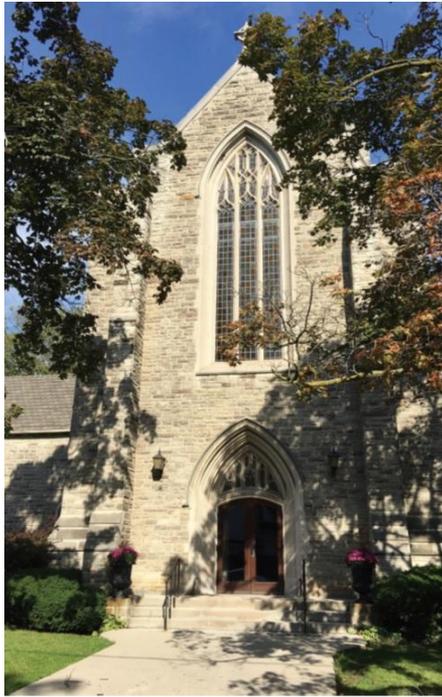


# Welcome to St Timothy's

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

## Morning Prayer

March 20th, 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 102 (selected verses)*

You, O Lord, are enthroned for ever;  
your name endures to all generations.

**You will rise up and have compassion on Zion,  
for it is time to favour it;  
the appointed time has come.**

For your servants hold its stones dear,  
and have pity on its dust.

**The nations will fear the name of the Lord,  
and all the kings of the earth your glory.**

For the Lord will build up Zion;  
he will appear in his glory.

**He will regard the prayer of the destitute,  
and will not despise their prayer.**

Let this be recorded for a generation to come,  
so that a people yet unborn may praise the Lord:  
that he looked down from his holy height,  
from heaven the Lord looked at the earth,

**to hear the groans of the prisoners,  
to set free those who were doomed to die;  
so that the name of the Lord may be declared in Zion,  
and his praise in Jerusalem,  
when peoples gather together,  
and kingdoms, to worship the Lord.**

Long ago you laid the foundation of the earth,  
and the heavens are the work of your hands.

**They will perish, but you endure;  
they will all wear out like a garment.**

You change them like clothing, and they pass away;  
but you are the same, and your years have no end.

**The children of your servants shall live secure;  
their offspring shall be established in your presence.**

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*

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean. Then they asked him, 'Why do the scribes say that Elijah must come first?' He said to them, 'Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt? But I tell you that Elijah has come,

and they did to him whatever they pleased, as it is written about him.'

*Mark 9: 2 - 13*

Reader: Listen to what the Spirit is saying to the churches.

**All: Thanks be to God.**

*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.**