



PRESBYTERIAN CHURCH OF ORONOCO

A SMALL CHURCH WITH A BIG MISSION

November 2022

All Saints' Day Commemoration

This year, we will once again be taking some time to commemorate those who have gone before us – those who have been beacons of hope and grace and love in our lives but whose light now fills the halls of heaven. Throughout the month of October, we will have the colorful prayer flags and some markers available in the back of the sanctuary. Putting one name on each flag, please feel free to honor as many people as are near and dear to your heart so that during our All Saints' Day commemoration on **Sunday, November 7**, we may be surrounded by the vibrant color and light of those whom we love and miss.



*If you cannot come fill out your name banners in person, feel free to email any names to Pastor Lisa, and she will make the name banners for you to make sure they're included. Names need to be received by **Thursday, November 3** to be included.*



Pastor: Rev. Lisa Johnson

Church Staff

Secretary: Brianna Clement

Pianist: Raquel "Rocky" Nisbit

Mike Rand, Clerk of Session
Ellen Warner, Ruling Elder
Brenda Longman, Ruling Elder
Ron Peterson-Rucker, Ruling Elder
Geoff Warner, Ruling Elder
Todd Wickre, Ruling Elder

Church Leadership

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Gail Rucker, Deacon
Ellen Simon, Deacon
Joanne Schenck, Deacon
Cindy Luhman, Deacon
Karen Peterson-Rucker, Deacon



From the Pastor ...

It was 18th-century Scottish poet and lyricist Robert Burns who coined the phrase: “The best laid plans of mice and men often go awry.”

And true it is, friends, because my plans have indeed gone awry.

Back in September, we embarked on a prayer journey together. My main motivation for this prayer journey then remains intact: I wanted all of you to be able to encounter and try out some different forms of prayer in hopes that it might bring some renewal to your spirits. We all experience different things in our lives. We follow different paths. We have different gifts and passions. We’re influenced by different people. So of course, we’re going to find that different forms of prayer help us to connect with God in different ways and in different seasons of our lives. This is still and will always be true, so you will continue to find different prayer practices highlighted in our newsletter this month and next month. You will also find the instruction cards for those prayer practices on the table outside the sanctuary at church, and we will continue to hold our mid-week open prayer times.

That being said, I was also using this prayer journey as part of my doctoral work. And here, friends, is where things have gone a bit awry. From the beginning as I was working on conceiving and detailing out this final project, I wanted to make sure it was something that wasn’t going to add yet another line on everyone’s to-do lists. The whole goal of my doctoral program and one of main goals of the Church everywhere today is *renewal*. *The need for renewal has been a long time coming in the world of the Church. The COVID-19 pandemic made that even more glaringly obvious than it already was. And now that we’re on this side of the pandemic and all the stress and strain and disconnectedness that we all lived through over the past 2½ years, it’s even more obvious. As individuals and as a community of faith, we need to be renewed. That was my aim when I put together this prayer journey, but I’ve since come to the conclusion that the doctoral project part of all this is, in fact, adding yet another line on many people’s to-do lists. Because of that, I’ve decided to scrap the project as I was working on it and do something different.*

Important notes:

First, I am incredibly grateful for all those who participated in my project up to this point. To those who filled out my surveys, *thank you*. To those who have given me feedback, *thank you*. To those who have been attending the mid-week prayer times, *thank you*. To those who have been engaging with the prayer practices that we’ve

already highlighted, thank you. I am so grateful for your willingness and your openness.

Second, as I mentioned, none of those practices that were a part of our prayer journey are going to stop. We will continue to hold the mid-week open prayer times (though, as you'll see later on in this newsletter, we are moving those prayer times to Thursday nights). I will continue to highlight two different prayer practices in the months of November and December. In November, we'll be looking at contemplative prayer, and in December, we'll be looking at creative prayer. And I still want to do a weekend prayer retreat in January (all-day Saturday + Sunday afternoon) to give people a chance to learn about and try out prayer practices they might have missed or circle back to ones that really spoke to them. *All of these things are still happening.*

So what does this mean?

It means I'm in the midst of coming up with a new project. (For anyone who's itching to put some of those new prayer practices to work, I would not be sad if you prayed for me in this process!) I think I'm about 85% of the way there, but it means re-writing the project proposal that I wrote over the summer and resubmitting my materials to the University of Dubuque's Institutional Review Board because nothing can go forward without their approval.

The project that I'm currently working through in my mind has to do with the changes to worship that we're already in the process of making – the “Exploring the Word Together” time that we've been doing since Sept. as well as a few other changes that are in the pipeline. Originally, I had planned to space these changes out over a year – to introduce one change every four months. Now, since I'm going to use them for doctorate work, that timeline is going to be condensed for the sake of my own timeline. Now, we'll be trying out some different elements of worship every two months instead of every four months. And since these worship changes are part of my doctoral work, there will be some congregational surveys that I'll be inviting you to participate in anonymously every few months. The surveys will be in the bulletin. If you're in church that Sunday and would like to take a few minutes to fill it out, I would greatly appreciate it. If you don't want to fill it out, you don't have to. If you'd like to fill out a survey about a particular worship element but know you'll miss the Sundays when they'll be in the bulletin, I'd be happy to get you a copy of the survey to fill out.

Y'all know that I'm a planner.

Y'all know that I'm definitely a type A person.

This was not the plan that I had.

This was not what I expected.

However, I have a great, abiding love and appreciation for this congregation. And I have a great, abiding love and appreciation for the work that God is doing both in me and through me. Sometimes we encounter legs of a journey that are one step forward and two steps back, but that doesn't mean we aren't still on the journey. I am committed to making this work not just in a way that earns me the degree that I've been working so hard on for the past three years, but more importantly in a way that is affirming and life-giving and spiritually meaningful for this congregation ... for you all. So as I move forward in this D.Min. journey, and as we move forward in this journey together, I know that the words of the prophet Isaiah hold true:

*Don't fear, because I am with you;
don't be afraid, for I am your God.
I will strengthen you,
I will surely help you;
I will hold you
with my righteous strong hand. ...
I am the LORD your God,
who grasps your strong hand,
who says to you,
Don't fear; I will help you.
~ Isaiah 41:10, 13*

Pastor Gina

“Beloveds” Tree

I’m sure you’ve noticed that we’ve had to take down a few of the big, beautiful trees in our front lawn over the last couple of years. We’ve done this for the safety of the building and the community because these trees were definitely not in the greatest shape. But it also left our front yard looking a little bit bare. Thankfully, we’ve still got a number of lovely trees out there, but the Session has decided that we’d like to plant a new tree as well. We’ve also decided that this tree will be a tree in honor of loved ones that we’ve lost – sort of like a permanent, natural version of our All Saint’s Day banners.



There is now an envelope next to the offering plates in the sanctuary labeled “Beloveds Tree.” If you’d like to contribute to the fund for this tree, we invite you to put your donations in that envelope. There will also be notecards next to the envelope. Please write down the name(s) of the loved ones you’re remembering on those cards and place them in the envelope as well.

Unconventional Ways to Give

- Designate “Presbyterian Church of ORONOCO” as your Amazon Smile organization, and 0.5% of all your eligible Amazon purchases will come back to the church on a quarterly basis.
- Give online through our Presbyterian Foundation account using either the link on our website (www.oronocochurch.org at the bottom of the homepage) or this QR code.



Oronoco Food Shelf Monthly Item

We’ve got a new monthly piece that will be showing up in the newsletter! The OFS volunteer responsible for ordering has given us a list of monthly needs – a specific item that the Food Shelf could use that month. This monthly item will also be posted on our church Facebook page, so feel free to find it every month and share the image!



November Scripture Readings



Sunday, November 6– Kings 5:1-15a

All Saint’s Sunday

Sunday, November 13– Isaiah 36:1-3, 13-20; 37:1-7; then 2:1-4

Sunday, November 20– Jeremiah 1:4-10; 7:1-7

Christ the Servant Sunday

Sunday, November 27– Matthew 20:1-16

1st Sunday of Advent

Worship Readers



One of the things that we were doing before the pandemic was having various people from the congregation reading the Scripture on Sunday mornings. I’ve had a number of people express a desire to go back to that, so we’re doing it! Starting on Sunday, November 11, there will be a larger print copy of the Scripture reading for the morning on the lectern. If you’re willing to read, feel free to grab the reading on the way to your seat. Just remember to turn the mic on when the time comes!

Prayer Requests



“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

~ Philippians 4:6-7

And so we lift up **Helen Craft, Katha and Carlyle Johnson**, and in prayer.

Next Session meeting.:

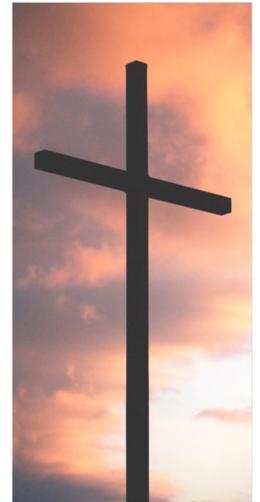
**Wednesday, November 2, 2022
6:30 p.m.**

Next Presbytery Meeting:

**Tuesday,
November 11 & 12, 2022
Via Zoom**

Prayer Practice Extras

If you try this month's SCRIPTURE-BASED prayer practices and find them really appealing to you, consider trying these other Scripture-based prayer practices, too:



- **Praying with Icons:** *Find a calm and comfortable space, then decide how long you're going to spend in prayer. In Orthodox Christian spiritual practice, praying with icons is an act of the heart and mind united together, so try to bring your whole self together into that place with God. Pause – for reflections, for centering, and for prayer. Gaze at the icon. Let the icon be a window to God. As you gaze with an open heart and an open spirit, listen for how God is speaking to you through the image. Again, try to remain open – not worried or stressed about how or when God may speak to you. Just listen with your heart, your mind, and your spirit. Finish your time with a prayer of gratitude to God. Pause again. Then spend some time reflecting on your experience, either in your mind or on paper. How do you feel? What were your impressions? What did you feel or hear from God? Is there a hymn or Scripture that speaks to your experience?*
- **Centering Prayer:** *Choose a short, 1-2 syllable “sacred word.” As you sit in silent, meditative prayer, allow that word to call you back when your focus starts to drift or wander. Repeat the word in a steady rhythm until you feel your heart and your mind once again filling with God's presence.*
- **Fasting:** *This could be fasting from food or from something else – electronics, caffeine, gossip, etc. The goal is not suffering for the sake of suffering but to use the deprivation to reorient your life and your spirit to God without distractions. Let the fasting bring you closer to God, to remind you how much you need God. **If you choose to fast from food, please **be safe!** Talk to your doctor first.***
- **Novenas:** *Pray a petition nine times for nine days in a row. It could be a prayer that follows a particular theme, Scripture story, or the liturgical calendar (e.g. – the Saturday before Palm Sunday through Easter Sunday.) A petition could be something as familiar as the Lord's Prayer. It could be a prayer you write yourself. It could be something as simple as, “Holy One, I give myself to you and ask you to watch over me in all that I do and all that I say. Give me grace, O Holy Spirit. Speak, Lord, for your servant is listening.” Or you could pray through the gifts of the Holy Spirit (1 Corinthians 12:1-11): “Holy Spirit, grant me the spirit of _____ [gift], that I may _____ [how to use said gift].”*



Prayer Practice Extras Continued

- **Prayer of the Heart:** Start with five deep, slow breaths, then let your breathing return to normal. Consider your deepest longing for your life with God in that moment. Give that longing a short phrase, then pair that phrase with your most treasured name for God, and let that be your prayer. (E.g. – “Authenticity, Holy One.”) Use this phrase as a centering prayer to anchor you in God’s presence.

Worship Changes

Back in September, we talked about how it’s clear that things within the realm of the Church (universal – all denominations all over the world) are changing. They have changed. They are changing. And they will continue to change. To be sure, the complexities of the COVID-19 pandemic certainly accelerated (or at least shined an undeniable, revealing light on) those changes. In an attempt to embrace what those changes can bring and explore where God may be leading us as the Church, we’re going to continue to make some changes to worship over the next few months.

Since September, we’ve been engaging in some discussion time after the sermon based on the Scripture and the topic for the day – our “Exploring the Word Together” time. In November, we’re going to include another new element: “Claiming our Faith Identity.” This will be a call-and-response type of reading at the end of the service and will take the place of the charge. Instead of me reminding you of what to think or hope for or hold to in the week to come, we’re going to remind one another of both who we are and whose we are before we head back out into the world. This call-and-response will be the same every Sunday. The hope is that, as we grow more and more familiar with the words and the claim and call that they place on our hearts, we’ll be able to recall them throughout the week in those moments when we need to tap into our faith. These words and phrases are also aimed at helping us connect with our congregation’s own mission statement on a deeper and more active level: *“We are a community of believers whose mission is to share God’s Word, show God’s Love, serve God’s World, and strive for God’s Peace.”*

The book of Hebrews says, “Therefore, let’s draw near with a genuine heart with the certainty that our faith gives us ... Let’s hold on to the confession of our hope without wavering, because the one who made the promises is reliable” (Hebrews 10:22, 23). It is my hope that as we claim our faith identity together at the end of each service, we will indeed be drawn nearer to each other and nearer to God with the certainty that our faith gives, and that, as we go out into the world, we will go out with a familiar confession on our lips and the promise of God in our hearts.

Christmas Cookie Sale

Date: **Saturday, December 10**

Time: **9:00 a.m. - 12:00 p.m.**

Cost: **\$7 per pound**

The Outreach Team feels like this year, we'll be able to return to the way we've done the cookie sale in the past – welcoming people into the building to select their own cookies and fill their own boxes. So we're asking people to bake at least **18 dozen** cookies this year.

As always, we make sure everyone knows that our cookies are all baked in private homes, so we cannot guarantee no cross-contamination for nut allergies.

On December 9, we will need **4-6 people** to help set up. And on December 10, we'll need at least **6 people** to help during the sale itself – a few for the money table and the rest to help refill trays of cookies when they're empty. There's a sign-up sheet on the bulletin board at church with space to let us know if you're bringing cookies AND if you're willing to help either Fri., Saturday, or both days.

As far as PR goes, we've got full-sized fliers as well as ¼-sheet mini-fliers that need to be distributed around the area. We've also got a Facebook event (search for "Christmas Cookie Sale") that you can share on your own Facebook pages. Help us get the word out!



November Star Word

How has your star word inspired thankfulness in you this year?



Winter Weather Procedure



As the winter months are once again upon us, just a reminder that occasionally, we do have to close church due to weather and road conditions. The following are our procedures when this happens:

- Pastor Lisa and the session member assigned to open and close the church for the month will make the decision
- Pastor Lisa will send out an all-church email alerting people of the closing. It will also be posted to our Facebook page (Presbyterian Church of Oronoco) and our website.
- Session members will call people to let them know of the closing using set calling lists that we have established
- Pastor Lisa will contact KAAL, KTTC, KIMT, and Fox 47 to put the cancellation on to local “Closings and Delays” lists as well

Please be sure we have your accurate contact information in case of a weather-related closing. We want to be sure everyone remains safe during this frigid season.

Daylight Savings Reminder



Just a reminder that daylight savings time ends on **Sunday, November 6**. Remember to turn your clocks **BACK ONE HOUR** on Saturday night ... unless, of course, you want to hang out at church for an extra hour!

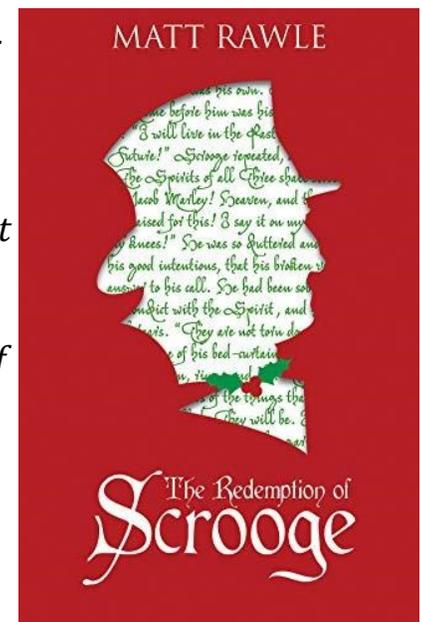
Weekly Prayer Services

Throughout the fall, we’ve been holding weekly prayer services. Due to many scheduling challenges, these services will now be held on **THURSDAY evenings from 5:45-6:15 p.m.** These services will run through December, then we’ll re-evaluate from there and see if we want to continue.

The idea is for these services is to be mostly a time for quiet prayer. We’ll begin with a short opening together. The lights in the sanctuary will be lower and there will be soft music playing in the background. If you’d like to use this time to sit silently in your own prayer, you’re welcome to do that. If you’d like to use this time to try the highlighted prayer practices for the month, you’re welcome to do that, too. If you’d like to use this time to pray with someone – either someone in the congregation or Pastor Lisa – you’re also welcome to do that. This is really meant to help you make some scheduled time for God in the midst of your week.

Advent 2022: The Redemption of Scrooge

For a story that was originally published in the mid-19th century, Charles Dickens' *A Christmas Carol* has stood the test of time quite well. In fact, it's a story that's been adapted to film no less than 135 times – everything from the silent film version starring Tom Ricketts (1908) to the classic *Mickey's Christmas Carol* done by Disney (1983) to the classic *Scrooge* starring Albert Finney (1970) and *The Muppet's Christmas Carol* (1992). For many, the Christmas season hasn't truly begun until they've watched their favorite version, either on their own with a plate of gingerbread cookies and a cozy mug of hot chocolate or with family and friends. There's just something about the story of Ebenezer Scrooge, his moonlit wanderings through past and present and future, the lessons he gleans along the way, and his ultimate redemption that draws us back again and again.



And so, as we journey through Advent together this year, we're going to do so winding together the story of the birth of salvation and the story of Scrooge's redemption. Our guide for this journey will be *The Redemption of Scrooge* by Matt Rawle. This will be the theme of the sermons throughout Advent as well as our Advent candle-lighting readings.

- November 27 – Matthew 20:1-16: “Bah! Humbug!”
- December 4 – Luke 16:19-31: “The Remembrance of Christmas Past”
- December 11 – Luke 15:1-10: “The Life of Christmas Present”
- December 18 – Acts 3:1-10: “The Hope of Christmas Future”

Advent Readers

Believe it or not, Advent is just around the corner! The first Sunday of Advent is Sunday, November 27. If you're interested in being one of our Advent readers/candle lighters, please add your name to the sign-up sheet on the bulletin board. Readings are already ready and will be in a labeled envelope hanging below the sign-up sheet, so you can take them with you for practice that day. In advance, thank you!

Advent readers needed:

- Sunday, November 27
- Sunday, December 4
- Sunday, December 11
- Sunday, December 18
- Saturday, December 24

Christ the Servant Sunday

Traditionally, the Sunday before Advent begins has been known as “Christ the King” or “Reign of Christ” Sunday. It was initially intended to be a day in which Christians could honor the sovereignty of Christ as well as be reminded of the loyalty and fidelity owed to Christ. However, in recent years, it’s been pointed out that much of the theology and language surrounding the marking of Christ the King Sunday is problematic. Both are saturated with the language of conquest, subjugation, and colonization. And while theologies lifting up Christ as King certainly developed after his death, Jesus himself refused any kind of royal title in his life, to the point where, after feeding the five thousand, John’s gospel tells us that Jesus “understood that they were about to come and force him to be their king, so he took refuge again, alone on a mountain” (6:15). So what did Jesus say about himself? “If I, your Lord and teacher, have washed your feet, you too must wash each other’s feet. I have given you an example: Just as I have done, you also must do. I assure you, servants aren’t greater than their master, nor are those who are sent greater than the one who sent them” (John 13:14-16).

With this as our inspiration, we’re going to try something new this year. Instead of celebrating Christ the King Sunday, we’re going to celebrate Christ the Servant Sunday. On **Sunday, November 20**, we’re going to hold a short commissioning service, then we’re going to go out to do the good work of Christ’s care and compassion in the world. We’re going to have a few different mission opportunities that everyone can participate in that day.

1. For those who want to be out and about, you’re invited to make your way around Oronoco to collect food for the Oronoco Food Shelf. A week prior to November 20, we’ll be distributing plastic bags around town with bright fliers attached to them. The fliers will ask people to put their donations in the bag and set the bag out somewhere visible – porch, front step, etc. That way, we can go around on Sunday morning collecting them easily.
2. For anyone who doesn’t feel comfortable venturing out, we’ll have an in-house mission opportunity for you (still TBD) – something that can be put together and sent out as a donation to a local organization. ***If you have a suggestions for what this could be, please talk to Pastor Lisa. Thanks.*
3. We also invite anyone who feels called to stay back in the sanctuary and pray for those who are working on any of our mission projects.

Following this mission work, we’ll come back together again at the church for a potluck-style lunch that will give us a chance to regather and reconnect and share our mission experiences with one another. We hope you’ll join us for this event!



November Birthdays & Anniversaries

- ♥ 11/10 Helen Craft
- ♥ 11/11 Lance Sorensen
- ♥ 11/18 Kamyn Peterson-Rucker
- ♥ 11/20 Karen Lohmann
- ♥ 11/21 Harlow Wickre
- ♥ 11/24 Margie Lowrie
- ♥ 11/24 Carol Tiede
- ♥ 11/25 Cindy & Brian Luhman

Staying in Touch

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November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2	3 Prayer Service 5:45 p.m.	4	5
6 Worship 10:00 am Daylight Savings	7	8	9	10 Prayer Service 5:45 p.m.	11 	12
13 Worship 10:00 am	14 	15	16	17 Prayer Service 5:45 p.m.	18	19
20 Worship 10:00 am Christ the Servant Day	21	22	23	24 	25	26
27 Worship 10:00 am	28	29	30 			

CONTEMPLATIVE PRAYER

Basic idea: plumbing the depths of our relationship with God in stillness → In the midst of all the chaos that's a part of the world today, contemplative prayer gives us the chance to stop. To breathe. To let our hearts and minds and spirits rest in God's holy presence.

Scripture references:

- Luke 5:15-16: News of him spread even more and huge crowds gathered to listen and to be healed from their illnesses. But Jesus would withdraw to deserted places for prayer.
 - Along with lots of other places in the gospels that speak of Jesus going on off his own to pray
 - AND Jesus' own instructions in Mt 6:6-8: When you pray, go to your room, shut the door, and pray to your Father who is present in that secret place. Your Father who sees what you do in secret will reward you.
- Ps 37:4-7a: Enjoy the Lord, and he will give what your heart asks. Commit your way to the Lord! Trust him! He will act and will make your righteousness shine like the dawn, and your justice like high noon. Be still before the Lord, and wait for him.

Prayer practices:

- Examen
 - The other half of the 2-pronged approach to prayer that we talked about with Prayer of the Senses last month. The examen "teaches us ways to look hard at our inner lives through a biblical lens so we can begin to work on corrections" (Gary Neal Hansen, *Kneeling with Giants*, 99)
 - 3 different ways to practice
 - General examination: "thank God, ask God's help and then think through our lives 'hour by hour or period by period,' considering ways we may have strayed in our thoughts, our words or our actions" (*Giants*, 101)
 - NOT meant to be exhaustive or obsessive
 - Daily particular examination:
 - Pick one particular issue you know you need to work on → go through three steps each day:
 - Wake up: pray for help with that issue
 - Noon: think back over 1st half of day, counting how often the problem came up
 - Bedtime: look back over the last half of the day
 - Mark/record occurrences in some simple way (dots on a line, tally marks somewhere, app, etc.)

- Examination of conscience – “kinder, gentler examen” → focus on behavior in a way that brings about a “growing awareness of God in all things” (*Giants*, 104)
- Steps – adult
 1. Pray.
 2. Go through your day in a posture of gratitude without judgment. Just go through the actions and decisions of your day.
 3. At the end of the day, choose 1-3 “highs” and 1-3 “lows” from your day. PAUSE
 4. Choose one of your “highs” to pray into. Spend time talking to God more deeply about that event/experience/encounter. PAUSE
 5. Choose one of your “lows” to pray into. Spend time with God examining that “low” more closely and listening for ways that God may be reaching out to you through that event/experience/encounter. PAUSE
 6. Close in pray by looking with hope for a new tomorrow and asking God to be with you through whatever “highs” and “lows” tomorrow might bring.
- Steps – kid adaptation
 1. Pray together, “God, help me listen. God, help me understand. God, help me follow you. I love you, God. Amen.”
 2. Spend some time talking about your day with your little one – things they did and things you did. As you talk about it, ask them about where they might notice God in those moments.
 3. Choose one “high” and one “low” from the day.
 4. Take five deep breaths.
 5. Pray about your “highs” together. Spend time talking to God about that “high” just like you talked to each other. Then pray about your “lows” together, talking to God in the same way. Ask God to be with you through whatever “highs” and “lows” tomorrow may bring.
 6. Take five deep breaths.
 7. Pray, “God, help me to remember. God, help me to love. God, help me to follow you. I love you, God. Amen.”
- Pray Through the Day
 - This is a form of prayer that I learned from my friend, Megan. It’s a form of prayer that she has practiced for years
 - Helps us embody Paul’s encouragement to “pray without ceasing” by giving us specific times and actions as triggers/reminders for our prayer
 - Steps - adults

1. Come up with 4 or 5 basic activities or locations that are a part of every day such as brushing your teeth, walking up/down stairs, riding in a bus or car, washing dishes, etc. These should be fairly routine activities – ones that don't require a lot of focus or brain power to complete.
2. When you wake up in the morning, choose 4 or 5 situations or people you'd like to pray for throughout the day, one for each basic activity you designated.
3. Pair up your basic activities and the things you've chosen to pray for that day. If you need to, either write those pairings down on a small card, in a small notebook, or note them in your phone somehow.
4. As you go throughout the day, whenever you do one of those basic activities, pray for the corresponding situation or person while you're doing that activity.
5. Close your day with prayer.

○ Steps – kid adaptation

1. With your little one, think of 3 or 4 basic activities or places that are a part of every day such as brushing your teeth, walking up/down stairs, riding in a bus or car, washing dishes, etc. If your little one is very little, pick activities/places in which you are with them.
2. In the morning, talk to your little one about 3 or 4 situations or people they'd like to pray for throughout the day, one for each basic activity you chose together.
3. Pair up those basic activities and the things you've chosen to pray for that day. If your little one can read, you can write those pairings down on a sheet of paper and post them somewhere in your home as a reminder.
4. As you go throughout the activities you've chosen together, say a short prayer for the corresponding person or situation while you're doing that activity. Involve your little one with this prayer as much as possible. This could mean you ask them to repeat after you, you could give them a prompt (e.g. – “God, we pray for Grandma because ...”), or you could let them lead the prayer.
5. At the end of the day, pray, “God, help me to remember. God, help me to love. God, help me to follow you. I love you, God. Amen.”

Psalm (*choose one*) – same as the adult variation

Scripture reading (*choose one*) – same as the adult variation

This is God's Word.

Thank you, God!

Prayer:

I lie down in peace, ready to sleep.

God makes me feel safe and brave.

God, take care of everyone who's working tonight. Take care of everyone who's sad or scared tonight. Protect everyone who's sleeping. Heal people who are sick, Jesus. Help those who are tired to rest. Be with people who are dying. Comfort everyone who's hurting or worried. Be with everyone who's happy. We love you, God.

Amen.

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread, and forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Canticle:

Be with us when we're awake, God, and take care of us when we're asleep. When we're awake, help us be like Jesus. When we're asleep, help us feel Jesus' peace.

Now, Lord, let your helpers go in peace. Keep your word in our hearts. I've seen the perfect love you've given to all your children. It's like a bright light that shows your awesomeness to all people.

Be with us when we're awake, God, and take care of us when we're asleep. When we're awake, help us be like Jesus. When we're asleep, help us feel Jesus' peace.

Dismissal:

May our awesome God bless, protect, and take care of us, tonight and every night.

Amen.

Thank you, God.

God's name is amazing.