

# Morning Prayer

*- prayers from our community, with borrowed bits from the Scriptures, the liturgies of the Iona and Northumbria communities, and elsewhere.*

*Bold print is said all together.*

*+ indicates that you may make the sign of the cross.*

**+ In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.**

## *Joining*

From where we are,  
**We begin the journey**

We sense that we are often disconnected  
From our bodies, from ourselves  
From each other – those near and those far away  
From the dirt beneath our feet, the sky above us  
From You, our God – all around and nowhere  
Manifest and silent

Now, we are here  
**We are here together**  
Now, we take a step  
**we reach out, we take a breath**

Together, we wait  
With our doubt and our faith  
**We look up, raise our voices, and call out for help**

When we hurt and when we grieve

**Walk with us**

When we are stubborn and rebellious

**Soften us**

When we are mired in self-pity

**Free us**

When we hide in shame

**Find us**

When we are anxious and afraid

**Encourage us**

When we see only ourselves

**Open our eyes**

The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.

**Day to day pours forth speech,  
and night to night declares knowledge.**

There is no speech, nor are there words;  
their voice is not heard;

**yet their voice goes out through all the earth,  
and their words to the end of the world.** *(from Ps 19)*

Open our eyes to Your Presence in all creation

**Open our ears to Your Words in all that is spoken**

Open our hearts to Your Deeds in the stories of our lives

**Open our hands to receive Your Gifts to us**

*[OPTIONAL: At this point, we may choose to contemplate  
together a song or other creative expression.]*

## *Affirmation*

We are not alone,  
we live in God's world.

**We believe in God:**  
who has created and is creating,  
who has come in Jesus,  
the Word made flesh,  
to reconcile and make new,  
who works in us and others  
by the Spirit.

**We trust in God.**

We are called to be the Church:

**to celebrate God's presence,  
to live with respect in Creation,  
to love and serve others,  
to seek justice and resist evil,  
to proclaim Jesus, crucified and risen,  
our life and our hope.**

In life, in death, in life beyond death,  
God is with us.

**We are not alone.**

**Thanks be to God.**

*Scripture and Reading*

*Brief Silent Reflection*

*Shared Reflections*

*Prayer and Intercession*

And now, as Jesus taught us, we say:

**Our Father in heaven  
hallowed be Your name,  
Your kingdom come,  
Your will be done on earth as in heaven,  
give us today our daily bread  
forgive us our sins  
as we forgive those who sin against us,  
save us in the time of trial  
and deliver us from evil,  
for the kingdom, the power  
and the glory are Yours,  
now and forever.  
Amen.**

We join with all who suffer and ask, "How long?"

*(Slowly)*

**With compassion,  
we remember those who endure the pain  
of violence,  
poverty,  
illness,  
loneliness,  
and despair.**

God, in your mercy,  
**Hear our prayer.**

*Individual prayers can be said out loud at this time.  
Between prayers, the response is:*

*Pray-er:* God, in your mercy,

**All: Hear our prayer.**

## *Approaching the Table*

Welcome now to the unity of God's table  
Friend and stranger, saint and sinner

All who gather here  
Come with hope or hesitation  
Come with joy or yearning  
All who hunger  
All who thirst for life in all its fullness  
Come

**Generous God and gracious Saviour  
Touch us through your Spirit**

Not out of dread or fear  
But believing that God is faithful to forgive  
**Let us lay at God's altar the sin  
that we no longer need to carry**

God of love and justice  
**Have mercy on us**

Hear now the teaching of Jesus  
That as we confess our sins and weakness,

**We are forgiven  
and invited into the life of the Spirit**

The Lord be with you  
**And also with you**  
Lift up your hearts  
**We lift them up to God**  
Let us give thanks to God  
**It is right to give both thanks and praise**

Lead us now O God  
As we acknowledge your gift of grace  
And live our lives as forgiven people

Heaven and earth rejoice  
**And the whole earth cries Glory**  
**Through Christ our Lord**



## *Holy Communion*

Reconciled and forgiven,

**We participate in God's welcome to the world**

Together in suffering

**Together in love**

May we know your Presence

In the sharing of this bread

**So that we may know your same touch**

**In all of our lives**

*[We invite you to take a piece of bread and dip it into the cup. You are welcome to say, "The body of Christ (broken for you)" and "The blood of Christ (shed for you) as you pass it on.]*

We celebrate the life that Jesus has shared

Among his community through the centuries,

And shares with us now.

**Made one with Christ**

**And one with each other,**

**We offer ourselves**

**As a holy and living sacrifice**

**Amen**

*Doxology*

*(Traditional – sung)*

**Praise God, from whom all blessings flow;  
Praise him, all creatures here below;  
Praise him above, ye heavenly host;  
Praise Father, Son, and Holy Ghost. Amen.**

*OR*

**Now to him who is able to keep you from falling,  
and to make you stand without blemish in the  
presence of his glory with rejoicing,  
to the only God our Saviour,  
through Jesus Christ our Lord,  
be glory, majesty, power, and authority,  
before all time and now and forever. Amen. *(Jude 1.24)***

*OR*

**Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end.  
Amen**

## *Sending and Blessing*

Now, as we are encouraged and united in your love  
Send us on our way with your peace

**Help me to journey beyond the familiar  
and into the unknown.  
Give me the faith to leave old ways  
and break fresh ground with You.  
Christ of the mysteries, I trust You  
to be stronger than each storm within me.  
I will trust in the darkness and know  
that my times, even now, are in Your hand.  
Tune my spirit to the music of heaven,  
and somehow, make my obedience count for You.**

(Prayer of St. Brendan)

May the peace of the Lord Christ go with you,  
wherever He may send you.  
May He guide you through the wilderness,  
protect you through the storm.  
May He bring you home rejoicing  
at the wonders He has shown you.  
May He bring you home rejoicing  
once again into our doors.

**+ In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.**

*Please feel free to greet and spend time with each other,  
mindful of the connectedness and peace  
that Christ has made between us.*

