

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

—*The Book of Common Prayer*, p. 134

## WEDNESDAY, MARCH 9

If there is one sentence from the Daily Office that I carry with me, it has to be this antiphon to the Song of Simeon. For me, it speaks to the hours of being purposeful as well as to the hours of downtime. In my life, I wear a variety of hats. I am a pastor and priest, a spouse, a parent – and a volunteer Partner in Response for Episcopal Relief & Development. When I get very busy, I sometimes forget that I am not alone in my endeavors.

Praying this antiphon reminds me that I am not alone in this life, that I work with others and that God is with us to guide and guard. Going it alone is not an option. I am part of a family. As a priest, I can't function without my colleagues and bishops. When I deploy to a disaster, I travel with other folks in our program.

*Guide us. Guard us. Be with us as we watch and when we rest.*

Who are your companions on the journey?

—**Michael Bamberger**