of ourselves as belonging to the earth so that we use our skill and power as stewards of the land from which we come and which we will return. Amen



February 7

God of life,
we praise you for the beauty of creation,
its richness and variety;
yet, through greed and ignorance,
we scar your world with plastic waste
and throw so much away.
Make us more like Jesus,
treading gently on our common home,
and breathe your Spirit on us,
that we may care more deeply for your Earth.
We ask this through Jesus Christ our Lord.
Amen.

-By Rev. Graham Usher, Church of England

February 10

Grant us O Lord, the will to work together, as members of the same Home, to rejuvenate and regain its lost balance and glory. May the sparkling smile of every form of life, every drop of water, every grain of sand, and every ray of light replenish the earth and bring joy to all. Amen.

-Vivat Deus

February 6

A child's prayer by Earthbeat

Dear God, thank you for this beautiful planet. Bless it and keep it safe from harm. We pray for the protection of the animals, the soil, air and water. May we care for all you have made. Help us to love the Earth as you do. We pray in Jesus' name. Amen.

February 8

Read Psalm 95:3-5. What does this image evoke in you? If you are able, journal about this feeling.

February 9

Read Psalm 104:27-35. What does this teach us about the Psalmists understanding of God's relationship to creation and humanity?

February 11

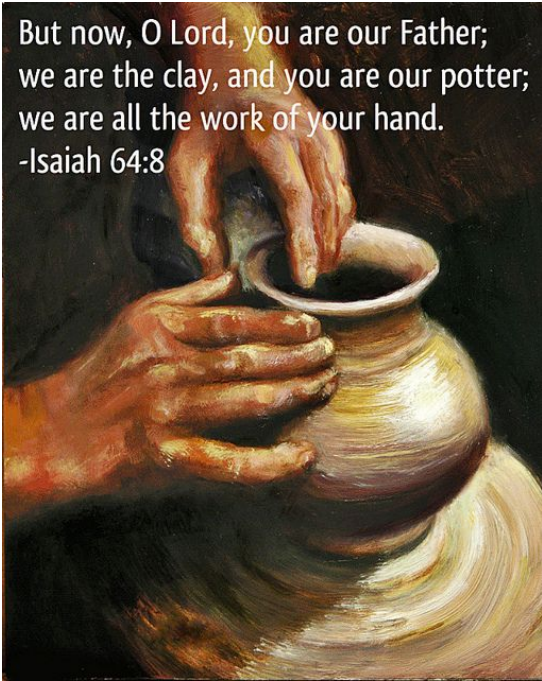
What does this image evoke in you?



Week 7- February 12-18

February 12

But now, O Lord, you are our Father;
we are the clay, and you are our potter;
we are all the work of your hand.
-Isaiah 64:8



February 13

God of creation, who loves all he has made and
all that has evolved,
open the eyes of your people,
that your love might be reflected in our care for
the planet.

Through Jesus Christ, who walked this earth
and calls us by name.

Amen.

-Rev Nicholas Baines

February 16

Read Psalm 146. What does this Psalm say about trust?
How do we understand our relationship with God and
creation when we think about trust?

February 17

"And God saw everything that had been made, and,
behold, it was very good."

—Genesis 1:31

Dear God, Each day we behold the beauty and goodness of
all that you have created. Each day we breathe in your air,
drink your water, and enjoy your fields of harvest. We
rejoice and give thanks for the gifts of your creation!

Amen.

February 14

ASH WEDNESDAY

"Lent calls us to make daily choices
that will help us to grow in our
relationship with ourselves, God
and others. When Easter finally
arrives we can look back at all our
preparations and efforts and know
we can celebrate the resurrection
with joy and faith."

- Br Michael Moore OMI

February 15

Dear God, Let us behold the wonders of creation.
Let us marvel at the infinite artistry of nature.
Let our senses take it all in: each tree, each flower,
each blade of grass. All around us are gifts that
have been bestowed upon us by God.
Today, we renew our spirits and fill our hearts with
gratitude. Amen!

February 18



Dear mother earth,
who day by day
Unfolds rich blessing
on our way,
O praise God! Alleluia!
The fruits and flowers
that verdant grow,
Let them His praise
abundant show.
O praise God,
O praise God,
Alleluia, Alleluia, Alleluia.

ST FRANCIS
(c. 1181-1226)

Week 8- February 19-25

February 19

Lord Jesus,
the earth is yours and you have
commanded the winds and the sea;
help us to leave behind our
consumer demand for plastics and
move towards behaviours that are
environmentally healthy;
help us to follow your lead in caring
for the world you love.
Amen.

**-Rev David Urquhart
Bishop of Birmingham**

February 24

"For the choir director. A Psalm of David.
The heavens are telling of the glory of God;
And their expanse is declaring the work of His
hands." -Psalm 19:1

Our universe is ever expanding and stretching.
Scientists have been able to capture sounds of
the universe in movement, like a dance. What
does it mean to be part of this cosmic dance?

February 20

The 20,000 Prayer by Brooks Berndt
Dear God,
20,000—that's the bare minimum of reasons each
of us has to offer thanks to you today and every
day. 20,000—that's the average number of breathes
a human takes in a day. 20,000—that's how many
opportunities any one of us can connect with the
ultimate of gifts—your gift of creation. 20,000—
that's how many reminders all of us receive each
day—reminders, that amid loss, grief, and
whatever else may come our way, your gifts arrive
day and night to give and sustain life. 20,000—that's
how many reasons we have to regard each day as a
day to celebrate this world, this common home that
you have given to us. With a gratitude grounded in
this moment and every moment, we pray.
Amen.

February 21

Most Gracious Lord and Heavenly Father, We know
how to love and adore because you first loved us.
We adore you for the creation of our unique planet
in its unique place in the universe you created. We
adore you for creating mankind and providing us the
ability to be good stewards of each other and of this
world. Amen.

-Presbyterian Church of the Covenant

February 23

Read Psalm 96. Try writing your own Psalm about
creation!

February 25

EARTH TEACH ME TO REMEMBER

John Yellow Lark

Earth teach me stillness
as the grasses are stilled with light.
Earth teach me suffering
as old stones suffer with memory.
Earth teach me humility
as blossoms are humble with beginning.
Earth teach me caring
as the mother who secures her young.
Earth teach me courage
as the tree which stands alone.
Earth teach me limitation
as the ant which crawls on the ground.
Earth teach me freedom
as the eagle which soars in the sky.
Earth teach me resignation
as the leaves which die in the fall.
Earth teach me regeneration
as the seed which rises in the spring.
Earth teach me to forget myself
as melted snow forgets its life.
Earth teach me to remember kindness
as dry fields weep in the rain.

Week 9- February 26-29

February 26

Prayer For Mother Earth

- Dear God, thank you for this beautiful planet. Bless it and keep it safe from harm. We pray for the protection of the animals, the soil, air and water. May we care for all you have made. Help us to love the Earth as you do.
We pray in Jesus' name. Amen.



February 27

Working for Creation Justice

What's our legacy going to be? What will be our legacy as a church and as individuals? We need to ask ourselves this question a million times over, because our children and grandchildren will be dealing with the consequences. Our continued reliance on fossil fuels for transportation, for heating and cooling, for production of electricity will shape a future with a radically different climate, and not for the better.

The apostle Paul says that "we are heirs of God and joint heirs with Christ," meaning we share in the holy mission of redeeming and transforming the world. We are commissioned and empowered to do things differently. God has that confidence in us! God wants us to leave a noble legacy, a healing legacy, a caring legacy. And that's why St. John's has embarked on this path. We want you to join us.

-Rev. Rick Guhl

February 28

The above image is Rublev's Icon of the Holy Trinity. What does this image tell you? Journal your thoughts.

February 29

What would it look like if we helped to make it more on earth as it is in heaven?



for yours is the kingdom and the power and the glory forever. Amen