



*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. Each service is preceded by 3 minutes silence.

If you would like to add to our prayer list, please email Winnie Grace at wingrace1@gmail.com.

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

Wednesday, August 12, 2026

Ordinary Time, Proper 14

Florence Nightingale

Nurse, 1910

Opening Sentence

The Officiant says the following

You are worthy, our Lord and God, to receive glory and honor and power,
for you created all things, and by your will they existed and were created.

Revelation 4:11

Invitatory Rite

Officiant O God, open our lips.

People And our mouth shall proclaim your praise.

All Glory to the holy and undivided Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

Officiant Let the peoples praise you, O God;

People let all the peoples praise you

Said in unison **Invitatory Psalm 67:1-5**

O God, be merciful to us and bless us, *

show us the light of your countenance and come to us.

Let your ways be known upon earth, *

your saving health among all nations.

Let the peoples praise you, O God; *

let all the peoples praise you.

Let the nations be glad and sing for joy, *

for you judge the peoples with equity and guide all the nations upon earth.

Let the peoples praise you, O God; *
let all the peoples praise you.

Officiant Let the peoples praise you, O God;
People let all the peoples praise you

Psalms Appointed 101 & 109

Read responsively by whole verse

Psalm 101

1 I will sing of mercy and justice; *
to you, O God, will I sing praises.

2 I will strive to follow a blameless course;
oh, when will you come to me? *
I will walk with sincerity of heart within my house.

3 I will set no worthless thing before my eyes; *
I hate the doers of evil deeds;
they shall not remain with me.

4 A crooked heart shall be far from me; *
I will not know evil.

5 Those who in secret slander their neighbors I will destroy; *
those who have a haughty look and a proud heart I cannot abide.

6 My eyes are upon the faithful in the land, that they may dwell with me, *
and only those who lead a blameless life shall be my servants.

7 Those who act deceitfully shall not dwell in my house, *
and those who tell lies shall not continue in my sight.

8 I will soon destroy all the wicked in the land, *
that I may root out all evildoers from the city of God.

Psalm 109

1 Hold not your tongue, O God of my praise, *
for the mouth of the wicked,
the mouth of the deceitful, is opened against me.

2 They speak to me with a lying tongue; *
they encompass me with hateful words
and fight against me without a cause.

3 Despite my love, they accuse me, *
but as for me, I pray for them.

4 They repay evil for good *
and hatred for my love.

5 Set wicked ones against them, *
and let accusers stand at their right hand.

6 When they are judged, let them be found guilty, *
and let their appeals be in vain.

7 Let their days be few, *
and let others take their office.

8 Let their children be fatherless, *
and their wives become widows.

9 Let their children be waifs and beggars; *
let them be driven from the ruins of their homes.

10 Let the creditor seize everything they have; *
let strangers plunder their gains.

11 Let there be no one to show them kindness, *

and none to pity their fatherless children.

12 Let their descendants be destroyed, *
and their names be blotted out in the next generation.

13 Let the wickedness of their parents be remembered before God, *
and their forebears' sin not be blotted out;

14 Let their sin be always before God, *
but let God root out their names from the earth;

15 Because they did not remember to show mercy, *
but persecuted the poor and needy
and sought to kill the brokenhearted.

16 They loved cursing,
let it come upon them; *
they took no delight in blessing,
let it depart from them.

17 They put on cursing like a garment; *
let it soak into their bodies like water
and into their bones like oil;

18 Let it be to them like the cloak which they wrap around themselves *
and like the belt that they wear continually.

19 Let this be the recompense from God to my accusers *
and to those who speak evil against me.

20 But you, O God, my God,
oh, deal with me according to your Name; *
for your tender mercy's sake, deliver me.

21 For I am poor and needy, *

and my heart is wounded within me.

22 I have faded away like a shadow when it lengthens; *
I am shaken off like a locust.

23 My knees are weak through fasting, *
and my flesh is wasted and gaunt.

24 I have become a reproach to them; *
they see and shake their heads.

25 Help me, O God, my God; *
save me for your mercy's sake.

26 Let them know that this is your hand, *
that you, O God, have done it.

27 They may curse, but you will bless; *
let those who rise up against me be put to shame,
and your servant will rejoice.

28 Let my accusers be clothed with disgrace *
and wrap themselves in their shame as in a cloak.

29 I will give great thanks to you with my mouth; *
in the midst of the multitude will I praise you,

30 Because you stand at the right hand of the needy, *
to save their lives from those who would condemn them.

Glory to the holy and undivided Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen.

The Lessons

First Reading

Reader A reading from **Acts 6:1-15**

Now during those days, when the disciples were increasing in number, the Hellenists complained against the Hebrews because their widows were being neglected in the daily distribution of food. And the twelve called together the whole community of the disciples and said, 'It is not right that we should neglect the word of God in order to wait at tables. Therefore, friends, select from among yourselves seven men of good standing, full of the Spirit and of wisdom, whom we may appoint to this task, while we, for our part, will devote ourselves to prayer and to serving the word.' What they said pleased the whole community, and they chose Stephen, a man full of faith and the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus, a proselyte of Antioch. They had these men stand before the apostles, who prayed and laid their hands on them.

The word of God continued to spread; the number of the disciples increased greatly in Jerusalem, and a great many of the priests became obedient to the faith.

Stephen, full of grace and power, did great wonders and signs among the people. Then some of those who belonged to the synagogue of the Freedmen (as it was called), Cyrenians, Alexandrians, and others of those from Cilicia and Asia, stood up and argued with Stephen. But they could not withstand the wisdom and the Spirit with which he spoke. Then they secretly instigated some men to say, 'We have heard him speak blasphemous words against Moses and God.' They stirred up the people as well as the elders and the scribes; then they suddenly confronted him, seized him, and brought him before the council. They set up false witnesses who said, 'This man never stops saying things against this holy place and the law; for we have heard him say that this Jesus of Nazareth will destroy this place and will change the customs that Moses handed on to us.' And all who sat in the council looked intently at him, and they saw that his face was like the face of an angel.

Reader Here ends the reading.

read in unison **Benedictus** *Luke 1: 68-79*

Blest are you, O God of Israel; *

you have come to your people and set them free.

You have raised up for us a mighty Savior, *

born of the house of your servant David.

Through your holy prophets you promised of old,
that you would save us from our enemies, *

from the hands of all who hate us.

You promised to show mercy to our forebears *

and to remember your holy covenant.

This was the oath you swore to Sarah and Abraham, *

to set us free from the hands of our enemies,

Free to worship you without fear, *

holy and righteous before you

all the days of our life.

And you, child, shall be called the prophet of the Most High, *

for you will go before the Promised One to prepare the way,

To give all people knowledge of salvation, *

by the forgiveness of their sins.

In the tender compassion of our God, *

the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death, *

and to guide our feet into the way of peace.

Glory to the holy and undivided Trinity, one God:
as it was in the beginning, is now, and will be for ever. Amen.

The Gospel

Reader A reading from the **Gospel of John 4:1-26**

Now when Jesus learned that the Pharisees had heard, 'Jesus is making and baptizing more disciples than John'— although it was not Jesus himself but his disciples who baptized— he left Judea and started back to Galilee. But he had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Reader 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 declare our faith in the resurrection and reign of Christ:

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 human.
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 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

O God, who gave grace to your servant Florence Nightingale to bear your healing love into the shadow of death: Grant to all who heal the same virtues of patience, mercy, and steadfast love, that your saving health may be revealed to all; through Jesus Christ, 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

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

Eternal God,
Grant to us this day and every day,
Such readiness and delight in following Christ,
That whether our lives are short or long,
We shall have lived abundantly. 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

Florence Nightingale was born to a wealthy English family in Florence, Italy, on May 12, 1820. She trained as a nurse in a hospital run by a Lutheran order of Deaconesses at Kaiserswerth, and in 1853 became superintendent of a hospital for invalid women in London. In response to God's call and animated by a spirit of service, in 1854 she volunteered for duty during the Crimean War and recruited 38 nurses to join her. With them she organized the first modern nursing service in the British field hospitals of Scutari and Balaclava.

Making late-night rounds to check on the welfare of her charges, a hand-held lantern to aid her, the wounded identified her as "The Lady with the Lamp." By imposing strict discipline and high standards of sanitation, she radically reduced the drastic death toll and rampant infection then typical in field hospitals. She returned to England in 1856, and a fund of £50,000 was subscribed to enable her to form an institution for the training of nurses at St. Thomas's Hospital and at King's College Hospital. Her school at St. Thomas's Hospital became significant in helping to elevate nursing into a profession. She devoted many years to the question of army sanitary reform, to the improvement of nursing, and to public health in India. Her main work, *Notes on Nursing*, went through many editions.

An Anglican, she remained committed to a personal mystical religion, which sustained her through many years of poor health until her death in 1910. Until the end of her life, although her illness prevented her from leaving her home, she continued in frequent spiritual conversation with many prominent church leaders of the day, including the local parish priest, who regularly brought the Eucharist to her. By the time of her death on August 13, 1910, her accomplishments and legacy were widely recognized, and she is honored throughout the world as the founder of the modern profession of nursing.

—Lesser Feasts and Fasts 2022 Church Publishing

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