

“Breath of Heaven,
carry us on the impulse
of Christ’s love,
as easy as thistledown
is carried on the wind;
that in the Advent season of our souls
while He is formed in us
in secret and in silence-
the Creator
in the hands of his creatures,
as the Host
in the hands of the priest-
we may carry Him forth
to wherever He wishes to be,
as Mary carried Him over the hills
on His errand of love,
to the house of Elizabeth.”

- Caryll Houselander

- Caryll Houselander

Descend,
Holy Spirit of Life!
Come down into our hearts,
that we may live.
Descend into emptiness,
that emptiness
may be filled.
Descend into the dust,
that the dust may flower.
Descend into the dark,
that the light may shine in the darkness.
Amen.

Be born in us,
Incarnate Love.
Take our flesh and blood,
and give us your humanity;
take our eyes, and give us your vision;
take our minds, and give us your pure thought;
take our feet and set them in your path;
take our hands,
and fold them in your prayer;
take our hearts
and give them your will to love.
Amen.

- Caryl Houselander

By your heaviness and fear
in Gethsemane,
comfort the oppressed
and those who are afraid
By your loneliness,
facing the Passion
while the Apostles slept,
comfort those who face evil alone
while the world sleeps.
By your persistent prayer,
in anguish of anticipation,
strengthen those
who shrink from the unknown.
By your humility,
taking the comfort of angels,
give us grace to help
and to be helped by one another,
and in one another
to comfort you, Jesus Christ.
Amen.

Nail our hands
in your hands
to the Cross.
Make us take and hold
the hard thing.
Nail our feet,
in your feet
to the Cross,
that they may never
wander away from you.
Make our promises and our vows,
nails that hold us fast,
that even the dead weight of sin,
dragging on the nails
in our last weakness,
may not separate us from you,
but may make us one with you
in your redeeming love.
Amen.