



**Koinonia
Lutheran
Co-Op
Lent 2023**

PRAYERS

PRAYING LENT

The rhythm of daily prayer is an ancient practice in the Church. Orienting our hearts and minds toward Christ helps us to orient our lives. In the Middle Ages, monks began to mark their day with regular times of prayer, known as the Liturgy of the Hours.

As we enter into Lent this year, you are invited to join us for daily prayer through these forty days. In addition to this booklet, a devotional booklet, *Water & Spirit*, will provide our daily scriptures from the Gospel of John and a brief reflection.

Lent is a time of renewal. We focus on the death and resurrection of Jesus—and in turn focus on our own death and resurrection found in baptism. We who have been baptized into Christ have died to sin and are righteous saints of God. At the same time, we know that we struggle daily with sin as we seek to follow Jesus. This is the wonderful Lutheran understanding of sinner and saint.

We have a rich calendar of saints in the Lutheran tradition—Christians from every age who have pointed to Christ in their living and dying. In remembering these Christians who have gone before, we find inspiration for our Christian journey. Each week we will be highlighting some of the saints—in particular during our mid-week services on Wednesdays.

This year mid-week lenten services will be offered at both Peace and Zion each week on Wednesday with a light soup supper beforehand.

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CALENDAR OF EVENTS

- February 21st - Shrove Tuesday, Pancakes & Ashes @ Hope, 6:00PM
- February 22nd - 25th
Morning Prayer @ 9:00 AM
Evening Prayer @ 7:00 PM
 - Ash Wednesday, 22nd,
 - Worship @ Peace 7:00PM
 - Worship @ Zion, 7:00PM
- February 26th - March 4th
Morning Prayer @ 9:00 AM
Evening Prayer @ 7:00 PM
 - Mid-week Lenten Prayer Wednesday, 7:00 PM
- March 5th - 11th
Morning Prayer @ 9:00 AM
Evening Prayer @ 7:00 PM
 - Mid-week Lenten Prayer, Wednesday, 7:00 PM
- March 12th - 18th
Morning Prayer @ 9:00 AM
Evening Prayer @ 7:00 PM
 - Mid-week Lenten Prayer, Wednesday, 7:00 PM
- March 19th - 25th
Morning Prayer @ 9:00 AM
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- March 26th - April 1st
Morning Prayer @ 9:00 AM
Evening Prayer @ 7:00 PM
 - Mid-week Lenten Prayer, Wednesday, 7:00 PM

ASH WEDNESDAY THROUGH FEBRUARY 25TH

We begin Lent with a reminder of our own mortality and sin, and our need for forgiveness. Though worship this Wednesday focuses on that call to repentance, we still remember two saints: Polycarp and Elizabeth Fedde.

Feb 23 - Polycarp (died 156) was bishop of Smyrna (in Turkey) and a link between the apostolic age and the church at the end of the second century. At the age of 86, he was martyred for his faith.

Feb 25 - Elizabeth Fedde (died 1921) was born in Norway and trained as a deaconess. Among her notable achievements is the establishment of the Deaconess House in Brooklyn and the Deaconess House and Hospital of the Lutheran Free Church in Minneapolis.

MORNING PRAYER



Light a candle

Return to the Lord, your God,
For God is gracious and merciful, slow to anger,
and abounding in steadfast love,
and relents from punishing. *Joel 2:13*

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.

Psalm 51:1-3, 9-13, 15, 17

Have mercy on me, O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my transgressions, and my sin is ever before me.

Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.

Do not cast me away from your presence, and do not take your holy spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit.

Then I will teach transgressors your ways, and sinners will return to you.

O Lord, open my lips, and my mouth will declare your praise.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Scripture

See devotional book for daily readings

Canticle - Jeremiah 17

Thus says the LORD:

Cursed are those who trust in mere mortals and make mere flesh their strength, whose hearts turn away from the LORD.

They shall be like a shrub in the desert, and shall not see when relief comes.

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.

Prayers

Relying on the promises of God, we pray boldly for the church, the world, and all in need.

O God, empower us to be the ministers of reconciliation throughout the world. Lord, in your mercy,
hear our prayer.

O God, direct us to be good stewards of all you have made. Lord, in your mercy,
hear our prayer.

O God, direct governments and leaders to work for the well-being of all people and raise up advocates to speak and serve on behalf of the downtrodden. Lord, in your mercy.
hear our prayer.

O God, grant comfort to all who suffer in body, mind, or spirit and support caregivers who attend to all in need. Lord, in your mercy,
hear our prayer.

O faithful God, accompany with your grace those journeying to grow in faith and call us all to repentance as we prepare to celebrate Christ's death and resurrection. In being drawn into his death, may we learn to live his life.

Amen.

Additional prayers may follow:

Feb 23

Gracious Lord, in every age you have sent women and men who have given their lives for the message of your love. Inspire us with the memory of those martyrs for the Gospel like your servant Polycarp whose faithfulness led them in the way of the cross, and gives us courage to bear full witness with our lives to your Son's victory over sin and death; through Jesus Christ our Lord.

Feb 25

O God, your Son came among us to serve and not to be served, and to give his life for the life of the world. Lead us by his love to serve all those to whom the world offers no comfort and little help. As you have with Sister Elizabeth Fedde and now through us, give hope to the hopeless, love to the unloved, peace to the troubled, and rest to the weary, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Lord's Prayer

Merciful God, accompany our journey through these forty days. Renew us in the gift of baptism, that we may provide for those who are poor, pray for those in need, fast from self-indulgence, and above all that we may find our treasure in the life of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

God, who from the death of sin raised you to new life in Christ, keep you from falling and set you in the presence of his glory.

Amen.



EVENING PRAYER

Light a candle

Peace be with you

And also with you

The LORD will guide you continually,
and satisfy your needs in parched places, and make your bones strong;

and you shall be like a watered garden,
like a spring of water, whose waters never fail.

- Isaiah 58:11

Confession

Let us confess our sin in the presence of God and of one another.

Most holy and merciful God,
we confess to you and to one another,
and before the whole company of heaven,
that we have sinned by our fault,
in thought, word and deed,
by what we have done and by what we have left undone.

Rebuke us O Lord, but not in your anger, lest we come to nothing,
but in your enduring grace heal our wounds.

Reflection or Scripture reading

Lenten Hymn - Gregory I, 6th century

The glory of these forty days
We celebrate with songs of praise;
For Christ, by whom all things were made,
Himself has fasted and has prayed.

(Thursday)

Alone and fasting Moses saw
The loving God who gave the law;
And to Elijah, fasting, came
The steeds and chariots of flame.

(Friday)

So Daniel trained his mystic sight,
Delivered from the lions' might;

**And John, the Bridegroom's friend, became
The herald of Messiah's name.**

(Saturday)

Then grant us, Lord, like them to be
Return in fast and prayer with Thee;

**Our spirits strengthen with Thy grace,
And give us joy to see Thy face.**

O Father, Son, and Spirit blest,
To thee be every prayer addressed,
**Who art in threefold Name adored,
From age to age, the only Lord.**

Prayers

Show us your mercy, O Lord;

And grant us your salvation.

Clothe your ministers with righteousness;

Let your people sing with joy.

Give peace, O Lord, in all the world;

For only in you can we live in safety.

Keep this nation under your care;

And guide us in the way of justice and truth.

Let your way be known upon earth;

Your saving health among all nations.

Let not the needy, O Lord, be forgotten;

Nor the hope of the poor be taken away.

Create in us clean hearts, O God;

And sustain us with your Holy Spirit.

Book of Common Prayer, Evening Prayer II

Lord's Prayer

As you have made this day, O God, you have made the night. Give light for our comfort. Come upon us with quietness and still our souls that we may listen for the whisper of your Spirit and be attentive to your nearness in our dreams. Empower us to rise again in new life to proclaim your praise, and show Christ to the world.

Amen.

In peace we lie down and sleep.

In the Lord alone we safely rest.

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

- Romans 15:13



**FEBRUARY 26TH -
MARCH 4TH**

This week's commemorations—George Herbert, an English Anglican country priest and renowned poet, and John and Charles Wesley, Anglican priests, missionaries to America, and eventual founders of the Methodist movement—remind us that we share in this heritage of passing on the good news of Jesus Christ. Our faith has been handed down from ages past. We give thanks for the countless individuals who passed on the faith. As we think about the history of the church, we remember missionaries who traveled to distant lands and across barriers of language and culture to share this faith. We remember scholars, teachers, and theologians who helped us to articulate our faith. We also remember people in our own lives who taught us what it means to follow Jesus.

March 1 - George Herbert (died 1633) was ordained a priest in 1630 and served the little parish of St. Andrew Bremerton until his death. He is best remembered, however, as a writer of poems and hymns.

March 2 - John (1791) & Charles (1788) Wesley were leaders of a revival in the Church of England. Their spiritual methods of frequent communion, fasting, and advocacy for the poor earned them the name "Methodists."



MORNING PRAYER

Light a candle.

If we say that we have fellowship with Christ while we are walking in darkness, we lie and do not do what is true;

but if we walk in the light, we have fellowship with one another.

1 John 1:6-7

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.

Psalm 25:1-10

To you, O LORD, I lift up my soul.

O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me.

Do not let those who wait for you be put to shame; let them be ashamed who are wantonly treacherous.

Make me to know your ways, O LORD; teach me your paths.

Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.

Be mindful of your mercy, O LORD, and of your steadfast love, for

they have been from of old.

Do not remember the sins of my youth or my transgressions;
according to your steadfast love remember me, for your goodness'
sake, O LORD!

Good and upright is the LORD; therefore he instructs sinners in the way.

He leads the humble in what is right, and teaches the humble his way.

All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his decrees.

Readings

See devotional book for daily readings

Your word is a lamp to my feet
and a light to my path. *Psalm 119:105*

Hymn - Love Divine, All Loves Excelling

Charles Wesley

Love divine, all loves excelling, joy of heaven to earth come down!

Fix in us thy humble dwelling, all thy faithful mercies crown.

Jesus, thou art all compassion, pure, unbounded love thou art;

Visit us with thy salvation, enter every trembling heart.

Come, Almighty, to deliver; let us all thy life receive;

Suddenly return, and never, nevermore thy temples leave.

Thee we would be always blessing, serve thee as thy hosts above,

Pray, and praise they without ceasing, glory in thy perfect love.

Prayers

As we journey through Lent in faith, let us offer to God our bodies, minds, and hearts.

Guide your church to follow in the footsteps of Christ in service to you. Lord in your mercy,

Hear our prayer.

As your Spirit moved over the waters of creation, open our eyes to how the world reveals your love each day. Lord in your mercy,

Hear our prayer.

Lead the nations of the world by the light of your grace, that they may walk a pathway of justice and mercy. Lord in your mercy,

Hear our prayer.

Your son came as the good Shepherd who leads us to safety, be with all who suffer and are sick today, including those whom we name before you now, lead them to a wholeness only you can provide. Lord in your mercy,

Hear our prayer.

By your unending love, the destination of all is your promised kingdom, may we journey today with the saints triumphant who have gone before, assured of your promise. Lord in your mercy,

Hear our prayer.

Additional prayers may follow

Mar 1

Heavenly Father, shepherd of your people, we thank you for your servant George, who was faithful in the care and nurture of your flock; and we pray that, following his example, and the teaching of his holy life, we may by your grace grow into the full stature of our Lord and Savior Jesus Christ.

Mar 2

Almighty God, we praise you for the men and women you have sent to call the Church to its tasks and renew its life, such as your

servants John and Charles. Raise up in our own day teachers and prophets inspired by your Spirit, whose voices will give strength to your church and proclaim the reality of your kingdom; through your Son, Jesus Christ our Lord.

Lord's Prayer

God of all compassion, gather our prayers in your mercy and grant to us what you know we need, that we may walk in the life and peace of your Spirit, may our footsteps today spread your joy through Jesus Christ, our hope and our salvation.

Amen.

Let us walk in the ways of righteousness,
along the paths of justice'. *Proverbs 8:20*

The blessing of Almighty God be with you today.

Amen.



EVENING PRAYER

Light a candle

Peace be with you.

And also with you.

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God.

He was put to death in the flesh, but made alive in the spirit.

1 Peter 3:18

Hymn, Come, My Way, My Truth, My Life

George Herbert

Come, my way, my truth, my light:

Such a way as gives us breath; such a truth as ends all strife, such a life as conquers death.

Come my light, my feast, my strength:

Such a light as shows a feast; such a feast as mends in length; such a strength as makes his guest.

Come my joy, my love, my heart:

Such a joy as none can move; such a love as none can part; such a heart as joys in love.

Reflection or Scripture reading

Canticle - *Christ the Servant, 1 Peter 2:21-25*

Christ also suffered for us, leaving us an example, so that we should follow in his steps.

“He committed no sin, and no deceit was found in his mouth.”

When he was abused, **he did not return abuse;**

when he suffered, **he did not threaten;**

but he entrusted himself to the one who judges justly.

He himself bore our sins in his body on the cross,

so that, free from sins, we might live for righteousness;

by his wounds you have been healed.

For we were going astray like sheep,

but now we have returned to the shepherd and guardian of our souls.

Prayers

The angels will bear you in their hands,

Your foot will not stumble on a stone. Psalm 91:12

We call upon you, Lord God; you know everything, nothing escapes from you, Master of all truth:

Bear us up in your hands, O Lord.

You have made all the worlds and you watch over every creature. You guide all who are living in the darkness and shadow of death into the way of life.

Bear us up in your hands, O Lord.

You have compassion on all the people of the world, be with those who suffer this evening; give healing to the sick, comfort to the dying, and console those who mourn and are depressed.

Bear us up in your hands, O Lord.

It was your will to call us, instructing us and opening the way for us to follow; watch over those who work this night.

Bear us up in your hands, O Lord.

You know our needs and desires, receive what is upon our hearts tonight . . . that we might rest in peace.

Bear us up in your hands, O Lord.

We were dead and you gave us new birth by the Spirit. We were sinners and you gave us pure hearts.

Bear us up in your hands, O Lord.

Lord's Prayer

As the day draws to a close, grant us rest from our travels this day and all that we have done this day. Renew us, that we might rise ready to walk with you in the morning.

Amen.

It is God Almighty who says,

“you are mine, my beloved, in you I am well pleased” Mark 1:11

Rest now in God's peace.



MARCH 5TH - 11TH

As we enter the second full week of Lent, we remember four women who model faithful discipleship. Perpetua and Felicity were early Christian martyrs who chose to die rather than forsake their faith in Jesus and their commitment to each other. Harriet Tubman was Moses to her people, leading many enslaved people to freedom during the horror of American slavery. She was deeply religious and believed her work was a direct call from God despite her own personal challenges. As an enslaved woman in New York, Sojourner Truth sued for her freedom, then spent the rest of her life working for abolition and women's suffrage. Throughout history Christians have been called to lives of service and sacrifice. In our own lives of faith, we draw courage from the examples of the saints, and most of all we find strength from God, who is with us always.

March 7 - Perpetua & Felicity. In the year 202 the emperor Septimius Severus forbade conversions to Christianity. Perpetua, a noblewoman; Felicity, a slave, and other companions were all catechumens (preparing for baptism) at Carthage in North Africa, where they were imprisoned and sentenced to death. They died in the arena, attacked by wild animals.

March 10 - Harriet Tubman helped about 300 enslaved people to escape via the Underground Railroad until slavery was abolished in the United States. After slavery was abolished in New York in 1827, Sojourner Truth became deeply involved in Christianity, and in later life she as a popular speaker against slavery and for women's rights.



MORNING PRAYER

Light a candle.

Jesus said, "If any want to become my followers, let them deny themselves and take up their cross and follow me.

For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. Mark 8:34-35

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.

Hymn - Go Down, Moses

African-American Spiritual

When Israel was in Egypt's land, let my people go;
oppressed so hard they could not stand, let my people go;

Go down, Moses, way down in Egypt's land,

Tell old Pharaoh, let my people go!

Oh, let us all from bondage flee, let my people go;

and let us all in Christ be free, let my people go.

Go down, Moses, way down in Egypt's land,

Tell old Pharaoh, let my people go!

Readings

See devotional book for daily readings

Canticle of Love, 1 John 4:10-12

This is love, not that we loved God,
but that he loved us and sent his Son.

He is the sacrifice for our sins,
that we might live through him.

If God loves us so much
we ought to love one another.

If we love one another
God lives in us.

Prayers

The Lord be with you.

And also with you.

Lord make me an instrument of Your peace

Where there is hatred let me sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine master grant that I may

Not so much seek to be consoled as to console

To be understood, as to understand.

To be loved, as to love

For it's in giving that we receive

And it's in pardoning that we are pardoned

And it's in dying that we are born

To eternal life.

Amen. Prayer of Saint Francis

Additional prayers may follow

Mar 7:

Gracious Lord, in every age you have sent women and men who have given their lives for the message of your love. Inspire us with the memory of those martyrs for the Gospel, like your servants Perpetua and Felicity, whose faithfulness led them in the way of the cross, and give us courage to bear full witness with our lives to your Son's victory over sin and death; through Jesus Christ our Lord.

Mar 10:

O God, whose Spirit guides us into all truth and makes us free: Strengthen and sustain us as you did your servants Harriet Tubman and Sojourner Truth. Give us vision and courage to stand against oppression and injustice and all that works against the glorious liberty to which you call all your children; through Jesus Christ our Savior.

Lord's Prayer

O God, you have brought us out of the darkness of night into the brightness of morning; by your Holy Spirit, dispel the darkness of sin and doubt. In your goodness, pour such light into our hearts, that they may be yours without fear of separation, through Jesus Christ our Lord. **Amen.**

Finally, all of you, have unity of spirit, sympathy,
love for one another, a tender heart, and a humble mind. 1 Peter 3:8
And the blessing of our Lord God be upon you today and always.



EVENING PRAYER

Light a candle.

Peace be with you.

And also with you.

May I never boast of anything except the cross of our Lord Jesus Christ,
by which the world is crucified to me and I to the world. Galatians 6:14

We confess to you our selfishness and lack of love:
fill us with your Spirit.

Lord, have mercy.

We confess to you our fear and failure in sharing our faith:
fill us with your Spirit.

Christ, have mercy.

We confess to you our stubbornness and lack of trust:
fill us with your Spirit.

Lord, have mercy.

Hymn - Keep Your Lamps Trimmed

African-American Spiritual

Keep your lamps trimmed and burning, for this work's almost done.

Darker midnight lies before us, for this work's almost done.

Lo, the morning soon is breaking, for this work's almost done.

Children, don't grow weary, for this work's almost done.

Keep your lamps trimmed and burning, for this work's almost done.

Reflection or Scripture reading

Canticle - *Canticle of Christ*, Philippians 2:5-11

Let the same mind be in you that was in Christ Jesus,

**who, though he was in the form of God, did not regard equality
with God as something to be exploited,**

but emptied himself, taking the form of a slave, being born in human
likeness.

**And being found in human form, he humbled himself
and became obedient to the point of death—**
even death on a cross.

Therefore God also highly exalted him

and gave him the name that is above every name,

so that at the name of Jesus every knee should bend,

in heaven and on earth and under the earth, and every tongue
should confess

that Jesus Christ is Lord, to the glory of God the Father.

Prayers

God our Father, you are the maker of heaven and earth:

Be our freedom, Lord!

God the Son, you redeem us all:

Be our freedom, Lord!

God, Holy Spirit, you sanctify our lives:

Be our freedom, Lord!

By your birth in poverty, by your baptism, your fasting and your trials in the desert:

Be our freedom, Lord!

By your agony in the Garden, by your Cross and Passion, by your death and your burial, by your resurrection and ascension, and by the gifts of your Holy Spirit:

Be our freedom, Lord!

From all disease and injury, sadness and hardship,
in our work and our rest:

Be our freedom, Lord!

In times of trouble, and when all goes well, at the hour we die and on the Day of your glory:

Be our freedom, Lord!

From war and violence, from hardness of heart and from contempt of your love and your promises:

Be our freedom, Lord!

Enlighten our lives with your Word, that in it we may find our way and our hope:

Be our freedom, Lord!

Assist your people in every land, govern them in peace and justice, defend them from all that harms life:

Be our freedom, Lord!

Lord's Prayer

Eternal God, you lead your people with gentleness and wisdom. Bring peace upon the earth and all who dwell therein, that we may be comforted by your salvation and rest safely in your protection; through Jesus Christ our Lord.

Amen.

Let us bless the Lord

Thanks be to God

May the Lord bless us and keep us from all harm,
and grant us a quiet night that we might rise ready to serve.



MARCH 12TH - 18TH

We remember this week Gregory the Great and Patrick. Gregory the Great was a sixth-century pope who is often remembered as one of the “fathers of Christian worship” because of his work revising the liturgy and making developments in church music. Patrick was a missionary to Ireland. Called by God to carry the good news of Jesus to the Irish, he became one of the founders of the great Celtic tradition of Christianity. Patrick is famous for his defense of the Trinity. We remember that our Christian life is formed and sustained by worship and prayer. We need time to reflect and time to pray. God is far above and beyond our comprehension—we can never fully understand the divine—but we are called to worship God’s immense, unfathomable presence in us and all creation.

March 12 - Gregory (d. 604) held political office and at another time lived as a monk, all before he was elected to the papacy. He also

established a school to train church musicians; thus Gregorian chant is named in his honor.

March 17 - Patrick (d. 461) went to Ireland from Britain to serve as a bishop and missionary. He made his base in the north of Ireland and from there made many missionary journeys, with much success.



MORNING PRAYER

Light a candle.

In the morning, Lord, you hear my voice;

in the morning I lay my requests before you and wait expectantly

Psalm 5:3

or

We shall not live by bread alone,

but by every word that comes from the mouth of God. Matthew 4:4

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.

Psalm 19:1-4, 7-10, 14

The heavens are telling the glory of God;
and the firmament proclaims his handiwork.

**Day to day pours forth speech,
and night to night declares knowledge.**

There is no speech, nor are there words;
their voice is not heard;

**yet their voice goes out through all the earth,
and their words to the end of the world.**

The law of the LORD is perfect,
reviving the soul;

**the decrees of the LORD are sure,
making wise the simple;**

the precepts of the LORD are right,
rejoicing the heart;

**the commandment of the LORD is clear,
enlightening the eyes;**

the fear of the LORD is pure,
enduring forever;

**the ordinances of the LORD are true
and righteous altogether.**

More to be desired are they than gold,
even much fine gold;

**sweeter also than honey,
and drippings of the honeycomb.**

Let the words of my mouth and the meditation of my heart
be acceptable to you,

O LORD, my rock and my redeemer.

Readings

See devotional book for daily readings

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that your word might dwell within us and guide our actions and speech. Amen.

Hymn - These Forty Days

Gregory the Great

The glory of these forty days
We celebrate with songs of praise;

**For Christ, by whom all things were made,
Himself has fasted and has prayed.**

Alone and fasting Moses saw
The loving God who gave the law;

**And to Elijah, fasting, came
The steeds and chariots of flame.**

So Daniel trained his mystic sight,
Delivered from the lions' might;

**And John, the Bridegroom's friend, became
The herald of Messiah's name.**

Then grant us, Lord, like them to be
Return in fast and prayer with Thee;

**Our spirits strengthen with Thy grace,
And give us joy to see Thy face.**

O Father, Son, and Spirit blest,
To thee be every prayer addressed,
**Who art in threefold Name adored,
From age to age, the only Lord.**

Prayers

Lord, give your people grace to hear your Word, to receive it with a pure heart and to bring forth the fruits of the Spirit.

Hear us, O Lord.

Guide our tongues, that our words might echo your holy grace.

Hear us, O Lord.

Help and comfort all who are in danger, need and trouble.

Hear us, O Lord.

Protect the sick and show your compassion to prisoners.

Hear us, O Lord.

Defend orphans, widows and all who are sad and oppressed.

Provide for all in need.

Hear us, O Lord.

Grant us joy and thankfulness for your ceaseless gifts to us all.

Hear us, O Lord.

Give us true repentance by your Holy Spirit, that we may change our lives according to your Word.

Hear us, O Lord.

Additional prayers may follow

Mar 12

Heavenly Father, shepherd of your people, we thank you for your servant Gregory, who was faithful in the care and nurture of your flock; and we pray that, following his example and the teaching of his holy life, we may by your grace grow into the full stature of our Lord and Savior Jesus Christ.

Mar 17

God of grace and might, we praise you for your servant Patrick, to whom you gave gifts to make the good ones known to the people of Ireland. Raise up, we pray, in every country, heralds and evangelists of your kingdom, so that the world may know the immeasurable riches of our Savior, Jesus Christ.

Lord's Prayer

Lord God, bridle our tongues with love and our words with grace that your holy word might guide all that we say. May what we say today draw us closer to each other and to you. **Amen.**

May the God of patience and consolation grant us to live together after the pattern of our Lord Jesus Christ, so that with one heart and one voice we may give glory to God, the Father. Romans 15:5

Let your speech always be gracious,
seasoned with salt,
so that you may know how you ought to answer everyone.

Colossians 4:6



EVENING PRAYER

Light a candle.

Peace be with you.

And also with you.

If I speak in the tongues of mortals and of angels,
but do not have love,

I am a noisy gong or a clanging cymbal. 1 Corinthians 13:1

Or

My dear brothers and sisters, take note of this:

Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19

Thanksgiving for the Word

Holy God, our living Water, our faithful Companion, our true Guide,
by your Word you created a world with rivers and seas, wells and springs,

and in mercy you provided water for your people in the wilderness.

For your Word with the water of baptism, we thank you, O God.

We praise you for Christ, who joined us in our desert,

calling us to righteousness, granting forgiveness,

and walking with us into newness of life.

For Jesus, your gracious Word, we glorify you, O God.

Through these days of Lent we plead for your Spirit,
that strengthened by your Word,

we may care for others and for the world you made,

and work for justice and peace for all.

For your Word in our hearts and minds, we praise you, O God.

Reflection or Scripture reading

Hymn - St Patrick's Breastplate

Patrick of Ireland

I bind unto myself today the strong name of the Trinity.

I bind this day to me forever, by power of faith, Christ incarnation.

I bind unto myself today the great love of cherubim.

I bind unto myself today the virtues of the star lit heaven.

I bind unto myself today the power of God to hold and lead.

Against the demon snares of sin and vice that gives temptation force.

Against the fierce hostility I bind to me these holy powers:

Christ be with me, Christ within me,

Christ behind me, Christ before me,

Christ to comfort and restore me.

Christ beneath me, Christ above me

Christ in quiet, Christ in danger.

Prayers

That this evening may be holy, good, and peaceful

We ask you, O Lord.

That your holy angels may lead us in paths of peace and goodwill,

We ask you, O Lord.

That we may be pardoned and forgiven for our sins and offenses,

We ask you, O Lord.

That peace may be given to your Church and to the whole world,

We ask you, O Lord.

That those who work this night might be guided by your Word,

We ask you, O Lord.

That those who suffer might be comforted,

We ask you, O Lord.

That we may depart this life in your faith and fear, and not to be condemned before the great judgement seat of Christ.

We ask you, O Lord.

That we may be bound together by your Holy Spirit in the communion of all your saints, entrusting one another and all our life to Christ,

We ask you, O Lord.

Lord's Prayer

Gracious God, we give you thanks for the day, especially for the good we were permitted to give and to receive; The day is now past and we commit it to you. We entrust to you the night; we rest securely, for you are our help, and you neither slumber nor sleep; through Jesus Christ our Lord.

Amen.

Let us bless the Lord.

Thanks be to God.

The peace of God, which surpasses all understanding, keep our hearts and minds in Christ Jesus.

Amen.



MARCH 19TH - 25TH

This week we remember a modern martyr and a biblical figure. Oscar Romero was martyred while celebrating mass in 1980. Archbishop Romero was an outspoken critic of the government corruption, military abuse, and oppression of the people of his native El Salvador. He was convinced that the heart of the gospel is centered on God's compassion for the poor and the liberation of all people. In Joseph we see how the holy family became refugees at the hands of a tyrant ruler. In our baptism we pledge to strive for justice and peace in all the earth. We join with all the saints in hearing God's call and working for justice for all people.

March 19 - The Gospel of Luke shows Joseph acting in accordance with both civil and religious law by returning to Bethlehem for the census and by presenting the child Jesus in the temple on the fortieth day after his birth.

March 24 - Oscar Romero (d. 1980) is remembered for his advocacy on behalf of the poor in El Salvador, through it was not a characteristic of his early priesthood. After several years of threats to his life, Romero was assassinated while presiding at the eucharist.



MORNING PRAYER

Light a candle

Weeping may linger for the night,
but joy comes in with the morning. Psalms 30:5

or

A glad heart makes a cheerful faith,
but by sorrow of heart the spirit is crushed. Proverbs 15:13

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.

Hymn - Light Dawns on a Weary World

Mary Louise Bringle

Light dawns on a weary world when eyes begin to see all people's dignity.

Light dawns on a a weary world: the promised day of justice comes.

Love grows in a weary world when hungry hearts find bread and children's dreams are fed.

Love grows in a weary world: the promised feast of plenty comes.

Hope blooms in a weary world when creatures, once forlorn, find wilderness reborn.

Hope blooms in a weary world: the promised green of Eden comes.

Readings

See devotional book for daily readings

Canticle - Give Thanks, Isaiah 12:1-6

I will give thanks to you, O LORD,
for though you were angry with me,
your anger turned away, that you might comfort me.

Behold, God is my salvation;

I will trust, and will not be afraid;

for the LORD GOD is my strength and my song,

and he has become my salvation.

With joy you will draw water from the wells of salvation.

And you will say in that day:

Give thanks to the LORD, call upon his name,

make known his deeds among the peoples,

proclaim that his name is exalted.

Sing praises to the LORD, for he has done gloriously;

let this be made known in all the earth.

Shout, and sing for joy, O inhabitant of Zion,

for great in your midst is the Holy One of Israel.

Prayers

The Lord be with you.

And also with you.

Let us pray.

God of mercy and consolation, strengthen us in our vocation to adore and to serve you faithfully.

Save us, Lord of all.

We would now draw near and consecrate ourselves to your Word and to your perfect will. Enlighten our hearts to know and to love you.

Save us, Lord of all.

Give us strength to do what we have to do, and do not remember the sins we commit.

Save us, Lord of all.

Remember how easily we fall; your followers are weak by nature, weak in ability, and the evil in us is hidden.

Save us, Lord of all.

Strengthen us with your strength; give to us all the light of your consoling presence.

Save us, Lord of all.

Conform us to the truth of your Word in faith, keep us obedient to the apostles' teaching of the Gospel of our Savior, Jesus Christ.

Save us, Lord of All.

Additional prayers may follow

Mar 19

Lord God, you have surrounded us with so great a cloud of witnesses. Grant that we, encouraged by the example of your servant Joseph, may persevere in a course that is set before us, to be living signs of the Gospel and at last, with all the saints, to share in your eternal joy; through your son, Jesus Christ.

Mar 24

Heavenly Father, like Oscar Romero,
inspire us be courageous enough to speak out
on behalf of those who face injustice, no matter the cost.
Inspire us to be of service to the church,
especially in helping the poor and needy
May the courage of St. Oscar Romero inspire us to work
with integrity for an end to violence and poverty.

Lord's Prayer

O God, rich in mercy, by the gift of your Son you lifted up this fallen
world and rescued us from the hopelessness of death. Lead us into
your light, that all our deeds may reflect your love and our lives be
filled with joy, through Jesus Christ, our Savior and Lord. **Amen.**

God will yet fill your mouth with laughter,
and your lips with joy. Job 8:21

May God's love be a delight to you this day and empower you to be
joy for all whom you meet.

Amen.



EVENING PRAYER

Light a candle.

Peace be with you.

And also with you.

The floods clap their hands.

The hills sing for joy.

God has come to restore the broken:

Justice for everyone, everything fair.

Sing to God something brand new!

For God has done wonderful things! Psalm 98

Thanksgiving for light

The Lord be with you.

And also with you.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

We give you thanks, O God, for in the beginning you called light into being,

and you set light in the sky to govern night and day.

In a pillar of cloud by day and a pillar of fire by night

you led your people into freedom.

Enlighten our darkness by the light of your Christ:

may your Word be a lamp to our feet

and a light to our path;

for you are merciful, and you love your whole creation,

and with all your creatures we give you glory,

through your Son Jesus Christ,

in the unity of the Holy Spirit,

now and forever.

Amen.

Reflection or Scripture reading

Canticle - Simeon's Song, Luke 2:28-32

Simeon took the child in his arms and praised God, saying,

Now, Lord, you let your servant go in peace:

your word has been fulfilled.

My own eyes have seen the salvation

which you have prepared in the sight of every people:
a light to reveal you to the nations
and the glory of your people Israel.

Prayers

Lord, we pray, inspire continually your Church universal with the Spirit of truth, unity and peace.

Remember your love, O Lord.

Give your grace to pastors and all church leaders, that by their life and their faith they may show forth your Word of Truth.

Remember your love, O Lord.

Give your grace to all your people, may we hear and receive your Word with purity of heart, to serve you all the days of our life.

Remember your love, O Lord.

We pray for you to give your guidance to all who govern us, compelling their hearts to lead us in peace and justice, according to your will.

Remember your love, O Lord.

We ask that you help and comfort all who live in trouble, sadness, want or sickness. Including those we lift before you now.

Remember your love, O Lord.

We rejoice in your holy name for all your servants who have passed from this life in faith. We pray for grace to follow their example and to share with them in your Kingdom.

Remember your love, O Lord.

Lord's Prayer

Eternal God, source of all joy, your desire is for us to laugh in delight at your goodness; enable us to set aside all that weighs heavy upon our souls this night and embrace your joyful hope for tomorrow. In the name of Jesus, our hope and happiness.

Amen.

Let us Bless the Lord,
Thanks be to God.

Rejoice in the Lord always; again I will say,
Rejoice! Amen. Philippians 4:4



MARCH 26TH - APRIL 1ST

This final week, we commemorate Hans Nielsen Hauge, a nineteenth-century Norwegian lay preacher, and John Donne, the seventeenth-century English poet and dean of St. Paul's Cathedral in London. At first glance there is little that connects these two—but at their heart both individuals were fervent in proclaiming the amazing grace of God with as much clarity as possible. This is the core of our Christian faith, that Jesus died to save us from our sins and rose to grant us everlasting life. We have died with Christ in baptism, and because he lives, we shall rise with him.

March 29 - Hans Nelsen Hauge (d. 1824) was a layperson who began preaching in Norway and Denmark after a mystical experience that he believed called him to share the assurance of salvation with others. At the time, itinerant preaching and religious gatherings held without the supervision of a pastor were illegal, and Hauge was arrested several times.

March 31 - John Donne (d. 1631) was a priest in the Church of England. He is commemorated for his poetry and spiritual writing. Most of his poetry was written before his ordination and is sacred and secular, intellectual and sensuous.



MORNING PRAYER

Light a candle.

This is the covenant that God will make with us:

God will put the law within us and write it on our hearts;

God will be our God

And we will be God's people. Jeremiah 31:33

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.

Psalm 119:9-16

How can young people keep their way pure?

By guarding it according to your word.

With my whole heart I seek you; do not let me stray from your commandments.

I treasure your word in my heart, so that I may not sin against you.

Blessed are you, O LORD; teach me your statutes.

With my lips I declare all the words of your mouth.

I delight in the way of your decrees as much as in all riches.

I will meditate on your precepts, and fix my eyes on your ways.

I will delight in your statutes; I will not forget your word

Readings

See devotional book for daily readings

Canticle: Hebrews 10:19-25

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus,

by the new and living way that he opened for us through the curtain (that is, through his flesh),

and since we have a great priest over the house of God,

let us approach with a true heart in full assurance of faith,

with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful.

and let us consider how to provoke one another to love and good deeds,

not neglecting to meet together, but encouraging one another

and all the more as we see the Day approaching.

Prayers

We call upon you, Lord God; you know everything, nothing escapes from you, Master of all truth:

Be our rock and fortress, O Lord!

You have made all the worlds and you watch over every creature. You guide to the way of life all who are living in darkness and the shadow of death:

Be our rock and fortress, O Lord!

It is your will to save everyone in the world, and to bring them to fulness. We offer you our praise and thanks, praising you with heart and voice.

Be our rock and fortress, O Lord!

You provided life to all things, be with those whose life is in danger from violence, disease, oppression, hunger, or any distress.

Be our rock and fortress, O Lord!

Calling us to lives of service, keep us mindful of the needs of others today and grant us the wisdom of how we can help:

Be our rock and fortress, O Lord!

Surrounded by the great cloud of all the faithful who have gone before us, inspire us to follow their faith in both word and action.

Be our rock and fortress, O Lord!

Additional prayers may follow

Mar 29

Gracious and loving Father, when the zeal and love of your church grow cold, you stir the hearts of your people by sending them men and women to preach repentance and renewal: In your mercy, grant that your church, inspired by the example of your servant Hans Nielsen Hauge, may never be destitute of such proclamation of the reality of your kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Mar 31

God of grace and might, we praise you for your servant John, to whom you gave gifts to make the good news known. Raise up, we pray, in every country, heralds and evangelists of your kingdom, so that the world may know the immeasurable riches of our savior, Jesus Christ our Lord.

By your grace, O God, empower us to serve today that in loving our neighbor, we may love you.

Amen.

Lord's Prayer

O Christ, Son of God, may we always share in your life; and since you gave your life for us, may your Passion help us in all the trials of our existence, making of us true and living members of your Body, for you live and reign now and forever,

Amen.

Beloved, let us love, not in word or speech, but in truth and actions.

**And by this we will know that we are from the truth and will
reassure our hearts.** 1 John 3:18-19



EVENING PRAYER

Light a candle

Peace be with you.

And also with you.

Like good stewards of the manifold grace of God,
serve one another with whatever gift each of you has received.

Hebrews 1:1-2

Canticle of Love - St. Theresa

How great and tender is our God, who has smiled on the lowly.
Eternally my heart will sing a new canticle of love.

Come, all who hunger, all who thirst, all who long for fulfillment.

The God of mercy waits for you as a mother her child.

O come to the living water, fear not your weakness.

Forever trusting in God's merciful love.

Through the shadows of this night, love will be my guiding light.

Presence hidden from my sight, 'til the clouds are put to flight.

Beneath your gaze I've blossomed forth, as a rose in the sunshine.

With joyful heart I've given all to the mystery of love.

In peace I will come before you with empty hands,
relying solely on your merciful love.

Bread of your grace I will share, that love may feed all in need.

Transformed in Love's consuming fire, lifted up in glory.

Until, in eternity we join in one chorus.

Forever singing of God's merciful love.

Reflection or Scripture reading

Canticle - Isaiah 58:3, 6-8

Why do we fast, but God does not see?

Why humble ourselves, but God does not notice?

Is this not the fast that God chooses:

to loose the bonds of injustice,

to undo the thongs of the yoke,

to let the oppressed go free,

and to break every yoke?

Is it not to share your bread with the hungry, and bring the homeless into your house;

When you see the naked, to cover them, and not to hide yourself from those in need?

Then your light shall break forth like the dawn, and your healing shall spring up quickly;

your God shall go before you, the glory of the Lord shall be your rear guard.

Prayers

Hear my prayer, O Lord;

Listen to my cry.

That this evening may be holy, good and peaceful,

we ask you, O Lord.

That your holy angels may lead us in paths of peace and goodwill,

we ask you, O Lord.

That we may be pardoned and forgiven for our sins and offenses,

we ask you, O Lord.

That there may be peace to your Church and to the whole world,

we ask you, O Lord.

That we may depart this life in your faith and fear, and not be condemned before the great judgment seat of Christ,

we ask you, O Lord.

That we may be bound together by your Holy Spirit in the communion of all your saints, entrusting one another and all our life to Christ,

we ask you, O Lord.

For what you have enabled us to do this day we give you thanks, now grant us rest this night and prepare us for your service tomorrow. **Amen.**

Lord's Prayer

O God, the light of your glory shines in the darkness of our lives. Make us attentive to your presence, prompt to serve you and ever eager to follow in the steps of the one who is the true light and source of life, Jesus Christ, your Son, our Lord. **Amen.**

May the God of patience and of consolation grant us to live together after the pattern of our Lord Jesus Christ, so that with one heart and one voice we may give glory to God, the Father of our Lord Jesus Christ. **Amen.**

Love one another with mutual affection;

Outdo one another in showing honor. Romans 12:10

