

Selected Prayer Support Themes

The Prayer Support Group, started in the 1980s, is based at Mt Eden. The Group meets monthly February to November to hold in the Light those who have asked for our support. We also uphold daily those who request a higher level of support. Most months we send out to those who have requested it a 'theme'. So that it can be pinned to fridges and noticeboards or kept in pockets and handbags we mostly keep the theme to a maximum of four lines. Sources of inspiration include Friends present and past, Aotearoa and Australia's Quaker Faith and Practices, the Aotearoa/NZ Friends newsletter and other writings, but they are often adapted to fit within the four-line format. Below is a selection of the many themes which have been used 2000 – 2022. We list the source when known.

**True peace and wisdom
come from the Spirit within,
our constant shelter and guide,
nourishing and strengthening us.**

PSG theme for Dec/Jan/Feb 2-2022-3

**I believe in the sun, even when it is not shining
I believe in love, even when I do not feel it.
I believe in God*, even when he* is silent.**

*Friends can substitute their own words for their spiritual centre if these words are a barrier

PSG theme for July 2022.
Found on a cellar wall in Germany where
Jews were hiding during the holocaust

**As we follow our solitary paths,
let us remember that God's love
reaches out to each of us
in ways seen and unseen.**

PSG Theme for April 2001

The messages of truth and love

....come....

**when we let go and let the Spirit work through us,
stilling our busy, noisy selves
and allowing its mysterious working**

PSG theme for July 2001 Adapted from 'The Verses of Ruth Mary Fawell' P48

Speak through the earthquake, wind and fire

O still small voice of calm

PSG theme for August 2002. From a hymn/poem by John Greenleaf Whittier

**Although we may be shaken by 'the winds
of change and adversity',
there is within and around us
a power and a presence to uphold us._**

PSG theme for July 2003. Based on an extract from Ruth Fawall's writings

**As the phosphorescent beauty of the sea
is visible only on dark nights,
so in the darkness of adversity
we can experience most strongly
the unceasing and redeeming love
of the Spirit.**

PSG theme for April 2005

**God is an energising power
for good and loving kindness and courage
that exists within, around and between us.**

PSG theme for May 2005. Developed from an idea in the writings of Catherine Benland

**Though the outer being struggle
The inner being is renewed day by day**

PSG theme for September 2005. From St Paul, adapted by Winifred McNaughton and the PSG

**God's living Spirit
gives us strength for our living:
strength beyond our strength alone.**

PSG theme for November 2005. adapted from a theme written by Winifred Mc Naughton

**Amidst all the confusion
and turbulence of life,
Help us to find
Our 'still centre'**

PSG theme for October 2006

**In times of sadness or confusion,
there is, at the very centre of our being
the wise, ever-present
counsel of the soul.**

PSG theme for March 2007

**'We can reach towards and be reached
by the presence of God
through silence' - anywhere.**

PSG theme for June 2007. Quote from Alan Gilderdale, Friends Newsletter April 07

**When in the midst of worldly demands
Let me find that inner stillness
That brings energy, peace and wisdom**

PSG theme for April 2008

**Hope, like a seed, brings new life
May I treasure
This powerful and transforming gift**

PSG theme for May 2008

**Help me to act,
not in haste,
but in peace
from my deep, calm spiritual centre**

PSG theme for November 2008

**Striving to do all, we achieve little
Doing a little with love
We achieve much.**

PSG theme for March 2009

**Let me move forward in faith
knowing that what happens,
even if not as I see it now,
will be right.**

PSG theme for August 2009. Adapted from an email written by Howard Zuses

**Help me to recognize 'the difference
between answers driven by the human will
and those arising from that place of deep centering
where the human heart and Truth unite in the Light'.**

PSG theme for September 2010. Quoted words from article by Rosalind Zuses in the A/ NZ Friends' Newsletter July 2010 p5

**The peace of God restores my soul,
A fountain ever springing.**

PSG theme for March 2011 from the song 'How can I keep from singing?'

**As we develop an awareness
of God within ourselves and others,
reaching out with love,
we are not alone.**

PSG theme for October 2011 from an idea in an article written for NZ Friends' newsletter by Graham Woolford

**God's loving care is at the heart of our living.
Wisdom, compassion and endurance
are given to us
on our life's journey.**

PSG theme for November 2011. adapted from a theme developed by Winifred McNaughton

**[Spirit of God], help me to remember
that nothing is going to happen to me today
that you and I together can't handle.**

PSG theme for April 2012. Adapted from a traditional prayer, source unknown

**There will be an answer,
Let it be.**

PSG theme for June 2012. From a Beatles song. Written by Paul McCartney 1969

**The transforming light of God's love
awakens us to new hope and confidence
so that once more
we are able to go forward.**

PSG theme for March 2013. From PSG theme Sept 1982 by Winifred McNaughton

**Deep within us all
there is an amazing inner sanctuary of the soul,
a holy place, a divine centre, a speaking voice
to which we may continuously return.**

PSG theme for April 2013. Thomas Kelly quoted in the BOP minutes in June 2012

**There is something in us
deeper than hands and feet
that finds the way to the central Reality
and when we arrive, we know it.**

PSG theme for November 2013 from Rufus Jones

**There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward, springs-
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings**

PSG theme for December 2013. Gerard Manley Hopkins from 'God's Grandeur'

**You are the wind: fill my sails.
You are the water: run fast beneath my feet,
And I will dance in the wind,
And dance over the water,
God, my friend.**

PSG theme for April 2014 by Joy Cowley

**[God] is the core of the heart of love,
and [.....] beyond labouring seas
our ultimate shore.**

PSG theme for September 2014. Found In Winifred MacNaughton's Bible [slightly adapted] from Dame Edith Sitwell's 'How Many Heavens.....'

11.28

**Help us to be open and responsive to the Spirit,
to trust in a living process
beyond our comprehension, and
to find in that our peace, joy and fulfillment.**

PSG theme for December 2014. Inspired by Patricia Loring 'Listening Spirituality' part 1 p6

**Take from our souls
the strain and stress
and let our ordered lives confess
the beauty of thy peace.**

PSG theme for April 2015 by John Green leaf Whittier:

**Help me to know Your Light
Even when I can't see it,
Know Your voice
Even when I can't hear it,
And find the pathway to inner peace.**

PSG theme for August 2015. Inspired by Ruth Fawell

**Let me daily seek the Inner Light
So that I am serene in the presence of God within.
and 'Wherever I am, God is'.**

PSG theme for June 2015.

**Give over thine own willing,
and sink down to the seed
which God sews in the heart
and let that grow in thee, and breathe in thee and act in thee.**

PSG theme for September 2017 by Isaac Pennington, BYM Quaker Faith and Practice 26.70

**Drop thy still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.**

PSG theme for October/November 2017. From a poem/hymn by John Greenleaf Whittier

**The world is round
and the place which may seem
like the end
may also be only the beginning**

PSG theme for July 2018. Ivy Baker Priest quoted in A/NZ Friends newsletter 97/3 p7

**Whatever weight we are carrying,
Let us draw strength from the Spirit,
Lifter of burdens.**

PSG theme for September 2018. Inspired by a conversation with Winifred McNaughton

**The Inner Light
gives us the strength
to stand
in a place of discomfort**

PSG theme for April 2019. From Ministry given by Sue Stover February 2019

**Being upheld, like a blessing
is a circle of Light
drawn round us, to lovingly
protect, heal
and strengthen**

PSG theme for May 2019. Adapted from a verse by John O'Donahue

**Quaker spirituality is about
letting ourselves down into a deep place,
living from the deepest centre of ourselves.....
and learning to trust our inward knowing.**

PSG theme for March 2020. Minimally adapted from Jo Farrow 'A World in my Heart', quoted in 'This We Can Say'
P71

**Though I sometimes fail to seek Your Light,
it is still shining for me.
And though I sometimes fail to listen for your voice,
it is still speaking to me.**

PSG theme for April/May 2020. Inspired by Ministry given by Winifred McNaughton in 1980s

**Stillness is our spring which seeks its opening...
Through our stillness [the Spirit] moves....
From small beginnings it flows
Into the living water,
The ocean of [Light].**

PSG theme for August 2020. Adapted from Gerard Guiton (1994) in 'This We Can Say' p 70

**What, though the tempest loudly roars
I hear the truth, it liveth,
What, though the darkness round me close,
Songs in the night it giveth.**

PSG theme for September 2020. From the song: How can I keep from singing?

**We give thanks
for places of simplicity and peace;
for places of refuge and beauty.
....Let us find such [places] within ourselves.**

PSG theme for October/November 2020. Adapted from a prayer by Michael Leunig quoted in the A/NZ Friends
Newsletter May 2020 p15

**Calling upon the known, you are joined to the unknown.
Calling upon love, you become love.
May we and all who share our planet know hope.
May we and all who share our planet know peace.**

PSG theme for March 2021. From 'Meditation' by Stephanie Dowrick in 'This we can Say', p196.