



SAINT MARK'S
EPISCOPAL CATHEDRAL
SEATTLE, WASHINGTON



This simple form of evening worship for people of all ages, a brief five minutes, is for use during Lent, February 17–April 3. It can be used at the daily evening meal or close of day, or another time. The simplicity and repetition embeds the words in our minds and hearts. We are drawn into the reflection of what Jesus has done for us, and into our own penance and devotion, as we prepare for the events of Holy Week and the joy of the Resurrection on Easter.

Place six candles, lined up, at the center of the dining table or another gathering place. Similar to the Tenebrae service on Wednesday of Holy Week, where the lights dim by steps as we head into Jesus' Passion, you begin each time of prayer with all six candles lit—and then, at the appointed time, extinguish one each night of the first week, two the second week, and so on, experiencing the growing darkness that leads to the light of Easter.

AN ORDER OF WORSHIP FOR THE EVENING

ANTIPHON



A leader begins by lighting all six candles, and then saying the antiphon of the week (printed on the flap), or:

Leader: Bless the Lord who forgives all our sins.

All respond: Thanks be to God.

SCRIPTURE



A reader reads the following, or another appropriate passage of Holy Scripture:

I will bless the Lord who gives me counsel; my heart teaches me, night after night. I have set the Lord always before me; because he is at my right hand, I shall not fall. —*Psalm 16:7–8*

PRAYER



All pray together:

Almighty and most merciful God, kindle within us the fire of love, that by its cleansing flame we may be purged of all our sins and made worthy to worship you in spirit and in truth; through Jesus Christ our Lord. *Amen.*

EXTINGUISHING OF CANDLE



As we move toward the events of Holy Week, we extinguish one candle each week, recognizing the darkness that comes before the light of the Resurrection. In the days immediately following Ash Wednesday, keep all the candles lit. Then, extinguish one candle of the six on the nights of the first week of Lent, two candles the second week, and so on.

HYMN



*Conclude by saying or singing the evening hymn, known as the *Nunc dimittis* or “Song of Simeon,” one of the oldest Christian hymns.*

MEALTIME BLESSING



*If dinner follows immediately, say together the mealtime blessing for Lent: Give us grateful hearts, O God, for all your mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. *Amen.**

ANTIPHON OF THE WEEK

ASH WEDNESDAY & THE DAYS AFTER ♦ RETURN TO THE LORD

February 17–20

Return to the Lord, your God, for God is gracious and merciful, slow to anger, and abounding in steadfast love.

FIRST WEEK OF LENT ♦ REPENT AND BELIEVE

February 21–27

The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.

SECOND WEEK OF LENT ♦ FOLLOW JESUS

February 28–March 6

If any want to become my followers, let them deny themselves and take up their cross and follow me.

THIRD WEEK OF LENT ♦ LISTEN TO GOD'S LAW

March 7–13

The law of the Lord is perfect and revives the soul; the testimony of the Lord is sure and gives wisdom to the innocent.

FOURTH WEEK OF LENT ♦ CHOOSE LIFE

March 14–20

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

FIFTH WEEK OF LENT ♦ THE HOUR HAS COME

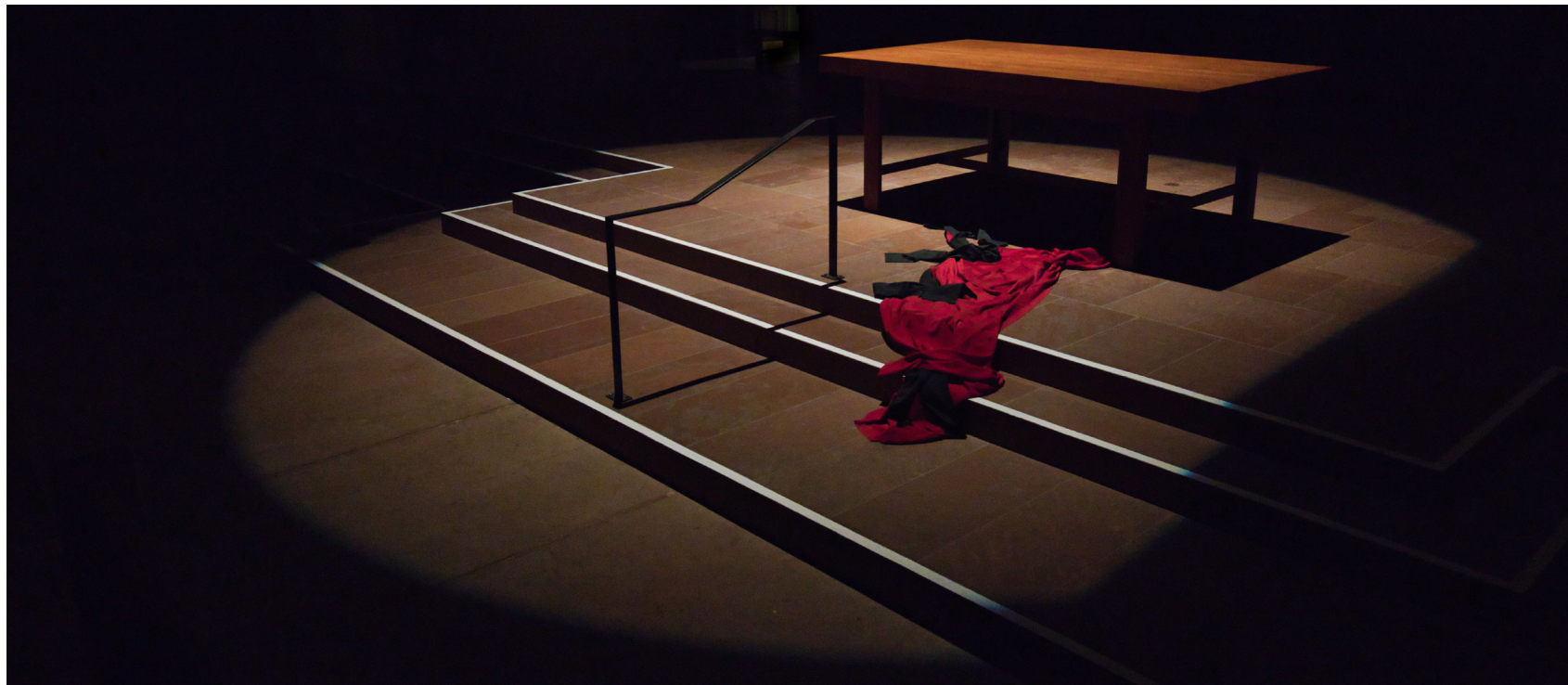
March 21–27

Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.

HOLY WEEK ♦ JOURNEY TO THE CROSS

March 28–April 3

Being found in human form, Jesus humbled himself and became obedient to the point of death—even death on a cross.



EVENING HYMN *Nunc Dimittis* [Luke 2:29-32]

Lord, you now have set your servant free
to go in peace as you have promised;

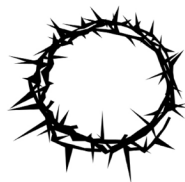
For these eyes of mine have seen the Savior,
whom you have prepared for all the world to see:

A Light to enlighten the nations,
and the glory of your people Israel.

[Glory to the Father and to the Son, and to the Holy Spirit,
As it was in the beginning, is now, and will be forever. Amen.]

*Videos of a number of different musical settings of this hymn, including some
by Saint Mark's choirs, may be found at:*

www.saintmarks.org/lentathome



ADDITIONAL LINKS & RESOURCES

An Order of Worship for the Evening may be found in the *Book of Common Prayer 1979*, p. 109. A link to the online BCP can be found at:

saintmarks.org/lentathome

The weekly newsletter *Sundays & Beyond* and the monthly newsletter for Children and Families will offer more Lenten events and practices throughout the season. Sign up at:

saintmarks.org/newsletter

Much more about the many offerings from the cathedral in this season can be found at:

saintmarks.org/lent

and

saintmarks.org/children

Don't hesitate to reach out to the cathedral!

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