

# The Daily Office *and* The Holy Eucharist

*according to*

THE BOOK OF COMMON PRAYER 1979  
and The Hymnal, 1982

*and the use of*

The Chapel of St. Mary the Virgin

**LENT**

**Rite II**



**Nashotah House  
Theological Seminary**

# THE ANGELUS

*The Angelus is a devotion that was traditionally prayed three times daily to commemorate the mystery of the Incarnation, using the words of the Angel Gabriel's annunciation to Mary from St. Luke's Gospel, and words from the Prologue to St. John's Gospel.*

*At Nashotah House, the Angelus is rung at 7:45 AM and 4:30 PM, before each morning and evening Office, and, when classes are in session, at 12:30 pm before lunch, to conclude the second class session. Whether or not one prays this text, all students are to stand respectfully and engage in silent prayer, using this text or another one that is appropriate.*

*The bell tolls three times to begin each of the first three versicles and responses; the bell then tolls nine times (18, because the bell tolls twice with each pull) during the final collect.*

- V. [ring] The angel of the Lord announced unto Mary,  
R. [ring] And she conceived by the Holy Ghost.  
[ring] Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.
- V. [ring] Behold the handmaid of the Lord.  
R. [ring] Be it unto me according to thy Word. Repeat "Hail Mary".
- V. [ring] And the Word was made flesh.  
R. [ring] And dwelt amongst us. Repeat "Hail Mary".
- V. Pray for us, O Holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

Let us pray: [ring 9x]

We beseech thee, O Lord, pour thy grace into our hearts, that we who have known the incarnation of thy Son Jesus Christ, announced by an angel to the Virgin Mary, may by his cross and ✠ passion be brought unto the glory of His resurrection; through the same Christ our Lord. Amen.



# MORNING PRAYER (M-W, F-Sat)

Items in red are used only on Sundays or Major Feasts

Page numbers refer to the Book of Common Prayer, 1979

*The liturgy begins with the ringing of the Angelus (inside cover).*

*All stand in silent prayer.*

**Opening Sentence** Page 75-78

**The Invitatory** ✠ 80

**Psalm 95** 724

*The Officiant says the first half of the Antiphon, and all make the response.*

*V. The Lord is full of compassion and mercy.*

*R. Come let us adore him.*

*The Antiphon is repeated by all at the conclusion, without Gloria Patri.*

**The Psalter** *posted*

*The Gloria Patri is said at the conclusion of each Psalm.*

*Glorify 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 First Lesson** (*Remain seated for a period of silence at the conclusion*)

**The Canticles** (*standing*)

<b>Major Feasts</b>	<b><i>Te Deum</i></b>	<b>95</b>
Sunday	<i>Benedictus Dominus Deus</i>	92
Monday	<i>Benedictus es, Domine</i>	90
Tuesday	<i>Magna et mirabilia</i>	94
Wed/Fri	<i>Kyrie Pantokrator</i>	90
Thursday	<i>Magna et mirabilia</i>	94
Saturday	<i>Benedicite, omnia opera</i>	88

**The Apostles' Creed** (*omitted only on Major Feasts*) 96

**The Prayers** 97-98

**The Lord's Prayer, Suffrages B, the Collect for Ash Wednesday,  
plus the Collects for Peace and Grace.**

**The Grace** ✠ 102

*The Mass normally follows said Morning Prayer.*

*All sit until the Celebrant stands to go to the Altar.*

# THE HOLY EUCHARIST

Items in red are used only on Sundays and Major Feasts

## PREPARATION RITES – THE PENITENTIAL ORDER

*All stand as the Celebrant and assisting ministers come to their places.*

**Opening Acclamation** (*standing; sung on Feasts*)

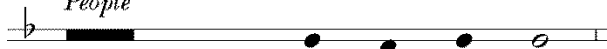
BCP 351

*Celebrant*



✠ Bless the Lord who forgives all our sins.

*People*



His mercy en - dures for ev - er.

**Scriptural bidding** (*standing*)

351-52

**Confession, and Absolution** (*kneeling*)

351-53

**Kyrie** (*standing*)

*posted*

**The Collect of the Day** *At the conclusion, the People respond, Amen*

## LITURGY OF THE WORD

**The First Lesson**

**Sung Gradual** (*seated; sung by the Choral Scholars*)

**The Second Lesson**

**Tract** (*sung by the Choral Scholars*)

**The Gospel**

*Before the Gospel, the People respond, Glory to you, Lord Christ.*

*After the Gospel, the People respond, Praise to you, Lord Christ.*

**The Brief Homily** (*mornings*) or **Sermon** (*Solemn Mass & Sundays*)

**The Nicene Creed** (*Sundays, Major Feasts, and Solemn Mass*)

358

**Prayers of the People** (*standing*)

Sunday	Form I	383
Monday	Form II	385
Tuesday	Form III	387
Wednesday	Form IV	388
Thursday	Form IV	388
Friday	Form V	389
Saturday	Form VI	392

**The Peace**

360

**THE HOLY EUCHARIST**


**Offertory Sentence**

**The Offertory Hymn**

*posted*

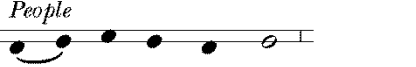
**The Great Thanksgiving** (*sung on Feast Days*)

*Celebrant*




The Lord be with you.

*People*




And al - so with you.

*Celebrant*



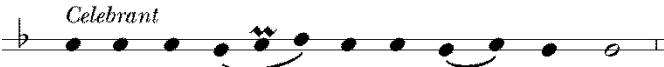
Lift up your hearts.

*People*




We lift them to the Lord.

*Celebrant*



Let us give thanks to the Lord our God.

*People*



It is right to give him thanks and praise.

**Sanctus and Benedictus qui venit**

*posted*

**Eucharistic Prayer** (*kneeling*)

Prayer A – p. 361	Prayer C – p. 369
Prayer B – p. 367	Prayer D – p. 372

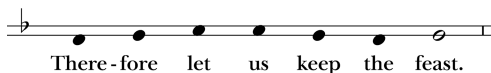
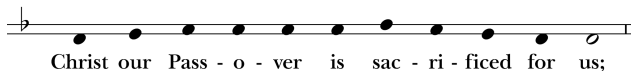
## COMMUNION DEVOTIONS

**The Lord's Prayer** (kneeling; *sung on Feast Days*)

S-119/364

**Fraction Anthem**

364



**Agnus Dei**

*posted*

Lamb of God, you take away the sins of the world:

*Have mercy on us* (2 times)      *Grant us peace* (3<sup>rd</sup> time)

**The Invitation**

365

*All baptized Christians who receive the Eucharist in their home churches, who come in penitence seeking the Body and Blood of Christ, are welcome to receive.*

*The Sacrament is celebrated using wheat bread and fermented grape wine.*

*If you are unable to receive either for any reason, the Church has always taught that to receive the Sacrament is one kind is to receive all the benefits of the Sacrament. If you do not wish to receive the Sacrament for any reason, you may cross your arms and receive a blessing from the priest. If you are not receiving only one of the elements, simply cross your right arm over your chest.*

*You may stand or kneel (on the top step) to receive Communion. The consecrated Bread is received in the hand, right hand placed on top of the left. To receive the consecrated Wine, grasp only the base of the chalice and guide it to your lips. If you require the sacrament to be brought to your seat, please inform the sacristan on duty.*

*The Sacrament is not administered by intinction.*

## CONCLUDING RITES

**The Post-Communion Prayer** (kneeling)

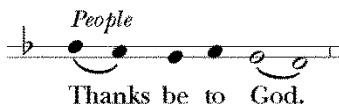
365-66

**Blessing**

366

**Dismissal** (standing; *sung on Feast Days*)

366



*It is customary to remain in one's stall until the Dean and Faculty have exited.*

## **EVENING PRAYER** (*Thur — Sun*)

Items in red are used only on Sundays or Major Feasts

Page numbers refer to the Book of Common Prayer, 1979

*The liturgy begins with the ringing of the Angelus (inside cover).*

*All stand in silent prayer.*

<b>Opening Sentence</b>	BCP 75-78 & 115-16
<b>The Invitatory</b> ✠	117
<i>Phos hilaron</i>	118
<b>The Psalter</b>	<i>posted</i>
<i>The Gloria Patri is said at the conclusion of <u>each</u> Psalm.</i>	
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.	
<b>The First Lesson</b>	
<i>Remain seated for a period of silent meditation at the conclusion</i>	
<b>The Canticle – Magnificat</b> ✠	119
<b>*The Second Lesson</b>	
<i>Remain seated for a period of silent meditation at the conclusion</i>	
<b>*The Canticle – Nunc dimittis</b> ✠	120
<b>*The Apostles' Creed</b>	120
<b>The Prayers</b>	121
<b>The Lord's Prayer, Suffrages A, the Collect of the Day*, and the Collects for Peace and Aid Against Perils.</b>	
<i>Additional intercessions may be added when the Eucharist does not follow the Office.</i>	
<b>*Prayer of St. John Chrysostom</b>	120
<b>The Grace</b> ✠	120

*\*These items are omitted when the Mass follows directly*

# EVENSONG (Monday—Wednesday)

&

# MATINS (Thursdays)

*BCP refers to the Book of Common Prayer, 1979*

*Posted hymn numbers refer to The Hymnal, 1982 (blue cover)*

## THE INVITATORY AND PSALTER

*The liturgy begins with the ringing of the Angelus (inside cover).*

*All stand in silent prayer*

### Opening Sentence

BCP 75-78 & 115-16

### Opening Versicles and Responses

BCP 80, 117

*Officiant: Lord, open our lips*

*O God, make speed to save us*

And our mouth shall proclaim your praise. O Lord, make haste to help us.

Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit. as it was in the be-

gin-ning is now, and will be for-ev-er A-men. (Al-le-lu-ia.)

### Invitatory Psalm or Hymn

*posted/pg. 14*

### The Psalter (standing)

*posted*

*The music comes from The Nashotah House Plainsong Psalter.*

*On Wednesdays the Psalms are sung to Anglican Chant.*

*The Cantor chants the first half of the verse, the People respond with the second half.*

*From that point, the Gospel or Cantoris side sings the even numbered verses, and the Epistle or Decani side sings the odd numbered verses.*

*The Gloria Patri is chanted at the conclusion of each Psalm.*



## THE LESSONS

### The First Lesson (*seated*)

*Remain seated for a period of silent meditation at the conclusion*

### Canticle (*standing*)

*posted/ p. 13*

### The Second Lesson (*seated*)

*Remain seated for a period of silent meditation at the conclusion*

### Canticle (*standing*)

*posted*

### The Apostles' Creed

96, 120

*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.**

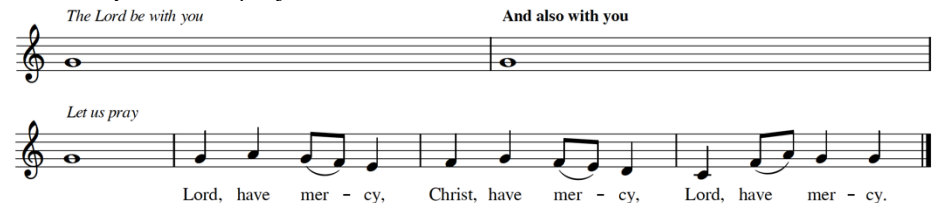
**He will come again to judge the living and the dead.**

**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. ✠ A-men.**

## THE PRAYERS

*All kneel after "let us pray."*

*The Lord be with you* *And also with you*



*Let us pray*

Lord, have mer - cy, Christ, have mer - cy, Lord, have mer - cy.

# The Lord's Prayer

97, 121

*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. **A-men.**

## Suffrages A (at Evensong, M-W)

121

*Show us your mercy, O Lord;*

And grant us your sal - va - tion.

*Clothe your ministers with righteousness;*

Let your peo - ple sing with joy

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

For on - ly in you can we live in safe - ty.

*Lord, keep this nation under your care;*

And guide us in the way of jus - tice and truth

*Let your way be known upon earth;*

Your sav - ing health a - mong all na - tions.

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

Nor the hope of the poor be ta - ken a - way.

*Create in us clean hearts, O God;*

And sus - tain us with your Ho - ly Spi - rit.

Suffrages B (at Matins, Thursdays)

98

23    *Officiant: Save your people...*                      *Day by day we bless you;*

Go - vernand up - hold them, now and al - ways. We praise yourname for - ev - er.

28    *Lord, keep us from all sin today;*                      *Lord, show us your love and mercy;*

Have mer - cy on us, Lord, have mer - cy. For we put our trust in you.

34    *In you, Lord, is our hope;*

And we shall ne - ver hope in vain.

The Officiant then chants the **Collect of the Day**, the **Collect for Peace and Grace** at Matins, and the **Collect for Peace and Aid Against Perils** at Evensong.

37

A - men. A - men. A men.

Intercessions are then offered, which conclude with the Prayer for Nashotah House (see back page).

**Office Hymn (standing)** posted

On occasion, a sermon may be given

If the General Thanksgiving is not said, the Officiant says the Prayer of St. John Chrysostom.

## General Thanksgiving

101, 125

*Said at every Matins and at Evensong on Major Feasts*

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,

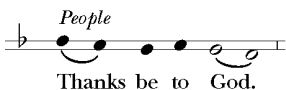
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.

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.

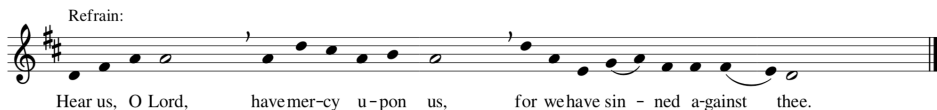
## Dismissal and ✠ Grace

102, 126



*The Officiant then chants a verse from Scripture, the Congregation responds on a single note, Amen.*

## The Lent Prose (*verses sung by Choral Scholars; refrain sung by all*)

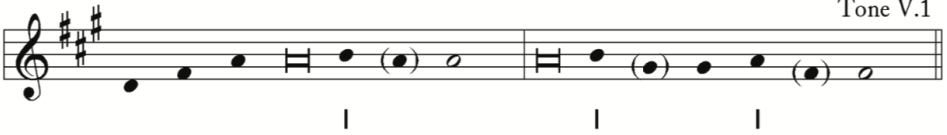


*On Monday—Wednesday during term time, the student body processes out for the Chapter Meeting, a brief time of announcements and other community business dating to the monastic houses of the Middle Ages.*

*On Thursday morning, all sit for the weekly music rehearsal*

## The Song of Mary *Magnificat* Luke 1:46-55

Tone V.1



✠ *My soul* proclaims the greatness of the **Lord**, \*  
my spirit rejoices in **God** my **Savior**;

For he has looked with favor on his lowly **servant**. \*

From this day all generations will **call** me **blessed**:

The Almighty has done great things for **me**, \*  
and **holy** **is** his Name.

He has mercy on those who **fear** him \*  
in every **generation**.

He has shown the strength of his **arm**, \*  
he has scattered the **proud** in **their** conceit.

He has cast down the mighty from their **thrones**, \*  
and has lifted **up** the **lowly**.

He has filled the hungry with **good** things, \*  
and the rich he has **sent** away **empty**.

He has come to the help of his servant **Israel**, \*  
for he has remembered his **promise** of **mercy**,

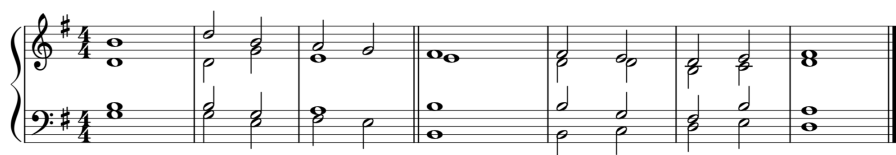
The promise he made to our **fathers**, \*  
to Abraham and his **children** for **ever**.

(*bow*) Glory to the Father, and to the **Son**, \*  
and to the **Holy Spirit**: \* (*rise*)

as it was in the beginning, **is now**, \*  
and will be for **ever**. Amen.

# Phos Hilaron

Geoffrey Williams



O gracious light;  
 pure brightness of the everliving /Father · in/ heaven,  
 O Jesus Christ, /ho/ly and/ blessèd!

Now as we come to the /setting of ·the/ sun,  
 and our eyes be/hold the/ vesper/ light,

We sing your /praises, ·O/ God:  
 Father, /Son, and/ Holy/ Spirit.

You are worthy at /all /times  
 to be /praised by /happy/ voices,

O Son of God, O /Giver · of /Life,  
 and to be /glorified · through/all the/ worlds.

## Missa Brevis

Geoffrey D. Williams

### Kyrie



## Sanctus

$\text{♩} = 70$

51 Ho - ly, ho - ly, ho - ly Lord God of pow - er and

54 might. Heav'n and earth are full of your glo - ry. Ho-san-na in the

58 high - est. Bles-sed is he who comes in the

63 name of the Lord. Ho-san-na in the high - est.

## Agnus Dei

$\text{♩} = 70$

68 Ag - nus De - i, qui tol-lis pec - ca-ta mun - di, mi - se -

71 re - re no - bis. Ag - nus De - i, qui tol - lis pec - ca-ta

74 mun - di, mi - se - re - re no - bis. Ag - nus De - i,

77 qui tol-lis pec - ca-ta mun-di, do - na no-bis pa - cem.

# THE PRAYER FOR NASHOTAH HOUSE

**Bless, O Lord, this House,**

set apart to the glory of thy great name  
and the benefit of thy Holy Church;  
and grant that thy Name may be worshipped here  
in truth and purity to all generations.

Give thy grace and wisdom to all the authorities,  
that they may exercise holy discipline,  
and be themselves patterns of holiness, simplicity, and self-denial.

Bless all who may be trained here;  
take from them all pride, vanity, and self-conceit,  
and give them true humility and self-abasement.

Enlighten their minds, subdue their wills, purify their hearts,  
and so penetrate them with thy Spirit and fill them with thy love,  
that they may go forth animated with earnest zeal for thy glory;  
and may thine ever-living Word so dwell within their hearts,  
that they may speak with that resistless energy of love  
which shall melt the hearts of sinners to the love of thee.

Open, O Lord, the hearts and hands of thy people,  
that they may be ready to give and glad to distribute to our necessities.

Bless the founders and benefactors of this House,  
and recompense them with the riches of thy everlasting kingdom,  
for Jesus' sake. Amen.



## Weekly Schedule - All Services open to the Public

	<u>Morning</u>	<u>Evening</u>
Sunday	<i>(students worship at local parishes)</i>	4:30 Evening Prayer & Mass
Monday—Saturday	7:45 Morning Prayer & Mass	4:30 Evening Prayer
Wednesday (in term only)		5:00 Benediction of the Blessed Sacrament
Thursday (in term only)	7:45 Matins	4:30 Evening Prayer 5:00 Solemn Mass

*During Term Time, the Eucharist is sung Monday-Thursday, Evensong is sung Monday-Wednesday,  
and Matins is sung on Thursdays. Outside of term, all liturgies are said.*

**Dr. Geoffrey Williams – Director of St. Mary's Chapel**

*revised 3-4-2024*