

## In the Morning

*From Psalm 51*

Open my lips, O Lord, \*  
and my mouth shall proclaim your praise.  
Create in me a clean heart, O God, \*  
and renew a right spirit within me.  
Cast me not away from your presence \*  
and take not your holy Spirit from me.  
Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.  
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.

*A Reading*

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

*Joel 2:13*

*A period of silence may follow or an Optional Observance..*

*Prayers may be offered for ourselves and others.*

*The Lord's Prayer*

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.	Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.
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*The Collect*

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. *Amen.*

## Optional Observances for Lent

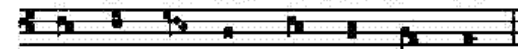
Hear the commandments of God to his people:  
I am the Lord your God who brought you out of bondage.  
You shall have no other gods but me.  
*Amen. Lord have mercy.*  
You shall not make for yourself any idol.  
*Amen. Lord have mercy.*  
You shall not invoke with malice the Name of the Lord your God.  
*Amen. Lord have mercy.*  
Remember the Sabbath day and keep it holy.  
*Amen. Lord have mercy.*  
Honor your father and your mother.  
*Amen. Lord have mercy.*  
You shall not commit murder.  
*Amen. Lord have mercy.*  
You shall not commit adultery.  
*Amen. Lord have mercy.*  
You shall not steal.  
*Amen. Lord have mercy.*  
You shall not be a false witness.  
*Amen. Lord have mercy.*  
You shall not covet anything that belongs to your neighbor.  
*Amen. Lord have mercy.*

*Or*

*Audi, Benigne Conditor*



1. O gen - - tle Ma - - ker, hear our plea, ▲
2. You know the se - - crets of each heart,
3. In truth, our faults are ma - - ni - - fold;
4. Give us the grace of dis - - ci - - pline
5. To Fa - - ther high - est prais - es be,



1. And heed each con - - trite soul who prays
2. You know each weak - ness and dis - grace,
3. But spare those who their sins de - plore;
4. That we may rise from sen - suous greed,
5. And prais - es to his on - - ly Son,



1. With pen - ance and con - - tri - - tion true
2. And yet on those who turn to you
3. And for the ho - - nor of your Name
4. And fast - ing in our deep - est soul
5. Like prais - es to the Spi - - rit dear,



1. Through - out these ho - - ly For - - ty Days.
2. Be - - stow your gift of pard - ning Grace.
3. Each falt' - ring soul heal and re - store.
4. We may from sin be whol - - ly freed.
5. While all the end - less ag - - es run. A - men.

*Attr. Gregory the Great, VI; tr. John-Julian, OJN, 1997*

## In the Early Evening

O gracious light,  
pure brightness of the everliving Father in heaven,  
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,  
O Son of God, O Giver of Life,  
and to be glorified through all the worlds.

### *A Reading*

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*

*A period of silence may follow or an Optional Observance..*

*Prayers may be offered for ourselves and others.*

### *The Lord's Prayer*

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.	Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.
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### *The Collect*

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 bread. Grant this for the sake of your love. *Amen.*

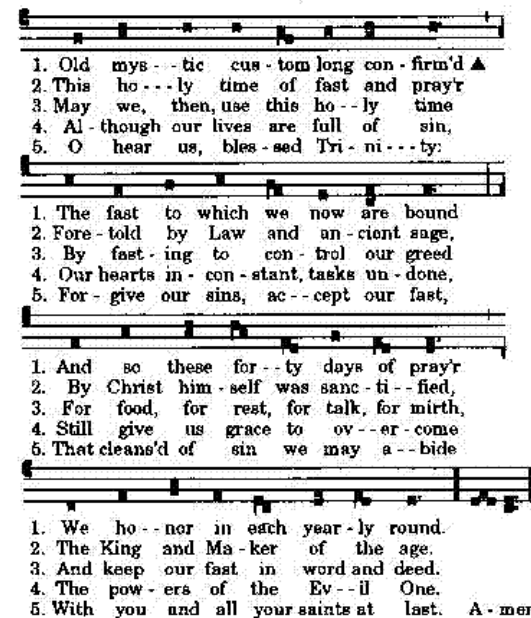
## Optional Observances for Lent

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

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior; \*  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed: \*  
the Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him \*  
in every generation.  
He has shown the strength of his arm, \*  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones, \*  
and has lifted up the lowly.  
He has filled the hungry with good things, \*  
and the rich he has sent away empty.  
He has come to the help of his servant Israel, \*  
for he has remembered his promise of mercy,  
The promise he made to our fathers, \*  
to Abraham and his children for ever.

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.

### *Or* *Ex more dacti mystico*



1. Old mys - - tic cus - tom long con - firm'd ▲  
2. This ho - - ly time of fast and pray'r  
3. May we, then, use this ho - - ly time  
4. Al - though our lives are full of sin,  
5. O hear us, bles - sed Tri - ni - - ty:

1. The fast to which we now are bound  
2. Fore - told by Law and an - cient sage,  
3. By fast - ing to con - trol our greed  
4. Our hearts in - con - stant, tasks un - done,  
5. For - give our sins, ac - - cept our fast,

1. And so these for - - ty days of pray'r  
2. By Christ him - self was sanc - ti - - fied,  
3. For food, for rest, for talk, for mirth,  
4. Still give us grace to ov - - er - come  
5. That cleans'd of sin we may a - - bide

1. We ho - - nor in each year - ly round.  
2. The King and Ma - ker of the age.  
3. And keep our fast in word and deed.  
4. The pow - ers of the Ev - - il One.  
5. With you and all your saints at last. A - men.

*Attr. Gregory the Great, VI, fr. John Julian, OJN, 1998*