

# MORNING PRAYER PENTECOST 3 / PROPER 7 JUNE 21, 2020

## OPENING SENTENCE

Grace to you and peace from God our Father and from the Lord Jesus Christ *Philippians 1:2*

## THE INVITATORY AND PSALTER

V: Lord, open our lips.

**R: *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. Alleluia***

## THE VENITE

*The earth is the Lord's for he made it: Come let us adore him.*

***The earth is the Lord's for he made it: Come let us adore him.***

Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

***The earth is the Lord's for he made it: Come let us adore him.***

For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.  
The sea is his, for he made it, \*  
and his hands have molded the dry land.

***The earth is the Lord's for he made it: Come let us adore him.***

Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

***The earth is the Lord's for he made it: Come let us adore him.***

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.

***The earth is the Lord's for he made it: Come let us adore him.***

## The Psalms Appointed:

### Psalm 66 *Jubilate Deo*

- <sup>1</sup> Be joyful in God, all you lands; \*  
sing the glory of his Name; sing the glory of his praise.
- <sup>2</sup> ***Say to God, "How awesome are your deeds! \*  
because of your great strength your enemies cringe before you.***
- <sup>3</sup> All the earth bows down before you, \*  
sings to you, sings out your Name."
- <sup>4</sup> ***Come now and see the works of God, \*  
how wonderful he is in his doing toward all people.***
- <sup>5</sup> He turned the sea into dry land, so that they went through the water on foot, \*  
and there we rejoiced in him.
- <sup>6</sup> ***In his might he rules for ever; his eyes keep watch over the nations; \*  
let no rebel rise up against him.***
- <sup>7</sup> Bless our God, you peoples; \*  
make the voice of his praise to be heard;
- <sup>8</sup> ***Who holds our souls in life, \*  
and will not allow our feet to slip.***
- <sup>9</sup> For you, O God, have proved us; \*  
you have tried us just as silver is tried.
- <sup>10</sup> ***You brought us into the snare; \*  
you laid heavy burdens upon our backs.***
- <sup>11</sup> You let enemies ride over our heads; we went through fire and water; \*  
but you brought us out into a place of refreshment.
- <sup>12</sup> ***I will enter your house with burnt-offerings and will pay you my vows, \*  
which I promised with my lips and spoke with my mouth when I was in trouble.***
- <sup>13</sup> I will offer you sacrifices of fat beasts with the smoke of rams; \*  
I will give you oxen and goats.
- <sup>14</sup> ***Come and listen, all you who fear God, \*  
and I will tell you what he has done for me.***
- <sup>15</sup> I called out to him with my mouth, \*  
and his praise was on my tongue.
- <sup>16</sup> ***If I had found evil in my heart, \*  
the Lord would not have heard me;***
- <sup>17</sup> But in truth God has heard me; \*  
he has attended to the voice of my prayer.
- <sup>18</sup> ***Blessed be God, who has not rejected my prayer, \*  
nor withheld his love from me.***

### Psalm 67 *Deus misereatur*

- <sup>1</sup> May God be merciful to us and bless us, \*  
show us the light of his countenance and come to us.
- <sup>2</sup> ***Let your ways be known upon earth, \*  
your saving health among all nations.***
- <sup>3</sup> Let the peoples praise you, O God; \*  
let all the peoples praise you.
- <sup>4</sup> ***Let the nations be glad and sing for joy, \*  
for you judge the peoples with equity and guide all the nations upon earth.***

<sup>5</sup> Let the peoples praise you, O God; \*

let all the peoples praise you.

<sup>6</sup> ***The earth has brought forth her increase; \*  
may God, our own God, give us his blessing.***

<sup>7</sup> May God give us his blessing, \*

and may all the ends of the earth stand in awe of him.

***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.***

## THE LESSONS

### A READING FROM GENESIS 21:8-21

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, "Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac." The matter was very distressing to Abraham on account of his son. But God said to Abraham, "Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named for you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring." So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba. When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, "Do not let me look on the death of the child." And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, "What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him." Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink. God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

The Word of the Lord

***Thanks be to God***

### **The Song of Zechariah *Benedictus Dominus Deus Luke 1: 68-79***

Blessed be the Lord, the God of Israel; \*

he has come to his people and set them free.

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

Through his holy prophets he promised of old, that he would save us from our enemies, \*  
from the hands of all who hate us.

***He promised to show mercy to our fathers \*  
and to remember his holy covenant.***

This was the oath he 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.***

You, my 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 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 will be for ever. Amen.***

#### A READING FROM ROMANS 6:1-11

What then are we to say? Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

The Word of the Lord

***Thanks be to God***

HYMN #296: WE KNOW THAT CHRIST IS RAISED AND DIES NO MORE

1 We know that Christ is raised and dies no more. Em-braced by  
 2 We share by wa - ter in his sav-ing death. Re - born we  
 3 The Fa - ther's splen - dor clothes the Son with life. The Spi - rit's  
 4 A new cre - a - tion comes to life and grows as Christ's new

death he broke its fear-ful hold; and our de - spair he turned to  
 share with him an Eas - ter life as liv - ing mem - bers of a  
 pow - er shakes the Church of God. Bap - tized we live with God the  
 bo - dy takes on flesh and blood. The u - ni - verse re - stored and

blaz - ing joy.  
 liv - ing Christ.  
 Three in One. Al - le - lu - ia!  
 whole will sing:

Al - le - lu - ia! A - men.

This music in G, 420; this music with descant, 477.

Words: John Brownlow Geyer (b. 1932), alt.  
 Music: Engelberg, Charles Villiers Stanford (1852-1924)

♩=48  
 10 10 10 with Alleluia

## A READING FROM THE GOSPEL OF MATTHEW 10:24-39

"A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! "So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows. "Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. "Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

The Word of the Lord

*Thanks be to God*

## THE SERMON

Lisa Frost-Phillips

## 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

V: The Lord be with you.

R: *And also with you.*

Let us pray.

Our Father, *who art in heaven*  
*hallowed by 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*

## COLLECT FOR SUNDAY PROPER 7

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.  
**Amen.**

## PRAYERS OF THE PEOPLE

*Leader:* Let us remember before God and one another the ministries of every member of the universal church, saying, "We remember and give thanks."

*Leader:* For those who labor for the Church; in parish, diocese, province, and nation, God of our sacred story,

*People:* ***We remember and give thanks.***

*Leader:* For the diversity of ministries; for those who work for justice and peace; those who offer themselves in charity and outreach to those in need; for people of vision and action, God of abundant blessing,

*People:* ***We remember and give thanks.***

*Leader:* For those who enrich the Church and the world with their intellectual and creative gifts; those who create, provide, and preserve the arts; and who tend the earth and protect its resources, God of abundant blessing,

*People: We remember and give thanks.*

*Leader:* For those who offer hospitality, fellowship, and nurture as parents, especially our fathers on this Father's Day, friends, and neighbors, people of spiritual wisdom and prayer; those who are ministers of healing, to the sick, the troubled, the homebound, and the grieving, God of abundant blessing,

*People: We remember and give thanks.*

*Leader:* For those who sustain the life of the Church by quiet acts of service in classrooms and in worship, in meeting rooms and in offices, God of abundant blessing,

*People: We remember and give thanks.*

*Leader:* Gracious God, source of life and giver of all good gifts, we thank you for all those who have ministered in your name throughout the ages. Grant us courage and compassion that we may stand ever receptive to your grace and faithful to your call.

*People: Amen.*

*Leader:* When we are free of fear and worry,

*People: O God, accept our offering.*

*Leader:* When our children return home safely,

*People: O God, accept our offering.*

*Leader:* When we receive your gifts of food, clothing and shelter,

*People: O God, accept our offering.*

*Leader:* When we see your creative hand in the beauty of nature,

*People: O God, accept our offering.*

*Leader:* When the right solution comes to some serious problem,

*People: O God, accept our offering.*

*Leader:* When we have enjoyed good fellowship and friends,

*People: O God, accept our offering.*

*Leader:* When we find the peace of God in pain and sorrow,

*People: O God, accept our offering.*

*Leader:* When the sick and suffering are healed,

*People: O God, accept our offering.*

*Leader:* When our loved ones return to you,

*People: O God, accept our offering.*

## CONCLUDING COLLECT:

O God, we ask that we may ever be united in our response to your love, thankful for our many blessings and happy to give our offering; that by your Holy Spirit all nations and peoples may know the power of the love of Jesus Christ. **Amen.**

*(Adapted from a Litany of Thanksgiving by The Reverend Canon Henry and Mrs. Male, The Reverend Ralph Moore, Diocese of Maine)*



## HYMN #676: THERE IS A BALM IN GILEAD

*Refrain*

There is a balm in Gil - e - ad, to make the wound - ed  
whole, there is a balm in Gil - e - ad, to  
heal the sin - sick soul. 1 soul. 2

1 Some - times I feel dis - cour - aged, and  
2 If you can - not preach like Pe - ter, if you  
think my work's in vain, but then the Ho - ly  
can - not pray like Paul, you can tell the love of

*Repeat Refrain*

Spi - rit re - vives my soul a - gain.  
Je - sus, and say, "He died for all."

Words: Afro-American spiritual  
Music: *Balm in Gilead*, Afro-American spiritual; acc. David Hurd (b. 1950) Copyright ©1982, David Hurd. All rights reserved. Used with permission.

Let us bless the Lord.

***Thanks be to God.***

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. ***Amen.***

*Ephesians 3:20*

## PRAYER LIST

We pray for Justin the Archbishop of Canterbury, Michael our Presiding Bishop, Sam and Anne our Bishop with all bishops, priests, and deacons. We pray for Pastor Holman and Dickerson Chapel AME and for churches in our Diocese especially: Trinity Church, Mount Airy; and St. Cyprian's, and St. Stephen's, Oxford.

We pray for all who are sick, or in any need or trouble, remembering especially the following members of our parish family: Jackie Fredericks, Mildred Pruessing, Katherine Nelson, Lois Horn, Tom Vail, Molly Zaragoza, Jim Fesperman, Rowen & Jan Grant, Bob Morgan, Ann Burdette, Anne Weaver, Daisy Huffman, Tom Sinn, Champe Davis, Keyon Hutson, Janet Edwards, Bob Snyder, Andy & Barrie Wallace, Ed Eastman, Jim von St. Paul, Joseph Riddick, Patrick Craft, Sarah Troxell, Laura Middlebrooks, and Alice Moore.

And these others for whom our prayers are desired: Melanie Maupin, Betsy Zaragoza, Leonel Alvarado, Gene & Lillian Thompson, Derek Kendall, Harry Dula, Mathew Thomas, Arnold Thomas, Gail Clifford, Dorothy Garton, Tammy Mack, Erin Vaughan, Bob Caldwell, Baylor Pisano, John Charton, Lucy Gradowski, Ken Foland, Savannah Fonvielle, Colleen Paisley, Colin & Jimena McNease, Ben Mueller, Richard Haase, Linda Saterfield, Chip Joyner, John Logan, the Spurlocks, the Tuckers, John Thompson, Anna Lawrence & Dan Bass, Fred Edoughs, Timothy, Gogi, Bob, Laura Merrill, Jeannine Beardslee, Brooke Harnisch & Dan Roberts, Amy, and Evelyne Accad.

We pray for all doctors and nurses, service workers, inmates, and the unemployed.

## ANNOUNCEMENTS

### CALENDAR

#### **Sunday Gathering (Worship Zoom)**

**8:45** Gathering on Zoom

**8:55** Silence & Music

**9:00** Morning Prayer

**10:00** Coffee Hour and Parish Forum

**7:00pm.** Women's "Singing" Circle Gathering with Compline (Worship Zoom)

#### **Compline (Worship Zoom)**

Every night M-F 8:30pm.

#### **Tuesday Morning Silence (Worship Zoom)**

7:30am Tuesday gathering for Silent Meditation

#### **Tuesday Tea (Meeting Zoom)**

4pm. Time to connect and prayer. Lisa+ hosting..

**Wednesday: For Those Who Live Alone** 3:30pm

#### **Thursday Julian Class (email Robert for link and password)**

11am. Robert+ hosting

#### **Friday - Awareness Through Movement® with Betty Wolfe**

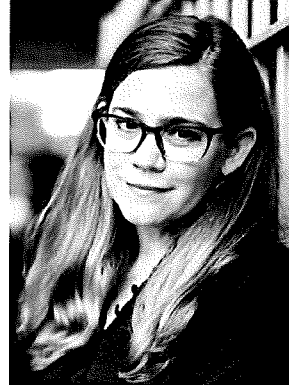
9:30-10:30am. (Meeting Zoom)

## MEET OUR DUKE DIVINITY SUMMER INTERNS!

St. Matthews is super fortunate to have two summer interns from Duke Divinity School, Amy Peterson and David Nichols. Both bring special gifts, big hearts, and a willingness to try new things in God's service. Both will be helping us as we adapt to the changes brought about by the pandemic and to grow in our parish life. Welcome David and Amy!



David Nichols



Amy Peterson

## ST. MATTHEW'S PODCAST

Duke interns Amy and David have launched a podcast for the parish! The first season is titled "Amy and David learn to pray." In the first two episodes, which are available now, Amy and David walk you through the process of praying Morning Prayer from the BCP on your own. Over the summer, they will be interviewing the clergy and staff about different forms of prayer. Listening in will help you and your family experiment with practices from the wealth of the Christian tradition. Future episodes will include praying simple breath prayers like the Jesus prayer, praying the Psalms, and praying with children, among others. We hope that you'll download and subscribe to the podcast!

Download from Apple: <https://podcasts.apple.com/us/podcast/st-matthews-hillsborough-podcast/id1518438878>

Download from

Spotify: [https://open.spotify.com/show/3YFhNFr6VPhvgvAYKgmX46?si=T0J6\\_bPWTXGc0mxFBD5zUw](https://open.spotify.com/show/3YFhNFr6VPhvgvAYKgmX46?si=T0J6_bPWTXGc0mxFBD5zUw)

### RJR: *JUST MERCY* MOVIE DISCUSSION ON THURSDAY, JUNE 25 AT 7:00 P.M.

The Racial Justice and Reconciliation Committee is hosting a discussion of the movie *Just Mercy* on Thursday, June 25, at 7:00 pm on the Parish Meeting Zoom channel. It's based on the book of the same title by Bryan Stevenson.

Margaret Brill will lead the discussion. The movie is available for streaming free during the month of June on most services. If you have any questions, contact Margaret. (If you have read, or would prefer to read the book, you are welcome to participate; alternatively we are planning a later discussion of the book.)

Faith & Arts: Film Screening of *New Men*: Mark your calendars! Faith & Arts will be hosting an online screening of Sam Cox's film *New Men*, which chronicles one year in the life of a Russian Orthodox monastery in rural West Virginia. The filmmaker, Sam, born and raised in Raleigh, is a graphic designer by trade and a filmmaker by vocation. Over the last three years he has lived and worked with the monastic community at Holy Cross Monastery in Wayne, WV. Out of this relationship, *New Men* was born primarily as a deep exploration into the calling of many to a

monastic vocation of stability, obedience, poverty, and self-renunciation in a world that seems to be hurling itself in the opposite direction. One ticket includes: 1) a private non-shareable link to view the film online from Saturday, July 18th at 12:00pm through Sunday, July 19th at 12:00pm and 2) a link to the live Q&A with director Sam Cox which will take place on Sunday, July 19th from 5:00pm-5:45pm.

Watch the newest trailer here:

<https://vimeo.com/428603936>

Tickets are on sale via the eventbrite link below! Registration is required and the suggested donation is \$7.50

<https://www.eventbrite.com/e/new-men-screening-hosted-by-st-matthews-episcopal-church-registration-109151884224>

Email Kim at [kim@stmatthewshillsborough.org](mailto:kim@stmatthewshillsborough.org) if you have any questions.

VACATION BIBLE SCHOOL: GOD'S GOOD CREATION - VBS at Home will be happening in collaboration with Church of the Holy Family the week of July 13-17th. We are in the process of shifting everything from in-person to at-home so more details will follow in the weekly updates. Please RSVP to [kim@stmatthewshillsborough.org](mailto:kim@stmatthewshillsborough.org) and we will save a spot for you!

#### CREATIVE WRITING COURSE DURING JULY OFFERED BY AMY PETERSON *WORD AND SPIRIT*



In this course, we'll explore the ways that writing can open up your spiritual life. Focusing on memoir and creative nonfiction, we'll see how writing can help you attend to the sacred in your own story, and we'll sharpen our tools for communicating that story effectively to others.

Facilitated by St. Matthew's intern and author Amy Peterson, this course will meet over zoom in five sessions in the month of July. Each session will include instruction, short writing exercises, short readings, and discussion. Amy will also provide writing prompts and exercises for participants to do throughout the week on their own, if they desire.

[www.amypeterson.net](http://www.amypeterson.net)

#### PRAYER RESOURCES

- [Lectionary Readings](#) for this Sunday June 18.
- [Buddhist Loving Kindness Meditation](#) adapted by Robert+ for his Julian Classes. I share this following Dr. Vera Shanley's offering of Loving Kindness meditation at the Tuesday meditation group
- [Very simple ways of praying with Scripture](#) offered by the Jesuits. Great to use with the Easter Gospels and with the lectionary readings for the week!
- [A very simple way of reflecting on your day before God, called the Daily Examen](#), also offered by the Jesuits. This is extraordinarily helpful in finding direction and meaning in disrupted times.

[Diocesan resources and materials including the Diocesan Guidelines.](#)