

DAILY
PRAYER
FOR ALL SEASONS



SAMPLER

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Introduction

“Let us pray.”

Those words can be so embracing, so soothing. But there are times when they simply remind us that we don’t have time to pray — not the way we long to. We want to pray without ceasing, but we also want to repair that engine and train the puppy and plow the south 40 before sunset. Still, the call to prayer is strong. The call to pray throughout the day has sounded for centuries as a way to deepen our faith.

Daily Prayer for All Seasons provides a holy — and wholly realistic — way to order our days, no matter how full they seem.

Daily Prayer for All Seasons was compiled and written by a diverse team of people from all over the United States. We came together periodically over four years to create a set of prayers that acknowledge in their brevity both the need to pray and the short time we have to pray. The *Daily Prayer for All Seasons* team comprised people like you: we have jobs and families, groceries and gardens and ironing; subways to catch, doctors to see, and reports to write. We put these demands on the table. We never lost sight of those pressures on our time and energy as we plowed through wonderful resources for meditation and song, assembling the richest ones into a prayer book for all of us, clergy and laity, who think we’re too busy to pray.

Background of *Daily Prayer*

People in all kinds of religious traditions, including Judaism and Christianity, have been marking time with prayer for almost as long as we've had hours. "Praying the hours," as it's called, has always reminded us that God walks with us throughout each day; "praying the hours" is also a way that the community of faith comes together, whether we're all in one place or scattered like raindrops. Praying at set hours links us, both to God and to all God's people. We know this, and we are comforted.

In the Episcopal Church, our *Book of Common Prayer* offers beautiful services for morning, noon, evening, and nighttime in a section called "The Daily Office" (pp. 35-146). *Daily Prayer for All Seasons* offers a variation on that theme, a shortened version, where a complete service covers one or two pages at most, thereby eliminating the need to shuffle prayer books and hymnals. *Daily Prayer for All Seasons* works for individuals, small groups, and/or congregations. This prayer book presents a variety of images of God by including inclusive and expansive language for and about God, and it presents a variety of words by including poetry, meditation and prayers from the broader community of faith.

How To Use These Materials

The church divides its calendar into periods called “seasons,” which track the events of Jesus’ birth, death and resurrection and the coming of the Holy Spirit to the Church. The seasons are Advent, Christmas, Epiphany, Lent, Holy Week (the final week of Lent), and Easter, followed by what the church calls Ordinary Time; because Ordinary Time is the longest season in the church year, we crafted two sets of services for the summertime: Creation (spiritual growth) and Rest. The eight sets of seasonal prayers provide the outer structure of *Daily Prayer for All Seasons*.

For the inner structure, each set of seasonal prayers falls into eight “hours,” which follows the pattern of Benedictine monks, who divided the day into a cycle of eight intervals, called “hours,” that effected a rhythm between work (*labora*) and prayer (*ora*). As a contemporary complement, the committee crafting *Daily Prayer for All Seasons* assigned a specific labor to each prayer “hour”: We named dawn as the time for praise; we designated starting the day as the time for discernment; later morning, wisdom; midday, perseverance and renewal; afternoon, love; evening, forgiveness; bedtime, trust; and midnight we named as the time to watch. Each hour has a name, which also dates back to Christian monastic history and which we printed in italics after the hour’s “work” name, for example, Praise (*Lauds*).

Don't be inhibited by the hours as we've labeled them. Maybe your day "starts" at the crack of noon or your bedtime comes after the night shift; maybe the end of your workday marks only the beginning of meetings for another part of your life. It's all right to adjust the prayers to the day as you live it, no matter how topsy-turvy it seems.

Adaptations for the prayers, lessons, meditations, and hymns may be made to suit the occasion. The questions that are provided for the meditations are only suggestions. They may be freely adapted, other questions may be used, or a period of silence may be kept.

Format for the Hours

BASIC FORM (Praise, Watch): *Written in first person and generally anticipated for private use.*

Entering and Going out (or Closing): the same simple, short call-and-response, which emphasizes the spiritual work of the hour

Scripture: a short, easily memorized passage, related to both the time and the season

Meditation: a question or a prompt for spiritual reflection

Prayer: a closing collect related to the hour and season

SHORTER HOURS DURING THE DAY (Wisdom, Perseverance and Renewal, Love, Trust): *Intended for group use, may be adapted for individual use.* These add the following to the basic form:

Prayer: an opening collect, suited to time and season

Praise: hymn, psalm or canticle

Meditation: an inspirational quote precedes the prompt for reflection

Prayers: responsive prayers of the people, with space for personal intercession and thanksgiving

Lord's Prayer: Versions of the prayer are omitted to allow for local traditions; if praying in a group, the leader may choose to specify the form of the prayer (old/new, short/long, English/foreign) to be used or encourage worshippers to pray in the language of the heart (versions of the Lord's Prayer appear in the Appendix).

LONGER HOURS (Discernment, Forgiveness): *Intended for group use, may be adapted for individual use.* To the above, add the following:

Discernment: affirmation

Forgiveness: confession and assurance of pardon (the latter allows for lay leadership of the hour whereas absolution requires a bishop or priest)

The consultants who began this project in 2007 did so in prayer and with the hope that anyone — newcomer, stalwart or someone in between — who wants to pray within the Christian tradition will be enriched by *Daily Prayer for All Seasons*.

Devon Anderson, Mark Bozutti-Jones, Rebecca Clark, Joseph Farnes, Paul Fromberg, Paul Joo, Lizette Larson-Miller, Julia McCray-Goldsmith, Sam Dessórdi Leite, Ernesto Medina, Clay Morris, Elizabeth Muñoz, Ruth Meyers, Dan Prechtel, Cristina Rose Smith, Carol Wade, Julia Wakelee-Lynch, Louis Weil.

With Gratitude,
The Rev. Julia Wakelee-Lynch
March 2011
Berkeley, California

Advent

The Christian calendar begins its new year not on January 1, but on the first Sunday of Advent — which is always four Sundays before Christmas (December 25) and the Sunday closest to St. Andrew’s Day (November 30). Our word “Advent” derives from the Latin *Adventus*, which means “coming,” and originally referred just to the coming of the feast of Christmas. But over time the season of Advent took on a double meaning. Today it refers both to the “first coming” of Jesus Christ in his birth at Christmas and to his “second coming” at the end of time.

It is important to remember that Advent is not just a season in which we recall an event of the past — Jesus’ birth — but also a time in which we look to the present and the future. When will Jesus come again? When will we see the kingdom of God on earth, as it is in heaven? Of course no one knows. And so the more important questions are: What can we do as the Church, Christ’s body here on earth, to welcome God’s reign of justice and peace today? What can we do as individuals to reorder our lives in the light of God’s love? What would it mean to live as a people who believe in Jesus as the Savior of all the earth and who expect him to come again at the fulfillment of time? Each Advent we turn to these questions anew. ¹

Praise

Lauds (Traditional hour: dawn/waking up)

Laudate, omnes gentes, laudate Dominum!

[*Sing praises, all people, sing praises to the Lord!*]

We greet the new day by praising the Creator

(the ancient name for this hour, Lauds, means “praise”).

Opening Praise the Lord, O my soul:
Praise God’s holy name.

Scripture The glory of the LORD shall be revealed, and all
people shall see it together. Isaiah 40:5

Meditation *How will I look for God’s glory today?*
How will I help others see it?

Prayers Come, Emmanuel, come dwell with me.
Hope of the world and Word of life:
Come, Emmanuel, come dwell with me.

Going Out Praise the Lord, O my soul:
Praise God’s holy name.

Discernment

Prime (Traditional hour: morning/start of the day)

As we begin the day, we focus on our calling to live faithfully, for who knows what today holds?

Opening God's bright glory will shine,
and everyone will see it. Isaiah 40:5, *The Message*

Prayer O Holy One, thank you for coming to us anew this day. Prepare our hearts and reawaken our love for you as we discern your call within us. May we join with you in making level the path for all people.
Amen.

Praise *Prepare the way, O Zion*
(Music, if desired, may be found in *The Hymnal 1982*, #65.)

Prepare the way, O Zion, your Christ is drawing near!

Let every hill and valley a level way appear.

Greet one who comes in glory, foretold in sacred story.

Refrain

Oh, blest is Christ that came in God's most holy name.

Words: Frans Mikael Franzen (1772-1847);
tr. composite; adapt. Charles P. Price (1920-1999)

Scripture A voice cries out: "In the wilderness prepare the way of the LORD, make straight in the desert a highway for our God. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. Then the glory of the LORD shall be revealed, and all people shall see it together, for the mouth of the LORD has spoken." Isaiah 40:3-5

Meditation “To enter Advent we leave fear for faith.” Sam Portaro²

*What fears must we release in order to level the way
for ourselves and for others?*

Affirmation

We believe in God, Creator of all:

The two-legged, the four-legged,
the winged ones, and those that crawl upon
the earth
and swim in the waters.

We believe in God, One Who Walked with Us:

Our Brother Jesus born in humility,
who lived and died for us and
who will come again to bring us to glory.

We believe in God, Spirit with Us:

Ever present and ever guiding, upholding us and
showing us the principles to live by.

We hear God’s voice through the prophets.

**Creator, One Who Walked with Us, Spirit with Us,
Holy One:**

We are named in the waters of baptism as your own,
all of us related, all of us your children.

We watch for signs of your homecoming
and thank you for this sacred circle of life. Amen.

Prayers In the beginning, it is dark, cool, and quiet,
 and we ask you:
Invite us into your presence, O Christ.
We do not know your works, Holy One,
 yet still we ask you:
Invite us into your presence, O Christ.
We look to the rising sun and trust that you
invite us into your presence, O Christ.

*Here, the people may add particular intercessions
or thanksgivings.*

You are our Shepherd, and we need nothing more.
We rejoice in your presence with us in all of creation.
Amen.

Lord's Prayer

Prayer God of hope, you call us from the exile of our sin
 with the good news of restoration;
 you build a highway through the wilderness;
 you come to us to bring us home.
 Comfort us with the expectation of your saving
 power, made known in Jesus Christ our Lord.
Amen. ³

Going Out God's bright glory will shine,
 and everyone will see it.

Christmas

For the church, Christmas is a time to celebrate the birth of Jesus in Bethlehem. We celebrate this birth not because Jesus was simply a “good man” but because we believe Jesus was — and is — both the human son of Mary and the divine Son of God. That makes Christmas a time to reflect on a mystery that the church calls the doctrine of the Incarnation. This important theological term comes from the Latin word *carne*, which means “flesh,” and has to do with the divine taking on human flesh and coming among us in human form.

In one of his Christmas sermons Augustine, the fifth-century bishop of Hippo, described the mystery of the Incarnation this way: “Beloved, our Lord Jesus Christ, the eternal creator of all things, today became our Savior by being born of a mother. Of his own will he was born for us today, in time, so that he could lead us to his Father’s eternity. God became human like us so that we might become God. The Lord of the angels became one of us today so that we could eat the bread of angels.”

Discernment

Prime (Traditional hour: morning/start of the day)

*As we begin the day, we focus on our calling to live faithfully,
for who knows what today holds?*

Opening The Word made flesh
makes God known to us.

Prayer Light of life, you came in flesh, born into human
pain and joy, and gave us power to be your
children: Grant us faith, O Christ, to see your
presence among us, so that all creation may sing
new songs of gladness and walk in the way of
peace. **Amen.** ²¹

Praise *The Song of Mary* (*Magnificat*; Luke 1:46-55) ²²

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

Scripture And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. From his fullness we have all received grace upon grace. No one has ever seen God. It is God the only Son, who is close to the Father's bosom, who has made God known.

John 1:14, 16, 18

Meditation “You will know when it is time to bring to birth the new creation. The signs will be all around you, urging, insisting: Now is the time. You have to know just when to bear down and concentrate on one thing only. It takes labor, hard, hard labor to bring to birth something new.”

Miriam Therese Winter²³

What is God calling forth from us? How will we labor to birth what God calls for?

Affirmation

We believe in God, the source of love,
who created humanity in God's own image
and likeness,
who blessed them and asked them to
procreate, nurture and preserve God's creation
for prosperity.

We believe in Jesus Christ, God incarnate,
who was born of a woman and was a carpenter,
who identified himself with women, men
and children,
transforming them to have life abundantly.

We believe in the Holy Spirit active before creation,
who through the ages has inspired Christians
without number,
who continues to inspire us to usher in the reign
of God,
where no one is cast out, lonely or bereft.²⁴

Prayers Wonderful Counselor,
whose glory is beyond our understanding
and whose love is beyond measure:
Let us know your presence now.

Mighty God,
whose power girds creation,
whose hands cradle the hills, yet whose mercy is
 boundless:
Let us know your presence now.

Prince of Peace,
whose righteousness is like the strong mountains
and whose justice is as the great deep:
Let us know your presence now.

Emmanuel,
whose property it is always to have mercy,
and whose arm is long to save, we lift before you now:

*Here, the people may add particular intercessions
or thanksgivings.*

Hold all those we love in your unbounded love.
Make us your healing presence in the world. ²⁵

Lord's Prayer

Prayer Loving Word of God, you have shown us the
fullness of your glory in taking human flesh: Fill us,
in our bodily life, with your grace and truth, that
our pleasure may be boundless and our integrity
complete. **Amen.** ²⁶

Going Out The Word made flesh
makes God known to us.

Epiphany

Epiphany is a Greek word meaning “manifestation, showing forth, revelation.” This feast proclaims our faith that in Jesus, God is revealed to all people — not just to an inner circle or a chosen few, but to all people, in all places, and throughout all time. Christians believe that in the person of Jesus we see who God is, and in the words and actions of Jesus we see God at work in the world. Epiphany marks a series of occasions at which Jesus was revealed to be God’s Son.

The feast of Epiphany and the weeks that follow are a time when we reflect on several “manifestations” of Jesus, as he was recognized as the Messiah (or Christ) by many different people. We hear about Jesus’ baptism in the river Jordan by John the Baptist and the visit of the magi, or wise men, who followed the star to Bethlehem at Jesus’ birth. We share the amazement of the guests at the wedding party at Cana as Jesus performs his first miracle by turning water into fine wine. And at the end of the season we see Jesus’ glory shown to three of his disciples on the mountain as he is transfigured before them in a blaze of light.

Wisdom

Terce (Traditional hour: mid-morning)

Having asked for direction and guidance, we pray now to equip ourselves properly for the journey ahead.

Opening Wisdom knows and understands all things
and guides us in our actions.

Prayer O God, your Spirit of Wisdom was present at the creation and with Jesus at his baptism: Open our hearts to that same Spirit, and strengthen and guide us to love and serve you and our neighbors; through Jesus Christ our Lord. **Amen.**

Praise *A Song of the Spirit of Wisdom* (Wisdom 7:7-8, 10-14a) ⁴⁵
I prayed and understanding was given me; *
I called on God and the Spirit of Wisdom came
to me.
I preferred her to scepters and thrones, *
and I accounted wealth as nothing in comparison
with her.
I loved her more than health or beauty, *
and I chose to have her rather than light
because her radiance never ceases.
In her company, all good things came to me; *
in her hands, a wealth of true riches.
In all these good things, I rejoiced
because Wisdom brings them, *
but I did not know that she was their mother.
What I learned without selfishness I pass on
without reserve; *
I do not hide her gifts.
For Wisdom is an unfailing treasure for mortals: *
those who receive her are friends with God.

Scripture Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. ... The wisdom from above is first pure, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. James 3:13, 17-18

Meditation “Do not think that saintliness comes from occupation; it depends rather on what one is. The kind of work we do does not make us holy, but we may make it holy.” Meister Eckhart (1260-1329)

*What work will we do today?
How will we make it holy?*

Prayers Breath of God, inspire us with your guidance.
Come to us, Holy Spirit, and be present with us.
Wisdom of God, guide us to works of goodness and mercy.
Come to us, Holy Spirit, and be present with us.
Spirit of God, teach us to be faithful.
Come to us, Holy Spirit, and be present with us.

Here, the people may add particular intercessions or thanksgivings.

Lord's Prayer

Prayer Gracious God: give us deeper reverence for the truth and such wisdom in the use of knowledge that your kingdom may be advanced and your name glorified; through Jesus Christ our Lord. **Amen.** ⁴⁶

Going Out Wisdom knows and understands all things, and she will guide us in our actions.

Lent

Figuring out how to keep a holy Lent can be a challenge, but if we move beyond the popular conceptions (and misconceptions), Lent holds the possibility for real change — or to use the church’s word, conversion — in our lives, as well as for rich and lasting spiritual growth. (The word “lent” comes from the Anglo-Saxon word *lencton*, referring to the springtime of the year when the days grow longer and warmer and brighter.)

Lent emerged in our history as a season of final preparation for those who would be baptized at the Great Vigil of Easter. The entire Christian community was highly invested in walking alongside those who were about to commit their lives to Christ. In time, the season took on some extra layers of meaning, and many people now associate it with listening for a deeper awareness of our own sin — how we fall short of the ideals God sets before us — and the need for ongoing repentance and amendment of life.

That said, joy in the new life we have found in the Christian faith should never be overwhelmed by our struggles to live out that faith or our awareness of the ways we fall short. We can see Lent as an opportunity to deepen our spiritual lives. In Lent we step back and consider the ways we need to repent, to turn around — to be converted.

Perseverance and Renewal

Sext (Traditional hour: mid-day)

As we pause to feed our bodies in the middle of the day, we pause also to feed our souls by vowing again to live faithfully.

Opening Renew and strengthen us, eternal God,
as we prepare for resurrection.

Prayer Merciful God, your strength and courage pour forth to sustain the witness of your faithful people: Awaken in us the humility to serve wherever creation is broken and needy, that we may follow in the way of our brother, Jesus, die as he did to all that separates us from you, and be raised, as he was, to new life. **Amen.** ⁶⁸

Praise *A Song of the Wilderness* (Isaiah 35:1-4) ⁶⁹
The wilderness and the dry land shall be glad, *
the desert shall rejoice and blossom;
It shall blossom abundantly, *
and rejoice with joy and singing.
They shall see the glory of the Lord, *
the majesty of our God.
Strengthen the weary hands, *
and make firm the feeble knees.
Say to the anxious, "Be strong, do not fear! *
Here is your God, coming with judgment
to save you."

Scripture “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

Matthew 25:37-40

Meditation “Do you wish to honor the body of the Savior? Do not despise it when it is naked. Do not honor it in church with silk vestments, while outside you are leaving it numb with cold and naked. He who said, ‘This is my body,’ and made it so by his word, is the same that said, ‘You saw me hungry and you gave me no food. As you did it not to the least of these, you did it not to me.’ Honor him then by sharing your property with the poor, for what God needs is not golden chalices, but golden souls.”

John Chrysostom ⁷⁰

Who are the hungry and naked in our daily world, and how will we relieve their suffering?

Prayers God of hope, help us who struggle in our daily work.
When we lose our purpose,
renew our hope in you.
When we bow to hatred,
renew our trust in you.
When we despair of bliss,
renew our joy in you.
When we take offense at others,
renew our life in you.
When we compromise our values,
renew our faith in you.
When we cherish regrets,
renew our freedom in you.
When we surrender to despair,
renew our hope in you.
As we accept your renewing love, we offer our prayers
to you:

*Here, the people may add particular intercessions
or thanksgivings.*

Hold us, and all people, in your loving care,
and may we be hope for others.

Lord's Prayer

Prayer God of hope, from you come every blessing and all
peace: Show us that, in the midst of our struggles,
you are with us. Give us the abundance of your
grace that we may do the work you give us to do
and that we may be for the world a sign of your
presence; through Christ, the Way and the Truth.
Amen.

Going Out Renew and strengthen us, eternal God,
as we prepare for resurrection.

Holy Week

The theme of Holy Week is Jesus' passion: his suffering and death on the cross. The rites of Holy Week are at the very heart of the Christian year, indeed of our Christian faith. And for many of us they are, year after year, the most meaningful and life-changing services of the church.

It is vital to keep a broad perspective during this week. We walk through the days of Jesus' suffering and death because we believe they had a purpose — the salvation of the world. We believe Jesus' death conquered death itself for us all: that is the only reason why the Friday on which he died can be called "good." Even while we are sobered by the solemn reading of the gospel stories describing Jesus' death and deeply saddened by the ongoing violence in our world, from that day in Jerusalem to this Good Friday, we hold on to the faith that in Jesus God has brought about a new creation, and death itself has been conquered. "We have been buried with him by baptism into death," wrote the apostle Paul soon after Jesus' death, "so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life" (Romans 6:4).

Love

None (Traditional hour: afternoon)

As shadows lengthen, we are filled by the day's encounters; now, more than ever, we accept the depth and breadth of God's grace.

Opening You lavish love upon us.
Make us people of extravagant love.

Prayer Holy God, lover of our souls, we come before you as people created by and for love:
Gather us in this time to hear again your word of love, to renew our trust in its breadth and depth.
In the sacrifice of your love for us, may we find renewal and be your love in the world. **Amen.**

Praise *My Song Is Love Unknown*

(Music, if desired, may be found in *The Hymnal 1982*, #458.)

My song is love unknown, my Savior's love to me,
love to the loveless shown that they might lovely be.
O who am I that for my sake my Lord
should take frail flesh, and die?

He came from his blest throne salvation to bestow,
but men made strange, and none the longed for
Christ would know.

But O my friend, my friend indeed,
who at my need his life did spend.

Sometimes they strew his way, and his strong
praises sing,
resounding all the day hosannas to their King.
then "Crucify!" is all their breath,
and for his death they thirst and cry.

Why, what hath my Lord done? What makes this
rage and spite?

He made the lame to run, he gave the blind their sight.
Sweet injuries! Yet they at these themselves displeas,
and 'gainst him rise.

Here might I stay and sing, no story so divine;
never was love, dear Christ, never was grief like thine.
this is my friend, in whose sweet praise
I all my days could gladly spend.

Words (alt): Samuel Crossman (1624-1683)

Scripture Six days before the Passover, Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. Martha served, and Lazarus was one of those at table with him. Mary took a pound of costly perfume made with pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. John 12:1-3

Meditation Look
what happens to the scale
when love
holds
it.
It
stops
working.

Kafir (c.1440-1518) ⁸⁵

Where might we “waste” love this week?

Prayers Jesus, Holy One of God,
You embodied love for us.
Jesus, Holy One of God,
You accepted love from all who offered.
Jesus, Holy One of God,
We acknowledge our need for your love.

Teach us, we pray:
The courage to both give and receive love,
the humility to admit when we have not
loved well, and
the faith to trust that your love is enough.

*Here, the people may add particular intercessions
or thanksgivings.*

Lord's Prayer

Prayer Holy Spirit, fill us with godly love.
Free us from all that resists loving and being loved.
Empower us to love as Jesus did.
In his gracious name we pray. **Amen.**

Going Out You lavish love upon us.
Make us people of extravagant love.

Easter

Easter, the oldest celebration of the Christian year, is not a single day but an entire season: Easter lasts fifty days, from Easter Day (the Sunday of the Resurrection) through the Day of Pentecost. The season also includes the feast of the Ascension, when the resurrected Jesus ascended to heaven and was seen on earth no longer. Throughout the year every Sunday — even during Lent — is considered a little Easter, a mini feast of the resurrection on what Christians have called the first day of the week. The primary theme of Easter is the resurrection: on this day Jesus was raised from the dead, overcoming the power of death and the grave. We celebrate that we, too, are raised to everlasting life with him in our baptism.

At Pentecost we celebrate the outpouring of the Holy Spirit and the ongoing life of the Holy Spirit in the church today. It is the Holy Spirit who breathes life into the Body of Christ, the church; it is the Holy Spirit who provides the gifts and guidance needed to sustain our life. At every Eucharist we pray that the Holy Spirit will sanctify the bread and wine of communion to be “the Body and Blood of your Son, the holy food and drink of new and unending life in him.” We also pray that the Spirit will “sanctify us also” so that we may receive the Eucharist with faith and serve God “in unity, constancy, and peace.” It is the Holy Spirit who makes God present and alive in our hearts.

Forgiveness

Vespers (Traditional hour: evening/end of the day)

As we turn on lamps at dusk, we greet the evening by welcoming God to abide with us anew.

Opening Alleluia! By death, Christ tramples death.
On those in the tombs, he bestows new life. Alleluia!

Prayer God of victory over death, your Son revealed himself again and again to convince his followers of his glorious resurrection: Grant that we may know his risen presence, in love obediently feed his sheep and care for the lambs of his flock, until we join the hosts of heaven in worshiping you and praising the one who is worthy of blessing and honor, glory and power, for ever and ever. **Amen.** ⁹⁷

Praise Light of the World *Phos hilaron* ⁹⁸

Light of the world, in grace and beauty,
Mirror of God's eternal face,
Transparent flame of love's free duty,
You bring salvation to our race.
Now, as we see the lights of evening,
We raise our voice in hymns of praise;
Worthy are you of endless blessing,
Sun of our night, lamp of our days.

Scripture Jesus said to Simon Peter, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep."
John 21:16

Meditation “The future will be different if we make the present different.”

Peter Maurin ⁹⁹

How will we make the future different by caring for others now?

Confession *During the joyful season of Easter, the Confession of Sin is omitted in order for worship to emphasize the celebration of redemption and new life that are characteristic of this season.*

Assurance of Pardon

We know that our old self was crucified with Christ so that the body of sin might be destroyed, and we might no longer be enslaved to sin. ... So you must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:6, 11

Prayers

Jesus, in your life we receive life:

Raise us to the new life of grace.

You look with compassion on our human failings:

Raise us to the new life of grace.

We proclaim the hope of your resurrection as we offer you these prayers:

Here, the people may add particular intercessions or thanksgivings.

You make us bearers of hope in a world of suffering and despair:

Raise us to the new life of grace.

Lord's Prayer

Prayer Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of the bread. Grant this for the sake of your love. **Amen.** ¹⁰⁰

Going Out Alleluia! By death, Christ tramples death.
On those in the tombs, he bestows new life.
Alleluia!

Ordinary Time: Creation

The Season after Pentecost is not actually a season with a single common focus, but is simply the weeks between the Day of Pentecost and the First Sunday of Advent. It is often called “Ordinary Time.” These weeks hold both the slower pace and peaceful quality of summer months and the quicker pace and flurry of activity in the early fall. These are our “ordinary” days, in which we live the Christian faith in our daily lives.

During these weeks, as the liturgical scholar Leonel Mitchell puts it, we celebrate “the time in which we actually live — the period between the Pentecost and the Second Advent.” Two thousand years after the first Pentecost, the church still lives in this “in between” time before the fulfillment of time in Christ’s second coming. You might also hear these weeks called “the long, green season,” referring both to the green color of the vestments and altar hangings for these weeks as well as to the summertime of year in which many of the weeks fall in the northern hemisphere.

After Pentecost we settle into the growing season, nourishing the seeds planted at Easter and putting down roots in our faith.

Trust

Compline (Traditional hour: night/bedtime)

We sum up this day with a bedtime prayer to examine our conscience and offer our actions to God.

Opening The Lord almighty grant us a peaceful night and a perfect end. Amen.

Prayer God our desire, whose coming we look for, but whose arrival is unexpected:
Here in the darkness make us urgent to greet you, and open yourself to our longing that we may be known by you through Jesus Christ, Amen. ¹²⁹

Praise *Lifetime Psalm* ¹³⁰

Praise my soul, our good Lord.
Sing songs to God's name,
for God has brought my life
into fresh waters when I was thirsty.
God has fed me with the Bread of Life
when I was starving.
God has sustained me along all my days
and never has put me to shame.
Praise my soul, our good Lord,
for such abundant goodness.

Scripture Blessed are those who trust in the LORD, whose trust is the LORD. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought, it is not anxious, and it does not cease to bear fruit. Jeremiah 17:7-8

Meditation “Fish cannot drown in water, birds cannot sink in air, gold cannot perish in the refiner’s fire. This has God given to all creatures: to foster and seek their own nature.” Mechthild of Magdeburg (13th century)

What has God given us today to help us be more fully ourselves?

Prayer Creator God,
you call us to love and serve you with body, mind,
and spirit
through loving your creation and our sisters and
brothers.
Open our hearts in compassion and receive these
petitions
on behalf of the needs of the church and the world.

*Here, the people may add particular intercessions
or thanksgivings.*

Lord’s Prayer

Prayer Holy One, you planted us by living water, that we might be rooted in righteousness. You call us to be holy as you are holy. Assured of your love, help us cast aside all fear, so that we may love our neighbors as ourselves. **Amen.** ¹³¹

Closing The Lord almighty grant us a peaceful night and a perfect end. **Amen.**

Ordinary Time: Rest

Watch

Vigils (Traditional hour: late night)

Like nuns and monks at prayer, we can listen in the stillness of the night to hear God's call.

Opening God of love,
when I rest, I feel you near.

Scripture I will dwell in your house forever;
I will take refuge under the cover of your wings.

Psalm 61:4

Meditation *Consider the promise that God's love is ever with you.*
How does it feel to rest in that care?

Prayers Spirit of comfort and longing,
enfold my fear,
unclothe my pride,
unweave my thoughts,
uncomplicate my heart,
and give me surrender:
that I may tell my wounds,
lay down my work,
and greet the dark. **Amen.** ¹⁵¹

Closing God of love,
when I rest, I feel you near.