

May God bless us,
that in us may be found love and humility,
obedience and thanksgiving,
discipline, gentleness and peace.

We greet each other in peace and then sit down for the notices.

Foundation:

an alternative worship gathering in Bristol



Our worship is shaped by ancient and contemporary sources,
ranging from monastic and contemplative traditions to
creative and multimedia reflections.

Please join us after this service for drinks and conversation
in our Donations bar.

For more information visit www.foundationbristol.org.

FOUNDATION

at Cotham Parish Church



Rest:

a service to end the day

Opening responses

Come to us this night, O God,
Come to us with light.

Speak to us this night, O God,
Speak to us your truth.

Dwell with us this night, O God,
Dwell with us in love.

We sing

**Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.**

**From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.**

**O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.**

Reading(s)

There is an Examen and/or a Reflection / Shared Meditation

Each night may we remember your life given so gently and generously:

Each thing we have received,
From you it came;

Each thing for which we hope,
From your love it will come;

Each thing we enjoy,
It is of your abundance;

Each thing we ask,
Comes of your grace.

There is a long prayerful silence

Do feel free to move around the church or sit on the floor if this would make you more comfortable.

Chant or Song

Prayers and Collect

Please do take this as an opportunity to light a candle and join in with the prayers in silence or out loud.

We conclude our Prayers with the Lord's prayer

Please join in in the form or language with which you are most familiar.

Chant or Song

Going in Peace

In peace we will lie down and sleep;
for you alone make us dwell in safety.

Abide with us, Loving God,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.