



*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, May 7, 2026*

*Week 5 in Eastertide*

*Harriet Starr Cannon*

*Religious, 1896*

## 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 70 & 71**

*Read responsively by whole verse*

#### **Psalm 70**

1 Be pleased, O God, to deliver me; \*  
O God, make haste to help me.

2 Let those who seek my life be ashamed  
and altogether dismayed; \*  
let those who take pleasure in my misfortune  
draw back and be disgraced.

3 Let those who say to me “Aha!” and gloat over me turn back, \*  
because they are ashamed.

4 Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
“Great is the Holy One!”

5 But as for me, I am poor and needy; \*  
come to me speedily, O God.

6 You are my helper and my deliverer; \*  
O God, do not tarry.

### **Psalm 71**

1 In you, O God, have I taken refuge; \*  
let me never be ashamed.

2 In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.

3 Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.

4 Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.

5 For you are my hope, O God, \*  
my confidence since I was young.

6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength; \*  
my praise shall be always of you.

7 I have become a portent to many, \*  
but you are my refuge and my strength.

8 Let my mouth be full of your praise \*  
and your glory all the day long.

9 Do not cast me off in my old age; \*  
forsake me not when my strength fails.

10 For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.

11 They say that God has forsaken me,

that they may pursue and seize me \*  
because there is none who will save.

12 O God, be not far from me; \*  
come quickly to help me, O my God.

13 Let those who set themselves against me be put to shame and be  
disgraced; \*  
let those who seek to do me evil be covered with scorn and reproach.

14 But I shall always wait in patience, \*  
and shall praise you more and more.

15 My mouth shall recount your mighty acts and saving deeds all day long,\*  
though I cannot know the number of them.

16 I will begin with your mighty works, O God; \*  
I will recall your righteousness, yours alone.

17 O God, you have taught me since I was young, \*  
and to this day I tell of your wonderful works.

18 And now that I am old and gray-headed, O God, do not forsake me, \*  
till I make known your strength to this generation  
and your power to all who are to come.

19 Your righteousness, O God, reaches to the heavens; \*  
you have done great things;  
who is like you, O God?

20 You have shown me great troubles and adversities, \*  
but you will restore my life  
and bring me up again from the deep places of the earth.

21 You strengthen me more and more; \*  
you enfold and comfort me,

22 Therefore I will praise you upon the lyre for your faithfulness, O my God; \*

I will sing to you with the harp, O Holy One of Israel.

23 My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.

24 My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced who sought to do me harm.

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 **2 Thessalonians 1:1-12**

Paul, Silvanus, and Timothy,

To the church of the Thessalonians in God our Father and the Lord Jesus Christ:

Grace to you and peace from God our Father and the Lord Jesus Christ.

We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing. Therefore we ourselves boast of you among the churches of God for your steadfastness and faith during all your persecutions and the afflictions that you are enduring.

This is evidence of the righteous judgement of God, and is intended to make you worthy of the kingdom of God, for which you are also suffering. For it is indeed just of God to repay with affliction those who afflict you, and to give relief to the afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire, inflicting

vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus. These will suffer the punishment of eternal destruction, separated from the presence of the Lord and from the glory of his might, when he comes to be glorified by his saints and to be marvelled at on that day among all who have believed, because our testimony to you was believed. To this end we always pray for you, asking that our God will make you worthy of his call and will fulfil by his power every good resolve and work of faith, so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

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 6:25-34**

‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of

you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

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**

*Officiant* Let us say together in faith  
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, you called Harriet Starr Cannon and her companions to revive the religious life in The Episcopal Church and to dedicate their lives to you: Grant that we, after their example, may ever surrender ourselves to the revelation of your holy will; through our Savior Jesus Christ, 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**

Harriet Starr Cannon founded the Community of St. Mary, the first religious order for women formally recognized in The Episcopal Church.

Cannon was born in Charleston, South Carolina, in 1823 and was orphaned in 1824, when her parents died of yellow fever. She grew up with her only surviving sibling in Bridgeport, Connecticut, in the home of relatives. In 1851, Cannon entered the Sisters of the Holy Communion, an order founded by William Augustus Muhlenberg, Rector of the Church of the Holy Communion in New York City. The Sisters were heavily involved in the operation of clinics and care facilities that would become St. Luke's Hospital in the City of New York. During her years with the Sisters of the Holy Communion, Cannon served as a nurse.

Over time, Harriet Cannon yearned for a more traditional monastic form of religious life. When agreement could not be reached with the Sisters of

the Holy Communion, Cannon and a small group of her sisters moved to form a new order. On the Feast of the Presentation, February 2, 1865, Horatio Potter, Bishop of the Diocese of New York, received from Harriet Cannon and her sisters the traditional vows of poverty, chastity, and obedience, at St. Michael's Church in Manhattan. The sisters began life together as the Community of St. Mary, and Harriet Cannon became the Order's first Superior.

The apostolate of The Community of St. Mary began with nursing and the care of women who had endured difficult circumstances. After time, however, Mother Cannon and her Sisters became increasingly committed to providing free schools for the education of young women in addition to their medical work. The Community continued to grow and developed schools for girls, hospitals, and orphanages in New York, Tennessee, and Wisconsin. Mother Cannon died April 5, 1896, at Peekskill, New York.

The Community of St. Mary played a critical role in response to the yellow fever epidemic in Memphis in the 1870's. Sister Constance and her companions are remembered on September 9.

—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>*