

An Order for Daily Morning Prayer

For use at St. Michael & All Angels Church, Albuquerque, New Mexico

Adapted from the *Book of Common Prayer* (1979) and *Enriching Our Worship* (1998),
The Episcopal Church

This form of Morning Prayer was originally adapted by the Rivendell Community, a group of lay and ordained women and men who commit to a common way of life, including daily prayer.

The service emphasizes thankfulness and devotion to God and gentleness of spirit to offer love. It was introduced at St. Michael's Church by the late Pepper Marts, who was both a parishioner and a member of that community.

The Invitatory and Psalter

Officiant: O God, let our mouth proclaim your praise;

People: And your glory all the day long.

Officiant and People

Praise to the holy and undivided Trinity, one God:

as it was in the beginning, is now, and will be for ever. Amen.

Except in Lent, add Alleluia!

Then follows one of the Invitatory Psalms, or during Eastertide, the Pascha nostrum.

Venite *Psalm 95:1-7 (Monday)*

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

Let us come before God's presence with thanksgiving *

and raise to the Lord a shout with psalms.

For you are a great God, *

and a great King above all gods.

In your hand are the caverns of the earth, *

and the heights of the hills are yours also.

The sea is yours, for you made it, *

and your hands have molded the dry land.

Come, let us bow down, and bend the knee, *

and kneel before the Lord our Maker.

For you are our God,

and we are the people of your pasture and the sheep of your hand. *

Oh, that today we would hearken to your voice!

Jubilate *Psalm 100 (Tuesday)*

Be joyful in the Lord, all you lands; *
 serve the Lord with gladness and come before his presence with a song.
Know this: The Lord himself is God; *
 he himself has made us, and we are his;
 we are his people and the sheep of his pasture.
Enter his gates with thanksgiving; go into his courts with praise; *
 give thanks to him and call upon his Name.
For the Lord is good; his mercy is everlasting; *
 and his faithfulness endures from age to age.

Deus, deus meus *Psalm 63:1-8 (Wednesday)*

O God, you are my God; eagerly I seek you; *
 my soul thirsts for you, my flesh faints for you,
 as in a barren and dry land where there is no water.
Therefore I have gazed upon you in your holy place, *
 that I might behold your power and your glory.
For your loving-kindness is better than life itself; *
 my lips shall give you praise.
So will I bless you as long as I live *
 and lift up my hands in your Name.
My soul is content, as with marrow and fatness,
 and my mouth praises you with joyful lips, *
 when I remember you upon my bed,
 and meditate on you in the night watches.
For you have been my helper, *
 and under the shadow of your wings I will rejoice.
My soul clings to you; *
 your right hand holds me fast.

Deus misereatur *Psalm 67:1-5 (Thursday)*

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.

Christ our Passover *Pascha nostrum (Friday)*
1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Alleluia!

Christ our Passover has been sacrificed for us; *

therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil, *

but with the unleavened bread of sincerity and truth. Alleluia!

Christ being raised from the dead will never die again; *

death no longer has dominion over him.

The death that he died, he died to sin, once for all; *

but the life he lives, he lives to God.

So also consider yourselves dead to sin, *

and alive to God in Jesus Christ our Lord. Alleluia!

Christ has been raised from the dead, *

the first fruits of those who have fallen asleep.

For since by a man came death, *

by a man has come also the resurrection of the dead.

For as in Adam all die, *

so also in Christ shall all be made alive. Alleluia!

Then follows

The Psalm(s)

The Lessons

Two lessons, as appointed, are read, the reader first saying:

A reading from _____.

And ending with:

Here ends the reading.

CANTICLES

The following canticles, taken from both biblical and other Christian literature, are said by all, one after each reading.

The date of the month for using each pair of canticles is indicated in parentheses.

Additional alternative seasonal canticles begin on p. 19.

(1, 16) A. The Song of Moses *Cantemus Domino*
Exodus 15:1-6, 11-13, 17-18

Especially suitable for use in Easter Season

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.

B. A Song of the Wilderness
Isaiah 35:1-7, 10

The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;
It shall blossom abundantly, *
and rejoice with joy and singing.
They shall see the glory of the Lord, *
the majesty of our God.
Strengthen the weary hands, *
and make firm the feeble knees.

Say to the anxious, "Be strong, do not fear! *
Here is your God, coming with judgment to save you."
Then shall the eyes of the blind be opened, *
and the ears of the deaf be unstopped.
Then shall the lame leap like a deer, *
and the tongue of the speechless sing for joy.
For waters shall break forth in the wilderness *
and streams in the desert;
The burning sand shall become a pool *
and the thirsty ground, springs of water.
The ransomed of God shall return with singing, *
with everlasting joy upon their heads.
Joy and gladness shall be theirs, *
and sorrow and sighing shall flee away.

(2, 17) A. The First Song of Isaiah *Ecce, Deus*
Isaiah 12:2-6

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 peoples; *
see that they remember that his Name is exalted.
Sing the praises of the Lord, who 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.

B. A Song of Jerusalem Our Mother
Isaiah 66:10-14

Rejoice with Jerusalem and be glad for her *
all you who love her,
Rejoice, rejoice with her, *
all you who mourn over her,
That you may drink deeply with delight *
from her comforting breast.

For thus says our God, *

“I will extend peace to her like a river,
the wealth of nations like an overflowing stream.

“You shall nurse and be carried on her arm, *
and you shall nestle in her lap.

“As a mother comforts her child, so will I comfort you; *
you shall be comforted in Jerusalem.

“You shall see, and your heart shall rejoice, *
you shall flourish like the grass of the fields.”

(3, 18) A. The Second Song of Isaiah *Quaerite Dominum*
Isaiah 55:6-11

Seek the Lord while he wills to be found; *
call upon him when he draws near.

Let the wicked forsake their ways *
and the evil ones their thoughts;

And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, *
so are my ways higher than your ways, and my thoughts than your thoughts.

For as rain and snow fall from the heavens *
and return not again, but water the earth,

Bringing forth life and giving growth, *
seed for sowing and bread for eating,

So is my word that goes forth from my mouth; *
it will not return to me empty;

But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

B. A Song of Lamentation
Lamentations 1:12, 16; 3:19, 22-24, 26

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, *
inflicted by God’s 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, *
wormwood and gall!

The steadfast love of God never ceases, *
God's mercies never end.
They are new every morning; *
great is your faithfulness.
"God is my portion," says my soul, *
"therefore will I hope in God."
It is good that we should wait quietly *
for the coming of God's salvation.

(4, 19) A. The Third Song of Isaiah *Surge, illuminare*
Isaiah 60:1-3, 11a, 14c, 18-19

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 of 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.

B. A Song of Ezekiel
Ezekiel 36:24-28

I will take you from among all nations; *
and gather you from all lands to bring you home.
I will sprinkle clean water upon you; *
and purify you from false gods and uncleanness.
A new heart I will give you *
and a new spirit put within you.

I will take the stone heart from your chest *
and give you a heart of flesh.
I will help you walk in my laws *
and cherish my commandments and do them.
You shall be my people, *
and I will be your God.

(5, 20) A. A Song of Creation, Part I *Benedicite, omnia opera Domini*
Song of the Three Young Men, 35-65

Invocation

Glorify the Lord, all you works of the Lord, *
sing praise and give honor for ever.
In the high vault of heaven, glorify the Lord, *
sing praise and give honor for ever.

I The Cosmic Order

Glorify the Lord, you angels and all powers of the Lord, *
O heavens and all waters above the heavens.
Sun and moon and stars of the sky, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, every shower of rain and fall of dew, *
all winds and fire and heat.
Winter and summer, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O chill and cold, *
drops of dew and flakes of snow.
Frost and cold, ice and sleet, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O nights and days, *
O shining light and enfolding dark.
Storm clouds and thunderbolts, glorify the Lord, *
sing praise and give honor for ever.

B. A Song of Hosea

Hosea 6:1-3

Come, let us return to our God, *
who has torn us and will heal us.
God has struck us and will bind up our wounds, *
after two days revive us,
On the third day restore us, *
that in God's presence we may live.

Let us humble ourselves, let us strive to know the Lord, *
whose justice dawns like morning light, its dawning as sure as the sunrise.
God's justice will come to us like a shower, *
like spring rains that water the earth.

(6, 21) A. A Song of Creation, Parts II and III

Benedicite, omnia opera Domini

II The Earth and its Creatures

Let the earth glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O mountains and hills, and all that grows upon the earth, *
sing praise and give honor for ever.
Glorify the Lord, O springs of water, seas, and streams, *
O whales and all that move in the waters.
All birds of the air, glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O beasts of the wild, *
and all you flocks and herds.
O men and women everywhere, glorify the Lord, *
sing praise and give honor for ever.

III The People of God

Let the people of God glorify the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O priests and servants of the Lord, *
sing praise and give honor for ever.
Glorify the Lord, O spirits and souls of the righteous, *
sing praise and give honor for ever.
You that are holy and humble of heart, glorify the Lord, *
sing praise and give honor for ever.

Doxology

Let us glorify the Lord: Father, Son and Holy Spirit; *
sing praise and give honor for ever.
In the high vault of heaven, glorify the Lord, *
sing praise and give honor for ever.

B. A Song of Jonah

Jonah 2:2-7, 9

I called to you, O God, out of my distress, and you answered me; *
out of the belly of Sheol I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas, *
and the flood surrounded me;
all your waves and billows passed over me.
Then I said, "I am driven away from your sight; *
how shall I ever look again upon your holy temple?"
The waters closed in over me, the deep was round about me; *
weeds were wrapped around my head at the roots of the mountains.
I went down to the land beneath the earth, *
yet you brought up my life from the depths, O God.
As my life was ebbing away, I remembered you, O God, *
and my prayer came to you, into your holy temple.
With the voice of thanksgiving, I will sacrifice to you; *
what I have vowed I will pay, for deliverance belongs to the Lord!

(7, 22) A. A Song of Praise *Benedictus es, Domine*
Song of the Three Young Men, 29-34

Glory to you, Lord God of our forebears; *
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name; *
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple; *
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim; *
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths; *
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit; *
we will praise you and highly exalt you for ever.

B. A Song of Judith
Judith 16:13-16

I will sing a new song to my God, *
for you are great and glorious, wonderful in strength, invincible.
Let the whole creation serve you, *
for you spoke and all things came into being.
You sent your breath and it formed them, *
no one is able to resist your voice.
Mountains and seas are stirred to their depths, *
rocks melt like wax at your presence.
But to those who fear you, *
you continue to show mercy.

No sacrifice, however fragrant, can please you, *
but whoever fears the Lord shall stand in your sight for ever.

**(8, 23) A. A Song of Penitence *Kyrie Pantokrator*
*Prayer of Manasseh 1-2, 4, 6-7, 11-15***

Epecially suitable in Lent, and on other penitential occasions

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.

B. A Song of Our Adoption
Ephesians 1:3-10

Blessed are you, the God and Father of our Lord Jesus Christ, *
for you have blessed us in Christ
with every spiritual blessing in the heavenly places.

Before the world was made, you chose us to be yours in Christ, *
 that we should be holy and blameless before you.
 You destined us for adoption as your children through Jesus Christ, *
 according to the good pleasure of your will,
 To the praise of your glorious grace, *
 that you have freely given us in the Beloved.
 In you, we have redemption through the blood of Christ, *
 the forgiveness of our sins,
 According to the riches of your grace *
 which you have lavished upon us.
 You have made known to us, in all wisdom and insight, *
 the mystery of your will,
 According to your good pleasure which you set forth in Christ, *
 as a plan for the fullness of time,
 To gather together all things in Christ, *
 things in heaven and things on earth.

(9, 24) A. The Song of Mary Magnificat
 Luke 1:46-55

My soul proclaims the greatness of the Lord,
 my spirit rejoices in you, O God my Savior, * f
 or you have looked with favor on your lowly servant.
 From this day all generations will call me blessed: *
 you, the Almighty, have done great things for me, and holy is your name.
 You have mercy on those who fear you *
 from generation to generation.
 You have shown strength with your arm *
 and scattered the proud in their conceit,
 Casting down the mighty from their thrones *
 and lifting up the lowly.
 You have filled the hungry with good things *
 and sent the rich away empty.
 You have come to the help of your servant Israel, *
 for you have remembered your promise of mercy,
 The promise made to our forebears, *
 to Abraham and his children for ever.

B. 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.

(10, 25) A. The Song of Zechariah *Benedictus Dominus Deus*
Luke 1: 68-79

Blessed are you, Lord, the 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
to save us from our enemies, *
from the hands of all who hate us,
To show mercy to our forebears, *
and to remember your holy covenant.
This was the oath you swore to our father 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 Lord to prepare the way,
To give God's 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.

B. A Song of Faith
1 Peter 1:3-4, 18-21

Blessed be the God and Father of our Lord Jesus Christ, *
by divine mercy we have a new birth into a living hope;
Through the resurrection of Jesus Christ from the dead, *
we have an inheritance that is imperishable in heaven.

The ransom that was paid to free us *
was not paid in silver or gold,
But in the precious blood of Christ, *
the Lamb without spot or stain.
God raised Jesus from the dead and gave him glory *
so that we might have faith and hope in God.

(11, 26) A. A Song of God's Love

1 John 4:7-11

Beloved, let us love one another, *
for love is of God.
Whoever does not love does not know God, *
for God is Love.
In this the love of God was revealed among us, *
that God sent his only Son into the world,
so that we might live through Jesus Christ.
In this is love, not that we loved God but that God loved us *
and sent his Son that sins might be forgiven.
Beloved, since God loved us so much, *
we ought also to love one another.
For if we love one another, God abides in us, *
and God's love will be perfected in us.

B. The Song of Simeon *Nunc Dimittis*

Luke 2:29-32

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see:
A Light to enlighten the nations, *
and the glory of your people Israel.

(12, 27) A. A Song to the Lamb *Dignus es*

Revelation 4:11, 5:9-10, 13

Splendor and honor and royal power *
are yours by right, O God Most High,
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 royal priesthood to serve our God.
And so, to the One who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for evermore.

B. A Song of the Heavenly City

Revelation 21:22-26, 22:1-4

I saw no temple in the city, *
for its temple is the God of surpassing strength and the Lamb.
And the city has no need of sun or moon to light it, *
for the glory of God shines on it, and its lamp is the Lamb.
By its light the nations shall walk, *
and the rulers of the world lay their honor and glory there.
Its gates shall never be shut by day, nor shall there be any night; *
into it they will bring the honor and glory of nations.
I saw the clean river of the water of life, bright as crystal, *
flowing from the throne of God and of the Lamb.
The tree of life spanned the river, giving fruit every month, *
and the leaves of the tree were for the healing of nations.
All curses cease where the throne of God and the Lamb stands,
and all servants give worship there; *
there they will see God's face, whose Name shall be on their foreheads.

(13, 28) A. The Song of the Redeemed *Magna et mirabilia*

Revelation 15:3-4

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.

B. A Song of the Spirit

Revelation 22:12-17

“Behold, I am coming soon,” says the Lord,
“and bringing my reward with me, *
to give to everyone according to their deeds.

“I am the Alpha and the Omega, the first and the last, *
the beginning and the end.”

Blessed are those who do God’s commandments,
that they may have the right to the tree of life, *
and may enter the city through the gates.

“I, Jesus, have sent my angel to you, *
with this testimony for all the churches.

“I am the root and the offspring of David, *
I am the bright morning star.”

“Come!” say the Spirit and the Bride; *
“Come!” let each hearer reply!

Come forward, you who are thirsty, *
let those who desire take the water of life as a gift.

(14, 29) A. A Song of Wisdom *Sapientia liberavit*
Wisdom 10:15-19, 20b-21

Wisdom freed from a nation of oppressors *
a holy people and a blameless race.
She entered the soul of a servant of the Lord, *
withstood dread rulers with wonders and signs.
To the saints she gave the reward of their labors, *
and led them by a marvelous way;
She was their shelter by day *
and a blaze of stars by night.
She brought them across the Red Sea, *
she led them through mighty waters;
But their enemies she swallowed in the waves *
and spewed them out from the depths of the abyss.
And then, Lord, the righteous sang hymns to your Name, *
and praised with one voice your protecting hand;
For Wisdom opened the mouths of the mute, *
and gave speech to the tongues of a new-born people.

B. A Song of Christ’s Goodness
Anselm of Canterbury

Jesus, as a mother you gather your people to you; *
you are gentle with us as a mother with her children.
Often you weep over our sins and our pride, *
tenderly you draw us from hatred and judgment.

You comfort us in sorrow and bind up our wounds, *
in sickness you nurse us and with pure milk you feed us.
Jesus, by your dying, we are born to new life; *
by your anguish and labor we come forth in joy.
Despair turns to hope through your sweet goodness; *
through your gentleness, we find comfort in fear.
Your warmth gives life to the dead, *
your touch makes sinners righteous.
Lord Jesus, in your mercy, heal us; *
in your love and tenderness, remake us.
In your compassion, bring grace and forgiveness, *
for the beauty of heaven, may your love prepare us.

(15, 30) A. A Song of Pilgrimage *Priusquam errarem*
Ecclesiasticus 51:13-16, 20b-22

Before I ventured forth, even while I was very young, *
I sought wisdom openly in my prayer.
In the forecourts of the temple I asked for her, *
and I will seek her to the end.
From first blossom to early fruit, *
she has been the delight of my heart.
My foot has kept firmly to the true path, *
diligently from my youth have I pursued her.
I inclined my ear a little and received her; *
I found for myself much wisdom and became adept in her.
To the one who gives me wisdom will I give glory, *
for I have resolved to live according to her way.
From the beginning I gained courage from her, *
therefore I will not be forsaken.
In my inmost being I have been stirred to seek her, *
therefore have I gained a good possession.
As my reward the Almighty has given me the gift of language, *
and with it will I offer praise to God.

B. A Song of True Motherhood
Julian of Norwich

God chose to be our mother in all things *
and so made the foundation of his work,
most humbly and most pure, in the Virgin's womb.
God, the perfect wisdom of all, *
arrayed himself in this humble place.

Christ came in our poor flesh *
to share a mother's care.
Our mothers bear us for pain and for death; *
our true mother, Jesus, bears us for joy and endless life.
Christ carried us within him in love and travail, *
until the full time of his passion.
And when all was completed and he had carried us so for joy, *
still all this could not satisfy the power of his wonderful love.
All that we owe is redeemed in truly loving God, *
for the love of Christ works in us; Christ is the one whom we love.

(31) A. Song of Hannah

1 Samuel 2:1-8

My heart exults in you, O God; *
my triumph song is lifted in you.
My mouth derides my enemies, *
for I rejoice in your salvation.
There is none holy like you, *
nor any rock to be compared to you, our God.
Do not heap up prideful words or speak in arrogance; *
only God is knowing and weighs all actions.
The bows of the mighty are broken, *
but the weak are clothed in strength.
Those once full now labor for bread, *
those who hungered now are well fed.
The childless woman has borne sevenfold, *
while the mother of many is forlorn.
God destroys and brings to life, casts down and raises up; *
gives wealth or takes it away, humbles and dignifies.
God raises the poor from the dust; *
and lifts the needy from the ash heap
To make them sit with the rulers *
and inherit a place of honor.
For the pillars of the earth are God's *
on which the whole earth is founded.

B. A Song of Our True Nature

Julian of Norwich

Christ revealed our frailty and our falling, *
our trespasses and our humiliations.

Christ also revealed his blessed power, *
his blessed wisdom and love.
He protects us as tenderly and as sweetly when we are in greatest need; *
he raises us in spirit and turns everything to glory and joy without ending.
God is the ground and the substance, the very essence of nature; *
God is the true father and mother of natures.
We are all bound to God by nature, *
and we are all bound to God by grace.
And this grace is for all the world, *
because it is our precious mother, Christ.
For this fair nature was prepared by Christ for the honor and nobility of all, *
and for the joy and bliss of salvation.

SEASONAL CANTICLES

Let Us Now Praise Unsung Women *Based on Ecclesiasticus 44:1-15 (Will Sol)*

Especially suitable for the commemoration of women saints

Let us now praise unsung women, *
our mothers in their generations
The Lord apportioned them for great glory, *
but their light became hidden, as though it never was.

There were those who ruled in their dominions, *
and distinguished themselves by their valor,
Those who gave counsel because they were intelligent, *
and who spoke in prophetic oracles.
Those who led the people by their counsels *
and by their knowledge of the peoples lore.
Some composed musical tunes— *
or fashioned words into verses,
But they have perished as though they never existed, *
they have become as though they were never born.
They considered fields and bought them; *
They were gifted weavers and cooks.
They opened their hands to the poor, *
and reached out their arms to the needy.
Their love and their strength, *
are an inheritance to children's children.

Let unsung women be unsung no longer, *
they and their daughters after them.
Let the assembly declare their wisdom, *
and the congregation proclaim their praise.

The Song of the Church *Te Deum laudamus*

Especially suitable on Holy Days

We praise you, O God, we acclaim you as Lord;
all creation worships you, the Father everlasting.
To you all angels, all the powers of heaven,
the 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 praise 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 took our flesh to set us free
you humbly chose 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 to 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.

Gloria to God *Gloria in excelsis*

Especially suitable on feasts of the incarnation

Glory to God in the highest,
and peace to God's people on earth.
Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

The Apostles' Creed

On major feast days, the Officiant and People may say together:

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,
who 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: May God be with you.

People: And also with you.

Officiant: Let us pray.

Officiant and People

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.

Then follows one of these sets of Suffrages

A *Odd numbered days*

- 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.

B *Even numbered days*

- V. Save your people, O God, and bless your inheritance;
R. Govern and uphold them, now and always.
V. Day by day we bless you;
R. We praise your name for ever.
V. God, keep us from all sin today;
R. Have mercy upon us, Lord, have mercy.
V. God, 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 Officiant then says the Collect of the Day.

Intercessions and thanksgivings follow, with the Officiant first saying:

We give thanks for this new day, for friends, lovers, families, companions, and children; and we pray for the people of this parish in their life and work today.

The parish prayer list, other prayer requests, and the prayers of all, are offered to God.

The Officiant and People may then say one of the following prayers, or the office may end with the grace.

The General Thanksgiving

Almighty God, Father of all mercies,
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 ourselves to your service, and by walking before you
in holiness and righteousness all our days;

Through Jesus Christ our Savior,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.

A Prayer of St. Chrysostom

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 God, 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!

People: Thanks be to God!

From Easter through Pentecost, add after both the versicle and response, “Alleluia, alleluia!”

The Officiant may then add one of the following:

The grace of our Savior Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen. *2 Corinthians 13:14*

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen. *Romans 15:13*

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. *Ephesians 3:20, 21*

***Morning Prayer is offered at 8:00 am, Monday through Friday,
via livestream on Facebook.com/smaaabq.***

***On Fridays it is sung using a form available at
www.stmichaels.org/download-service-bulletins***

***The psalms and readings are available on “The Daily Readings” page at:
<https://prayer.forwardmovement.org>***

***If you would like to be either an officiant or reader,
or wish to add names to the Prayer List,
please contact: office@stmichaelsabq.org***



St. Michael & All Angels Church

A congregation of the Episcopal Church in the worldwide Anglican Communion.

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