



*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.

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

Friday, May 8, 2026
Week 5 in Eastertide
Julian of Norwich
Mystic and Theologian, c. 1417

Opening Sentence

The Officiant says the following

After his suffering Jesus presented himself alive to them by many convincing proofs, appearing to them over the course of forty days and speaking about the kingdom of God. *Acts 1.3*

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 risen indeed:

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 106:1-18

Read responsively by whole verse

1 Alleluia! Give thanks, for the Holy One is good; *
God's mercy endures for ever.

2 Who can declare the mighty acts of God *
or show forth rightful praise?

3 Happy are they who act with justice *
and always do what is right!

4 Remember me, O God, with the favor you have for your people, *
and visit me with your saving help;

5 That I may see the prosperity of your elect
and be glad with the gladness of your people, *
that I may glory with your inheritance.

6 We have sinned as our forebears did; *
we have done wrong and dealt wickedly.

7 In Egypt they did not consider your marvelous works,
nor remember the abundance of your love; *

they defied you, O Most High, at the Red Sea.

8 But you saved them for your Name's sake, *
to make your power known.

9 You rebuked the Red Sea, and it dried up, *
and you led them through the deep as through a desert.

10 You saved them from the hand of those who hated them *
and redeemed them from the hand of the enemy.

11 The waters covered their oppressors; *
not one of them was left.

12 Then they believed your words *
and sang you songs of praise.

13 But they soon forgot your deeds *
and did not wait for your counsel.

14 A craving seized them in the wilderness, *
and they put you to the test in the desert.

15 You gave them what they asked, *
but sent leanness into their soul.

16 They envied Moses in the camp, *
and Aaron, the holy one of God.

17 The earth opened and swallowed Dathan *
and covered the company of Abiram.

18 Fire blazed up against their company, *
and flames devoured the wicked.

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 2:1-17**

As to the coming of our Lord Jesus Christ and our being gathered together to him, we beg you, brothers and sisters, not to be quickly shaken in mind or alarmed, either by spirit or by word or by letter, as though from us, to the effect that the day of the Lord is already here. Let no one deceive you in any way; for that day will not come unless the rebellion comes first and the lawless one is revealed, the one destined for destruction. He opposes and exalts himself above every so-called god or object of worship, so that he takes his seat in the temple of God, declaring himself to be God. Do you not remember that I told you these things when I was still with you? And you know what is now restraining him, so that he may be revealed when his time comes. For the mystery of lawlessness is already at work, but only until the one who now restrains it is removed. And then the lawless one will be revealed, whom the Lord Jesus will destroy with the breath of his mouth, annihilating him by the manifestation of his coming. The coming of the lawless one is apparent in the working of Satan, who uses all power, signs, lying wonders, and every kind of wicked deception for those who are perishing, because they refused to love the truth and so be saved. For this reason God sends them a powerful delusion, leading them to believe what is false, so that all who have not believed the truth but took pleasure in unrighteousness will be condemned.

But we must always give thanks to God for you, brothers and sisters beloved by the Lord, because God chose you as the first fruits for salvation through sanctification by the Spirit and through belief in the truth. For this purpose he called you through our proclamation of the good news, so that you may obtain the glory of our Lord Jesus Christ. So then, brothers and sisters, stand firm and hold fast to the traditions that you were taught by us, either by word of mouth or by our letter.

Now may our Lord Jesus Christ himself and God our Father, who loved us and through grace gave us eternal comfort and good hope, comfort your hearts and strengthen them in every good work and word.

Here ends the reading.

read in unison **A Song of Ezekiel** *Ezekiel 36:24-28*

I will take you out of the nations *
and gather you from every land, and bring you to your own soil.
I will sprinkle clean water over you,
and you shall be clean from all that defiles you; *
I will cleanse you from the taint of all your idols.
I will give you a new heart *
and put a new spirit within you;
I will take the heart of stone from your body *
and give you a heart of flesh.
I will put my spirit into you
and make you conform to my statutes; *
you shall keep my laws and live by them.
You shall live in the land which I gave to your ancestors; *
you shall be my people, and I will be your God.

The Gospel

Reader: A reading from the **Gospel of Matthew 7:1-12**

‘Do not judge, so that you may not be judged. For with the judgement you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbor’s eye, but do not notice the log in your own eye? Or how can you say to your neighbor, “Let me take the speck out of your eye”, while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor’s eye.

‘Do not give what is holy to dogs; and do not throw your pearls before swine, or they will trample them under foot and turn and maul you.

‘Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!

‘In everything do to others as you would have them do to you; for this is the law and the prophets.

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

Officiant Let us say together in faith

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. Help us, O God our Savior;
R. Deliver us and forgive us our sins.
V. Look upon your congregation;
R. Give to your people the blessing of peace.
V. Declare your glory among the nations;
R. And your wonders among all peoples.
V. Do not let the oppressed be shamed and turned away;
R. Never forget the lives of your poor.
V. Continue your loving-kindness to those who know you;

R. And your favor to those who are true of heart.
V. Satisfy us by your loving-kindness in the morning;
R. So shall we rejoice and be glad all the days of our life.

The Collects

The Collect of the Day

Officiant

Triune God, Father and Mother to us all, who showed your servant Julian revelations of your nurturing and sustaining love: Move our hearts, like hers, to seek you above all things, for in giving us yourself you give us all.
Amen.

Officiant

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. *Amen.*

Together, Led by Responder

For Justice

Grant, O God, that your holy and life-giving Spirit may so move every human heart and especially the hearts of the people of this land, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Savior. Amen.

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

The Intercessor concludes: 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

Of Julian's early life we know little, only the probable date of her birth (1342). Her own writings in her *Revelations of Divine Love* are concerned only with her visions, or "showings," that she experienced when she was thirty years old rather than with the details of her biography.

Julian had been gravely ill and was given last rites. Suddenly, on the seventh day, all pain left her, and she had fifteen visions of Christ's Passion. These brought her great peace and joy. "From that time I desired oftentimes to learn what was our Lord's meaning," she wrote, "and fifteen years after I was answered in spiritual understanding: 'Would you learn the Lord's meaning in this thing? Learn it well. Love was his meaning. Who showed it you? Love. What did he show you? Love. Why did he show it? For Love.'"

Julian had long desired three gifts from God: “the mind of his passion, bodily sickness in youth, and three wounds—of contrition, of compassion, of will-full longing toward God.” Her illness brought her the first two wounds, which then passed from her mind. The third, “will-full longing” (divinely inspired longing), never left her.

She became a recluse, an anchoress, at Norwich soon after her recovery from illness, living in a small dwelling attached to the parish church. Even in her lifetime, she was famed as a mystic and spiritual counselor and was frequently visited by clergy and lay persons, including the mystic Margery Kempe. Kempe says of Julian: “This anchoress was expert in knowledge of our Lord and could give good counsel. I spent much time with her talking of the love of our Lord Jesus Christ.”

Julian understood that God was both Father and Mother to us, and understood Christ as exemplifying this maternal face of God. “Thus Jesus Christ, who does good against evil, is our very Mother. We have our being in him, where the ground of motherhood begins . . . As truly as God is our Father, so truly is God our Mother.”

Julian’s book is a tender and beautiful exposition of God’s eternal and all-embracing love, showing how his charity toward human beings is exhibited in the Passion. Again and again Julian referred to Christ as “our courteous Lord.” Many have found strength in the words that the Lord had given her: “I can make all things well; I will make all things well; I shall make all things well; and you can see for yourself that all manner of things shall be well.”

—Lesser Feasts and Fasts 2022 Church Publishing

Liturgy created with the following resources: Book of Common Prayer, Enriching Our Worship, and Saint Helena Breviary