



*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

Saturday, May 2, 2026
Week 4 in Eastertide
Athanasius of Alexandria
Bishop and Theologian, 373

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 55

Read responsively by whole verse

1 Hear my prayer, O God; *
do not hide yourself from my petition.

2 Listen to me and answer me; *
I have no peace, because of my cares.

3 I am shaken by the noise of the enemy *
and by the pressure of the wicked;

4 For they have cast an evil spell upon me *
and are set against me in fury.

5 My heart quakes within me, *
and the terrors of death have fallen upon me.

6 Fear and trembling have come over me, *
and horror overwhelms me.

7 And I said, "Oh, that I had wings like a dove! *"

I would fly away and be at rest.

8 I would flee to a far-off place *
and make my lodging in the wilderness.

9 I would hasten to escape *
from the stormy wind and tempest.”

10 Swallow them up, O God; confound their speech, *
for I have seen violence and strife in the city.

11 Day and night the sentries make their rounds upon its walls, *
but trouble and misery are in the midst of it.

12 There is corruption at its heart; *
its streets are never free of oppression and deceit.

13 For had it been an adversary who taunted me,
then I could have borne it; *
or had it been enemies who vaunted themselves against me,
then I could have hidden from them.

14 But it was you, someone after my own heart, *
my companion, my own familiar friend.

15 We took sweet counsel together, *
and walked with the throng in the house of God.

16 Let death come upon them suddenly;
let them go down alive into the grave, *
for wickedness is in their dwellings, in their very midst.

17 But I will call upon God, *
and God will deliver me.

18 In the evening, in the morning, and at noonday,

I will complain and lament, *
and God will hear my voice.

19 God will bring me safely back from the battle waged against me, *
for there are many who fight me.

20 God, who is enthroned of old, will hear me and bring them down; *
they never change; they do not fear God.

21 My companions have stretched forth their hands against their comrade; *
they have broken their covenant.

22 Their speech is softer than butter, *
but war is in their hearts.

23 Their words are smoother than oil, *
but they are drawn swords.

24 Cast your burden upon God,
who will sustain you; *
God will never let the righteous stumble.

25 For you will bring the bloodthirsty and deceitful *
down to the pit of destruction, O God.

26 They shall not live out half their days, *
but I will put my trust in you.

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 4:1-12**

Finally, brothers and sisters, we ask and urge you in the Lord Jesus that, as you learned from us how you ought to live and to please God (as, in fact, you are doing), you should do so more and more. For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from fornication; that each one of you knows how to control your own body in holiness and honour, not with lustful passion, like the Gentiles who do not know God; that no one wrongs or exploits a brother or sister in this matter, because the Lord is an avenger in all these things, just as we have already told you beforehand and solemnly warned you. For God did not call us to impurity but in holiness. Therefore whoever rejects this rejects not human authority but God, who also gives his Holy Spirit to you.

Now concerning love of the brothers and sisters, you do not need to have anyone write to you, for you yourselves have been taught by God to love one another; and indeed you do love all the brothers and sisters throughout Macedonia. But we urge you, beloved, to do so more and more, to aspire to live quietly, to mind your own affairs, and to work with your hands, as we directed you, so that you may behave properly towards outsiders and be dependent on no one.

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 5:38-48**

‘You have heard that it was said, “An eye for an eye and a tooth for a tooth.” But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.

‘You have heard that it was said, “You shall love your neighbor and hate your enemy.” But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.

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

O Lord, who established your servant Athanasius, through wisdom, in your truth: Grant that we, perceiving the humanity and divinity of your Son Jesus Christ, may follow in his footsteps and ascend the way to eternal life, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

A Collect for Saturdays

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. *Amen.*

Together

Give us grace and courage to hope,
and to risk disappointment.
Teach us to pray expectantly,
and when our prayers seem to fail,
bring us to pray again and again;
for you are our God,
who acts, and will act again.
Hear this prayer for your love's sake.
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

Athanasius was born around 295 in Alexandria and was ordained as a deacon in 319. He quickly attracted attention by his opposition to the presbyter Arius, whose teaching that the Second Person of the Trinity was a creature was gaining widespread acceptance. Alexander, the Bishop of Alexandria, took Athanasius as his secretary and adviser to the first Ecumenical Council, at Nicaea in 325, which dealt with the Arian conflict. Athanasius was successful in winning approval for the phrase in the Nicene Creed which has ever since been recognized as expressing unequivocally the full divinity of the Son: “of one Being with the Father” (*homoousios*).

When Alexander died in 328, Athanasius became bishop. He fearlessly defended Nicene Christology against emperors, magistrates, bishops, and theologians. Five times he was sent into exile. He often seemed to stand alone for the orthodox faith. “*Athanasius contra mundum*” (Athanasius against the world) became a by-word. Yet, by the time of his last exile, his popularity among the citizens of Alexandria was so great that the emperor had to recall him to avoid insurrection in the city.

Athanasius wrote extensively, including biblical interpretation, theological exposition, sermons, and letters. His treatise, *On the Incarnation of the Word of God*, is a still widely read theological classic, and his work *The Life of Antony* became profoundly influential in the spread of the early monastic movement.

In *On the Incarnation*, he writes, “The Savior of us all, the Word of God, in his great love took to himself a body and moved as Man among men, meeting their senses, so to speak, halfway. He became himself an object for the senses, so that those who were seeking God in sensible things might apprehend the Father through the works which he, the Word of God, did in the body. Human and human-minded as people were, therefore, to whichever side they looked in the sensible world, they found themselves taught the truth.”

Athanasius died in Alexandria in the year 373, after devoting his final years to preaching, writing, and giving spiritual direction.

—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>