



MORNING PRAYER

RING LAKE RANCH

2020

Cover photo by Gary Batchelor

Music Meditations from the album
Music from Poetry Unbound
By Guatam Srikishan

The Lord's Prayer
adapted by Parker Palmer

Closing Prayer (All)

Holy One,

We give you thanks for this week of sacred time, of blessed company, of glorious creation. Help us carry this vision of life and joy with us, so that others may also know deep and abiding peace. Amen.

The Blessing (Leader)

May you hear today
the song of God's grace unfolding,
the music of the world's becoming,
the beating of God's own heart
in, with, and under all creation.

~ *Sam Hamilton-Poore*

stand there loving every
minute of it, the birds or the emptiness, the dark rings
of the years slowly and without a sound
thickening, and nothing different unless the wind,
and then only in its own mood, comes
to visit, surely you can't imagine
patience, and happiness, like that.

~*Mary Oliver*

Music Meditation

Silent Reflection

Intercessions

The Lord's Prayer (All)

Heavenly Father, heavenly Mother, holy and blessed is your true name. We pray for your reign of peace to come. We pray that your good will be done. Let heaven and earth become one. Give us this day the bread we need. Give it to those who have none. Let forgiveness flow like a river between us, from each one to each one. Lead us to holy innocence beyond the evil of our days. Come swiftly Mother, Father, come. For yours is the power and the glory and the mercy: Forever your name is All in One. Amen.

Monday Morning Prayer

The Call to Prayer (Leader)

Let me hear what God the Lord will speak, for God will speak peace to God's people.

~*Psalm 85:8*

The Request for Presence (All)

O Lord, you will hear the desire of the meek; you will strengthen their heart, you will incline your ear.

~*Psalm 10:17*

A Reading

"Story Water"

A story is like water
that you heat for your bath.

It takes messages between the fire
and your skin. It lets them meet,
and it cleans you!

Very few can sit down

in the middle of the fire itself
like a salamander or Abraham.
We need intermediaries.

A feeling of fullness comes,
but usually it takes some bread
to bring it.

Beauty surrounds us,
but usually we need to be walking
in a garden to know it.

The body itself is a screen
to shield and partially reveal
to light that's blazing
inside your presence.

Water, stories, the body,
all the things we do, are mediums
that hide and show what's hidden.

Study them,
and enjoy this being washed
with a secret we sometimes know,
and then not.

~ Rumi

Friday Morning Prayer

The Call to Prayer (Leader)

As for me, I call to God; the Lord will deliver me.

~ Psalm 55:17

The Request for Presence (All)

You are my helper and my deliverer; O Lord, do not tarry.

-Psalm 70:6

A Reading

“Can You Imagine?”

For example, what the trees do
not only in lightning storms
or the watery dark of a summer's night
or under the white nets of winter
but now, and now, and now—whenever
we're not looking. Surely you can't imagine
they don't dance, from the root up, wishing
to travel a little, not cramped so much as wanting
a better view, or more sun, or just as avidly
more shade—surely you can't imagine they just

Thank you for the slow unfurling of this day. Thank you for all that it may become and thank you for what it brings to us each hour. Help us offer that connection and becoming to those around us today. Amen.

The Blessing (Leader)

May you hear today
the song of God's grace unfolding,
the music of the world's becoming,
the beating of God's own heart
in, with, and under all creation.

~*Sam Hamilton-Poore*

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Closing Prayer (All)

God of water and stories,

We thank you for the elements of our lives that reveal you and for the elements that keep you hidden. May we also hold the boundaries that enable others to connect to you.

Amen.

The Blessing (Leader)

May you hear today
the song of God's grace unfolding,
the music of the world's becoming,
the beating of God's own heart
in, with, and under all creation.

~Sam Hamilton-Poore

~Richard Wagamese

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Closing Prayer (All)

God of wakefulness and possibility,

Thursday Morning Prayer

Tuesday Morning Prayer

The Call to Prayer (Leader)

"Come now, let us reason together," says the Lord.

~*Isaiah 1:18*

The Request for Presence (All)

Hear my prayer, O Lord, and give ear to my cry... For I am but a sojourner with you, a wayfarer, as all my forebears were.

~*Psalm 39:12*

A Reading

...And there are days when heaven is the long slow creep of light into the sky and you feel the world around you shrug itself into wakefulness, and within you comes a glow like you see at the rim of the sky above the trees, this rising up, this elevating of your spirit, your humanity to Creation one more time, and you surrender yourself to that crucial joining like you would to a current, bobbing and drifting, borne again into the realm of possibility hidden just beneath the surface of this ordinary day, its tidal muscle relentless until you open your eyes and walk into it, connected once again to who you are and who you can become.

The Call to Prayer (Leader)

Give thanks to the Lord, for God is good; God's mercy endures forever.

~*Psalm 118:1*

The Request for Presence (All)

Let your steadfast love, O Lord, be upon us, even as we hope in you.

~*Psalm 33:22*

A Reading

“Prayer”

you cleanse the uncovered
regions of your body
then stand at the foot
of prayer mats facing

the qibla unfasten
your cluttered mind
from the tangible hold of secular
trances bow down

before the cascading
glow of God’s mercy submit
to a centripetal course towards the gates
of a more perfect emptiness

here now
you can plunge into the most secluded
chamber of the soul commune
with your share of the universe’s

initial burst of light eternal light
housed within the lamp of mystery
waiting to be
beheld five times a day

~ *Faisal Mohyuddin*

forgiveness flow like a river between us, from each one to each
one. Lead us to holy innocence beyond the evil of our days. Come
swiftly Mother, Father, come. For yours is the power and the glory
and the mercy: Forever your name is All in One. Amen.

Closing Prayer (All)

God of dawn and dusk,

We are grateful to wake and watch and praise today. May we help
others wear the garment of their lives with comfort and attention.
Amen.

The Blessing (Leader)

May you hear today
the song of God’s grace unfolding,
the music of the world’s becoming,
the beating of God’s own heart
in, with, and under all creation.

~ *Sam Hamilton-Poore*

be blinded by the praising.
To lie like a cat in hot
sun, fur fully blazing,

and dream the mouse;
and to keep too the mouse's patient, waking watch
within the deep rooms of the house,
where the leaf-flocked

sunlight never reaches, but the earth still blooms.

~ Jane Hirschfield

Music Meditation

Silent Reflection

Intercessions

The Lord's Prayer (All)

Heavenly Father, heavenly Mother, holy and blessed is your true name. We pray for your reign of peace to come. We pray that your good will be done. Let heaven and earth become one. Give us this day the bread we need. Give it to those who have none. Let

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Closing Prayer (All)

God of the lamp and the prayer mat,

We are glad for this time to empty ourselves and be present to your Spirit today. Help us carry the cascade of your mercy into the world. Amen.

Wednesday Morning Prayer

The Blessing (Leader)

May you hear today
the song of God's grace unfolding,
the music of the world's becoming,
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in, with, and under all creation.

~Sam Hamilton-Poore

The Call to Prayer (Leader)

Be strong and let your heart take courage, all you who wait for the Lord.

~Psalm 31:24

The Request for Presence (All)

O God, be not far from me.

~Psalm 71:12

A Reading

"The Task"

It is a simple garment, this slipped-on world.
We wake into it daily - open eyes, braid hair -
a robe unfurled
in rose-silk flowering, then laid bare.

And yes, it is a simple enough task
we've taken on,
though also vast:
from dusk to dawn,

from dawn to dusk, to praise, and not