



*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

Friday, August 21, 2026
Ordinary Time, Proper 15

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. Alleluia

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.

Psalms Appointed 140 & 142

Read responsively by whole verse

Psalm 140

1 Deliver me, O God, from evildoers; *
protect me from the violent,

2 Who devise evil in their hearts *
and stir up strife all day long.

3 They have sharpened their tongues like a serpent; *
adder's poison is under their lips.

4 Keep me, O God, from the hands of the wicked; *
protect me from the violent,
who are determined to trip me up.

5 The proud have hidden a snare for me
and stretched out a net of cords; *
they have set traps for me along the path.

6 I have said to God, "You are my God; *
listen to my supplication.

7 O God, the strength of my salvation, *
you have covered my head in the day of battle.

8 Do not grant the desires of the wicked, O God, *
nor let their evil plans prosper.

9 Let not those who surround me lift up their heads; *
let the evil of their lips overwhelm them.

10 Let hot burning coals fall upon them; *
let them be cast into the mire, never to rise up again.”

11 A slanderer shall not be established on the earth, *
and evil shall hunt down the lawless.

12 I know that God will maintain the cause of the poor *
and render justice to the needy.

13 Surely, the righteous will give thanks to your Name, *
and the upright shall continue in your sight.

Psalm 142

1 I cry to you, O God, with my voice; *
to you I make loud supplication.

2 I pour out my complaint before you *
and tell you all my trouble.

3 When my spirit languishes within me, you know my path; *
in the way wherein I walk they have hidden a trap for me.

4 I look to my right hand and find no one who knows me; *
I have no place to flee to, and no one cares for me.

5 I cry out to you, O God; *
I say, “You are my refuge,
my portion in the land of the living.”

6 Listen to my cry for help, for I have been brought very low; *
save me from those who pursue me,
for they are too strong for me.

7 Bring me out of prison, that I may give thanks to your Name; *
when you have dealt bountifully with me,
the righteous will gather around me.

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 **Acts 9:1-9**

Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do.' The men who were traveling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

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 John 6:27-40**

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.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. But I said to you that you have seen me and yet do not believe. Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.'

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

Almighty God, you have given your only Son to be for us a sacrifice for sin,
and also an example of godly life: Give us grace to receive thankfully the
fruits of his redeeming work, and to follow daily in the blessed steps of his
most holy life; through Jesus Christ your Son 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

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 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