

Morning Prayer – Monday, November 2, 2020

St. George's Anglican Church, Cadboro Bay / <https://www.stgeorgecadborobay.ca>

Opening

O LORD, in the morning you hear my voice; in the morning I plead my case to you, and watch.

Psalms 5:3

Be still and aware of God's presence within and all around

Prayer

For the morning light
and its irresistible dawning,
for your untameable utterances of life
in boundless stretches of space
and the strength of the waves of the sea
I give you thanks, O God.
Release in me the power of your Spirit
that my soul may be free
and my spirit strong.
Release in me the freedom of your Spirit
that I may be bridled by nothing but love
that I may be bridled only by love.

Offer Thanksgivings

Scripture – Wisdom: 3:1-9

But the souls of the righteous are in the hand of God,
and no torment will ever touch them.
In the eyes of the foolish they seemed to have died,
and their departure was thought to be a disaster,
and their going from us to be their destruction;
but they are at peace.
For though in the sight of others they were punished,
their hope is full of immortality.
Having been disciplined a little, they will receive great good,
because God tested them and found them worthy of himself;
like gold in the furnace he tried them,
and like a sacrificial burnt offering he accepted them.
In the time of their visitation they will shine forth,
and will run like sparks through the stubble.
They will govern nations and rule over peoples,
and the Lord will reign over them forever.
Those who trust in him will understand truth,

and the faithful will abide with him in love,
because grace and mercy are upon his holy ones,
and he watches over his elect.

Prayers of Thanksgiving and Intercession

For the night of your wind on the waters
for the swelling of the open sea
and the rushing of crested waves
thanks be to you, O God.

For the strength of desire in my body
for the sap of life that flows
and the yearnings for birth and abundance
thanks be to you.

Restore me in the image of your love this day
that the longings of my heart may be true.

Restore me in the image of your love this day
that my passions for life may be full.

Pray for the coming day and for the life of the world

Poem – “Balance” by Dorianne Laux

I'm remembering again, the day
we stood on the porch and you smoked
while the old man told you
about his basement full of wine,
his bad heart and the doctor's warning,
how he held the dusty bottle out to you,
glad, he said, to give it away
to someone who appreciated
its value and spirit, the years
it took to settle into its richness
and worth. I'm watching again,
each cell alive, as you reach
for the wine, your forearm exposed
below the rolled sleeve, the fine hairs
that sweep along the muscle, glowing,
lifting a little in the afternoon breeze.
I'm memorizing the shape of the moment:
your hand and the small bones
lengthening beneath the skin
as it tightens in the gripping,
in the receiving of the gift, the exact
texture and color of your skin,
and the old man's face, reduced

to its essence. That,
and the brief second
when both of you had a hand on the bottle—
the thing not yet given,
not yet taken, but held
between you, stoppered, full.
And my body is flooded again
with an elemental joy,
holding onto it against another day
in the unknowable future when I'm given
terrible news, some dark burden
I'll be forced to carry. I know
this is useless, and can't possibly work,
but I'm saving that moment, for balance.

Closing Prayer

In the beginning, O God,
your Spirit swept over the chaotic deep like a wild wind
And creation was born.
In the turbulence of my own life
and the unsettled waters of the world today
let there be new birthings of your Spirit.
In the currents of my own heart
and the upheavals of the world today
let there be new birthings of your mighty Spirit.

Sources:

Celtic Benediction: Morning and Night Prayer by J Philip Newell © 2000 by the Canterbury Press.

Poem – Dorianne Laux, "Balance" from *What We Carry* (BOA Editions, Ltd., 1994).