

CAMINO COMPANIONS

SESSION 6

17 MARCH 2025

**ACTION & LIBERATION**



# CAMINO COMPANIONS PRAYER


God of our pilgrimage, you sustain us along our path, wherever it may lead and however long the road. Inspired by St James, and all who have gone before us and will come after us, help us to follow you as our Creator and the source of life itself. Unite us as we seek justice, peace, and truth. In your world and in your church, guide us in our travels together so that we may be transformed and shaped by your divine love, today and forever. Amen.



## Collect for Lent

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**





QUOBNA OTTOBAH CUGOANO  
ABOLITIONIST - ACTIVIST & AUTHOR OF  
THOUGHTS AND SENTIMENTS ON THE EVIL OF SLAVERY  
BAPTISED IN THIS CHURCH ON 20 AUGUST 1773

## **Luke 4.16-24**

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read,<sup>17</sup> and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

<sup>18</sup> 'The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to let the oppressed go free,  
<sup>19</sup> to proclaim the year of the Lord's favour.'



<sup>20</sup>And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. <sup>21</sup>Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.' <sup>22</sup>All spoke well of him and were amazed at the gracious words that came from his mouth. They said, 'Is not this Joseph's son?' <sup>23</sup>He said to them, 'Doubtless you will quote to me this proverb, "Doctor, cure yourself!" And you will say, "Do here also in your home town the things that we have heard you did at Capernaum." ' <sup>24</sup>And he said, 'Truly I tell you, no prophet is accepted in the prophet's home town.



'All you touch you change.'

'The only lasting truth is change.  
God is change.'

- *Octavia Butler*



Imagine that you were present when Jesus read Isaiah's prophetic words in the temple. What might you have felt and thought?

What kind of 'fast do you choose' this Lent?

How do contemplation and action connect with your experience of faith? How do these connect at St James's?





## LAURA

Joy is a protest  
It is awakened by a new rage for change  
Its stomach rumbles with the hunger for  
revolution  
It's tired of the bland taste of complacency  
It wakes up and pours bureaucracy in a bowl  
and devours it for breakfast  
It slips into the places we least expect it  
It squeezes itself into cracks and small places  
Paint blushes like roses on the faces of strangers  
Pours light into shadows  
And hollow spaces  
You have the right to be happy  
Even in a world where the existence of happiness  
is threatened by division and death  
**Joy will not be silent**  
The sound of joy beats to the rhythm of your  
pulse  
It is in your blood.  
It has written its name in your DNA  
**Joy is your birthright**



Rawminds and Wellcome Collection, *Joy is a Protest*, 2022  
Steve Budman, *Vietnam War Protest*, University of Maryland

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