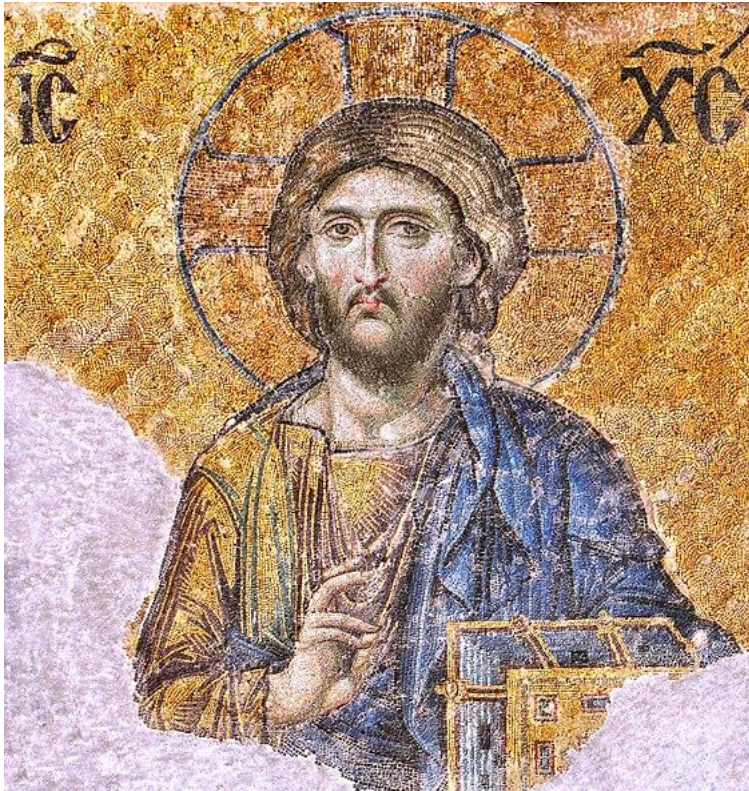


All Saints Church, Helmsley  
The Deanery of Northern Ryedale

# Morning Prayer



Wednesday 14<sup>th</sup> 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.**

O Lord our governor,  
how glorious is your name in all the world!

**Your majesty above the heavens is praised  
out of the mouths of babes at the breast.**

You have founded a stronghold against your foes,  
that you might still the enemy and the avenger.

**When I consider your heavens, the work of your fingers,  
the moon and the stars that you have ordained,**

What are mortals, that you should be mindful of them;  
mere human beings, that you should seek them out?

**You have made them little lower than the angels**

**and crown them with glory and honour.**

You have given them dominion over the works of your hands  
and put all things under their feet,

**All sheep and oxen,  
even the wild beasts of the field,**

The birds of the air, the fish of the sea  
and whatsoever moves in the paths of the sea.

**O Lord our governor,  
how glorious is your name in all the world!**

*Psalm 8*

**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 119,.105-128

Your word is a lantern to my feet  
and a light upon my path.

I have sworn and will fulfil it,  
to keep your righteous judgements.

I am troubled above measure;  
give me life, O Lord, according to your word.

Accept the freewill offering of my mouth, O Lord,  
and teach me your judgements.

My soul is ever in my hand,  
yet I do not forget your law.

The wicked have laid a snare for me,  
but I have not strayed from your commandments.

Your testimonies have I claimed as my heritage for ever;  
for they are the very joy of my heart.

I have applied my heart to fulfil your statutes:  
always, even to the end.

I hate those who are double-minded,  
but your law do I love.

You are my hiding place and my shield  
and my hope is in your word.

Away from me, you wicked!  
I will keep the commandments of my God.

Sustain me according to your promise, that I may live,  
and let me not be disappointed in my hope.

Hold me up and I shall be saved,  
and my delight shall be ever in your statutes.

You set at nought those who depart from your statutes,  
for their deceiving is in vain.

You consider all the wicked as dross;  
therefore I love your testimonies.

My flesh trembles for fear of you  
and I am afraid of your judgements.

I have done what is just and right;  
O give me not over to my oppressors.

Stand surety for your servant's good;  
let not the proud oppress me.

My eyes fail with watching for your salvation  
and for your righteous promise.

O deal with your servant according to your faithful love  
and teach me your statutes.

I am your servant; O grant me understanding,  
that I may know your testimonies.

It is time for you to act, O Lord,  
for they frustrate your law.

Therefore I love your commandments  
above gold, even much fine gold.

Therefore I direct my steps by all your precepts,  
and all false ways I utterly abhor.

**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 27.1-26

When it was decided that we were to sail for Italy, they transferred Paul and some other prisoners to a centurion of the Augustan Cohort, named Julius. Embarking on a ship of Adramyttium that was about to set sail to the ports along the coast of Asia, we put to sea, accompanied by Aristarchus, a Macedonian from Thessalonica. The next day we put in at Sidon; and Julius treated Paul kindly, and allowed him to go to his friends to be cared for. Putting out to sea from there, we sailed under the lee of Cyprus, because the winds were against us. After we had sailed across the sea that is off Cilicia and Pamphylia, we came to Myra in Lycia. There the centurion found an Alexandrian ship bound for Italy and put us on board. We sailed slowly for a number of days and arrived with difficulty off Cnidus, and as the wind was against us, we sailed under the lee of Crete off Salmone. Sailing past it with

difficulty, we came to a place called Fair Havens, near the city of Lasea.

Since much time had been lost and sailing was now dangerous, because even the Fast had already gone by, Paul advised them, saying, 'Sirs, I can see that the voyage will be with danger and much heavy loss, not only of the cargo and the ship, but also of our lives.' But the centurion paid more attention to the pilot and to the owner of the ship than to what Paul said. Since the harbour was not suitable for spending the winter, the majority was in favour of putting to sea from there, on the chance that somehow they could reach Phoenix, where they could spend the winter. It was a harbour of Crete, facing south-west and north-west.

When a moderate south wind began to blow, they thought they could achieve their purpose; so they weighed anchor and began to sail past Crete, close to the shore. But soon a violent wind, called the northeaster, rushed down from Crete. Since the ship was caught and could not be turned with its head to the wind, we gave way to it and were driven. By running under the lee of a small island called Cauda we were scarcely able to get the ship's boat under control. After hoisting it up they took measures to undergird the ship; then, fearing that they would run on the Syrtis, they lowered the sea-anchor and so were driven. We were being pounded by the storm so violently that on the next day they began to throw the cargo overboard, and on the third day with their own hands they threw the ship's tackle overboard. When neither sun nor stars appeared for many days, and no small tempest raged, all hope of our being saved was at last abandoned.

Since they had been without food for a long time, Paul then stood up among them and said, ‘Men, you should have listened to me and not have set sail from Crete and thereby avoided this damage and loss. I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship. For last night there stood by me an angel of the God to whom I belong and whom I worship, and he said, “Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you.” So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. But we will have to run aground on some island.’

This is the Word of the Lord  
**Thanks be to God**

*Silence*

Lord, you will guide me with your counsel  
and afterwards receive me with glory.

**Lord, you will guide me with your counsel  
and afterwards receive me with glory.**

For I am always with you;  
you hold me by my right hand.

**And afterwards receive me with glory.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**Lord, you will guide me with your counsel  
and afterwards receive me with glory.**

The 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.**

**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 Father ...

Almighty and everlasting God,  
increase in us your gift of faith  
that, forsaking what lies behind  
and reaching out to that which is before,  
we may run the way of your commandments  
and win the crown of everlasting joy;  
through 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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