

# THE ANGELUS

Officiant: The angel of the Lord brought tidings to Mary.

All: **And she conceived by the Holy Spirit.**

Officiant: Hail Mary, full of grace, the Lord is with you.  
Blessed are you among women and blessed is the  
fruit of your womb, Jesus.

All: **Holy Mary, Mother of God, pray for us sinners  
now and at the hour of our death.**

Officiant: Behold the handmaid of the Lord.

All: **Be it unto me according to your word.**

Officiant: Hail Mary ...

All: **Holy Mary ...**

Officiant: And the word was made flesh

All: **And dwelt among us.**

Officiant: Hail Mary ...

All: **Holy Mary ...**

Officiant: Pray for us, Holy Mother of God

All: **That we may be made worthy of the promises of  
Christ.**

Officiant: We beseech you, O Lord, to pour your grace into our hearts,  
that, as we have known the Incarnation of your Son Jesus Christ  
by the message of an angel, so by his Cross and Passion we  
may be brought to the glory of his Resurrection; through the  
same Jesus Christ Our Lord.

All: **Amen.**

# MORNING PRAYER

Officiant: Lord, open our lips.  
**and our mouth shall proclaim your praise.**

All: **Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

## The Venite

*The following antiphon is said and repeated at the end:*

The Lord is full of compassion and mercy: **Come, let us adore him**

Come, let us sing to the Lord;  
let us shout for joy to the rock of our salvation.  
Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.  
For the Lord is a great God, and a great King above all gods.  
In his hand are the caverns of the earth,  
and the heights of the hills are his also.  
The sea is his, for he made it, and his hands have molded the dry land.  
Come, let us bow down, and bend the knee,  
and kneel before the Lord our Maker.  
For he is our God, and we are the people of his pasture  
and the sheep of his hand.  
Oh that today you would hearken to his voice!

**The Lord is full of compassion and mercy: Come, let us adore him**

# Psalmody

*The Officiant announces the psalm. The prayer book is the red book with the gold cross. The psalm is read alternating verses between the Officiant and the people. We make a long pause at the asterisk.*

*At the end of the psalm, all say together:*

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

## The readings

*Two readings follow. After each reading, a canticle is said by all, standing. Here are the canticles arranged by day of the week:*

### Monday

#### **The First Song of Isaiah**

Surely it is God who saves me;

**I will trust in him and not be afraid.**

**For the Lord is my stronghold and my sure defense  
and he will be my Savior.**

**Therefore you shall draw water with rejoicing  
from the springs of salvation.**

**And on that day, you shall say,  
give thanks to the Lord and call upon his Name.**

**Make his deeds known among the people,  
see that they remember that his Name is exalted.**

**Sing the praises of the Lord, for he has done great things,  
and this is known in all the world.**

**Cry aloud, inhabitants of Zion, ring out your joy,**

**for the great one in the midst of you is the Holy One of Israel.  
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

### **The Song of the Redeemed**

O Ruler of the universe, Lord God,  
**great deeds are they that you have done,  
surpassing human understanding.  
Your ways are ways of righteousness and truth,  
O King of all the ages.  
Who can fail to do you homage, Lord, and sing the praises of your  
Name: for you only are the Holy One.  
All nations will draw near and fall down before you,  
because your just and holy works have been revealed.  
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

*The Office continues with The Apostles' Creed on page 15.*

## **Tuesday**

### **A Song to the Lamb**

Splendor and honor and kingly power,  
**are yours by right, O Lord our God,  
for you created everything that is,  
and by your will they were created and have their being;  
and yours by right, O Lamb that was slain,  
for with your blood you have redeemed for God,  
from every family, language, people and nation,  
a kingdom of priests to serve our God.  
And so, to him who sits upon the throne, and to Christ the Lamb,**

**be worship and praise, dominion and splendor,  
for ever and for evermore.**

## **A Song of Humility**

**Come, let us return to the Lord  
who has torn us and will heal us.**

**God has stricken us  
and will bind up our wounds.**

**After two days, he will revive us,  
and on the third day will raise us up,  
that we may live in his presence.**

**Let us strive to know the Lord;  
his appearing is as sure as the sunrise.**

**He will come to us like the showers,  
like the spring rains that water the earth.**

**‘O Ephraim, how shall I deal with you?**

**How shall I deal with you, O Judah?**

**‘Your love for me is like the morning mist,  
like the dew that goes early away.**

**‘Therefore, I have hewn them by the prophets,  
and my judgement goes forth as the light.**

**‘For loyalty is my desire and not sacrifice,  
and the knowledge of God rather than burnt offerings.’**

*The Office continues with The Apostles’ Creed on page 15.*

## **Wednesday**

### **The Third Song of Isaiah**

**Arise, shine, for your light has come,  
and the glory of the Lord has dawned upon you.**

**For behold darkness covers the land;  
deep gloom enshrouds the peoples.  
But over you the Lord will rise,  
and his glory will appear upon you.  
Nations will stream to your light,  
and kings to the brightness your dawning.  
Your gates will always be open;  
by day or night, they will never be shut.  
They will call you the City of the Lord,  
the Zion of the Holy One of Israel.  
Violence will no more be heard in your land,  
ruin or destruction within your borders.  
You will call your walls Salvation,  
and all your portals Praise.  
The sun will no more be your light by day;  
by night you will not need the brightness of the moon.  
The Lord will be your everlasting light,  
and your God will be your glory.  
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

### **A Song of Penitence**

**O Lord and Ruler of the hosts of heaven,  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
you made the heavens and the earth, with all their vast array.  
All things quake with fear at your presence;  
they tremble because of your power.  
But your merciful promise is beyond all measure;  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion,  
long-suffering, and abounding in mercy.**

**You hold back your hand;  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners,  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart,  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned,  
and I know my wickedness only too well.  
Therefore I make this prayer to you:  
forgive me, Lord, forgive me.  
Do not let me perish in my sin,  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent,  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy,  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises,  
and yours is the glory to ages of ages. Amen.**

*The Office continues with The Apostles' Creed on page 15.*

## **Thursday**

### **The Song of Moses**

**I will sing to the Lord, for he is lofty and uplifted;  
the horse and its rider has he hurled into the sea.  
The Lord is my strength and my refuge;  
the Lord has become my Savior.  
This is my God and I will praise him,  
the God of my people and I will exalt him.  
The Lord is a mighty warrior;**

**Yahweh is his Name.**

**The chariots of Pharaoh and his army has he hurled into the sea;  
the finest of those who bear armor have been drowned in the Red Sea.**

**The fathomless deep has overwhelmed them;  
they sank into the depths like a stone.**

**Your right hand, O Lord, is glorious in might;  
your right hand, O Lord, has overthrown the enemy.**

**Who can be compared with you, O Lord, among the gods?**

**Who is like you, glorious in holiness,  
awesome in renown, and worker of wonders?**

**You stretched forth your right hand;  
the earth swallowed them up.**

**With your constant love you led the people you redeemed;  
with your might you brought them in safety to your holy dwelling.**

**You will bring them in and plant them  
on the mount of your possession,**

**the resting-place you have made for yourself, O Lord,  
the sanctuary, O Lord, that your hand has established.**

**The Lord shall reign for ever and for ever.**

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

### **The Song of the Redeemed**

**O Ruler of the universe, Lord God,  
great deeds are they that you have done,  
surpassing human understanding.**

**Your ways are ways of righteousness and truth,  
O King of all the ages.**

**Who can fail to do you homage, Lord, and sing the praises of your  
Name? For you only are the Holy One.**

**All nations will draw near and fall down before you,  
because your just and holy works have been revealed.**



**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

*The Office continues with The Apostles' Creed on page 15.*

**Friday**

**A Song of Penitence**

**O Lord and Ruler of the hosts of heaven,  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
you made the heavens and the earth, with all their vast array.  
All things quake with fear at your presence;  
they tremble because of your power.  
But your merciful promise is beyond all measure;  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion,  
long-suffering, and abounding in mercy.  
You hold back your hand;  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners,  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart,  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned,  
and I know my wickedness only too well.  
Therefore I make this prayer to you:  
forgive me, Lord, forgive me.  
Do not let me perish in my sin,  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent,**

**and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy,  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises,  
and yours is the glory to ages of ages. Amen.**

### **A Song of Lamentation**

**Is it nothing to you, all you who pass by?  
Look and see if there is any sorrow like my sorrow,  
which was brought upon me,  
which the Lord inflicted  
on the day of his fierce anger.  
For these things I weep;  
my eyes flow with tears;  
for a comforter is far from me,  
one to revive my courage.  
Remember my affliction and my bitterness,  
the wormwood and the gall!  
But this I call to mind,  
and therefore I have hope:  
the steadfast love of the Lord never ceases,  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.  
'The Lord is my portion,' says my soul,  
'therefore I will hope in him.'  
The Lord is good to those who wait for him,  
to the soul that seeks him.  
It is good that we should wait quietly  
for the salvation of the Lord.  
For the Lord will not reject for ever;**

**though he causes grief, he will have compassion,  
according to the abundance of his steadfast love;  
for he does not willingly afflict or grieve anyone.  
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

*The Office continues with The Apostles' Creed on page 15.*

## Saturday

### A Song of Creation

**Bless the Lord all you works of the Lord:  
sing his praise and exalt him for ever.**

**Bless the Lord you heavens:  
sing his praise and exalt him for ever.**

**Bless the Lord you angels of the Lord:  
sing his praise and exalt him for ever.**

**Bless the Lord all people on earth:  
sing his praise and exalt him for ever.**

**O people of God bless the Lord:  
sing his praise and exalt him for ever.**

**Bless the Lord you priests of the Lord:  
sing his praise and exalt him for ever.**

**Bless the Lord you servants of the Lord:  
sing his praise and exalt him for ever.**

**Bless the Lord all you of upright spirit:  
bless the Lord you that are holy and humble in heart.**

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

## **A Song of Mercy and Truth**

**O God, will you not give us life again,  
that your people may rejoice in you?**

**Show us your mercy, O Lord,  
and grant us your salvation.**

**Truly, his salvation is near to those who fear him,  
that his glory may dwell in our land.**

**Mercy and truth are met together,  
righteousness and peace have kissed each other;  
truth shall spring up from the earth  
and righteousness look down from heaven.**

**Righteousness shall go before him  
and direct his steps in the way.**

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

*The Office continues with The Apostles' Creed on page 15.*

## **The Feast of the Annunciation of our Lord**

### **Canticle of Hannah**

**My heart exults in the Lord;  
my strength is exalted in my God.**

**There is no Holy One like the Lord, no one besides you;  
there is no Rock like our God.**

**Talk no more so very proudly,  
let not arrogance come from your mouth;  
for the Lord is a God of knowledge,  
and by him actions are weighed.**

**The bows of the mighty are broken,**

but the feeble gird on strength.  
Those who were full have hired themselves out for bread,  
but those who were hungry are fat with spoil.  
The barren has borne seven,  
but she who has many children is forlorn.  
The Lord kills and brings to life;  
he brings down to Sheol and raises up.  
The Lord makes poor and makes rich;  
he brings low, he also exalts.  
He raises up the poor from the dust;  
he lifts the needy from the ash heap,  
to make them sit with princes  
and inherit a seat of honor.  
For the pillars of the earth are the Lord's,  
and on them he has set the world.  
He will guard the feet of his faithful ones,  
but the wicked shall be cut off in darkness;  
for not by might does one prevail.  
The Lord! His adversaries shall be shattered;  
the Most High will thunder in heaven.  
The Lord will judge the ends of the earth;  
he will give strength to his king, and exalt the power of his anointed.

## **Te Deum**

You are God: we praise you;  
you are the Lord; we acclaim you.  
You are the eternal Father; all creation worships you.  
To you all angels, all the powers of heaven,  
cherubim and seraphim sing in endless praise:  
holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
The glorious company of apostles praises you,

**the noble fellowship of prophets praise you,  
the white-robed army of martyrs praise you,  
throughout the world the holy Church acclaims you;  
Father of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
You, Christ, are the king of glory,  
the eternal Son of the Father.  
When you became man to set us free,  
you did not shun the Virgin's womb.  
You overcame the sting of death  
and opened the kingdom of heaven to all believers.  
You are seated at God's right hand in glory.  
We believe that you will come and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints to glory everlasting.**

# The Apostles' Creed

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

*All remain standing*

Officiant:           The Lord be with you.

All:                   **And also with you.**

Officiant:           Let us pray.

*All say:*

**Our Father in heaven,  
hallowed be your Name,  
your kingdom 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 the kingdom, the power, and the glory are yours,  
now and for ever. Amen.**

## The Suffrages

Save your people Lord, and bless your inheritance;  
**Govern and uphold them, now and always.**  
Day by day, we bless you;  
**We praise your name for ever.**  
Lord keep us from all sin today.  
**Have mercy on us, Lord, have mercy.**  
Lord, show us your love and mercy;  
**For we put our trust in you.**  
In you, Lord, is our hope;  
**And we shall never hope in vain.**

## The Collects

*The Officiant says the collect of the day to which all respond* **Amen**

*The Officiant then says other suitable prayers all responding* **Amen**



## A Prayer of St. Chrysostom

*may be said by the Officiant.*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name, you will be in the midst of them: Fulfill now O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Officiant: Let us bless the Lord.

All: **Thanks be to God**

*The Officiant may conclude the Office with a sentence of Scripture.*

# Morning Prayer

At the time of the English Reformation, in the 16<sup>th</sup> century, the Church radically changed its forms of worship. The many services of prayer which had punctuated the days and nights of the medieval monastic churches were concentrated into two: Morning and Evening Prayer. These are the services which are still in regular use throughout the Anglican Communion.

These services, what we call the Daily Office, are made from layers of tradition much older than the reformation. The medieval services drew on the patterns and content of worship in Christian churches of the first centuries. They, in turn, drew on the worship of the Jewish synagogues, which themselves depended on the traditional Jewish scriptures which Christians call the Old Testament.

Throughout this liturgical development and surviving strongly in our present services, there was a pattern of dialogue. Readings from the books of history, myth, legend and exhortation which formed the historical identity of Jews and Christians were answered by prayers. So old memories stimulated and formed the expression of present need and celebration. They both combine in the psalms which take up much of our services, with their reflections on the past and urgent expressions of personal and corporate anxiety or delight. Many worshippers find the darker, pejorative lines in the psalms to be troublesome. But far from urging violence, hatred, and even petty jealousy upon the people of God, the psalmist wrote these grim verses to remind us that there is no motive or thought unknown to God, and nothing evil, including our own thoughts, which cannot be redeemed by him.

It follows that we need to do two things in order to enter into the spirit of this service. First, we have to be patient and relaxed enough to allow a long tradition to have its say. Then we should allow our own thoughts and feelings to become closer to us than life outside usually admits. These two

things are not separate. In the tradition there are, along with what is strange, strong expressions about ourselves and God. And it is precisely the cool and ancient order of the services which give a space and a frame, as well as cues, for reflections upon our regrets and hopes and gratitude. The best analogy of it is in a relation of love. There, as here, we find ourselves by attending to another. In that way we may learn here a little of what we need and enjoy everywhere.

The Daily Office is a part of the act of prayer which Christians call the sanctification of time. We believe that by setting aside certain points during the day, morning, noonday, and evening, the whole day is sanctified by God's indwelling presence. The sanctification of time is clearest in the Prayers, the third part of daily Morning or Evening Prayer.

The first prayer, the collect of the day, marks our position in the temporal cycle. Such collects within the seasons of Advent, Christmas, and Epiphany, celebrate the Incarnation. The collects within the seasons of Lent and Easter celebrate the Resurrection of the Lord. A collect of the day within the sanctoral cycle marks a major or minor holy day. Major holy days are those in the Prayer Book with their own collect, readings, and proper preface. Minor Holy Days are fully described in other books authorized by the Church for optional use.

The second prayer, the prayer for the various days of the week, sometimes contains relevant themes for each day. The collect for Sunday, for example, recalls the resurrection of the Lord, that for Friday cites the crucifixion, and that for Saturday suggests Holy Baptism.

The third prayer asks God's guidance in the mission of the Church, a perennial reminder of the work we are called to do as part of Christ's body, the Church.

The Parish uses the contemporary version of the Lord's Prayer, a translation first presented in 1970, and one which uses contemporary, accessible language and consistent with the texts produced by the International Consultation on English Texts, an ecumenical consortium of various Christian Churches within the liturgical tradition.

Our form of the Daily Office is preceded by the memorial of the incarnation called The Angelus. The Angelus consists of three recitations of the Hail Mary with vesicles and responses and a collect as a memorial of the Incarnation. This devotion dates from the 14<sup>th</sup> -15<sup>th</sup> centuries. During Eastertide (the Great Fifty Days) this devotion is replaced by the Regina Coeli, a similar memorial of Christ's Incarnation, but one emphasizing Easter themes.

Each parish church has three symbolic focal points. The altar symbolizes our devotion to Christ in the Eucharist; the font recalls our baptism by which we entered the life of Christ, and the Ambo (which may also be called a lectern or pulpit) symbolizes the word of God, for it is there that the readings are proclaimed at the Eucharist and the *Exsultet* sung at Easter. Because the Ambo is, therefore, a symbol of the Word of God, it appears on the cover of this brochure. The eagle is also a symbol of St. John the Evangelist, in whose honor the Parish is dedicated. The eagle was recovered from the fire which destroyed our first church in 1971. Since the Daily Office is most clearly a service of the Word of God, the Ambo is appropriately a symbol of this liturgy, a vital part of the common worship we share with one another.

Photography by Richard Lipscomb