

Morning Prayer for Sunday

GATHERING OF THE COMMUNITY

A Penitential Office

Presider Let me hear of your loving-kindness in the morning, for I put my trust in you; show me the road that I must walk, for I lift up my soul to you. (*Psalms 143.8*)

Let us confess our sins against God and our neighbour.

Silence is kept.

God of all mercy

All **We confess that we have sinned against you,
opposing you will in our lives.
We have denied your goodness in each other,
in ourselves and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done and the evil done on our behalf.
Forgive, restore and strengthen us
through our Saviour Jesus Christ,
so that we may abide in your love
and serve only your will. Amen.**

The presider says,

May the God of love and power
forgive us and free us from our sins,
heal and strengthen us by the Holy Spirit
and raise us to the new life in Jesus Christ.

All **Amen.**

Introductory Responses

Presider Lord, open our lips,

All **and our mouth shall proclaim your praise.**

Presider O God, make speed to save us.

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

the following may be said or sung.

**Glory to God, Source of all being, eternal Word and Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen. Alleluia.**

Invitatory Psalm: Psalm 95.1-7

(said by all)

**Come, sing to the Holy One !
Shout for joy to the Rock who defends us!
Come into the Presence with thanksgiving!
Raise our voices in joyful hymns!
Truly the Holy One is a great God,
supreme above all gods,
in whose hands are the ends of the earth
and the heights of all the mountains.
The sea belongs to God who made it,
whose hands formed the dry land.
Come, worship and bow down;
kneel in the presence of our Creator.
Truly, truly, our God is the Holy One,
whose people we are,
all in God's pasture.**

THE PROCLAMATION OF THE WORD

Psalm 89:20-37

Psalm Refrain **I will keep my love for him forever.**

First Reading 2 Samuel 7:1-14a

Now when the king was settled in his house, and the LORD had given him rest from all his enemies around him, the king said to the prophet Nathan, "See now, I am living in a house of cedar, but the ark of God stays in a tent." Nathan said to the king, "Go, do all that you have in mind; for the LORD is with you." But that same night the word of the LORD came to Nathan:

Go and tell my servant David: Thus says the LORD: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle.

Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, "Why have you not built me a house of cedar?" Now therefore thus you shall say to my servant David: Thus says the LORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover the LORD declares to you that the LORD will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom forever. I will be a father to him, and he shall be a son to me.

Hear what the Spirit is saying to the church.

Thanks be to God.

The Responory

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

You have died and your life is hid with Christ in God.

Set your minds on things that are above,

not on things that are on the earth.

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

When Christ our life appears

you will appear with him in glory.

Awake, O sleeper, and arise from the dead.

And Christ shall give you light.

Morning Prayer continues with the Second Reading

Reading

Ephesians 2:11-22

So then, remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" --a physical circumcision made in the flesh by human hands--remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it.

So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

Hear what the Spirit is saying to the church.

Thanks be to God.

The Canticle

The Song of Zechariah (Luke 1.68-79)

Blessed are you, Lord, the God of Israel,
you have come to your people and set them free.

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

Through your holy prophets,
you promised of old to save us from our enemies,
from the hands of all who hate us,
to show mercy to our forebears,
and to remember your holy covenant.

**This was the oath you swore to Abraham and Sarah:
to set us free from the hands of our enemies,
free to worship you without fear,
holy and righteous before you, all the days of our life.**

And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare the way,
to give God's people knowledge of salvation
by the forgiveness of their sins.

**In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.**

**Glory to God, Source of all being, eternal Word and Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen.**

Gospel Reading **Mark 6:30-34, 53-56**

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.

Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Hear what the Spirit is saying to the church.

Thanks be to God.

A Sermon for the 8th Sunday after Pentecost

– by Karen James

Jesus said to the apostles, “Come away to a deserted place all by yourselves and rest a while.”

We have all made plans to rest. Think of a time when you made plans to do the things that bring you peace; a time to rest. Perhaps your plans included time to read, to relax, go for a walk, to play golf, sit in a garden, enjoy a hobby or time to pray.

In today’s gospel reading Jesus invites the apostles to rest. The apostles have just returned from their first away mission and are no doubt exhausted. They want to share with Jesus all they have done, and a boat trip across the Sea of Galilee will take them to a quiet place to rest and eat; or so they thought.

Jesus’ plan to rest with the apostles is interrupted by a crowd of people who run ahead to meet him as soon as the boat reaches the shore. So much for the deserted quiet place to rest a while. There is no time for sharing stories, no quiet, and there is no rest.

What is it they say, “The best laid plans ...”? And at this point, most of us are thinking, “Yup, I can relate to that.”

We have all experienced plans that were challenged by interruptions or cancelled by unexpected events. Our lives can be interrupted in many ways, and we often view these interruptions as a bad thing. It can be a tug of war between our plans and the interruptions, and as a result; we may get angry, we may go out of our way to try to make right what we see as wrong, we may become resentful, and we may pray to God to put our plans back on track.

But what if we look upon the interruptions as a gift? What if instead of being frustrated or even angry, we view them as an opportunity to open ourselves up to God? For it is in the present, in our everyday life that God shows up.

Henri Nouwen, Catholic priest, writer, professor, and theologian wrote of a conversation which helped him to see interruptions as something positive. He wrote, “While visiting the University of Notre Dame, where I had been a teacher for a few years, I met an older experienced professor who had spent most of his life there. And while we strolled over the beautiful campus, he said with a certain melancholy in his voice. “You know ... my whole life I have been complaining that my work was constantly interrupted, until I discovered that my interruptions were my work.” Upon reflecting upon the professor’s statement, Nouwen later wrote, “It has been the interruptions to my everyday life that have most revealed to me the divine mystery of which I am a part ... All of these interruptions presented themselves as

opportunities ... invited me to look in a new way at my identity before God. Each interruption took something away from me; each interruption offered something new.”

What if we paused and looked for a message in the interruption? Perhaps there is something for us to notice, to learn or to experience that is far greater and rewarding than what we had planned. God is present in life’s interruptions.

In our gospel reading, Jesus and the apostles’ quiet time is interrupted by the crowd.

What we would have done if we were in the boat with Jesus looking forward to some quiet time to rest and eat? Would we have turned the boat around and gone the other way? Would we have crouched down out of sight and tried to hide in the boat until the crowd disappeared? Maybe we would have shouted at the crowd to go away and leave us alone.

Jesus does none of these things; he is available to what and who is before him. Jesus is present whether the experience is planned or even if it is something totally unexpected.

The reading from Mark’s Gospel tells us that when Jesus went ashore, he saw the crowd and “had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.”

And herein is another message in our gospel reading, one word that could be used to sum up most of Jesus’ ministry - compassion.

Canadian theologian Douglas John Hall, retired professor of theology at McGill University, says that when Jesus comes ashore and has compassion for the people, we come to the centre of our faith. Compassion “is the essence of the one who has created us and before whom life is lived.”

Jesus has compassion for the crowd. As tired as the apostles and Jesus may have been, Jesus puts their plan aside to meet the needs of those who have gathered.

The English word of compassion does not fully convey what Jesus was feeling. The Cambridge English dictionary definition of compassion is “a strong feeling of sympathy and sadness for the suffering or bad luck of others and a wish to help them.” We often equate compassion with pity or empathy but both pity and empathy can create a situation in which we feel above or separate from the one with whom we empathize. We experience their feelings temporarily.

The Greek verb in the Bible for having compassion is *splagchnizomai* meaning movement in the gut or bowel. To say that Jesus had *splagchnizomai* is to say that he had a feeling deep in his gut, felt the deepest of human emotions. Jesus finds the scene in front of him gut wrenching. Jesus internalizes the pain in the core of his being. The feeling is just as physical as it is intellectual.

Has there been a situation in your own life in which you have experienced that feeling of compassion, of *splagchnizomai*?

It is not a feeling of pity that says, "That's too bad, I'm sorry, I wish I could help". It is not a feeling of empathy that says, "Here's some money, it won't do much, but it will make me feel better". It is when we see someone being bullied when we too have been a victim of bullying. It is watching someone wait for medical test results or go through treatment when we ourselves have been there. It is the pain of watching a parent become fragile, as you become the caregiver for the one who cared for you.

Jesus looked on the crowd and felt their desire to know God, to be healed, to touch just the hem of his cloak. He feels their suffering in his gut, in his core. Jesus does not just offer a quick fix and send them away, he teaches them. Jesus teaches them!

Jesus sees them as sheep without a shepherd; ones that cannot make their own way. They are searching. Jesus wants the crowd to be fed and healed but he also wants them to learn about the kingdom of God. It is not just about helping those in need but about being present. It is ultimately about building and maintaining relationships; our relationships with each other and with God.

And here we are over 2000 years later and many are still searching. There are still lost sheep looking for a shepherd and Jesus still feels that gut wrenching compassion.

This is where our work as disciples comes in. We need to look in our families, in our communities, in the world and see the crowd, see the people in need. To reach out with God's love to those in need of a shepherd, to lead by example, to be compassionate, as our Lord is compassionate. And as Christians, we know it takes patience and practice. Time spent building and reflecting upon our relationships with Jesus and one another, taking time to listen, time to pause and see God in the interruptions, time to learn. It takes faith and it takes compassion.

May it bring us comfort to know that our shepherd is present - as always - to guide, support and teach us with unceasing love and compassion! Amen.

Affirmation of Faith

The Apostles' Creed said by all

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

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
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,
he is seated at the right hand of the Father,
and 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 OF THE COMMUNITY

The Litany

God of Israel, may this day be one of fulfillment and peace.
Holy One, hear and have mercy.

Teach us to love others as you have loved us.
Holy One, hear and have mercy.

Fill the world with your peace and justice.
Holy One, hear and have mercy.

Strengthen and relieve those who are in need.

Lucas, Maria, Kelly-Lynne, Jan, Aisling, Helen, Bev, Kathy, Adam, Wendy & Gary, Maryse, Shirley, Lee, Mary, Barb, Mylee, Betty, David, the Guerin family the Sorley family, Parker, Betty, Pat, Michael, Larry, Karen, Vicky, Carol, Rachel, Wally, Jane, Margaret, Wayne, Shelley, Emily, for all affected by Covid-19, and for others who need our prayers, ...

Holy One, hear and have mercy.

Renew the Church through the power of your life-giving Spirit;

In the **Anglican Cycle of Prayer**, we pray for The Anglican Church of Rwanda;

For our **Bishops** Linda our Primate, Mark our National Indigenous Archbishop, Anne our Metropolitan, and Susan our Bishop;

In the **Diocese of Niagara**, we pray for Church of the Incarnation, Oakville, The Venerable Michael Patterson, rector, Mr. Randy Williams, Lay Pastoral Assistant and the people of that parish;

For all the clergy and people who share in the ministry of our parish.

Holy One, hear and have mercy.

In our parish cycle of prayer we remember and give thanks for;

Sterling Tooke, Amy Tucker, Gill Tucker, Lori & Norm Turcotte.

And in our **community** we give thanks and pray for those who volunteer and offer leadership to the CNIB.

Holy One, hear and have mercy.

Hold before us the beauty and fragility of creation and may we remember our vocation to be faithful stewards of all that you have entrusted us with.

Holy One, hear and have mercy.

We commend to your care all who have died this past week.

Holy One, hear and have mercy.

After a period of silence the Collect of the Day may be said.

**Shepherd God,
you call us into a rhythm of work and rest
that our lives may be the better for it.
So shape our leisure and our labor,
that the world will recognize us
as Jesus' disciples,
and our ministry
as what you would have us do.
Amen.**

Morning Prayer continues with the Lord's Prayer.

The Lord's Prayer

Presider 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.**

Morning Prayer continues with the Dismissal.

THE SENDING FORTH OF THE COMMUNITY

Blessing

Presider

May God bless us with joy
May we find moments of laughter and bliss
In the midst of suffering and distress
May we cherish those times and may they sustain us.

May God bless us with the fruits of humility
May we be humble and offer sacrificial actions
And be instrumental in preserving our community
And loving our neighbours

May God bless us with peace
In the face of hardship and uncertainty
May we know the faithful presence of the God who provides

Go in peace.

Love your neighbours.

We are not alone.

*~ written by Emily Swan and Ken Wilson of Solus Jesus: A Theology of Resistance,
co-pastors of Blue Ocean Faith Ann Arbor.*

The Dismissal

One

Let us bless the Lord.

All

Thanks be to God.

And may the risen Christ grant us the joys of eternal life. Amen.

****Birthdays:**

Evan Coull – July 19 (turning 9!), Sterling Tooke - July 23, Vera Muir – July 24