

Morning Prayer Readings

January 30 – February 3, 2023 Year 1 4th Sunday after Epiphany

Monday, January 30

Opening Sentence (changes Daily)

I was glad when they said to me, “Let us go to the house of the Lord.” *Psalm 122:1*

Please turn to p.79 in BCP or p. 2 of Booklet for Confession of Sin

Continue with Invitatory and Psalter / BCP p. 80 or Booklet p. 3

Continue with Venite (Psalm 95:1-7) M/W/F or Jubilate T/TH (Psalm 100)

Please turn to page **662, 663, and [664]**. We will say Psalms **56, 57 and [58]** together.

Psalm 56 *Miserere mei, Deus*

BCP p. 662

- 1 Have mercy on me, O God, for my enemies are hounding me; *
all day long they assault and oppress me.
- 2 They hound me all the day long; *
truly there are many who fight against me, O Most High.
- 3 Whenever I am afraid, *
I will put my trust in you.
- 4 In God, whose word I praise, in God I trust and will not be
afraid, *
for what can flesh do to me?

- 5 All day long they damage my cause; *
their only thought is to do me evil.
- 6 They band together; they lie in wait; *
they spy upon my footsteps; because they seek my life.
- 7 Shall they escape despite their wickedness? *
O God, in your anger, cast down the peoples.
- 8 You have noted my lamentation; put my tears into your bottle; *
are they not recorded in your book?
- 9 Whenever I call upon you, my enemies will be put to flight; *
this I know, for God is on my side.
- 10 In God the LORD, whose word I praise, in God I trust and will not
be afraid, *
for what can mortals do to me?
- 11 I am bound by the vow I made to you, O God; *
I will present to you thank-offerings;
- 12 For you have rescued my soul from death and my feet from
stumbling, *
that I may walk before God in the light of the living.

Psalm 57 *Miserere mei, Deus*

BCP p. 663

- 1 Be merciful to me, O God, be merciful, for I have taken refuge in
you; *
in the shadow of your wings will I take refuge until this time of
trouble has gone by.
- 2 I will call upon the Most High God, *
the God who maintains my cause.
- 3 He will send from heaven and save me; he will confound those
who trample upon me; *
God will send forth his love and his faithfulness.

- 4 I lie in the midst of lions that devour the people; *
their teeth are spears and arrows, their tongue a sharp sword.
- 5 They have laid a net for my feet, and I am bowed low; *
they have dug a pit before me, but have fallen into it
themselves.
- 6 Exalt yourself above the heavens, O God, *
and your glory over all the earth.
- 7 My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
- 8 Wake up, my spirit; awake, lute and harp; *
I myself will waken the dawn.
- 9 I will confess you among the peoples, O LORD; *
I will sing praise to you among the nations.
- 10 For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
- 11 Exalt yourself above the heavens, O God, *
and your glory over all the earth.

[Psalm 58 *Si vere utique*

BCP p. 664

- 1 Do you indeed decree righteousness, you rulers? *
do you judge the peoples with equity?**
- 2 No; you devise evil in your hearts, *
and your hands deal out violence in the land.**
- 3 The wicked are perverse from the womb; *
liars go astray from their birth.**
- 4 They are as venomous as a serpent, *
they are like the deaf adder which stops its ears,**
- 5 Which does not heed the voice of the charmer, *
no matter how skillful his charming.**

- 6 O God, break their teeth in their mouths; *
pull the fangs of the young lions, O LORD.**
- 7 Let them vanish like water that runs off; *
let them wither like trodden grass.**
- 8 Let them be like the snail that melts away, *
like a stillborn child that never sees the sun.**
- 9 Before they bear fruit, let them be cut down like a brier; *
like thorns and thistles let them be swept away.**
- 10 The righteous will be glad when they see the vengeance; *
they will bathe their feet in the blood of the wicked.**
- 11 And they will say, “Surely, there is a reward for the
righteous; *
surely, there is a God who rules in the earth.”]**

*Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now, and will be forever. Amen.*

The first lesson is from **Isaiah**

A Reading from the **Book of Isaiah 51:17-23 NRSV**

Rouse yourself, rouse yourself! Stand up, O Jerusalem, you who have drunk at the hand of the LORD the cup of his wrath, who have drunk to the dregs the bowl of staggering. There is no one to guide her among all the children she has borne; there is no one to take her by the hand among all the children she has brought up. These two things have befallen you-- who will grieve with you?-- devastation and destruction, famine and sword-- who will comfort you? Your children have fainted, they lie at the head of every street like an antelope in a net; they are full of the wrath of the LORD, the rebuke of your God. Therefore hear this, you who are wounded, who are drunk, but not with wine: Thus says your Sovereign, the LORD, your God who

pleads the cause of his people: See, I have taken from your hand the cup of staggering; you shall drink no more from the bowl of my wrath. And I will put it into the hand of your tormentors, who have said to you, "Bow down, that we may walk on you" and you have made your back like the ground and like the street for them to walk on.

The Word of the Lord.

Thanks be to God.

Please turn to **page 86 (or p. 4 in Booklet).**

We'll say **Canticle 9, The First Song of Isaiah** together

The second lesson is from **Galatians**

A Reading from **Paul's Letter to the Galatians 4:1-11 NRSV**

My point is this: heirs, as long as they are minors, are no better than slaves, though they are the owners of all the property; but they remain under guardians and trustees until the date set by the father. So with us; while we were minors, we were enslaved to the elemental spirits of the world. But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God. Formerly, when you did not know God, you were enslaved to beings that by nature are not gods. Now, however, that you have come to know God, or rather to be known by God, how can you turn back again to the weak and beggarly elemental spirits? How can you want to be enslaved to them again? You are observing

special days, and months, and seasons, and years. I am afraid that my work for you may have been wasted.

The Word of the Lord.

Thanks be to God.

Please turn to **page 94 or (p. 5 in the Booklet)**

We'll say **Canticle 19, The Song of the Redeemed** together.

The third lesson is from Mark

A Reading from the **Gospel According to Mark 7:24-37 NRSV**

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophoenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go-- the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was

released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

The word of the Lord.
Thanks be to God.

Continue in BCP p. 96 or Booklet p. 12 with Apostles Creed and The Prayers

The Collect of the Day –

Fourth Sunday after the Epiphany

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Continue with BCP p. 99 or Booklet p. 15

Tuesday, January 31
Commemoration of Marcella of Rome
(See Biography at the End of the Collect)

Opening Sentence (Changes Daily)

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer.

Psalm 19:14

Please turn to p.79 in BCP or p. 2 of Booklet for Confession of Sin

Continue with Invitatory and Psalter / BCP p. 80 or p. 3 of the Booklet.

Continue with Venite (Psalm 95:1-7) M/W/F or Jubilate T/TH (Psalm 100)

Please turn to page **668 and 669**. We will say Psalms **61 and 62** together.

Psalm 61 *Exaudi, Deus*

BCP p. 668

- 1 Hear my cry, O God, *
and listen to my prayer.
- 2 I call upon you from the ends of the earth with heaviness in my heart; *
set me upon the rock that is higher than I.
- 3 For you have been my refuge, *
a strong tower against the enemy.
- 4 I will dwell in your house for ever; *
I will take refuge under the cover of your wings.

- 5 For you, O God, have heard my vows; *
you have granted me the heritage of those who fear your Name.
- 6 Add length of days to the king's life; *
let his years extend over many generations.
- 7 Let him sit enthroned before God for ever; *
bid love and faithfulness watch over him.
- 8 So will I always sing the praise of your Name, *
and day by day I will fulfill my vows.

Psalm 62 *Nonne Deo?*

BCP p. 669

- 1 For God alone my soul in silence waits; *
from him comes my salvation.
- 2 He alone is my rock and my salvation, *
my stronghold, so that I shall not be greatly shaken.
- 3 How long will you assail me to crush me, all of you together, *
as if you were a leaning fence, a toppling wall?
- 4 They seek only to bring me down from my place of honor; *
lies are their chief delight.
- 5 They bless with their lips, *
but in their hearts they curse.
- 6 For God alone my soul in silence waits; *
truly, my hope is in him.
- 7 He alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honor; *
God is my strong rock and my refuge.
- 9 Put your trust in him always, O people, *
pour out your hearts before him, for God is our refuge.

- 10 Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.
- 11 On the scales they are lighter than a breath, *
all of them together.
- 12 Put no trust in extortion; in robbery take no empty pride; *
though wealth increase, set not your heart upon it.
- 13 God has spoken once, twice have I heard it, *
that power belongs to God.
- 14 Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

***Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now, and will be forever. Amen.***

The first lesson is from **Isaiah**

A Reading from the **Book of Isaiah 52:1-12 NRSV**

Awake, awake, put on your strength, O Zion! Put on your beautiful garments, O Jerusalem, the holy city; for the uncircumcised and the unclean shall enter you no more. Shake yourself from the dust, rise up, O captive Jerusalem; loose the bonds from your neck, O captive daughter Zion! For thus says the LORD: You were sold for nothing, and you shall be redeemed without money. For thus says the Lord GOD: Long ago, my people went down into Egypt to reside there as aliens; the Assyrian, too, has oppressed them without cause. Now therefore what am I doing here, says the LORD, seeing that my people are taken away without cause? Their rulers howl, says the LORD, and continually, all day long, my name is despised. Therefore my people shall know my name; therefore in that day they shall know that it is I who speak; here am I. How beautiful upon the mountains are the feet of the messenger who announces

peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns." Listen! Your sentinels lift up their voices, together they sing for joy; for in plain sight they see the return of the LORD to Zion. Break forth together into singing, you ruins of Jerusalem; for the LORD has comforted his people, he has redeemed Jerusalem. The LORD has bared his holy arm before the eyes of all the nations; and all the ends of the earth shall see the salvation of our God. Depart, depart, go out from there! Touch no unclean thing; go out from the midst of it, purify yourselves, you who carry the vessels of the LORD. For you shall not go out in haste, and you shall not go in flight; for the LORD will go before you, and the God of Israel will be your rear guard.

The word of the Lord.

Thanks be to God.

Please turn to page **90 of BCP** or **p. 5 of Booklet**.

We'll say **Canticle 13, A Song of Praise** together

The second lesson is from **Galatians**

A Reading from **Paul's Letter to the Galatians 4:12-20 NRSV**

Friends, I beg you, become as I am, for I also have become as you are. You have done me no wrong. You know that it was because of a physical infirmity that I first announced the gospel to you; though my condition put you to the test, you did not scorn or despise me, but welcomed me as an angel of God, as Christ Jesus. What has become of the goodwill you felt? For I testify that, had it been possible, you would have torn out your eyes and given them to me. Have I now become your enemy by telling you the truth? They make much of you, but for no good purpose; they want to exclude you, so that you

may make much of them. It is good to be made much of for a good purpose at all times, and not only when I am present with you. My little children, for whom I am again in the pain of childbirth until Christ is formed in you, I wish I were present with you now and could change my tone, for I am perplexed about you.

The word of the Lord.

Thanks be to God.

Please turn to page **93 of BCP** or **p. 6 of the Booklet**

We will say **Canticle 18, A Song to the Lamb** together

The third lesson is from **Mark**

A Reading from the **Gospel According to Mark 8:1-10** *NRSV*

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, "I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way-- and some of them have come from a great distance." His disciples replied, "How can one feed these people with bread here in the desert?" He asked them, "How many loaves do you have?" They said, "Seven." Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people. And he sent them away. And immediately he got

into the boat with his disciples and went to the district of Dalmanutha.

The word of the Lord.

Thanks be to God.

Continue in BCP p. 96 or Booklet p. 12 with Apostles Creed and The Prayers

The Collect of the Day

Fourth Sunday after the Epiphany

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Collect for Marcella of Rome, Monastic and Scholar, 410

O God, who satisfies the longing soul and fills the hungry with good things: Grant that we, like your servant Marcella, may hunger and thirst after you above the vain pomp and glory of the world, and delight in your word above all manner of riches; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Continue with BCP p. 99 or Booklet p. 15

MARCELLA OF ROME *Monastic and Scholar, 410*

“How much virtue and ability, how much holiness and purity I found in her,” said Jerome of Marcella, “I am afraid to say, lest I may

exceed the bounds of men's belief." Marcella was born in Rome in 325 to Albina, a noblewoman noted for her piety and learning. When Marcella was a child, her mother invited Athanasius of Alexandria to sojourn in her home during his exile. At his feet, Marcella studied the lives of the holy monastics of the Thebaid, and Athanasius gave to her a copy of his *Life of Antony*.

After being widowed as a young woman, Marcella devoted herself to the asceticism of Antony. Trading her costly array for a simple brown dress, she made her home into a house of prayer and refuge. Her example inspired other women to form a community, sometimes called the Brown Dress Society, that was devoted to chastity, poverty, fasting, prayer, studying the scriptures, and serving the poor and needy. Together with Paula (September 28), Marcella is one of the mothers of Roman monasticism.

In 382, Pope Damasus invited Jerome to Rome, where he lodged in Marcella's Aventine Hill estate. During those three years a friendship developed between Marcella, Paula, and Jerome, without which Jerome's Latin translation of the scriptures (later called the Vulgate) would not have been written. Marcella and Paula were both remarkably erudite; Jerome found in them not only friends but colleagues with whom to discuss the challenges of interpreting and translating the scriptures. After the death of Damasus, Jerome, joined by Paula and her daughter Eustochium, left for Jerusalem; although they urged Marcella to join them, she was determined to remain in Rome. She and Jerome corresponded for the remainder of her life. After his departure, scholars came to her to seek her insight on obscure matters in the Greek and Hebrew scriptures.

In 410 the Visigoths invaded Rome. Alaric's soldiers pillaged Marcella's home in search of wealth. They scourged the eighty-five-year-old woman, demanding that she surrender her hidden treasures,

all of which she had long since spent in charity. She only pleaded with the soldiers not to harm her protégé Principia. They were both eventually taken to St. Paul's Church, which had been designated a sanctuary. The following day, Marcella died in Principia's arms.

Wednesday, February 1
Commemoration of Brigid of Kildare
(See Biography at the End of the Collect)

Opening Sentence (Changes Daily)

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling. *Psalm 43:3*

Please turn to p.79 in BCP or p. 2 of Booklet for Confession of Sin

Continue with Invitatory and Psalter / BCP p. 80 or p. 3

Continue with Venite (Psalm 95:1-8) M/W/F or Jubilate T/TH (Psalm 100)

Please turn to page **675** will say Psalm **72** together.

Psalm 72 *Deus, judicium*

BCP p. 685

- 1 Give the King your justice, O God, *
and your righteousness to the King's son;
- 2 That he may rule your people righteously *
and the poor with justice.
- 3 That the mountains may bring prosperity to the people, *
and the little hills bring righteousness.
- 4 He shall defend the needy among the people; *
he shall rescue the poor and crush the oppressor.
- 5 He shall live as long as the sun and moon endure, *
from one generation to another.

- 6 He shall come down like rain upon the mown field, *
like showers that water the earth.
- 7 In his time shall the righteous flourish; *
there shall be abundance of peace till the moon shall be no
more.
- 8 He shall rule from sea to sea, *
and from the River to the ends of the earth.
- 9 His foes shall bow down before him, *
and his enemies lick the dust.
- 10 The kings of Tarshish and of the isles shall pay tribute, *
and the kings of Arabia and Saba offer gifts.
- 11 All kings shall bow down before him, *
and all the nations do him service.
- 12 For he shall deliver the poor who cries out in distress, *
and the oppressed who has no helper.
- 13 He shall have pity on the lowly and poor; *
he shall preserve the lives of the needy.
- 14 He shall redeem their lives from oppression and violence, *
and dear shall their blood be in his sight.
- 15 Long may he live! and may there be given to him gold from
Arabia; *
may prayer be made for him always, and may they bless him
all the day long.
- 16 May there be abundance of grain on the earth, growing thick
even on the hilltops; *
may its fruit flourish like Lebanon, and its grain like grass upon
the earth.
- 17 May his Name remain for ever and be established as long as the
sun endures; *

may all the nations bless themselves in him and call him blessed.

18 Blessed be the Lord GOD, the God of Israel, *
who alone does wondrous deeds!

19 And blessed be his glorious Name for ever! *
and may all the earth be filled with his glory. Amen. 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 forever. Amen.***

The first lesson is from **Isaiah**

A Reading from the **Book of Isaiah 54:1-10 [11-17] NRSV**

Sing, O barren one who did not bear; burst into song and shout, you who have not been in labor! For the children of the desolate woman will be more than the children of her that is married, says the LORD. Enlarge the site of your tent, and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes. For you will spread out to the right and to the left, and your descendants will possess the nations and will settle the desolate towns. Do not fear, for you will not be ashamed; do not be discouraged, for you will not suffer disgrace; for you will forget the shame of your youth, and the disgrace of your widowhood you will remember no more. For your Maker is your husband, the LORD of hosts is his name; the Holy One of Israel is your Redeemer, the God of the whole earth he is called. For the LORD has called you like a wife forsaken and grieved in spirit, like the wife of a man's youth when she is cast off, says your God. For a brief moment I abandoned you, but with great compassion I will gather you. In overflowing wrath for a moment I hid my face from you, but with everlasting love I will have compassion on you, says the LORD, your

Redeemer. This is like the days of Noah to me: Just as I swore that the waters of Noah would never again go over the earth, so I have sworn that I will not be angry with you and will not rebuke you. For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the LORD, who has compassion on you. [O afflicted one, storm-tossed, and not comforted, I am about to set your stones in antimony, and lay your foundations with sapphires. I will make your pinnacles of rubies, your gates of jewels, and all your wall of precious stones. All your children shall be taught by the LORD, and great shall be the prosperity of your children. In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you. If anyone stirs up strife, it is not from me; whoever stirs up strife with you shall fall because of you. See it is I who have created the smith who blows the fire of coals, and produces a weapon fit for its purpose; I have also created the ravager to destroy. No weapon that is fashioned against you shall prosper, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, says the LORD.]

The word of the Lord.

Thanks be to God.

Please turn to BCP page **87** or p. **7** in the Booklet.

We'll say **Canticle 11, The Third Song of Isaiah** together

The second lesson is from **Galatians**

A Reading from **Paul's Letter to the Galatians 4:21-31 NRSV**

Tell me, you who desire to be subject to the law, will you not listen to the law? For it is written that Abraham had two sons, one by a slave woman and the other by a free woman. One, the child of the slave, was born according to the flesh; the other, the child of the free woman, was born through the promise. Now this is an allegory: these women are two covenants. One woman, in fact, is Hagar, from Mount Sinai, bearing children for slavery. Now Hagar is Mount Sinai in Arabia and corresponds to the present Jerusalem, for she is in slavery with her children. But the other woman corresponds to the Jerusalem above; she is free, and she is our mother. For it is written, "Rejoice, you childless one, you who bear no children, burst into song and shout, you who endure no birth pangs; for the children of the desolate woman are more numerous than the children of the one who is married." Now you, my friends, are children of the promise, like Isaac. But just as at that time the child who was born according to the flesh persecuted the child who was born according to the Spirit, so it is now also. But what does the scripture say? "Drive out the slave and her child; for the child of the slave will not share the inheritance with the child of the free woman." So then, friends, we are children, not of the slave but of the free woman.

The word of the Lord.

Thanks be to God.

Please turn to BCP page **92** or p. **8** in the Booklet.

We'll say **Canticle 16, The Song of Zechariah** together

The third lesson is from **Mark**

A Reading from the **Gospel According to Mark 8:11-26 NRSV**

The Pharisees came and began to argue with him, asking him for a sign from heaven, to test him. And he sighed deeply in his spirit and said, "Why does this generation ask for a sign? Truly I tell you, no sign will be given to this generation." And he left them, and getting into the boat again, he went across to the other side. Now the disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. And he cautioned them, saying, "Watch out--beware of the yeast of the Pharisees and the yeast of Herod." They said to one another, "It is because we have no bread." And becoming aware of it, Jesus said to them, "Why are you talking about having no bread? Do you still not perceive or understand? Are your hearts hardened? Do you have eyes, and fail to see? Do you have ears, and fail to hear? And do you not remember? When I broke the five loaves for the five thousand, how many baskets full of broken pieces did you collect?" They said to him, "Twelve." "And the seven for the four thousand, how many baskets full of broken pieces did you collect?" And they said to him, "Seven." Then he said to them, "Do you not yet understand?" They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, "Can you see anything?" And the man looked up and said, "I can see people, but they look like trees, walking." Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. Then he sent him away to his home, saying, "Do not even go into the village."

The word of the Lord.

Thanks be to God.

Continue in BCP p. 96 or Booklet p. 12 with Apostles Creed and The Prayers

The Collect of the Day

Fourth Sunday after the Epiphany

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Collect for Brigid of Kildare

O God, whose servant Brigid, kindled with the flame of your love, became a shining light in your church: Grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Continue with BCP p. 99 or Booklet p. 15

BRIGID OF KILDARE *Monastic, c. 523*

Along with Patrick, Brigid is one of the most beloved Irish saints. She was born into slavery in the middle of the fifth century, the daughter of a local chieftain and one of his slaves. Her father Dubhthach was the poet laureate of King Loeghaire and a pagan, but her mother Brocca was a Christian.

Even as a young girl, Brigid was notorious for giving away all of the family's food and goods in order to feed and assist the poor. Enraged, her father tried to sell her to the king of Leinster, but even while the two men were negotiating her price, she took her father's jeweled sword and gave it to a beggar so that he could sell it to feed his

family. The king was impressed with her compassion and resourcefulness, and offered Dubhthach his own jeweled sword as a replacement, telling him to give his daughter her freedom.

Gathering a group of women around her, Brigid founded a monastery in 470 at Kildare, a place whose name meant “Church of the Oak.” This was the first monastic community for women in Ireland. To secure the sacraments, Brigid persuaded the anchorite Conlaed to receive ordination as a bishop and to bring his community of monks to Kildare, thus establishing a double monastery for both men and women. She also founded a renowned scriptorium and center for manuscript illumination at the monastic community.

Brigid actively participated in leadership and in policy-making decisions, not only within her own monastic federation but also within the councils and synods of the Irish church. She died around 523 at Kildare. Her remains are said to have been re-interred with those of Patrick at Downpatrick in the ninth century.

Thursday, February 2
Commemoration of Presentation of Our Lord Jesus Christ in the Temple
(See Biography at the End of the Collect)

There is a choice of first and third readings for this Feast Day based on BCP or Daily Office.

Opening Sentence (Changes Daily)

Behold, the dwelling of God is with mankind. He will dwell with them, and they shall be his people, and God himself will be with them, and be their God. *Revelation 21:3*

Please turn to p. 79 in BCP or p. 2 of Booklet for Confession of Sin

Continue with Invitatory and Psalter / BCP p. 80 or p. 3

Continue with Venite (Psalm 95:1-8) M/W/F or Jubilate T/TH

Please turn to page **707**. We will say Psalm **84** or **84:1-6** together.

Psalm 84 *Quam dilecta!*

BCP p. 707

- 1 How dear to me is your dwelling, O LORD of hosts! *
My soul has a desire and longing for the courts of the LORD;
my heart and my flesh rejoice in the living God.
- 2 The sparrow has found her a house and the swallow a nest where
she may lay her young; *
by the side of your altars, O LORD of hosts, my King and my
God.
- 3 Happy are they who dwell in your house! *
they will always be praising you.

- 4 Happy are the people whose strength is in you! *
whose hearts are set on the pilgrims' way.
- 5 Those who go through the desolate valley will find it a place of
springs, *
for the early rains have covered it with pools of water.
- 6 They will climb from height to height, *
and the God of gods will reveal himself in Zion.
- 7 **LORD God of hosts, hear my prayer; ***
hearken, O God of Jacob.
- 8 **Behold our defender, O God; ***
and look upon the face of your Anointed.
- 9 **For one day in your courts is better than a thousand in my**
own room, *
and to stand at the threshold of the house of my God than
to dwell in the tents of the wicked.
- 10 **For the LORD God is both sun and shield; ***
he will give grace and glory;
- 11 **No good thing will the LORD withhold ***
from those who walk with integrity.
- 12 **O LORD of hosts, ***
happy are they who put their trust in you!

*Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now, and will be forever. Amen.*

The first lesson is from **Malachi**

A Reading from the **Book of Malachi 3:1-4 NRSV**

See, I am sending my messenger to prepare the way before me, and
the Lord whom you seek will suddenly come to his temple. The

messenger of the covenant in whom you delight-- indeed, he is coming, says the LORD of hosts. But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the LORD in righteousness. Then the offering of Judah and Jerusalem will be pleasing to the LORD as in the days of old and as in former years.

The word of the Lord.

Thanks be to God.

OR

1 Samuel 2:1-10 NRSV

A Reading from the **First Book of Samuel.**

Hannah prayed and said, "My heart exults in the LORD; my strength is exalted in my God. My mouth derides my enemies, because I rejoice in my victory. 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.”

The word of the Lord.

Thanks be to God.

Please turn to page **93 of BCP** or **p. 9 of the Booklet**.

We'll say **Canticle 17, The Song of Simeon** together.

The second lesson is from **Hebrews**

A Reading from **Book of Hebrews 2:14-18 NRSV**

Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

The word of the Lord.

Thanks be to God.

Please turn to page **94 of BCP** or **p. 9 of Booklet**.

We'll say **Canticle 20, Glory to God** together

The third lesson is from Luke

A Reading from the **Gospel According to Luke 2:22-40 NRSV**

When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every firstborn male shall be designated as holy to the Lord"), and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtledoves or two young pigeons." Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, "Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel." And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed-- and a sword will pierce your own soul too." There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshiped there with fasting and prayer night and day. At that moment she came, and began to praise God

and to speak about the child to all who were looking for the redemption of Jerusalem. When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favor of God was upon him.

The word of the Lord.

Thanks be to God.

OR

John 8:31-36 *NRSV & CEV*

A Reading from the **Gospel According to John.**

Jesus said to **the people** who had believed in him, “If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.” They answered him, “We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, ‘You will be made free’?” Jesus answered them, “Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place there forever. So if the Son makes you free, you will be free indeed.”

The Word of the Lord.

Thanks be to God.

Continue in BCP p. 96 or Booklet p. 12 with Apostles Creed and The Prayers

The Collect of the Day

Fourth Sunday after the Epiphany

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Collect for Presentation of Our Lord Jesus Christ in the Temple

Almighty and ever living God, we humbly pray that, as your only-begotten Son was this day presented in the temple, so we may be presented to you with pure and clean hearts by Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Continue with BCP p. 99 or Booklet p. 15

THE PRESENTATION OF OUR LORD JESUS CHRIST IN THE TEMPLE

Today's feast is sometimes known as the Purification of Saint Mary the Virgin, and also as Candlemas. In the Orthodox Church it has also been called the Meeting of Christ with Simeon. Such a variety of names is ample testimony to the wealth of spiritual meaning that generations of Christians have discovered in this small incident.

The title "The Presentation" reminds us of the Jewish law (Exodus 13:2; 22:29) that every firstborn son had to be dedicated to God in memory of the Israelites' deliverance from Egypt, when the firstborn sons of the Egyptians died and those of Israel were spared.

When Mary placed her infant son into the arms of Simeon, it was the meeting of the Old and New Dispensations. The old sacrifices, the burnt offerings and oblations, were done away; a new and perfect offering had come into the temple. God had provided himself a lamb for the burnt offering (Genesis 22:8), his only Son. The offering was

to be made once for all on the cross. At every Eucharist those who are in Christ recall that sinless offering and unite “themselves, their souls and bodies” with the self-oblation of their Lord and Savior.

It is traditional that candles are blessed on this day, for use throughout the rest of the year, which is why the feast is also sometimes known as “Candlemas.”

Friday, February 3
Commemoration of Anskar
(See Biography at the End of the Collect)

Opening Sentence (Changes Daily)

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. *John 4:23*

Please turn to p.79 in BCP or p. 2 of Booklet for Confession of Sin

Continue with Invitatory and Psalter / BCP p. 80 or p. 3

Continue with Venite (Psalm 95:1-8) M/W/F or Jubilate T/TH

Please turn to page **679**. Let us say together Psalm **69:1-23[24-30], 31-38** together.

Psalm 69 *Salvum me fac*

BCP p. 679

- 1 Save me, O God, *
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, *
and there is no firm ground for my feet.
- 3 I have come into deep waters, *
and the torrent washes over me.
- 4 I have grown weary with my crying; my throat is inflamed; *
my eyes have failed from looking for my God.
- 5 Those who hate me without a cause are more than the hairs of my
head; my lying foes who would destroy me are mighty. *
Must I then give back what I never stole?

- 6 O God, you know my foolishness, *
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through me, Lord
GOD of hosts; *
let not those who seek you be disgraced because of me, O God
of Israel.
- 8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.
- 9 I have become a stranger to my own kindred, *
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, *
but that was turned to my reproach.
- 12 I put on sack-cloth also, *
and became a byword among them.
- 13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, *
at the time you have set, O LORD:
- 15 "In your great mercy, O God, *
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me and out of the deep
waters.
- 17 Let not the torrent of waters wash over me, neither let the deep
swallow me up; *
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."

- 19 “Hide not your face from your servant; *
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; *
because of my enemies deliver me.
- 21 You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight.”
- 22 Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none, for comforters, but I
could find no one.
- 23 They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.
- 24 Let the table before them be a trap *
and their sacred feasts a snare.**
- 25 Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.**
- 26 Pour out your indignation upon them, *
and let the fierceness of your anger overtake them.**
- 27 Let their camp be desolate, *
and let there be none to dwell in their tents.**
- 28 For they persecute him whom you have stricken *
and add to the pain of those whom you have pierced.**
- 29 Lay to their charge guilt upon guilt, *
and let them not receive your vindication.**
- 30 Let them be wiped out of the book of the living *
and not be written among the righteous.**
- 31 As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.
- 32 I will praise the Name of God in song; *
I will proclaim his greatness with thanksgiving.

- 33 This will please the LORD more than an offering of oxen, *
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad; *
you who seek God, your heart shall live.
- 35 For the LORD listens to the needy, *
and his prisoners he does not despise.
- 36 Let the heavens and the earth praise him, *
the seas and all that moves in them;
- 37 For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.
- 38 The children of his servants will inherit it, *
and those who love his Name will dwell therein.

***Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now, and will be forever. Amen.***

The first lesson is from **Isaiah**

A Reading from the **Book of Isaiah 56:1-8 NRSV**

Thus says the LORD: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed. Happy is the mortal who does this, the one who holds it fast, who keeps the sabbath, not profaning it, and refrains from doing any evil. Do not let the foreigner joined to the LORD say, "The LORD will surely separate me from his people" and do not let the eunuch say, "I am just a dry tree." For thus says the LORD: To the eunuchs who keep my sabbaths, who choose the things that please me and hold fast my covenant, I will give, in my house and within my walls, a monument and a name better than sons and daughters; I will give them an everlasting name that shall not be cut off. And the foreigners who join themselves to the LORD, to minister to him, to love the name of the LORD, and to be

his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant-- these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord GOD, who gathers the outcasts of Israel, I will gather others to them besides those already gathered.

The word of the Lord.

Thanks be to God.

Please turn to page **86 of BCP** or **p. 10 of the Booklet**

We'll say **Canticle 10, The Second Song of Isaiah** together

The second lesson is from **Galatians**

A Reading from **Paul's Letter to the Galatians 5:16-24 NRSV**

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

The word of the Lord.
Thanks be to God.

Please turn to page **93 of the BCP** or **p. 11 of the Booklet**.

We'll say **Canticle 18, A Song to the Lamb** together

The third lesson is from **Mark**

A Reading from the **Gospel According to Mark 9:2-13** *NRSV*

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean. Then they asked him, "Why do the scribes say that Elijah must come first?" He said to them, "Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt? But I tell you that Elijah has come, and they did to him whatever they pleased, as it is written about him."

The word of the Lord.
Thanks be to God.

Continue in BCP p. 96 or Booklet p. 12 with Apostles Creed and The Prayers

The Collect of the Day

Fourth Sunday after the Epiphany

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Collect for John Anskar, Bishop and Missionary, 865

Keep your church from discouragement in the day of small things, O God, in the knowledge that when you have begun a good work, you will bring it to a fruitful conclusion, just as you did for your servant Anskar; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. *Amen.*

Continue with BCP p. 99 or Booklet p. 15

ANSKAR *Bishop and Missionary, 865*

Anskar was one of those valiant Christians of whom it might be said, “These shall plant the seed, but others shall reap the harvest.” As Archbishop of Hamburg, he was papal legate for missionary work among the Scandinavians. The immediate result of his devoted and perilous labors was minimal: two churches established on the border of Denmark and one priest settled in Sweden. He also participated in the consecration of Gotbert, first bishop in Sweden. Nevertheless, it was the seed from which a fruitful mission would later grow.

Anskar was born in the Somme region of France in 801, and educated in the outstanding monastic school in nearby Corbie Abbey. His teaching skill led him to be chosen to be sent out by Corbie as master of a new monastery school in Saxon Germany. His strongest call, however, was to be a missionary.

He was stirred, his biographer Rimbert says, by a prolonged vision, in which a voice said, “Go and return to me crowned with martyrdom.” When King Harald of Denmark sought missionaries for that country in 826, Anskar was one of those selected. Rimbert notes that Anskar’s missionary purpose caused astonishment. Why should he wish to leave his brothers to deal with “unknown and barbarous folk?” Some of the brethren tried to deter him; others mocked him.

Steadfast in his resolve, Anskar established a school and mission in Denmark, working conscientiously but unsuccessfully to convert and evangelize. He was not totally discouraged. Another vision appeared, with a voice saying, “Go and declare the work of God to the nations.” Shortly afterward, about 829, he was called to Sweden and eagerly accepted the invitation. Yet meager aid both from the monastery and the emperor frustrated his efforts.

While still a young man, Anskar was consecrated as Archbishop of Hamburg in 831. He continued his work among the Scandinavians until 848, when he retired to the See of Bremen and died in 865.

The seeds of his efforts were not to bear fruit until over one hundred years later, when Viking devastation, weakness in the Frankish Church, and the lowest ebb of missionary enthusiasm came to an end. The rich harvest of conversion was three generations away. Nevertheless, Anskar is now looked upon by Scandinavians as their apostle.

**Thank You
Have a Blessed Weekend!**