

Morning Prayer – Wednesday, October 21, 2020
St. George's, Cadboro Bay / www.stgeorgecadborobay.ca
Celtic Prayers from Iona – J. Philip Newell

Opening Words

It was you who formed
my inward parts,
You knit me together
in my mother's womb
I praise you,
for I am fearfully
and wonderfully made (Psalm 139:13-14)

Be still and aware of the presence of the Divine within and all around

Opening Prayer and Thanksgiving

O Sun behind all suns
I give you greeting this new day.
Let all Creation praise you
Let the daylight
 and the shadows praise you
Let the fertile earth
 and the swelling sea praise you
Let the winds and the rain,
 The lightning and the thunder
 praise you
Let all that breathes,
 praise you
And I shall praise you.
O God of life
I give you greeting this day.

FREE PRAYERS OF THANKSGIVING

The Lord's Prayer

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
Lead us not into temptation

But deliver us from evil
For the kingdom, the power
and the glory are yours
Now and for ever
Amen.

Scripture – 1 John 3:19-24 (Contemporary English Version)

When we love others, we know that we belong to the truth, and we feel at ease in the presence of God. But even if we don't feel at ease, God is greater than our feelings, and he knows everything. Dear friends, if we feel at ease in the presence of God, we will have the courage to come near him. He will give us whatever we ask, because we obey him and do what pleases him. God wants us to have faith in his Son Jesus Christ and to love each other. This is also what Jesus taught us to do. If we obey God's commandments, we will stay one in our hearts with him, and he will stay one with us. The Spirit that he has given us is proof that we are one with him.

Poem – "For the Chipmunk in My Yard" by Robert Gibb

I think he knows I'm alive, having come down
The three steps of the back porch
And given me a good once over. All afternoon
He's been moving back and forth,
Gathering odd bits of walnut shells and twigs,
While all about him the great fields tumble
To the blades of the thresher. He's lucky
To be where he is, wild with all that happens.
He's lucky he's not one of the shadows
Living in the blond heart of the wheat.
This autumn when trees bolt, dark with the fires
Of starlight, he'll curl among their roots,
Wanting nothing but the slow burn of matter
On which he fastens like a small, brown flame.

FREE PRAYERS OF INTERCESSION

There is no plant in the ground
But tells of your beauty, O Christ.
There is no creature on the earth
There is no life in the sea
But proclaims your goodness.
There is no bird on the wing
There is no star in the sky
There is nothing beneath the sun
But is full of your blessing.
Lighten my understanding

of your presence all around, O Christ
Kindle my will
to be caring for Creation

Closing Prayer

Bless to me O God
My soul that comes from on high.
Bless to me O God
My body that is of earth.
Bless to me O God
Each thing my eye sees.
Each sound my ear hears.
Bless to me O God
Each scent that goes to my nostrils
Each taste that goes to my lips
Each ray that guides my way.

Sources:

Prayers are from: *Celtic Prayers from Iona* – J. Philip Newell, New York: Paulist Press, 1997
Poem: “For the Chipmunk in My Yard” from *What the Heart Can Bear* by Robert Gibb (Autumn House Press, 2009).
Scripture: Contemporary English Version, American Bible Society, 1995.