

All Saints Church, Helmsley
The Deanery of Northern Ryedale

Morning Prayer



Teresa of Avila, Teacher of the Faith, 1582

Thursday 15th October 2020, 10am online

*Please join in where the print is **bold***

*BEFORE THE SERVICE WE STILL OUR MINDS AND
HEARTS. GENERAL CONVERSATION IS ENCOURAGED
AFTER THE SERVICE RATHER THAN BEFORE.*

Light a candle, if you have one, as the service begins:

Christ is the Light of the World, in him there is no darkness at all.

O Lord, open our lips
and our mouth shall proclaim your praise.

God be gracious to us and bless us
and make his face to shine upon us,

**That your way may be known upon earth,
your saving power among all nations.**

Let the peoples praise you, O God;
let all the peoples praise you.

**O let the nations rejoice and be glad,
for you will judge the peoples righteously
and govern the nations upon earth.**

Let the peoples praise you, O God;
let all the peoples praise you.

**Then shall the earth bring forth her increase,
and God, our own God, will bless us.**

God will bless us,
and all the ends of the earth shall fear him.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as we offer the day to God.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever. **Amen.**

Psalm 90

Lord, you have been our refuge
from one generation to another.

**Before the mountains were brought forth,
or the earth and the world were formed,
from everlasting to everlasting you are God.**

You turn us back to dust and say:
'Turn back, O children of earth.'

**For a thousand years in your sight are but as yesterday,
which passes like a watch in the night.**

You sweep them away like a dream;
they fade away suddenly like the grass.

**In the morning it is green and flourishes;
in the evening it is dried up and withered.**

For we consume away in your displeasure;
we are afraid at your wrathful indignation.

**You have set our misdeeds before you
and our secret sins in the light of your countenance.**

When you are angry, all our days are gone;
our years come to an end like a sigh.

**The days of our life are three score years and ten,
or if our strength endures, even four score;
yet the sum of them is but labour and sorrow,
for they soon pass away and we are gone.**

Who regards the power of your wrath
and your indignation like those who fear you?

**So teach us to number our days
that we may apply our hearts to wisdom.**

Turn again, O Lord; how long will you delay?
Have compassion on your servants.

**Satisfy us with your loving-kindness in the morning;
that we may rejoice and be glad all our days.**

Give us gladness for the days you have afflicted us,
and for the years in which we have seen adversity.

**Show your servants your works,
and let your glory be over their children.**

May the gracious favour of the Lord our God be upon us;
prosper our handiwork; O prosper the work of our hands.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Acts 27.27-end

When the fourteenth night had come, as we were drifting across the sea of Adria, about midnight the sailors suspected that they were nearing land. So they took soundings and found twenty fathoms; a little farther on they took soundings again and found fifteen fathoms. Fearing that we might run on the rocks, they let down four anchors from the stern and prayed for day to come. But when the sailors tried to escape from the ship and had lowered the boat into the sea, on the pretext of putting out anchors from the bow, Paul said to the centurion and the soldiers, 'Unless these men stay in the ship, you cannot be

saved.’ Then the soldiers cut away the ropes of the boat and set it adrift.

Just before daybreak, Paul urged all of them to take some food, saying, ‘Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.’ After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. Then all of them were encouraged and took food for themselves. (We were in all two hundred and seventy-six persons in the ship.) After they had satisfied their hunger, they lightened the ship by throwing the wheat into the sea.

In the morning they did not recognize the land, but they noticed a bay with a beach, on which they planned to run the ship ashore, if they could. So they cast off the anchors and left them in the sea. At the same time they loosened the ropes that tied the steering-oars; then hoisting the foresail to the wind, they made for the beach. But striking a reef, they ran the ship aground; the bow stuck and remained immovable, but the stern was being broken up by the force of the waves. The soldiers’ plan was to kill the prisoners, so that none might swim away and escape; but the centurion, wishing to save Paul, kept them from carrying out their plan. He ordered those who could swim to jump overboard first and make for the land, and the rest to follow, some on planks and others on pieces of the ship. And so it was that all were brought safely to land.

This is the Word of the Lord
Thanks be to God

Silence

Fear not, for I have redeemed you.

I have called you by name; you are mine.

Fear not, for I have redeemed you.

I have called you by name; you are mine.

When you pass through the waters, I will be with you.

When you walk through fire, you shall not be burned.

I have called you by name; you are mine.

Glory to the Father and to the Son

and to the Holy Spirit.

Fear not, for I have redeemed you.

I have called you by name; you are mine.

Benedictus

Blessed be the Lord the God of Israel,

who has come to his people and set them free.

**He has raised up for us a mighty Saviour,
born of the house of his servant David.**

Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,

**To show mercy to our ancestors,
and to remember his holy covenant.**

This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,

**Free to worship him without fear,
holy and righteous in his sight
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 his way,

**To give his people knowledge of salvation
by the forgiveness of all 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.**

Luke 1.68-79

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

The Intercession

Merciful God,
who by your Spirit raised up your servant Teresa of Avila
to reveal to your Church the way of perfection:
grant that her teaching
may awaken in us a longing for holiness,
until we attain to the perfect union of love

in Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Let us pray with confidence as our Saviour has taught us

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,
the power and the glory,
for ever and ever. Amen.

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.
Amen.

Let us bless the Lord.
Thanks be to God.

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