



MORNING PRAYER, RITE II

PRELUDE

Arr. Meinhardt

OPENING SENTENCE

BCP p. 78

All standing, as able.

I was glad when they said to me, "Let us go to the house of the Lord."

CONFESSION OF SIN

BCP p. 79

All standing, as able.

Officiant: Let us confess our sins against God and our neighbor.

Officiant and People together,

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 Officiant alone says

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ,
strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life.
Amen.

INVITATORY

BCP p. 80

All standing, as able.

Officiant: Lord, open our lips.

People: And our mouth shall proclaim your praise.

All: 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.

ANTIPHON The mercy of the Lord is everlasting: Come let us adore him.

VENITE (said in unison)

BCP p. 82

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
For the Lord is a great God, *
and a great King above all gods.
In his hand are the caverns of the earth, *
and the heights of the hills are his also.
The sea is his, for he made it, *
and his hands have molded the dry land.
Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
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!

ANTIPHON The mercy of the Lord is everlasting: Come let us adore him.

PSALM 78:23-29 (said in unison)

Led by Leslee Warren

All remain standing, as able.

23 So he commanded the clouds above *
and opened the doors of heaven.
24 He rained down manna upon them to eat *
and gave them grain from heaven.
25 So mortals ate the bread of angels; *
he provided for them food enough.
26 He caused the east wind to blow in the heavens *
and led out the south wind by his might.
27 He rained down flesh upon them like dust *
and winged birds like the sand of the sea.
28 He let it fall in the midst of their camp *
and round about their dwellings.
29 So they ate and were well filled, *
for he gave them what they craved.
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.

All are seated to hear the Word.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'" "

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat."

Reader: The Word of the Lord.

People: Thanks be to God.

CANTICLE 16 – THE SONG OF ZECHARIAH (said in unison)

BCP p. 92

All standing, as able.

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.

SECOND LESSON **Ephesians 4:1-16**

Read by Alanna Burke

All are seated to hear the Word.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reader: The Word of the Lord.

People: Thanks be to God.

CANTICLE 21 – YOU ARE GOD (said in unison)

BCP p. 95

All standing, as able.

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaim you;
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not shun the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

THE GOSPEL **John 6:24-35**

Read by Sarah Johnson

All remain standing, as able, to hear the Gospel.

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Reader: The Word of the Lord.

People: Thanks be to God.

THE APOSTLES' CREED (said in unison)

BCP p. 96

All standing, as able.

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

THE PRAYERS

BCP p. 97

All standing, as able.

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.

All standing, as able.

V. Save your people, Lord, and bless your inheritance;

R. Govern and uphold them, now and always.

V. Day by day we bless you;

R. We praise your Name forever.

V. Lord, keep us from all sin today;

R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. For we put our trust in you.

V. In you, Lord, is our hope;

R. And we shall never hope in vain.

COLLECT OF THE DAY

BCP p. 232

Remain standing, as able.

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

COLLECT FOR SUNDAYS

BCP p. 98

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. *Amen.*

COLLECT FOR MISSION

BCP p. 101

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

OFFERTORY SENTENCE

Please make your gift to Holy Trinity Inwood now by using Zelle (treasurer@holyltrinityinwood.org) or by credit card [here](#).

Checks may be sent to Holy Trinity at 20 Cumming Street, New York, NY 10034.

Please note: Weekly pledges are still matched one-to-one by the Diocese.

Thank you for your generosity to our church.

Officiant: I appeal to you, brethren, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

PRAYERS OF THE PEOPLE, Form IV

BCP p. 388

Read by Alanna Burke

All standing, as able.

Let us pray for the Church and for the world. For Michael, our Presiding Bishop, and for Andrew, Allen, and Mary, our own Bishops. In the Anglican Cycle of Prayer, we pray for the Church of the Province of South East Asia; in the Diocesan Cycle of Prayer we pray for St. Joseph of Arimathea Church, Elmsford. We also pray for our companion parish, St. Matthew's Church, Bethnal Green, London. Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. We pray for our parishioners who minister to the sick and needy, and for our Advisory Board as they lead us in discerning God's will for our parish.

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; remembering Linda Howe, the Foley Family, the Abbott Family, Marshall Thorpe, Victor Isaac, Robert Emerson, Ronald Guichard, Trecia Usher Garcia, Jeanne Anne Knowlton, Emily, Hillary, Mark Zimoski, Ethel Hope, Aldington Hope, Timothy Savage, Sally, Alice Kwartler, Andrea, give them courage and hope in their troubles, and bring them the joy of your salvation.

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, especially Paul Maloney, Donald Buebendorf, Margaret Votaw, Richard Howe; that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Lord, in your mercy

Hear our prayer.

Officiant: Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance,

nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord. *Amen.*

THE GENERAL THANKSGIVING (said in unison)

BCP p. 101

All standing, as able.

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.

DISMISSAL

BCP p. 102

Officiant: Let us bless the Lord.

People: Thanks be to God.

Officiant: May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen.*

POSTLUDE

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