



Christ Church Ithan Morning Meditation

Officiant: Father Karl

The Officiant begins the service with one or more of these sentences of Scripture,

Thus says the high and lofty One who inhabits eternity, whose name is Holy,” I dwell in the high and holy place and also with the one who has a contrite and humble spirit, to revive the spirit of the humble and to revive the heart of the contrite.” *Isaiah 57:15*

Confession of Sin

The Officiant says to the people

Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

Officiant and People together, all kneeling as able

**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 stands and 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 you in eternal life. **Amen**

The Invitatory and Psalter

All stand

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. Alleluia.

Venite Psalm 95:1-7

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!

The Psalm

Psalm 147:12-18

¹² Extol the Lord, O Jerusalem!
Praise your God, O Zion!

¹³ **For God strengthens the bars of your gates;
God blesses your children within you.**

¹⁴ God grants peace^[a] within your borders;
the Lord fills you with the finest of wheat.

¹⁵ **God sends out his command to the earth;
the Lord's word runs swiftly.**

¹⁶ God gives snow like wool;
the Holy One scatters frost like ashes.

¹⁷ **God hurls down hail like crumbs—
who can stand before his cold?**

¹⁸ God sends out his word and melts them;
he makes his wind blow, and the waters flow.

The Lessons

One or two Lessons, as appointed, are read, the Reader first saying

A Reading from First Kings (1 Kings 19:9-13)

At that place he came to a cave and spent the night there. Then the word of the Lord came to him, saying, “What are you doing here, Elijah?” He answered, “I have been very zealous for the Lord, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.”

The Lord said, “Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind, and after the wind an earthquake, but the Lord was not in the earthquake, and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?”

Officiant The Word of the Lord.

People **Thanks be to God.**

Canticle

The First Song of Isaiah *Ecce, Deus*

Isaiah 12:2-6

Surely, it is God who saves me; *

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, *
and he will be my Savior.

Therefore you shall draw water with rejoicing *

from the springs of salvation.

And on that day you shall say, *

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples; *

see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, *and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, *

for the great one in the midst of you is the Holy One of Israel.

A Reading

One or two Lessons, as appointed, are read, the Reader first saying

A Reading from Mark. (Mark 4:35-41)

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion, and they woke him up and said to him, “Teacher, do you not care that we are perishing?” And waking up, he rebuked the wind and said to the sea, “Be silent! Be still!” Then the wind ceased, and there was a dead calm. ⁴⁰ He said to them, “Why are you afraid? Have you still no faith?” ⁴¹ And they were filled with great fear and said to one another, “Who then is this, that even the wind and the sea obey him?”

The Meditation

Father Karl

The Apostles' Creed

Officiant and People together, all standing

**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

The people stand or kneel

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.**

Then follows one of these sets of Suffrages

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.

A Collect for Sundays

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.**

A Collect for Guidance

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.**

A Prayer of St. Chrysostom

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.**

Then may be said

Officiant Let us bless the Lord.

People **Thanks be to God.**

The Officiant may then conclude with one of the following

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