

## St.Mary's Church, Eastham



### Morning Prayer

(using Morning Prayer from the Corrymeela Community)

We begin our day alone,  
**honouring this life, with all its potentials and possibilities.**

We begin our day with trust,  
**knowing we are created for loving encounter.**

We begin our day with hope,  
**knowing the day can hold  
love, kindness,  
forgiveness and justice.**

A Poem: *Song of the Builders* by Mary Oliver

On a summer morning  
I sat down  
on a hillside  
to think about God –  
A worthy pastime.  
Near me, I saw  
a single cricket;  
it was moving the grains of the hillside  
this way and that way.  
How great was its energy,  
how humble its effort.  
Let us hope  
it will always be like this,  
each of us going on  
in our inexplicable ways  
building the universe.

We recall our day yesterday.  
**May we learn, may we love,  
may we live on.**

We make room for the unexpected.  
**May we find wisdom and life  
in the unexpected.**

Help us to embrace possibility,  
respond graciously to disappointment  
and hold tenderly those we encounter.  
**Help us to be fully present to the day.**

A Psalm: Psalm 37:23-31

- <sup>23</sup> Our steps are made firm by the LORD,  
when he delights in our way;  
<sup>24</sup> though we stumble, we shall not fall headlong,  
for the LORD holds us by the hand.  
<sup>25</sup> I have been young, and now am old,  
yet I have not seen the righteous forsaken  
or their children begging bread.  
<sup>26</sup> They are ever giving liberally and lending,  
and their children become a blessing.  
<sup>27</sup> Depart from evil, and do good;  
so you shall abide forever.  
<sup>28</sup> For the LORD loves justice;  
he will not forsake his faithful ones.  
The righteous shall be kept safe forever,  
but the children of the wicked shall be cut off.  
<sup>29</sup> The righteous shall inherit the land,  
and live in it forever.  
<sup>30</sup> The mouths of the righteous utter wisdom,  
and their tongues speak justice.  
<sup>31</sup> The law of their God is in their hearts;  
their steps do not slip.

*(A short time of silence)*

A Bible reading: Colossians 3:12-17

<sup>12</sup> As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. <sup>13</sup> Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. <sup>14</sup> Above all, clothe yourselves with love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. <sup>16</sup> Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. <sup>17</sup> And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

#### A SHORT REFLECTION

##### *Time of Prayer*

*Short intercessory prayer followed by a time of silence during which we lift to God our own prayers.*

##### *The Lord's Prayer*

**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.**

We resolve to live life in its fullness:

**We will welcome the people who'll be part of this day.  
We will greet God in ordinary and hidden moments.  
We will live the life we are living.**

May we find the wisdom we need.

**God be with us.**

May we hear the needs of those we meet.

**God be with us.**

May we love the life that we are given.

**God be with us.**

#### Prayer for Courage

**Courage comes from the heart  
and we are always welcomed by God,  
the heart of all being.**

**We bear witness to our faith,  
Knowing that we are called  
To live lives of courage,  
Love and reconciliation  
In the ordinary and extraordinary  
Moments of each day.**

**We bear witness, too, to our failures  
and our complicity in the fractures of our world.**

**May we be courageous today.  
May we learn to day.  
May we love today.  
Amen.**

**AMEN.**

