

Morning Prayer

The Visitation of the Blessed Virgin Mary (May 31st)

June 1, 2022

Opening Sentence

Officiant On this day the Lord has acted; we will rejoice and be glad in it. *Psalm 118:24*

The Invitatory and Psalter

Officiant Lord, open our lips.

People ***And our mouth shall proclaim your praise.***

Officiant and People ***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 The Lord has shown forth his glory:
Come let us adore him.

Jubilate

Psalm 100

**Be joyful in the Lord, all you lands;
serve the Lord with gladness
and come before his presence with a song.**

**Know this: The Lord himself is God;
he himself has made us, and we are his;
we are his people and the sheep of his pasture.**

**Enter his gates with thanksgiving;
go into his courts with praise;
give thanks to him and call upon his Name.**

**For the Lord is good;
his mercy is everlasting;
and his faithfulness endures from age to age.**

The Psalm Appointed (appointed for the day)

Psalm 113

Hallelujah!

**Give praise, you servants of the LORD;
praise the Name of the LORD.**

**Let the Name of the LORD be blessed,
from this time forth for evermore.**

**From the rising of the sun to its going down
let the Name of the LORD be praised.**

**The LORD is high above all nations,
and his glory above the heavens.**

**Who is like the LORD our God, who sits enthroned on high
but stoops to behold the heavens and the earth?**

**He takes up the weak out of the dust
and lifts up the poor from the ashes.**

**He sets them with the princes,
with the princes of his people.**

**He makes the woman of a childless house
to be a joyful mother of children.**

**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

A Reading from the 1st Book of Samuel

Samuel 2: 1-10

Hannah prayed and said,
“My heart exults in the LORD;
my strength is exalted in my God.

There is no Holy One like the LORD, no one besides you;
there is no Rock like our God.

Talk no more so very proudly,
let not arrogance come from your mouth;
for the LORD is a God of knowledge,
and by him actions are weighed.

The bows of the mighty are broken,
but the feeble gird on strength.

Those who were full have hired themselves out for bread,
but those who were hungry are fat with spoil.

The barren has borne seven,
but she who has many children is forlorn.

The LORD kills and brings to life;
he brings down to Sheol and raises up.

The LORD makes poor and makes rich;
he brings low, he also exalts.

He raises up the poor from the dust;
he lifts the needy from the ash heap,
to make them sit with princes
and inherit a seat of honor.

For the pillars of the earth are the LORD's,
and on them he has set the world.
He will guard the feet of his faithful ones,
but the wicked shall be cut off in darkness;
for not by might does one prevail.
The LORD! His adversaries shall be shattered;
the Most High will thunder in heaven.
The LORD will judge the ends of the earth;
he will give strength to his king,
and exalt the power of his anointed."

The Word of the Lord.

Thanks be to God.

Canticle 11 The Third Song of Isaiah *Surge, illuminare*

Isaiah 60:1-3, 11a, 14c, 18-19

Arise, shine, for your light has come,
and the glory of the Lord has dawned upon you.

For behold, darkness covers the land;
deep gloom enshrouds the peoples.

But over you the Lord will rise,
and his glory will appear upon you.

Nations Will stream to your light,
and kings to the brightness of your dawning.

Your gates will always be open;
by day or night they will never be shut.

They will call you, The City of the Lord,
The Zion of the Holy One of Israel.

Violence will no more be heard in your land,
ruin or destruction within your borders.

You will call your walls, Salvation,
and all your portals, Praise.

The sun will no more be your light by day;
by night you will not need the brightness of the moon.

The Lord will be your everlasting light,
and your God will be your glory.

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 Gospel

Gospeller The Holy Gospel of our Lord Jesus Christ according to Luke *Luke 1: 39-57*
People ***Glory to you, Lord Christ.***

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

And Mary said,

"My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has looked with favor on the lowliness of his servant.
Surely, from now on all generations will call me blessed;
for the Mighty One has done great things for me,
and holy is his name.

His mercy is for those who fear him
from generation to generation.

He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.

He has brought down the powerful from their thrones,
and lifted up the lowly;

he has filled the hungry with good things,
and sent the rich away empty.

He has helped his servant Israel,
in remembrance of his mercy,
according to the promise he made to our ancestors,
to Abraham and to his descendants forever."

And Mary remained with her about three months and then returned to her home. Now the time came for Elizabeth to give birth, and she bore a son.

The Gospel of the Lord.
Praise to you, Lord Christ.

Reflection

This Feast commemorates the visit of the Blessed Virgin to her cousin Elizabeth, recorded in the Gospel according to Luke (1:39–56).

Elizabeth, who was then carrying John the Baptist, greeted Mary with the words, "Blessed are you among women, and blessed is the fruit of your womb." Mary broke into the song of praise and thanksgiving which we call the Magnificat, "My soul proclaims the greatness of the Lord."

In this scene, the unborn John the Baptist, the prophet who was to prepare the way of the Lord, rejoices in the presence of him whose coming he is later to herald publicly to all Israel, for the Gospel records that when Mary's greeting came to her kinswoman's ears, the babe in Elizabeth's womb leaped for joy.

The Apostles' Creed

Officiant and People

***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 The Lord be with you.

People ***And also with you.***

Officiant Let us pray.

***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.***

V. Show us your mercy, O Lord;

R. ***And grant us your salvation.***

V. Clothe your ministers with righteousness;

R. ***Let your people sing with joy.***

V. Give peace, O Lord, in all the world;

R. ***For only in you can we live in safety.***

V. Lord, keep this nation under your care;

R. ***And guide us in the way of justice and truth.***

V. Let your way be known upon earth;

R. ***Your saving health among all nations.***

V. Let not the needy, O Lord, be forgotten;

R. ***Nor the hope of the poor be taken away.***

V. Create in us clean hearts, O God;

R. ***And sustain us with your Holy Spirit.***

The Collect of the Day

Officiant Father in heaven, by your grace the virgin mother of your incarnate Son was blessed in bearing him, but still more blessed in keeping your word: Grant us who honor the exaltation of her lowliness to follow the example of her devotion to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. ***Amen.***

Prayers of Intercession and Thanksgiving

Officiant Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. ***Amen.***

Spiritual Communion

Let us pray together a prayer for Spiritual Communion:

Lord Jesus, we believe that you are truly present in the Blessed Sacrament. We are grateful to know there are many ways to experience your presence, but in whatever way we do, we know you come into our hearts, minds and souls. Unite my heart with those of my family of faith and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.

The General Thanksgiving

Officiant 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 ourselves 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.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

Officiant 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.**

Bible Study

Gospel: John 14: 8-17

Philip said to Jesus, "Lord, show us the Father, and we will be satisfied." Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.

"If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the

world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you."

[“I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”]

Reflection on John 14: 8-17

“I am in the Father and the Father is in me,” Jesus says to Philip, adding that he speaks not on his own. Rather, “the Father who dwells in me does his works.” This is a remarkable testimony; with these words, Jesus reveals the truth of the Incarnation: that even in his humanity, he is intimately connected to the divine. The works the disciples have witnessed enable those who cannot believe Jesus’ words to recognize him through his deeds.

Yet there is more to come. Jesus wants his disciples to continue to experience the divine presence, even after he has left them. Accordingly, he promises to send an advocate, a comforter, and a healer who will abide with them forever. All of these terms describe the Holy Spirit, who arrives on Pentecost and remains among us as a constant teacher and guide, for the church as a whole and for everyone who strives to follow Christ.

We celebrate the gift of the Holy Spirit each year at Pentecost.

- How have you felt the presence of the Holy Spirit today?