

Morning Prayer - Fifth Sunday after Pentecost

July 5, 2020

A candle may be lit, to set apart this time of prayer.

O Canada

Collect for Canada

Almighty God,
whose wisdom and whose love are over all,
accept the prayers we offer for our nation.
Give integrity to its citizens
and wisdom to those in authority,
that harmony and justice may be secured
in obedience to your will;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen

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Welcome

Opening Hymn *Come and Find the Quiet Centre*

Come and find the quiet center in the crowded life we lead,  
find the room for hope to enter, find the frame where we are freed:  
clear the chaos and the clutter, clear our eyes, that we can see  
all the things that really matter, be at peace, and simply be.

Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, face to face,  
making space within our thinking, lifting shades to show the sun,  
raising courage when we're shrinking, finding scope for faith begun.

In the Spirit let us travel, open to each other's pain,  
let our loves and fears unravel, celebrate the space we gain:  
there's a place for deepest dreaming, there's a time for heart to care,  
in the Spirit's lively scheming there is always room to spare!

Introit: from Messiah, G.F Handel

Come unto him all ye that labour, come unto him that are heavy laden and he will give you rest.  
Take his yoke upon you and learn of him for he is meek and lowly of heart  
and ye shall find rest unto your souls.

Jesus said: "Take my yoke upon you, and learn from me;  
for I am gentle and humble in heart, and you will find rest for your souls."

**O Come, let us Worship**

Lord, open our lips

**And our mouth shall proclaim your praise.**

O God, make speed to save us.

**O Lord, make haste to help us.**

Glory to the Father, and to the Son, and to the Holy Spirit:

**as it was in the beginning, is now, and will be for ever. Amen.**

**Jubilate - Psalm 100 (Inclusive Language Psalter)**

Be joyful in the Lord, all you lands;

**serve the Lord with gladness**

**and come into the divine presence with a song.**

Know this: the Lord, the Lord, is God;

**the One made us and to whom we belong;**

**we are God's people, the sheep of God's pasture.**

Enter the gates of the Lord with thanksgiving;

**go into these courts with praise;**

**give thanks to God and call upon the name of the Lord.**

For the Lord is good, whose steadfast love is everlasting;

**and whose faithfulness endures from age to age.**

Jesus said: "Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls."

**O Come, let us Worship**

Children's Talk

***The Proclamation of the Word***

Song of Solomon 2:8–13

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: "Arise, my love, my fair one, and come away; for now, the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away."

Reading: Romans 7:15–25A

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched one that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Stand or sit for the Gospel reading, as seems appropriate for your setting.*

Gradual Hymn #553 *Live in Charity*

Live in charity and steadfast love, live in charity; God will dwell with you.

The Holy Gospel of our Lord Jesus Christ according to St. Matthew (11:16–19, 25–30)

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

Jesus said, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds." At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and

have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

The Gospel of Christ. **Praise to you, Lord Jesus Christ.**

Gradual Hymn #553 *Live in Charity*

The Apostle’s Creed

**All: 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.**

### ***Prayers of the People***

*Let us join in prayer with God’s faithful people throughout the world, saying “God of Love: hear our prayer.”*

We pray for the unity of your church, that our life may reflect the love you have shown us.

God of love: **Hear our prayer.**

We ask your grace for Jane+ our bishop, for the clergy of this Parish, and for all who minister in word and in action, that we may bear faithful witness to your good news.

God of love: **Hear our prayer.**

We seek your peace and justice in our world, our country, and our community, that the needy may never be forgotten.

God of love: **Hear our prayer.**

We ask your blessing on our homes, our friends and family, and on those who live alone, that we may know your presence ever near us.

God of love: **Hear our prayer.**

We name before you all whom you have given us to pray for [especially...], knowing that you are doing for them better things than we can ask or imagine.

God of love: **Hear our prayer.**

We commend to you all who have died [especially...], that our trust in you may deepen as you keep them safe in your care.

God of love: **Hear our prayer.**

We offer our thanks and praise for all you have done for us, rejoicing in the knowledge that you are with us always.

God of love: **Hear our prayer.**

We look for your purposes to be accomplished, and ask you to fill us with the strength and vision to further your reign.

God of love: **Hear our prayer.**

### ***Collect***

God of heaven and earth,  
you reveal your wisdom to the childlike;  
may we learn from your Son humility of heart,

so that we find refreshment and rest  
even as we shoulder the cross of Christ;  
who, with you and the Holy Spirit,  
lives and reigns, one God, now and for ever. **Amen.**

*Opening Prayers (1997) alt.*

***The Lord's Prayer***

Gathering our prayers and praises into one, let us pray as our Saviour taught us,

**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.**

**Save us from the time of trial, and deliver us from evil.**

**For the kingdom, the power, and the glory are yours,**

**now and for ever. Amen.**

Let us bless the Lord.

**Thanks be to God.**

The Blessing

Closing Hymn: *Psalm 91 On Eagle's Wings*

You who dwell in the shelter of our God, who abide in this shadow for life,  
say to the Lord: "My refuge, my rock in whom I trust!"

**Refrain**

And I will raise you up on eagle's wings, bear you on the breath of dawn,  
make you to shine like the sun, and hold you in the palm of my hand.'

The snare of the fowler will never capture you, and famine will bring you no fear:  
under God's wings your refuge, God's faithfulness your shield. **Refrain**

You need not fear the terror of the night, nor the arrow that flies by day;  
though thousands fall about you, near you it shall not come. **Refrain**

For to God's angels is given a command to guard you in all of your ways;  
upon their hands they will bear you up, lest you dash your foot against a stone. **Refrain**

Postlude

*If a candle was lit, it is extinguished now.*

*Special thanks to Jody Penner for singing and helping with the service.*

*This service is assembled from resources found in the Book of Alternative Services, Published by the Anglican Church of Canada.*

*And from ALTERNATIVE COLLECTS FOR YEARS A, B & C OF THE REVISED COMMON  
LECTIONARY AND SEASONAL PRAYERS OVER THE GIFTS AND AFTER COMMUNION Prepared  
by the Liturgy Task Force, Faith, Worship, and Ministry Committee*

*Of the General Synod of the Anglican Church of Canada and found online at <https://www.anglican.ca/wp-content/uploads/Alternative-RCL-Collects-Final-2019.pdf>*