



This interactive Ascension Day prayer experience lifts up the light of Christ's presence with us, shining brightly even when it is on the move, calling us to channel its healing power through love outpoured for the sake of the world.

After this evening's gathering prayers, you are invited to explore our prayer stations in the order you find most meaningful, keeping in mind safe distancing in line with pandemic protocols. There are chairs at each station to allow for you to rest and reflect along the way, especially while waiting to walk the labyrinth or gazing upon the prayer icon being created by Katie Tynes Watford, one of our local artists praying with us this evening.

## Be In The Light, Light Up The World

Abiding in that loving light of Christ we know in community, we find ourselves invited to sink into our bodies, exploring all we carry within through prayer and movement. Such sacred space can sanctify our senses, freeing us to bear that holy light of love everywhere we go. Allow the music around you to hold you in that space of receptivity to God's love.

Teresa of Avila's honest prayer invites us into this ten day journey from Ascension Day to Pentecost, as we lift up families, friends, neighbors, strangers, communities, countries, and our planet in prayers for healing, transformation, and peace.

We pray this immersive experience of diverse prayer forms inspires your own personal rhythms of prayer. Do remember to take home the resource bag available for continuing your exploration of prayer in daily life as we seek the Spirit's presence coming among us afresh in this season.

May the Risen One whose light transforms us in the sharing be especially near to us in these holy days,

*All Saints' Staff and Clergy*



We thank our artists-in-residence this evening for their ministry:  
Erin Cassel Idnani, Cellist and Katie Tynes Watford, Visual Artist



## “Christ has no hands, no feet on earth but yours”

### Prayer Station A | Petals of Prayer

You are invited to select a flower from the bouquet, offering its petals as a fragrant symbol of love from your hands to the heart of God. Pray on behalf of all whom you carry in your heart, whether those be prayers of thanksgiving or heartfelt concern.

*“If the only prayer you say in your life is Thank You, that will suffice.”*

✝ Meister Eckhart

## “Yours are the eyes with which he looks compassion on this world”

### Prayer Station B | Ribbons of Intercessory Prayer

You are invited to peruse the map of the world, noticing any places or events around the globe that lately have captivated your attention. Pray for our community, this city, the nations, and our planet, that our connections would reflect the peace and provision of our Creator whose equity and justice are reconciling all things through the love of God revealed in Jesus Christ. You may tie a ribbon on the wire cross to bear witness to your prayers of solidarity on behalf of the whole creation, especially all creatures and peoples who have yet to know the stability, safety, and comfort that God intends for all.

*“I am often in darkness and desolation, sometimes in sorrow, sometimes searching for God, but always seeking to bring consolation, to give a light and a strength which I do not have in myself, to all who ask for it. Therefore, dearest Sister, I beg for the powerful and invisible help of your prayer.”*

✝ Evelyn Underhill

### Prayer Station C | Living Prayer Icon

You are invited to gaze with curiosity and compassion on the unfolding work of prayer being created especially for our community gathered tonight by Katie Tynes Watford. Pray with any muscle memories that arise as you reflect on your experiences of this season of pandemics. Has your body carried grief, pain, shame, or confusion throughout this crisis? What relief, questions, worries, or struggles surface tonight? To what are you awakening at this time that you might wish to name before God? Rest in God’s gaze of love upon you here and now.

*“The love of God most High for our soul is so wonderful that it surpasses all knowledge. No created being can fully know the greatness, the sweetness, the tenderness, of the love that our Maker has for us. By his Grace and help therefore let us in spirit stand in awe and gaze, eternally marveling at the supreme, surpassing, single-minded, incalculable love that God, Who is all goodness, has for us.”*

✝ Julian of Norwich



## “Yours are the feet with which he walks to do good”

### Prayer Station D | Labyrinth Prayer Walk

You are invited to take a turn, when communal rhythms allow, at praying as you walk the labyrinth, held by the music and movement around you in this space. Move at a pace and in a manner that emboldens you to be fully within your skin, awake to God’s presence that goes with you everywhere. Whether you dance or stroll, this moving prayer can refresh and surprise. Notice your feet as they touch the ground, inviting the Holy Spirit to inspire and guide you. Rest in the labyrinth center for however long seems right to you, attending to prayers that arise, be they verbal or not. Offer your journey of faith to the God who not only lights the path but whose love shines within you, kindling that spirit of loving kindness and strength as you share its grace with others along the way.

*“... Jesus, who fashions people’s souls skillfully, does not want us to stand about admiring the facade – he wants us to make our way in, till we reach the inner sanctuary which is His chosen dwelling and admire the beauty there.”*

✦ Thérèse de Lisieux

### Prayer Stations E and F | Reflections at the Fireside

You are invited to write any personal prayers you would like to lay down before God tonight on the flash paper provided. With the aid of your facilitator, offer up the burdens you carry to the comforting fire that brings light and healing into our lives. Open to the cleansing power known through the forgiveness of sins and give thanks for the holy fire of love in this place.

You are also invited to place a few grains of incense on the charcoal to symbolize the prayers of the saints, rising like a fragrant offering before the throne of God. Bless God for the gift of all whose prayers of love and support have upheld you in the communion of saints in heaven and on earth throughout your journey of faith.

*Holy Spirit,  
Comforting fire,  
Life of all creation.  
Anointing the sick, cleansing body and soul,  
Fill this body!  
Holy Spirit,  
Sacred breath, Fire of love,  
Sweetest taste, Beautiful aroma,  
Fill this heart!  
Holy Spirit,  
Filling the world,  
from the heights to the deep,  
Raining from clouds, filling rivers and sea,  
Fill this mind!*

*Holy Spirit,  
Forgiving and giving,  
uniting strangers, reconciling enemies,  
Seeking the lost, and enfolding us together,  
Fill these gathered here!  
Holy Spirit,  
Bringing light into dark places, igniting praise,  
Greatest gift, our Hope and Encourager,  
Holy Spirit of Christ,  
I praise you!  
Amen.*

✦ Hildegard of Bingen

## “Yours are the hands, with which he blesses all the world”

### Prayer Station G | Joy Splash Pad

You are invited to lean into the joyful cascade of bubbles as you dance prayers of praise to God. Indeed, God’s delight dances through you, who reflects the beauty and grace of the divine image like none other. Celebrate the presence of all who have shared with you that powerfully subversive strength revealed in holy joy. Whether you wiggle, jiggle, or bounce all about, God’s light wants to shout its joyful proclamation through your distinctive body spirit, whenever you dare to allow it to blaze!

*“My heart is full of joy with love, for in the Lord my mind is stilled. I have renounced every selfish attachment and draw abiding joy and strength from the One within. I live not for myself, but to serve the Lord of Love in all, and swim across the sea of life breasting its rough waves joyfully.”*

✝ Teresa of Avila

### Prayer Station H | Chalking Up Prayers

You are invited to chalk your prayers of loving kindness, in witness to God’s light shining in our city of Atlanta, especially along these pathways we share in Midtown. For whom and for what are you moved to pray today?

*“Let us so act that by means of this loving activity we may attain to the vision of ourselves in Your beauty in eternal life.”*

✝ John of the Cross



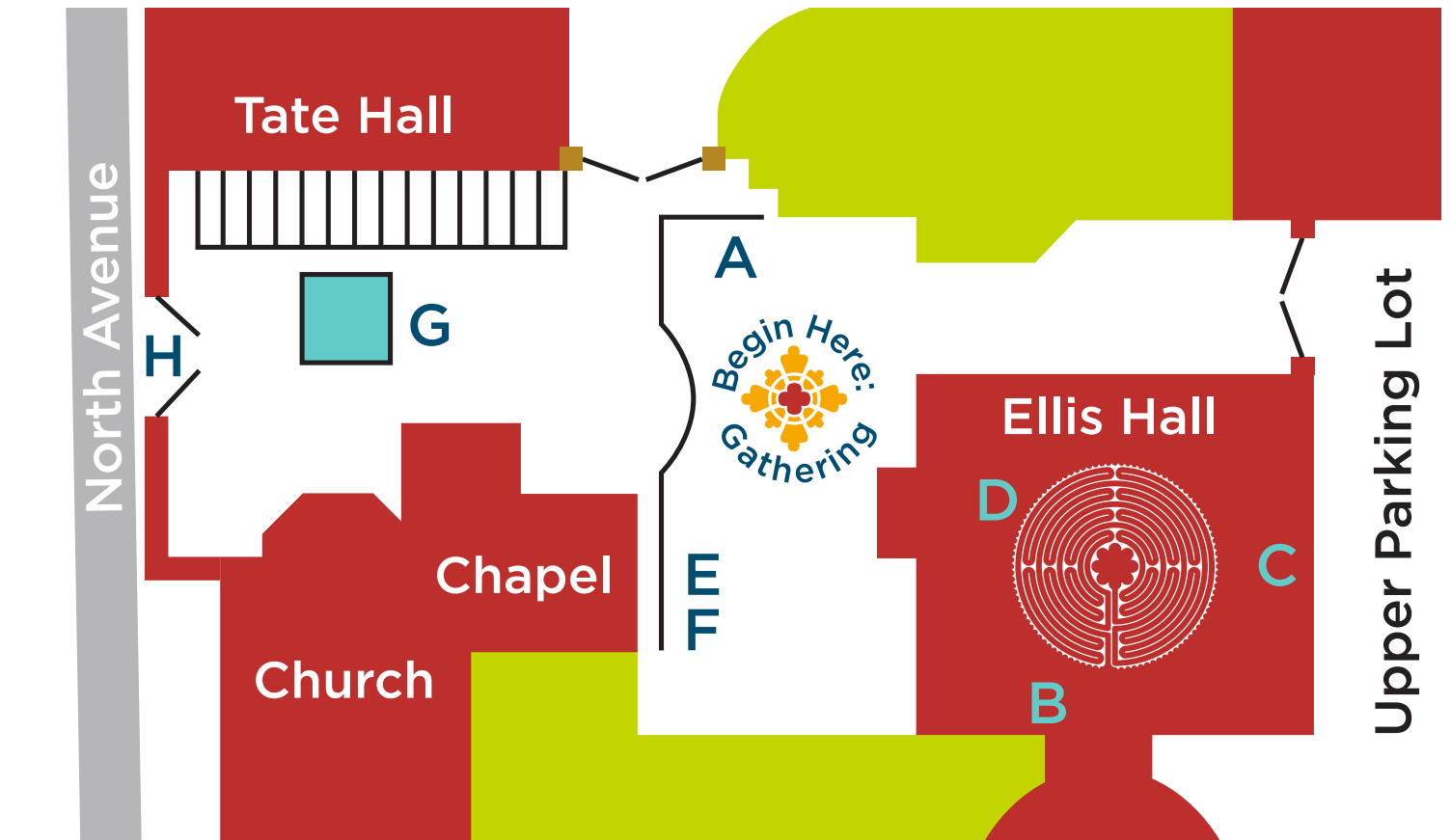
## Assisting in the creation of this worship experience:

The Rev. Dr. Andrew K. Barnett  
Jill Gossett  
Louisa Merchant

Alvin Moore  
The Rev. Zachary C. Nyein  
Dr. Kirk M. Rich

Kathy Roberts  
The Rev. Sarah C. Stewart





- Prayer Station A | Petals of Prayer
- Prayer Station B | Ribbons of Intercessory Prayer
- Prayer Station C | Living Prayer Icon
- Prayer Station D | Labyrinth Prayer Walk
- Prayer Stations E and F | Reflections at the Fireside
- Prayer Station G | Joy Splash Pad
- Prayer Station H | Chalking Up Prayers

## Sacred Space for Personal Reflection

Prayer often opens up space in the soul for receiving and resting, as we connect with that sacred warmth and light within, that sacred flame of love God kindles in each of us. You are welcome to use the space on these pages to reflect in words and images, noting physical senses, emotions, and aspirations that awaken as you lean into this time of prayer, trusting your body as the holy place where God lives, breathes, and moves through you.

*Lie down in the Fire  
See and taste the Flowing  
Godhead through thy being;  
Feel the Holy Spirit  
Moving and compelling  
Thee within the Flowing  
Fire and Light of God.*

✙ Mechthild of Magdeburg

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## Our Weekly Worship Schedule

### SUNDAYS ONLINE

10:15 a.m. Holy Eucharist

### SUNDAY (MAY 16) IN-PERSON OUTSIDE

10:15 a.m., 12:30 a.m. Holy Eucharist

### MONDAY THROUGH THURSDAY

12:05 p.m. Noonday Prayer, *online only*

For information on registering for in-person worship  
and viewing our online worship services, please visit us at

[allsaintsatlanta.org](https://allsaintsatlanta.org).