**Friday Morning Prayer From The Northumbria Community**

We Pray **(All) In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Silence**

﻿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 seek Him in His temple.

**﻿Invocation of the Holy Spirit**

Most powerful Holy Spirit,

**(All) come down**

**upon us**

**and subdue us.**

**From heaven,**

**where the ordinary**

**is made glorious,**

**and glory seems but ordinary,**

**bathe us**

**with the brilliance**

**of Your light like dew.**

**﻿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.**

**Responsory**

**﻿**Call - Who is it that you seek?

**Response - We seek the Lord our God.**

Call - Do you seek Her with all your heart?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Him with all your soul?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Her with all your mind?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Him with all your strength?

**Response - Amen. Christ, have mercy.**

The Word Of God In Psalm 97

1 It is a good thing to give thanks to the Lord, \*  
and to sing praises to your Name, O Most High;  
  
2 To tell of your loving-kindness early in the morning \*  
and of your faithfulness in the night season;

3 On the psaltery, and on the lyre, \*  
and to the melody of the harp.  
  
4 For you have made me glad by your acts, O Lord; \*  
and I shout for joy because of the works of your hands.  
  
5 Lord, how great are your works! \*  
your thoughts are very deep.  
  
6 The dullard does not know,  
nor does the fool understand, \*  
that though the wicked grow like weeds,  
and all the workers of iniquity flourish,  
  
7 They flourish only to be destroyed for ever; \*  
but you, O Lord, are exalted for evermore.

**MEDITATION**

Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.

**Silence**

## **Gospel Reading**

Gospel Reader: The Lord be with you.

**All: And Also with you.**

Gospel Reader: The Holy Gospel of our Lord Jesus Christ according to Mark.

**All: Glory to you, Lord Jesus Christ.**

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, ‘I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.’ His disciples replied, ‘How can one feed these people with bread here in the desert?’ He asked them, ‘How many loaves do you have?’ They said, ‘Seven.’ Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people. And he sent them away. And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

Gospel Reader: **The Gospel of Christ**

**All: Praise to you, Lord Jesus Christ**

**Litany**

Canticle Christ,

as a light illumine and guide me.

Christ, as a shield overshadow me.

**(All) 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.

**﻿(All)** **Christ as a light;**

**Christ as a shield;**

**Christ beside me on my left and my right.**

We pray for others…Amen

Aloud or silent prayer

We pray for ourselves…Amen

Aloud or silent prayer

We pray for the dearly departed…Amen

Aloud or silent prayer

And together we pray,

**﻿(All)** **Christ as a light;**

**Christ as a shield;**

**Christ beside me on my left and my right. Amen.**

As Our Saviour Christ taught us we are bold to say:

**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.**

﻿The Blessing

May the peace of the Lord Christ go with you,

wherever He may send you.

May He guide you through the wilderness,

protect you through the storm.

May He bring you home rejoicing at the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

✝️

Closing Responses

**The Lord bless us and preserve us from all evil,**

**And keep us in eternal life. Amen.**

Let us bless the Lord

**Thanks be to God.**