

Cathedral Church of St. Mark

Salt Lake City, Utah



Light in the Darkness

Contemplative Evening Prayer

Epiphany
January 23, 2021

EVENING PRAYER RITE II

5:00 p.m.

Officiant — The Very Rev. Tyler Doherty, Dean & Rector

Pianist — Chris Wootton Lay Reader — Steven Macauley Cantor — Loren Carle

Soloists — Holly Huff, Christopher LeCluyse, Emily Spencer



Opening Sentence

Jesus said, "I am the light of the world; whoever follows me will not walk in darkness but will have the light of life." *Amen. John 8:12*

Confession of Sin

Officiant

Let us confess our sins against God and our neighbor.

Officiant and People

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.

Officiant

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 & Psalter+

Officiant O God, make speed to save us.
People O Lord, make haste to help us.

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.

Phos hilaron *The Lord is my light* Taizé

Calmly (♩ = 66)

Theme I

A1 Dm G

A2

B1

B2

fine

The Lord is my light, my light and sal-va-tion: in God I trust, in God I trust. The

Theme II

A1

A2

B1

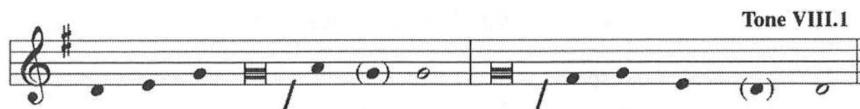
B2

fine

The Lord is my light, my light and sal-va-tion: in God I trust, in God I trust. The



Psalm 62:6-14 *Nonne Deo?*



6 [For God a]lone my soul in / silence waits; *
truly, my / hope is in him.

7 He alone is my rock and my sal/vation, *
my stronghold, so that I shall / not be shaken.

8 In God is my safety and my / honor; *
God is my strong rock / and my refuge.

9 Put your trust in him always, O / people, *
pour out your hearts before him, for God / is our refuge.

10 Those of high degree are but a / fleeting breath, *
even those of low estate can/not be trusted.

11 On the scales they are lighter / than a breath, *
all of / them together.

12 Put no trust in extortion;
in robbery take no / empty pride; *
though wealth increase, set not your / heart upon it.

13 God has spoken once, twice have I / heard it, *
that pow/er belongs to God.

14 Steadfast love is / yours, O Lord, *
for you repay everyone ac/cording to his deeds.

+The Lessons+

The First Lesson

1 Corinthians 7:29-31

Reader: A reading from the first letter of Paul to the Corinthians.

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

Reader: The Word of the Lord.

People: Thanks be to God.



The Song of Simeon *Nunc dimittis*

Hymnal 499

Unison or harmony

Lord God, you now have set your ser - vant free to go in

The first system of musical notation for 'The Song of Simeon'. It consists of a treble and a bass staff. The treble staff begins with a G-clef and a key signature of one flat (B-flat). The melody is written in a simple, hymn-like style. The bass staff begins with an F-clef and a key signature of one flat. The accompaniment is written in a simple, hymn-like style. The lyrics 'Lord God, you now have set your ser - vant free to go in' are written below the treble staff.

peace as prom-ised in your word; my eyes have seen the

The second system of musical notation for 'The Song of Simeon'. It consists of a treble and a bass staff. The treble staff continues the melody from the first system. The bass staff continues the accompaniment from the first system. The lyrics 'peace as prom-ised in your word; my eyes have seen the' are written below the treble staff.

Sa - vior, Christ the Lord, pre-pared by you for all the

The third system of musical notation for 'The Song of Simeon'. It consists of a treble and a bass staff. The treble staff continues the melody from the second system. The bass staff continues the accompaniment from the second system. The lyrics 'Sa - vior, Christ the Lord, pre-pared by you for all the' are written below the treble staff.

world to see, to shine on na - tions trapped in dark - est night,

The fourth system of musical notation for 'The Song of Simeon'. It consists of a treble and a bass staff. The treble staff continues the melody from the third system. The bass staff continues the accompaniment from the third system. The lyrics 'world to see, to shine on na - tions trapped in dark - est night,' are written below the treble staff.

the glo - ry of your peo - ple, and their light.

The fifth system of musical notation for 'The Song of Simeon'. It consists of a treble and a bass staff. The treble staff continues the melody from the fourth system. The bass staff continues the accompaniment from the fourth system. The lyrics 'the glo - ry of your peo - ple, and their light.' are written below the treble staff. The system ends with a double bar line.

The Second Lesson

Mark 1:14-20

Reader: A reading from the Gospel according to Mark.

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Reader: The Word of the Lord.

People: Thanks be to God.

Guided Lectio Divina



The Apostles' Creed

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 in heaven,
 hallowed be your Name,
 your kingdom come,
 your will be done,
 on earth as in heaven.

Give us today our daily bread.

Forgive us our sins
 as we forgive those
 who sin against us.

Save us from the time of trial,
 and deliver us from evil.

For the kingdom, the power,
 and the glory are yours,
 now and for ever. Amen.

Suffrages A

Officiant Show us your mercy, O Lord;

People And grant us your salvation.

Officiant Clothe your ministers with righteousness;

People Let your people sing with joy.

Officiant Give peace, O Lord, in all the world;

People For only in you can we live in safety.

Officiant Lord, keep this nation under your care;

People And guide us in the way of justice and truth.

Officiant Let your way be known upon earth;

People Your saving health among all nations.

Officiant Let not the needy, O Lord, be forgotten;

People Nor the hope of the poor be taken away.

Officiant Create in us clean hearts, O God;

People And sustain us with your Holy Spirit.

The Collects

O God, the source of eternal light: Shed forth your unending day upon us who watch for you, that our lips may praise you, our lives may bless you, and our worship on the morrow give you glory; through Jesus Christ our Lord. *Amen.*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

Prayers *O Lord, hear my prayer*

Taizé

$\text{♩} = 72$

O Lord, hear my prayer, O Lord, hear my prayer. When I call an - swer me. O
The Lord is my song, the Lord is my praise: All my hope comes from God. The

Lord, hear my prayer, O Lord, hear my prayer. Come and lis - ten to me. O
Lord is my song, the Lord is my praise: God, the well - spring of life. The

The General Thanksgiving

Officiant and People

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.

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.*

Closing Hymn *Within our darkest night*

Taizé

♩ = 63

With - in our dark-est night, you kin - dle the fire that nev - er dies a -
 Dans nos ob - scu - ri - tés al - lu - me le feu qui ne s'é-teint ja -

way, nev - er dies a - way. With - in our dark-est night, you kin - dle the
 mais, ne s'é-teint ja - mais. Dans nos ob - scu - ri - tés, al - lu - me le

fire that nev - er dies a - way, nev - er dies a - way. With - in our dark - est
 feu qui ne s'é-teint ja - mais, ne s'é-teint ja - mais. Dans nos ob - scu - ri -

Officiant concludes the service

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.*

+++*The service ends in silence*+++

The Practice of Lectio Divina

In the centuries-old tradition of *lectio divina* – which is Latin for *sacred reading* – it is suggested that, before or after your morning or evening meditation, you read a passage of scripture. After reading this go back to it, either then or later, and spend some time – even 15 or 20 minutes if you can - reverently turning the passage over in your heart. Read slowly and lovingly, pausing whenever the words draw you into silence. Close your eyes and experience the meaning of the words for you *now*. But even more, experience the presence found in them. Let the reality of the words become more and more a part of your being.

During the time of *lectio*, the historical setting of the passage is not as important as the place it has in *your* life *now*. In a real sense, you are not the same person you were ten, five or even one year ago. Since you are always a 'new person' your response to the Word will never be the same. You may find yourself making acts of the will to conform your life more to the message of the text. One day you may rest in a deep peace. Another day you may be aware of tension, anger or sorrow. These feelings should not cause any anxiety because they are all part of God's healing action at work in you. In time, you will learn to accept yourself as a work-in-progress, and your growing appreciation for the Living Word of God will lead you to a life of constant wonder, gratitude and love.

- *Lectio*: Read or listen to the passage and notice what word or phrase speaks to you. *What am I hearing?*
- *Meditatio*: Repeat the word or phrase over and over, allow it to sink into and act on your heart, notice any feelings, thoughts, questions arising and allow these to touch your life. *How is this touching me? What new insight am I being invited to embrace?*
- *Oratio*: Either silently in the depths of your heart, or aloud, offer up a prayer to help you embrace or step into what your meditatio has opened for you.
- *Contemplatio*: Rest in God, turning the phrase you have been drawn over in your heart as a means of staying present to God. When thoughts and images arise, return to slowly turning the phrase over in your heart.

How to Meditate by Fr. Laurence Freeman, OSB

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply.

The essence of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions: let them go by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying it or when your attention wanders. Meditate twice a day, morning and evening, for between 20 and 30 minutes. It may take a time to develop this discipline and the support of a tradition and community is always helpful. Visit wccm.org for more information.