

# **Psalms, readings and collect**

**Date:** 30<sup>th</sup> March – Holy Monday

*For Holy Monday to Holy Wednesday people will variously decide to use the Office or the form of Spiritual Communion or both. Readings &c are, therefore, provided for both. However, it is the philosophy of the provision that if you only celebrate the Office, you should use the Gospel\* reading from the Act of Spiritual Communion.*

## **Office**

### **Psalm:**

(41) BLESSED is he that considereth the poor and needy : the Lord shall deliver him in the time of trouble.

2 The Lord preserve him, and keep him alive, that he may be blessed upon earth : and deliver not thou him into the will of his enemies.

3 The Lord comfort him, when he lieth sick upon his bed : make thou all his bed in his sickness.

4 I said, Lord, be merciful unto me : heal my soul, for I have sinned against thee.

5 Mine enemies speak evil of me : When shall he die, and his name perish?

6 And if he come to see me, he speaketh vanity: and his heart conceiveth falsehood within himself, and when he cometh forth he telleth it.

7 All mine enemies whisper together against me: even against me do they imagine this evil.

8 Let the sentence of guiltiness proceed against him : and now that he lieth, let him rise up no more.

9 Yea, even mine own familiar friend, whom I trusted : who did also eat of my bread, hath laid great wait for me.

10 But be thou merciful unto me, O Lord : raise thou me up again, and I shall reward them.

11 By this I know thou favourest me : that mine enemy doth not triumph against me.

12 And when I am in my health, thou upholdest me : and shalt set me before thy face for ever.

13 Blessed be the Lord God of Israel : world without end. Amen.

Glory be to the Father and to the Son: and to the Holy Ghost.

As it was in the beginning, is now and ever shall be: world without end. Amen.

### **Reading:**

A Reading from the Book of Lamentations.

How lonely sits the city that was full of people! How like a widow has she become, she that was great among the nations! She that was a princess among the cities has become a vassal. She weeps bitterly in the night, tears on her cheeks; among all her lovers she has none to comfort her; all her friends have dealt treacherously with her, they have become her enemies. Judah has gone into exile because of affliction and hard servitude; she dwells now among the nations, but finds no resting place; her pursuers have all overtaken her in the midst of her distress. The roads to Zion mourn, for none come to the appointed feasts; all her gates are

desolate, her priests groan; her maidens have been dragged away, and she herself suffers bitterly. Her foes have become the head, her enemies prosper, because the LORD has made her suffer for the multitude of her transgressions; her children have gone away, captives before the foe. From the daughter of Zion has departed all her majesty. Her princes have become like harts that find no pasture; they fled without strength before the pursuer. Jerusalem remembers in the days of her affliction and bitterness all the precious things that were hers from days of old. When her people fell into the hand of the foe, and there was none to help her, the foe gloated over her, mocking at her downfall. Jerusalem sinned grievously, therefore she became filthy; all who honoured her despise her, for they have seen her nakedness; yea, she herself groans, and turns her face away. Her uncleanness was in her skirts; she took no thought of her doom; therefore her fall is terrible, she has no comforter. O LORD, behold my affliction, for the enemy has triumphed!" The enemy has stretched out his hands over all her precious things; yea, she has seen the nations invade her sanctuary, those whom thou didst forbid to enter thy congregation. All her people groan as they search for bread; they trade their treasures for food to revive their strength. "Look, O LORD, and behold, for I am despised." "Is it nothing to you, all you who pass by?"

### **Collect of the day:**

Almighty and everlasting God, Who, of Thy tender love towards mankind, hast sent Thy Son our Saviour Jesus Christ, to take upon Him our flesh, and to suffer death upon the Cross, that all mankind should follow the example of his great humility: Mercifully grant, that we may both follow the example of His patience, and also be made partakers of His Resurrection; through Jesus Christ Thy Son our Lord; Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, throughout all ages world without end. Amen.

## **Act of Spiritual Communion**

### **Collect:**

Almighty God, Whose Son was crucified yet entered into glory; may we, walking in the way of the Cross, find it for us the way of life; through Jesus Christ, Your Son, our Lord, Who is alive and reigns with You and the Holy Spirit, God, throughout all ages, world without end.

### **First Reading:**

A Reading from the Book of the Prophet Isaiah.

Behold my servant, whom I uphold, my chosen, in whom my soul delights; I have put my Spirit upon him, he will bring forth justice to the nations. He will not cry or lift up his voice, or make it heard in the street; a bruised reed he will not break, and a dimly burning wick he will not quench; he will faithfully bring forth justice. He will not fail or be discouraged till he has established justice in the earth; and the coastlands wait for his law. Thus says God, the LORD, who created the heavens and stretched them out, who spread forth the earth and what comes from it, who gives breath to the people upon it and spirit to those who walk in it: "I am the LORD, I have called you in righteousness, I have taken you by the hand and kept you; I have given you as a covenant to the people, a light to the nations, to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness.

**Psalm:**

The Lord is my light and my salvation; whom then shall I fear? ♦ The Lord is the strength of my life; of whom then shall I be afraid?

When the wicked, even my enemies and my foes, came upon me to eat up my flesh, ♦ they stumbled and fell.

Though a host encamp against me, my heart shall not be afraid, ♦ and though there rise up war against me, yet will I put my trust in him.

I believe that I shall see the goodness of the Lord ♦ in the land of the living.

Wait for the Lord; be strong and he shall comfort your heart; ♦ wait patiently for the Lord.

**\* Gospel:**

A Reading from the Gospel according to Saint John.

Six days before the Passover, Jesus came to Bethany, where Laz'arus was, whom Jesus had raised from the dead. There they made him a supper; Martha served, and Laz'arus was one of those at table with him. Mary took a pound of costly ointment of pure nard and anointed the feet of Jesus and wiped his feet with her hair; and the house was filled with the fragrance of the ointment. But Judas Iscariot, one of his disciples (he who was to betray him), said, "Why was this ointment not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor but because he was a thief, and as he had the money box he used to take what was put into it. Jesus said, "Let her alone, let her keep it for the day of my burial. The poor you always have with you, but you do not always have me." When the great crowd of the Jews learned that he was there, they came, not only on account of Jesus but also to see Laz'arus, whom he had raised from the dead. So the chief priests planned to put Laz'arus also to death, because on account of him many of the Jews were going away and believing in Jesus.

**Intercessions:**

Lord, our Light and our Help, uphold Your servant, the Church, and endow us with Your Spirit that we may bring Christ's Gospel to the nations: Lord, in Your mercy ... hear our prayer.

Lord, our Light and our Help, Who gave shape to the earth and breath to its people, establish Your true justice in all the world: Lord, in Your mercy ... hear our prayer.

Lord our Light and our Help, for whose law the lands of this world await, strengthen those oppressed by persecution, poverty and tyranny: Lord, in Your mercy ... hear our prayer.

Lord, our Light and our Help, as Mary anointed the feet of Jesus, pour Your healing balm on all who suffer from sickness and anxiety, abuse and prejudice: Lord, in Your mercy ... hear our prayer.

Lord our Light and our Help, Whose Son raised Lazarus from the dead, grant that all who have died may see Your infinite goodness in the land of the living: Lord, in Your mercy ... hear our prayer.

**Prayer after Communion:**

God of our salvation, in this Eucharist You have renewed us in Your covenant. Help us to follow in the path of Him Who came to open the eyes of the blind and bring prisoners out of darkness, Jesus Christ our Lord.