



# St. Paul's by-the-Lake

The Episcopal/Anglican Church  
in Rogers Park Since 1882

## **A Service of Morning Prayer**

together with

## **An Act of Spiritual Communion**

**for use by the Laity**

**in the season of Lent**

The following has been adapted from the *Book of Common Prayer* (1979) for use by families and small gatherings led by lay people on Sundays during the season of Lent, at a time when public worship has been suspended due to public health concerns.

“Officiant” refers to the person leading prayer, and “People” refers to all other participants. Rubrics (instructions) are in small, italicized font.

The Psalm, Lessons, and Collect of the Day can be found at <http://lectionarypage.net/>.

Faithfully,  
Fr. Kemp+  
Lent 2020

## Daily Morning Prayer: Rite One

*The Officiant begins the service with one or more of these sentences of Scripture.*

If we say we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. *1 John 1:8, 9*

Rend your heart, and not your garments, and turn unto the Lord your God; for he is gracious and merciful, slow to anger and of great kindness, and repenteth him of the evil. *Joel 2:13*

I will arise and go to my father, and will say unto him, "Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son." *Luke 15:18, 19*

To the Lord our God belong mercies and forgivenesses, though we have rebelled against him; neither have we obeyed the voice of the Lord our God, to walk in his laws which he set before us. *Daniel 9:9, 10*

Jesus said, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." *Mark 8:34*

### Confession of Sin

*The Officiant says to the people*

Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

*Silence may be kept.*

*Officiant and People together, all kneeling*

Almighty and most merciful Father,  
we have erred and strayed from thy ways like lost sheep,  
we have followed too much the devices and desires of our  
own hearts,  
we have offended against thy holy laws,  
we have left undone those things which we ought to  
have done,  
and we have done those things which we ought not to  
have done.

But thou, O Lord, have mercy upon us,  
spare thou those who confess their faults,  
restore thou those who are penitent,  
according to thy promises declared unto mankind  
in Christ Jesus our Lord;  
and grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of thy holy Name. Amen.

*The Officiant remains kneeling and says*

The Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. *Amen.*

### The Invitatory and Psalter

*All stand*

*Officiant* O Lord, open thou our lips.

*People* And our mouth shall show forth thy 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.

**Venite** *Psalm 95:1-7*

The Lord is full of compassion and mercy: O come, let us adore him.

O come, let us sing unto the Lord; \*  
let us heartily rejoice in the strength of our salvation.  
Let us come before his presence with thanksgiving \*  
and show ourselves glad in him with psalms.  
For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the corners of the earth, \*  
and the strength of the hills is his also.  
The sea is his, and he made it, \*  
and his hands prepared the dry land.  
O come, let us worship and fall down, \*  
and kneel before the Lord our Maker.  
For he is the Lord our God, \*  
and we are the people of his pasture  
and the sheep of his hand.  
O worship the Lord in the beauty of holiness; \*  
let the whole earth stand in awe of him.  
For he cometh, for he cometh to judge the earth, \*  
and with righteousness to judge the world  
and the peoples with his truth.

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 Lord is full of compassion and mercy: O come, let us  
adore him.

*Then follows*

### **The Psalm Appointed**

*At the end of the Psalms is sung or said*

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 Old Testament lesson is read, the Reader first saying*

A Reading from \_\_\_\_\_.

*After the Lesson the Reader may say*

The Word of the Lord.

*People* Thanks be to God.

*Or the Reader may say* Here endeth the Lesson (Reading).

*Silence may be kept after each Reading. The following Canticle is sung or said  
after the Reading.*

### **A Song of Penitence**

*Kyrie Pantokrator*

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

O Lord, Almighty God of our fathers, \*  
Abraham, Isaac, and Jacob, and of their righteous seed;  
Who hast made heaven and earth, \*  
with all the ornament thereof;  
Whom all men fear, \*  
and tremble before thy power;  
But thy merciful promise \*  
is unmeasurable and unsearchable;  
For thou art the most high Lord, of great compassion,  
long-suffering, very merciful, \*  
and repentest of the evils of men.  
Thou, O Lord, according to thy great goodness  
hast promised repentance and forgiveness \*  
to them that have sinned against thee.  
And of thine infinite mercies  
hast appointed repentance unto sinners, \*  
that they may be saved.  
Now therefore I bow the knee of mine heart, \*  
beseeching thee of grace.  
I have sinned, O Lord, I have sinned, \*  
and I acknowledge mine iniquities:  
Wherefore I humbly beseech thee, forgive me,  
O Lord, forgive me \*  
and destroy me not with mine iniquities.  
Be not angry with me forever, by reserving evil for me; \*  
neither condemn me into the lower parts of the earth.  
For thou art the God, even the God of them that repent; \*  
and in me thou wilt show all thy goodness:  
For thou wilt save me, that am unworthy, \*

according to thy great mercy.  
Therefore I will praise thee for ever all the days of my life: \*  
for all the powers of the heavens do praise thee,  
And thine is the glory \*  
for ever and ever. Amen.

*The Epistle lesson is read, the Reader first saying*  
A Reading from \_\_\_\_\_.

*After the Lesson the Reader may say*  
The Word of the Lord.

*People* Thanks be to God.

*Or the Reader may say* Here endeth the Lesson (Reading).

*The following Canticle is sung or said after the Reading.*

### **The Song of Zechariah**

*Benedictus Dominus Deus*

*Luke 1:68-79*

Blessed be the Lord God of Israel, \*  
for he hath visited and redeemed his people;  
And hath raised up a mighty salvation for us \*  
in the house of his servant David,  
As he spake by the mouth of his holy prophets, \*  
which have been since the world began:  
That we should be saved from our enemies, \*  
and from the hand of all that hate us;  
To perform the mercy promised to our forefathers, \*  
and to remember his holy covenant;  
To perform the oath which he sware to our forefather Abraham, \*  
that he would give us,  
That we being delivered out of the hand of our enemies \*  
might serve him without fear,  
In holiness and righteousness before him, \*  
all the days of our life.  
And thou, child, shalt be called the prophet of the Highest, \*  
for thou shalt go before the face of the Lord  
to prepare his ways;  
To give knowledge of salvation unto his people \*

for the remission of their sins,  
Through the tender mercy of our God, \*  
whereby the dayspring from on high hath visited us;  
To give light to them that sit in darkness  
and in 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.

*The Gospel lesson is read, the Reader first saying*  
A Reading from \_\_\_\_\_.

*After the Lesson the Reader may say*  
The Word of the Lord.

*People* Thanks be to God.

*Or the Reader may say* Here endeth the Lesson (Reading).

### **The Apostles' Creed**

*Officiant and People together, all standing*

I believe in God, the Father almighty,  
maker of heaven and earth;  
And in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried.  
He descended into hell.  
The third day he rose again from the dead.  
He ascended into heaven,  
and sitteth on the right hand of God the Father almighty.  
From thence he shall come to judge the quick and the dead.  
I believe in the Holy Ghost,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## The Prayers

*The People stand or kneel*

*Officiant*        The Lord be with you.

*People*            And with thy spirit.

*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.

V. O Lord, save thy people and bless thine heritage;

R. Govern them and lift them up for ever.

V. Day by day we magnify thee;

R. And we worship thy name for ever, world without end.

V. Vouchsafe, O Lord, to keep us this day without sin;

R. O Lord, have mercy upon us, have mercy upon us.

V. O Lord, let thy mercy be upon us;

R. As our trust is in thee.

V. O Lord, in thee have I trusted;

R. Let me never be confounded.

*The Officiant then says one or more of the following Collects*

### *The Collect of the Day*

#### *A Collect for Sundays*

O God, who makest us glad with the weekly remembrance of the glorious resurrection of thy Son our Lord: Grant us this day such blessing through our worship of thee, that the days to come may be spent in thy favor; through the same Jesus Christ our Lord. *Amen.*

#### *A Collect for Peace*

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. *Amen.*

#### *A Collect for Grace*

O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that we, being ordered by thy governance, may do always what is righteous in thy sight; through Jesus Christ our Lord. *Amen.*

*Then, unless the Eucharist or a form of general intercession is to follow, one of these prayers for mission is added*

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

*or the following*

O God, who hast made of one blood all the peoples of the earth, and didst send thy blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after thee and find thee; bring the nations into thy fold; pour out thy Spirit upon all flesh; and hasten the coming of thy kingdom; through the same thy Son Jesus Christ our Lord. *Amen.*

*or this*

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

*Here may be sung a hymn or anthem.*

*Authorized intercessions and thanksgivings may follow. It is appropriate to remember those on the parish prayer list, as well as those suffering from the present pandemic.*

*Here an Act of Spiritual Communion may be made (see last 2 pages).*

*Before the close of the Office one or both of the following may be used*

### *The General Thanksgiving*

*Officiant and People*

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. *Amen.*

### *A Prayer of St. Chrysostom*

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

*Then may be said*

Let us bless the Lord.

*Thanks be to God.*

*The Officiant may then conclude with one of the following*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, 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 him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen. Ephesians 3:20,21*

## **Act of Spiritual Communion**

*When unable to attend Mass*

+In the Name of the Father, and of the Son, and of the Holy Ghost.  
Amen.

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.

### *Collect*

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

### *The Epistle (Revelation 3:20)*

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

### *The Gospel (St. John 15:5)*

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

### *Act of Contrition*

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

### *Act of Reception*

In Union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the

affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fullness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

### *Anima Christi*

Soul of Christ, sanctify me;  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesu, hear me;  
Within thy wounds hide me;  
Suffer me not to be separated from thee;  
From the malicious enemy defend me;  
In the hour of death, call me,  
And bid me come to thee,  
That with thy Saints I may praise thee  
For ever and ever. Amen.

### *Act of Praise and Thanksgiving:*

Blessed, praised, worshipped, and adored be Jesus Christ on his throne of glory in Heaven, in the most Holy Sacrament of the Altar, and in the hearts of his faithful people, now and forever. Amen.

*Adapted from the Saint Augustine's Prayer Book, Revised Edition (Holy Cross, 1967).*

## A Prayer in Time of Great Sickness and Mortality

O most mighty and merciful God, in this time of grievous sickness, we flee unto thee for succor. Deliver us, we beseech thee, from our peril; give strength and skill to all those who minister to the sick; prosper the means made use of for their cure; and grant that, perceiving how frail and uncertain our life is, we may apply our hearts unto that heavenly wisdom which leadeth to eternal life; through Jesus Christ our Lord. *Amen.*

Fr. Matthew B. Kemp, *Priest-In-Charge*

Fr. Abraham Awan, *Assisting Priest* ♦ Fr. Richard Higginbotham, *Honorary Assistant*

Fr. John Burton, *Honorary Assistant* ♦ Fr. James Steele, *Honorary Assistant*

Mr. Mark Law, *Organist and Choir Director*

Mr. John Ngugi, *Catechist* ♦ Mr. David Mattocks, *Sexton*

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