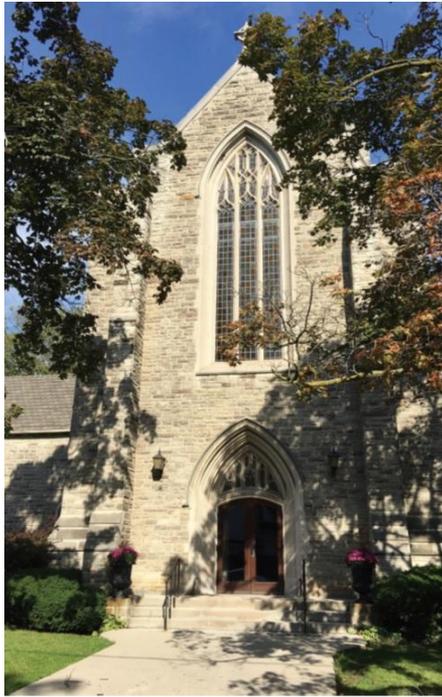


# Welcome to St Timothy's

Living our faith in Jesus Christ  
with Open Arms, Open Hearts, Open Minds

## Morning Prayer

March 16th, 2026 at 9:30am



Welcome to St. Timothy's! We are an Anglican church with a deep commitment to community. We seek to live our faith in a spirit of welcome for all, compassion for those in need, and a willingness to approach our faith and our culture with inquiring minds.

We are people who, together, long to welcome, serve, and understand. We hope that you will experience that welcome and, if you are a visitor, consider making us your church home.

# *Lenten FERIA*

*Please turn off your video and mute yourself  
before the service begins.*

*Welcome*

*Opening Sentences*

Leader: O Lord, open our lips,

**All: and our mouth shall proclaim your praise.**

Leader: Hear our voice, O Lord, according to your faithful  
love,

**All: according to your judgement give us life.**

*A Song of Penitence*

Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion  
blot out my offences.

**Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

For I acknowledge my faults  
and my sin is ever before me.

**Against you only have I sinned  
and done what is evil in your sight,**

So that you are justified in your sentence  
and righteous in your judgement.

**Cast me not away from your presence  
and take not your holy spirit from me.**

Give me again the joy of your salvation  
and sustain me with your gracious spirit;

**Then shall I teach your ways to the wicked  
and sinners shall return to you.**

Deliver me from my guilt, O God,  
the God of my salvation,  
and my tongue shall sing of your righteousness.

Glory to the Father and to the Son  
and to the Holy Spirit;

**as it was in the beginning is now  
and shall be for ever. Amen.**

Leader: The night has passed, and the day lies open  
before us; let us pray with one heart and mind.

*Silence is kept.*

Leader: As we rejoice in the gift of this new day, so may  
the light of your presence, O God, set our hearts  
on fire with love for you; now and for ever.

**All: Amen.**

*Psalm 89: 5 – 16*

Let the heavens praise your wonders, O Lord,  
your faithfulness in the assembly of the holy ones.

**For who in the skies can be compared to the Lord?**

Who among the heavenly beings is like the Lord,  
a God feared in the council of the holy ones,  
great and awesome above all that are around him?

**O Lord God of hosts,  
who is as mighty as you, O Lord?**

Your faithfulness surrounds you.

**You rule the raging of the sea;  
when its waves rise, you still them.**

You crushed Rahab like a carcass;  
you scattered your enemies with your mighty arm.

**The heavens are yours, the earth also is yours;  
the world and all that is in it—you have founded  
them.**

The north and the south—you created them;  
Tabor and Hermon joyously praise your name.

**You have a mighty arm;  
strong is your hand, high your right hand.**

Righteousness and justice are the foundation of your throne;  
steadfast love and faithfulness go before you.

**Happy are the people who know the festal shout,  
who walk, O Lord, in the light of your countenance;  
they exult in your name all day long,  
and extol your righteousness.**

Glory to the Father and to the Son  
and to the Holy Spirit;  
**as it was in the beginning is now  
and shall be for ever. Amen.**

### *Reading*

From there Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go—the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone.

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, 'Ephphatha', that is, 'Be opened.' And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they

proclaimed it. They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

*Mark 7: 24 - 37*

Reader: Listen to what the Spirit is saying to the churches.  
**All: Thanks be to God.**

### *Thought for the Day*

*Silent reflection.*

### *Prayers of Intercession*

Leader: We come before the Son of God, crucified and risen, who eternally intercedes for us to the Father, saying, "Lord, have mercy."

For the one holy catholic and apostolic Church throughout the world, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For those preparing for baptism and for their teachers and sponsors, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For the poor, the persecuted, refugees, prisoners, and all in danger; for the sick, and all who suffer (especially ...); that they may be relieved and protected, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For all whom we have injured or offended, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: Lord, you brought us the gift of life and opened the way to unending joy. For (... and) all those who have died, we pray to you, Lord.

**All: Lord, have mercy.**

Leader: For grace to amend our lives and to further the reign of God, we pray to you, Lord.

**All: Lord, have mercy. Amen.**

### *The Collect for the Day*

Leader: Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered from the chains of those  
sins

which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ's sake, our blessed Lord and  
Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**All: Amen.**

*The Lord's Prayer*

Leader: Trusting in the compassion of God,  
let us pray with confidence as our Saviour has  
taught us,

**All: 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,  
the power and the glory,  
for ever and ever. Amen.**

## *The Dismissal*

Leader: May God our Redeemer show us compassion and love.

**All: Amen.**

Leader: Let us bless the Lord.

**All: Thanks be to God.**