

Year One  
First Sunday  
of Lent  
Daily Office  
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## **Vail Order of Worship First Sunday of Lent February 26<sup>th</sup>, 2023**



The Pinnacle of the Second Temple  
<http://www.100words.ca/>

## Great Litany

*All stand*

O GOD the Father of heaven: have mercy upon us miserable sinners.

***O God the Father of heaven: have mercy upon us miserable sinners.***

O God the Son, Redeemer of the world: have mercy upon us miserable sinners.

***O God the Son, Redeemer of the world: have mercy upon us miserable sinners.***

O God the Holy Ghost, proceeding from the Father and the Son: have mercy upon us miserable sinners.

***O God the Holy Ghost, proceeding from the Father and the Son: have mercy upon us miserable sinners.***

O holy, blessed, and glorious Trinity, three Persons and one God: have mercy upon us miserable sinners.

***O holy, blessed, and glorious Trinity, three Persons and one God: have mercy upon us miserable sinners.***

Remember not, Lord, our offences, nor the offences of our forefathers; neither take thou vengeance of our sins: Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and be not angry with us forever.

***Spare us, good Lord.***

From all evil and mischief; from sin; from the crafts and assaults of the devil; from thy wrath, and from everlasting damnation,

***Spare us, good Lord.***

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice, and all uncharitableness,

***Spare us, good Lord.***

From fornication, and all other deadly sin; and from all the deceits of the world, the flesh, and the devil,

***Spare us, good Lord.***

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine; from battle and murder, and from sudden death,

***Spare us, good Lord.***

From all sedition, privy conspiracy, and rebellion; from all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and Commandment,

***Spare us, good Lord.***

By the mystery of thy holy Incarnation; by thy holy Nativity and Circumcision; by thy Baptism, Fasting, and Temptation,

***Spare us, good Lord.***

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension, and by the Coming of the Holy Ghost,

***Spare us, good Lord.***

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

***Spare us, good Lord.***

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church universal in the right way;

***We beseech thee to hear us, good Lord.***

That it may please thee to illuminate all Bishops, Priests, and Deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living they may set it forth, and show it accordingly;

***We beseech thee to hear us, good Lord.***

That it may please thee to bless and keep all thy people;  
***We beseech thee to hear us, good Lord.***

That it may please thee to give to all nations unity, peace, and concord;  
***We beseech thee to hear us, good Lord.***

That it may please thee to give us a heart to love and dread thee, and diligently to live after thy commandments;  
***We beseech thee to hear us, good Lord.***

That it may please thee to give to all thy people increase of grace to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruits of the Spirit;  
***We beseech thee to hear us, good Lord.***

That it may please thee to bring into the way of truth all such as have erred, and are deceived;  
***We beseech thee to hear us, good Lord.***

That it may please thee to strengthen such as do stand; and to comfort and help the weak-hearted; and to raise up those who fall; and finally to beat down Satan under our feet;  
***We beseech thee to hear us, good Lord.***

That it may please thee to succour, help, and comfort, all who are in danger, necessity, and tribulation;  
***We beseech thee to hear us, good Lord.***

That it may please thee to preserve all who travel by land, by water, all women labouring of child, all sick persons, and young children; and to show thy pity upon all prisoners and captives;  
***We beseech thee to hear us, good Lord.***

That it may please thee to defend, and provide for, the fatherless children, and widows, and all who are desolate and oppressed;  
***We beseech thee to hear us, good Lord.***

That it may please thee to have mercy upon all men;  
***We beseech thee to hear us, good Lord.***

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts;  
***We beseech thee to hear us, good Lord.***

That it may please thee to give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them;  
***We beseech thee to hear us, good Lord.***

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word;  
***We beseech thee to hear us, good Lord.***

Son of God : we beseech thee to hear us.  
***Son of God : we beseech thee to hear us.***

O Lamb of God : that takest away the sins of the world;  
***Grant us thy peace.***

O Lamb of God : that takest away the sins of the world;  
***Have mercy upon us.***

O Christ, hear us.  
***O Christ, hear us.***

Lord, have mercy upon us.  
***Lord, have mercy upon us.***

Christ, have mercy upon us.  
***Christ, have mercy upon us.***

Lord, have mercy upon us.  
***Lord, have mercy upon us.***

***OUR Father, which art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done in 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. Amen.***

*Priest.* O Lord, deal not with us according to our sins.

*Answer.* ***Neither reward us according to our iniquities.***

Let us pray.

**O GOD**, merciful Father, that despisest not the sighing of a contrite heart, nor the desire of such as are sorrowful; Mercifully assist our prayers which we make before thee in all our troubles and adversities, whensoever they oppress us; and graciously hear us, that those evils which the craft and subtilty of the devil or man worketh be brought to nought; and by the providence of thy goodness they may be dispersed; that we thy servants, being hurt by no persecutions, may evermore give thanks unto thee in thy holy Church; through Jesus Christ our Lord.

***O Lord, arise, help us, and deliver us for thy Name's sake.***

**O GOD**, we have heard with our ears, and our fathers have declared unto us, the noble works that thou didst in their days, and in the old time before them.

***O Lord, arise, help us, and deliver us for thine honour.***

Glory be to the Father, and to the Son, and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be, world without end. ***Amen.***

From our enemies defend us, O Christ.  
***Graciously look upon our afflictions.***

Pitifully behold the sorrows of our hearts.  
***Mercifully forgive the sins of thy people.***

Favourably with mercy hear our prayers.  
***O Son of David, have mercy upon us.***

Both now and ever vouchsafe to hear us, O Christ.  
***Graciously hear us, O Christ; graciously hear us, O Lord Christ.***

*Priest.* O Lord, let thy mercy be showed upon us;  
*Answer.* ***As we do put our trust in thee.***

Let us pray.

**WE** humbly beseech thee, O Father, mercifully to look upon our infirmities; and, for the glory of thy Name, turn from us all those evils that we most justly have deserved; and grant, that in all our troubles we may put our whole trust and confidence in thy mercy, and evermore serve thee in holiness and pureness of living, to thy honour and glory; through our only Mediator and Advocate, Jesus Christ our Lord. ***Amen.***

*A Prayer of St. Chrysostom.*

**ALMIGHTY** God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise, that when two or three are gathered together in thy Name thou wilt grant their requests; Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. ***Amen.***

2 Cor. xiii.

**THE** grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. ***Amen.***

## Collect of the Day

*Celebrant* The Lord be with you.

*People* ***And with thy spirit***

*Celebrant* Let us pray.

***O LORD, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.***

## The Old Testament Reading

Genesis 2:15-17; 3:1-7

*All sit.*

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

*Reader* Here endeth the Reading.



**Psalm 32**

BCP p. 624

- 1 Happy are they whose transgressions are forgiven, \*  
***and whose sin is put away!***
- 2 Happy are they to whom the Lord imputes no guilt, \*  
***and in whose spirit there is no guile!***
- 3 While I held my tongue, my bones withered away, \*  
***because of my groaning all day long.***
- 4 For your hand was heavy upon me day and night; \*  
***my moisture was dried up as in the heat of summer.***
- 5 Then I acknowledged my sin to you, \*  
***and did not conceal my guilt.***
- 6 I said, "I will confess my transgressions to the Lord." \*  
***Then you forgave me the guilt of my sin.***
- 7 Therefore all the faithful will make their prayers to you in time  
of trouble; \*  
***when the great waters overflow, they shall not reach them.***
- 8 You are my hiding-place; you preserve me from trouble; \*  
***you surround me with shouts of deliverance.***
- 9 "I will instruct you and teach you in the way that you should go; \*  
***I will guide you with my eye.***
- 10 Do not be like horse or mule, which have no understanding; \*  
***who must be fitted with bit and bridle, or else they will not  
stay near you."***
- 11 Great are the tribulations of the wicked; \*  
***but mercy embraces those who trust in the Lord.***
- 12 Be glad, you righteous, and rejoice in the Lord; \*  
***shout for joy, all who are true of heart***

## **The New Testament**

Romans 5:12-19

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

*Reader*      Here endeth the Reading.

*All stand*

Forty days and forty nights

Hymn 150

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

**Holy Gospel**

Matthew 4:1-11

*Deacon* The Holy Gospel of our Lord Jesus Christ according to Matthew.

*People* **Glory to you, Lord Christ.**

After Jesus was baptized, he was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him,

“Again it is written, ‘Do not put the Lord your God to the test.’”  
Again, the devil took him to a very high mountain and showed him  
all the kingdoms of the world and their splendor; and he said to him,  
“All these I will give you, if you will fall down and worship me.” Jesus  
said to him, “Away with you, Satan! for it is written, ‘Worship the  
Lord your God, and serve only him.’” Then the devil left him, and  
suddenly angels came and waited on him.

*Deacon*      The Gospel of the Lord.  
*People*      ***Praise be to thee, O Christ.***

## **Sermon**

### **Nicene Creed**

*All stand*

***I BELIEVE in one God the Father Almighty,  
Maker of heaven and earth,  
And of all things visible and invisible:  
And in one Lord Jesus Christ,  
the only-begotten son of God,  
Begotten of his Father before all worlds,  
God of God, Light of Light,  
Very God of very God,  
Begotten, not made,  
Being of one substance with the Father,  
By whom all things were made:  
Who for us men, and for our salvation came down from heaven,  
And was incarnate by the Holy Ghost of the Virgin Mary,  
And was made man,  
And was crucified also for us under Pontius Pilate.  
He suffered and was buried,  
And the third day he rose again according to the Scriptures,  
And ascended into heaven,  
And sitteth on the right hand of the Father.***

***And he shall come again with glory to judge both the quick and dead:***

***Whose kingdom shall have no end.***

***And I believe in the Holy Ghost,***

***The Lord and giver of life,***

***Who proceedeth from the Father and the Son,***

***Who with the Father and the Son together is worshipped and glorified,***

***Who spake by the Prophets.***

***And I believe one Catholick and Apostolick Church.***

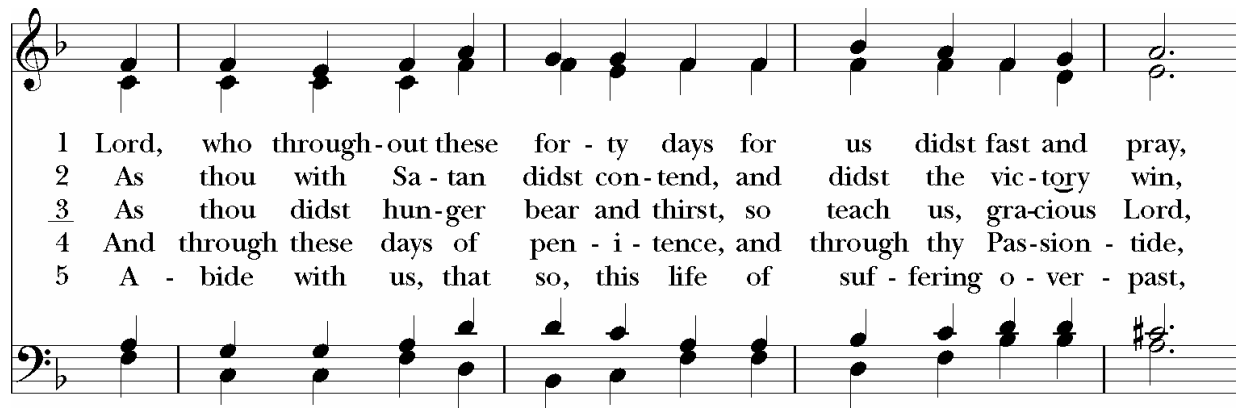
***I acknowledge one Baptism for the remission of sins.***

***And I look for the Resurrection of the dead,***

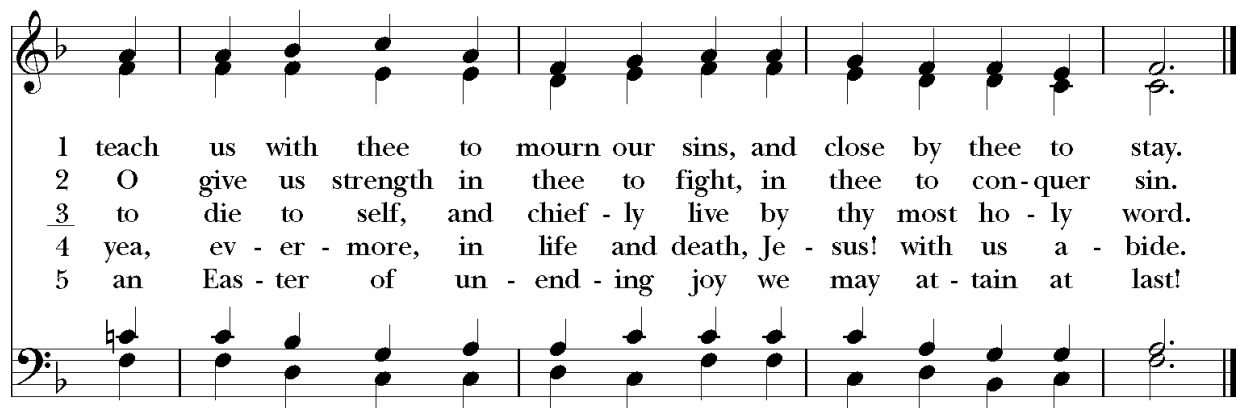
***And the life of the world to come. Amen.***

*Lord, who throughout these forty days*

Hymn 142



1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,  
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,  
5 A - bid with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con-quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bid.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

## Holy Communion

*Priest* Lift up your hearts.

*Answer* ***We lift them up unto the Lord.***

*Priest* Let us give thanks unto our Lord God.

*Answer* ***It is meet and right so to do.***

**IT** is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

**THEREFORE** with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying, Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory: Glory be to thee, O Lord most High. ***Amen.***

**WE** do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. ***Amen.***

**ALMIGHTY** God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death, until his coming again; Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion,

may be partakers of his most blessed Body and Blood: who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it, and gave it to his disciples, saying, Take, eat, this is my Body which is given for you: Do this in remembrance of me. Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all of this; for this is my Blood of the New Testament, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me. **Amen.**

*All baptized persons are welcome and encouraged to receive both the bread and the wine of the Eucharist. People who are not baptized or who prefer not to receive communion are invited to come forward and cross their arms to receive a blessing. Those desiring a gluten-free wafer may request one from the priest when they come forward to receive communion.*

***OUR Father, which art in heaven,  
Hallowed be thy Name.  
Thy kingdom come.  
Thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive them that trespass against us.  
And lead us not into temptation;  
But deliver us from evil:  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever. Amen.***

**O LORD** and heavenly Father, we thy humble servants entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion. And here we offer and present

unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and lively sacrifice unto thee; humbly beseeching thee, that all we, who are partakers of this holy Communion, may be fulfilled with thy grace and heavenly benediction. And although we be unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father Almighty, world without end. ***Amen.***

**GLORY** be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty.

O Lord, the only begotten Son Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. ***Amen.***

**THE** peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. ***Amen.***

**Welcome, Blessings, Announcements**



## Dismissal

*Deacon* Let us go forth into the world, rejoicing in the power of the Spirit.

*People* ***Thanks be to God.***



**Your  
Hope  
Center**

***Your Hope Center***

In collaboration with our community partners, Your Hope Center connects individuals in need to immediate clinical support to promote stability, resiliency, and hope. If the safety of you or a loved one is in question, contact your 24/7 support line and speak to a licensed clinician. [\(970\) 306-4673](tel:9703064673)

## Prayer Square

***Please pray for those who are in need of our prayers:***

Hugo & Jacki Benson  
Joyce Chizmadia  
Gary & Peggy Edwards  
Bob & Linda Egan  
Dick Galperin  
Pastor Mark Huggenvik  
Mother Emily Lukanich  
Georgie Zinda