



GRACE EPISCOPAL CHURCH

PONCA CITY, OKLAHOMA

MONDAY – THURSDAY

THE DAILY OFFICE

8:30AM | MORNING PRAYER

5:00PM | EVENING PRAYER

WELCOME TO GRACE EPISCOPAL CHURCH



Each week here at Grace Church, we maintain a constant rhythm of prayer with the Daily Office -- the historic recitation of Psalms, prayers, and Scripture that has defined the daily lives of Anglican Christians across the world for centuries.

But prayer belongs to every Christian, and our services are open to all who desire to begin or end their day with prayer in the silence of a sacred space.

This bulletin is provided to help you follow along with the “Offices” of Morning and Evening Prayer as found in the Book of Common Prayer, the text which orders our worship and binds us together as Anglicans.

We are glad that you've come to join us in the prayer of the Church.

PRAYER BEFORE OFFICE

Consider preparing your heart, soul, and mind for the Daily Office by quietly saying the following prayers to yourself before the services begin.

Aperi, Domine

Open thou, O Lord, my mouth to bless thy holy Name; cleanse also my heart from all vain, evil, and wandering thoughts; enlighten my understanding; enkindle my affections; that I may say this Office worthily, with attention and devotion, and so be meet to be heard in the presence of thy divine Majesty. Through Christ our Lord. Amen.

The Prayer of St. Gertrude

O Lord, in union with that divine intention wherewith thou thyself on earth didst render thy praises to God, I desire to offer this my Office of prayer unto thee.

PRAYER AFTER OFFICE

After the Offices are concluded and the candles are extinguished, the officiant will say the following prayer to bring our time of prayer to a close.

Sacrosanctae

To God Most Holy, in his Divine Majesty of Trinity in Unity; To Jesus Christ, our Lord and God made man and crucified for us; To Blessed Mary Ever-Virgin, from whose glorious purity he took flesh; And to the entire company of the Saints of God in heaven; Be praise, honour, power, and glory, from every creature on earth: And likewise to us sinners may there be full remission of all our sins: Throughout all ages, world without end. Amen.

THE OFFICE OF MORNING PRAYER

You'll find a Book of Common Prayer (BCP) in the pew rack in front of you. Simply follow along with the page numbers as listed below.

Opening Sentence	BCP 37-40
Confession of Sin (Except during Eastertide)	BCP 41
The Invitatory	BCP 42
The Invitatory Psalm & Antiphon	
Antiphon	BCP 43-44
<i>Venite</i>	BCP 44
Psalm 95 (During Lent)	BCP 146
<i>Pascha nostrum</i> (During Easter Week)	BCP 46
The Psalms	As appointed
The First Lesson	As appointed
The First Canticle	
<i>Benedictus es, Domine</i>	BCP 49
<i>Te Deum laudamus</i> (During festal seasons & on major feast days)	BCP 52
The Second Lesson	As appointed
The Second Canticle	<i>Benedictus Dominus Deus</i> BCP 50
See pgs. 11-14 for the Antiphons appointed for major feast days.	
The Apostles' Creed	<i>See pg. 20 for note.</i> BCP 53
The Prayers	
The Lord's Prayer	BCP 54
Suffrages A	BCP 55
The Collect of the Day	As appointed
The Collects	
Intercessions	
The General Thanksgiving	BCP 58
The Grace	BCP 59

THE OFFICE OF EVENING PRAYER

You'll find a Book of Common Prayer (BCP) in the pew rack in front of you. Simply follow along with the page numbers as listed below.

Opening Sentence		BCP 61-62
Confession of Sin (Except during Eastertide)		BCP 62
The Invitatory		BCP 63
The Psalms		As appointed
The First Lesson		As appointed
The First Canticle	<i>Magnificat</i>	BCP 65
See pgs. 15-20 for the Antiphons appointed for major feast days.		
The Second Lesson*		As appointed
The Second Canticle*	<i>Nunc dimittis</i>	BCP 66
The Apostles' Creed		BCP 66
The Prayers		
The Lord's Prayer		BCP 54
Suffrages A		BCP 55
The Collect of the Day		As appointed
The Collects		
Intercessions		
The Marian Antiphon		See pages 6-10
The General Thanksgiving		BCP 58
The Grace		BCP 59

**The Second Lesson and Second Canticle are only appointed for select days; ordinarily, Evening Prayer is said with only the First Lesson and First Canticle.*

THE MARIAN ANTIPHONS

Traditionally, the Night Office of Compline included seasonal hymns to the Blessed Virgin Mary, known as the Marian Antiphons. We recite these toward the end of Evening Prayer in due veneration of Mary as the Mother of God.

From the First Sunday of Advent to the Feast of the Presentation on February 2:

Alma Redemptoris Mater

Kindly Mother of our Redeemer; great portal of heaven ever open, the sea's far-shining star: O succour thy people who though fallen strive to rise again. O thou who hast brought forth, to all nature's wonder, nature's Lord, thine own Creator: Mother yet a Virgin ever more, who at Gabriel's speaking didst receive the Ave: towards us sinners shew thy pity.

Collect from Advent to Christmas:

Officiant The Angel of the Lord brought tidings to Mary.

People And she conceived by the Holy Ghost.

Officiant Let us pray.

We beseech thee, O Lord, pour thy grace into our hearts: that, as we have known the incarnation of thy Son Jesus Christ by the message of an Angel; so by his Cross and passion we may be brought unto the glory of his resurrection. Through the same Christ our Lord. Amen.

May help divine ☩ be with us all, forever abiding. Amen.

THE MARIAN ANTIPHONS

Alma Redemptoris Mater, continued.

Collect from Christmas to the Presentation:

Officiant After child-bearing thou remainedst a pure Virgin.

People Mother of God, intercede for us.

Officiant Let us pray.

O God, who by the child-bearing of a pure Virgin has bestowed upon all mankind the rewards of everlasting life: grant, we beseech thee; that we may know the succour of her intercession, through whom we have been found worthy to receive the Author of life, even Jesus Christ thy Son our Lord. Amen.

May help divine ☩ be with us all, forever abiding. Amen.

THE MARIAN ANTIPHONS

From the Feast of the Presentation on February 2 through Wednesday of Holy Week:

Ave, Regina caelorum

Hail, O Queen, on high enthroned,
Hail, O Lady, by Angels owned:
Jesse's rod; yea, heaven's portal
Whence hath shone earth's Light immortal:
Hail, O Virgin, most renowned,
For thy grace and beauty crowned:
Hail, O truly worthy Maiden:
Pray Christ for us so burden-laden.

Officiant My praise by thee accepted be, O hallowed Virgin.

People Obtain for me strength against thine enemies.

Officiant Let us pray.

We beseech thee, O Lord, mercifully to assist our infirmity: that like as we do now commemorate blessed Mary Ever-Virgin, Mother of God; so by the help of her intercession we may die to our former sins and rise again to newness of life. Through the same Christ our Lord. Amen.

May help divine ☩ be with us all, forever abiding. Amen.

THE MARIAN ANTIPHONS

From Easter Sunday to Trinity Sunday:

Regina caeli laetare

Rejoice, Queen Mother of heaven, alleluia;
Christ whom meetly thou barest is risen, alleluia;
His foresaying thus fulfilling, alleluia:
Offer to God thy praying, alleluia.

Officiant Rejoice and be exceeding glad, O Virgin Mary, alleluia.

People For the Lord is risen indeed, alleluia.

Officiant Let us pray.

O God, who by the resurrection of thy Son our Lord Jesus Christ hast given joy unto the world: grant, we beseech thee; that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

May help divine ☩ be with us all, forever abiding. Amen.

THE MARIAN ANTIPHONS

From Trinity Sunday to the First Sunday of Advent:

Salve, Regina

All hail, O holy Queen, Mother exceeding merciful; Life's spring, sweet comfort, our Hope-bearer, all hail. To thee our plaint we lift, children of Eve yet in exile. To thee our aspiring, and longing, and weeping, lift we from this vale of sorrow. Ah then, Mary, be our intercessor; hither vouchsafe to turn thine eyes compassionate, and look upon us. And Jesus, blessed Offspring of thy womb, O Mother, shew thou to us when earthly exile endeth. O gentle, O loving, O gracious Virgin Mary.

Officiant Pray for us, O holy Mother of God.

Congregation That we may be worthy of the promises of Christ.

Officiant Let us pray.

Almighty, everlasting God, who by the cooperation of the Holy Ghost didst prepare the body and soul of the glorious Virgin-Mother Mary to become a dwelling-place meet for thy Son: grant that as we rejoice in her commemoration; so by her fervent intercession we may be delivered from present evils and from everlasting death. Through the same Christ our Lord. Amen.

May help ☩ divine be with us all, forever abiding. Amen.

ANTIPHONS ON THE BENEDICTUS

The following Antiphons are said before and after the Benedictus on the appointed days below, with the Officiant saying them before and the Officiant and People together

On the Feast of the Nativity

Glory * to God in the highest, and on earth peace to men of good will, alleluia, alleluia.

On the Feast of the Holy Innocents

From two years old and under, * did Herod slay all the male children, for the sake of the Lord.

On the Feast of the Holy Name

He gave himself * that he might deliver his people, and thereby obtain an everlasting Name, alleluia.

On the Feast of the Epiphany

Today * the Church is joined to her heavenly Bridegroom; because in Jordan Christ hath washed away her offenses: the wise men with their offerings hasten to the royal marriage, and the guests are regaled with water made wine, alleluia.

On the Feast of the Presentation

And when the parents * brought in the Child Jesus, then Simeon took him up In his arms, and blessed God, saying: Lord, now lettest thou thy servant depart in peace.

On Ash Wednesday

When ye fast, * be not, as the hypocrites, of a sad countenance.

On the Feast of St. Joseph

Then Joseph, * being raised from sleep, did as the angel of the Lord had bidden him, and took unto him his wife.

ANTIPHONS ON THE BENEDICTUS

On the Feast of the Annunciation

How shall this be, * O Angel of God, seeing I know not a man? Hearken, O Virgin Mary: The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee.

On Palm Sunday

The multitudes * which came together for the feast day cried unto the Lord: Blessed is he that cometh in the Name of the Lord. Hosanna In the highest.

On Maundy Thursday

Now he that betrayed him * gave them a sign, saying: Whomsoever I shall kiss, that same is he; hold him fast.

On Good Friday

They set up * over his head this accusation written: Jesus of Nazareth, the King of the Jews.

On Easter Day

And very early in the morning * the first day of the week, they came unto the sepulcher at the rising of the sun, alleluia.

On Ascension Day

I ascend * unto my Father, and to your Father: and to my God, and your God, alleluia.

On the Day of Pentecost

Receive ye * the Holy Ghost: whosoever sins ye remit, they are remitted unto them, alleluia.

ANTIPHONS ON THE BENEDICTUS

On Trinity Sunday

Blessed be * the holy Creator and Governor of all things, the holy and undivided Trinity, both now and ever, and to endless ages of ages.

On the Feast of Corpus Christi

I am * the living bread, which came down from heaven: if any man eat of this bread, he shall live forever, alleluia.

On the Feast of the Visitation

When Elizabeth * heard the salutation of Mary, she spake out with a loud voice, and said: Why is this granted me, that the mother of my Lord should come to me? alleluia.

On the Feast of St. John the Baptist

The mouth of Zacharias * was opened, and he prophesied, saying: Blessed be the God of Israel.

On the Feast of St. Mary Magdalene

Mary therefore * anointed the feet of Jesus, and wiped them with her hair, and the house was filled with the odor of the ointment.

On the Feast of the Transfiguration

And behold a voice * out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him, alleluia.

On Holy Cross Day

Thou alone * excellest in stature all the cedars of Lebanon: for on thee the Life of the world was hanged, on thee was Christ victorious, and death over death did forever triumph.

ANTIPHONS ON THE BENEDICTUS

On the Feast of St. Michael and All Angels

There was silence in heaven * while the dragon waged war: and Michael fought against him, and had the victory, alleluia.

On the Feast of All Saints (also suitable for Common of Saints)

The glorious company * of the Apostles praise thee; the goodly fellowship of the Prophets praise thee; the white robed army of Martyrs praise thee; with one heart and voice do all the elect acknowledge thee: O blessed Trinity, one only God.

Common of Feasts of the Blessed Virgin Mary

Blessed art thou, * O Mary, for thou hast believed; and there shall be a performance in thee of those things which were told thee from the Lord, alleluia.

Common of Apostles and Evangelists

Ye which have forsaken all, * and followed me, shall receive a hundred-fold, and shall inherit everlasting life.

Common of Martyrs

He that hateth his life * in this world shall keep it unto life eternal.

ANTIPHONS ON THE MAGNIFICAT

The Great “O” Antiphons

December 16 – *O Sapientia*

O Wisdom, * which camest out of the mouth of the Most High, and reachest from one end to another, mightily and sweetly ordering all things: Come and teach us the way of prudence.

December 17 – *O Adonai*

O Adonai, * and Leader of the house of Israel, who appearedst in the bush to Moses in a name of fire, and gavest him the law in Sinai: Come and redeem us with an outstretched arm.

December 18 – *O Radix Jesse*

O Root of Jesse, * which standest for an ensign of the people, at whom kings shall shut their mouths, unto whom the Gentiles shall seek: Come and deliver us, and tarry not.

December 19 – *O Clavis David*

O Key of David, * and Scepter of the house of Israel; that openest and no man shutteth, and shutteth and no man openeth: Come, and bring the prisoners out of the prison-house, them that sit in darkness and the shadow of death.

December 20 – *O Oriens*

O Day-spring, * Brightness of the Light everlasting, and Sun of righteousness: Come and enlighten them that sit in darkness and the shadow of death.

December 21 – *O Rex gentium*

O King of Nations, * and their Desire; the Cornerstone, who makest both one: Come and save mankind, whom thou formedst of clay.

ANTIPHONS ON THE MAGNIFICAT

December 22 – *O Emmanuel*

O Emmanuel, * our King and Lawgiver, the Desire of all nations and their Salvation: Come and save us, O Lord our God.

December 23 – *O Virgo virginum*

O Virgin of Virgins, * how shall this be? for neither before thee was any seen like thee, nor shall there be after. Daughters of Jerusalem, why marvel ye at me? The thing which ye behold is a divine mystery.

On the Feast of the Nativity

Today * the Christ is born; today hath a Savior appeared: today on earth Angels are singing, Archangels rejoicing: today the righteous exult and say, Glory to God in the highest, alleluia.

On the Feast of the Holy Innocents

Then were innocent children * slain instead of Christ by a wicked ruler; the very sucklings were put to death: spotless, they followed the Lamb himself, and say forever: Glory be to thee, O Lord.

On the Feast of the Holy Name

Thou shalt call * his Name Jesus, for he shall save his people from their sins, alleluia.

On the Feast of the Epiphany

Now do we celebrate * a holy day adorned by three miracles: today a star led the wise men to the manger; today water was made wine at the wedding feast; today Christ vouchsafed to be baptized of John in Jordan that he might save us, alleluia.

ANTIPHONS ON THE MAGNIFICAT

On the Feast of the Presentation

Today * the blessed Virgin Mary presented the Child Jesus in the temple; and Simeon, filled with the Holy Spirit, received him into his arms, and blessed God for ever.

On Ash Wednesday

Lay up for yourselves * treasures in heaven, where neither moth nor rust doth corrupt.

On the Feast of St. Joseph

Behold a faithful * and wise servant, whom his Lord hath made ruler over his household.

On the Feast of the Annunciation

The Angel Gabriel * spake unto Mary, saying: Hail, thou that art full of grace, the Lord is with thee; blessed art thou among women.

On Palm Sunday

For it is written, * I will smite the shepherd, and the sheep shall be scattered. But after I am risen again, I will go before you into Galilee: there shall you see me, saith the Lord.

On Maundy Thursday

As they were eating, * Jesus took bread, and blessed it, and brake it, and gave it to his disciples.

On Good Friday

When he had received * the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

On Easter Day

And when they looked, * they saw that the stone was rolled away: for it was very great, alleluia.

ANTIPHONS ON THE MAGNIFICAT

On Ascension Day

O King of glory, * thou Lord of Sabaoth, who triumphing today hast ascended above all heavens, leave us not comfortless; but send on us the promise of the Father, even the Spirit of truth, alleluia.

On the Day of Pentecost

Today * are fulfilled the days of Pentecost, alleluia: today the Holy Spirit appeared in fire to the disciples, and bestowed upon them his manifold graces: sending them into all the world, to preach the gospel, and to testify: He that believeth and is baptized shall be saved, alleluia.

On Trinity Sunday

Thee, O God, * the Father unbegotten; thee, O only begotten Son; thee, O Holy Spirit, the Paraclete; holy and undivided Trinity: with our whole heart and mouth we confess thee: to thee be glory for ever and ever.

On the Feast of Corpus Christi

O sacred banquet, * wherein Christ is received, the memory of his Passion is renewed; the soul with grace is filled, and a pledge of future glory is bestowed, alleluia.

On the Feast of the Visitation

All generations * shall call me blessed: for God hath regarded the lowliness of his handmaiden, alleluia.

On the Feast of St. John the Baptist

The child * that is born unto us is more than a prophet; for this is he of whom the Savior saith: Among them that are born of woman, there hath not risen one greater than John the Baptist.

ANTIPHONS ON THE MAGNIFICAT

On the Feast of St. Mary Magdalene

A woman * in the city, which was a sinner, brought an alabaster box of ointment, and stood at the Lord's feet, and began to wash his feet with tears, and did wipe them with the hairs of her head.

On the Feast of the Transfiguration

And when the disciples heard it, * they fell on their face, and were sore afraid: and Jesus came and touched them, and said, Arise, and be not afraid, alleluia.

On Holy Cross Day

O Cross, * surpassing all the stars in splendor, world renowned, exceeding dear unto the hearts of men, holier than all things: thou only wert counted worthy to uphold the world's ransom. Sweet the wood, sweet the iron, bearing so sweet a burden: bring aid to this congregation, who are here assembled to celebrate thy praises.

On the Feast of St. Michael and All Angels

O Prince most glorious, * Michael the Archangel, keep us in remembrance: here and everywhere, always, entreat the Son of God for us, alleluia, alleluia.

On the Feast of All Saints (also suitable for Common of Saints)

O how glorious * is the kingdom wherein all the Saints rejoice with Christ; arrayed in white robes, they follow the Lamb whithersoever he goeth.

Common of Feasts of the Blessed Virgin Mary

All generations * shall call me blessed: for God hath regarded the lowliness of his handmaiden.

ANTIPHONS ON THE MAGNIFICAT

Common of Apostles and Evangelists

They will deliver you up * to the councils, and they will scourge you in their synagogues; and ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles.

Common of Martyrs

Whosoever will come after me, * let him deny himself, and take up his cross, and follow me.

THE CREED OF ST. ATHANASIUS

On the following feast days, it is customary at Morning Prayer to replace the Apostles' Creed with the Creed of St. Athanasius, otherwise known as the *Quicumque vult*.

- Christmas Day
- The Epiphany
- The Feast of St. Matthias
- Easter Day
- Ascension Day
- Pentecost Sunday
- The Nativity of St. John the Baptist
- The Feast of St. James
- The Feast of St. Bartholomew
- The Feast of St. Matthew
- The Feast of St. Simon and St. Jude
- The Feast of St. Andrew
- Trinity Sunday

THE CREED OF ST. ATHANASIUS

Whosoever will be saved, before all things it is necessary that he hold the Catholic Faith.

Which Faith except everyone do keep whole and undefiled, without doubt he shall perish everlastingly.

And the Catholic Faith is this: That we worship one God in Trinity, and Trinity in Unity,

Neither confounding the Persons, nor dividing the Substance.

For there is one Person of the Father, another of the Son, and another of the Holy Ghost.

But the Godhead of the Father, of the Son, and of the Holy Ghost, is all one, the Glory equal, the Majesty co-eternal.

Such as the Father is, such is the Son, and such is the Holy Ghost.

The Father uncreate, the Son uncreate, and the Holy Ghost uncreate.

The Father incomprehensible, the Son incomprehensible, and the Holy Ghost incomprehensible.

The Father eternal, the Son eternal, and the Holy Ghost eternal.

And yet they are not three eternals, but one eternal.

As also there are not three incomprehensibles, nor three uncreated, but one uncreated, and one incomprehensible.

So likewise the Father is Almighty, the Son Almighty, and the Holy Ghost Almighty.

And yet they are not three Almightyies, but one Almighty.

So the Father is God, the Son is God, and the Holy Ghost is God.

And yet they are not three Gods, but one God.

THE CREED OF ST. ATHANASIUS

So likewise the Father is Lord, the Son Lord, and the Holy Ghost Lord.

And yet not three Lords, but one Lord.

For like as we are compelled by the Christian verity to acknowledge every Person by himself to be both God and Lord,

So are we forbidden by the Catholic Religion, to say, There be three Gods, or three Lords.

The Father is made of none, neither created, nor begotten.

The Son is of the Father alone, not made, nor created, but begotten.

The Holy Ghost is of the Father and of the Son, neither made, nor created, nor begotten, but proceeding.

So there is one Father, not three Fathers; one Son, not three Sons; one Holy Ghost, not three Holy Ghosts.

And in this Trinity none is afore, or after other; none is greater, or less than another;

But the whole three Persons are co-eternal together and co-equal.

So that in all things, as is aforesaid, the Unity in Trinity and the Trinity in Unity is to be worshipped.

He therefore that will be saved must think thus of the Trinity.

Furthermore, it is necessary to everlasting salvation that he also believe rightly the Incarnation of our Lord Jesus Christ.

For the right Faith is, that we believe and confess, that our Lord Jesus Christ, the Son of God, is God and Man;

God, of the substance of the Father, begotten before the worlds; and Man of the substance of his Mother, born in the world;

THE CREED OF ST. ATHANASIUS

Perfect God and perfect Man, of a reasonable soul and human flesh subsisting.

Equal to the Father, as touching his Godhead; and inferior to the Father, as touching his manhood;

Who, although he be God and Man, yet he is not two, but one Christ;

One, not by conversion of the Godhead into flesh but by taking of the Manhood into God;

One altogether; not by confusion of Substance, but by unity of Person.

For as the reasonable soul and flesh is one man, so God and Man is one Christ;

Who suffered for our salvation, descended into hell, rose again the third day from the dead.

He ascended into heaven, he sitteth at the right hand of the Father, God Almighty, from whence he will come to judge the quick and the dead.

At whose coming all men will rise again with their bodies and shall give account for their own works.

And they that have done good shall go into life everlasting; and they that have done evil into everlasting fire.

This is the Catholic Faith, which except a man believe faithfully, he cannot be saved.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.