

Sisters Speak Out: Morning Prayer - June 24 (or alternate day)

In the name...

Lord, open my lips. Glory...

Antiphon: "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8-9

Psalm 27: 1,4, 7-8, 13-14

God, you are my light and my salvation;
whom shall I fear?
You are the stronghold of my life;
of whom shall I be afraid?

Antiphon: "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8-9

One thing have I asked of you,
O God,
This I seek:
to dwell in your house
all the days of my life,
to behold your beauty and
to contemplate on your Temple.
Hear me when I cry aloud;
be gracious to me and answer me.

Antiphon: "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8-9

You have said, "Seek my face."
My heart says to you,
"Your face I do seek."
Teach me your way, O God,
and lead me on a level path.

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I believe that I shall see the goodness of God
in the land of the living!
Wait for God; be strong,
and let your heart take courage.
Yes, wait for God.

Antiphon: “Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.” Proverbs 31:8-9

Glory...

Song: Footprints of Jesus

Antiphon 1: “Learn to do good; seek justice, correct oppression; bring justice to the fatherless, and plead the widow’s cause.” Isaiah 1:17

Psalm 119: 1-8

Happy are they whose way is blameless,
who walk according to your law.
Happy are they who observe your decrees,
who seek you with all their hearts.

They do nothing wrong and walk in your ways
You have commanded that your precepts be faithfully obeyed.

I want to be firm in keeping your statutes!
Then I should not be put to shame when I behold all your commands.
I will give you thanks with an upright heart
when I have learned your just ordinances.
I will keep your statutes.
Do not completely abandon me.
Glory...

Antiphon 1: “Learn to do good; seek justice, correct oppression; bring justice to the fatherless, and plead the widow’s cause.” Isaiah 1:17

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Psalm Prayer:

“What we would like to do is change the world — make it a little simpler for people to feed, clothe and shelter themselves as God intended them to do. And to a certain extent, by fighting for better conditions, by crying out unceasingly for the rights of the workers, of the poor, of the destitute—the rights of the worthy and the unworthy poor in other words, we can to a certain extent change the world; we can work for the oasis, the little cell of joy and peace in a harried world. We can throw our pebble in the pond and be confident that its ever-widening circle will reach around the world. Don't worry about being effective. Just concentrate on being faithful to the truth.”

Dorothy Day

Antiphon 2: “He has told you what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”
Micah 6:8

Psalm 62: 5-12a

For God alone my soul waits:
who alone is my rock,
my stronghold, my fortress.
I stand firm.

In God is my salvation and glory,
the rock of my strength.
All you people, take refuge in God.
Trusting at all times,
pour out your hearts before God, our Refuge.

Common folk are only a breath;

those of rank, an illusion.
Placed in the scales, they rise;
they weigh less than a breath.
Do not put your trust in oppression
nor in vain hopes or plunder.
Do not set your heart on riches
even when they abound.

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For God has declared only one thing;
only two do I know:
That to you alone belong power,
and that you, O God, are steadfast love.

Glory...

Antiphon 2: “He has told you what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”
Micah 6:8

Psalm Prayer:

“Rosa Parks “kept on saying to each one of us, you too can do something. And for people if you see something that is not right, not fair, not just, do something. We cannot afford to be quiet.”
John Lewis

Reading from Jeremiah

“This is what the LORD says: Do what is just and right. Rescue from the hand of the oppressor the one who has been robbed. Do no wrong or violence to the foreigner, the fatherless or the widow, and do not shed innocent blood in this place. For if you are careful to carry out these commands, then kings who sit on David’s throne will come through the gates of this nation, riding in chariots and on horses, accompanied by their officials and their people. But if you do not obey these commands, declares the LORD, I swear by myself that this nation will become a ruin.”
Jeremiah 22: 3-5 adapted

Response Sacred Silence: How are you, can you, speak up for the vulnerable and poor in our nation? *Please take time for private reflection.*

Canticle of Zechariah

Antiphon: “An angel of the Lord appeared to Joseph in a dream. “Get up,” he said, “take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.”
MT 2:1

Blessed be the Lord...

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Intercessions

God, I ask for the courage of the prophets who lived before me and spoke out against the injustices of their day,

help me to speak Gospel truth to my legislators and government officials.

God, I ask for the wisdom to discern what is mine to do to protect those fleeing persecution and death in their nation of birth,

especially those who have come to our nation for protection and to live free of persecution.

God, I ask for the wisdom to speak truth with love to those I disagree with or hold values different from me,

please listen to my prayer for wisdom to do and say all with love.

God, I ask for the ability and strength to stand firm in my convictions,

and never act or make decisions out of fear.

God, I ask for protection and safety for those travelling to Washington today, may their efforts align with your will,

and result in policies that will benefit those who are most vulnerable in our country.

Our Father:

Our wisdom, courage and sense of justice is imparted to us by our God, and so we pray Our Father...

Closing: Lord, as we begin this day, we lift our voices in prayer, seeking what is ours to do and for the courage to answer your call. Amen.