

St Francis Episcopal Church, San Jose, CA  
Morning Prayer, Thursday, January 13, 2022  
Aelred of Rievaulx, *Monastic and Theologian*, 1167

---

I will give you as a light to the nations, that my salvation may reach to the end of the earth.

*Isaiah 49:6b*

Let us confess our sins against God and our neighbor.

**Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Invitatory and Psalter

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.***

The Lord has shown forth his glory: ***Come let us adore him.***

Venite

**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.**

**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.**

**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!**

A reading from Philippians:

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

The Word of the Lord.

**Thanks be to God.**

Psalm 36:5-10

5 Your love, O LORD, reaches to the heavens, \*  
and your faithfulness to the clouds.

6 *Your righteousness is like the strong mountains,  
your justice like the great deep; \*  
you save both man and beast, O LORD.*

7 How priceless is your love, O God! \*  
your people take refuge under the  
shadow of your wings.

8 *They feast upon the abundance of your house; \*  
you give them drink from the river of your delights.*

9 For with you is the well of life, \*  
and in your light we see light.

10 *Continue your loving-kindness to those who know you, \*  
and your favor to those who are true of heart.*

**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 John:

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete. "This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants<sup>[a]</sup> any longer, because the servant<sup>[b]</sup> does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will

give you whatever you ask him in my name. I am giving you these commands so that you may love one another.

The Word of the Lord.

**Thanks be to God.**

Jubilate

Be joyful in the Lord, all you lands; \*  
serve the Lord with gladness  
and come before his presence with a song.  
Know this: The Lord himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.  
Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.  
For the Lord is good; his mercy is everlasting; \*  
and his faithfulness endures from age to age.

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.*

V. Save your people, Lord, and bless your inheritance;  
R. ***Govern and uphold them, now and always.***  
V. Day by day we bless you;  
R. ***We praise your name for ever.***  
V. Lord, keep us from all sin today;  
R. ***Have mercy upon us, Lord, have mercy.***  
V. Lord, show us your love and mercy;  
R. ***For we put our trust in you.***  
V. In you, Lord, is our hope;  
R. ***And we shall never hope in vain.***

Grant to your people, Almighty God, a spirit of mutual affection; that, following the example of your servant Aelred of Rivaulx, we might know the love of Christ in loving one another; through the same Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. ***Amen.***

#### Collect for Peace

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. ***Amen.***

#### Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. ***Amen.***

#### Collect for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. **Amen.**

The General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. **Amen.**

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.**

Let us bless the Lord.

**Thanks be to God.**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. **Amen.**

*2 Corinthians 13:14*

Aelred was born in 1109, into a family who had long been the treasurers of the shrine of Cuthbert of Lindisfarne at Durham Cathedral. While still a youth, he was sent for education in upper-class life to the court of King David of Scotland, son of Queen Margaret. The king's stepsons, Simon and Waldef, were his models and intimate friends. But after intense disillusionment and inner struggle, Aelred went to Yorkshire, where he became a Cistercian monk at the abbey of Rievaulx in 1133.

Aelred soon became a major figure in English church life. Sent to Rome on diocesan affairs by Archbishop William of York, he returned by way of Clairvaux. Here he made a deep impression on Bernard, who encouraged the young monk to write his first work, *The Mirror of Charity*, on Christian perfection. In 1143, Aelred led the founding of a new Cistercian house at Revesby. Four years later, he was appointed abbot of Rievaulx. By the time of his death in 1167, the abbey had more than 600 monks, including Aelred's biographer and friend, Walter Daniel. During this period, Aelred wrote his best known work, *Spiritual Friendship*.

Friendship, Aelred teaches, is both a gift from God and a creation of human effort. While love should be universal and freely given to all, friendship is a particular love between individuals, of which the example is Jesus and John the Beloved Disciple. As abbot, Aelred allowed his monks to hold hands and give other expressions of friendship. In the spirit of Anselm of Canterbury and Bernard of Clairvaux, Aelred writes:

“There are four qualities that characterize a friend: Loyalty, right intention, discretion, and patience. Right intention seeks for nothing other than God and natural good. Discretion brings understanding of what is done on a friend’s behalf, and ability to know when to correct faults. Patience enables one to be justly rebuked, or to bear adversity on another’s behalf. Loyalty guards and protects friendship, in good or bitter times.”

Aelred died in the year 1167.

*From Lesser Feasts and Fasts, 2018*