

When I enter my house, I shall find rest with her; companionship with her has no bitterness, and life with her has no pain, but gladness and joy. When I considered these things inwardly, and pondered in my heart that in kinship with wisdom there is immortality, and in friendship with her, pure delight, and in the labours of her hands, unfailing wealth, and in the experience of her company, understanding, and renown in sharing her words, I went about seeking how to get her for myself.¹²

We were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.¹³

1. Desire **I desire to Accompany those ill and alone**

I create and hold two inter-locked rings, of metal, like key rings, or string, symbol of journeying with a person in need, practically, emotionally and spiritually.

Alternatively, I find a photo of someone who accompanied me at a critical time in my life, and I spend a few minutes recalling that event to immerse myself in the feeling of such accompaniment... With symbol or friend, I consider how I may accompany someone, even at distance, and how important this is needed in these anxious times.

I ask the Spirit of Accompaniment for the gift to accompany those who are suffering and journeying alone, who need urgent care and support right now.

2. Rest **Today I rest in the Accompanying Trinity.**

I read the prayer texts. Then I imagine I am encircled by the Accompanying Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'Let's do this together.'

What is the best way to accompany someone needing emergency healing, before, during and after treatment? Are there creative ways to do this at physical distance? To explore this, I rest now, and reflectively throughout the whole day, in the Accompanying Trinity...

3. Support **I breathe in the Spirit of Accompaniment.**

I imagine the Spirit of Accompaniment breathing into me a desire for journeying with a person in critical need. I breathe it in deep, wait, then breathe it out into myself and those who can accompany those who suffer dismissal, even abandonment.

I repeat as desired – breathing, accompanying, helping quickly...

I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who accompanied me so well, to reconnect. Second, to decide who I might pass this exercise on to, and how. Who can help accompanying those in urgent need?

PRAYER TIME: Fifteen minutes. Five minutes each for the three steps.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.

¹² Wis 8:16-18

¹³ 1 Thess 2:5-8