

**Daily Morning Prayer**  
**Lent and Easter Seasons**  
**Grace and Holy Trinity Church**



**WHAT?** A brief morning service anchored in Scripture, prayer, and praise.

**WHEN?** 8:10 to 8:30 a.m., every Monday, Tuesday, Wednesday, Thursday, and Friday.

**WHERE?** Columbarium Chapel of the Resurrection.  
Enter directly from Laurel Street.

**WHO?** Anyone and everyone who can attend on any weekday during Lent and Easter season.

**WHY?** To grow in our devotion to God.

## Learn more...

The reading of Scripture and praying of psalms – prolonged over many days, weeks, months, and liturgical seasons – is remarkably effective toward grounding us in God.

Participation in the Daily Office (not necessarily every day, but far more frequently than Sunday worship alone) has been called *paschalization*. That simply means reproducing in the individual and community the pattern of Christ's death and resurrection.

Since the Church's earliest days, the faithful have offered prayer and praise to God through the Daily Office. The form for Morning Prayer can include confession-absolution, canticles, recitation of a portion of the Psalter (psalms), readings from Scripture, fixed collect(s) and the General Thanksgiving. Since not all of these elements are required, the service can be made shorter or longer to match the time available.

If you're an Episcopalian of a certain age, you likely remember Morning Prayer as the 11:00 a.m. service on Sundays. The great canticles, for instance: Venite, Jubilate Deo, Benedictus, Te Deum Laudamus and others. The great collects: "Almighty God, who hast brought us in safety to this new day, defend us in the same by thy might power ...." Even as a young boy, I was moved by the splendid solemnity of the words and the singing.

In the decades since becoming a priest, my faith has been buoyed by Morning Prayer in, so to speak, "a different key." Not on Sundays, but on weekdays. A briefer and quieter service, earlier in the day, before I undertake the quotidian

duties of work and the pleasures of rest and recreation. At the final Amen, I leave more centered and grounded for the day ahead than when I arrived.

Is praise of God a learned response, or a spontaneous emotion, or both? Sometimes my heart *naturally* flows over, in love, gratitude, and awe. But praise is also *learned*, or at least practiced, to deepen one's capacity for it. I find Morning Prayer on the days between Sundays a good setting for the practice of praise. I invite you to experiment with whether it works for you.

The Rev. Bruce Birdsey, longtime Episcopal priest and recent worshiper at GHTC, will lead this service at 8:10 a.m. Monday through Friday during Lent and the Great Fifty Days that follow Easter Sunday: that is from March 2, the day after Ash Wednesday, to June 2, the Friday before Pentecost. You are welcome to come and "check out" whether such regularity of prayer and praise (not necessarily every day but as individual schedules permit) gives meaning to your week and deepens your devotion to Christ and his Church.

We will evaluate the effectiveness of this offering as it goes along and decide in the spring whether to continue it. The chief marker of "success" will be the work of the Holy Spirit in creating a community at GHTC who profit from this time-honored tradition of the Christian Church.

*(The Rev.) Bruce Birdsey, GHTC worshiper*

Grace and Holy Trinity Episcopal Church

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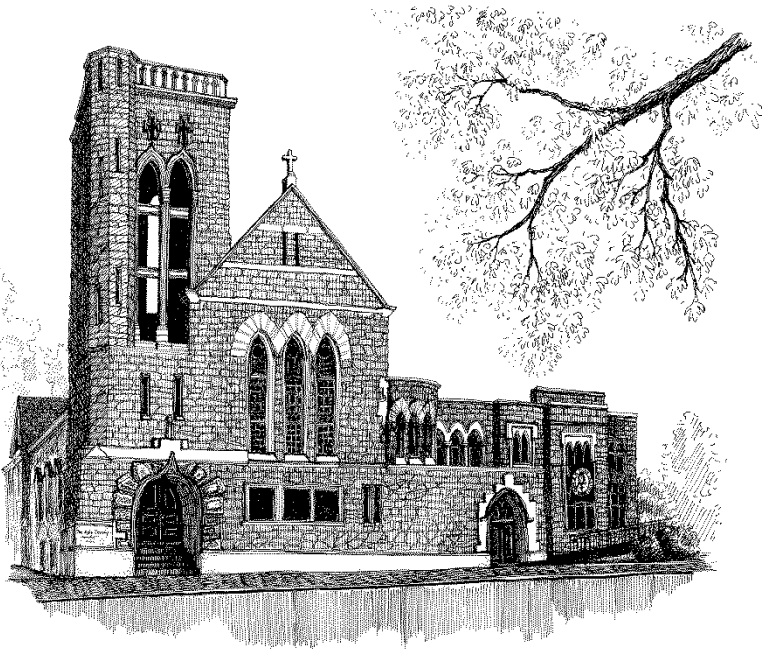
804-359-5628

[www.ghtc.org](http://www.ghtc.org)

**Worship**

Sunday at 7:45, 8:45, and 11:00 a.m. and 5:00 p.m.

Friday at 12:30 p.m.



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Episcopal Church

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