

St Francis Episcopal Church, San Jose, CA  
Morning Prayer, Thursday, October 15, 2020<sup>†</sup>  
**Commemoration of Teresa of Avila,**  
mystic and contemplative reformer, 1582

---

When 2 people are reading: **READER 1: Plain Text**    *Reader 2: Italics*    **Both: Bold**  
**If there are 2 lessons, a reading and subsequent canticle may be omitted.**

---

I was glad when they said to me, "Let us go to the house of the Lord."

O Lord, open our lips

*And our mouth shall proclaim your praise.*

**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.**

**Jesus, as a mother you gather your people to you; you are gentle with us as a mother with  
her children.**

**Often you weep over our sins and our pride, tenderly you draw us from hatred and  
judgment.**

**You comfort us in sorrow and bind up our wounds, in sickness you nurse us and with  
pure milk you feed us.**

**Jesus, by your dying, we are born to new life; by your anguish and labor we come forth in  
joy.**

**Despair turns to hope through your sweet goodness; through your gentleness, we find  
comfort in fear.**

**Your warmth gives life to the dead, your touch makes sinners righteous.**

**Lord Jesus, in your mercy, heal us; in your love and tenderness, remake us.**

**In your compassion, bring grace and forgiveness, for the beauty of heaven, may your love  
prepare us.**

*(Anselm of Canterbury)*

**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.

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 forever.

*Amen.*

**Psalm 42**

1 As the deer longs for the water-brooks, so longs my soul for you, O God.

2 *My soul is athirst for God, athirst for the living God; when shall I come to appear before the  
presence of God?*

3 My tears have been my food day and night, while all day long they say to me, "Where now  
is your God?"

4 *I pour out my soul when I think on these things: how I went with the multitude and led them  
into the house of God,*

5 With the voice of praise and thanksgiving, among those who keep holy-day.

6 *Why are you so full of heaviness, O my soul? and why are you so disquieted within me?*

7 Put your trust in God; for I will yet give thanks to him, who is the help of my countenance, and my God.

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

*A reading from the Gospel of Matthew*

*Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.*

*"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."*

*The Word of the Lord.*

Thanks be to God.

[Canticle A: A Song of Wisdom, Wisdom 10:15-19,20b-21]

**Wisdom freed from a nation of oppressors a holy people and a blameless race.  
She entered the soul of a servant of the Lord, withstood dread rulers with wonders  
and signs.**

**To the saints she gave the reward of their labors, and led them by a marvelous way;  
She was their shelter by day and a blaze of stars by night.**

**She brought them across the Red Sea, she led them through mighty waters;  
But their enemies she swallowed in the waves and spewed them out from the depths  
of the abyss.**

**And then, Lord, the righteous sang hymns to your Name, and praised with one voice  
your protecting hand;**

**For Wisdom opened the mouths of the mute, and gave speech to the tongues of a  
new-born people.**

**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 Apostles' Creed

**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.**

### **The Prayers**

The Lord be with you.  
*And also with you.*  
Let us pray.

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

O God, by your Holy Spirit you moved Teresa of Avila to manifest to your Church the way of perfection: Grant us, we pray, to be nourished by her excellent teaching, and enkindle within us a keen and unquenchable longing for true holiness; through Jesus Christ, the joy of loving hearts, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

Merciful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. *Amen.*<sup>1</sup>

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. *Amen.*<sup>2</sup>

---

<sup>1</sup> <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/coronavirus-covid-19-liturgy-and-prayer>

God of mercy, our nation is in a time of great transition. With all of the injustice and fear in our world today, we ask you to inspire us and guide us as we participate in the upcoming presidential elections. We seek a government that upholds and protects human rights and justice for all its citizens, regardless of race, class, gender, or religion. Move and inspire us by your presence among us in the most vulnerable in our society. For their tears are your tears, their pain is your pain, their suffering is your suffering. In gratitude for the right to vote, we pray. *Amen*<sup>3</sup>

Grant us, Lord God, a vision of your world as your love would have it:  
a world where the weak are protected, and none go hungry or poor;  
a world where the riches of creation are shared, and everyone can enjoy them;  
a world where different races and cultures live in harmony and mutual respect;  
a world where peace is built with justice, and justice is guided by love.  
Give us the inspiration and courage to build it, through Jesus Christ our Lord. *Amen*.

O God: You bring hope out of emptiness, energy out of fear, new life out of grief and loss.  
As Mary returned to mourn yet found unspeakable joy, so comfort all who have lost their homes through persecution, war, exile, or deliberate destruction.  
Give them security, a place to live, and neighbors they trust to be, with them,  
a new sign of peace to the world. *Amen*

We cannot merely pray to you, O God, to end war;  
*For we know that You have made the world in a way that people must find their own path to peace within themselves and with their neighbors.*  
We cannot merely pray to You, O God, to end starvation;  
*For You have already given us the resources with which to feed the entire world, if we would only use them wisely.*  
We cannot merely pray to You, O God, to root out prejudice;  
*For You have already given us eyes with which to see the good in all people, if we would only use them rightly.*  
We cannot merely pray to You, O God, to end despair;  
*For You have already given us the power to clear away slums and to give hope, if we would only use our power justly.*  
We cannot merely pray to You, O God, to end disease;  
*For You have already given us great minds with which to search out cures and healing, if we would only use them constructively.*  
Therefore we pray to You instead, O God, for strength, determination and will power,  
*To do instead of just pray,*  
To become instead of merely to wish.<sup>1</sup>

---

<sup>2</sup> <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/coronavirus-covid-19-liturgy-and-prayer>

<sup>3</sup> <https://www.xavier.edu/jesuitresource/online-resources/prayer-index/election-prayers#election%20year%20of%20pres>

**Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.**

Spirit of God,

We have heard your call to share in building up the Kingdom of God.

Fill us with the desire to change ourselves and to change the world.

Enflame our passion for justice into a commitment to address unjust situations and structures.

Deepen our concern for our sisters and brothers in America and overseas who endure the burdens of poverty, war, exploitation and persecution.

Let us enthusiastically play our part in the mission of the Church in the modern world.

Banish any complacency in our hearts and minds.

Teach us to recognize the lack of justice.

May we always act in the Spirit of justice.

May we envisage, pray about and create a different sort of world

in which injustice is replaced with a renewed sense of solidarity and care.

Enlivened by the Spirit, may we go forth in the peace of the Holy Spirit to love and serve the Lord.<sup>ii</sup> *Amen*

**Thanks be to God.**

---

<sup>i</sup> <https://socialjusticeresourcecenter.org/prayers/justice/>

<sup>ii</sup> <https://socialjusticeresourcecenter.org/prayers/justice/>