

Morning Prayer – Wednesday, April 8, 2020

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

Celtic Daily Prayer – The Northumbria Community

*modifications made for inclusive language; readings this week are taken from Frederick Buechner's books, *A Biblical Who's Who*; *Wishful Thinking: A Seeker's ABC*; *Whistling in the Dark: A Doubter's Dictionary*

Opening Words (*as candle is lit*)

**In the name of the Holy and undivided Trinity,
One God, now and forever. Amen.**

**One thing I have asked of the Lord,
this is what I seek:
that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord
and to live in the Temple of the Lord**

Who is it that you seek?
We seek the Lord our God.

Do you seek God with all your hearts?
Amen, Lord, have mercy.

Do you seek God with all your soul?
Amen, Lord have mercy.

Do you seek God with all your mind?
Amen, Lord have mercy.

Do you seek God with all your strength?
Amen, Christ have mercy.

Declaration of faith

**To whom shall we go?
You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.**

**Praise to You, Lord Jesus Christ,
King of endless glory.**

Psalm 103:1-13 – St. Helena Psalter

O God, hear my prayer, and let my cry come before you; *
hide not your face from me in the day of my trouble.

Incline your ear to me; *
when I call, make haste to answer me,

For my days drift away like smoke, *
and my bones are hot as burning coals.

My heart is smitten like grass and withered, *
so that I forget to eat my bread.

Because of the voice of my groaning *
I am but skin and bones.

I have become like a vulture in the wilderness, *
like an owl among the ruins.

I lie awake and groan; *
I am like a sparrow, lonely on a house-top.

My enemies revile me all day long, *
and those who scoff at me have taken an oath against me.

For I have eaten ashes for bread *
and mingled my drink with weeping.

Because of your indignation and wrath *
you have lifted me up and thrown me away.

My days pass away like a shadow, *
and I wither like the grass.

But you, O God, endure for ever, *
and your Name from age to age.

You will arise and have compassion on Zion,
for now is the time to have mercy; *
indeed, the appointed time has come.

Matthew 18:21-22 (Contemporary English Version)

Peter came up to the Lord and asked, “How many times should I forgive someone who does something wrong to me? Is seven times enough?”

Jesus answered: Not just seven times, but seventy-seven times!

(A moment of silence to reflect on the gospel)

Daily Meditation – Frederick Buechner

F – Forgiveness

“To forgive somebody is to say, one way or another, ‘You have done something unspeakable, and by all rights I should call it quits between us. Both my pride and my principles demand no less. However, though I make no guarantee that I will be able to forget what you have done, and though we may both carry the scars for life, I refuse to let it stand between us. I still want you for my friend.

To accept forgiveness means to admit that you’ve done something unspeakable that needs to be forgiven, and thus both parties must swallow the same thing: their pride. . . For both parties, forgiveness means the freedom again to be at peace inside their own skins and to be glad in each other’s presence.”

Poem – “Shedding Skin” by Harreytte Mullen

Pulling out of the old scarred skin
(old rough thing I don't need now
I strip off
slip out of
leave behind)

I slough off deadscales
flick skinflakes to the ground

Shedding toughness
peeling layers down
to vulnerable stuff

And I'm blinking off old eyelids
for a new way of seeing

By the rock I rub against
I'm going to be tender again

PRAYERS FOR OTHERS, THE WORLD, AND ONESELF

Canticle

**Christ, as a light
illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.**

Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside me
on my left and my right.

Closing Prayer

(after which candle is extinguished)

May the peace of the Lord Christ go with you,
wherever Christ may send you.
May Christ guide you through the wilderness,
protect you through the storm.
May Christ bring you home rejoicing
at the wonders you've been shown.
May Christ bring you home rejoicing
once again into our doors.

Spiritual Exercises:

- 1) Reflect on your experience of forgiveness: How have you received or offered forgiveness? When has forgiveness been difficult? What gets in the way of forgiving? Are there times we shouldn't forgive? Can only God forgive some things?
- 2) Make a piece of art from recycled or found items that represents forgiveness for you.

Sources:

Prayers and Buechner reading are from: *Celtic Daily Prayer: Book Two, Farther Up and Farther In* Northumbria Community, London: William Collins Books, 2015.

Poem: *Blues Baby: Early Poems* by Harryette Mullen, published by [Bucknell University Press](#).
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