

## Morning Prayer – Day One - Creation

### Opening Words

*(as candle is lit)*

We light a candle  
in the name of the God who creates life  
in the name of the Saviour who loves life,  
in the name of the Spirit who is the fire of life.

*(Be still and aware of the presence of the Divine within and all around)*

### Scripture – *from John 1*

In the beginning was the Word  
and the Word was with God  
and the Word was God.  
The Word was in the beginning with God.  
All things came into being from the Word  
and without the Word not one thing came into being.  
What has come into being in the Word was life  
And the life was the light of all people.  
The light shines in the darkness  
And the darkness has not overcome it.  
The Word was in the world,  
And the world came into being through the Word,  
yet the world did not know the Word.  
So the Word became flesh and lived among us  
and we have seen the glory of the Word,  
like the glory of a newborn child,  
full of grace and truth.  
From the fullness of the Word we have all received,  
grace upon grace.

*(a time for reflection on the reading)*

### Poem - *Why I Wake Early* by Mary Oliver

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips

and the nodding morning glories,  
and into the windows of, even, the  
miserable and the crotchety –

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the great hands of light –  
good morning, good morning, good morning

Watch, now, how I start the day  
in happiness, in kindness.

*(a time for reflection on the reading)*

### Prayer

In the silence of our hearts or in spoken words  
let us give thanks for the gift of this day  
and pray for the life of the world . . .

*(prayers are offered)*

You have taught us, O Christ, to love the world.  
You have shown us the light that is within us and  
    within all things.  
May we learn to love you more  
and in loving you more  
learn to love the earth and all its people more,  
for you are the light of all life.

### Psalm 27

#### Closing Words

*(after which the candle is extinguished)*

The blessings of heaven,  
the blessings of earth,  
the blessings of sea and sky.  
On those we love this day  
and on every human family  
the gifts of heaven  
the gifts of earth,  
the gifts of sea and sky.

Spiritual Exercises for today:

- 1) Take a short walk and or sit outside and pay attention to one living being and its relationship to light. Perhaps the neighbor's cat who lies basking in the light. Perhaps a flower turned towards the light. Perhaps an insect hiding from the light. Or perhaps the singular silver light of a cloudy day. Give thanks for the light and the way it gives life to living beings.
- 2) Use crayons, coloured pencils, or paints to create different expressions of light – morning light, afternoon light, the light of a sunny day, the light of a cloudy day, the light reflected off the ocean, the dawn light, the dusk light etc. Give thanks for the light and its beauty.

Sources:

Scripture reading and Prayers are from *Celtic Treasures: Daily Scriptures and Prayer* by J. Philip Newell, 2005, Canterbury Press.

Celtic Psalms by Kiran Young Wimberly and the McGraths. Get the wonderful albums here:  
<http://www.celticpsalms.com>

"Why I Wake Early" from *Why I Wake Early: New Poems by Mary Oliver*, 2004, Beacon Press.