

**October Prayer Guide**

**8:30pm – Daily**

**About 5 minutes**

**Wherever you are**

**With whomever you find yourself**

“ Prayer is the beginning and the end, the source and the fruit, the core and the content, the basis and the goal of all peacemaking. ”

Henri Nouwen

Prayer builds relationship with others and with God. We share prayers around tables and find our meals transformed into blessings. We share prayers in silence and find that our ears are tuned to hear the voice of God. We share prayers with spouses and friends and find ourselves more deeply unified in relationship. We share prayers for enemies and find we can no longer hold tightly to our anger. We share prayers in dark times, and sometimes feel nothing. But as we share these prayers together, as a united community, we know that others are praying for us. In October, we enter into a month filled with prayers around meals with new Supper Groups launching and a new sermon series about how God transforms lives at the tables we share. We also lift up prayers for those who do not have meals or experience food instability during Hunger Action Week, remembering that our prayers have the ability to tangibly impact all of creation. And so, if you've struggled to pray before, may October 1st be a day where you begin with just seven short words: I pray for victims of Hurricane Florence. And know—that these prayers join others to change us and change the world.

Ideas for prayer are shared from the church leadership for each day of the year. Feel free to add additional prayers that come to your mind and heart for people and situations in our local church, The United Methodist Church, the global church, and the wider world.

**Let us pray for....**

**October 1**  
Victims of  
Hurricane Florence

**October 2**  
Unified Leadership  
Council (ULC) Members

**October 3**  
Your Coworkers

**October 4**  
Yoga Chapel Participants

**October 5**  
Employees of  
Cornerstone  
Coffeehouse

**October 6**  
Unity within the United  
Methodist Church

**October 7**  
Walking with God  
Participants

**October 8**  
The Leaders of  
our Nation

**October 9**  
Fall Life Groups

**October 10**  
Those preparing  
casseroles for the Fill  
The Freezer Campaign

**October 11**  
Messiah College  
Students during their  
Mid-Fall Recess

**October 12**  
Those attending the  
Women's Retreat

**October 13**  
Upward Flag Football  
Concession Stand  
Helpers

**October 14**  
Camp Hill UMC Pastors

**October 15**  
Employees of the  
CHUM Preschool

**October 16**  
Camp Hill UMC  
Kitchen Angels

**October 17**  
Participants in the  
55<sup>Plus</sup> Luncheon

**October 18**  
Drew Robeson,  
Director of Mission &  
Outreach Ministry

**October 19**  
Recipients of socks  
from Socktoberfest!

**October 20**  
Upward Football  
Players, Cheerleaders  
and Coaches

**October 21**  
Participants in the Crop  
Hunger Walk

**October 22**  
Central PA Food Bank  
Volunteers

**October 23**  
New Hope Ministries  
Volunteers

**October 24**  
Those who go to  
bed hungry

**October 25**  
Ministerio del Pan  
Volunteers

**October 26**  
Ecumenical Food  
Pantry Volunteers

**October 27**  
Bethesda Mobile  
Mission Volunteers

**October 28**  
Participants in the Meal  
Packing Event

**October 29**  
Recipients of the Rise  
Against Hunger Meals

**October 30**  
Faithfully Fit  
Participants

**October 31**  
Safety for Trick  
or Treaters