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Daily Morning Prayer

adapted from

Enriching Our Worship

for the

Diocese of New Jersey

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The Diocese of New Jersey
An Office of Daily Morning Prayer



Right Onward!

The Vision of the Diocese of New Jersey

The Diocese of New Jersey is one family of diverse and unique congregations, belonging to Jesus Christ and belonging to one another, for Jesus' sake.

Together, we are a missionary community, celebrating the abundant life of Christ (*John 10:10*) and sharing that life with the world that God so loves (*John 3:16*). Our vision is to build up the Body of Christ and reach out to the world in Christ's name as we:

- share the Good News simply and genuinely;
- worship the Lord radiantly and reverently;
- serve the poor boldly and strive for justice passionately;
- give of our resources, our abilities and our lives joyously and generously;
and
- seek continual spiritual renewal for a closer walk with Christ.

This is our vision of our Diocese, flourishing, to the Glory of God.

Above all and before all and as the sure and certain means of all, we pray:

Lord, in your mercy, make New Jersey new.

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Opening Sentences

at any time

God is Spirit, and those who worship must worship in spirit and in truth. [John 4:24]

for Advent

Arise, O Jerusalem, stand upon the height and look toward the east, and see your children gathered from west and east at the word of the Holy One. [Baruch 5:5]

for Advent

Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may spring up, and let it cause righteousness to sprout up also. [Isaiah 45:8, NRSV]

for Christmas

The Word became flesh and dwelt among us, full of grace and truth. [John 1:14]

for Lent

Jesus said: "If any of you would come after me, deny yourself and take up your cross and follow me."
[Mark 8:34]

for Holy Week

Christ Jesus, being found in human form, humbled himself and became obedient unto death, even death on a cross. [Philippians 2:8]

for Easter

If anyone is in Christ, there is a new creation:
everything old has passed away; see, everything has
become new! [2 Corinthians 5:17, NRSV]

for Occasions of Thanksgiving

We give you thanks, O God, we give you thanks,
calling upon your Name and declaring all your
wonderful deeds. [Psalm 75:1]

for All Saints and Major Saints' Days

You are no longer strangers and sojourners, but
citizens together with the saints and members of the
household of God. [Ephesians 2:19]



Confession of Sin

Let us confess our sins to God.

**God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.**

**We have denied your goodness in each other,
in ourselves, and in the world you have
created.**

**We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.**

**Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.**

Absolution

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

Opening Versicle

O God, let our mouth proclaim your praise.
And your glory all the day long.

Doxology

**Praise to the holy and undivided Trinity, one God:
as it was in the beginning, is now, and will be for ever.
Amen. [Alleluia.]**



Invitatory Psalms

In place of an Invitatory Psalm,
one of the following Morning Psalms may be sung or said.

In Easter Week, in place of an Invitatory Psalm,
Christ our Passover may be sung or said.
(Christ our Passover may also be used daily until the Day of Pentecost).

Antiphons on Venite or Jubilate

Suggested Antiphons for Invitatory or Morning Psalms in the following
seasons

Antiphon on Venite or Jubilate
in Advent

Our God and Savior now draws near:

O come let us worship.

Antiphon on Venite or Jubilate
from the **Epiphany** through the **Baptism of Christ**
and on the Feasts of the **Transfiguration** and **Holy Cross**

Christ has shown forth his glory:

O come let us worship.

Antiphon on Venite or Jubilate
in **Lent**

Our God is full of compassion and mercy:

O come let us worship.

Or

**Today, if you would hear God's voice:
harden not your hearts.**

Antiphon on Venite or Jubilate
from **Easter Day** until the **Ascension**

**Alleluia. Christ is risen.
O come let us worship. Alleluia.**

Antiphon on Venite or Jubilate
on **Trinity Sunday**

**The holy and undivided Trinity, one God:
O come let us worship.**

Antiphon on Venite or Jubilate
on **other Sundays**

**Christ has triumphed over death:
O come let us worship.**

Antiphon on Venite or Jubilate
on other **Sundays** and **Weekdays**

**God is the Rock of our salvation:
O come let us worship.**

or this

**The Holy One is in our midst:
O come let us worship.**

Antiphon on Venite or Jubilate
on **All Saints** and other **Major Saints' Days**

The bracketed Alleluias in this Antiphon are used only in Easter Season.

[Alleluia.]

**Our God is glorious in all the saints:
O come let us worship.**

[Alleluia.]

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Venite

Psalm 95:1-7

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
Let us come before God's presence with
thanksgiving*
and raise to the Lord a shout with psalms.
For you are a great God; *
you are great above all gods.
In your hand are the caverns of the earth, *
and the heights of the hills are yours also.
The sea is yours, for you made it, *
and your hands have molded the dry land.
Come, let us bow down and bend the knee, *
and kneel before the Lord our Maker.
For you are our God, and we are the people of your
pasture and the sheep of your hand. *
Oh, that today we would hearken to your voice!
Let us listen today to God's voice:
Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
They put me to the test, *
though they had seen my works.
Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
So I swore in my wrath, *
"They shall not enter into my rest."



Jubilate

Psalm 100

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.



Christ Our Passover

Pascha nostrum

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Antiphon

Alleluia. Christ is risen.

O come let us worship. Alleluia. Alleluia.

Christ our Passover has been sacrificed for us; *

therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil, *

but with the unleavened bread of sincerity and truth. Alleluia.

Christ being raised from the dead will never die again; *

death no longer has dominion over him.

The death that he died, he died to sin, once for all; *

but the life he lives, he lives to God.

So also consider yourselves dead to sin, *

and alive to God in Jesus Christ our Lord.

Alleluia.

Christ has been raised from the dead, *

the first fruits of those who have fallen asleep.

For since by a man came death, *

by a man has come also the resurrection of the dead.

For as in Adam all die, *

so also in Christ shall all be made alive.

Alleluia.

Morning Psalms

In place of an Invitatory Psalm,
one of the following Morning Psalms may be sung or said.

Psalm 63:1-8
Deus, Deus meus

Antiphon:

**O God, you are my God;
from break of day I seek you.**

O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no
water.
Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
For your loving-kindness is better than life itself; *
my lips shall give you praise.
So will I bless you as long as I live *
and lift up my hands in your Name.
My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
When I remember you upon my bed, *
and meditate on you in the night watches.
For you have been my helper, *
and under the shadow of your wings I will rejoice.
My soul clings to you; *
your right hand holds me fast.

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Psalm 67:1-5
Deus misereatur

Antiphon:

**Let the peoples praise you, O God;
let all the peoples praise you.**

or Antiphon:

**Day by day we bless you;
we praise your name for ever.**

O God, be merciful to us and bless us, *
show us the light of your countenance and come
to us.

Let your ways be known upon earth, *
your saving health among all nations.

Let the peoples praise you, O God; *
let all the peoples praise you.

Let the nations be glad and sing for joy, *
for you judge the peoples with equity
and guide all the nations upon earth.

Let the peoples praise you, O God; *
let all the peoples praise you.



Lessons & Canticles

One or two lessons, as appointed, the reader first saying

A reading (lesson) from _____.

After the Readings, the Reader may say

Hear what the Spirit is saying to God's people.

Or

Hear what the Spirit is saying to the Churches.

Thanks be to God.

Silence may be kept after each Reading.

One of the following Canticles, is sung or said after each Reading.

If three Lessons are used, the Lesson from the Gospel is read after the second Canticle.

Canticles

Canticle 12: A Song of Creation

Benedicite, omnia opera Domini
Song of the Three, 35-65

One or more sections of this Canticle may be used. Whatever the selection, it begins with the Invocation and concludes with the Doxology.

Invocation

Glorify the Lord, all you works of the Lord, *
sing praise and give honor for ever.

In the high vault of heaven, glorify the Lord, *
sing praise and give honor for ever.

I. The Cosmic Order

Glorify the Lord, you angels and all powers of the
Lord, *
O heavens and all waters above the heavens.
Sun and moon and stars of the sky, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, every shower of rain and fall of
dew, *
all winds and fire and heat.
Winter and summer, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O chill and cold, *
drops of dew and flakes of snow.
Frost and cold, ice and sleet, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O nights and days, *
O shining light and enfolding dark.
Storm clouds and thunderbolts, glorify the Lord, *
sing praise and give honor for ever.

II. The Earth and Its Creatures

Let the earth glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O mountains
and hills, and all that grows upon the earth, *
sing praise and give honor for ever.

Glorify the Lord, O springs of water, seas, and
streams, *
O whales and all that move in the waters.
All birds of the air, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O beasts of the wild, *
and all you flocks and herds.
O men and women everywhere, glorify the Lord, *
sing praise and give honor for ever.

III. The People of God

Let the people of God glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O priests and servants of the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O spirits and souls of the
righteous, *
sing praise and give honor for ever.
You that are holy and humble of heart, glorify the
Lord, *
sing praise and give honor for ever.

Doxology

Let us glorify the Lord: Father, Son and Holy Spirit; *
sing praise and give honor for ever.
In the high vault of heaven, glorify the Lord, *
sing praise and give honor for ever.

Canticle 15: The Song of Mary

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in you, O God my Savior, *
for you have looked with favor on your lowly
servant.

From this day all generations will call me blessed: *
you, the Almighty, have done great things for me,
and holy is your name.

You have mercy on those who fear you *
from generation to generation.

You have shown strength with your arm *
and scattered the proud in their conceit,

Casting down the mighty from their thrones *
and lifting up the lowly.

You have filled the hungry with good things *
and sent the rich away empty.

You have come to the help of your servant Israel, *
for you have remembered your promise of mercy,

The promise made to our forebears, *
to Abraham and his children for ever.

Canticle 16: The Song of Zechariah

Benedictus Dominus Deus

Blessed are you, Lord, the God of Israel, *
you have come to your people and set them free.

You have raised up for us a mighty Savior, *
born of the house of your servant David.

Through your holy prophets you promised of old
to save us from our enemies, *
from the hands of all who hate us,
To show mercy to our forebears, *
and to remember your holy covenant.
This was the oath you swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship you without fear, *
holy and righteous before you, all the days of our
life.
And you, child, shall be called the prophet
of the Most High, *
for you will go before the Lord to prepare the way,
To give God's 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.

Canticle 18: A Song to the Lamb

Dignus es

Revelation 4:11; 5:9-10, 13

Splendor and honor and royal power *
are yours by right, O God Most High,
For you created everything that is, *
and by your will they were created and have their
being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,

From every family, language, people, and nation, *
a royal priesthood to serve our God.
And so, to the One who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for evermore.

Canticle 21: We Praise You, O God

Te Deum laudamus

We praise you, O God,
we acclaim you as Lord;
all creation worships you,
the Father everlasting.
To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you took our flesh to set us free
you humbly chose the Virgin's womb.

You overcame the sting of death
and opened the kingdom of heaven to all
believers.

You are seated at God's right hand in glory.
We believe that you will come to be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

Canticle A: A Song of Wisdom

Sapientia liberavit

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.

Canticle B: A Song of Pilgrimage

Priusquam errarem
Ecclesiasticus 51:13-16, 20b-22

Before I ventured forth, even while I was very
young, *
I sought wisdom openly in my prayer.
In the forecourts of the temple I asked for her, *
and I will seek her to the end.
From first blossom to early fruit, *
she has been the delight of my heart.
My foot has kept firmly to the true path, *
diligently from my youth have I pursued her.
I inclined my ear a little and received her; *
I found for myself much wisdom
and became adept in her.
To the one who gives me wisdom will I give glory, *
for I have resolved to live according to her way.
From the beginning I gained courage from her, *
therefore I will not be forsaken.
In my inmost being I have been stirred to seek her, *
therefore have I gained a good possession.
As my reward the Almighty has given me
the gift of language, *
and with it will I offer praise to God.

Canticle C: The Song of Hannah

1 Samuel 2:1-8

My heart exults in you, O God; *
my triumph song is lifted in you.
My mouth derides my enemies, *
for I rejoice in your salvation.
There is none holy like you, *
nor any rock to be compared to you, our God.
Do not heap up prideful words or speak in
arrogance; *
Only God is knowing and weighs all actions.
The bows of the mighty are broken, *
but the weak are clothed in strength.
Those once full now labor for bread, *
those who hungered now are well fed.
The childless woman has borne sevenfold, *
while the mother of many is forlorn.
God destroys and brings to life, casts down and raises
up; *
gives wealth or takes it away, humbles and
dignifies.
God raises the poor from the dust; *
and lifts the needy from the ash heap
To make them sit with the rulers *
and inherit a place of honor.
For the pillars of the earth are God's *
on which the whole earth is founded.

Canticle D: A Song of the Wilderness

Isaiah 35:1-7, 10

The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;
It shall blossom abundantly, *
and rejoice with joy and singing.
They shall see the glory of the Lord, *
the majesty of our God.
Strengthen the weary hands, *
and make firm the feeble knees.
Say to the anxious, "Be strong, do not fear! *
Here is your God, coming with judgment to save
you."
Then shall the eyes of the blind be opened, *
and the ears of the deaf be unstopped.
Then shall the lame leap like a deer, *
and the tongue of the speechless sing for joy.
For waters shall break forth in the wilderness *
and streams in the desert;
The burning sand shall become a pool *
and the thirsty ground, springs of water.
The ransomed of God shall return with singing, *
with everlasting joy upon their heads.
Joy and gladness shall be theirs, *
and sorrow and sighing shall flee away.

Canticle E: A Song of Jerusalem Our Mother

Isaiah 66:10-14

Rejoice with Jerusalem and be glad for her *
all you who love her,

Rejoice, rejoice with her, *
all you who mourn over her,
That you may drink deeply with delight *
from her comforting breast.
For thus says our God, *
“I will extend peace to her like a river,
the wealth of nations like an overflowing stream.
“You shall nurse and be carried on her arm,*
and you shall nestle in her lap.
“As a mother comforts her child, so will I comfort
you; *
you shall be comforted in Jerusalem.
“You shall see, and your heart shall rejoice, *
you shall flourish like the grass of the fields.”

Canticle F: A Song of Lamentation

Lamentations 1:12, 16; 3:19, 22-24, 26

Is it nothing to you, all you who pass by? *
Look and see if there is any sorrow like my
sorrow,
Which was brought upon me, *
inflicted by God’s fierce anger.
For these things I weep; my eyes flow with tears, *
for a comforter is far from me, one to revive my
courage.
Remember my affliction and my bitterness, *
wormwood and gall!
The steadfast love of God never ceases, *
God’s mercies never end.
They are new every morning; *
great is your faithfulness.

“God is my portion,” says my soul, *
“therefore will I hope in God.”
It is good that we should wait quietly *
for the coming of God’s salvation.

Canticle G: A Song of Ezekiel

Ezekiel 36:24-28

I will take you from among all nations; *
and gather you from all lands to bring you home.
I will sprinkle clean water upon you; *
and purify you from false gods and uncleanness.
A new heart I will give you *
and a new spirit put within you.
I will take the stone heart from your chest *
and give you a heart of flesh.
I will help you walk in my laws *
and cherish my commandments and do them.
You shall be my people, *
and I will be your God.

Canticle H: A Song of Hosea

Hosea 6:1-3

Come, let us return to our God, *
who has torn us and will heal us.
God has struck us and will bind up our wounds, *
after two days revive us,
On the third day restore us, *
that in God’s presence we may live.

Let us humble ourselves, let us strive to know the
Lord, *
whose justice dawns like morning light,
its dawning as sure as the sunrise.
God's justice will come to us like a shower, *
like spring rains that water the earth.

Canticle I: A Song of Jonah

Jonah 2:2-7, 9

I called to you, O God, out of my distress,
and you answered me; *
out of the belly of Sheol I cried, and you heard my
voice.
You cast me into the deep, into the heart of the seas, *
and the flood surrounded me;
all your waves and billows passed over me.
Then I said, "I am driven away from your sight; *
how shall I ever look again upon your holy
temple?"
The waters closed in over me,
the deep was round about me; *
weeds were wrapped around my head at the roots
of the mountains.
I went down to the land beneath the earth, *
yet you brought up my life from the depths, O
God.
As my life was ebbing away, I remembered you, O
God, *
and my prayer came to you, into your holy
temple.
With the voice of thanksgiving, I will sacrifice to

you; *
what I have vowed I will pay,
for deliverance belongs to the Lord!

Canticle J: A Song of Judith

Judith 16:13-16

I will sing a new song to my God, *
for you are great and glorious,
wonderful in strength, invincible.
Let the whole creation serve you, *
for you spoke and all things came into being.
You sent your breath and it formed them, *
no one is able to resist your voice.
Mountains and seas are stirred to their depths, *
rocks melt like wax at your presence.
But to those who fear you, *
you continue to show mercy.
No sacrifice, however fragrant, can please you, *
but whoever fears the Lord
shall stand in your sight for ever.

Canticle K: A Song of Our Adoption

Ephesians 1:3-10

Blessed are you,
the God and Father of our Lord Jesus Christ, *
for you have blessed us in Christ
with every spiritual blessing in the heavenly
places.

Before the world was made,
you chose us to be yours in Christ, *
that we should be holy and blameless before you.
You destined us for adoption
as your children through Jesus Christ, *
according to the good pleasure of your will,
To the praise of your glorious grace, *
that you have freely given us in the Beloved.
In you, we have redemption through the blood of
Christ,
the forgiveness of our sins,
According to the riches of your grace *
which you have lavished upon us.
You have made known to us, in all wisdom and
insight, *
the mystery of your will,
According to your good pleasure
which you set forth in Christ, *
as a plan for the fullness of time,
To gather together all things in Christ, *
things in heaven and things on earth.

Canticle L: A Song of Christ's Humility

Philippians 2:6-11

Though in the form of God, *
Christ Jesus did not cling to equality with God,
But emptied himself, taking the form of a servant, *
and was born in human likeness.
Being found in human form, he humbled himself *
and became obedient to death, even death on a
cross.

Therefore, God has highly exalted him *
and given him the name above every name,
That at the name of Jesus, every knee shall bow, *
in heaven and on earth and under the earth,
And every tongue confess that Jesus Christ is Lord, *
to the glory of God the Father.

Canticle M: A Song of Faith

1 Peter 1:3-4, 18-21

Blessed be the God and Father of our Lord Jesus
Christ, *
by divine mercy we have a new birth into a living
hope;
Through the resurrection of Jesus Christ from the
dead, *
we have an inheritance that is imperishable in
heaven.
The ransom that was paid to free us *
was not paid in silver or gold,
But in the precious blood of Christ, *
the Lamb without spot or stain.
God raised Jesus from the dead and gave him glory *
so that we might have faith and hope in God.

Canticle N: A Song of God's Love

1 John 4:7-11

Beloved, let us love one another, *
for love is of God.

Whoever does not love does not know God, *
for God is Love.
In this the love of God was revealed among us, *
that God sent his only Son into the world,
so that we might live through Jesus Christ.
In this is love, not that we loved God
but that God loved us *
and sent his Son that sins might be forgiven.
Beloved, since God loved us so much, *
we ought also to love one another.
For if we love one another, God abides in us, *
and God's love will be perfected in us.

Canticle O: A Song of the Heavenly City

Revelation 21:22-26, 22:1-4

I saw no temple in the city, *
for its temple is the God of surpassing strength
and the Lamb.
And the city has no need of sun or moon to light it, *
for the glory of God shines on it, and its lamp is
the Lamb.
By its light the nations shall walk, *
and the rulers of the world lay their honor and
glory there.
Its gates shall never be shut by day,
nor shall there be any night; *
into it they will bring the honor and glory of
nations.
I saw the clean river of the water of life, bright as
crystal, *
flowing from the throne of God and of the Lamb.

The tree of life spanned the river,
giving fruit every month, *
and the leaves of the tree were for the healing of
nations.

All curses cease
where the throne of God and the Lamb stands,
and all servants give worship there; *
there they will see God's face, whose Name shall
be on their foreheads.

Canticle P: A Song of the Spirit

Revelation 22:12-17

"Behold, I am coming soon," says the Lord,
"and bringing my reward with me, *
to give to everyone according to their deeds.
"I am the Alpha and the Omega, the first and the
last, *
the beginning and the end."

Blessed are those who do God's commandments,
that they may have the right to the tree of life, *
and may enter the city through the gates.

"I, Jesus, have sent my angel to you, *
with this testimony for all the churches.

"I am the root and the offspring of David, *
I am the bright morning star."

"Come!" say the Spirit and the Bride; *

"Come!" let each hearer reply!

Come forward, you who are thirsty, *
let those who desire take the water of life as a gift.

Canticle Q: A Song of Christ's Goodness

Anselm of Canterbury

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.

Canticle R: A Song of True Motherhood

Julian of Norwich

God chose to be our mother in all things *
and so made the foundation of his work,
most humbly and most pure, in the Virgin's
womb.

God, the perfect wisdom of all, *
arrayed himself in this humble place.

Christ came in our poor flesh *
to share a mother's care.
Our mothers bear us for pain and for death; *
our true mother, Jesus, bears us for joy and
endless life.
Christ carried us within him in love and travail, *
until the full time of his passion.
And when all was completed
and he had carried us so for joy, *
still all this could not satisfy the power of his
wonderful love.
All that we owe is redeemed in truly loving God, *
for the love of Christ works in us;
Christ is the one whom we love.
Christ revealed our frailty and our falling, *
our trespasses and our humiliations.
Christ also revealed his blessed power, *
his blessed wisdom and love.
He protects us as tenderly and as sweetly
when we are in greatest need; *
he raises us in spirit and turns everything to glory
and joy without ending.
God is the ground and the substance,
the very essence of nature; *
God is the true father and mother of natures.
We are all bound to God by nature, *
and we are all bound to God by grace.
And this grace is for all the world, *
because it is our precious mother, Christ.
For this fair nature was prepared by Christ
for the honor and nobility of all, *
and for the joy and bliss of salvation.

The Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our
Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
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,
he is seated at the right hand of the Father,
and 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.**

Alternative to the Salutation

The officiant introduces the prayer with one of the following.

Hear our cry, O God.
And listen to our prayer.
Let us pray.

God be with you.
And also with you.
Let us pray.



Lord's Prayer

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power, and the glory are
yours,
now and for ever. Amen.**

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Suffrages

V. Help us, O God our Savior;

R. Deliver us and forgive us our sins.

V. Look upon your congregation;

R. Give to your people the blessing of peace.

V. Declare your glory among the nations;

R. And your wonders among all peoples.

V. Do not let the oppressed be shamed and turned
away;

R. Never forget the lives of your poor.

V. Continue your loving-kindness to those who know
you;

R. And your favor to those who are true of heart.

V. Satisfy us by your loving-kindness in the morning;

**R. So shall we rejoice and be glad all the days of our
life.**



Collects

The Officiant then says one or more of the following Collects

The Collect of the Day

...

A Collect for Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. **Amen.**

A Collect for Saturdays

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. **Amen.**

A Collect for the Renewal of Life

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. **Amen.**

A 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.**

A Collect for Grace

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

A 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.**

Prayers for Mission

Then, unless the Eucharist or a form of general intercession is to follow, one of these prayers for mission is added.

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.**

or this

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

or the following

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **Amen.**



Hymn or Anthem

Here may be sung a hymn or anthem.

Authorized intercessions and thanksgivings may follow.

A 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.

Concluding Sentence

Let us bless the Lord. [Alleluia.]

Thanks be to God. [Alleluia.]

The Officiant may then conclude with the following

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.** [Ephesians 3:20, 21]



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