

**Morning Prayer: Rite Two**  
**Wednesday, May 24, 2023**  
**The Feast of Helena of Constantinople**  
**Protector of the Holy Places, 330     May 22**

Officiants: Maggie Marshall and Edith Mayanja

*Officiant 1* You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem, and in all Judea, and Samaria, and to the ends of the earth. *Acts 1:8*

*Officiant 2* ‘Go into all the world and proclaim the good news to the whole creation,’ says the Lord. *Mark 16:15*

**The Invitatory and Psalter**

*Officiant 1* Lord, open our lips.

*Officiant 2* And our mouth shall proclaim your praise.

*Officiant 1* Glory to the Father, and to the Son, and to the Holy Spirit:

*Officiant 2* as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

*Officiant 1* Alleluia. Christ the Lord has ascended into heaven:

*Officiant 2* Come let us adore him. Alleluia.

**Christ our Passover** *Said responsively breaking at the half verse*  
*1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22*

Alleluia. Christ our Passover has been sacrificed for us; \*  
**therefore let us keep the feast,**  
Not with the old leaven, the leaven of malice and evil, \*  
**but with the unleavened bread of sincerity and truth.**  
**Alleluia.**

Christ being raised from the dead will never die again; \*  
**death no longer has dominion over him.**  
The death that he died, he died to sin, once for all; \*  
**but the life he lives, he lives to God.**  
So also consider yourselves dead to sin, \*  
**and alive to God in Jesus Christ our Lord. Alleluia.**

Christ has been raised from the dead, \*  
**the first fruits of those who have fallen asleep.**  
For since by a man came death, \*  
**by a man has come also the resurrection of the dead.**  
For as in Adam all die, \*  
**so also in Christ shall all be made alive. Alleluia.**

*Officiant 1* Alleluia. Christ the Lord has ascended into heaven:

*Officiant 2* Come let us adore him. Alleluia.

## Psalm 2

*Said responsively breaking at the half verse*

Why are the nations in an uproar? \*

**Why do the peoples mutter empty threats?**

Why do the kings of the earth rise up in revolt,  
and the princes plot together, \*

**against the Lord and against his Anointed?**

"Let us break their yoke," they say; \*

**"let us cast off their bonds from us."**

He whose throne is in heaven is laughing; \*

**the Lord has them in derision.**

Then he speaks to them in his wrath, \*

**and his rage fills them with terror.**

"I myself have set my king \*

**upon my holy hill of Zion."**

Let me announce the decree of the Lord: \*

**he said to me, "You are my Son;**

**this day have I begotten you.**

Ask of me, and I will give you the nations for your inheritance \*

**and the ends of the earth for your possession.**

You shall crush them with an iron rod \*

**and shatter them like a piece of pottery."**

And now, you kings, be wise; \*

**be warned, you rulers of the earth.**

Submit to the Lord with fear, \*

**and with trembling bow before him;**

Lest he be angry and you perish; \*

**for his wrath is quickly kindled.**

Happy are they all \*

**who take refuge in him!**

Glory to the Father, and to the Son, and to the Holy Spirit: \*

**as it was in the beginning, is now, and will be for ever.**

**Amen.**

## The Lessons

*Officiant 1* **A reading from the Prophet Micah** *Micah 4:1-4*

In days to come

the mountain of the LORD's house

shall be established as the highest of the mountains,

and shall be raised up above the hills.

Peoples shall stream to it,

and many nations shall come and say:

"Come, let us go up to the mountain of the LORD,

to the house of the God of Jacob;

that he may teach us his ways

and that we may walk in his paths."

For out of Zion shall go forth instruction,

and the word of the LORD from Jerusalem.

He shall judge between many peoples,

and shall arbitrate between strong nations far away;

they shall beat their swords into plowshares,

and their spears into pruning hooks;

nation shall not lift up sword against nation,

neither shall they learn war any more;

but they shall all sit under their own vines and under their own fig  
trees,

and no one shall make them afraid;

for the mouth of the LORD of hosts has spoken.

*Officiant 1* The Word of the Lord

*Officiant 2* Thanks be to God

Canticle      **A Song of the Spirit**      *Revelation 22:12-17*  
*Said responsively breaking at the half verse*

“Behold, I am coming soon,” says the Lord, “and bringing my reward with me, \*

**to give to everyone according to their deeds.**

**“I am the Alpha and the Omega, the first and the last, \*  
the beginning and the end.”**

Blessed are those who do God's commandments,  
that they may have the right to the tree of life, \*

**and may enter the city through the gates.**

“I, Jesus, have sent my angel to you, \*

**with this testimony for all the churches.**

“I am the root and the offspring of David, \*

**I am the bright morning star.”**

“Come!” say the Spirit and the Bride; \*

**“Come!” let each hearer reply!**

Come forward, you who are thirsty, \*

**let those who desire take the water of life as a gift.**

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.**

*Officiant 2* **A Reading from the Gospel according to Luke**  
*Luke 23:26–32*

As they led Jesus away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him.

But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

Two others also, who were criminals, were led away to be put to death with him.

*Officiant 2*    The Word of the Lord

*Officiant 1* Thanks be to God

## The Apostles' Creed

*Officiant 1*

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

*Officiant 2* The Lord be with you.

*Officiant 1* And also with you.

*Officiant 2* Let us pray.

*Officiant 2*

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.

## Suffrages (from *Enriching Our Worship*)

V. Help us, O God our Savior;

**R. Deliver us and forgive us our sins.**

V. Look upon your congregation;

**R. Give to your people the blessing of peace.**

V. Declare your glory among the nations;

**R. And your wonders among all peoples.**

V. Do not let the oppressed be shamed and turned away;

**R. Never forget the lives of your poor.**

V. Continue your loving-kindness to those who know you;

**R. And your favor to those who are true of heart.**

V. Satisfy us by your loving-kindness in the morning;

**R. So shall we rejoice and be glad all the days of our life.**

*Officiant 1* Most Merciful God, who blessed your servant Helena with such grace and devotion to you that she venerated the very footsteps of our Savior; Grant unto us the same grace that, aided by her prayers and example, we also may always behold your glory in the cross of your Son. Through the same Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen. *The Collect for the Day*

*Officiant 2* 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.*

*A Collect for Grace*

*Officiant 1* 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.*

*Prayer for Mission*

## **The Peace and Greetings**

*Officiant 2* The Peace of the Lord be always with you.

*Officiant 1* **And also with you**

The worshippers exchange the Peace and greet one another.

*One of the Officiants prays Thanksgivings and Intercessions shared in Chat.*

## **Closing Prayers**

*Officiant 2* 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.*

*The General Thanksgiving*

*Officiant 1* Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

*A Prayer of St. Chrysostom*

*Officiant 1* Let us bless the Lord. Alleluia, alleluia.

*Officiant 2* Thanks be to God. Alleluia, alleluia.

*Officiant 1* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

*2 Corinthians 13:14*