



Morning Prayer
Wednesday October 14, 2020
Teresa of Avila (transferred)

*Christ has no body now, but yours.
No hands, no feet on earth, but yours.
Yours are the eyes through which Christ looks compassion
into the world.
Yours are the feet with which Christ walks to do good.
Yours are the hands with which Christ blesses the world.*

Teresa of Avila

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.**

Psalm 42

1 As the deer longs for the water-brooks, * so longs my soul for you, O God.

2 My soul is athirst for God, athirst for the living God; *

when shall I come to appear before the presence of God?

3 My tears have been my food day and night, *

while all day long they say to me, "Where now is your God?"

4 I pour out my soul when I think on these things; *

how I went with the multitude and led them into the house of God,

5 With the voice of praise and thanksgiving, *among those who keep holy-day.

6 Why are you so full of heaviness, O my soul? * and why are you so disquieted within me?

7 Put your trust in God; *

for I will yet give thanks to him, who is the help of my countenance, and my God.

The Lessons

Song of Songs 4:12-16

A garden locked is my sister, my bride,

a garden locked, a fountain sealed.

Your channel is an orchard of pomegranates

with all choicest fruits,

henna with nard,

nard and saffron, calamus and cinnamon,

with all trees of frankincense,

myrrh and aloes,

with all chief spices—

a garden fountain, a well of living water,

and flowing streams from Lebanon.

Awake, O north wind,

and come, O south wind!

Blow upon my garden

that its fragrance may be wafted abroad.

Let my beloved come to his garden,

and eat its choicest fruits.

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

The Third Song of Isaiah [Isaiah 60:1-3, 11a, 14c, 18-19]

Arise, shine, for your light has come, * and the glory of the Lord has dawned upon you

For behold, darkness covers the land; * deep gloom enshrouds the peoples.
But over you the Lord will rise, * and his glory will appear upon you.
Nations will stream to your light, * and kings to the brightness of your dawning.
Your gates will always be open; * by day or night they will never be shut. They will call you,
The City of the Lord, * The Zion of the Holy One of Israel.
Violence will no more be heard in your land, *ruin or destruction within your borders.
You will call your walls, Salvation, *and all your portals, Praise.
The sun will no more be your light by day; *
3 by night you will not need the brightness of the moon.
The Lord will be your everlasting light, * and your God will be your glory.
Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is
now, and will be for ever. Amen

The Second Lesson: The Gospel of Matthew [5:13-16]

‘You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.
‘You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

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

Canticle: A Song of God’s Love [1 John 4:7-11]

Beloved, let us love one another, * for love is of God.
Whoever does not love does not know God, * for God is Love.
In this the love of God was revealed among us, * that God sent his only Son into the world, so that we might live through Jesus Christ. 38 In this is love, not that we loved God but that God loved us * and sent his Son that sins might be forgiven.
Beloved, since God loved us so much, * we ought also to love one another.
For if we love one another, God abides in us, * and God’s love will be perfected in 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 in one united chorus. **Amen.**

The Prayers

Collect of the Day

O God, by your Holy Spirit you moved Teresa of Avila to manifest to your Church the way of perfection: Grant us, we pray, to be nourished by her teaching, and enkindle within us a keen and unquenchable longing for true holiness; through Jesus Christ, the joy of loving hearts, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

A Prayer of Teresa of Avila

Give me the grace to recollect myself in the little heaven of my soul where You have established Your dwelling. There You let me find You, there I feel that You are closer to me

than anywhere else, and there You prepare my soul quickly to enter into intimacy with You...Help me O Lord, to withdraw my senses from exterior things, make them docile to the commands of my will, so that when I want to converse with You, they will retire at once, like bees shutting themselves up in the hive in order to make honey. **Amen**

A Prayer for Joy in God's Creation

O heavenly Father, you have filled the world with beauty: Open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made, your Son Jesus Christ our Lord. **Amen.**

A Prayer for the Election

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ our Lord. **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 205,000 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 for Social Justice

We cannot merely pray to you, O God, to end war;

for we know that You have made the world in a way that people must find their own path to peace within themselves and with their neighbors.

We cannot merely pray to You, O God, to end starvation;

for You have already given us the resources with which to feed the entire world, if we would only use them wisely.

We cannot merely pray to You, O God, to root out prejudice;

for You have already given us eyes with which to see the good in all people, if we would only use them rightly.

We cannot merely pray to You, O God, to end despair;

for You have already given us the power to clear away slums and to give hope, if we would only use our power justly.

We cannot merely pray to You, O God, to end disease;

for You have already given us great minds with which to search out cures and healing, if we would only use them constructively.

Therefore we pray to You instead, O God, for strength, determination and will power, to do instead of just pray, to become instead of merely to wish. **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.**