



St. Joseph's Episcopal Church  
*A small church with a big heart.*

The Rev. Mother Kassinda Ellis, Rector  
[www.stjosephqv.org](http://www.stjosephqv.org)

*Tenebrae*

March 30, 2021

Holy Tuesday | Year B

Tenebrae is Latin for darkness or shadow. It has for centuries been applied to the ancient monastic night and early morning services (Matins and Lauds) of the last three days of Holy Week. The most conspicuous feature of the service is the gradual extinguishing of the candles and other lights in the church until only a single candle, considered a symbol of our Lord, remains. Toward the end of the service this candle is hidden, typifying the apparent victory of the forces of evil. At the very end, a loud noise is made, symbolizing the earthquake at the time of the resurrection (Matthew 28:2), the hidden candle is restored to its place, and by its light all depart in silence. The service provides an extended meditation upon, and a prelude to, the events in our Lord's life between the Last Supper and the Resurrection. The ministers enter the church in silence and proceed to their places. The Office then begins immediately with the Antiphon on the first Psalm. It is customary to sit for the Psalmody.

# WELCOME

The Rev. Kassinda R. T. Ellis

Voice of the People:  
Leonard Richards, Jr.



# THE FIRST NOCTURN



# PSALM 69

## *Antiphon 1*

**Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.**

<sup>1</sup> Save me, O God,  
for the waters have come up to my neck.

<sup>2</sup> I sink in deep mire,  
where there is no foothold;  
I have come into deep waters,  
and the flood sweeps over me.

*continued*

# PSALM 69

<sup>3</sup> I am weary with my crying;  
my throat is parched.

My eyes grow dim  
with waiting for my God.

<sup>4</sup> **More in number than the hairs of my head  
are those who hate me without cause;  
many are those who would destroy me,  
my enemies who accuse me falsely.**

**What I did not steal  
must I now restore?**

*continued*

# PSALM 69

<sup>5</sup> O God, you know my folly;  
the wrongs I have done are not hidden from you.

<sup>6</sup> **Do not let those who hope in you be put to shame because of me,**

**O Lord God of hosts;  
do not let those who seek you be dishonored because of me,  
O God of Israel.**

<sup>7</sup> It is for your sake that I have borne reproach,  
that shame has covered my face.

*continued*

# PSALM 69

**<sup>8</sup> I have become a stranger to my kindred,  
an alien to my mother's children.**

<sup>9</sup> It is zeal for your house that has consumed me;  
the insults of those who insult you have fallen on me.

**<sup>10</sup> When I humbled my soul with fasting,\*  
they insulted me for doing so.**

<sup>11</sup> When I made sackcloth my clothing,  
I became a byword to them.

*continued*

# PSALM 69

**12 I am the subject of gossip for those who sit in the gate,  
and the drunkards make songs about me.**

**13 But as for me, my prayer is to you, O Lord.  
At an acceptable time, O God,  
in the abundance of your steadfast love, answer me.  
With your faithful help**

**14 Rescue me  
from sinking in the mire;  
let me be delivered from my enemies  
and from the deep waters.**

*continued*

# PSALM 69

<sup>15</sup> Do not let the flood sweep over me,  
or the deep swallow me up,  
or the Pit close its mouth over me.

<sup>16</sup> **Answer me, O Lord, for your steadfast love is good;  
according to your abundant mercy, turn to me.**

<sup>17</sup> Do not hide your face from your servant,  
for I am in distress—make haste to answer me.

<sup>18</sup> **Draw near to me, redeem me,  
set me free because of my enemies.**

*continued*

# PSALM 69

<sup>19</sup> You know the insults I receive,  
and my shame and dishonor;  
my foes are all known to you.

<sup>20</sup> **Insults have broken my heart,  
so that I am in despair.**

**I looked for pity, but there was none;  
and for comforters, but I found none.**

<sup>21</sup> They gave me poison for food,  
and for my thirst they gave me vinegar to drink.

*continued*

# PSALM 69

**<sup>22</sup> Let their table be a trap for them,  
a snare for their allies.**

<sup>23</sup> Let their eyes be darkened so that they cannot see,  
and make their loins tremble continually.

*Antiphon 1*

**Zeal for your house has eaten me up; the scorn of those who  
scorn you has fallen upon me.**

# PSALM 70

## *Antiphon 2*

**Let them draw back and be disgraced who take pleasure in my misfortune.**

<sup>1</sup> Be pleased, O God, to deliver me.  
O Lord, make haste to help me!

<sup>2</sup> **Let those be put to shame and confusion  
who seek my life.**

**Let those be turned back and brought to dishonor  
who desire to hurt me.**

*continued*

# PSALM 70

<sup>3</sup> Let those who say, 'Aha, Aha!'  
turn back because of their shame.

<sup>4</sup> **Let all who seek you  
rejoice and be glad in you.  
Let those who love your salvation  
say evermore, 'God is great!'**

<sup>5</sup> But I am poor and needy;  
hasten to me, O God!  
You are my help and my deliverer;  
O Lord, do not delay!

*continued*

# PSALM 70

*Antiphon 2*

**Let them draw back and be disgraced who take pleasure in my  
misfortune.**

# PSALM 74

*Antiphon 3*

**Arise, O God, maintain my cause.**

**<sup>1</sup> O God, why do you cast us off for ever?**

**Why does your anger smoke against the sheep of your pasture?**

**<sup>2</sup> Remember your congregation, which you acquired long ago, which you redeemed to be the tribe of your heritage.**

**Remember Mount Zion, where you came to dwell.**

*continued*

# PSALM 74

**<sup>3</sup> Direct your steps to the perpetual ruins;  
the enemy has destroyed everything in the sanctuary.**

<sup>4</sup> Your foes have roared within your holy place;  
they set up their emblems there.

**<sup>5</sup> At the upper entrance they hacked  
the wooden trellis with axes.\***

<sup>6</sup> And then, with hatchets and hammers,  
they smashed all its carved work.

*continued*

# PSALM 74

- <sup>7</sup> They set your sanctuary on fire;  
they desecrated the dwelling-place of your name,  
bringing it to the ground.**
- <sup>8</sup> They said to themselves, 'We will utterly subdue them';  
they burned all the meeting-places of God in the land.
- <sup>9</sup> We do not see our emblems;  
there is no longer any prophet,  
and there is no one among us who knows how long.**

*continued*

# PSALM 74

<sup>10</sup> How long, O God, is the foe to scoff?

Is the enemy to revile your name for ever?

<sup>11</sup> **Why do you hold back your hand;**

**why do you keep your hand in\* your bosom?**

<sup>12</sup> Yet God my King is from of old,  
working salvation in the earth.

<sup>13</sup> **You divided the sea by your might;**

**you broke the heads of the dragons in the waters.**

*continued*

# PSALM 74

<sup>14</sup> You crushed the heads of Leviathan;  
you gave him as food\* for the creatures of the wilderness.

<sup>15</sup> **You cut openings for springs and torrents;  
you dried up ever-flowing streams.**

<sup>16</sup> Yours is the day, yours also the night;  
you established the luminaries\* and the sun.

<sup>17</sup> **You have fixed all the bounds of the earth;  
you made summer and winter.**

*continued*

# PSALM 74

<sup>18</sup> Remember this, O Lord, how the enemy scoffs,  
and an impious people reviles your name.

<sup>19</sup> **Do not deliver the soul of your dove to the wild animals;  
do not forget the life of your poor for ever.**

<sup>20</sup> Have regard for your\* covenant,  
for the dark places of the land are full of the haunts of  
violence.

<sup>21</sup> **Do not let the downtrodden be put to shame;  
let the poor and needy praise your name.**

*continued*

# PSALM 74

<sup>22</sup> Rise up, O God, plead your cause;  
remember how the impious scoff at you all day long.

<sup>23</sup> **Do not forget the clamour of your foes,  
the uproar of your adversaries that goes up continually.**

*Antiphon 3*

**Arise, O God, maintain my cause.**

*Celebrant* Deliver me, my God, from the land of the wicked:

*People* **From the clutches of the evildoer and the  
oppressor.**



# FIRST LESSON | CLAUDIA SAWNEY

*A reading from the book of Lamentations, chapter 1, verses 1 to 5.*

How lonely sits the city that once was full of people! How like a widow she has become, she that was great among the nations! She that was a princess among the provinces has become a vassal. She weeps bitterly in the night, with tears on her cheeks; among all her lovers she has no one to comfort her; all her friends have dealt treacherously with her, they have become her enemies. Judah has gone into exile with suffering and hard servitude; she lives now among the nations, and finds no

*continued*

# FIRST LESSON | CLAUDIA SAWNEY

resting-place; her pursuers have all overtaken her in the midst of her distress. The roads to Zion mourn, for no one comes to the festivals; all her gates are desolate, her priests groan; her young girls grieve and her lot is bitter. Her foes have become the masters, her enemies prosper, because the LORD has made her suffer for the multitude of her transgressions; her children have gone away, captives before the foe. Jerusalem, Jerusalem, return to the Lord your God!

*Reader*      The Word of the Lord.

*People*      **Thanks be to God.**

# RESPONSORY | IN MONTE OLIVETI

- Celebrant* On the mount of Olives Jesus prayed to the Father:  
*People* **Father, if it be possible, let this cup pass from me.  
The spirit indeed is willing, but the flesh is weak.**
- Celebrant* Watch and pray, that you may not enter into temptation.
- People* **The spirit indeed is willing, but the flesh is weak.**

## SECOND LESSON | CLAUDIA SAWNEY

*A reading from the book of Lamentations, chapter 1, verses 6 to 9.*

From daughter Zion has departed all her majesty. Her princes have become like stags that find no pasture; they fled without strength before the pursuer. Jerusalem remembers, in the days of her affliction and wandering, all the precious things that were hers in days of old. When her people fell into the hand of the foe, and there was no one to help her, the foe looked on mocking over her downfall. Jerusalem sinned grievously, so she has become a mockery; all who honored her despise her, for they have seen her nakedness; she herself groans, and turns her face

*continued*

## SECOND LESSON | CLAUDIA SAWNEY

away. Her uncleanness was in her skirts; she took no thought of her future; her downfall was appalling, with none to comfort her. 'O Lord, look at my affliction, for the enemy has triumphed! Jerusalem, Jerusalem, return to the Lord your God!

*Reader*      The Word of the Lord.

*People*      **Thanks be to God.**

# RESPONSORY II | TRISTIS EST ANIMA MEA

*Celebrant* My soul is very sorrowful, even to the point of death;

*People* **Remain here, and watch me. Now you shall see the crowd who will surround me; you will flee, and I will go to be offered up for you.**

*Celebrant* Hold, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.

*People* **You will flee, and I will go to be offered up for you.**

## THIRD LESSON | CLAUDIA SAWNEY

*A reading from the book of Lamentations, chapter 1, verses 10 to 14*

Enemies have stretched out their hands all over her precious things; she has even seen the nations invade her sanctuary, those whom you forbade to enter your congregation. All her people groan as they search for bread; they trade their treasures for food to revive their strength. Look, O Lord, and see how worthless I have become. Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted on the day of this fierce anger. From on high he sent fire; it went deep into my

*continued*

## THIRD LESSON | CLAUDIA SAWNEY

bones; he spread a net for my feet; he turned me back; he has left me stunned, faint all day long. My transgressions were bound into a yoke; by his hand they were fastened together; they weigh on my neck, sapping my strength; the Lord handed me over to those whom I cannot withstand. Jerusalem, Jerusalem, return to the Lord your God!

*Reader*      The Word of the Lord.

*People*      **Thanks be to God.**

# RESPONSORY III | ECCE VIDIMUS EUM

*Celebrant*      Lo, we have seen him without beauty or majesty,  
*People*            **with no looks to attract our eyes. He bore our sins**  
                         **and grieved for us, he was wounded for our**  
                         **transgressions, and by his scourging we are**  
                         **healed.**

*Celebrant*      Surely he has borne our griefs and carried our  
                         sorrows.

*People*            **And by his scourging we are healed.**

# RESPONSORY III | ECCE VIDIMUS EUM

*Celebrant*  
*People*

Lo, we have seen him without beauty or majesty,  
**with no looks to attract our eyes. He bore our sins**  
**and grieved for us, he was wounded for our**  
**transgressions, and by his scourging we are**  
**healed.**



LAUDS



# PSALM 63

*Antiphon 10*

**God did not spare his own Son but delivered him up for us all.**

**<sup>1</sup> O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.**

**<sup>2</sup> So I have looked upon you in the sanctuary,  
beholding your power and glory.**

*continued*

# PSALM 63

**<sup>3</sup> Because your steadfast love is better than life,  
my lips will praise you.**

**<sup>4</sup> So I will bless you as long as I live;  
I will lift up my hands and call on your name.**

**<sup>5</sup> My soul is satisfied as with a rich feast,\*  
and my mouth praises you with joyful lips**

**<sup>6</sup> when I think of you on my bed,  
and meditate on you in the watches of the night;**

*continued*

# PSALM 63

<sup>7</sup> for you have been my help,  
and in the shadow of your wings I sing for joy.

<sup>8</sup> My soul clings to you;  
your right hand upholds me.

<sup>9</sup> But those who seek to destroy my life  
shall go down into the depths of the earth;

<sup>10</sup> they shall be given over to the power of the sword,  
they shall be prey for jackals.

*continued*

# PSALM 63

**<sup>11</sup> But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.**

*Antiphon 10*

**God did not spare his own Son but delivered him up for us all.**

# PSALM 143

## *Antiphon 12*

**They shall mourn for him as one mourns for an only child; for the Lord, who is without sin, is slain.**

<sup>1</sup> Hear my prayer, O Lord;

give ear to my supplications in your faithfulness;  
answer me in your righteousness.

<sup>2</sup> **Do not enter into judgement with your servant,  
for no one living is righteous before you.**

*continued*

# PSALM 143

<sup>3</sup> For the enemy has pursued me,  
crushing my life to the ground,  
making me sit in darkness like those long dead.

<sup>4</sup> **Therefore my spirit faints within me;  
my heart within me is appalled.**

<sup>5</sup> I remember the days of old,  
I think about all your deeds,  
I meditate on the works of your hands.

*continued*

# PSALM 143

**<sup>6</sup> I stretch out my hands to you;  
my soul thirsts for you like a parched land.**

**<sup>7</sup> Answer me quickly, O Lord;  
my spirit fails.**

**Do not hide your face from me,  
or I shall be like those who go down to the Pit.**

**<sup>8</sup> Let me hear of your steadfast love in the morning,  
for in you I put my trust.  
Teach me the way I should go,  
for to you I lift up my soul.**

*continued*

# PSALM 143

<sup>9</sup> Save me, O Lord, from my enemies;  
I have fled to you for refuge.\*

<sup>10</sup> **Teach me to do your will,  
for you are my God.  
Let your good spirit lead me  
on a level path.**

<sup>11</sup> For your name's sake, O Lord, preserve my life.  
In your righteousness bring me out of trouble.

*continued*

# PSALM 143

**<sup>12</sup> In your steadfast love cut off my enemies,  
and destroy all my adversaries,  
for I am your servant.**

*Antiphon 12*

**They shall mourn for him as one mourns for an only child; for  
the Lord, who is without sin, is slain.**

# PSALM 150

## *Antiphon 14*

**O Death, I will be your death; O Grave, I will be your destruction.**

<sup>1</sup> Praise the Lord!

Praise God in his sanctuary;  
praise him in his mighty firmament!\*

<sup>2</sup> Praise him for his mighty deeds;

praise him according to his surpassing greatness!

*continued*

# PSALM 150

<sup>3</sup> Praise him with trumpet sound;  
praise him with lute and harp!

<sup>4</sup> Praise him with tambourine and dance;  
praise him with strings and pipe!

<sup>5</sup> Praise him with clanging cymbals;  
praise him with loud clashing cymbals!

<sup>6</sup> Let everything that breathes praise the Lord!  
Praise the Lord!

*continued*

# PSALM 150

## *Antiphon 14*

**O Death, I will be your death; O Grave, I will be your destruction.**

V. My flesh also shall rest in hope:

**R. You will not let your holy One see corruption.**

# CANTICLE 16

*Antiphon*

**Now the woman sitting at the tomb made lamentation weeping for the Lord.**

BLESSED be the Lord, the God of Israel; \*

he has come to his people and set them free.

He has raised up for us a mighty savior, \*

born of the house of his servant David.

Through his holy prophets he promised of old,

that he would save us from our enemies, \*

from the hands of all who hate us.

*continued*

# CANTICLE 16

He promised to show mercy to our fathers \*  
and to remember his holy covenant.

This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,

Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,

*continued*

# CANTICLE 16

To give people knowledge of salvation \*  
by the forgiveness of their sins.

In the tender compassion of our God \*  
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of  
death, \*  
and to guide our feet into the way of peace.

*Antiphon*

**Now the woman sitting at the tomb made lamentation  
weeping for the Lord.**



# CLOSING SENTENCES

*Celebrant* Christ for us became obedient unto death, even death on a cross; therefore God has highly exalted him and bestowed on him the Name which is about every name.

## SILENCE

*People* **Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross.**

