

sea, the waters forming a wall for them on their right and on their left. Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

Refrain

Tremble, O earth, at the presence of the Lord.

Psalm 114 *from the Book of Common Prayer*

- 1 Hallelujah! When Israel came out of Egypt, * the house of Jacob from a people of strange speech,
- 2 Judah became God's sanctuary * and Israel his dominion.
- 3 The sea beheld it and fled; * Jordan turned and went back.
- 4 The mountains skipped like rams, * and the little hills like young sheep.
- 5 What ailed you, O sea, that you fled? * O Jordan, that you turned back?
- 6 You mountains, that you skipped like rams? * you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord, * at the presence of the God of Jacob,
- 8 Who turned the hard rock into a pool of water * and flintstone into a flowing spring.

or

Canticle: The Songs of Moses and Miriam

Exodus 15:1b-11, 20-21

- God is my strength and my song *
and has become my salvation.
Let me glorify this God of mine! *
Let me magnify this God of my ancestors!
For valiant in battle is the God *
whose holy name is The Lord.
The chariots and troops of Pharaoh *
were thrown into the sea;
even the handpicked commanders *
went down in the Red Sea waves.
The flood covered them over, *
and they sank into the depths like a stone.

- Your right hand, so glorious in battle, *
your right hand, O Lord, shattered the foe.
In triumph you tumbled your adversaries; *
your fire consumed them like stubble.
The blast of your breath piled up the waters: *
the floods stood up like a towering wall;
in the very heart of the sea, *
the murky depths congealed.
"I will chase and catch them!" crowed the enemy; *
"I will plunder and fulfill my lust;
I will unsheath my sharpened sword *
and destroy them by my own hand."
Then you blew forth a mighty tempest *
and the sea swallowed them up
so that they plummeted like lead *
in the billows that brought you glory.
Who among the gods is mighty like you, O Lord? *
Who is sovereign and awesome like you,
a powerful worker of wonders?
Then Miriam the prophet, the sister of Aaron, *
raised a tambourine in her hand,
and all the women danced after her with their tambourines *
while Miriam led the song:
"Sing to the Lord, the Exalted One, *
who hurled horse and rider into the sea."

SECOND READING: Romans 14:1-12

WELCOME THOSE who are weak in faith, but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honor of the Lord. Also those who eat, eat in honor of the Lord, since they give thanks to God; while those who abstain, abstain in honor of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then,