



*A ministry and community of prayer of  
The Episcopal Diocese of Vermont*

**A few notes about our service:**

The Green Mountain Online Abbey is a community of liturgical prayer that uses a range of resources approved by the Anglican communion and our Bishop. Within the liturgy, we offer intercessions on behalf of the community, the church, and the world. At some services, the leader will invite personal intercession, at which time you are welcome to unmute and offer your own biddings. Otherwise, please keep your microphone muted as you pray with the responder.

If you would like to add to our prayer list, please email Vicar adwoa Wilson at [awilson@diovermont.org](mailto:awilson@diovermont.org).

As an Abbey, we also offer formation in Scripture, Anglican tradition, and the spiritual life. With some occasional or seasonal omissions, these offerings occur on Saturday mornings for 30-60 minutes, immediately following 8:00 am prayer.

Welcome!

# MORNING PRAYER

*Wednesday, April 29, 2026*

*Week 4 in Eastertide*

*Catherine of Siena*

*Mystic and Prophetic Witness, 1380*

## Opening Sentence

*The Officiant says the following*

Thanks be to God, who gives us the victory through our Lord Jesus Christ. *1 Corinthians 15:57*

## Invitatory and Psalter

*Officiant* O God, open our lips.

*People* And our mouth shall proclaim your praise.

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

*Officiant* Alleluia, Christ is shown forth in glory:

*People* O come, let us adore him, alleluia.

*Said in unison* **Christ our Passover** *Pascha nostrum*

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

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.

*Officiant* Alleluia, Christ is risen indeed:  
*People* O come, let us adore him, alleluia.

### **Psalm Appointed 119:49-72**

*Read responsively by whole verse*

49 Remember your word to your servant, \*  
because you have given me hope.

50 This is my comfort in my trouble: \*  
that your promise gives me life.

51 The proud have derided me cruelly, \*  
but I have not turned from your law.

52 When I remember your judgments of old, \*  
O God, I take great comfort.

53 I am filled with a burning rage, \*  
because of the wicked who forsake your law.

54 Your statutes have been like songs to me \*  
wherever I have lived as a stranger.

55 I remember your Name in the night, O God, \*  
and dwell upon your law.

56 This is how it has been with me, \*  
because I have kept your commandments.

57 You only are my portion, O God; \*  
I have promised to keep your words.

58 I entreat you with all my heart: \*  
be merciful to me according to your promise.

59 I have considered my ways \*  
and turned my feet toward your decrees.

60 I hasten and do not tarry \*  
to keep your commandments.

61 Though the cords of the wicked entangle me, \*  
I do not forget your law.

62 At midnight I will rise to give you thanks, \*  
because of your righteous judgments.

63 I am a companion of all who fear you \*  
and of those who keep your commandments.

64 The earth, O God, is full of your love; \*  
instruct me in your statutes.

65 O God, you have dealt graciously with your servant, \*  
according to your word.

66 Teach me discernment and knowledge, \*  
for I have believed in your commandments.

67 Before I was afflicted I went astray, \*  
but now I keep your word.

68 You are good and you bring forth good; \*  
instruct me in your statutes.

69 The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.

70 Their heart is gross and fat, \*  
but my delight is in your law.

71 It is good for me that I have been afflicted, \*  
that I might learn your statutes.

72 The law of your mouth is dearer to me \*  
than thousands in gold and silver.

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

## **The Lessons**

### **First Reading**

*Reader* A reading from **1 Thessalonians 2:1-12**

You yourselves know, brothers and sisters, that our coming to you was not in vain, but though we had already suffered and been shamefully maltreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

You remember our labour and toil, brothers and sisters; we worked night and day, so that we might not burden any of you while we proclaimed to you the gospel of God. You are witnesses, and God also, how pure, upright, and blameless our conduct was towards you believers. As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you should lead a life worthy of God, who calls you into his own kingdom and glory.

Here ends the reading.

*read in unison* **The Song of the Redeemed** *Revelation 15:3-4*

O ruler of the universe, Lord God,  
great deeds are they that you have done, \*  
surpassing human understanding.

Your ways are ways of righteousness and truth, \*  
O King of all the ages.

Who can fail to do you homage, Lord, and sing the praises of your Name? \*  
for you only are the Holy One.

All nations will draw near and fall down before you, \*  
because your just and holy works have been revealed.

## **The Gospel**

*Reader:* A reading from the **Gospel of Matthew 5:17-20**

‘Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Here ends the reading.

*A full minute 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*     The Lord be with you

*People*        And also with you.

### *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**

*Officiant*

Almighty and everlasting God, who kindled the flame of your love in the heart of your servant Catherine of Siena: Grant unto us the same strength of conviction and power of love that, as we rejoice in her triumph, we may profit by her example; through Jesus Christ our Lord. *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, led by Responder*

#### **For Healing Divisions**

God of unity, heal our divided society. Help us to overcome the prejudices and biases that hinder justice. Teach us to love one another as You have loved us, transcending the boundaries that separate us. We thank You, O God, for being the source of unity and harmony in our midst. Amen.

*During this time, one of our Abbey intercessors will offer our collective prayers for this community, the church, and the world.*

*Intercessor*      Lord in your mercy.

*People:*          Hear our prayer.

*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.

### **Dismissal**

*Deacon* Let us bless God. Alleluia, Alleluia.

*People* To God be thanks forever. Alleluia, Alleluia.

*The Officiant ends with a Concluding Sentence*

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**

Catherine Benincasa was the youngest of twenty-five children of a dyer of Siena. At six years of age, she had a remarkable vision that decided her life's vocation. Walking home from a visit, she stopped on the road and gazed upward, oblivious to everything around her. "I beheld our Lord seated in glory with St. Peter, St. Paul, and St. John." She went on to say later that the Savior smiled on her and blessed her.

From then on, Catherine spent most of her time in prayer and meditation, despite her mother's attempts to force her to be like other girls. To settle matters, Catherine cut off her hair, her chief beauty. Her family harassed her continually; but in the end, convinced that she was deaf to all opposition, her father let her do as she wished: close herself away in a darkened room, fast, and sleep on boards. Eventually, she was accepted as a third order Dominican postulant.

Catherine had numerous visions, and was also tried most severely by temptations. Frequently, she felt totally abandoned by God. At last, in 1366, the Savior appeared with Mary and the Heavenly Host, and espoused her to himself, thus ending her years of lonely prayer and struggle. She became a nurse, as Dominican tertiaries regularly did, caring for patients with leprosy and cancer, whom other nurses disliked to treat.

Opinion in Siena was sharply divided about whether she was a saint or a fanatic, but when the Bishop of Capua was appointed as her confessor, he helped her to win full support from the Dominican Mother House. Catherine was a courageous worker in a time of severe plague. She visited prisoners condemned to death, and she was constantly called upon to arbitrate feuds and to prepare troubled sinners for confession.

During the great schism of the papacy, with rival popes in Rome and Avignon, Catherine wrote tirelessly to princes, kings, and popes, urging them to restore the unity of the church. She even went to Rome to press further for the cause.

Besides her many letters to all manner of people, Catherine wrote a *Dialogue*, a mystical work dictated in ecstasy. Exhausted and paralyzed, she died at the age of thirty-three.

—Lesser Feasts and Fasts 2022 Church Publishing

*Liturgy created the following resources: Book of Common Prayer, Enriching Our Worship, Saint Helena Breviary and A New Zealand with Prayer Book, Common Worship Times and Seasons, Adapted from <https://www.gonzaga.edu/about/president-leadership/messagesmedia/2021/thoughts-and-prayers-daunte-wright-and-caron-nazario>*