

Cathedral Church of St. Mark

Salt Lake City, Utah



Light in the Darkness Contemplative Evening Prayer

Lent

February 20, 2021

EVENING PRAYER RITE II

5:00 p.m.

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

Pianist — Chris Wootton Lay Reader — Stephen Macauley

Soloists — Holly Huff, Christopher LeCluyse, Knute Rife, Emily Spencer

Opening Sentence

Let my prayer be set forth in your sight as incense, the lifting up of my hands as the evening sacrifice. *Psalms 141:2*

Confession of Sin

Officiant

Dear friends in Christ, here in the presence of Almighty God, 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

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.

Phos hilaron *O Gracious Light*

Hymnal S 61

1. O gra - cious Light, pure bright-ness of the ev - er - liv - ing

Fa - ther in heaven, O Je - sus Christ, ho - ly and

bles - ed! 2. Now as we come to the set - ting of the

sun, and our eyes be - hold the ves - per light, we sing your

prais - es, O God: Fa - ther, Son, and Ho - ly Spi - rit.

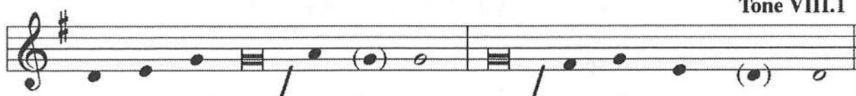
3. You are wor - thy at all times to be praised by hap - py

voic - es, O Son of God, O Giv - er of

life, and to be glo - ri - fied through all the worlds.

Psalm 25:1-9 *Ad te, Domine, levavi*

Tone VIII.1



- 1 [To you, O] Lord, I lift up my soul;
my God, I put my / trust in you; *
let me not be humiliated,
nor let my enemies / triumph over me.
- 2 Let none who look to you be / put to shame; *
let the treacherous be disap/pointed in their schemes.
- 3 Show me your / ways, O Lord, *
and / teach me your paths.
- 4 Lead me in your truth and / teach me, *
for you are the God of my salvation;
in you have I trusted / all the day long.
- 5 Remember, O Lord, your compassion and / love, *
for they are from / everlasting.
- 6 Remember not the sins of my youth and my trans/gressions; *
remember me according to your love
and for the sake of your / goodness, O Lord.
- 7 Gracious and upright is the / Lord; *
therefore he teaches / sinners in his way.
- 8 He guides the humble in / doing right *
and teaches his way / to the lowly.
- 9 All the paths of the Lord are love and / faithfulness *
to those who keep his covenant and his / testimonies.

+The Lessons+

The First Lesson

1 Peter 3:18-22

Reader: A reading from the first letter of Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you— not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader: The Word of the Lord.

People: Thanks be to God.

The Song of Mary *Sing out, my soul*

Taizé

Canon
♩ = 96

Ma - gni - fi - cat. Sing out, my soul. Ma - gni - fi - cat. Sing out, my soul. Ma - gni - fi - cat a - ni - ma me - a Do - mi - num. Sing out and glo - ri - fy the Lord who sets us free. Ma - gni - fi - cat a - ni - ma me - a Do - mi - num. Sing out and glo - ri - fy the Lord who sets us free.

Ma - gni - fi - cat. Sing out, my soul. Ma - gni - fi - cat. Sing out, my soul. Ma - gni - fi - cat a - ni - ma me - a! Sing out and glo - ri - fy the Lord God! Ma - gni - fi - cat a - ni - ma me - a! Sing out and glo - ri - fy the Lord God!

The Second Lesson

Mark 1:9-15

Reader: A reading from the Gospel according to Mark.

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." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now 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."

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.

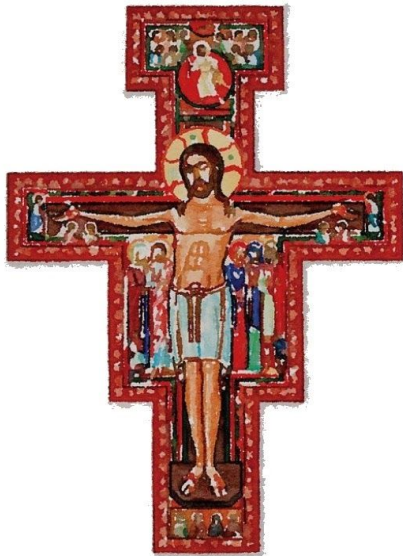
He descended to the dead.

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.

That this evening may be holy, good, and peaceful,
We entreat you, O Lord.

That your holy angels may lead us in paths of peace and goodwill,
We entreat you, O Lord.

That we may be pardoned and forgiven for our sins and offenses,
We entreat you, O Lord.

That there may be peace to your Church and to the whole world,
We entreat you, O Lord.

That we may depart this life in your faith and fear, and not be
condemned before the great judgment seat of Christ,
We entreat you, O Lord.

That we may be bound together by your Holy Spirit in the communion
of the ever-blessed Virgin Mary, St. Mark our patron, and all your saints,
entrusting one another and all our life to Christ,
We entreat you, O Lord.

The Collects

Jesus, you are the way through the wilderness: show us your truth in which we journey, and by the grace of the Holy Spirit be in us the life that draws us to God. *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 *Dona nobis pacem*

Hymnal 712

1
Do - na no - bis pa - cem, pa - cem. Do - na no - bis

2
pa - cem. Do - na no - bis pa - cem.

3
Do - na no - bis pa - cem. Do - na

no - bis pa - cem. Do - na no - bis pa - cem.

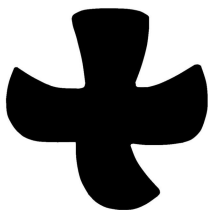
The General Thanksgiving

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 *By night*

Taizé

p Dm B \flat Am Gm A \sharp SUS

By night we has-ten, in darkness, to seek for the liv - ing wa - ter,
 De no-che j-re-mos, de no-che, que pa-ra-en-con-trar la fuen - te,

p

Dm C F A B \flat A *mf* *pp* *fine*

on-ly our thirst lights us on - wards, on-ly our thirst lights us on - wards. By
 sô-lo la sed nos a - lum - bra, sô-lo la sed nos a - lum - bra. De

mf *pp* *fine* *fine*

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.