

# Oasis



## A Sacred Space for Spirituality & Stillness

Welcome to Oasis. We hope that you will find this to be a safe, inclusive place where you can just be, and where you can, perhaps, encounter the God who knows you and loves you, unconditionally.

We will usually begin by listening to some music. Please feel free to sit, stand, lie down or, even, to dance if you wish.

**Welcome** – the leader welcomes everyone and may say a few words about a visual display, if used.

*Please feel free to join in the responses in bold*

Leader:      God is Spirit

**Let us worship God in spirit and truth**

Grace, mercy and peace be with you

**And also with you.**

Let us pray:

**Come, Holy Spirit, fill the hearts of your faithful people,  
and kindle in us the fire of your love;  
through Jesus Christ our Lord. Amen.**

**A reading from scripture:**

Our Lord Jesus Christ says, "Come to me, all who labour and are heavy laden, and I will give you rest."

Further readings from scripture, or poems, may follow.

**Response to reading:**

We may listen to a short talk, or a meditation or reflection. There may be silence, or music.

**Prayers:**

There may be formal prayers of intercession, or there might be a prayer activity.

We might use the formal response:

Lord, in your mercy

**Hear our prayer.**

We may end by saying:

Merciful Father, **accept these prayers, for the sake of your Son, our Saviour, Jesus Christ. Amen.**

As our Saviour taught us, so we pray:

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.**

**Amen.**



Lord, it is night. The night is for stillness. Let us be still in the presence of God.  
It is night after a long day. What has been done has been done; what has not been  
done has not been done; let it be.  
The night is dark. Let our fears of the darkness of the world and of our own lives rest  
in you.  
The night is quiet. Let the quietness of your peace enfold us, all dear to us, and all  
who have no peace.  
The night heralds the dawn. Let us look expectantly to a new day, new joys, new  
possibilities.  
In your name, we pray. **Amen.**

We either say *the grace*, or receive a blessing:

**May the grace of our Lord, Jesus Christ, and the love of God and the fellowship of the  
Holy Spirit be with us all, evermore. Amen**

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