

Morning Prayer – Rite 2
St. James – Westwood
3rd Sunday in Lent
March 15, 2020

Opening Sentences

Prayer Book, p. 76

Jesus said, "If anyone will come after me, let him deny himself, and take up his cross, and follow me."

Mark 8:34

If we say we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

1 John 1:8, 9

Confession of Sin

Prayer Book, p. 79

Let us confess our sins against God and our neighbor.

Silence may be kept.

Officiant and People together, all kneeling

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.

The Priest alone stands and says

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.

The Invitatory and Psalter

Prayer Book, p. 80

All stand

Officiant Lord, open our lips.

People And our mouth shall proclaim your praise.

Officiant and People

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.

- 1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- 7 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!
- 8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
- 9 They put me to the test, *
though they had seen my works.
- 10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
- 11 So I swore in my wrath, *
"They shall not enter into my rest."

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

Prayer Book, p. 84

A reading from the Book of Exodus.

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this

people? They are almost ready to stone me.” The Lord said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, “Is the Lord among us or not?”

A Song of Penitence

Prayer Book, p. 90

Prayer of Manasseh 1-2, 4, 6-7, 11-15

Especially 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.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Song of Zechariah

Prayer Book, p. 92

Luke 1: 68-79

Blessed be the Lord, the God of Israel; *
 he has come to his people and set them free.
He has raised up for us a mighty savior, *
 born of the house of his servant David.
Through his holy prophets he promised of old,
that he would save us from our enemies, *
 from the hands of all who hate us.
He promised to show mercy to our fathers *
 and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
 to set us free from the hands of our enemies,
Free to worship him without fear, *
 holy and righteous in his sight
 all the days of our life.
You, my child, shall be called the prophet of the Most High, *
 for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
 by the forgiveness of their sins.
In the tender compassion of our God *
 the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
 and to guide our feet into the way of peace.
Glory to the Father, and to the Son, and to the Holy Spirit: *
 as it was in the beginning, is now, and will be for ever. Amen.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with

them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

Reflection & Sermon

Laura Kennedy & The Rev. Mary Carson

The Apostles' Creed

Prayer Book, p. 96

Officiant and People together, all standing

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 sin, the resurrection of the body, and the life everlasting. Amen.

The Prayers

Prayer Book, p. 97

The People stand or kneel

Officiant The Lord be with you.

People And also with you.

Officiant Let us pray.

Officiant and People

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.

Suffrages A

The Officiant reads the first line, the People respond.

V. Show us your mercy, O Lord;

R. And grant us your salvation.

V. Clothe your ministers with righteousness;

R. Let your people sing with joy.

V. Give peace, O Lord, in all the world;

R. For only in you can we live in safety.

V. Lord, keep this nation under your care;

R. And guide us in the way of justice and truth.

V. Let your way be known upon earth;
R. Your saving health among all nations.
V. Let not the needy, O Lord, be forgotten;
R. Nor the hope of the poor be taken away.
V. Create in us clean hearts, O God;
R. And sustain us with your Holy Spirit.

The Collect of the Day

Prayer Book, p. 218

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; 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 Guidance

Prayer Book, p. 100

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.*

A Collect for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

A Litany Amidst the Covid-19 Outbreak

Written by Michael Kurth

God the Father,
Have mercy on us.
God the Son,
Have mercy on us.
God the Holy Spirit,
Have mercy on us.
Holy Trinity, one God,
Have mercy on us.

Most merciful God, we come to you in this time of anxiety and uncertainty surrounding the outbreak of COVID-19. As the sorrows of our hearts and minds increase, we beseech you to save us from all trouble and fear. Cast away all works of darkness. Be our rock, a castle to keep us safe. For the Lord is our stronghold and sure defense, and he will be our Savior.

For all who have died: receive them into the arms of your mercy, grant them eternal peace, and surround those who mourn with your healing grace.

Lord, hear our prayer.

For those infected with the virus: help them recover in good health and restore them in body, mind and spirit.

Lord, hear our prayer.

For those at high risk of infection, especially the elderly, those with underlying illnesses, the marginalized, and the poor: keep them healthy and free from all sickness.

Lord, hear our prayer.

For those in quarantine, the shut-in, and the infirmed: help them find peace, keep them in good health, and renew their mind and spirit.

Lord, hear our prayer.

For all hospitals, doctors, nurses, and staff: protect them as they minister to the sick, relieve all stress, and provide the resources and space to meet the needs of all the infirmed.

Lord, hear our prayer.

For first responders: guard them from all harm, and grant them strength and courage as they respond to all calls for help.

Lord, hear our prayer.

For service industry workers and those forced to work as their community shuts down: keep them healthy, bestow the resources to best care for themselves and their families, and assure them in times of financial and medical anxiety.

Lord, hear our prayer.

For those experiencing financial loss and uncertainty of resources: have mercy on them, alleviate any fear, and provide for them daily bread and wage.

Lord, hear our prayer.

For the leaders of this nation and the world: help them make sound and safe decisions to best secure the future of our planet.

Lord, hear our prayer.

For all day care centers, schools, students, teachers, administrators and school staff: for those that remain open, keep them healthy and in good spirit to learn; for those that are closed feed those who might go hungry and shelter all students with no place to live.

Lord, hear our prayer.

For all scientists and those working to find a cure: inspire them towards your truth, and help them discover and disseminate a vaccine and cure.

Lord, hear our prayer.

For all media and journalists: protect them from all harm in their reporting, and move them to be a vector of truth and certainty, and never fear or panic.

Lord, hear our prayer.

For all places of worship: embolden them to be beacons of hope and love, and help us to gather however and wherever we can – be it in person or online – to give you praise.

Lord, hear our prayer.

For the leaders of our churches: help them minister to their flock; fortify them to be faithful pastors, to persevere in prayer, and to build up the family of God in new and creative ways.

Lord, hear our prayer.

For the young: spare them from harm and fear, and keep them a joyful sign of your love and light.

Lord, hear our prayer.

For all parents: build in them strength and fortitude for the time ahead, and give them the words and witness to be wise counselors and compassionate caregivers.

Lord, hear our prayer.

For calm amidst the storm: as the waves toss our boat and we wonder “do you not care?,” remind us to not be afraid, that with you all things are possible, and that even the wind and sea obey you.

Lord, hear our prayer.

Stir up in us a spirit of compassion and tenacity for the time ahead.

Amen.

Move us to check-in with loved ones at high risk of infection and those in quarantine.

Amen.

Ease our fear and anxiety, that we may share our resources rather than hoard them, and extend a helping hand to those in need.

Amen.

Inspire us to share the Good News of your love and hope.

Amen.

All this we ask through your son Jesus Christ our Lord: healer of the sick, ruler of the tempestuous sea, and Savior of the world.

Amen.

Officiant Lord, have mercy.

People Christ, have mercy.

All Lord, have mercy.

The General Thanksgiving

Prayer Book, p. 101

Officiant and People

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.

Let us bless the Lord.

Prayer Book, p. 102

Thanks be to God.

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