

# Prayer – Slow Us Down in the Midst of Climate Crisis

Creating One, you are always on the move.  
You designed the speed of the lightning  
and the small stride of the ant.  
Teach us the pace of humankind,  
the pace of living in your likeness.  
Slow us down sometimes from our need for speed  
or our spinning fears,  
Slow us down like the city bus slows me down.

As I leave behind the car,  
so may we leave behind the privileges we presume  
and the conveniences that come between us.  
As I walk, then ride, then walk,  
so may we be as attentive to our journey as to our destination.  
As I watch each step on icy ground,  
so may we watch each effect our actions have on the earth.  
As I pass the same corners day after day,  
so may we become intimately aware of our neighborhoods,  
our watersheds,  
our mother trees.

As I wait at the bus stop, so may we pause  
and take a breath  
and trust that the way forward is just around the corner.

As I greet the driver,  
so may we acknowledge those who have been in this work the longest,  
and as I move for those behind me,  
so may we create space for each one entering the work.

As I share the ride with neighbors and strangers,  
so may we travel slowly enough to look into the faces of others on this journey,  
wondering at their wisdom,  
objecting to their oppression,  
learning from their longings and their leadership.

Teach us the pace of humankind,  
the pace of living in your likeness.  
Made as we are in your image,  
Held as we are in your love,  
Move with us into your beloved earth's beautiful possibilities. Amen

Alissa Bender (Canada), 2022.

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