

Ember Days in September

(Purple)

Ember (ash) days are a very old and holy tradition of the Church; older than Advent. Four times a year, at the change of the seasons, three days of the week - Wednesday, Friday and Saturday - are given to prayer and fasting for old sins and to ask God's blessing on the new season, its activities (planting, growth, harvest) and on the sacred ordinations which are traditionally conferred during the vigil Mass on Saturday.

Ember Wednesday in September

The Introit Psalm 81:1-4 Psalm Vs. 1

Tone 1a



Antiphon:

Sing with joy to God our strength *
and raise a loud shout to the God of Jacob.

Raise a song and sound the timbrel, *
the merry harp, and the lyre.

Blow the ram's-horn at the new moon, *
and at the full moon, the day of our feast.

For this is a statute for Israel, *
a law of the God of Jacob.

Psalm:

He laid it as a solemn charge upon Joseph, *
when he came out of the land of Egypt.

Gloria Patri:

Glory to the Father, and to the Son, and to the Holy Spirit, *
As it was in the beginning, is now and ever,
for all ages of ages. Amen

Repeat Antiphon

The Kyrie,

The Collect

Let us pray...Let us kneel...Arise!

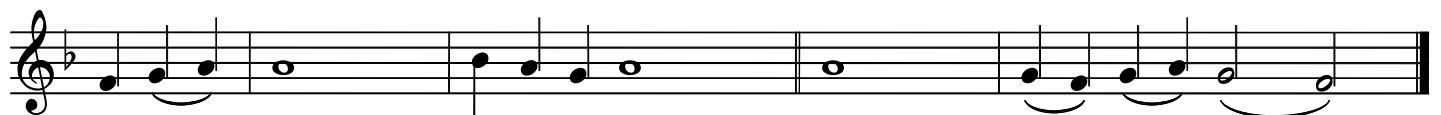
O Lord, may our frailty find support in the help of your mercy, so that what is marred by its own nature may be restored by your grace; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*

The First Lesson: *Amos 9: 13-15*

The time is surely coming, says the LORD, when the one who plows shall overtake the one who reaps, and the treader of grapes the one who sows the seed; the mountains shall drip sweet wine, and all the hills shall flow with it. I will restore the fortunes of my people Israel, and they shall rebuild the ruined cities and inhabit them; they shall plant vineyards and drink their wine, and they shall make gardens and eat their fruit. I will plant them upon their land, and they shall never again be plucked up out of the land that I have given them, says the LORD your God.

The Gradual *Psalm 113:5, 6*

Tone Ia



Who is like the LORD our God, who sits enthroned on high *
but stoops to behold the heavens and the earth?

He takes up the weak out of the dust *
and lifts up the poor from the ashes.

The Second Collect

Let us pray:

O Lord, grant to your servants who humbly pray to you, that as they fast from bodily food, they may also abstain mentally from sin; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*

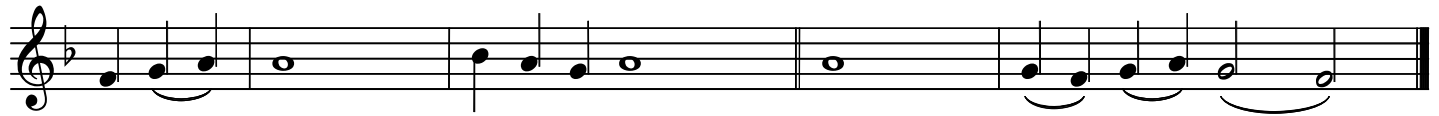
The Second Lesson: [Nehemiah 8:1-10](#)

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the LORD had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. This was on the first day of the seventh month. He read from it facing the square before the Water Gate from early morning until midday, in the presence of the men scribe Ezra stood on a wooden platform that had been made for the purpose. And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up. Then Ezra blessed the LORD, the great God, and all the people answered, "Amen, Amen," lifting up their hands. Then they bowed their heads and worshiped the LORD with their faces to the ground. Ezra helped the people to understand the law, while the people remained in their places. So he read from the book, from the law of God, with interpretation. He gave the sense, so that the people understood the reading. Then Ezra the priest and scribe, said to all the people, "This day is holy to the LORD your God; do not mourn or weep." For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions

of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength."

The Gradual **Psalm 33:12.6**

Tone Ia



Blessed is the nation whose God is the LORD! *
happy the people he has chosen to be his own!

By the word of the LORD were the heavens made, *
by the breath of his mouth all the heavenly hosts.

The Gospel: **Mark 9:14-28**

At that time... When they came to the disciples, they saw a great crowd around them, and some scribes arguing with them. When the whole crowd saw him, they were immediately overcome with awe, and they ran forward to greet him. He asked them, "What are you arguing about with them?" Someone from the crowd answered him, "Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so." He answered them, "You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me." And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, "How long has this been happening to him?" And he said, "From childhood. It has often cast him into the fire and into the water, to

destroy him; but if you are able to do anything, have pity on us and help us." Jesus said to him, "If you are able! — All things can be done for the one who believes." Immediately the father of the child cried out, "I believe; help my unbelief!" When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!" After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, "Why could we not cast it out?" He said to them, "This kind can come out only through prayer."

The Nicene Creed is not said.

The Offertory **Psalm 119:47, 48**

Tone III



I delight in your commandments, *
which I have always loved.

I will lift up my hands to your commandments, *
and I will meditate on your statutes. Alleluia!

The Prayer over the Gifts:

O Lord, accept the gifts we offer, and by your grace, may we practice by a holy life what we perform here in a sacred rite; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*

The Common Preface

The Communion: **Nehemiah 8:10**

Tone 1a



"Go your way, eat the fat and drink sweet wine *
and send portions of them
to those for whom nothing is prepared,

for this day is holy to our LORD; *
and do not be grieved,
for the joy of the LORD is your strength."

The Postcommunion:

O merciful Lord, as we receive the grace of your heavenly mysteries in this life, may we reap in the joys of eternity the fruits of what we perform with that grace; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen*