

# **Monday Morning Prayer for Pentecost / Ordinary**

with centering prayer / contemplative sit.

## **THE GATHERING OF THE COMMUNITY**

*Invocation of a memorial or commemoration.*

*Bell x 3*

### **Sentence**

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling. [Psalm 43:3]

### **Gathering Words**

O Lord, open my lips

**and my mouth shall proclaim your praise.**

The night has passed, and the day lies open before us;

let us pray with one heart and mind. *Silence is kept.*

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.**

*A hymn or poem may be sung or said.*

## **THE PROCLAMATION OF THE WORD**

### **The Psalm**

*The psalm of the day is said or chanted from the psalter.*

...Glory to You, Source of all being, eternal Word and Holy Spirit:

as it was in the beginning, is now and ever shall be, world without end, Amen.

**The Reading** *A reading of the day is read.*

### **The Contemplative Sit**

The Principles of Centering Prayer.

1. Choose a sacred word or a sacred breath as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts, return ever-so-gently to the sacred word. Thoughts include body sensations, feelings, images, and reflections.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*silence begins and ends with a bell. At the end we bow toward each other.*

## **The Responsory**

To you be praise and glory, O blessed Trinity.

**To you be praise and glory, O blessed Trinity.**

To you be thanksgiving for ever and ever.

**To you be praise and glory, O blessed Trinity.**

Glory to You, Source of all being, eternal Word and Holy Spirit

**To you be praise and glory, O blessed Trinity.**

## **The Canticle**

*The Benedictus may be said or chanted.*

- 1 Blessed be You, Lord the God of Israel, ♦  
You have come Your people and set us free.
- 2 You has raised up for us a mighty Saviour, ♦  
born of the house of Your servant David.
- 3 Through Your holy prophets You promised of old ♦  
to save us from our adversaries, from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦  
and to remember Your holy covenant.
- 5 This was the oath You swore to our mother Sarah and father Abraham: ♦  
to set us free from the hands of our enemies,
- 6 Free to worship You without fear, ♦  
holy and righteous in Your sight. all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare the way,
- 8 To give God's people knowledge of salvation ♦  
by the forgiveness of all our sins.
- 9 In the tender compassion of our God ♦  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in bleakness  
and the shadow of death, ♦  
and to guide our feet into the way of peace.

GP: Glory to You, Source of all being, eternal Word and Holy Spirit \*  
as it was in the beginning, is now and ever shall be, world without end, Amen.

## **Affirmation of Faith**

*[together we say:]* **Hear, O Israel,  
the Lord our God, the Lord is one.  
Love the Lord your God  
with all your heart,  
with all your soul,  
with all your mind,  
and with all your strength.**

**This is the first and the great commandment.  
The second is like it:  
Love your neighbour as yourself.  
There is no commandment greater than these.**

# THE PRAYERS OF THE COMMUNITY

## The Litany

O God of our salvation, guard and direct your beloved community in the way of unity, justice and praise. **God our strength, hear our prayer.**

Give to all nations an awareness of the unity of the human family and the interdependence of all life. **God our strength, hear our prayer.**

Cleanse our hearts of prejudice, racism and selfishness, and inspire us to hunger and thirst for what is right. **God our strength, hear our prayer.**

Teach us to use your creation for your greater praise so that all may hold in common the good things you provide. **God our strength, hear our prayer.**

Strengthen all who give their energy or skill for healing.  
**God our strength, hear our prayer.**

Set free all who are bound by fear, anxiety and despair.  
**God our strength, hear our prayer.**

Grant a peaceful end and eternal rest to all who are dying  
and your comfort to those who mourn. **God our strength, hear our prayer.**

*Additional intercessions, petitions and thanksgivings  
may be offered in silence or aloud.*

## Collecting Prayers

*These or another collect / collect of the day may be said:*

*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.**

*Or* Lord our God, as with all creation  
we offer you the life of this new day,  
give us grace to love and serve you  
to the praise of Jesus Christ our Lord. **Amen.**

### **The Lord's Prayer**

...Rejoicing in the power of the Spirit  
and gathering our prayers and praises into one  
in a language, paraphrase or translation of our choosing  
let us pray as our Saviour taught us,

**Our Father** (or Source, or Maker, or Parent) **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.**

## **THE SENDING FORTH OF THE COMMUNITY**

### **The Dismissal**

*[chanted]* Let us bless the Lord.

**Thanks be to God.**

May the Spirit kindle us in the fire of God's love. **Amen.**

*Bell x 3*