



Morning Prayer
Wednesday November 18, 2020
Hilda, Abbess of Whitby [614-680]

⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

[Ephesians 4:4-6]

The Invitatory and Psalter

Jesus said, "I am the light of the world; whoever follows me will not walk in darkness, but will have the light of life." [John 8:12]

The Confession

Let us confess our sins against God and our neighbor.

Renew in us this day the image of your love; renew in us in the likeness of your mercy, O God. May any refusal to forgive that lingers with us, any bitterness of soul that hardens our hearts, be softened by your graces. Renew us in the image of your love, O God, renew us in the likeness of your mercy. **Amen.**

Absolution

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Opening Prayer

In the morning light, O God, may I glimpse again your image deep with me, the threads of eternal glory woven into the fabric of every man and woman. May I catch sight of the mystery of the human soul fashioned in your likeness deeper than knowing, more enduring than time. And in glimpsing these threads of light amidst the weakness and distortion of my life, let me be recalled to the strength and beauty deep in my soul. Let me be recalled to the strength and beauty of your image in every living soul. **Amen.**

Psalms 122

- 1 I was glad when they said to me, * "Let us go to the house of the Lord."
- 2 Now our feet are standing * within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *that is at unity with itself;
- 4 To which the tribes go up, the tribes of the Lord, *

the assembly of Israel, to praise the Name of the Lord.

5 For there are the thrones of judgment, * the thrones of the house of David.

6 Pray for the peace of Jerusalem: * "May they prosper who love you.

7 Peace be within your walls * and quietness within your towers.

8 For my brethren and companions' sake, * I pray for your prosperity.

9 Because of the house of the Lord our God, * I will seek to do you good."

The Lessons

A Reading from the Book of Proverbs [6:20-23]

²⁰ My child, keep your father's commandment, and do not forsake your mother's teaching.

²¹ Bind them upon your heart always; tie them around your neck.

²² When you walk, they^{*} will lead you; when you lie down, they^{*} will watch over you;
and when you awake, they^{*} will talk with you.

²³ For the commandment is a lamp and the teaching a light, and the reproofs of discipline are
the way of life,

The Word of the Lord. **Thanks be to God.**

A Song of Wisdom [10:15-19, 20b-21]

Wisdom freed from a nation of oppressors * a holy people and a blameless race.

She entered the soul of a servant of the Lord, * withstood dread rulers with wonders and signs.

To the saints she gave the reward of their labors, * and led them by a marvelous way;

She was their shelter by day * and a blaze of stars by night.

She brought them across the Red Sea, * she led them through mighty waters;

But their enemies she swallowed in the waves *

and spewed them out from the depths of the abyss.

And then, Lord, the righteous sang hymns to your Name, *

and praised with one voice your protecting hand;

For Wisdom opened the mouths of the mute, *

and gave speech to the tongues of a new-born people.

The Second Lesson: The Gospel of Matthew [19:27-29]

27 Then Peter said in reply, 'Look, we have left everything and followed you. What then will
we have?' ²⁸Jesus said to them, 'Truly I tell you, at the renewal of all things, when the Son of

Man is seated on the throne of his glory, you who have followed me will also sit on twelve

thrones, judging the twelve tribes of Israel. ²⁹And everyone who has left houses or brothers or

sisters or father or mother or children or fields, for my name's sake, will receive a hundredfold,* and will inherit eternal life.

The Word of the Lord. **Thanks be to God**

Canticle: A Song of Christ's Goodness

Anselm of Canterbury

Jesus, as a mother you gather your people to you; *
you are gentle with us as a mother with her children.
Often you weep over our sins and our pride, *
tenderly you draw us from hatred and judgment.
You comfort us in sorrow and bind up our wounds, *
in sickness you nurse us and with pure milk you feed us.
Jesus, by your dying, we are born to new life; *
by your anguish and labor we come forth in joy.
Despair turns to hope through your sweet goodness; *
through your gentleness, we find comfort in fear.
Your warmth gives life to the dead, * your touch makes sinners righteous.
Lord Jesus, in your mercy, heal us; * in your love and tenderness, remake us.
In your compassion, bring grace and forgiveness, *
for the beauty of heaven, may your love prepare us.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Prayers

Hear our cry, O God. **And listen to our prayer.**

Let us pray. God be with you. **And also with you.**

The Lord's Prayer

A Litany for the Healing of our Country

from God's Good Earth

Almighty God, giver of all good things: We thank you for the natural majesty and beauty of this land. They restore us, though we often destroy them. **Heal us.**

We thank you for the great resources of this nation. They make us rich, though we often exploit them. **Forgive us.**

We thank you for the men and women who have made this country strong. They are models for us, even though we often fall short of them. **Inspire us.**

We thank you for the torch of liberty which has been lit in this land. It has drawn people from every nation, though we have often hidden from its light. **Enlighten us.**

We thank you for the faith we have inherited in all its rich variety. It sustains our life, though we have been faithless again and again. **Renew us.**

Help us, O Lord, to finish the good work here begun. Strengthen our efforts to blot out ignorance and prejudice, and to abolish poverty and crime. And hasten the day when all our people, with many voices join in one united chorus. **Amen.**

Collect of the Day

O God of peace, by whose grace the abbess Hilda was endowed with gifts of justice, prudence, and strength to rule as a wise mother over the nuns and monks of her household: Raise up these gifts in us, that we, following her example and prayers, may build up one another in love to the benefit of your Church; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

A Prayer of Hilda of Whitby

May I be equal to Your hope of me.

If I am weak, I ask that You send only what I can bear.

If I am strong, may I shrink from no testing, that shall yield increase of strength or win security for my spirit. I trust in Thee, O Lord. I say, 'Thou art my God.'

My times are in Thy hand, my times are in Thy hand. **Amen.**

A Prayer after the Election

Almighty God our heavenly Father, you declare your glory and show forth your handiwork in the heavens and in the earth: Deliver us in our various occupations from the service of self alone, that we may do the work you give us to do in truth and beauty and for the common good: for the sake of him who came among us as one who serves, your Son Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

A Prayer in Time of Transition

God of growth and discovery, yours is the inspiration that has changed our lives. Yours is the power that has brought us to take new risks and face new opportunities. You shape our dreams. May your Spirit guide us in our preparations to search for a new Rector: open our eyes to what is possible and what is unfinished; open our ears to words of wisdom that assure us and challenge us; open our hearts to possibilities we have not yet imagined and to what we have neglected, that we may be both bold and humble; through Jesus Christ, our Light, our Center, our Hope. **Amen.**

A Prayer for Facing the Coronavirus

Merciful God, hear our fervent prayer for all who suffer from the coronavirus. May those who are infected receive the proper treatment and the comfort of your healing presence. May their caregivers, families and neighbors be shielded from the onslaught of the virus. Give solace to those who grieve the loss of over 250, 000 loved ones. Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health. Help us to rise above fear. We ask all this in the name of your Son Jesus Christ, and the Holy Spirit, now and forever. **Amen.**

A Prayer for an End to Racism

Lord, Jesus Christ who reached across the ethnic boundaries between Samaritan, Roman and Jew who offered fresh sight to the blind and freedom to captives, help us to break down the barriers in our community and to see the reality of racism and bigotry, and free us to challenge and uproot it from ourselves, our society and our world. **Amen.**

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Blessing

May God shield your body, mind, soul and home; may the righteousness of God guide your footsteps and the wisdom of God guide your choices; may the mercy of God give you a heart of compassion; and may God's blessing, Father, Son, and Holy Spirit, be on you and those you love, now and always. **Amen.**