

# **Cathedral Church of St. Mark**

Salt Lake City, Utah



**Light in the Darkness**  
**Contemplative Evening Prayer**

Advent

# EVENING PRAYER RITE II

5:00 p.m.

Officiant — Holly Huff, Lay Associate

Pianist — Chris Wootton    Lay Reader — Brian Savage

Soloists — Deborah Bartlett, Emily Spencer, Knute Rife

The glory of the Lord shall be revealed and all flesh shall see it together.

*Isaiah 40:5*

## 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.

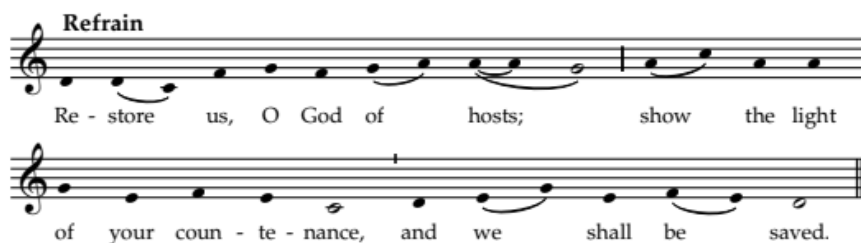
Alleluia.

## Opening Hymn *In the Lord*

Taizé

In the Lord I'll be ev - er thank - ful, In the Lord I will re - joice! Look to God, do not be a -  
fraild. Lift up your voi - ces, the Lord is near. Lift up your voi - ces, the Lord is near. In the

**Psalm 80:1-7, 16-18** *Qui regis Israel*



- 1 Hear, O Shepherd of Israel, leading Joseph like a flock; \*  
shine forth, you that are enthroned upon the cherubim.
- 2 In the presence of Ephraim, Benjamin, and Manasseh, \*  
stir up your strength and come to help us.
- 3 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved. **REFRAIN**
- 4 O Lord God of hosts, \*  
how long will you be angered  
despite the prayers of your people?
- 5 You have fed them with the bread of tears; \*  
you have given them bowls of tears to drink.
- 6 You have made us the derision of our neighbors, \*  
and our enemies laugh us to scorn. **REFRAIN**
- 7 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved.
- 16 Let your hand be upon the man of your right hand, \*  
the son of man you have made so strong for yourself.
- 17 And so will we never turn away from you; \*  
give us life, that we may call upon your Name. **REFRAIN**

# +The Lessons+

## The First Lesson

1 Corinthians 1:3-9

Reader: A reading from the First Letter of Paul to the Corinthians.

Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind-- just as the testimony of Christ has been strengthened among you-- so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

Reader: The Word of the Lord.

*People:* Thanks be to God.

**Canticle** *Bless the Lord, my soul*

Taizé



## The Second Lesson

Mark 13:24-37

Reader: A reading from the Gospel according to St. Mark.

Jesus said, "In those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. Then they will see 'the Son of Man coming in clouds' with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven. From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place.

Heaven and earth will pass away, but my words will not pass away. But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.”

Reader: The Word of the Lord.

*People:* Thanks be to God.

**Guided Lectio Divina**

Holly Huff



## 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.

<i>Officiant</i>	Show us your mercy, O Lord;
<i>People</i>	And grant us your salvation.
<i>Officiant</i>	Clothe your ministers with righteousness;
<i>People</i>	Let your people sing with joy.
<i>Officiant</i>	Give peace, O Lord, in all the world;
<i>People</i>	For only in you can we live in safety.
<i>Officiant</i>	Lord, keep this nation under your care;
<i>People</i>	And guide us in the way of justice and truth.
<i>Officiant</i>	Let your way be known upon earth;
<i>People</i>	Your saving health among all nations.
<i>Officiant</i>	Let not the needy, O Lord, be forgotten;
<i>People</i>	Nor the hope of the poor be taken away.
<i>Officiant</i>	Create in us clean hearts, O God;
<i>People</i>	And sustain us with your Holy Spirit.

## The Collects

Sun of Righteousness, so gloriously risen, shine in our hearts as we celebrate our redemption, that we may see your way to our eternal home, where you reign, one holy and undivided Trinity, now and for ever. *Amen.*

Compassionate God: You so loved the world that you sent us Jesus to bear our infirmities and afflictions. Through acts of healing, he revealed you as the true source of health and salvation. For the sake of your Christ who suffered and died for us, conquered death, and now reigns with you in glory, hear the cry of your people. Have mercy on us, make us whole, and bring us at last into the fullness of your eternal life. *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

Meditative ♩ = 60

By night we has - ten, in dark - ness, to seek for the liv - ing wa - ter,  
De no - che i - rem - os, de no - che, que pa - ra en - con - trar la fuen - te,

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

*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 you 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 or 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](http://wccm.org) for more information.