

Evening Prayer

October 14, 2026

Wednesday after the Twentieth Sunday after Pentecost

[Teresa of Avila, Reformer and Contemplative \(October 1582\)](#)

Jesus said, "I am the light of the world; whoever follows me will not walk in darkness, but will have the light of life." *John 8:12*

Confession of Sin

Let us confess our sins against God and our neighbor.

Silence may be kept.

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Invitatory and Psalter

Officiant O God, make speed to save us.

People O Lord, make haste to help us.

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

O Gracious Light

O gracious light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

Psalm 42 Quemadmodum

1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.

**2 My soul is a thirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?**

3 My tears have been my food day and night, *
while all day long they say to me,
"Where now is your God?"

**4 I pour out my soul when I think on these things; *
how I went with the multitude and led them into the
house of God,**

5 With the voice of praise and thanksgiving, *
among those who keep holy-day.

**6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?**

7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

**8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of Hermon.**

9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.

**10 The Lord grants his loving-kindness in the daytime; *
in the night season his song is with me,
a prayer to the God of my life.**

11 I will say to the God of my strength,
"Why have you forgotten me? *
and why do I go so heavily while the enemy
oppresses me?"

**12 While my bones are being broken, *
my enemies mock me to my face;**

13 All day long they mock me *
and say to me, "Where now is your God?"

**14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?**

15 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

The Lessons

The First Lesson: Romans 8:22-27

We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in^{*} hope we were saved. Now hope that is seen is not hope. For who hopes or what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

The Word of the Lord.

Thanks be to God.

Q. A Song of Christ's Goodness

Anselm of Canterbury

Jesus, as a mother you gather your people to you; *
you are gentle with us as a mother with her children.
Often you weep over our sins and our pride, *
tenderly you draw us from hatred and judgment.
You comfort us in sorrow and bind up our wounds, *
in sickness you nurse us and with pure milk you feed us.
Jesus, by your dying, we are born to new life; *
by your anguish and labor we come forth in joy.
Despair turns to hope through your sweet goodness; *
through your gentleness, we find comfort in fear.
Your warmth gives life to the dead, *
your touch makes sinners righteous.
Lord Jesus, in your mercy, heal us; *
in your love and tenderness, remake us.
In your compassion, bring grace and forgiveness, *
for the beauty of heaven, may your love prepare us.

The Second Lesson: Mark 1:35-39

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

The Word of the Lord.

Thanks be to God.

N. A Song of God's Love

1 John 4:7-11

Beloved, let us love one another, *
for love is of God.
Whoever does not love does not know God, *
for God is Love.
In this the love of God was revealed among us, *
that God sent his only Son into the world, so that we might live through
Jesus Christ.
In this is love, not that we loved God but that God loved us *
and sent his Son that sins might be forgiven.
Beloved, since God loved us so much, *
we ought also to love one another.

**For if we love one another, God abides in us, *
and God's love will be perfected in us.**

Reflection

Teresa of Ávila, religious name Teresa of Jesus, was a Carmelite nun, prominent Spanish mystic and spiritual reformer. Active during the Counter-Reformation, Teresa became the central figure of a movement of spiritual and monastic renewal, reforming the Carmelite orders of both women and men. In 1970, Teresa was one of 2 women declared 'Doctor of the Church' by the Roman Catholic Church because of her mystical contemplative works.

Quotes:

“We can only learn to know ourselves and do what we can, namely, surrender our will and fulfill God's will in us.”

“... it is presumptuous in me to wish to choose my path, because I cannot tell which path is best for me. I must leave it to the Lord, Who knows me, to lead me by the path which is best for me, so that in all things His will may be done.”
— Teresa of Ávila, Interior Castle

“Christ has no body now on earth but yours,
no hands but yours,
no feet but yours,
Yours are the eyes through which to look out
Christ's compassion to the world
Yours are the feet with which he is to go about
doing good;
Yours are the hands with which he is to bless men now”
– **Attributed to St. Teresa of Avila inspired by her contemplative works**

How does Teresa of Avila's profound faith and messages above impact your life and/ or how you think about your role in this world

The Apostles' Creed

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**I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.**

On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers

Officiant The Lord be with you.
People And also with you.
Officiant Let us pray.

The Lord's Prayer

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,
and the power, and the glory,
for ever and ever. Amen.

Suffrages A

V. Show us your mercy, O Lord;
R. **And grant us your salvation.**
V. Clothe your ministers with righteousness;
R. **Let your people sing with joy.**
V. Give peace, O Lord, in all the world;
R. **For only in you can we live in safety.**
V. Lord, keep this nation under your care;

R. **And guide us in the way of justice and truth.**
 V. Let your way be known upon earth;
 R. **Your saving health among all nations.**
 V. Let not the needy, O Lord, be forgotten;
 R. **Nor the hope of the poor be taken away.**
 V. Create in us clean hearts, O God;
 R. **And sustain us with your Holy Spirit.**

The Collect of the Day

Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Commemoration: Teresá of Avila

O God, by your Holy Spirit you moved Teresá of Avila to manifest to your Church the way of perfection: Grant us, we pray, to be nourished by her teaching, and enkindle within us a keen and unquenchable longing for true holiness; through Jesus Christ, the joy of loving hearts, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

A Collect for Peace

Most holy God, the source of all good desires, all right judgements, and all just works: Give to us, your servants, that peace which the world cannot give, so that our minds may be fixed on the doing of your will, and that we, being delivered from the fear of all enemies, may live in peace and quietness; through the mercies of Christ Jesus our Savior. **Amen.**

A Prayer for Mission

O God, you manifest in your servants the signs of your presence: Send forth upon us the spirit of love, that in companionship with one another your abounding grace may increase among us; through Jesus Christ our Lord. **Amen.**

We pray for healing for those on the parish prayer list, including: Andrew, Debbie and Evelyn Bourne, Peter Brown, Ally Bush, Lydia Cedrone, John Claya, Jacob DeCarlen-Bumiller, John DeNatale, Donna, Peggy Downs, Erica, Kristen Goddard, Michelle Hager, CJ, Ginny Johnson, Jonathan, Chris Kelsey, Kevin MacKenzie, Diane Manning, Mark Martino, Sara Murphy, Mo Pollman, Rebecca, Carolyn and Jeff Robinson, Keith Santarelli, Sheila and Josh, Trudy, Amy Walsh, Charlie Wisner, Kelly Wood, and Alan Wright.

Authorized intercessions and thanksgivings may follow.

The General Thanksgiving

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**Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.**

**And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.**

A Prayer of St. Chrysostom

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Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.** *Ephesians 3:20,21*