

Ritual Busyness

We often perform the everyday rituals of life without giving them very much thought and taking them for granted? How often do we give thanks for gathering together in church, for the rush of after-school clubs and activities, for the daily chores of cleaning and shopping? But sometimes it is worth pausing and giving thanks for the moment we are in, and stopping to reflect that maybe some people feel left out of in the hustle and bustle of daily life.

We thank you our loving God for the rituals that give meaning to our lives:

for coming to church and taking time
to meet with you and others who share our faith
for familiar bible stories seen with fresh eyes
rousing hymns and lilting tunes
quiet time to pray for those around us
and noisy games and sticky pictures to take home.

We thank you our loving God for the rituals that give meaning to our lives:

for the trappings of our favourite sport
muddy shoes and sweaty socks to wash
the fun and energy of the keep fit class
or relaxing in the pool and sauna
for the excitement of 'Match of the Day'
or the patience of watching an athlete perform.

We thank you our loving God for the rituals that give meaning to our lives:

for the morning rush of getting ready for the day
the commute to work or busy school run
a chance to do the crossword in the morning paper
the taxi arriving for our trip to the day centre
for shopping and ironing and cleaning and cooking
customer service or taking time to chat to colleagues.

Forgive us in our busyness and compulsion
to get through the chores or business of the day:
when we rush past or forget about those we take for granted
when we fail to stop and truly listen
or get angry far too quickly
or once again put off making that call
that would mean so much to the person at the other end
Forgive us and love us, so that we may reach out in love to others.

© Clare McBeath and Tim Presswood, 2006