

Church of Scotland: Orphir and Stenness Parish

Interim Moderator: Rev June Freeth 721449

Locum Minister Rev Martin Prentice **Session Clerk:** Nicol Sclater 811242

Intimations

- Orphir Post Office is open in the kirk on Thursdays from 10am to 12 noon. The Orcadian is available.
- For the time being, Orphir and Stenness kirk will not be open for Sunday worship.
- If you, or someone you are in contact with, would like to access pastoral care by telephone please contact Olivia Tait 811392, Carol Mainland 873596, Nicol Sclater 811242 or Martin Prentice 851139.

First Thing / Last Thing Prayer:

This is a personal prayer practice for the moments after you first open your eyes in the morning and just before closing your eyes for sleep at night. It is a simple and clear acknowledgment of gratitude for what has been and what is to come.

As you open your eyes in the morning spend a few moments breathing deeply in and out, slowly waking up. From that place of comfort and rest in your bed, offer a prayer of gratitude for another day of life.

At night, just before you drift off to sleep, take some deep breaths in and out, and offer gratitude for the day that has been, thanksgiving for a night of rest, and thanks for another day of life.

Blessing to End the Chapter

Words speak,
People speak,
God speaks,
In echoes, laughter, silence, dreams, whispers.
I lean in and I listen.
Amen

from *Go Deep*, by Doris e. Kizinna (in *Seasons of the Spirit*, 11th. Oct., 2020.)

Blessings,
Martin.