



*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

Saturday, August 22, 2026

Ordinary Time, Proper 15

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 137:1-6(7-9) & 144

Read responsively by whole verse

Psalm 137

1 By the waters of Babylon we sat down and wept, *
when we remembered you, O Zion.

2 As for our harps, we hung them up *
on the trees in the midst of that land.

3 For those who led us away captive asked us for a song,
and our oppressors called for mirth: *
“Sing us one of the songs of Zion.”

4 How shall we sing God’s holy song *
upon a foreign soil?

5 If I forget you, O Jerusalem, *
let my right hand forget its skill.

6 Let my tongue cleave to the roof of my mouth
if I do not remember you, *
if I do not set Jerusalem above my highest joy.

Psalm 144

1 Blessed be my God, my rock, *
who trains my hands to fight and my fingers to battle;

2 My help and my fortress, my stronghold and my deliverer, *
my shield in whom I trust,
who subdues the peoples under me.

3 O God, what are we that you should care for us, *

mere mortals that you should think of us?

4 We are like a puff of wind; *
our days are like a passing shadow.

5 Bow your heavens, O God, and come down; *
touch the mountains, and they shall smoke.

6 Hurl the lightning and scatter them; *
shoot out your arrows and rout them.

7 Stretch out your hand from on high; *
rescue me and deliver me from the great waters,
from the hand of foreign peoples,

8 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.

9 O God, I will sing to you a new song; *
I will play to you on a ten-stringed lyre.

10 You give victory to rulers *
and have rescued David your servant.

11 Rescue me from the hurtful sword *
and deliver me from the hand of foreign peoples,

12 Whose mouths speak deceitfully *
and whose right hand is raised in falsehood.

13 May our sons be like plants well nurtured from their youth, *
and our daughters like sculptured corners of a palace.

14 May our barns be filled to overflowing with all manner of crops; *
may the flocks in our pastures increase by thousands and tens of
thousands;

may our cattle be fat and sleek.

15 May there be no breaching of the walls, no going into exile, *
no wailing in the public squares.

16 Happy are the people of whom this is so; *
happy are the people who worship God!

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 9:10-19a**

Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, 'Ananias.' He answered, 'Here I am, Lord.' The Lord said to him, 'Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight.' But Ananias answered, 'Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name.' But the Lord said to him, 'Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name.' So Ananias went and entered the house. He laid his hands on Saul and said, 'Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit.' And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength.

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 6:41-51**

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone

has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

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

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.*

A Collect for Saturday

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. *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.*

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, https://prayer.forwardmovement.org/prayers_and_thanksgivings.php#T7 Affirmation of Faith: copyright © Lisa Frenz, on Lisa's Liturgies. 'Copyright Lisa Frenz. All Rights Reserved. Used with permission.'