

Morning Prayer & Holy Eucharist Rite I  
January 25, 2023  
The Wednesday After the Third Sunday After Epiphany

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

*Officiant*     ✙ We give thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light. – *Colossians 2:12*

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 glorious in his saints: 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.*

Remember your word to your servant, \*  
because you have given me hope.  
This is my comfort in my trouble, \*  
that your promise gives me life.  
The proud have derided me cruelly, \*  
but I have not turned from your law.  
When I remember your judgments of old, \*  
O LORD, I take great comfort.  
I am filled with a burning rage, \*  
because of the wicked who forsake your law.  
Your statutes have been like songs to me \*  
wherever I have lived as a stranger.  
I remember your Name in the night, O LORD, \*  
and dwell upon your law.  
This is how it has been with me, \*  
because I have kept your commandments.

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

Galatians 2:11-21

Reader            A Reading from the Letter to the Galatians.

But when Cephas came to Antioch, I opposed him to his face, because he stood self-condemned; for until certain people came from James, he used to eat with the Gentiles. But after they came, he drew back and kept himself separate for fear of the circumcision faction. And the other Jews joined him in this hypocrisy, so that even Barnabas was led astray by their hypocrisy. But when I saw that they were not acting consistently with the truth of the gospel, I said to Cephas before them all, "If you, though a Jew, live like a Gentile and not like a Jew, how can you compel the Gentiles to live like Jews?" We ourselves are Jews by birth and not Gentile sinners; yet we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. But if, in our effort to be justified in Christ, we ourselves have been found to be sinners, is Christ then a servant of sin? Certainly not! But if I build up again the very things that I once tore down, then I demonstrate that I am a transgressor. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. I do not nullify the grace of God; for if justification comes through the law, then Christ died for nothing.

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

Canticle 11: Third Song of Isaiah, *prayed by all. All stand.*

Isaiah 60:1-3, 11a, 14c, 18-19

Arise, shine, for your light has come, \*  
    and the glory of the Lord has dawned upon you.  
For behold, darkness covers the land; \*  
    deep gloom enshrouds the peoples.  
But over you the Lord will rise, \*  
    and his glory will appear upon you.  
Nations will stream to your light, \*  
    and kings to the brightness of your dawning.  
Your gates will always be open; \*  
    by day or night they will never be shut.  
They will call you, The City of the Lord, \*  
    The Zion of the Holy One of Israel.  
Violence will no more be heard in your land, \*  
    ruin or destruction within your borders.

You will call your walls, Salvation, \*  
and all your portals, Praise.  
The sun will no more be your light by day; \*  
by night you will not need the brightness of the moon.  
The Lord will be your everlasting light, \*  
and your God will be your glory.

The Second Lesson, *All seated.*

Mark 6:13-29

Reader            A Reading from the Gospel of Mark.

They cast out many demons, and anointed with oil many who were sick and cured them. King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb"

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 swore 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*            **And with thy spirit.**  
*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

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

The Collects, *prayed by the Officiant.*

### The Collect of the Day: Third Sunday after the Epiphany

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; 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

Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name. **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      ✙ 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 3:20,21*

*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.

Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord.



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*     May the peace of God which passeth all understanding keep you heart and mind in the knowledge and love of God and of his Son, Jesus Christ; 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.**