

Spiritual Communion Meditation  
November 29, 2020

Dear Lord: In this Thanksgiving week, may we be aware of our many Blessings and not overwhelmed by fear and anxiety. We especially thank you for our Spiritual Communion which has helped to strengthen our faith as the Community of St. Cyprian's. And in our gratitude for our Spiritual Communion, may we deepen our resolve to reach out to others, thereby serving you, in Thanksgiving.

As our Book of Common Prayer assures us in Form Six of our Prayers: "...and so uphold us by your Spirit, that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen. Yes Lord, Amen. May it be so for us.

And as Charles Dickens wrote: "These are the times that try men's souls...that try *our* souls." Yes, these *are* trying times for us; but you know that, Lord God. Do not leave us comfortless. In fact, invigorate us to truly live our days and not be shut down by just watching and waiting for things to ease up with the pandemic. Remind us this is not a permanent situation we are in. Jesus, we pray here today that you will console, encourage and support those who are feeling despair; give them hope, we pray.

Help us to treasure your abundance, always offered to us. We thank you for nourishing us and refreshing us by this offering of Spiritual Communion with Jesus and with one another.

As today's Gospel said, help us to keep awake and expectant of your presence in our lives, strengthening us for whatever comes our way. Stay with us, Lord Jesus, we do pray.

AMEN