



# Daily Morning Prayer: Rite One

Third Sunday in Lent, March 23, 2025

Hymn 475

God, our God with us

*Tysk*

*The Officiant says*

Rend your heart, and not your garments, and turn unto the Lord your God; for he is gracious and merciful, slow to anger and of great kindness, and repenteth him of the evil.

*Joel 2:13*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Officiant and People together, all kneeling*

Almighty and most merciful Father,  
we have erred and strayed from thy ways like lost sheep,  
we have followed too much the devices and desires of our  
own hearts,  
we have offended against thy holy laws,  
we have left undone those things which we ought to  
have done, and we have done those things which we ought not to  
have done.

But thou, O Lord, have mercy upon us,  
spare thou those who confess their faults,  
restore thou those who are penitent,  
according to thy promises declared unto mankind  
in Christ Jesus our Lord;  
and grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of thy holy Name. Amen.

*The Officiant 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 us in eternal life. *Amen.*

## The Invitatory and Psalter

*All stand*

<i>Officiant</i>	Lord, open our lips.
<i>People</i>	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.

*Antiphon for Lent is said by all*

The Lord is full of compassion and mercy: Come let us adore him.

## The Invitatory: Venite



O come, let us ‘sing unto the ‘Lord; \*  
let us heartily rejoice in the ‘strength of ‘our sal’vation.  
Let us come before his ‘presence with thanks’giving \*  
and show ourselves ‘glad in ‘him with ‘psalms.

For the Lord is a ‘**great** ‘God, \*  
and a great ‘King a’bove all ‘gods.  
In his hand are all the ‘corners of the ‘earth, \*  
and the strength of the ‘hills is ‘**his** ‘also.  
The sea is ‘his, and he ‘made it, \*  
and his hands pre’pared the ‘**dry** ‘land.

O come, let us worship and ‘**fall** ‘down, \*  
and ‘kneel before the ‘Lord our ‘Maker.  
For he is the ‘Lord our ‘God, \*  
and we are the people of his ‘pasture  
and the ‘sheep of his ‘hand.

O worship the Lord in the ‘beauty of ‘holiness; \*  
let the ‘whole earth ‘stand in ‘awe of him.  
For he cometh, for he cometh to ‘judge the ‘earth, \*  
and with righteousness to judge the world  
and the ‘peoples ‘with his truth.

Glory to the Father, and ‘to the ‘Son, \*  
and ‘to the ‘Holy ‘Spirit:  
As it was in the be’ginning, is ‘now, \*  
and ‘will be for ‘ever. Amen.

*The antiphon is said by all*

The Lord is full of compassion and mercy: Come let us adore him.

**Psalm 63:1-8** *Deus, Deus meus*

- 1 O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.
  - 2 Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.
  - 3 For your loving-kindness is better than life itself; \*  
my lips shall give you praise.
  - 4 So will I bless you as long as I live \*  
and lift up my hands in your Name.
  - 5 My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,
  - 6 When I remember you upon my bed, \*  
and meditate on you in the night watches.
  - 7 For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
  - 8 My soul clings to you; \*  
your right hand holds me fast.
- 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**

*The people sit.*

**A Reading from the Book of Exodus [3:1-15]**

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM."

He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever, and this my title for all generations."

Hear what the Spirit is saying to God's people.

*People* Thanks be to God.

*The canticle is said by all, standing*

#### **14 A Song of Penitence** *Kyrie Pantokrator*

*Prayer of Manasseh 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
You made the heavens and the earth, \*  
with all their vast array.  
All things quake with fear at your presence; \*  
they tremble because of your power.  
But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.  
You hold back your hand; \*  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.  
Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.  
Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

*The people sit.*

#### **A Reading from the First Letter of Paul to the Corinthians [10:1-13]**

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food,

and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Hear what the Spirit is saying to God's people.

*People* Thanks be to God.

*The canticle is said by all, standing*

## **16 The Song of Zechariah** *Benedictus Dominus Deus*

*Luke 1: 68-79*

Blessed be the Lord God of Israel, \*  
for he hath visited and redeemed his people;  
And hath raised up a mighty salvation for us \*  
in the house of his servant David,  
As he spake by the mouth of his holy prophets, \*  
which have been since the world began:

That we should be saved from our enemies, \*  
and from the hand of all that hate us;  
To perform the mercy promised to our forefathers, \*  
and to remember his holy covenant;  
To perform the oath which he sware to our forefather Abraham, \*  
that he would give us,  
That we being delivered out of the hand of our enemies \*  
might serve him without fear,  
In holiness and righteousness before him, \*  
all the days of our life.

And thou, child, shalt be called the prophet of the Highest, \*  
for thou shalt go before the face of the Lord  
to prepare his ways;  
To give knowledge of salvation unto his people \*  
for the remission of their sins,  
Through the tender mercy of our God, \*  
whereby the dayspring from on high hath visited us;  
To give light to them that sit in darkness  
and in the shadow of death, \*  
and to guide our feet into the way of peace.

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 people sit*

### **A Reading from the Gospel of Luke [13:1-9]**

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

Hear what the Spirit is saying to God's people.

*People* Thanks be to God.

### **The Sermon**

#### **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.

## Suffrages B

V. O Lord, save thy people and bless thine heritage;

R. Govern them and lift them up for ever.

V. Day by day we magnify thee;

R. And we worship thy Name ever, world without end.

V. Vouchsafe, O Lord, to keep us this day without sin;

R. O Lord, have mercy upon us, have mercy upon us.

V. O Lord, let thy mercy be upon us;

R. As our trust is in thee.

V. O Lord, in thee have I trusted;

R. Let me never be confounded.

*The Officiant continues*

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

O heavenly Father, in whom we live and move and have our being: We humbly pray thee so to guide and govern us by thy Holy Spirit, that in all the cares and occupations of our life we may not forget thee, but may remember that we are ever walking in thy sight; through Jesus Christ our Lord. *Amen.*

Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name. *Amen.*

*Prayers for Birthday, Anniversary, Travel may be offered.*

## **Announcements**

*All stand and sing; offerings may be received and placed on the altar*

### **Offertory Hymn 676**

There is a balm in Gilead

*Balm in Gilead*

*The General Thanksgiving*

*Officiant and People*

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. *Amen.*

*The officiant continues*

*A Prayer of St. Chrysostom*

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

*Then may be said*

Let us bless the Lord.  
*Thanks be to God.*

*The Officiant concludes with the following*

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.*     *2 Corinthians 13:14*



***Liturgical Ministers***

Officiant: Anne Rogers-Popejoy

Preacher: Sarah Groman

Organist: Clarissa Brown

Readers: Terry Mello, Pam Bardon

Usher: Carlos Mello

**People in our Prayers**

**Healing:** Jeanie, Jerry Hoff and Catherine, Gay Schueler, Kristina Shea, Virginia Johns, Ted and Kit Wagner, Tony, Dana, Mya Delisle, Andrew Moran, Donovan, Carolyn Moore, Debra and Amy, Ned and Kathleen Bachus, Lynne, Anna and her child Brody, Ruth Tolman, Helene, John, Phyllis, Michael, Bob, Sylvia, Matthew Jackson, Marlene, Percy, Joan Grey, Cathy, James, Ken, Joseph, Kelli McGuire, Jo Panayotoff, Joyce S, Jan Schaefer, Christine & Paul M, Jason, Kristen, Jeanie, Cathie, Brian, Bob S., Gary P., Sandy, Ezra, Chris Strazzulla Fr. Tom Pike, Evie Bridges, Luke Morelli, Tim Peters, Janice Boetsch, Lucy Ebbert, Shirley, Budge Walen, Chris, Vicki Boetsch, Catherine G, Annabel, Pam Kaler, Margery, Nick, Stephanie, Kyle R.

**For the repose of the soul:** Fred Jordan and Nancy Remchuk

**March Birthdays:** Michael Moore (5), Andrew Moran (6), Joseph Kulick (14), Jamie Popejoy (17), Terry Mello (19), Marilyn Smith (20), Benjy Lowry (27)

**Diocese Cycle of Prayer:** Emmanuel Lutheran Episcopal Church, Augusta, St. Peter's, Bridgton, For those in recovery

***This Week at St. Thomas'*****Sunday, March 23:**

8:00 a.m. Morning Prayer

10:00 a.m. Morning Prayer

11:15 a.m. Coffee Hour (*Parish Hall*)

11:30 a.m. Choir Rehearsal (*Music Room*)

4:00 p.m. Centering Prayer (*Lady Chapel*)

**Wednesday, March 26:**

9:30 a.m. Morning Prayer and Healing Service

11:00 a.m. Bible Study (*online*)

**Sunday, March 30:**

8:00 a.m. Holy Eucharist Rite I

10:00 a.m. Holy Eucharist Rite II

11:15 Coffee Hour (*Parish Hall*)

11:30 a.m. Choir Rehearsal (*Music Room*)

4:00 p.m. Centering Prayer (*Lady Chapel*)

**A.A. meetings are held daily at 6:30 p.m.**

## Church Staff and Parish Officers

**Kayla Clay, Parish Administrator**

[admin@stthomascamdenme.org](mailto:admin@stthomascamdenme.org)

Office: 207-236-3680

**The Rev. Paul Briggs, Interim Rector**

[interimrector@stthomascamdenme.org](mailto:interimrector@stthomascamdenme.org)

(860) 384-9193

The Rev. Dr. Rosalee Glass, *Deacon Emeritus*

Clarissa Brown, *Organist & Choir Director*

Tony Coyne, *Sexton*

Elizabeth Moran, *Senior Warden*

Br. Donovan Bowley, BSG, *Junior Warden*

Terry Mello, *Treasurer*

Anne Rogers-Popejoy, *Vestry Clerk*

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**St. Thomas' Episcopal Church**

33 Chestnut Street P.O. Box 631 Camden, ME 04843

**[www.stthomascamdenme.org](http://www.stthomascamdenme.org)**