



THE EPISCOPAL CHURCH IN VERMONT

Together in Christ...growing locally, serving globally

Welcome to Morning Prayer
with the Green Mountain Online Abbey
of the
Episcopal Diocese of Vermont.

A few notes about today's service.

Please leave your microphone on mute during the responsory portions of the service. You are welcome to unmute yourself when you are invited to offer your prayers, then remember to mute it again when you have completed your prayer.

We will always read the Gospel appointed for the day so that we can read and meditate on Jesus' words and teaching.

MORNING PRAYER

Tuesday, January 12, 2021
The Season of Epiphany
Aelred, Abbot of Rievaulx 1167

Opening Sentence

The Officiant says the following

I will give you as a light to the nations, that my salvation may reach to the end of the earth. *Isaiah 49:6b*

Invitatory and Psalter

Officiant O God, open our lips.

People And our mouth shall proclaim your praise.

Officiant You laid the foundation of the earth

People and the heavens are the work of your hands.

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

Officiant Alleluia, Christ is shown forth in glory:

People O come, let us adore him, alleluia.

Said in unison **Venite** *Psalm 95:1-7*

Come, let us sing to the Holy One; *

let us shout for joy to the Rock of our salvation.

Let us come before God's presence with thanksgiving, *
and raise a loud shout with psalms.

For you, O God, 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 God, 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!

Officiant Alleluia, Christ is shown forth in glory:
People O come, let us adore him, alleluia.

Psalms Appointed

read in unison **Psalms 5 and 6**

Psalm 5 *Verba mea auribus*

1 Give ear to my words, O God; *
consider my meditation.

2 Hearken to my cry for help, my Sovereign and my God, *
for I make my prayer to you.

3 In the morning you hear my voice; *
early in the morning I make my appeal and watch for you.

4 For you are not a God who takes pleasure in wickedness, *
and evil cannot dwell with you.

5 Braggarts cannot stand in your sight; *
you hate all those who work wickedness.

6 You destroy those who speak lies; *
the bloodthirsty and deceitful, O God, you abhor.

7 But as for me, through the greatness of your mercy

I will go into your house; *
I will bow down toward your holy temple in awe of you.

8 Lead me, O God, in your righteousness,
because of those who lie in wait for me; *
make your way straight before me,

9 For there is no truth in their mouth; *
there is destruction in their heart;

10 Their throat is an open grave; *
they flatter with their tongue.

11 Declare them guilty, O God; *
let them fall, because of their schemes.

12 Because of their many transgressions cast them out, *
for they have rebelled against you.

13 But all who take refuge in you will be glad; *
they will sing out their joy for ever.

14 You will shelter them, *
so that those who love your Name may exult in you.

15 For you, O God, will bless the righteous; *
you will defend them with your favor as with a shield.

Psalm 6 *Domine, ne in furore*

1 O God, do not rebuke me in your anger; *
do not punish me in your wrath.

2 Have pity on me, O God, for I am weak; *
heal me, for my bones are racked.

3 My spirit shakes with terror; *
how long, O God, how long?

4 Turn, O God, and deliver me; *
save me for your mercy's sake.

5 For in death no one remembers you, *
and who will give you thanks in the grave?

6 I grow weary because of my groaning; *
every night I drench my bed
and flood my couch with tears.

7 My eyes are wasted with grief *
and worn away because of all my enemies.

8 Depart from me, all evildoers, *
for God has heard the sound of my weeping.

9 God has heard my supplication; *
God accepts my prayer.

10 All my enemies shall be confounded and quake with fear; *
they shall turn back and suddenly be put to shame.

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

The Lessons

First Reading

Reader A reading from **Isaiah 40:25-31**

To whom then will you compare me,
or who is my equal? says the Holy One.

Lift up your eyes on high and see:

Who created these?

He who brings out their host and numbers them,
calling them all by name;
because he is great in strength,
mighty in power,
not one is missing.

Why do you say, O Jacob,
and speak, O Israel,

‘My way is hidden from the Lord,
and my right is disregarded by my God’?
Have you not known? Have you not heard?

The Lord is the everlasting God,
the Creator of the ends of the earth.

He does not faint or grow weary;
his understanding is unsearchable.

He gives power to the faint,
and strengthens the powerless.

Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

Here ends the reading.

read in unison **Canticle 26**

A Song of God's Chosen One *Isaiah 11.1,2,3b-4a,6,9*

Refrain:

All The earth shall be full of the knowledge of our God.

1 Then a shoot will sprout from the stump of Jesse;
from Jesse's roots, a branch will blossom:

2 The Spirit of YHWH Will rest on you--
a spirit of wisdom and understanding,
a spirit of counsel and strength,
a spirit of knowledge and reverence for YHWH.

3 You will delight in obeying YHWH,
and you won't judge by appearances,
or make decisions by hearsay.

4 You will treat poor people with fairness
and will uphold the rights of the land's
downtrodden.

With a single word you will stike down tyrants;
with your decrees you will execute evil people.

5 Justice will be the belt around this your waist-
faithfulness will gird you up.

6 Then the wolf will dwell with the lamb,
and the leopard will lie down with the young goat;
the calf and the lion cub will graze together,
and a little child will lead them.

7 The cow will feed with the bear;
their young will lie down together.

The lion will eat hay like the ox.

8 The baby will play next to the den of the cobra,
and the toddler will dance over the viper's nest.
9 There will be no harm, no destruction
anywhere in my holy mountain;
for as water fills the sea,
so the land will be filled with knowledge of YHWH.

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

Refrain:

All The earth shall be full of the knowledge of our God.

The Gospel

Reader: A reading from the **Gospel of Mark 1:14-28**

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us,

Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.’ But Jesus rebuked him, saying, ‘Be silent, and come out of him!’ And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, ‘What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.’ At once his fame began to spread throughout the surrounding region of Galilee.

Here ends the reading.

A moment of silence is observed so that we may reflect on the teachings and ministry of Jesus.

The Apostle’s 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

Officiant Believing the promises of God, as our Savior taught us, we pray

Officiant and People **An alternative Lord's Prayer**

Our loving God in heaven,
holy is your Name,
may your reign 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 all creation, the power,
and the glory are yours,
now and for ever. Amen.

Suffrages

V. Save your people, O God, and bless your inheritance;
R. govern and uphold us now and always.
V. Day by day we bless you
R. we praise your name forever.
V. O God, keep us without sin today;
R. have mercy on us, O God, have mercy.
V. Show us your love and mercy;
R. for we put our trust in you.
V. In you, O God, is our hope;
R. and we shall never hope in vain.

The Collects

The Collect of the Day

Father in heaven, who at the baptism of Jesus in the River Jordan proclaimed him your beloved Son and anointed him with the Holy Spirit: Grant that all who are baptized into his Name may keep the covenant they have made, and boldly confess him as Lord and Savior; who with you and the Holy Spirit lives and reigns, one God, in glory everlasting. *Amen*

Almighty God, you endowed the abbot Aelred with the gift of Christian friendship and the wisdom to lead others in the way of holiness: Grant to your people that same spirit of mutual affection, that, in loving one another, we may know the love of Christ and rejoice in the gift of your eternal goodness; through the same Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Together

A Collect for Guidance

O God, our Creator and Sustainer, 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 Savior. Amen.

Together

For People Facing Uncertainty

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart; bring hope and courage to us all as we wait in uncertainty. Bring hope that you will make us the equal of whatever lies ahead. Bring us courage to endure what

cannot be avoided, for your will is health and wholeness; you are God, and we need you. Amen.

The Officiant says

I invite your prayers of thanksgiving and intercession at this time.

(During the silence people may add their own prayers. Please unmute yourself to share your prayer aloud. When you have completed your prayer, return the microphone to mute.)

The Officiant concludes with the Collect for Mission

A 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 Savior Jesus Christ. *Amen.*

The General Thanksgiving

The Officiant and People say together

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 our selves 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.

Together A **Collect of Dedication**

Beloved God: As we rejoice in the gift of this new day, once again we offer ourselves to you. May the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen.

Dismissal

Deacon Let us bless God.

People To God be thanks forever.

The Officiant ends with a Concluding Sentences

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

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

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.

Commemoration

Aelred was born in 1109, into a family which 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 upperclass 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 disillusion 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, *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 is universal, 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."

—Lesser Feasts and Fasts 2018 Church Publishing

*Liturgy created with the following resources
Book of Common Prayer, Enriching Our Worship, Saint Helena
Breviary and A New Zealand Prayer Book, Common Worship
Times and Seasons*