

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**

**Acknowledging that we gather in the homeland of the Peskotomuhkati people, and that we are a part of a mutually interdependent Creation, together with "all our relations," we begin, with permission, with an adapted version of the traditional Haudenosaunee Thanksgiving Address*

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. And 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 we give our thanks.

Now our minds are one

Now we turn toward the plants. As far as the eye can see, the plants grow, working many wonders. They sustain many life forms. We are grateful to the animals on the land and all the birds in the sky. 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. And 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 you, 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

[An additional focus of contemplation may be added.]

Brief Silent Reflection & Shared Reflections

Prayer and Intercession

Jesus invited us to pray:

**Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God in whom is heaven.
The hallowing of your name echo through the
universe.
The way of your justice be followed by the peoples of
the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain
our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
Now and forever, Amen.***

*English translation of *The Lord's Prayer*, originally J. Cotter, prepared by the English Language Liturgical Consultation (ELLC), 1988, held in the public domain, and found in *A New Zealand Prayer Book*, 1989

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 you who hunger,
All you who thirst for the fullness of life:
Come.

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

Knowing that God delights to liberate and forgive,
We embrace our identity as God's Beloved.
**Let us lay down the burdens of sin and shame
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 set free
and invited into the life of the Spirit.**

Holy Communion

Liberated and reconciled,
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.

[All are invited to share in the bread and the wine together.]

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 Trinity go with you,
wherever They may send you.

May They guide you through the wilderness,
protect you through the storm.

May They bring you home rejoicing
at the wonders, They have shown you.

May They bring you home rejoicing
once again into our doors.

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**+ 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.*

