

Morning Prayer & Holy Eucharist Rite I  
March 15, 2023  
The Wednesday After the Third Sunday in Lent

The Entrance & Opening Sentence, *BCP p. 40, all stand.*

*Officiant*      ✚ To the Lord our God belong mercies and forgivenesses, though we have rebelled against him; neither have we obeyed the voice of the Lord our God, to walk in his laws which he set before us. – *Daniel 9:9,10*

The Confession of Sin & Absolution, *BCP p. 41*

*Officiant*      Let us humbly confess our sins unto Almighty God.

*Officiant and People together, all kneeling*

Almighty and most merciful Father,  
we have erred and strayed from thy ways like lost sheep,  
we have followed too much the devices and desires of our own hearts,  
we have offended against thy holy laws,  
we have left undone those things which we ought to have done,  
and we have done those things which we ought not to have done.  
But thou, O Lord, have mercy upon us,  
spare thou those who confess their faults,  
restore thou those who are penitent,  
according to thy promises declared unto mankind  
in Christ Jesus our Lord;  
and grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of thy holy Name. Amen.

*Officiant*      The Almighty and merciful Lord grant you ✚ absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. Amen.

The Invitatory and Psalter

*All stand.*

*Officiant*      O Lord, open thou our lips.  
*People*            And our mouth shall show forth thy 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 forever. Amen.

*Officiant*      The Lord is full of compassion and mercy: O come, let us adore him.

The Venite, BCP p. 44, *prayed by all.*

O come, let us sing unto the Lord; \*  
let us heartily rejoice in the strength of our salvation.  
Let us come before his presence with thanksgiving \*  
and show ourselves glad in him with psalms.  
For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are all the corners of the earth, \*  
and the strength of the hills is his also.  
The sea is his, and he made it, \*  
and his hands prepared the dry land.  
O come, let us worship and fall down, \*  
and kneel before the Lord our Maker.  
For he is the Lord our God, \*  
and we are the people of his pasture and the sheep of his hand.  
O worship the Lord in the beauty of holiness; \*  
let the whole earth stand in awe of him.  
For he cometh, for he cometh to judge the earth, \*  
and with righteousness to judge the world and the peoples with his truth.

The Psalm Appointed Psalm 119, *prayed by all.*

Your word is a lantern to my feet \*  
and a light upon my path.  
I have sworn and am determined \*  
to keep your righteous judgments.  
I am deeply troubled; \*  
preserve my life, O LORD, according to your word.  
Accept, O LORD, the willing tribute of my lips, \*  
and teach me your judgments.  
My life is always in my hand, \*  
yet I do not forget your law.  
The wicked have set a trap for me, \*  
but I have not strayed from your commandments.  
Your decrees are my inheritance for ever; \*  
truly, they are the joy of my heart.  
I have applied my heart to fulfill your statutes \*  
for ever and to the end.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
As it was in the beginning, is now, and will be forever. Amen.

The Lessons, *All seated.*

The First Lesson

Romans 5:1-11

Reader A Reading from the Letter of St. Paul to the Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.”

Reader The Word of the Lord.

People Thanks be to God.

Canticle 14: A Song of Penitence, *prayed by all. All stand.*

Prayer of Manasseh 1-2, 4, 6-7, 11-15

O Lord and Ruler of the hosts of heaven, \*

God of Abraham, Isaac, and Jacob, and of all their righteous offspring;

You made the heavens and the earth, \*

with all their vast array.

All things quake with fear at your presence; \*

they tremble because of your power.

But your merciful promise is beyond all measure; \*

it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*

long-suffering, and abounding in mercy.

You hold back your hand; \*

you do not punish as we deserve.

In your great goodness, Lord, you have promised forgiveness to sinners, \*

that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*

and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*

and I know my wickedness only too well.

Therefore I make this prayer to you: \*  
    Forgive me, Lord, forgive me.  
Do not let me perish in my sin, \*  
    nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
    and in me you will show forth your goodness.  
Unworthy as I am, you will save me, in accordance with your great mercy, \*  
    and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

The Second Lesson, *All seated.*

John 8:12-20

*Reader*           A Reading from the Gospel of John.

Again, Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." Then the Pharisees said to him, "You are testifying on your own behalf; your testimony is not valid." Jesus answered, "Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you do not know where I come from or where I am going. You judge by human standards; I judge no one. Yet even if I do judge, my judgment is valid; for it is not I alone who judge, but I and the Father who sent me. In your law it is written that the testimony of two witnesses is valid. I testify on my own behalf, and the Father who sent me testifies on my behalf." Then they said to him, "Where is your Father?" Jesus answered, "You know neither me nor my Father. If you knew me, you would know my Father also." He spoke these words while he was teaching in the treasury of the temple, but no one arrested him, because his hour had not yet come.

*Reader*           The Word of the Lord.  
*People*           Thanks be to God.

Canticle 4: The Song of Zechariah, *prayed by all. All stand.*

Blessed be the Lord God of Israel, \*  
    for he hath visited and redeemed his people;  
And hath raised up a mighty salvation for us \*  
    in the house of his servant David,  
As he spake by the mouth of his holy prophets, \*  
    which have been since the world began:  
That we should be saved from our enemies, \*  
    and from the hand of all that hate us;  
To perform the mercy promised to our forefathers, \*  
    and to remember his holy covenant;

To perform the oath which he sware to our forefather Abraham, \*  
that he would give us,  
That we being delivered out of the hand of our enemies \*  
might serve him without fear,  
In holiness and righteousness before him, \*  
all the days of our life.  
And thou, child, shalt be called the prophet of the Highest, \*  
for thou shalt go before the face of the Lord to prepare his ways;  
To give knowledge of salvation unto his people \*  
for the remission of their sins,  
Through the tender mercy of our God, \*  
whereby the dayspring from on high hath visited us;  
To give light to them that sit in darkness and in 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 forever. Amen.

The Apostles' Creed, BCP p. 53, *prayed by all.*

I believe in God, the Father almighty,  
maker of heaven and earth;  
And in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried.  
He descended into hell.  
The third day he rose again from the dead.  
He ascended into heaven,  
and sitteth on the right hand of God the Father almighty.  
From thence he shall come to judge the quick and the dead.  
I believe in the Holy Ghost,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
✠ the resurrection of the body,  
and the life everlasting. Amen.

The Prayers, BCP p. 54

Officiant	The Lord be with you.
People	<b>And with thy spirit.</b>
Officiant	Let us pray.

## The Lord's Prayer

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.

## The Suffrages B

℣ O Lord, show thy mercy upon us;  
℟ **And grant us thy salvation.**  
℣ Endue thy ministers with righteousness;  
℟ **And make thy chosen people joyful.**  
℣ Give peace, O Lord, in all the world;  
℟ **For only in thee can we live in safety.**  
℣ Lord, keep this nation under thy care;  
℟ **And guide us in the way of justice and truth.**  
℣ Let thy way be known upon earth;  
℟ **Thy saving health among all nations.**  
℣ Let not the needy, O Lord, be forgotten;  
℟ **Nor the hope of the poor be taken away.**  
℣ Create in us clean hearts, O God;  
℟ **And sustain us with thy Holy Spirit.**

The Collects, *prayed by the Officiant.*

## The Collect of the Day: The Third Sunday in Lent

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

### **The Collect of the Season: The Collect for Ash Wednesday**

Almighty and everlasting God, who hastest nothing that thou hast made and dost forgive the sins of all those who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

### **A Collect for Guidance**

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

### **A Prayer for Mission**

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

### **The Intercessions**

The General Thanksgiving, *BCP p. 58, prayed by all.*

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;

through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. Amen.

### The Homily

A Prayer of St. Chrysostom, *prayed by the Officiant.*

Officiant      Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee; and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

### The Grace & Offertory Sentence

Officiant      ✚ May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.** – *Romans 15:13*

*Let us walk in love as Christ loved us and gave himself for us; an offering and sacrifice to God.*

### The Liturgy of the Table

#### The Great Thanksgiving

Eucharistic Prayer II, BCP p. 340

Officiant      The Lord be with you.  
People          **And with thy spirit.**  
Officiant      Lift up your hearts.  
People          **We lift them up unto the Lord.**  
Officiant      Let us give thanks unto our Lord God.  
People          **It is meet and right so to do.**

*The Celebrant continues,*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.



Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*Celebrant and People pray together,*

**Holy, holy, holy, Lord God of Hosts: Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High. † Blessed is he that cometh in the name of the Lord. Hosanna in the highest.**

*The people sit, kneel or stand.*

*Then the Celebrant continues,*

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, “Take, eat, this is my Body, which is given for you. Do this in remembrance of me.”

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, “Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me.”

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and † heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath taught us, we are bold to say,

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.

### The Breaking of the Bread

*Celebrant* Christ our Passover is sacrificed for us.  
*People* Therefore let us keep the feast.

The Agnus Dei, *prayed by all.*

O Lamb of God, that takest away the sins of the world, have mercy upon us.  
O Lamb of God, that takest away the sins of the world, have mercy upon us.  
O Lamb of God, that takest away the sins of the world, grant us thy peace.

The Prayer of Humble Access, *prayed by all.*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. *Amen.*

### The Invitation to Communion

*Celebrant* The gifts of God for the people of God. Take them in remembrance that Christ died for you and feed on him in your hearts by faith, with thanksgiving.

### Communion

**A Prayer for Spiritual Communion** (for those joining via the live-stream, to pray on their own.)

My Jesus,  
I believe that you are present in the Most Holy Sacrament.  
I love you above all things,  
and I desire to receive you into my soul.  
Since I cannot at this moment  
receive you sacramentally,  
come at least spiritually into my heart.  
I embrace you as if you were already there and unite myself wholly to you.  
Never permit me to be separated from you.  
Amen.

**The Post-Communion Prayer**, *prayed by all.*

Celebrant     Let us pray.

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

**The Blessing**

*Celebrant*     Grant, most merciful God, to thy faithful people pardon and peace, that we may be cleansed from all our sins, and serve thee with a quiet mind; and the blessing of God Almighty, ✠ the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. Amen.

**The Dismissal**

Celebrant     Go in peace to love and serve the Lord.  
People        Thanks be to God.