

Morning Prayer

Thursday, August 11



Opening Sentence

The Lord is in his holy temple; let all the earth keep silence before him. *Habakkuk 2:20*

Confession

Let us confess our sins against God and our neighbor.

Most merciful God,

we confess that we have sinned against you

in thought, word, and deed,

by what we have done,

and by what we have left undone.

We have not loved you with our whole heart;

we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ,

have mercy on us and forgive us;

that we may delight in your will,

and walk in your ways,

to the glory of your Name. *Amen.*

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Invitatory and Psalter

Lord, open our lips.

And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen. Alleluia.

Antiphon

The Spirit of the Lord renews the face of the Earth:

Come let us adore him.

Venite *Psalms 95:1-7*

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

For the Lord is a great God, *

and a great King above all gods.

In his hand are the caverns of the earth, *

and the heights of the hills are his also.

The sea is his, for he made it, *
and his hands have molded the dry land.
Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!
The Spirit of the Lord renews the face of the Earth:
Come let us adore him.

Psalm 105 Part I *Confitemini Domino*

¹Give thanks to the Lord and call upon his Name; *
make known his deeds among the peoples.
²Sing to him, sing praises to him, *
and speak of all his marvelous works.
³Glory in his holy Name; *
let the hearts of those who seek the Lord rejoice.
⁴Search for the Lord and his strength; *
continually seek his face.
⁵Remember the marvels he has done, *
his wonders and the judgments of his mouth,
⁶O offspring of Abraham his servant, *
O children of Jacob his chosen.
⁷He is the Lord our God; *
his judgments prevail in all the world.
⁸He has always been mindful of his covenant, *
the promise he made for a thousand generations:
⁹The covenant he made with Abraham, *
the oath that he swore to Isaac,
¹⁰Which he established as a statute for Jacob, *
an everlasting covenant for Israel,
¹¹Saying, "To you will I give the land of Canaan *
to be your allotted inheritance."
¹²When they were few in number, *
of little account, and sojourners in the land,
¹³Wandering from nation to nation *
and from one kingdom to another,
¹⁴He let no one oppress them *
and rebuked kings for their sake,
¹⁵Saying, "Do not touch my anointed *
and do my prophets no harm."
¹⁶Then he called for a famine in the land *
and destroyed the supply of bread.
¹⁷He sent a man before them, *
Joseph, who was sold as a slave.
¹⁸They bruised his feet in fetters; *
his neck they put in an iron collar.
¹⁹Until his prediction came to pass, *
the word of the Lord tested him.
²⁰The king sent and released him; *

the ruler of the peoples set him free.

²¹He set him as a master over his household, *

as a ruler over all his possessions,

²²To instruct his princes according to his will *

and to teach his elders wisdom.

Glory be to the Father, and to the Son, and to the Holy Ghost: *

as it was in the beginning, is now, and ever shall be;

world without end. Amen. *Amen.*

The First Lesson

A reading from Judges 14:1-19

¹Once Samson went down to Timnah, and at Timnah he saw a Philistine woman. ²Then he came up, and told his father and mother, "I saw a Philistine woman at Timnah; now get her for me as my wife." ³But his father and mother said to him, "Is there not a woman among your kin, or among all our people, that you must go to take a wife from the uncircumcised Philistines?" But Samson said to his father, "Get her for me, because she pleases me." ⁴His father and mother did not know that this was from the Lord; for he was seeking a pretext to act against the Philistines. At that time the Philistines had dominion over Israel. ⁵Then Samson went down with his father and mother to Timnah. When he came to the vineyards of Timnah, suddenly a young lion roared at him. ⁶The spirit of the Lord rushed on him, and he tore the lion apart barehanded as one might tear apart a kid. But he did not tell his father or his mother what he had done. ⁷Then he went down and talked with the woman, and she pleased Samson. ⁸After a while he returned to marry her, and he turned aside to see the carcass of the lion, and there was a swarm of bees in the body of the lion, and honey. ⁹He scraped it out into his hands, and went on, eating as he went. When he came to his father and mother, he gave some to them, and they ate it. But he did not tell them that he had taken the honey from the carcass of the lion.

¹⁰His father went down to the woman, and Samson made a feast there as the young men were accustomed to do. ¹¹When the people saw him; they brought thirty companions to be with him. ¹²Samson said to them, "Let me now put a riddle to you. If you can explain it to me within the seven days of the feast, and find it out, then I will give you thirty linen garments and thirty festal garments. ¹³But if you cannot explain it to me, then you shall give me thirty linen garments and thirty festal garments." So, they said to him, "Ask your riddle; let us hear it." ¹⁴He said to them, "Out of the eater came something to eat. Out of the strong came something sweet." But for three days they could not explain the riddle. ¹⁵On the fourth day they said to Samson's wife, "Coax your husband to explain the riddle to us, or we will burn you and your father's house with fire. Have you invited us here to impoverish us?" ¹⁶So Samson's wife wept before him, saying, "You hate me; you do not really love me. You have asked a riddle of my people, but you have not explained it to me." He said to her, "Look, I have not told my father or my mother. Why should I tell you?" ¹⁷She wept before him the seven days that their feast lasted; and because she nagged him, on the seventh day he told her. Then she explained the riddle to her people. ¹⁸The men of the town said to him on the seventh day before the sun went down, "What is sweeter than honey? What is stronger than a lion?" And he said to them, "If you had not plowed with my heifer, you would not have found out my riddle." ¹⁹Then the spirit of the Lord rushed on him, and he went down to Ashkelon. He killed thirty men of the town, took their spoil, and gave the festal garments to those who had explained the riddle. In hot anger he went back to his father's

The Word of the Lord.

Thanks be to God.

Psalm 8 The Song of Moses *Cantemus Domino*

Exodus 15:1-6, 11-13, 17-18

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge; *
the Lord has become my Savior.

This is my God and I will praise him, *
the God of my people and I will exalt him.

The Lord is a mighty warrior; *
Yahweh is his Name.

The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been drowned in the Red Sea.

The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.

Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness,

awesome in renown, and worker of wonders?

You stretched forth your right hand; *
the earth swallowed them up.

With your constant love you led the people you redeemed; *
with your might you brought them in safety to your holy dwelling.

You will bring them in and plant them *
on the mount of your possession,

The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.

The Lord shall reign *
forever and forever. *Amen.*

The Second Lesson

A reading from Acts 6:15-7:16

Acts 6

¹⁵And all who sat in the council looked intently at him, and they saw that his face was like the face of an angel.

Acts 7

¹Then the high priest asked him, "Are these things so?" ²And Stephen replied: "Brothers and fathers, listen to me. The God of glory appeared to our ancestor Abraham when he was in Mesopotamia, before he lived in Haran, ³and said to him, 'Leave your country and your relatives and go to the land that I will show you.' ⁴Then he left the country of the Chaldeans and settled in Haran. After his father died, God had him move from there to this country in which you are now living. ⁵He did not give him any of it as a heritage, not even a foot's length, but promised to give it to him as his possession and to his descendants after him, even though he had no child. ⁶And God spoke in these terms, that his descendants would be resident aliens in a country belonging to others, who would enslave them and mistreat them during four hundred years. ⁷'But I will judge the nation that they serve,' said God, 'and after that they shall come out and worship me in this place.' ⁸Then he gave him the covenant of circumcision. And so, Abraham became the father of Isaac and circumcised him on the eighth day; and Isaac became the father of Jacob, and Jacob of the twelve patriarchs. ⁹"The patriarchs, jealous of Joseph, sold him into Egypt; but God was with him, ¹⁰and rescued him

from all his afflictions, and enabled him to win favor and to show wisdom when he stood before Pharaoh, king of Egypt, who appointed him ruler over Egypt and over all his household. ¹¹Now there came a famine throughout Egypt and Canaan, and great suffering, and our ancestors could find no food. ¹²But when Jacob heard that there was grain in Egypt, he sent our ancestors there on their first visit. ¹³On the second visit Joseph made himself known to his brothers, and Joseph's family became known to Pharaoh. ¹⁴Then Joseph sent and invited his father Jacob and all his relatives to come to him, seventy-five in all; ¹⁵so Jacob went down to Egypt. He himself died there as well as our ancestors, ¹⁶and their bodies were brought back to Shechem and laid in the tomb that Abraham had bought for a sum of silver from the sons of Hamor in Shechem.

The Word of the Lord.

Thanks be to God.

Psalm 20 Glory to God *Gloria in excelsis*

Glory to God in the highest,

and peace to his people on earth.

Lord God, heavenly King,

almighty God and Father,

we worship you, we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world;

have mercy on us; you are seated at the right hand of the Father;

receive our prayer.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father. *Amen.*

The Gospel

The Gospel according to John 4:27-42

²⁷Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" ²⁸Then the woman left her water jar and went back to the city. She said to the people, ²⁹"Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" ³⁰They left the city and were on their way to him. ³¹Meanwhile the disciples were urging him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you do not know about." ³³So the disciples said to one another, "Surely no one has brought him something to eat?" ³⁴Jesus said to them, "My food is to do the will of him who sent me and to complete his work. ³⁵Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. ³⁶The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷For here the saying holds true, 'One sows, and another reaps.' ³⁸I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." ³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." ⁴⁰So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They said to

the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

The Word of the Lord.

Thanks be to God.

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. *Amen.*

The Prayers

The Lord be with you.

And also with you.

Let us pray.

The Lord's Prayer

Our Father, who art in heaven,

hallowed be thy Name,

thy kingdom come,

thy will be done,

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those

who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

forever and ever. *Amen.*

The Suffrages

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your Name forever.
Lord, keep us from all sin today;
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
For we put our trust in you.
In you, Lord, is our hope;
And we shall never hope in vain.

Collect of the Day

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

A Collect for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

Collect of Commemoration

O God, whose blessed Son became poor that we, through his poverty, might become rich: Deliver us from an inordinate love of this world, that we, inspired by the devotion of your servant Clare, might serve you with singleness of heart and attain to the riches of the age to come; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

Trinity Cycle of Prayer

Ron Gorsky, Abbie Carthy

Let us pray now for our own needs and those of others.

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

Benediction

Let us bless the Lord.

Thanks be to God.

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen. Romans 15:13*

The Commemoration

Clare Offreduccio, born in 1194, was the daughter of a wealthy family in Assisi. When she was eighteen years old, she heard a sermon by Francis of Assisi, and was moved by it to follow the example of the Franciscan brothers and vow herself to a life of poverty. Her family was horrified and brought her back home by force; but one night, in a gesture both tactical and symbolic, she slipped out of her house through "the door of the dead" (a small side door that was traditionally opened only to carry out a corpse) and returned to the house of the Franciscans. Francis cut off her hair and placed her in a nearby convent. Later a house was found for her, and she was eventually joined by two of her sisters, her widowed mother, and several members of the wealthy Ubaldini family of Florence. Clare's best friend, Pacifica, could not resist, and joined them, too.

The sisters of her order came to be known informally as Minoresses (Franciscan brothers are Friars Minor = "lesser brothers") or as Poor Clares. When the order was formed, Francis suggested Clare for the Superior. But she refused the position until she turned twenty-one. They devoted themselves to prayer, nursing the sick, and works of mercy for the poor and neglected.

They adopted a rule of life of extreme austerity (more so than of any other order of women up to that time) and of absolute poverty, both individually and collectively. They had no beds. They slept on twigs with patched hemp for blankets. Wind and rain seeped through cracks in the ceilings. They ate very little, with no meat at all. Whatever they ate was food they begged for. Clare made sure she fasted more than anyone else. Despite this way of life, or perhaps because of it, the followers of Clare were the most beautiful young girls from the best families of Assisi.

The community of Poor Clares continues to this day, both in the Roman and in the Anglican communions.