**Morning Prayer**

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

*The Words before All Else\**

Today we have gathered, and we see that the cycles of life continue. We have been given the duty and responsibility to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give our greetings and our thanks to one another as people.

**Now our minds are one**

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send our greetings and our thanks.

**Now our minds are one**

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We acknowledge the fish and all the creatures in the waters and give our thanks.

**Now our minds are one**

\*adapted from the traditional Haudenosaunee (Six Nations) Thanksgiving Address

Now we turn toward the plants. As far as the eye can see, the plants grow, working many wonders. They sustain many life forms. To the animals on the land and all the birds in the sky, we extend our thanks.

**Now our minds are one**

We are thankful for the four winds and the four seasons, for the rain and the sun, the moon and the stars. With one mind, we give our greetings and our thanks.

**Now our minds are one**

We consider those who have gone before us, our elders and our teachers, who have gathered and shared wisdom. When we forget how to live in harmony, they remind us of the way we were instructed to live. We give our listening ears and thanks.

**Now our minds are one**

Now we turn our thoughts to the Creator, and we send our greetings and our thanks for all the gifts of Creation. Everything we need to live a good life is here. For all the love that is around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator.

**Now our minds are one**

*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**

*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 Readings*

*[Optional: a song or visual focus for contemplation
may be added here]*

*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,**

**loss,**

**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

Listen, 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**

*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**

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**

**

*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.*

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