



*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 28, 2026  
Ordinary Time, Proper 3  
Mechthild of Magdeburg  
Mystic, c. 1282*

## Opening Sentence

*The Officiant says the following*

Through Jesus let us continually offer up a sacrifice of praise to God, the fruit of lips that acknowledge God's name. *Hebrews 13:15*

## Invitatory Rite

*Officiant* O God, open our lips.

*People* And our mouth shall proclaim your praise.

*All* Glory be to God, sustaining, redeeming, sanctifying,  
as in the beginning, so now and for ever. Amen.

*Officiant* Our God orders all things well:

*People* Come, let us worship.

*Said in unison* **Jubilate** *Psalm 100*

May all lands be joyful before you, O God, \*

serve with gladness

and come before your presence with a song.

For we know that you are God; \*

you yourself have made us, and we are yours;

we are your people and the sheep of your pasture.

We shall enter your gates with thanksgiving,

go into your courts with praise, \*

give thanks to you and call upon your Name.

For you are good; your mercy is everlasting; \*  
and your faithfulness endures from age to age.

*Officiant* Our God orders all things well:

*People* Come, let us worship.

### **Psalms Appointed 37:1-18**

*Read responsively by whole verse*

1 Do not fret yourself because of evildoers; \*  
do not be jealous of those who do wrong.

2 For they shall soon wither like the grass, \*  
and like the green grass fade away.

3 Put your trust in God and do good; \*  
dwell in the land and feed on its riches.

4 Take delight in God, \*  
who shall give you your heart's desire.

5 Commit your way to God and put your trust in God, \*  
who will bring it to pass.

6 God will make your righteousness as clear as the light \*  
and your just dealing as the noonday.

7 Be still before God; \*  
for God wait patiently.

8 Do not fret yourself over the one who prospers, \*  
the one who succeeds in evil schemes.

9 Refrain from anger, leave rage alone; \*  
do not fret yourself, it leads only to evil.

10 For evildoers shall be cut off, \*

but those who wait upon God shall possess the land.

11 In a little while the wicked shall be no more; \*  
you shall search out their place, but they will not be there.

12 But the lowly shall possess the land; \*  
they will delight in abundance of peace.

13 The wicked plot against the righteous \*  
and gnash at them with their teeth.

14 God laughs at the wicked, \*  
seeing that their day will come.

15 The wicked draw their sword and bend their bow  
to strike down the poor and needy, \*  
to slaughter those who are upright in their ways.

16 Their sword shall go through their own heart, \*  
and their bow shall be broken.

17 The little that the righteous has \*  
is better than great riches of the wicked.

18 For the power of the wicked shall be broken, \*  
but God upholds the righteous.

Glory be to God, sustaining, redeeming, sanctifying,  
as in the beginning, so now and for ever. Amen..

## **The Lessons**

### **First Reading**

*Reader* A reading from **1 Timothy 4:1-16**

Now the Spirit expressly says that in later times some will renounce the faith by paying attention to deceitful spirits and teachings of demons,

through the hypocrisy of liars whose consciences are seared with a hot iron. They forbid marriage and demand abstinence from foods, which God created to be received with thanksgiving by those who believe and know the truth. For everything created by God is good, and nothing is to be rejected, provided it is received with thanksgiving; for it is sanctified by God's word and by prayer.

If you put these instructions before the brothers and sisters, you will be a good servant of Christ Jesus, nourished on the words of the faith and of the sound teaching that you have followed. Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come. The saying is sure and worthy of full acceptance. For to this end we toil and struggle, because we have our hope set on the living God, who is the Saviour of all people, especially of those who believe.

These are the things you must insist on and teach. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I arrive, give attention to the public reading of scripture, to exhorting, to teaching. Do not neglect the gift that is in you, which was given to you through prophecy with the laying on of hands by the council of elders. Put these things into practice, devote yourself to them, so that all may see your progress. Pay close attention to yourself and to your teaching; continue in these things, for in doing this you will save both yourself and your hearers.

*Reader* Here ends the reading.

*Read in unison* **Life in the Spirit** *based on Romans 8:2, 14–19*

In Christ the life-giving law of the Spirit:  
has set us free from the law of sin and death.

All who are led by the Spirit of God are children of God:  
it is the Spirit that enables us to cry, Abba, Father.

The Spirit confirms that we are God's children:  
and if children then we are heirs.

We are heirs of God, and fellow heirs with Christ:  
if we share his suffering now,  
in order to share his splendor hereafter.

The sufferings we now endure:  
bear no comparison with the splendor  
to be shown to us.

The created universe itself waits with eager longing:  
for the children of God to be revealed.

## **The Gospel**

*Reader* A reading from the **Gospel of Matthew 13:24-30**

He put before them another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, "Master, did you not sow good seed in your field? Where, then, did these weeds come from?" He answered, "An enemy has done this." The slaves said to him, "Then do you want us to go and gather them?" But he replied, "No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn." "

*Reader* Here ends the reading.

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

## **Apostles Creed**

*Officiant* Let us declare our faith in the resurrection and reign of Christ:

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* God be with you.

*People* And also with you.

*Officiant* Let us pray.

*Together*

### **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*

Draw the souls of your people into your love, O God, that like your servant Mechthild, we may yearn to be fully yours, for you know us better than we can know ourselves; 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.

*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.*

### **A Litany of Thanksgiving**

Let us give thanks to God our Creator for all gifts so freely bestowed upon us.

For the beauty and wonder of your creation, in earth and sky and sea.

*We thank you, God.*

For all that is gracious in the lives of all peoples,  
revealing the image of Christ,  
*We thank you, God.*

For our daily food and drink, our homes and families, and  
our friends,  
*We thank you, God.*

For minds to think, and hearts to love, and hands to serve,  
*We thank you, God.*

For health and strength to work, and leisure to rest and play,  
*We thank you, God.*

For the brave and courageous, who are patient in suffering  
and faithful in adversity,  
*We thank you, God.*

For all valiant seekers after truth, liberty, and justice,  
*We thank you, God.*

For the communion of saints, in all times and places,  
*We thank you, God.*

Above all, we give you thanks for the great mercies and  
promises given to us in Christ Jesus our Redeemer;  
*To him be praise and glory, with you, O Creator, and the  
Holy Spirit, now and for ever. Amen.*

*Together*

God of work and rest and pleasure, Grant that what we do today may be  
for us an offering rather than a burden; And for those we serve, may it be  
the help they need. Amen.

### **Dismissal**

*Deacon*      Let us bless God.

*People* To God be thanks forever.

### **Concluding Sentences**

*Officiant says one of the following*

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**

Mechthild of Magdeburg was one of the most original medieval mystics, and the first to write in the German language. She was a Beguine, a member of a group of women who lived in a quasi-monastic community but did not take formal vows. Instead, they pledged to be bound by the traditional vows of poverty, chastity, and obedience only for as long as they lived in the community. Typically, Beguines lived in a communal house and supported themselves through their own work, such as nursing, weaving, embroidery, burial of the dead, and housework.

Mechthild is known to us primarily through her work *The Flowing Light of the Godhead*, which consists of seven books written over a period of thirty years. It is clear from the work that she was familiar with courtly poetry and vernacular literature, but she does not seem to have had any formal training in theology or in Latin.

Her work alternates between passionate descriptions of her love for God and scathing denunciations of many clergy and of the laxity that she perceived in the official church of her time. Because of these criticisms, her work was at times controversial. Shortly after her death, a Latin translation of her work was produced by Dominican priests, who

faithfully conveyed the majority of the text, but significantly toned down both her erotic imagery and her critiques of the vices of the clergy.

Mechthild spent the last years of her life at a Cistercian convent in Helfta, whose nuns were famous for their education and scholarship.

It is clear that she felt somewhat uncomfortable in this very different environment, but the sisters seem to have warmly welcomed her and protected her from anyone who criticized her work. During the last years of her life, she became blind, and so the last chapters of her book were dictated to one of the sisters of the convent.

In one famous passage of her book, she writes:

“A fish cannot drown in water,  
A bird does not fall in air.  
In the fire of creation,  
God doesn’t vanish:  
The fire brightens.  
Each creature God made  
must live in its own true nature;  
How could I resist my nature,  
That lives for oneness with God?”

—Lesser Feasts and Fasts 2022 Church Publishing

*Liturgy created with the following resources: Book of Common Prayer, Enriching Our Worship, Saint Helena Breviary, A New Zealand Prayer Book and The Inclusive Bible, Adapted from [https://socialjusticeresourcecenter.org/prayers/racism/Affirmation\\_of\\_Faith](https://socialjusticeresourcecenter.org/prayers/racism/Affirmation_of_Faith): copyright © Lisa Frenz, on Lisa’s Liturgies. ‘Copyright Lisa Frenz. All Rights Reserved. Used with permission.’*