



*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

*Thursday, April 30, 2026*

*Week 4 in Eastertide*

*Sarah Josepha Buell Hale*

*Editor and Prophetic Witness, 1879*

## Opening Sentence

*The Officiant says the following*

But in fact Christ has been raised from the dead, the first fruits of those who have died. For since death came through a human being, the resurrection of the dead has also come through a human being.

*1 Corinthians 15:20,21*

## 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.

### **Psalms Appointed 50**

*Read responsively by whole verse*

1 The God of gods has spoken; \*  
God has called the earth from the rising of the sun to its setting.

2 Out of Zion, perfect in its beauty, \*  
God is revealed in glory.

3 O God, you will come and will not keep silence; \*  
before you there is a consuming flame,  
and round about you a raging storm.

4 You call the heavens and the earth from above \*  
to witness the judgment of your people.

5 “Gather before me my loyal followers, \*  
those who have made a covenant with me  
and sealed it with sacrifice.”

6 Let the heavens declare the rightness of your cause, \*

for you alone are judge.

7 “Hear, O my people, and I will speak:  
O Israel, I will bear witness against you, \*  
for I am God, your God.

8 I do not accuse you because of your sacrifices; \*  
your offerings are always before me.

9 I will take no bull-calf from your stalls, \*  
nor he-goats out of your pens;

10 For all the beasts of the forest are mine, \*  
the herds in their thousands upon the hills

11 I know every bird in the sky, \*  
and the creatures of the fields are in my sight.

12 If I were hungry, I would not tell you, \*  
for the whole world is mine and all that is in it.

13 Do you think I eat the flesh of bulls, \*  
or drink the blood of goats?

14 Offer to God a sacrifice of thanksgiving \*  
and make good your vows to the Most High.

15 Call upon me in the day of trouble; \*  
I will deliver you, and you shall honor me.”

16 But to the wicked God says: \*  
“Why do you recite my statutes  
and take my covenant upon your lips,

17 Since you refuse discipline \*  
and toss my words behind your back?

18 When you see thieves, you make them your friends, \*  
and you cast in your lot with adulterers.

19 You have loosed your lips for evil \*  
and harnessed your tongue to a lie.

20 You are always speaking evil of your family \*  
and slandering your own mother's child.

21 These things you have done, and I kept still, \*  
and you thought that I am like you."

22 "I have made my accusation; \*  
I have put my case in order before your eyes.

23 Consider this well, you who forget God, \*  
lest I rend you and there be none to deliver you.

24 Whoever offers me the sacrifice of thanksgiving honors me; \*  
but to those who keep in my way will I show the salvation of God."

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 2:13-20**

We also constantly give thanks to God for this, that when you received the word of God that you heard from us, you accepted it not as a human word but as what it really is, God's word, which is also at work in you believers. For you, brothers and sisters, became imitators of the churches of God in Christ Jesus that are in Judea, for you suffered the same things from your own compatriots as they did from the Jews, who killed both the Lord Jesus and the prophets, and drove us out; they displease God and oppose

everyone by hindering us from speaking to the Gentiles so that they may be saved. Thus they have constantly been filling up the measure of their sins; but God's wrath has overtaken them at last.

As for us, brothers and sisters, when, for a short time, we were made orphans by being separated from you—in person, not in heart—we longed with great eagerness to see you face to face. For we wanted to come to you—certainly I, Paul, wanted to again and again—but Satan blocked our way. For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? Yes, you are our glory and joy!

Here ends the reading.

*read in unison* **A Song of Christ's Humility** *Philippians 2:6-11*

Though in the form of God, \*  
Christ Jesus did not cling to equality with God,  
But emptied himself, taking the form of a servant, \*  
and was born in human likeness.  
Being found in human form, he humbled himself \*  
and became obedient to death, even death on a cross.  
Therefore, God has highly exalted him \*  
and given him the name above every name,  
That at the name of Jesus, every knee shall bow, \*  
In heaven and on earth and under the earth,  
And every tongue confess that Jesus Christ is Lord, \*  
to the glory of God the Father.

## **The Gospel**

*Reader:* A reading from the **Gospel of Matthew 5:21-26**

‘You have heard that it was said to those of ancient times, “You shall not murder”; and “whoever murders shall be liable to judgement.” But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, “You fool”, you will be liable to the hell of fire. So

when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

Here ends the reading.

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

### **Affirmation of Faith**

*Together*

We believe in one God, who is Creator,  
maker of all we see and all we don't see;  
Who is Ruler of the universe:  
Source of all creation!

We believe in one God, who is Jesus Christ,  
God from God, Light from Light, true God and true man.  
He is one with the Creator; the Word made flesh, our Messiah:  
Savior of all creation!

We believe in one God, who is Holy Spirit,  
Breath of God moving among us.  
Who is one with Creator; one with Christ; our Comforter and our Guide:  
Mentor of all creation!

### **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*

Gracious God, we bless your Name for the vision and witness of Sarah Hale, whose advocacy for the ministry of women helped to support the deaconess movement. Make us grateful for your many blessings, that we may come closer to Christ in our own families; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and 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, led by Responder*

### **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, 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**

Sarah Josepha Buell was born in New Hampshire in 1788 to Captain Gordon Buell and Martha Buell, both of whom were advocates for equal education for both sexes. In 1813, she married David Hale, a promising lawyer who shared her intellectual interests. In 1822, David died four days before the birth of their fifth child.

Sarah Buell Hale wore black for the rest of her life and, to support her family, she turned to her considerable literary skills. In a year, a volume of poetry appeared, followed by a successful novel, *Northwood: A Tale of New England*, which was among the first American novels by women and one of the first dealing with slavery. The success generated by *Northwood* enabled her to edit the popular *Ladies' Magazine*, which she hoped would aid in educating women, as she wrote, “not that they may usurp the situation, or encroach upon the prerogatives of man; but that each individual may lend her aid to the intellectual and moral character of those within her sphere.”

In 1830, she published a book of verses for children aimed at the Sunday school market; it included the now-famous “Mary Had a Little Lamb,” originally called “Mary’s Lamb.” Following the examples of her parents, she labored consistently for women’s education and helped found Vassar College. Her publications, including the influential *Godey’s Lady’s Book*, promoted concern for women’s health, property rights, and opportunities for public recognition. Hale’s influence was widespread, particularly for

middle class women, in matters of child-rearing, morality, literature, and dress. Although the editor of Godey's instructed her to avoid party politics in the publication, she dedicated much energy to causes which could unite North and South across party lines. She worked diligently to preserve Bunker Hill and George Washington's plantation home, Mount Vernon, as American monuments. She is perhaps most famous for the nationalization of the Thanksgiving holiday, toward which she worked many years and which finally received presidential sanction under Abraham Lincoln.

Her work, in both the women's and national spheres, was exemplary for its conciliatory nature, its concern for the unity of the nation, and for her desire to honor the work and influence of women in society.

—Great Cloud of Witnesses 2016 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>*