

Cathedral Church of St. Mark

Salt Lake City, Utah



Light in the Darkness

Contemplative Evening Prayer

Epiphany
January 9, 2021

EVENING PRAYER RITE II

5:00 p.m.

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

Pianist — Chris Wootton Lay Reader — Holly Huff

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) [A1] [A2] [B1] [B2]

Theme I Dm G

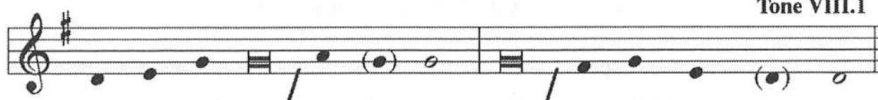
The Lord is my light, my light and sal-va-tion: in God I trust, in God I trust. The *fine*

Theme II [A1] [A2] [B1] [B2]

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

Psalm 29 *Afferte Domino*

Tone VIII.1



- 1 [Ascribe to] the / LORD, you gods, *
ascribe to the LORD / glory and strength.
- 2 Ascribe to the LORD the glory / due his Name; *
worship the LORD in the beau/ty of holiness.
- 3 The voice of the LORD is upon the waters;
the God of glory / thunders; *
the LORD is upon the / mighty waters.
- 4 The voice of the LORD is a powerful / voice; *
the voice of the LORD is a / voice of splendor.
- 5 The voice of the LORD breaks the / cedar trees; *
the LORD breaks the ce/dars of Lebanon;
- 6 He makes Lebanon skip like a / calf, *
and Mount Hermon / like a young wild ox.
- 7 The voice of the LORD splits the flames of fire;
the voice of the LORD shakes the / wilderness; *
the LORD shakes the wilder/ness of Kadesh.
- 8 The voice of the LORD makes the oak trees / writhe *
and / strips the forests bare.
- 9 And in the temple of the / LORD *
all are / crying, "Glory!"
- 10 The LORD sits enthroned a/bove the flood; *
the LORD sits enthroned as / King for evermore.
- 11 The LORD shall give strength to his / people; *
the LORD shall give his people the / blessing 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 Lessons+

The First Lesson

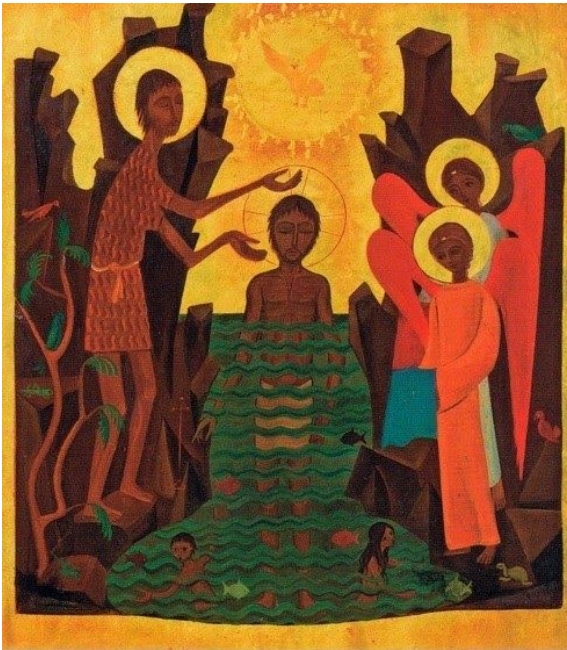
Acts 19:1-7

Reader: A reading from the Acts of the Apostles.

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples. He said to them, "Did you receive the Holy Spirit when you became believers?" They replied, "No, we have not even heard that there is a Holy Spirit." Then he said, "Into what then were you baptized?" They answered, "Into John's baptism." Paul said, "John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus." On hearing this, they were baptized in the name of the Lord Jesus. When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied— altogether there were about twelve of them.

Reader: The Word of the Lord.

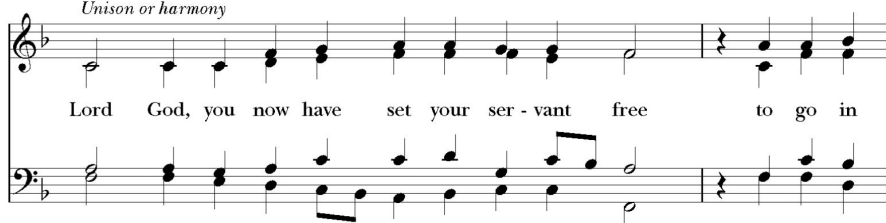
People: Thanks be to God.



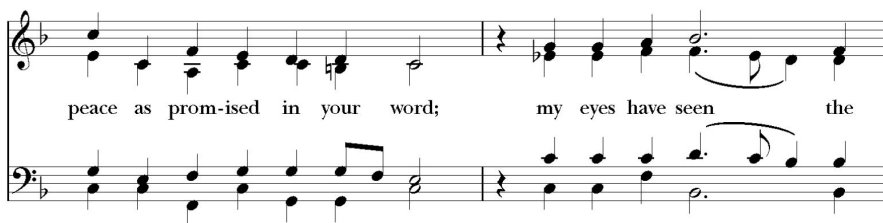
The Song of Simeon *Nunc dimittis*

Hymnal 499

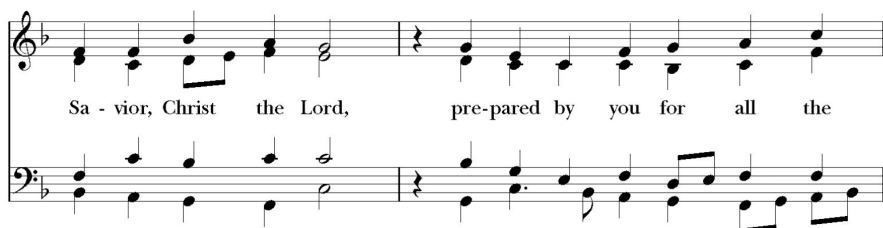
Unison or harmony



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



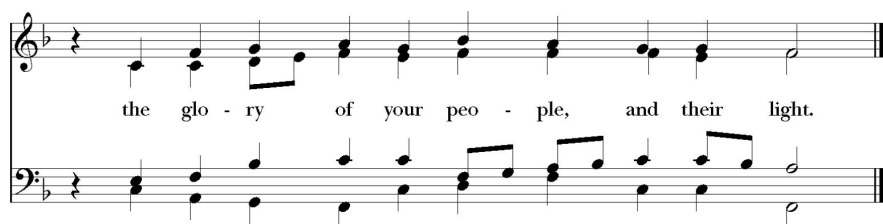
peace as prom-ised in your word; my eyes have seen the



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



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



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

The Second Lesson

Mark 1:4-11

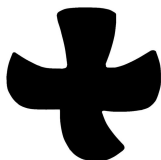
Reader: A reading from the Gospel according to Mark.

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

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

♩ = 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

fine

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.