



*A ministry and community of prayer 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.

MORNING PRAYER

***Tuesday, January 31, 2023
The Season of Epiphany***

Marcella of Rome, Monastic and Scholar, 410

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 61 and 62**

Psalm 61 *Exaudi, Deus*

1 Hear my cry, O God, *
and listen to my prayer.

2 I call upon you from the ends of the earth
with heaviness in my heart; *
set me upon the rock that is higher than I.

3 For you have been my refuge, *
a strong tower against the enemy.

4 I will dwell in your house for ever; *
I will take refuge under the cover of your wings.

5 For you, O God, have heard my vows; *
you have granted me the heritage of those who fear your Name.

6 Add length of days to the king's life; *
let his years extend over many generations.

7 Let him sit enthroned before God for ever; *
bid love and faithfulness watch over him.

8 So will I always sing the praise of your Name, *
and day by day I will fulfill my vows.

Psalm 62 *Nonne Deo?*

1 For God alone my soul in silence waits; *
from God comes my salvation.

2 God alone is my rock and my salvation, *
my stronghold, so that I shall not be greatly shaken.

3 How long will you assail me to crush me, all of you together, *
as if you were a leaning fence, a toppling wall?

4 They seek only to bring me down from my place of honor; *
lies are their chief delight.

5 They bless with their lips, *
but in their hearts they curse.

6 For God alone my soul in silence waits; *
truly, there is my hope.

7 God alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.

8 In God is my safety and my honor; *
God is my strong rock and my refuge.

9 Put your trust in God always, O people; *

pour out your hearts before the One who is our refuge.

10 Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.

11 On the scales they are lighter than a breath, *
all of them together.

12 Put no trust in extortion;
in robbery take no empty pride; *
though wealth increase, set not your heart upon it.

13 God has spoken once, twice have I heard it, *
that power belongs to God.

14 Steadfast love is yours, O God, *
for you repay everyone according to their deeds.

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 **the Prophet Isaiah 52:1-12**

Awake, awake,

put on your strength, O Zion!

Put on your beautiful garments,

O Jerusalem, the holy city;

for the uncircumcised and the unclean

shall enter you no more.

Shake yourself from the dust, rise up,

O captive Jerusalem;

loose the bonds from your neck,

O captive daughter Zion!

For thus says the Lord: You were sold for nothing, and you shall be redeemed without money. For thus says the Lord God: Long ago, my people went down into Egypt to reside there as aliens; the Assyrian, too, has oppressed them without cause. Now therefore, what am I doing here, says the Lord, seeing that my people are taken away without cause? Their rulers howl, says the Lord, and continually, all day long, my name is despised. Therefore my people shall know my name; therefore on that day they shall know that it is I who speak; here am I.

How beautiful upon the mountains

are the feet of the messenger who announces peace,
who brings good news,

who announces salvation,

who says to Zion, 'Your God reigns.'

Listen! Your sentinels lift up their voices,

together they sing for joy;

for in plain sight they see

the return of the Lord to Zion.

Break forth together into singing,

you ruins of Jerusalem;

for the Lord has comforted his people,

he has redeemed Jerusalem.

The Lord has bared his holy arm

before the eyes of all the nations;

and all the ends of the earth shall see

the salvation of our God.

Depart, depart, go out from there!
Touch no unclean thing;
go out from the midst of it, purify yourselves,
you who carry the vessels of the Lord.
For you shall not go out in haste,
and you shall not go in flight;
for the Lord will go before you,
and the God of Israel will be your rearguard.

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.

Then a shoot will sprout from the stump of Jesse;
from Jesse's roots, a branch will blossom:
The Spirit of God will rest on you--
a spirit of wisdom and understanding,
a spirit of counsel and strength,
a spirit of knowledge and reverence for God.
You will delight in obeying God,
and you won't judge by appearances,
or make decisions by hearsay.
You will treat poor people with fairness
and will uphold the rights of the land's
downtrodden.
With a single word you will strike down tyrants;
with your decrees you will execute evil people.
Justice will be the belt around this your waist-

faithfulness will gird you up.
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.
The cow will feed with the bear;
their young will lie down together.
The lion will eat hay like the ox.
The baby will play next to the den of the cobra,
and the toddler will dance over the viper's nest.
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 God.

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 8:1-10**

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.' His disciples replied, 'How can one feed these people with bread here in the desert?' He asked them, 'How many loaves do you have?' They said, 'Seven.' Then he ordered the crowd to sit down on the

ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people. And he sent them away. And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

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

The Officiant and People say together

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

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

O God, who satisfies the longing soul and fills the hungry with good things: Grant that we, like your servant Marcella, may hunger and thirst after you more than the vain pomp and glory of the world and delight in your word more than all manner of riches. Through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

Together

A Collect for Guidance

O God, our Creator and Sustainer, in you we live and move and have our being: We 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 Dismantling Racism

Gracious God, Create in us a new mind and heart that will enable us to see our siblings in the faces of those divided by racial categories. Give us the grace and strength to rid ourselves of racial stereotypes that oppress some of us, while providing entitlements to others. Help us to create a Church and nation

that embraces the hopes and fears of oppressed People of Color where we live, as well as those around the world. Heal your family and make us one with you, in the name of our Savior, Jesus Christ. 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, of boundless mercy,
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 Savior 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 best vision,
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

“How much virtue and ability, how much holiness and purity I found in her,” said Jerome of Marcella, “I am afraid to say, lest I may exceed the bounds of men's belief.” Marcella was born in Rome in 325 to Albina, a noblewoman noted for her piety and learning. When Marcella was a child, her mother invited Athanasius of Alexandria to sojourn in her home during his exile. At his feet, Marcella studied the lives of the holy monastics of the Thebaid, and Athanasius gave to her a copy of his Life of Antony. After being widowed as a young woman, Marcella devoted herself to the asceticism of Antony. Trading her costly array for a simple brown dress, she made her home into a house of prayer and refuge. Her example inspired other women to form a community, sometimes called the Brown Dress Society, that was devoted to chastity, poverty, fasting, prayer, studying the scriptures, and serving the poor and needy. Together with Paula (September 28th), Marcella is one of the mothers of Roman monasticism. In 382, Pope Damasus invited Jerome to Rome; he lodged in Marcella's Aventine Hill estate. During those three years a friendship developed between Marcella, Paula, and Jerome, without which Jerome's Latin translation of the scriptures (later called the Vulgate) would not have been written. Marcella and Paula were remarkably erudite; Jerome found in them not only friends but colleagues with whom to discuss the challenges of interpreting and translating the scriptures. After the death of Damasus, Jerome, joined by Paula and her daughter Eustochium, left for Jerusalem; although they

urged Marcella to join them, she was determined to remain in Rome. She and Jerome corresponded for the remainder of her life. After his departure, scholars came to her to seek her insight on obscure matters in the Greek and Hebrew scriptures. In 410 the Visigoths invaded Rome. Alaric's soldiers pillaged Marcella's home in search of wealth. They scourged the eighty-five year old woman, demanding that she surrender her hidden treasures, which she had long since spent in charity. She pleaded with the soldiers not to harm her protégé Principia. They were eventually taken to St. Paul's Church, which had been designated a sanctuary. The following day, Marcella died in the Principia's arms.

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