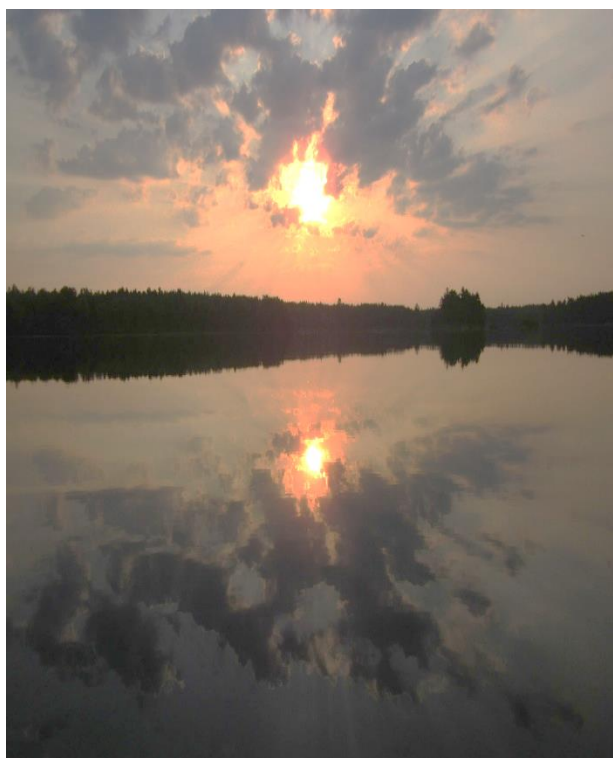


PASTORAL CARE MESSENGER

Christ Church Cathedral Ottawa, July 2022



Light

Even through the darkest times in life
Times with pain, sadness and bitterness
There is a light so bright
That overcomes it all
Light that turns burning pain into
healing releasement
Light that turns sadness into happiness
Light that turns bitterness into
generosity
Light that is filled with love, kindness
and goodness
Light that shares it with the souls that
need it the most
So that they may never forget
That darkness may show at times
But that light will always overcome.

Tracy Appiah

Prayer of Blessing

May the angels of light glisten for us this day.
May the sparks of God's beauty dance in the eyes of those we love.
May the universe be on fire with Presence for us this day.
May the sun's new rising grace us with gratitude.
Let earth's greenness shine and its waters breathe with Spirit.
Let heaven's winds stir the soil of our soul and fresh awakenings rise within us.
May the mighty angels of light glisten in all things this day.
May they summon us to reverence, may they call us to life.

From *Praying with the Earth* by John Philip Newell

*If you need to speak with one of the clergy, please don't hesitate to contact
the Cathedral at 613-236-9149.*