



liturgy
toolbelt

lunch break liturgy

Victoria Hutchinson
adds to our liturgy toolbelt;
prayers crafted in the still
to equip us in the busy

Victoria Hutchinson recently retired
from midwifery in the Midlands and now
works as a school chaplain.

LITURGY FOR

lunch breaks

'For what I am about to eat
May my heart be truly thankful'

Lord, my heart is beating fast -
Please can you lead me beside still waters
In this heartbeat of 30 stolen minutes.

My mind is jumping and leaping through
all the tasks that need to be done
And I feel panic rising
Standing on the mid-day mountain
Ready for earthquake, wind, and fire
Father, calm my clamour and
let me hear your still, small voice.

I lift to you my patients today
(*Name them...*)

Thank you for the things that have been
achieved this morning.

Lord, there are still many things to resolve
(*Bring specific things to God*)

Please help me to complete and achieve
Without omission or error.

Wave your flag madly

If I'm on the brink of forgetting something

And flood me to overflowing

With all compassion and care

And time, where time is essential.

As I sit and replenish my body
And quench my eager thirst
Please water my soul with living waters
Season me with salt
And let me draw new energy
From the bread of life.

Amen