



*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

Thursday, August 20, 2026
Ordinary Time, Proper 15
Bernard, Abbot of Clairvaux
1153

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

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 131, 132 & 133

Read responsively by whole verse

Psalm 131

1 O God, I am not proud; *
I have no haughty looks.

2 I do not occupy myself with great matters, *
or with things that are too hard for me.

3 But I still my soul and make it quiet,
like a child upon its mother's breast; *
my soul is quieted within me.

4 O Israel, wait upon God, *
from this time forth for evermore.

Psalm 132

1 O God, remember David *
and all the hardships he endured;

2 How he swore an oath to God *
and vowed a vow to the Mighty One of Jacob:

3 "I will not come under the roof of my house, *
nor climb up into my bed;

4 I will not allow my eyes to sleep, *
nor let my eyelids slumber;

5 Until I find a place for you, O God, *
a dwelling for you, O Mighty One of Jacob.”

6 “The ark! We heard it was in Ephratah; *
we found it in the fields of Jearim.

7 Let us go to God’s dwelling place; *
let us fall upon our knees before God’s footstool.”

8 Arise, O God, into your resting-place, *
you and the ark of your strength.

9 Let your priests be clothed with righteousness; *
let your faithful people sing with joy.

10 For your servant David’s sake, *
do not turn away the face of your Anointed.

11 You have sworn an oath to David; *
in truth, you will not break it:

12 “A son, the fruit of your body, *
will I set upon your throne.

13 If your children keep my covenant
and my testimonies that I shall teach them, *
their children will sit upon your throne for evermore.”

14 For God has chosen Zion *
and has desired it for a habitation:

15 “This shall be my resting-place for ever; *
here will I dwell, for I delight in it.

16 I will surely bless its provisions, *

and satisfy its poor with bread.

17 I will clothe its priests with salvation, *
and its faithful people will rejoice and sing.

18 There will I make the horn of David flourish; *
I have prepared a lamp for my Anointed.

19 As for his enemies, I will clothe them with shame, *
but as for him, his crown will shine.”

Psalm 133

1 Oh, how good and pleasant it is, *
when kindred live together in unity!

2 It is like fine oil upon the head *
that runs down upon the beard,

3 Upon the beard of Aaron, *
and runs down upon the collar of his robe.

4 It is like the dew of Hermon *
that falls upon the hills of Zion.

5 For there has God ordained the blessing: *
life for evermore.

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 8:26-40**

Then an angel of the Lord said to Philip, 'Get up and go towards the south to the road that goes down from Jerusalem to Gaza.' (This is a wilderness road.) So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, 'Go over to this chariot and join it.' So Philip ran up to it and heard him reading the prophet Isaiah. He asked, 'Do you understand what you are reading?' He replied, 'How can I, unless someone guides me?' And he invited Philip to get in and sit beside him. Now the passage of the scripture that he was reading was this:

'Like a sheep he was led to the slaughter,
and like a lamb silent before its shearer,
so he does not open his mouth.

In his humiliation justice was denied him.

Who can describe his generation?

For his life is taken away from the earth.'

The eunuch asked Philip, 'About whom, may I ask you, does the prophet say this, about himself or about someone else?' Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. As they were going along the road, they came to some water; and the eunuch said, 'Look, here is water! What is to prevent me from being baptized?' He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.

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 John 6:16-27**

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

The next day the crowd that had stayed on the other side of the lake saw that there had been only one boat there. They also saw that Jesus had not got into the boat with his disciples, but that his disciples had gone away alone. Then some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. So when the crowd saw

that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.'

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

O God, by whose grace your servant Bernard of Clairvaux, kindled with the flame of your love, became a burning and a shining light in your church: Grant that we also may be aflame with the spirit of love and discipline and walk before you as children of light; 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.*

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

Bernard was the son of a knight and landowner who lived near Dijon, France. He was born in 1090 and given a secular education, but in 1113 he entered the Benedictine Abbey of Citeaux. His family was not pleased with his choice of a monastic life, but he nevertheless persuaded four of his brothers and about twenty-six of his friends to join him. After only three years, the abbot of Citeaux deployed Bernard and a small company of monks to establish a monastery at Clairvaux in 1115.

The work at Clairvaux, and the extreme rigors of the Benedictine rule practiced by the Cistercian community, were taxing. Tasked with much, Bernard denied himself sleep to the detriment of his health that he might have time to write letters and sermons. He preached so persuasively that sixty new abbeys were founded, all affiliated with Clairvaux. Famed for the ardor with which he preached love for God without measure, he fulfilled his own definition of a holy man: “seen to be good and charitable, holding back nothing for himself, but using his every gift for the common good.”

By 1140, his writings had made him one of the most influential figures in Christendom. His guidance was sought by prelates and princes, drawing him into active participation in all manner of controversy involving the church, from settling disputes among secular rulers to sorting contentious theological debates. An ardent opponent of a growing movement of his time to reconcile inconsistencies of doctrine by reason, he felt that such an approach was a downgrading of the mysteries. This conflict took particular expression in his fierce opposition to the formidable theologian Abelard.

Among Bernard’s writings are treatises on humility and pride, on love, on the veneration of Mary, and a commentary on the Song of Songs. Among well-known hymns, he is credited with having written “O sacred head sore wounded” (*The Hymnal* 1982, #168; #169), “Jesus, the very thought of thee” (#642), and “O Jesus, joy of loving hearts” (#649; #650). He died on August 20, 1153.

—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: copyright © Lisa Frenz, on Lisa’s Liturgies. ‘Copyright Lisa Frenz. All Rights Reserved. Used with permission.’