

ALL SOULS'

— EPISCOPAL CHURCH —

Welcome Home. Peace Awaits.



The SEASON *of* LENT

MORNING PRAYER LENT 5
Tuesday, 24 March 9:30 AM

Officiant Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love; and relents from punishing. *Joel 2:13*

Let us confess our sins against God and our neighbor.

A silence is kept

All Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Priest Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

A deacon or lay person using the preceding form substitutes "us" for "you" and "our" for "your"

THE INVITATORY AND PSALTER

Officiant Lord, open our lips.
People 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 INVITATORY PSALM *Psalm 95*

Said responsively, by half-verse

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!

Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
They put me to the test, *
though they had seen my works.
Forty years long I detested that generation and said, *
“This people are wayward in their hearts;
they do not know my ways.”
So I swore in my wrath, *
“They shall not enter into my rest.”

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

The PSALTER A: Psalm 120 *Ad Dominum*

Said responsively by half-verse

- 1 When I was in trouble, I called to the LORD; *
I called to the LORD, and he answered me.
- 2 Deliver me, O LORD, from lying lips *
and from the deceitful tongue.
- 3 What shall be done to you, and what more besides, *
O you deceitful tongue?
- 4 The sharpened arrows of a warrior, *
along with hot glowing coals.
- 5 How hateful it is that I must lodge in Meshech *
and dwell among the tents of Kedar!
- 6 Too long have I had to live *
among the enemies of peace.
- 7 I am on the side of peace, *
but when I speak of it, they are for war.

The PSALTER B: Psalm 121 *Levavi oculos*

Said responsively by half-verse

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the LORD, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.

- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and
your coming in, *
from this time forth for evermore.

The PSALTER C: Psalm 122 *Laetatus sum*

Said responsively by half-verse

- 1 I was glad when they said to me, *
“Let us go to the house of the LORD.”
- 2 Now our feet are standing *
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *
that is at unity with itself;
- 4 To which the tribes go up,
the tribes of the LORD, *
the assembly of Israel,
to praise the Name of the LORD.
- 5 For there are the thrones of judgment, *
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: *
“May they prosper who love you.
- 7 Peace be within your walls *
and quietness within your towers.
- 8 For my brethren and companions’ sake, *
I pray for your prosperity.
- 9 Because of the house of the LORD our God, *
I will seek to do you good.”

The PSALTER D: Psalm 123 *Ad te levavi oculos meos*

Said responsively by half-verse

- 1 To you I lift up my eyes, *
to you enthroned in the heavens.

- ² As the eyes of servants look to the hand of their masters, *
and the eyes of a maid to the hand of her mistress,
- ³ So our eyes look to the LORD our God, *
until he show us his mercy.
- ⁴ Have mercy upon us, O LORD, have mercy, *
for we have had more than enough of contempt,
- ⁵ Too much of the scorn of the indolent rich, *
and of the derision of the proud.

After the Psalm(s), 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 LESSONS

The FIRST READING

Exodus 5:1 – 6:1

Lector A reading from the Book of Exodus.

Moses and Aaron went to Pharaoh and said, “Thus says the LORD, the God of Israel: Let my people go, so that they may celebrate a festival to me in the wilderness.” But Pharaoh said, “Who is the LORD, that I should listen to him and let Israel go? I do not know the LORD, and I will not let Israel go.” Then they said, “The God of the Hebrews has revealed himself to us; let us go a three days’ journey into the wilderness to sacrifice to the LORD our God, or he will fall upon us with pestilence or sword.” But the king of Egypt said to them, “Moses and Aaron, why are you taking the people away from their work? Get to your labors!” Pharaoh continued, “Now they are more numerous than the people of the land and yet you want them to stop laboring!” That same day Pharaoh commanded the taskmasters of the people, as well as their supervisors, “You shall no longer give the people straw to make bricks, as before; let them go and gather straw for themselves. But you shall require of them the same quantity of bricks as they have made previously; do not diminish it, for they are lazy; that is why they cry, ‘Let us go and sacrifice to our God.’ Let heavier work be laid on them; then they will pay attention to it and not to deceptive words.”

So the taskmasters and the supervisors of the people went out and said to the people, “Thus says Pharaoh: I will not give you straw. Go and get straw yourselves, wherever you can find

it, but your work will not be lessened in the least.” So the people scattered throughout the land of Egypt to gather stubble for straw. The taskmasters urged them on, saying, “Complete your work, the same daily assignment as when you were given straw.” And the Israelite supervisors whom Pharaoh’s taskmasters had set over them were beaten and were asked, “Why did you not finish the required quantity of bricks yesterday and today, as you did before?”

Then the Israelite supervisors came to Pharaoh and cried, “Why do you treat your servants like this? No straw is given to your servants, yet they say to us, ‘Make bricks!’ Look how your servants are beaten! But the fault is with you.” He said, “You are lazy, lazy; that is why you say, ‘Let us go and sacrifice to the LORD.’ Go now and work, for no straw shall be given you, but you shall still deliver the same number of bricks.” The Israelite supervisors saw that they were in trouble when they were told, “You shall not lessen your daily number of bricks.” As they left Pharaoh, they came upon Moses and Aaron, who were waiting to meet them. They said to them, “The LORD look upon you and judge! You have brought us into bad odor with Pharaoh and his officials and have put a sword in their hand to kill us.”

Then Moses turned to the LORD and said, “O my Lord, why have you mistreated this people? Why did you ever send me? Since I first came to Pharaoh to speak in your name, he has mistreated this people, and you have done nothing at all to deliver your people.”

Then the LORD said to Moses, “Now you shall see what I will do to Pharaoh: indeed, by a mighty hand he will let them go; by a mighty hand he will drive them out of his land.”

Lector The Word of the Lord.
People Thanks be to God.

Silence may be kept

The following Canticle is said responsively, by half-verse

The RESPONSE: Canticle 14, A Song of Penitence *Kyrie Pantokrator*
Prayer of Manasseh 1-2, 4,6-7,11-15

O Lord, you are full of compassion, *
long-suffering and abounding in mercy.

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.

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.

O Lord, you are full of compassion, *
long-suffering and abounding in mercy.

Lector A reading from the Gospel according to Mark.

Jesus said to the twelve, “If any of you cause one of these little ones who believe in me to sin, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to sin, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to sin, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to sin, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies and the fire is never quenched.

“For everyone will be salted with fire. Salt is good, but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.”

Lector The Word of the Lord.

People Thanks be to God.

Silence may be kept

The following Canticle is said responsively, by half-verse

***The* RESPONSE: Canticle 19, The Song of the Redeemed** *Magna et mirabilia*

Revelation 15:3-4

All nations whom you have made shall come, *
and shall worship before you, O Lord.

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.

All nations whom you have made shall come, *
and shall worship before you, O Lord.

The APOSTLES' CREED

All 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 The Lord be with you.
People And also with you.
Let us pray.

All Our Father, who art in heaven, hallowed be thy Name, thy kingdom come,
thy will be done, on earth as it is in heaven. Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil. For thine is the
kingdom, and the power, and the glory, for ever and ever. Amen.

The SUFFRAGES

The Officiant and People say responsively

- ☩ Show us your mercy, O Lord;
☩ And grant us your salvation.
- ☩ Clothe your ministers with righteousness;
☩ Let your people sing with joy.
- ☩ Give peace, O Lord, in all the world;
☩ For only in you can we live in safety.
- ☩ Lord, keep our nations under your care;
☩ And guide us in the way of justice and truth.
- ☩ Let your way be known upon earth;
☩ Your saving health among all nations.
- ☩ Let not the needy, O Lord, be forgotten;
☩ Nor the hope of the poor be taken away.
- ☩ Create in us clean hearts, O God;
☩ And sustain us with your Holy Spirit.

The COLLECTS

The Officiant prays the following collects

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

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.*

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. *Amen.*

Intercessions and thanksgivings may follow

The GENERAL THANKSGIVING

All 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 Lord 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 Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

PRAYER of ST CHRYSOSTOM

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.

People *Thanks be to God.*

Officiant Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen.* *Ephesians 3:20-21*



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