

Morning Prayer – Friday, November 14, 2020

St. George's Anglican Church, Cadboro Bay / www.stgeorgecadborobay.ca

From: *Praying with the Earth: A Prayerbook for Peace* by John Philip Newell

Opening

Blessed are the clear in heart, for they see the Living Presence (Matthew 5.8)

Prayer of Awareness

At the beginning of the day
we seek your countenance among us, O God,
in the countless forms of creation all around us
in the sun's rising glory
In the face of friend and stranger.
Your presence within every presence
your Light within all light
your Heart at the heart of the moment.
May the fresh light of morning wash our sight
that we may see your Life
in every life this day.

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

Scripture and Meditation

'Come' my heart says, 'seek God's face.' (Psalm 27.8)

Let your light shine before others (Matthew 5.16)

You have but to remember and you will see the light.

(Quran – The Heights 7.201)

Prayers of Thanksgiving and Intercession

It is when we are still, that we know.
It is when we listen, that we hear.
It is when we remember, that we see your light, O God.
From your Stillness, we come.
With your Sound, all life quivers with being.
From You the light of this moment shines.
Grant us to remember you at the heart of each moment.
Grant us to remember.

Thanksgivings and Intercessions

Poem – "Lifting My Daughter" by Joseph Hutchison

As I leave for work she holds out her arms, and I

bend to lift her . . . always heavier than I remember,
because in my mind she is still that seedling bough
I used to cradle in one elbow. Her hug is honest,
fierce, forgiving. I think of Oregon's coastal pines,
wind-bent even on quiet days; they've grown in ways
the Pacific breeze has blown them all their lives.
And how will my daughter grow? Last night, I dreamed
of a mid-ocean gale, a howl among writhing waterspouts;
I don't know what it meant, or if it's still distant,
or already here. I know only how I hug my daughter,
my arms grown taut with the thought of that wind.

Closing Prayer

Peace where there is war
healing where there is hurt
memory where we have forgotten the other.
vision where there is violence
light where there is madness
sight where we have blinded each other.
Comfort where there is sorrow
tears where there is hardness
laughter where we have missed life's joy
laughter when we remember the joy