



St John's Episcopal Church, Tallahassee FL



Monday at 1:59 AM · 

**Creator, as I prepare to go into the world,
help me to see the sacrament in the wearing of this cloth –
let it be “an outward sign of an inward grace” –
a tangible and visible way of living love for my neighbours,
as I love myself.**

**Christ, since my lips will be covered, uncover my heart,
that people would see my smile in the crinkles around my eyes.
Since my voice may be muffled, help me to speak clearly,
not only with my words, but with my actions.**

**Holy Spirit, as the elastic touches my ears,
remind me to listen carefully – and full of care –
to all those I meet.**

**May this simple piece of cloth be shield and banner,
and each breath that it holds, be filled with your love.**

**In your Name and in that love, I pray.
May it be so. May it be so.**



**The Right Reverend Richard Bott
Moderator of the
United Church of Canada**