

Our Father (RHK CHA-E.2) ~~OR PRAYER~~

For a change today, since it's a public holiday, maybe you'd like a little more music than usual for these Midday Prayers... music with a message and a prayer. For a holiday is a holy day deep down, and enjoyment is not more remote from God than high seriousness and the calm quiet of a monk at prayer. God is everywhere: you can find Him, in prayer, in many many ways, on holidays as in work-times — just don't forget Him. A prayer first: COMMON PREFACE

MUSIC "Keep the Ransom Song"

To everything there is a season: as you enjoy yourself today, in company with most of HK, do think of those who can't enjoy themselves <sup>with you</sup>, who are sick, who for one reason or another are not able to relax today. A time for laughter & play is just as much a gift of God which all shd. be able to enjoy in season or anything else is... it's always time to praise & thank Him.

MUSIC "To everything there is a season" (RHK-CHA-E.2)

Jesus brought His apostles off a couple of times, to be with them alone, a kind of picnic: but usually they were soon interrupted by crowds following after Him... it was one of those occasions which set the scene for this teaching of His, described by St. John. JN 6 24-35

MUSIC ~~Prayer~~ Sanctus [St Francis]

PRAYERS

MUSIC 'Petition' (St Francis)