

"Beloved,
our Father and Mother,
in whom is heaven,
hallowed be your name,
followed be your royal way,
done be your will and rule,
throughout the whole creation.

With the bread we need for today,
feed us.
In the hurts we absorb from one another,
forgive us.
In times of temptation and test,
Strengthen us.
From trials too great to endure,
spare us.
From the grip of all that is evil,
free us.
For you reign in the glory of the power that is love,
Now and forever.
Amen."

--this is from 'Human Rites' by Ward and Wild.