

St. Mary's Church, Eastham



Celtic Morning Prayer

Wednesday 15th July 2020

OPENING

You are already here:
in the midst of things;
at the sun's highest point;
under the breathing sky.

Our light from the same source;
our breath from the same spirit.

**We are in you
and you in us.**

ATTENDING

We pause to notice
the companions we have on this way:
the women and men,
the living creatures,
all differently bodies,
all beautifully imperfect,
all searching, working, rejoicing, suffering.

May the circle of our world and our attention expand.

May we welcome the many faces of truth,
the many bodies that bear your grace.

May the circle of our world and our attention expand.

OFFERING

We remember those who work under burdens too heavy to carry;
those who hunger and thirst under a pitiless light;
those burdened with the hateful gaze of others;
and those who are denied the chance to love as they wish.

**In you, may we rediscover our common wealth,
our common being:
strong enough to bear difference,
worthy of grace and light.**

Steven Shakespeare

A Bible reading: Romans 15:1-9 (MSG)

15 ¹⁻² Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"

³⁻⁶ That's exactly what Jesus did. He didn't make it easy for himself by avoiding people's troubles, but waded right in and helped out. "I took on the troubles of the troubled," is the way Scripture puts it. Even if it was written in Scripture long ago, you can be sure it's written for *us*. God wants the combination of his steady, constant calling and warm, personal counsel in Scripture to come to characterize *us*, keeping us alert for whatever he will do next. May our dependably steady and warmly personal God develop maturity in you so that you get along with each other as well as Jesus gets along with us all. Then we'll be a choir—not our voices only, but our very lives singing in harmony in a stunning anthem to the God and Father of our Master Jesus!

⁷⁻¹³ So reach out and welcome one another to God's glory. Jesus did it; now *you* do it! Jesus, staying true to God's purposes, reached out in a special way to the Jewish insiders so that the old ancestral promises would come true for them. As a result, the non-Jewish outsiders have been able to experience mercy and to show appreciation to God. Just think of all the Scriptures that will come true in what we do!

A Gospel reading: Matthew 25:31-40 (MSG)

³¹⁻³³ “When he finally arrives, blazing in beauty and all his angels with him, the Son of Man will take his place on his glorious throne. Then all the nations will be arranged before him and he will sort the people out, much as a shepherd sorts out sheep and goats, putting sheep to his right and goats to his left. ³⁴⁻³⁶ “Then the King will say to those on his right, ‘Enter, you who are blessed by my Father! Take what’s coming to you in this kingdom. It’s been ready for you since the world’s foundation. And here’s why:

I was hungry and you fed me,
I was thirsty and you gave me a drink,
I was homeless and you gave me a room,
I was shivering and you gave me clothes,
I was sick and you stopped to visit,
I was in prison and you came to me.’

³⁷⁻⁴⁰ “Then those ‘sheep’ are going to say, ‘Master, what are you talking about? When did we ever see you hungry and feed you, thirsty and give you a drink? And when did we ever see you sick or in prison and come to you?’ Then the King will say, ‘I’m telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.’

A SHORT REFLECTION

A 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.**

**And forgive our sins,
as we forgive those who sin against us.
And lead us not into temptation;
but deliver us from evil.
For the kingdom, the power and the glory,
are yours,
now and forever.
Amen.**

Blessing:

**May the highest light shine within us,
dispelling the fear from our path.
May the deepest warmth flow from us,
connecting heart to heart.
And may your blessing be to us a circle of flame,
to inspire and protect us through this day.
Amen.**

Steven Shakespeare

