



*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 29, 2026
Ordinary Time, Proper 3

Opening Sentence

Officiant

May the words of my mouth and the thoughts of my heart be pleasing in your sight, O God, my rock and my redeemer. *Psalm 19:14*

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.

Officiant Our God has redeemed the world:

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 has redeemed the world:

People Come, let us worship.

Psalm Appointed 31

Read responsively by whole verse

1 In you, O God, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.

2 Incline your ear to me; *
make haste to deliver me.

3 Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold; *
for the sake of your Name, lead me and guide me.

4 Take me out of the net that they have secretly set for me, *
for you are my tower of strength.

5 Into your hands I commend my spirit, *
for you have redeemed me, O God of truth.

6 I hate those who cling to worthless idols, *
and I put my trust in God.

7 I will rejoice and be glad because of your mercy, *
for you have seen my affliction;
you know my distress.

8 You have not shut me up in the power of the enemy; *
you have set my feet in an open place.

9 Have mercy on me, O God, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.

10 For my life is wasted with grief
and my years with sighing; *
my strength fails me because of affliction,
and my bones are consumed.

11 I have become a reproach to all my enemies and even to my neighbors,
a dismay to those of my acquaintance; *
when they see me in the street they avoid me.

12 I am forgotten like the dead, out of mind; *
I am as useless as a broken pot.

13 For I have heard the whispering of the crowd;
fear is all around; *
they put their heads together against me;
they plot to take my life.

14 But as for me, I have trusted in you, O God. *
I have said, "You are my God.

15 My times are in your hand; *
rescue me from the hand of my enemies,
and from those who persecute me.

16 Make your face to shine upon your servant, *
and in your loving-kindness, save me."

17 O God, let me not be ashamed for having called upon you; *
rather, let the wicked be put to shame;
let them be silent in the grave.

18 Let the lying lips be silenced which speak against the righteous, *

haughtily, disdainfully, and with contempt.

19 How great is your goodness, O God,
which you have laid up for those who fear you; *
which you have done in the sight of all
for those who put their trust in you.

20 You hide them in the covert of your presence from those who slander
them; *
you keep them in your shelter from the strife of tongues.

21 Blessed be God! *
For you have shown me the wonders of your love in a city under siege.

22 Yet I said in my alarm,
“I have been cut off from the sight of your eyes.” *
Nevertheless, you heard the sound of my entreaty
when I cried out to you.

23 Love God, all you who worship God; *
God protects the faithful,
but repays to the full those who act haughtily.

24 Be strong and let your heart take courage, *
all you who wait for God.

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 Timothy 5:17-25**

Let the elders who rule well be considered worthy of double honour,
especially those who labour in preaching and teaching; for the scripture
says, ‘You shall not muzzle an ox while it is treading out the grain’, and,

‘The labourer deserves to be paid.’ Never accept any accusation against an elder except on the evidence of two or three witnesses. As for those who persist in sin, rebuke them in the presence of all, so that the rest also may stand in fear. In the presence of God and of Christ Jesus and of the elect angels, I warn you to keep these instructions without prejudice, doing nothing on the basis of partiality. Do not ordain anyone hastily, and do not participate in the sins of others; keep yourself pure.

No longer drink only water, but take a little wine for the sake of your stomach and your frequent ailments.

The sins of some people are conspicuous and precede them to judgement, while the sins of others follow them there. So also good works are conspicuous; and even when they are not, they cannot remain hidden.

Reader Here ends the reading.

read in unison **Canticle L**

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 13:31-35**

He put before them another parable: ‘The kingdom of heaven is like a

mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.’

He told them another parable: ‘The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.’

Jesus told the crowds all these things in parables; without a parable he told them nothing. This was to fulfil what had been spoken through the prophet:

‘I will open my mouth to speak in parables;

I will proclaim what has been hidden from the foundation of the world.’

Here ends the reading.

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

The Apostles' Creed

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

Together

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. 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

Grant, O Lord, that the course of this world may be peaceably governed by your providence; and that your Church may joyfully serve you in confidence and serenity; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Together

Ember Days

For the choice of fit persons for the ministry

O God, you led your holy apostles to ordain ministers in every place: Grant that your Church, under the guidance of the Holy Spirit, may choose suitable persons for the ministry of Word and Sacrament, and may uphold them in their work for the extension of your kingdom; through him who is the Shepherd and Bishop of our souls, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Together

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 the Responder

A Collect for Social Justice and Peace

Almighty God, source of true justice and peace, in you there is no distinction of persons, for in you we are equally loved. Reconcile us that we may live and work with each other and with you to establish your reign on earth where there is no poverty, war, or any oppression, 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

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.

Together

A Collect of Dedication

Beloved God: As we offer ourselves to you this day, guide and stir us with your Holy Spirit, that we may become one body, one spirit in Jesus Christ our Savior. Amen.

Dismissal

Officiant 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.*

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, From the Manual of the Society of the Companions of the Holy Cross Submitted by Judith Lockhart Radtke