



*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 21, 2026*  
*Week 7 in Eastertide*  
*Lydia of Thyatira*  
*Coworker of the Apostle Paul*

## 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.

### **Psalm Appointed 105:1-22**

*Read responsively by whole verse*

1 We give you thanks, O God, and call upon your Name, \*  
we make known your deeds among the peoples,

2 We sing to you; we sing your praise \*  
and speak of all your marvelous works,

3 We glory in your holy Name; \*  
let the hearts of those who seek you rejoice;

4 We search for you and your strength; \*  
we continue to seek your face;

5 We remember the marvels you have done, \*  
the wonders and the judgments of your mouth:

6 We, the offspring of Abraham, your servant, \*  
we, the children of Jacob, the chosen ones.

7 You are our God indeed; \*  
your judgments prevail in all the world.

8 You have always been mindful of your covenant, \*  
the promise you made for a thousand generations:

9 The covenant you made with Abraham, \*  
the oath that you swore to Isaac,

10 Which you established as a statute for Jacob, \*  
an everlasting covenant for Israel,

11 Saying, “To them will I give the land of Canaan \*  
to be their allotted inheritance.”

12 When they were few in number, \*  
of little account, and sojourners in the land,

13 Wandering from nation to nation \*  
and from one realm to another,

14 You let no one oppress them \*  
and rebuked monarchs for their sake,

15 Saying, “Do not touch my anointed \*  
and do my prophets no harm.”

16 Then you called for a famine in the land \*  
and destroyed the supply of bread.

17 You sent a man before them, \*  
Joseph, who was sold as a slave.

18 They bruised his feet in fetters; \*  
his neck they put in an iron collar.

19 Until his prediction came to pass, \*  
your word, O Most High, tested him.

20 The king sent and released him; \*  
the ruler of the peoples set him free.

21 He set him as a master over his household, \*  
as a ruler over all his possessions,

22 To instruct his princes according to his will \*  
and to teach his elders wisdom.

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 **Ephesians 4:17-32**

Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to practise every kind of impurity. That is not the way you learned Christ! For surely you have heard about him and were taught in him, as truth is in Jesus. You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work

honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

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 9:1-8**

And after getting into a boat he crossed the water and came to his own town.

And just then some people were carrying a paralysed man lying on a bed. When Jesus saw their faith, he said to the paralytic, 'Take heart, son; your sins are forgiven.' Then some of the scribes said to themselves, 'This man is blaspheming.' But Jesus, perceiving their thoughts, said, 'Why do you think evil in your hearts? For which is easier, to say, "Your sins are

forgiven”, or to say, “Stand up and walk”? But so that you may know that the Son of Man has authority on earth to forgive sins’—he then said to the paralytic—‘Stand up, take your bed and go to your home.’ And he stood up and went to his home. When the crowds saw it, they were filled with awe, and they glorified God, who had given such authority to human beings.

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* Let us pray

*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*

Eternal God, who gives good gifts to all people, and who grants the spirit of generosity: Give us, we pray you, hearts always open to hear your word, that, following the example of your servant Lydia, we may show hospitality to those who are in any need or trouble; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, now and for 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**

Lydia of Thyatira was Paul's first European convert. She was a Gentile woman living in Philippi who, like many others, was interested in the Jewish faith, but had not converted. As what the Jewish community called a "God-fearer," she was undoubtedly accorded some level of respect by the Jewish community, but would not have been treated as a full member of the Jewish community in Philippi.

Paul encountered her on a riverbank where she and a group of women had gathered for Sabbath prayers. Paul and his companions began to talk with the women, and God "opened her heart" to hear what Paul had to say about Christ and the Gospel. Lydia believed what she heard and, as was the custom when the head of a household converted, her whole household was baptized along with her.

Lydia was a prosperous cloth merchant and had the means to offer hospitality to the apostles during their time in Philippi. Her home, having served as a base of operations for Paul and his companions, became the location of a house church in Philippi. Although she is not mentioned by name outside of Acts 16, her significant role in enabling the spread of the Gospel in Philippi has led to her recognition as a saint in a wide range of Christian traditions, including the Roman Catholic Church, the Orthodox Church, and many Protestant traditions. In the Orthodox Church she is

given the title “Equal to the Apostles” for her role in spreading the Christian faith.

—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>*