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MIDDAY OFFICE RESURRECTION VIGIL COMPLINE

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2012 (April 2021 printing)

MIDDAY OFFICE.....	p 1
RESURRECTION VIGIL.....	p 53
COMPLINE.....	p 67

*The text of the Psalter of the American Book of Common Prayer (1979) is reprinted with permission.
Material from “Celebrating Common Prayer” and “Seven Whole Days”
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The Hymn “We praise you, Father, for your gift” is used with permission of St Mary’s Abbey, West Malling.*

MIDDAY OFFICE

Opening	stand
Hymn	
Psalmody	sit
Reading	
Response	stand
Our Father	
Silent Prayer	kneel
Collect	
The Grace	

Hebdomadary

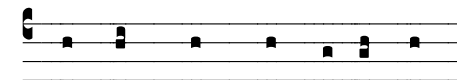
O God, make speed to save us.

ALL

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 shall be for ever. Amen.**

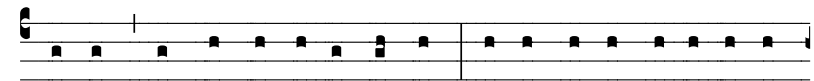
Alleluia. (not in Lent)



O God, make speed to save us



O Lord, make haste to help us. Glo-ry to the Fa-ther, and to



the Son, and to the Ho -ly Spi - rit. As it was in the be-ginning,



is now, and shall be for e-ver. Amen. Al-le-lu - ia.



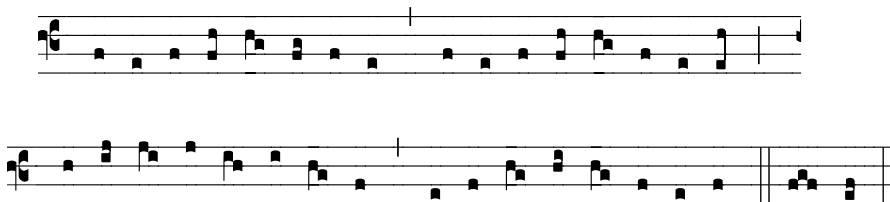
IN LENT: and shall be for e-ver. A-men.

Midday Office

SUNDAYS

Through the year

II



Greater Holy Days

IV



(OR the melody of the season may be used)

- 1 To God our Father, thanks and praise
for this the first and dawn of days;
the day when he, Creation's spring,
did light and life from chaos bring.
- 2 The day on which his well-loved Son
o'er death and hell the triumph won;
the day on which their Spirit came,
their gift to us in wind and flame.
- 3 To God our Father, through his Son,
and in the Spirit, with them one,
we, new created on this day,
new songs of love and glory pay. Amen.

(OP Oxon)

WEEKDAYS - Through the year

Midday Office

MONDAYS & THURSDAYS - *Nunc, Sancte, nobis* (?S Ambrose), tr. Ralph Wright, OSB [metre altd]

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

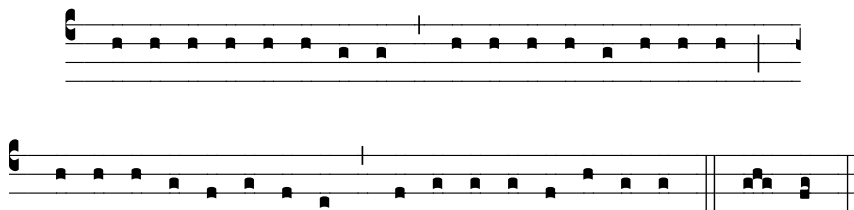
TUESDAYS & FRIDAYS - *Rector potens, verax Deus* (?Ambrose) tr. OP Oxon, altd

- 1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.
- 2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.
- 3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

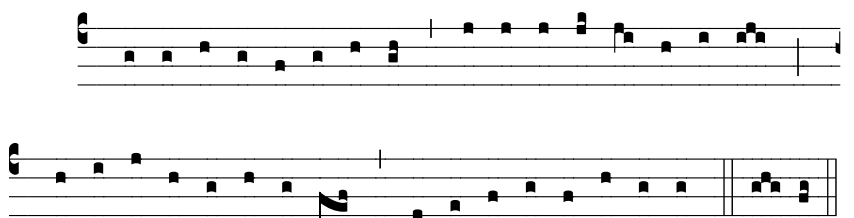
WEDNESDAYS & SATURDAYS - *Rerum, Deus, tenax vigor* (?S Ambrose), tr. Ralph Wright, OSB [altd]

- 1 Eternal living Lord of all,
unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.
- 2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

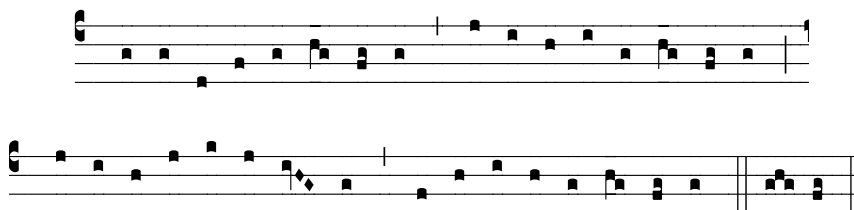
Through the year



Simple holy days



Greater holy days



D

VIII

VIII

WEEKDAYS - Advent, Christmas, Lent, Easter

MONDAYS & THURSDAYS - *Nunc, Sancte, nobis* (?S Ambrose), tr. Ralph Wright, OSB [metre altd]

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

TUESDAYS & FRIDAYS - *Rector potens, verax Deus* (?Ambrose) tr. OP Oxon, altd

- 1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.
- 2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.
- 3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

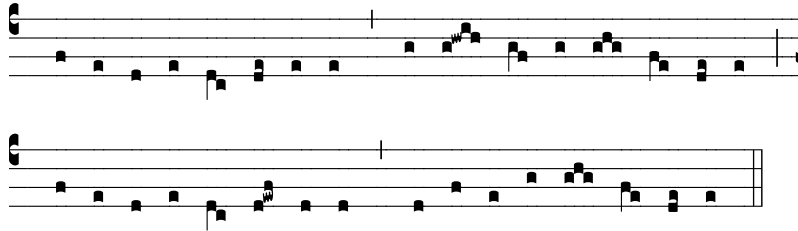
WEDNESDAYS & SATURDAYS - *Rerum, Deus, tenax vigor* (?S Ambrose), tr. Ralph Wright, OSB [altd]

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unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.
- 2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Midday Office

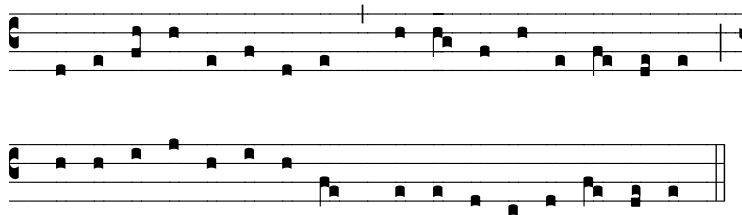
Advent

IV



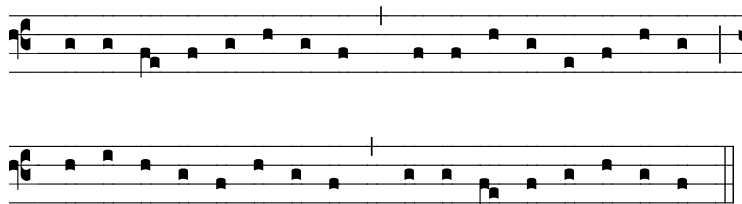
Christmastide

VIII



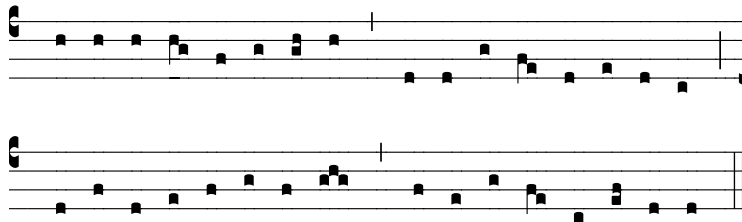
Lent

II



Eastertide

I



SUNDAY - Week I

Midday Office

- 1 To God our Father, thanks and praise
for this the first and dawn of days;
the day when he, Creation's spring,
did light and life from chaos bring.
- 2 The day on which his well-loved Son
o'er death and hell the triumph won;
the day on which their Spirit came,
their gift to us in wind and flame.
- 3 To God our Father, through his Son,
and in the Spirit, with them one,
we, new created on this day,
new songs of love and glory pay. Amen.

(OP Oxon)

Psalm 119

Aleph

- 1 Happy are they whose way is blameless, *
who walk in the *law* of the Lord!
- 2 Happy are they who observe *his* decrees *
and seek *him* with all their hearts!
- 3 Who never do any wrong, *
but always *walk* in his ways.
- 4 You laid down *your* commandments, *
that we should *fully* keep them.
- 5 O that my ways were made so direct *
that I might *keep* your statutes!
- 6 Then I should not be *put* to shame, *
when I regard all *your* commandments.
- 7 I will thank you with an *unfeigned* heart, *
when I have learned your *righteous* judgements.
- 8 I will *keep* your statutes; *
do not utterly forsake me.

Beth

- 9 How shall a young man *cleanse* his way? *
By *keeping* to your words.
- 10 With my whole *heart* I seek you; *
let me not stray from *your* commandments.
- 11 I treasure your promise *in* my heart, *
that I may not *sin* against you.
- 12 Blessèd are *you*, O Lord; *
instruct me *in* your statutes.
- 13 With my lips will *I* recite *
all the *judgements* of your mouth.
- 14 I have taken greater delight in the way of *your* decrees *
than in all manner of riches.
- 15 I will meditate on *your* commandments *
and give attention to your ways.
- 16 My delight is *in* your statutes; *
I will *not* forget your word.

Gimel

- 17 Deal bountifully *with* your servant, *
that I may *live* and keep your word.
- 18 Open my eyes, that *I* may see *
the *wonders* of your law.
- 19 I am a stranger *here* on earth; *
do not hide your *commandments* from me.
- 20 My soul is *consumed* at all times *
with longing *for* your judgements.
- 21 You have *rebuked* the insolent; *
cursed are they who stray from *your* commandments!
- 22 Turn from me shame *and* rebuke, *
for I have *kept* your decrees.

- 23 Even though rulers sit and *plot* against me, *
I will meditate *on* your statutes.

- 24 For your decrees are *my* delight, *
and they *are* my counsellors.

Daleth

- 25 My soul cleaves *to* the dust; *
give me life *according* to your word.
- 26 I have confessed my ways *and* you answered me; *
instruct me *in* your statutes.
- 27 Make me understand the way of *your* commandments, *
that I may meditate on your *marvellous* works.
- 28 My soul melts away for sorrow; *
strengthen me *according* to your word.
- 29 Take from me the way of lying; *
let me find *grace* through your law.
- 30 I have chosen the way of faithfulness; *
I have set your *judgements* before me.
- 31 I hold fast to *your* decrees; *
O Lord, let me *not* be put to shame.
- 32 I will run the way of *your* commandments, *
for you have set my *heart* at liberty.

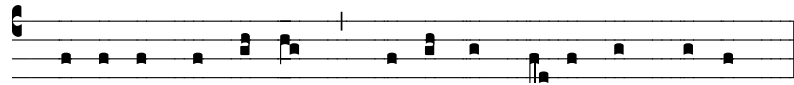
Blessèd are you, O Lord,
and blessèd are those who understand
and keep your law:
help us to seek you with our whole heart,
to delight in your commandments and to walk in the glorious liberty
brought us by your Son Jesus Christ. **Amen.**

READING

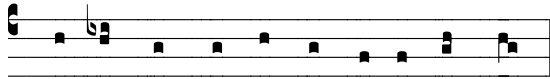
Midday Office
Sunday I

RESPOND

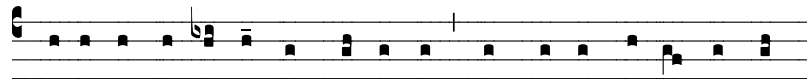
VI



Blessed are you, O Lord, * my de - light is in your sta - tutes.



ψ . For you have set my heart at li - ber - ty.



Glo-ry to the Fath-er, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

MONDAY - Week I

Midday Office

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Nunc, Sancte, nobis (?S Ambrose), tr. Ralph Wright, OSB [metre altd]

Psalm 119

He

- 33 Teach me, O Lord, the way of your statutes, *
and I shall keep it to the end.
- 34 Give me understanding and I shall keep your law; *
I shall keep it with all my heart.
- 35 Make me go in the path of your commandments, *
for that is my desire.
- 36 Incline my heart to your decrees *
and not to unjust gain.
- 37 Turn my eyes from watching what is worthless; *
give me life in your ways.
- 38 Fulfill your promise to your servant, *
which you make to those who fear you.
- 39 Turn away the reproach which I dread, *
because your judgements are good.
- 40 Behold, I long for your commandments; *
in your righteousness preserve my life.

Waw

- 41 Let your loving-kindness come to *me*, O Lord, *
and your salvation, according to your promise.
- 42 Then shall I have a word for *those* who taunt me, *
because I *trust* in your words.
- 43 Do not take the word of truth out of *my* mouth, *
for my hope is *in* your judgements.
- 44 I shall continue to *keep* your law; *
I shall keep it for ever and ever.
- 45 I will *walk* at liberty, *
because I study *your* commandments.
- 46 I will tell of your decrees *before* kings *
and *will* not be ashamed.
- 47 I delight in *your* commandments, *
which *I* have always loved.
- 48 I will lift up my hands to *your* commandments, *
and I will meditate *on* your statutes.

Zayin

- 49 Remember your word to your servant, *
because you have given me hope.
- 50 This is my comfort *in* my trouble, *
that your *promise* gives me life.
- 51 The proud have derided me cruelly, *
but I have not *turned* from your law.
- 52 When I remember your judgements of old, *
O Lord, I *take* great comfort.
- 53 I am filled with a *burning* rage, *
because of the wicked *who* forsake your law.
- 54 Your statutes have *been* like songs to me *
wherever I have lived *as* a stranger.

- 55 I remember your name in the *night*, O Lord, *
and *dwell* upon your law.

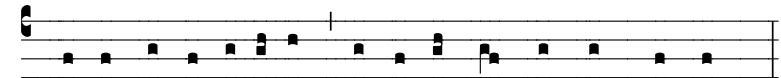
Midday Office
Monday I

- 56 This is how *it* has been with me, *
because I have kept *your* commandments.

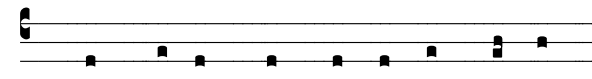
God of loving mercy, here in this place of our pilgrimage
give us delight in your commandments and turn them into songs
as we stretch out our hands to you,
the Lord, the giver of salvation; in Jesus Christ our Lord. **Amen.**

READING

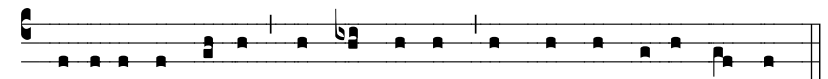
RESPOND



I will walk at li-berty; * I will tell kings of your de-crees.



ψ. Your sta- tutes have been as songs to me:



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

TUESDAY - Week 1

- 1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.
- 2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.
- 3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

Rector potens, verax Deus (?Ambrose) tr. OP Oxon, altd

Psalm 119

Heth

- 57 You only are my *portion*, O Lord; *
I have *promised* to keep your words.
- 58 I entreat you with *all* my heart, *
be merciful to me according to your promise.
- 59 I have *considered* my ways *
and turned my feet *toward* your decrees.
- 60 I hasten and *do* not tarry *
to keep *your* commandments.
- 61 Though the cords of the *wicked* entangle me, *
I *do not* forget your law.
- 62 At midnight I will rise to *give* you thanks, *
because of your *righteous* judgements.
- 63 I am a companion of *all* who fear you *
and of those who keep *your* commandments.
- 64 The earth, O Lord, is full of your love; *
instruct me *in* your statutes.

Teth

- 65 O Lord, you have dealt graciously *with* your servant, *
according to your word.
- 66 Teach me *discernment* and knowledge, *
for I have believed in *your* commandments.
- 67 Before I was afflicted I *went* astray, *
but *now* I keep your word.
- 68 You are good and you *bring* forth good; *
instruct me *in* your statutes.
- 69 The proud have smeared *me* with lies, *
but I will keep your commandments *with* my whole heart.
- 70 Their heart is *gross* and fat, *
but my *delight* is in your law.
- 71 It is good for me that I have *been* afflicted, *
that I might *learn* your statutes.
- 72 The law of your mouth is dearer to me *
than thousands in *gold* and silver.

Yodh

- 73 Your hands have made *me* and fashioned me; *
give me understanding,
that I may learn *your* commandments.
- 74 Those who fear you will be glad *when* they see me, *
because I *trust* in your word.
- 75 I know, O Lord, that your judgements are right *
and that in faithfulness you *have* afflicted me.
- 76 Let your loving-kindness *be* my comfort *
as you have promised *to* your servant.
- 77 Let your compassion come to me, that *I* may live, *
for your *law* is my delight.
- 78 Let the arrogant be put to shame, for they wrong *me* with lies; *
but I will meditate on *your* commandments.

*Midday Office
Tuesday 1*

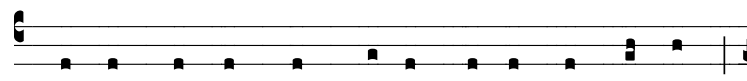
79 Let those who *fear* you turn to me, *
and also those who *know* your decrees.

80 Let my heart be sound *in* your statutes, *
that I may *not* be put to shame.

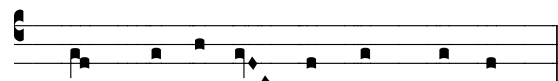
God our comforter, your hands have made us and fashioned us,
your goodness restores us when we go astray.
As we seek you now with our whole heart, be gracious to us and hear our prayer;
in the name of Jesus Christ our Lord. **Amen.**

READING

RESPOND



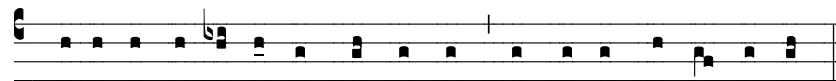
O Lord, you have dealt gra- cious-ly with your ser-vant:



* teach me dis-cern-ment and knowledge.



ψ. You are good and you bring forth good:



Glo-ry to the Father, and to the Son, and to the Ho -ly Spi - rit.

THE PRAYERS (p 56)

WEDNESDAY - Week I

Midday Office

1 Eternal living Lord of all,
unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.

2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.

3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Rerum, Deus, tenax vigor (?S Ambrose), tr. Ralph Wright, OSB [altd]

Psalm 119

Kaph

81 My soul has longed for *your* salvation; *
I have put my *hope* in your word.

82 My eyes have failed from watching *for* your promise, *
and I say, "When *will* you comfort me?"

83 I have become like a leather flask *in* the smoke, *
but I have not forgotten your statutes.

84 How much longer *must* I wait? *
when will you give judgement
against those who *persecute* me?

85 The proud *have* dug pits for me; *
they *do* not keep your law.

86 All your commandments are true; *
help me, for they persecute me with lies.

87 They had almost made an end of *me* on earth, *
but I have not forsaken *your* commandments.

88 In your loving-kindness, revive me, *
that I may keep the decrees of your mouth.

Lamedh

- 89 O Lord, your word is everlasting; *
it stands firm *in* the heavens.
- 90 Your faithfulness remains from one generation to another; *
you established the *earth* and it abides.
- 91 By your decree these continue to this day, *
for all things *are* your servants.
- 92 If my delight had not been *in* your law, *
I should have perished in *my* affliction.
- 93 I will never forget *your* commandments, *
because by *them* you give me life.
- 94 I am yours; O that *you* would save me! *
for I study *your* commandments.
- 95 Though the wicked lie in wait for me to destroy me, *
I will apply my *mind* to your decrees.
- 96 I see that all things come to an end, *
but your *commandment* has no bounds.

Mem

- 97 O how I *love* your law! *
all the day long *it* is in my mind.
- 98 Your commandment has made me wiser *than* my enemies, *
and it is *always* with me.
- 99 I have more understanding than *all* my teachers, *
for your decrees *are* my study.
- 100 I am wiser *than* the elders, *
because I observe *your* commandments.
- 101 I restrain my feet from every evil way, *
that *I* may keep your word.
- 102 I do not shrink *from* your judgements, *
because you *yourself* have taught me.
- 103 How sweet are your words to my taste! *
they are sweeter than *honey* to my mouth.

- 104 Through your commandments I gain understanding; *
therefore I hate every lying way.

Midday Office
Wednesday 1

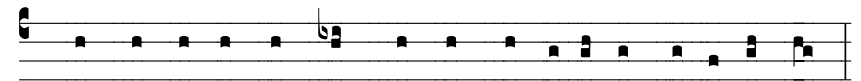
Come to our help, comfort us and give us life, in your merciful goodness, O Lord,
for we are yours;
keep our feet from the evil path and save us through Jesus Christ,
your Word and Wisdom. **Amen.**

READING

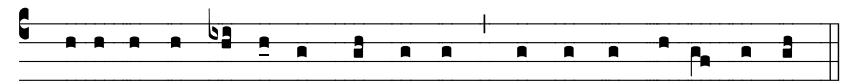
RESPOND



Your word, O Lord, is e-ver-last-ing * it stands firm in the heavens



∇. Your faithfulness re - mains from one ge-ne-ra-tion to a-no-ther:



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

THURSDAY - Week I

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Nunc, Sancte, nobis (?S Ambrose), tr. Ralph Wright, OSB [metre altd]

Psalm 119

Nun

- 105 Your word is a lantern to my feet *
and a *light* upon my path.
- 106 I have sworn and *am* determined *
to keep your *righteous* judgements.
- 107 I am *deeply* troubled; *
preserve my life, O Lord, according to your word.
- 108 Accept, O Lord, the willing tribute of my lips, *
and teach *me* your judgements.
- 109 My life is always *in* my hand, *
yet I do *not* forget your law.
- 110 The wicked have set a trap for me, *
but I have not strayed from *your* commandments.
- 111 Your decrees are my inheritance for ever; *
truly, they are the *joy* of my heart.
- 112 I have applied my heart to *fulfill* your statutes *
for ever and to the end.

Samekh

- 113 I hate those who have a divided heart, *
but your *law* do I love.
- 114 You are my *refuge* and shield; *
my *hope* is in your word.
- 115 Away from *me*, you wicked! *
I will keep the *commandments* of my God.
- 116 Sustain me according to your promise, that *I* may live, *
and let me not be disappointed in my hope.
- 117 Hold me up and I *shall* be safe, *
and my delight shall be ever *in* your statutes.
- 118 You spurn all who stray *from* your statutes; *
their *deceitfulness* is in vain.
- 119 In your sight all the wicked of the earth *are* but dross; *
therefore I *love* your decrees.
- 120 My flesh trembles with dread of you; *
I am afraid of your judgements.

Ayin

- 121 I have done what is *just* and right; *
do not deliver me to *my* oppressors.
- 122 Be surety for your servant's good; *
let not the *proud* oppress me.
- 123 My eyes have failed from watching for *your* salvation *
and for your *righteous* promise.
- 124 Deal with your servant according to your *loving-kindness* *
and teach *me* your statutes.
- 125 I am your servant; grant me *understanding*, *
that I may *know* your decrees.
- 126 It is time for you to *act*, O Lord, *
for they have *broken* your law.

Midday Office
Thursday I

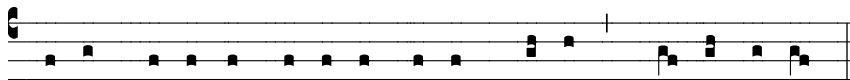
127 Truly, I love *your* commandments *
more than *gold* and precious stones.

128 I hold all your commandments *to* be right for me; *
all paths of *falsehood* I abhor.

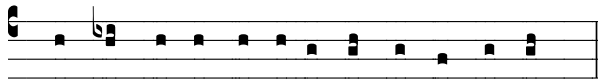
God, our shelter and our shield, do not disappoint us in our hope
but deal with us according to your loving mercy,
for your commands are the joy of our hearts and give us life and light,
in Jesus Christ our Lord. **Amen.**

READING

RESPOND



Receive me, O Lord, according to your promise * that I may live;



V. and let me not be dis-appointed in my hope,



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

FRIDAY - Week I

Midday Office

- 1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.
- 2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.
- 3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

Rector potens, verax Deus (?Ambrose) tr. OP Oxon, altd

Psalm 119

Pe

- 129 Your decrees are wonderful; *
therefore I obey *them* with all my heart.
- 130 When your word goes forth *it* gives light; *
it gives understanding *to* the simple.
- 131 I open my *mouth* and pant; *
I long for *your* commandments.
- 132 Turn to *me* in mercy, *
as you always do to *those* who love your name.
- 133 Steady my footsteps *in* your word; *
let no iniquity have *dominion* over me.
- 134 Rescue me from those *who* oppress me, *
and I will keep *your* commandments.
- 135 Let your countenance shine *upon* your servant *
and teach *me* your statutes.
- 136 My eyes shed *streams* of tears, *
because people *do* not keep your law.

Sadhe

- 137 You are righteous, O Lord, *
and upright *are* your judgements.
- 138 You have issued *your* decrees *
with justice and in *perfect* faithfulness.
- 139 My indignation *has* consumed me, *
because my *enemies* forget your words.
- 140 Your word has been tested to the uttermost, *
and your servant holds it dear.
- 141 I am small and of *little* account, *
yet I do not forget *your* commandments.
- 142 Your justice is an *everlasting* justice *
and your *law* is the truth.
- 143 Trouble and distress have *come* upon me, *
yet your *commandments* are my delight.
- 144 The righteousness of your decrees is everlasting; *
grant me *understanding*, that I may live.

Qoph

- 145 I call *with* my whole heart; *
answer me, O Lord, that I may *keep* your statutes.
- 146 I call to you; O that *you* would save me! *
I will *keep* your decrees.
- 147 Early in the morning I cry *out* to you, *
for in your *word* is my trust.
- 148 My eyes are open in *the* night watches, *
that I may meditate *upon* your promise.
- 149 Hear my voice, O Lord, according to your *loving-kindness*; *
according to your *judgements*, give me life.
- 150 They draw near who in malice *persecute* me; *
they are very *far* from your law.
- 151 You, O Lord, are *near* at hand, *
and all your *commandments* are true.

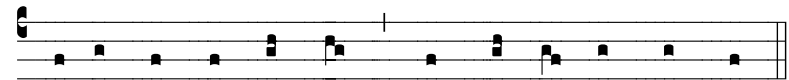
- 152 Long have I known from *your* decrees *
that you have established *them* for ever.

Midday Office
Friday I

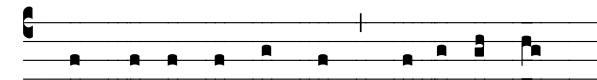
Righteous Lord God, we ask you to make your face shine upon us
that, as we yearn for you, we may know you ever close at hand
and rejoice in the life you give; through Jesus Christ our Lord. **Amen.**

READING

RESPOND



I call with my whole heart, * oh, that you would save me.



∇. grant me un-der-stand-ing, that I may live.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

SATURDAY - Week I

- 1 Eternal living Lord of all,
unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.
- 2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Rerum, Deus, tenax vigor (?S Ambrose), tr. Ralph Wright, OSB [altd]

Psalm 119

Resh

- 153 Behold my affliction *and* deliver me, *
for I do *not* forget your law.
- 154 Plead my cause *and* redeem me; *
according to your *promise*, give me life.
- 155 Deliverance is far *from* the wicked, *
for they do not study your statutes.
- 156 Great is your compassion, O Lord; *
preserve my life, according to your judgements.
- 157 There are many who persecute *and* oppress me, *
yet I have not *swerved* from your decrees.
- 158 I look with loathing *at* the faithless, *
for they *have* not kept your word.
- 159 See how I love *your* commandments! *
O Lord, in your mercy, preserve me.
- 160 The heart of your *word* is truth; *
all your righteous judgements *endure* for evermore.

Shin

- 161 Rulers have persecuted me without a cause, *
but my heart stands in awe of your word.
- 162 I am as glad because *of* your promise *
as *one* who finds great spoils.
- 163 As for lies, I hate *and* abhor them, *
but your *law* is my love.
- 164 Seven times a day *do* I praise you, *
because of your *righteous* judgements.
- 165 Great peace have they who *love* your law; *
for them there is no stumbling block.
- 166 I have hoped for your salvation, O Lord, *
and I have fulfilled *your* commandments.
- 167 I have kept *your* decrees *
and I have *loved* them deeply.
- 168 I have kept your commandments *and* decrees, *
for all my ways *are* before you.

Taw

- 169 Let my cry come before *you*, O Lord; *
give me understanding, according to your word.
- 170 Let my supplication *come* before you; *
deliver me, according to your promise.
- 171 My lips shall pour *forth* your praise, *
when you teach *me* your statutes.
- 172 My tongue shall sing *of* your promise, *
for all your commandments are righteous.
- 173 Let your hand be ready to help me, *
for I have chosen *your* commandments.
- 174 I long for your salvation, O Lord, *
and your *law* is my delight.

Midday Office
Saturday I

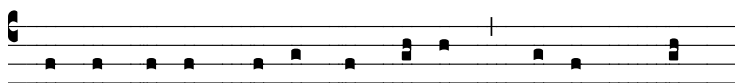
175 Let me live and I will praise you, *
and let your judgements help me.

176 I have gone astray like a sheep *that* is lost; *
search for your servant,
for I do not forget *your* commandments.

God of mercy, swift to help us, as our lips pour forth your praise,
fill our hearts with the peace you give to those who love your law
and wait for your salvation, in Jesus Christ our Lord. **Amen.**

READING

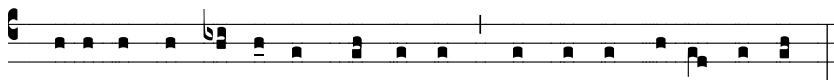
RESPOND



Let my cry come be-fore you, O Lord, * my tongue shall



sing of your promise. V. I long for your sal-va-tion, O Lord.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

SUNDAY - Week 2

Midday Office

- 1 To God our Father, thanks and praise
for this the first and dawn of days;
the day when he, Creation's spring,
did light and life from chaos bring.
- 2 The day on which his well-loved Son
o'er death and hell the triumph won;
the day on which their Spirit came,
their gift to us in wind and flame.
- 3 To God our Father, through his Son,
and in the Spirit, with them one,
we, new created on this day,
new songs of love and glory pay. Amen.

(OP Oxon)

Psalm 42

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

O God, as we come before your presence
satisfy the hearts of all who wait in hope for your coming;
fill our soul with streams of living water
as we place all our hope in you;
through Jesus Christ our Lord. **Amen.**

Psalm 43

- 1 Give judgement for me, O God,
and defend my cause against an *ungodly* people; *
deliver me from the deceitful *and* the wicked.
- 2 For you are the God of my strength;
why have you *put* me from you? *
and why do I go so heavily while the enemy oppresses me?

- 3 Send out your light and your truth, that *they* may lead me, *
and bring me to your holy hill and to your dwelling;
- 4 That I may go to the altar of God,
to the God of my *joy* and gladness; *
and on the harp I will give thanks to *you*, O God my God.
- 5 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 6 Put your *trust* in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Receive at your heavenly altar, O God,
the supplication of your people;
lead us into the way of truth and purify our hearts
that we may come before you,
who are our joy and our gladness;
through Jesus Christ our Lord. **Amen.**

Psalm 133

- 1 O how good and pleasant it is, *
when brethren live *together* in unity!
- 2 It is like fine oil *upon* the head *
that runs *down* upon the beard,
3 Upon the *beard* of Aaron, *
and runs down upon the *collar* of his robe.
- 4 It is like the *dew* of Hermon *
that falls upon the *hills* of Zion.
- 5 For there the Lord has *ordained* the blessing: *
life for evermore.

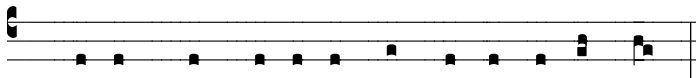
Holy Trinity, God in perfect Unity,
send your life-giving blessing
upon the brothers and sisters of Christ,
that they may live for evermore with joy
the life of unity that springs from you, God, to all eternity. **Amen.**

READING

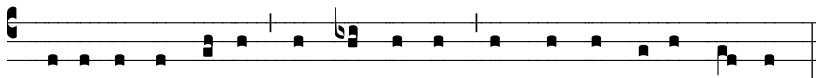
RESPOND



Put your trust in God. * I will yet give thanks to him.



ψ. The Lord grants his lov-ing kind-ness in the day -time:



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

MONDAY - Week 2

Midday Office

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Nunc, Sancte, nobis (7S Ambrose), tr. Ralph Wright, OSB [metre altd]

Psalm 120

- 1 When I was in trouble I called to the Lord, *
I called to the Lord, *and* he answered me.
- 2 Deliver me, O Lord, from lying lips *
and from *the* deceitful tongue.
- 3 What shall be done to you and what *more* besides, *
O *you* deceitful tongue?
- 4 The sharpened arrows *of* a warrior, *
along *with* hot glowing coals.
- 5 How hateful it is that I must *lodge* in Meshech *
and dwell among the *tents* of Kedar!
- 6 Too long have I *had* to live *
among the enemies of peace.
- 7 I am on the *side* of peace, *
but when I speak of it, *they* are for war.

God of consolation, look upon us, pilgrims in a strange land:
preserve us from slander and deceit,
show us the truth and give to our souls the peace Christ won upon the cross.
To him be glory for ever! **Amen.**

Psalm 121

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the Lord, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

Lord, ever watchful and faithful,
we look to you to be our defence and we lift up our hearts to know your help;
through Jesus Christ our Lord. **Amen.**

Psalm 122

- 1 I was glad when they said to me, *
“Let us go to the house of the Lord.”
- 2 Now our feet are standing *
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city *
that is at unity with itself.
- 4 To which the tribes go up, the tribes of the Lord, *
the assembly of Israel, to praise the name of the Lord.
- 5 For there are the thrones of judgement, *
the thrones of the house of David.

- 6 Pray for the peace of Jerusalem: *
“May they prosper who love you.
- 7 Peace be within your walls *
and quietness within your towers.
- 8 For my brethren and companions’ sake, *
I pray for your prosperity.
- 9 Because of the house of the Lord our God, *
I will seek to do you good.”

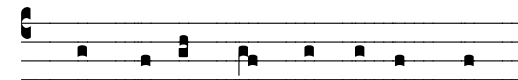
God of our joy and gladness, hear our prayer for the peace of this world
and bring us at last, with all our companions in faith,
to the peace of that city where you live and reign,
Father, Son and Holy Spirit, now and to all eternity. **Amen.**

READING

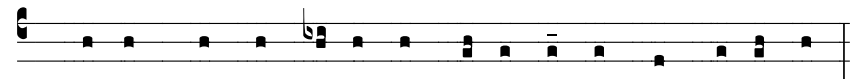
RESPOND



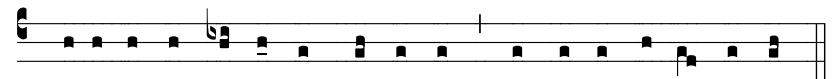
The Lord shall pre-serve you from all e-vil *



from this time forth for e-ver- more.



V. The Lord shall watch o-ver your go - ing out and your coming in.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

TUESDAY - Week 2

- 1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.
- 2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.
- 3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

Rector potens, verax Deus (?Ambrose) tr. OP Oxon, altd

Psalm 123

- 1 To you I lift *up* my eyes, *
to you enthroned *in* the heavens.
- 2 As the eyes of servants look to the hand *of* their masters, *
and the eyes of a maid to the hand *of* her mistress,
- 3 So our eyes look to the *Lord* our God, *
until he show *us* his mercy.
- 4 Have mercy upon us, O *Lord*, have mercy, *
for we have had more than *enough* of contempt,
- 5 Too much of the scorn of the indolent rich, *
and of the derision of the proud.

Sovereign God, enthroned in the heavens,
look upon us with your eyes of mercy
as we look upon you with humility and love
and fill our souls with your peace;
through Jesus Christ our Lord. **Amen.**

Psalm 124

- 1 If the Lord had not been *on* our side, *
let Israel now say;
- 2 If the Lord had not been *on* our side, *
when enemies rose *up* against us;
- 3 Then would they have swallowed us *up* alive *
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us *
and the *torrent* gone over us;
- 5 Then would the *raging* waters *
have *gone* right over us.
- 6 Blessèd be the Lord! *
he has not given us over to be a *prey* for their teeth.
- 7 We have escaped like a bird from the snare *of* the fowler; *
the snare is broken, *and* we have escaped.
- 8 Our help is in the name *of* the Lord, *
the maker of heaven and earth.

God, maker of heaven and earth,
you save us in the water of baptism
and by the suffering of your Son you set us free:
help us to put our trust in his victory
and to know that there is salvation
only in the name of Jesus Christ our Lord. **Amen.**

Psalm 125

- 1 Those who trust in the Lord are *like* Mount Zion, *
which cannot be moved, but stands *fast* for ever.
- 2 The hills stand *about* Jerusalem; *
so does the Lord stand round about his people,
from this time *forth* for evermore.
- 3 The sceptre of the wicked shall not hold sway over the
land allotted to the just, *
so that the just shall not put their *hands* to evil.

Midday Office
Tuesday 2

4 Show your goodness, O Lord, to those *who* are good *
and to those *who* are true of heart.

5 As for those who turn aside to crooked ways,
the Lord will lead them away with the evildoers; *
but peace be upon Israel.

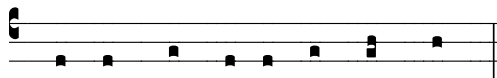
God of power,
you are strong to save and you never fail those who trust in you:
keep us under your protection
and spread abroad your reign of peace;
through Jesus Christ our Lord. **Amen.**

READING

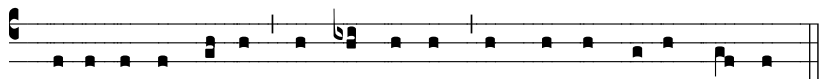
RESPOND



To you I lift up my eyes, * to you enthroned in the heavens.



℣. Our eyes look to the Lord our God.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

WEDNESDAY - Week 2

Midday Office

1 Eternal living Lord of all,
unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.

2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.

3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Rerum, Deus, tenax vigor (?S Ambrose), tr. Ralph Wright, OSB [altd]

Psalm 126

1 When the Lord restored the fortunes of Zion, *
then were we like those who dream.

2 Then was our mouth *filled* with laughter, *
and our *tongue* with shouts of joy.

3 Then they said *among* the nations, *
“The Lord has *done* great things for them.”

4 The Lord has done *great things* for us, *
and we are glad indeed.

5 Restore our *fortunes*, O Lord, *
like the watercourses *of* the Negev.

6 Those who sowed with tears *
will *reap* with songs of joy.

7 Those who go out weeping, carrying the seed, *
will come again with joy, *shouldering* their sheaves.

Be with us, God of consolation, when we are made weary by this world;
turn our sorrow into joy and give us lips to sing your praise
and lives to proclaim your victory in Jesus Christ,
our crucified and risen Lord. **Amen.**

Psalms 127

- 1 Unless the Lord *builds* the house, *
their labour is in *vain* who build it.
- 2 Unless the Lord watches over the city, *
in vain the watchman *keeps* his vigil.
- 3 It is in vain that you rise so early and go to *bed* so late; *
vain, too, to eat the bread of toil,
for he gives to *his* beloved sleep.
- 4 Children are a heritage *from* the Lord, *
and the fruit of the *womb* is a gift.
- 5 Like arrows in the hand of a warrior *
are the *children* of one's youth.
- 6 Happy is the man who has his *quiver* full of them! *
he shall not be put to shame
when he contends with his *enemies* in the gate.

Lord, you are ever watchful,
you bless us with your gifts, you provide for all our needs:
help us to build only what pleases you;
through Jesus Christ our Lord. **Amen.**

Psalms 128

- 1 Happy are they all who *fear* the Lord, *
and who *follow* in his ways!
- 2 You shall eat the fruit of your labour; *
happiness and prosperity shall be yours.
- 3 Your wife shall be like a fruitful vine *within* your house, *
your children like olive shoots round *about* your table.
- 4 The man who *fears* the Lord *
shall *thus* indeed be blessed.
- 5 The Lord bless *you* from Zion, *
and may you see the prosperity of Jerusalem
all the *days* of your life.

- 6 May you live to see your *children's* children; *
may peace be upon Israel.

Midday Office
Wednesday 2

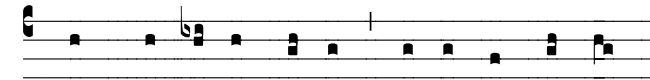
Creator God,
whose Son is the true vine and we the branches:
make us fruitful in your service,
sharing your love and joy and peace with all your children,
in the power of the Spirit of Jesus Christ our Lord. **Amen.**

READING

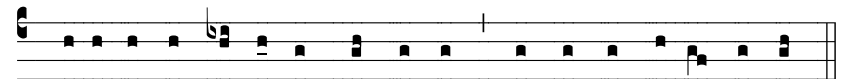
RESPOND



Those who sowed with tears * will reap with songs of joy.



ψ. Those who go out weeping, carr-y - ing the seed,



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

THURSDAY - Week 2

Midday Office
Thursday 2

- 1 Into the silence of our hearts
with God the Father and the Son,
in answer to our constant prayer,
O Holy Spirit, quickly come!
- 2 May every thought and word of ours
have power to praise your holy name!
may others find in us that fire
with which your love must ever flame.
- 3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Nunc, Sancte, nobis (?S Ambrose), tr. Ralph Wright, OSB [metre altd]

Psalm 129

- 1 "Greatly have they oppressed me *since my youth*," *
let Israel now say;
- 2 "Greatly have they oppressed me *since my youth*, *
but they have not *prevailed* against me."
- 3 The ploughmen ploughed *upon my back* *
and *made* their furrows long.
- 4 The Lord, the Righteous One, *
has cut the cords of the wicked.
- 5 Let them be put to shame *and* thrown back, *
all those who are enemies of Zion.
- 6 Let them be like grass *upon the housetops*, *
which withers *before* it can be plucked;
- 7 Which does not fill the hand of the reaper, *
nor the bosom of *him* who binds the sheaves;
- 8 So that those who go by say not so much as,
"The Lord prosper you. *
We wish you well in the *name* of the Lord."

Father, your Son gave himself up to the wicked
who scored his back and smote him, yet he was not confounded:
in your righteousness set your people free
from the thongs of wickedness,
that they may bless you and give you glory;
through Jesus Christ our Lord. **Amen.**

Psalm 130

- 1 Out of the depths have I called you, O Lord;
Lord, *hear* my voice; *
let your ears consider well the voice of my *supplication*.
- 2 If you, Lord, were to note what is *done* amiss, *
O Lord, who could stand?
- 3 For there is forgiveness with you; *
therefore you shall be feared.
- 4 I wait for the Lord; my soul *waits* for him; *
in his *word* is my hope.
- 5 My soul waits for the Lord,
more than watchmen *for the morning*, *
more than watchmen *for the morning*.
- 6 O Israel, wait *for the Lord*, *
for with the Lord *there* is mercy;
- 7 With him there is *plenteous* redemption, *
and he shall redeem Israel from all their sins.

Lord of mercy and redemption,
rescue us, we pray, from the depths of sin and death;
forgive us what we do wrong,
and give us grace to stand in your presence,
to serve you in Jesus Christ our Lord. **Amen.**

Psalm 131

- 1 O Lord, I *am* not proud; *
I *have* no haughty looks.
- 2 I do not occupy myself *with great matters*, *
or with things that *are* too hard for me.

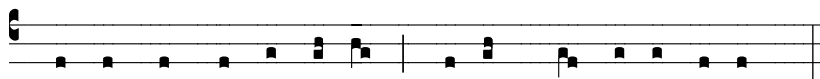
3 But I still my soul and make it quiet,
like a child upon its *mother's* breast; *
my soul is *quieted* within me.

4 O Israel, wait *upon* the Lord, *
from this time *forth* for evermore.

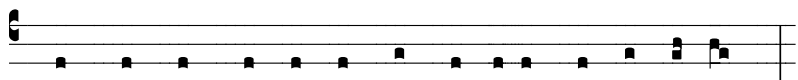
Eternal God,
like a mother you calm and quieten our souls:
keep us humble as we see your wonder
and trusting as we live in your love;
through Jesus Christ our Lord. **Amen.**

READING

RESPOND



My soul waits for you, O Lord, * in your word is all my hope.



ψ. More than watchmen for the morn-ing I long for you, O Lord.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

FRIDAY - Week 2

Midday Office

1 O God of truth, whose love and power
sustain us each succeeding hour:
you clothe the dawn with radiant light,
and now the sun burns in the height.

2 Extinguish every sinful fire,
and set us free from false desire,
renew our strength and keep us whole,
and with your peace restore the soul.

3 To God the Father, God the Son,
and God the Spirit, Three in One,
all honour, praise and glory be
from age to age eternally. Amen.

Rector potens, verax Deus (?Ambrose) tr. OP Oxon, altd

Psalm 69

1 Save me, O God, *
for the waters have risen *up* to my neck.

2 I am sinking *in* deep mire, *
and there is no firm *ground* for my feet.

3 I have come into deep waters, *
and the torrent *washes* over me.

4 I have grown weary with my crying; my throat *is* inflamed; *
my eyes have failed from *looking* for my God.

5 Those who hate me without a cause are more than the hairs of my head;
my lying foes who would destroy me are mighty. *
Must I then give back *what* I never stole?

6 O God, you *know* my foolishness, *
and my faults are not *hidden* from you.

7 Let not those who hope in you be put to shame through me,
Lord *God* of hosts; *
let not those who seek you be disgraced because of me,
O *God* of Israel.

8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.

9 I have become a stranger to *my* own kindred, *
an alien to my *mother's* children.

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

11 I humbled myself with fasting, *
but that was *turned* to my reproach.

12 I put on sack-cloth also, *
and became a byword among them.

13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.

14 But as for me, this is my *prayer* to you, *
at the time *you* have set, O Lord:

15 "In your great mercy, O God, *
answer me with *your* unfailing help.

16 Save me from the mire; do not *let* me sink; *
let me be rescued from those who hate me
and out of *the* deep waters.

17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its *mouth* upon me.

18 Answer me, O Lord, for your *love* is kind; *
in your great compassion, turn to me.

19 Hide not your face *from* your servant; *
be swift and answer me, for *I* am in distress.

20 Draw near to me *and* redeem me; *
because of my enemies deliver me.

21 You know my reproach, my shame, and my dishonour; *
my adversaries are *all* in your sight."

22 Reproach has broken my heart and it cannot be healed; * *Midday Office*
I looked for sympathy, but there was none, *Friday 2*
for comforters, but I *could* find no one.

23 They gave me *gall* to eat, *
and when I was thirsty, they gave me *vinegar* to drink.

[24 Let the table before them be a trap *
and their sacred feasts a snare.

25 Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.

26 Pour out your indignation upon them, *
and let the fierceness of your anger overtake them.

27 Let their camp be desolate, *
and let there be none to dwell in their tents.

28 For they persecute him whom you have stricken *
and add to the pain of those whom you have pierced.

29 Lay to their charge guilt upon guilt, *
and let them not receive your vindication.

30 Let them be wiped out of the book of the living *
and not be written among the righteous.]

31 As for me, I am afflicted *and* in pain; *
your help, O God, will *lift* me up on high.

32 I will praise the name of God in song; *
I will proclaim his greatness *with* thanksgiving.

33 This will please the Lord more than an offering of oxen, *
more than *bullocks* with horns and hoofs.

34 The afflicted shall see *and* be glad; *
you who seek God, your heart shall live.

35 For the Lord listens to the needy, *
and his prisoners *he* does not despise.

36 Let the heavens and *the* earth praise him, *
the seas and *all* that moves in them;

37 For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it *in* possession.

38 The children of his servants *will* inherit it, *
and those who love his *name* will dwell therein.

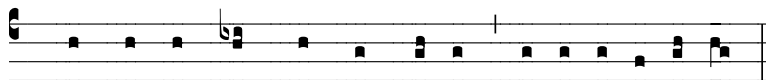
Thirsting on the cross,
your Son shared the reproach of the oppressed
and carried the sins of all:
in him, O God, may the despairing find you,
the afflicted gain life
and the whole creation know its true king. **Amen.**

READING

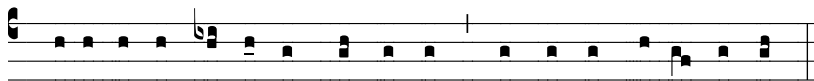
RESPOND



Answer me, O Lord, * in your great compassion turn to me.



ψ. Hide not your face from your servant, for I am in distress:



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

SATURDAY - Week 2

Midday Office

1 Eternal living Lord of all,
unchanging, steadfast rock of might,
the rhythm of each passing day
you measure out with purest light.

2 We pray that evening may be calm
and life your gift may never fail;
in death may all your children find
a joyful peace that will prevail.

3 Most holy Father, grant our prayer
through Jesus Christ your only Son,
that in your Spirit we may live
and glorify you, ever One. Amen.

Rerum, Deus, tenax vigor (?S Ambrose), tr. Ralph Wright, OSB [altd]

Psalm 84

1 How dear to me is your dwelling, O Lord of hosts! *
My soul has a desire and longing for the courts of the Lord;
my heart and my flesh rejoice *in* the living God.

2 The sparrow has found her a house
and the swallow a nest where she may *lay* her young; *
by the side of your altars, O Lord of hosts,
my *King* and my God.

3 Happy are they who dwell *in* your house! *
they will always be praising you.

4 Happy are the people whose strength *is* in you! *
whose hearts are set *on* the pilgrims' way.

5 Those who go through the desolate valley will find
it a *place* of springs, *
for the early rains have covered it with *pools* of water.

6 They will climb from *height* to height, *
and the God of gods will reveal *himself* in Zion.

- 7 Lord God of hosts, *hear* my prayer; *
hearken, O *God* of Jacob.
- 8 Behold our defender, O *God*; *
and look upon the face of *your* anointed.
- 9 For one day in your courts is better than a thousand in *my* own room, *
and to stand at the threshold of the house of my *God*
than to dwell in the tents of the wicked.
- 10 For the Lord *God* is both *sun* and shield; *
he will give *grace* and glory;
- 11 No good thing will the *Lord* withhold *
from those who walk *with* integrity.
- 12 O *Lord* of hosts, *
happy are they who *put* their trust in you!

Lord God, sustain us in this vale of tears
with the vision of your grace and glory;
that as we journey towards your presence
we may go from strength to strength
in the power of Jesus Christ our Lord. **Amen.**

Psalm 85

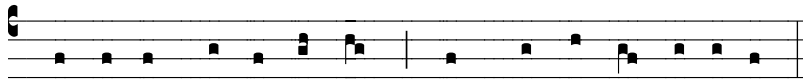
- 1 You have been gracious to your *land*, O *Lord*, *
you have restored the good *fortune* of Jacob.
- 2 You have forgiven the iniquity of your people *
and blotted out all their sins.
- 3 You have withdrawn *all* your fury *
and turned yourself from your wrathful *indignation*.
- 4 Restore us then, O *God* our Saviour; *
let your anger depart from us.
- 5 Will you be displeased with *us* for ever? *
will you prolong your anger from age to age?
- 6 Will you not give us *life* again, *
that your people *may* rejoice in you?

- 7 Show us your mercy, O *Lord*, *
and grant us *your* salvation.
- 8 I will listen to what the *Lord God* is saying, *
for he is speaking peace to his faithful people
and to those who *turn* their hearts to him.
- 9 Truly, his salvation is very near to *those* who fear him, *
that his glory may *dwell* in our land.
- 10 Mercy and truth have *met* together; *
righteousness and peace have *kissed* each other.
- 11 Truth shall spring up *from* the earth, *
and righteousness shall look *down* from heaven.
- 12 The *Lord* will indeed *grant* prosperity, *
and our land will *yield* its increase.
- 13 Righteousness shall *go* before him, *
and peace shall be a *pathway* for his feet.

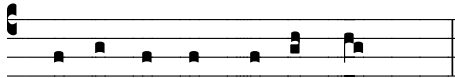
Be gracious to us, Lord our God,
and restore us to fullness of life with you;
that mercy and truth may be our guide
and peace be a pathway for our feet;
through our Saviour, Jesus Christ our Lord. **Amen.**

READING

RESPOND



Show us your mercy, O Lord,* and grant us your salva-tion.



ψ. Re-store us, O God of hosts:



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

THE PRAYERS (p 56)

Concluding Prayers

Midday Office

Hebdomadary

Lord, have mercy upon us

ALL

Christ, have mercy upon us

Lord, have mercy upon us

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Collect

The Grace

*(If the Eucharist follows immediately after the Lord's prayer
the Hebdomadary says:*

Let us bless the Lord

ALL Thanks be to God.)

Community of the Resurrection

VIGIL OF THE RESURRECTION

THE VIGIL OF THE RESURRECTION

Opening stand

Hymn

Thanksgiving

Psalm sit

Psalm Collect

Canticle stand

THE RESURRECTION GOSPEL

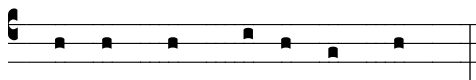
Acclamation

Prayers

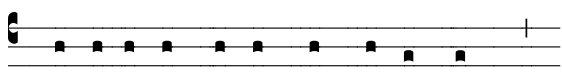
The Blessing



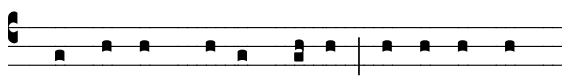
Superior
(or his representative)



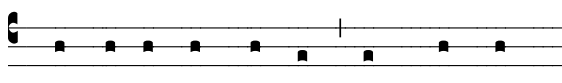
ALL **Who has made heaven and earth.**



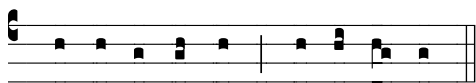
Glo-ry to the Father, and to the Son,



and to the Ho-ly Spi-rit; as it was in



the be-ginning, is now, and shall be



for e-ver. Amen. Alle-lu - ia.



IN LENT: and shall be for e-ver. A-men.



Vigil

(Melody: Nunc Dimittis - L Bourgeois (1549))

1 Angelic choirs, rejoice!

let trumpets lift their voice!
To hail the Lord's salvation,
let priestly people sing
the triumph of their King,
in festive celebration.

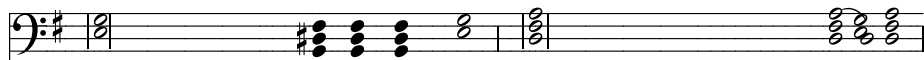
2 Exult, O earth, made bright,
your darkness put to flight,
now shine in Christ's own splendour.
Be glad, O Church, in song,
come join the echoing throng,
to hail the glorious Victor.

3 Let all around this flame,
Christ's deathless light acclaim,
his mercy now proclaiming;
that all may live in him,
who conquered death and sin
in glory never ending.

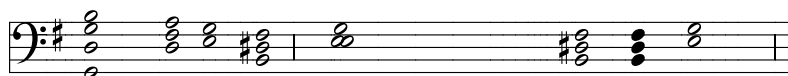
Exultet iam angelica turba coelorum (11th C)
tr. after Joel W Lundeen (b 1918)

OR (In Lent): Voskresneyie Khrystovo videshve
(Slavonic Hymn of the Resurrection)

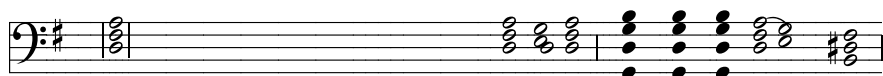
Vigil



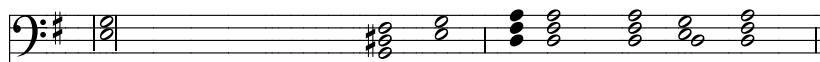
Having beheld the resurrection of Christ; let us adore the holy Lord Je - sus,



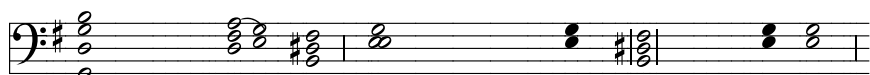
the only sinless One: We venerate your Cross, O Christ:



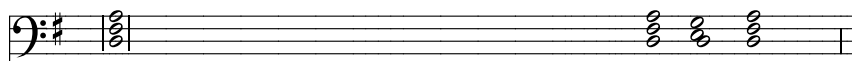
Your holy Resurrection we laud and glo-ri-fy; for You are our God



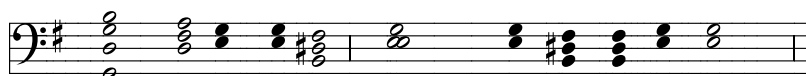
and we know no other beside you; we call u-pon Your name.



Come, all you faith - ful, let us magnify Christ's holy Resurrection:



for behold, through the Cross joy has come into all the world.



Ever blessing the Lord, let us sing his Re - sur-rec-tion;



for us he endured the shame of the Cross, conqu'ring death by his death!

THANKSGIVING

The Lord be with you

ALL

And also with you.

Let us give thanks to the Lord our God

ALL

It is right to give thanks and praise.

We praise and thank you, O God our Father,
through your Son, Jesus Christ our Lord.
Through him you have enlightened us by
revealing the light that never fades,
for dark death has been destroyed
and radiant life is everywhere restored.
What was promised is fulfilled:
we have been joined to you,
through renewed life in the Spirit of the
risen Lord.
Glory and praise to you, our Father,
through Jesus your Son,
who lives and reigns with you and the Spirit,
in the kingdom of light eternal,
for ever and ever. **Amen.**

- 1 Give thanks to the Lórd, for hé is good;*
his mercy endúres for éver.
- 2 Let Ísra^{el} nów proclaim,*
“His mercy endúres for éver.”
- 3 Let the house of Áaron nów proclaim,*
“His mercy endúres for éver.”
- 4 Let those who fear the Lórd nów proclaim,*
“His mercy endúres for éver.”
- 5 I called to the Lórd in mý distress;*
the Lord answered by s^étting mé free.
- 6 The Lord is at my side, thérefore I will not fear;*
what can ányone dó to me?
- 7 The Lord is at my síde to hélp me;*
I will triumph over thóse who háte me.
- 8 It is better to rely on the Lord *
than to put ány trúst in flesh.
- 9 It is better to rely on the Lord *
than to put any trúst in rúlers.
- 10 All the ungódly encómpass me;*
in the name of the Lord I will repél them.
- 11 They hem me in, they hem me ín on évery side;*
in the name of the Lord I will repél them.
- 12 They swarm about me like bees;
they bláze like a fíre of thorns;*
in the name of the Lord I will repél them.
- 13 I was pressed so hárd that I álm^{ost} fell,*
but the Lord cáme to mý help.
- 14 The Lord is my stréngth and mý song,*
and he has becóme my salvátion.
- 15 There is a sound of exultátion and víctory *
in the tén^{ts} of the ríghteous:

- 16 “The right hand of the Lord has triûmphed! * †
the right hand of the Lórd is exálted!
the right hand of the Lórd has tríumphed!”
- 17 I sháll not díe, but live,*
and declare the wórks of thé Lord.
- 18 The Lord has púnished me sórely,*
but he did not hand me óver tó death.
- 19 Open for me the gátes of ríghteousness;*
I will enter them; I will offer thánks to thé Lord.
- 20 “This is the gate of the Lord;*
he who is ríghteous may énter.”
- 21 I will give thanks to you, for you answered me *
and have becóme my salvátion.
- 22 The same stone which the buílders rejécted *
has becóme the chief córner-stone.
- 23 This is the Lord’s dóing,* †
and it is márvellous ín our eyes.
- 24 On this day the Lord has acted;*
we will rejóice and be glád in it.
- 25 Hosanna, Lord, hosanná! * †
Lord, s^énd us nów success.
- 26 Blessèd is he who comes in the name of the Lord;*
we bless you from the hóuse of thé Lord.
- 27 God is the Lord, he has shíned upón us;*
form a procession with branches up to the hórns of the áltar.
- 28 “You are my God and Í will thánk you;*
you are my God and Í will exált you.”
- 29 Give thanks to the Lórd, for hé is good;*
his mercy endúres for éver.

The Superior (or his representative) invites everyone to pray in silence for a moment.

Let us pray:

He then offers one of the following prayers:

God our Father,
by raising Christ your Son,
you conquered the power of death
and opened for us the way to eternal life.
Let our celebration this night
raise us up and renew our lives
by the Spirit who lives within us.
Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

OR

Holy and mighty God,
your Son's triumph over sin and death
has opened to us the gate of eternal life.
Purify our hearts that we may follow where he has gone
and share in the radiance of his glory.
We ask this for the sake of our risen Lord. **Amen.**

The Canticles

Vigil

The Song of Moses *Exodus 15.1-3,6,11,17-18*

I will sing to the Lord for his glórious tríumph; *
the horse and the rider he has húrled into the sea.
The Lord has become my stréngth and réfuge; *
the Lord himself has becóme my sáviour.

He is my God and Í will práise him; *
my father's God and Í will exált him.
The Lord himself is a míghty wárrior; *
the Lord, the Lórd is hís name.

Your right hand, O Lord, is majéstic in pówer; *
your right hand, O Lord, shátters the énemy.
Who is like you, O Lórd, amóng the gods, *
holy, awesome, wórker of wónders?

In steadfast love you léd your péople, *
you guided your redéemed with your gréat strength.
You brought them in safety tó your hóly place, *
and planted them firm on yóur own móuntain.
You brought them into your ówn house. *
The Lord shall reign for éver and éver.

Christ our Passover *1 Corinthians 5.7-8; Romans 6.9-11; 1 Corinthians 15.20-22*

Alleluia!
Christ our Passover has been **sácrificed** for us; *
therefore lét us kéept the feast,
Not with the old leaven, the leaven of **málice** and évil, *
but with the unleavened bread of sincérity and truth.

Christ being raised from the dead will néver **díe** again; *
death no longer has domínion óver him.

The death that he died, he died to sín, **ónce** for all; *
but the life he líves, he líves to God.
So also consider yoursélves **déad** to sín, *

and alive to God in Jésus Christ our Lord.

Christ has been raised **fróm** the dead, *
the first fruits of thóse who sleep.
For since by a **mán** came death, *
by a man has come also the resurréction óf the dead.
For as in **Ádam** áll die, *
so also in Christ shall all be made alive. Álleluía.

A Resurrection Hymn

Bless the Lord, O **hóuse** of Ísrael; *
O house of Áaron, bléss the Lord.
Blessed be the Lord **óut** of Zíon, *
who dwélls in Jerúsalem.

Give thanks to the Lórd, for **hé** is good, *
give thánks to the Gód of gods,
Give thánks to the **Lórd** of lords, *
for his mercy endúres for ééver.

Who struck down the firstborn of Égypt, *
and brought out Ísrael fróm amóng them, *
With a mighty hánd and a **strétched**-out arm, *
for his mercy endúres for ééver;

Who divided the Réd **Séa** in two, *
and made Ísrael to pass thróugh the mídst of it,
Who remembered us in our **lów** estate, *
and delivered us fróm our enémies.

Give thanks to the **Gód** of heaven, *
for his mercy endúres for ééver.

THE RESURRECTION GOSPEL

Vigil

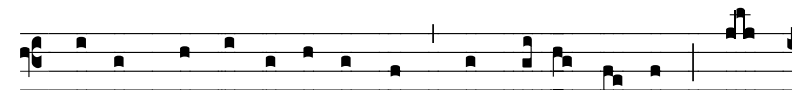
After the Gospel the Acclamation, *Te decet laus*, is sung:

Through the year:

II



To you be praise, * to you be wor-ship, glo-ry be to you



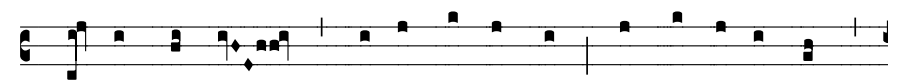
bless-ed Tri - ni - ty, Father, Son, and Ho-ly Spi - rit, for



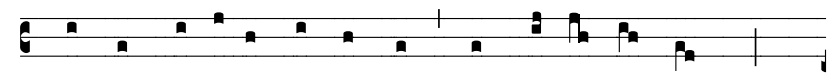
e-vermore, world without end. A - men.

In Eastertide:

I



To you be praise, * to you be worship, glo - ry be to you,



bless-ed Tri- ni - ty, Fa-ther, Son, and Ho- ly Spi - rit,



for e - vermore, world with - out end. A - - - men.

PRAYERS OF THE COMMUNITY

Vigil

God raised him up from the dead and gave him glory

ALL That our faith and hope might be in God.

Father, we remember before you our absent Brethren,
(our Aspirants), our Oblates, our Associate,
the Society of the Resurrection, our Companions
the members of the College,
our relations and friends, (our guests),
and all for whom we ought to pray;
prosper them with your blessing,
pour out your Spirit upon them,
and guide them in the path of eternal life,
to the glory of your Name;
through Jesus Christ our Lord. **Amen.**

Almighty and everlasting God,
who formed your Church to be of one heart and one soul
in the power of the Resurrection and the fellowship of the Holy Spirit:
renew her evermore in her first love;
and grant such a measure thereof to the Brethren of the Resurrection,
that our life may be hallowed, our way directed,
and our work made fruitful,
to the good of your Church and the glory of your holy name;
through Jesus Christ our Lord. **Amen.**

The Blessing

May God the Father, who raised Christ Jesus from the dead,
continually show us his loving kindness.

Amen.

May God the Son, victor over sin and death,
grant us a share in the joy of his resurrection.

Amen.

May God the Spirit, giver of light and peace,
renew our hearts in his love.

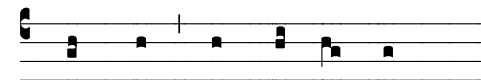
Amen.

May Almighty God, the Father, the Son and the Holy Spirit,
continue to bless us.

Amen. (Alleluia).

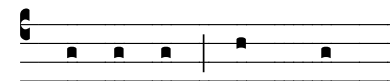
After the Blessing:

Through the year:



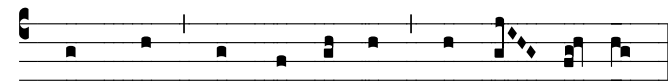
A - men. Al - le - lu - ia.

Lent:



... to bless us. A - men.

Easter tide:



A - men : Al - le - lu - ia, al - le - lu - ia.

COMPLINE

The Blessing

COMPLINE

Superior: The Lord Almighty grant us a quiet night and a perfect end. Amen.

A period of silence follows for reflection on the past day.

We confess to almighty God, before the whole company of heaven and one another, that we have sinned through our own fault, in thought and word and deed, and in what we have failed to do. Wherefore, we pray almighty God to forgive us our sins and to keep us in eternal life. Amen.

Our help is in the name of the Lord.
Who has made heaven and earth.

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

Alleluia. (not in Lent)

*Direct Tone (change on italicised syllables)
OR Easter Tone (syll before 2nd acc; 2nd mark)*

Psalm 4

- 1 Answer me when I call, O God, defender of mŷ cause; * †
you set me free whén I ám hard-pressed;
have mercy on mé and héar my prayer.
- 2 “You mortals, how long will you dishónour my glóry; *
how long will you worship dumb idols
and run áfter fálse gods?”
- 3 Know that the Lord does wonders *f*ór the fáithful; *
when I call upon the Lord, hé will héar me.
- 4 Tremble, thén, and dó not sin; *
speak to your heart in sílence upón your bed.

Compline

- 5 Offer the appointed *sá*crifices *
and put your *trú*st in thé Lord.
- 6 Many are saying, “Oh, that we míght see *bét*ter times!” *
Lift up the light of your countenance upón us, Ó Lord.
- 7 You have put gládness *ín* my heart, *
more than when grain and *wí*ne and óil increase.
- 8 I lie down in peace; at ónce I *fá*ll asleep; *
for only you, Lord, make me *dwé*ll in sáfty.

Psalm 91

- 1 Whoever dwells in the shelter *ó*f the Móst High, *
and abides under the shadow *ó*f the Almighty.
- 2 Shall say to the Lord,
“You are my refuge *ánd* my stróngthold, *
my God ín *whóm* I pút my trust.”
- 3 He shall deliver you from the snáre *ó*f the húnter *
and from the *déad*ly péstilence.
- 4 He shall cover you with his pinîons, †
and you shall find refuge únder hís wings; *
his faithfulness shall be a *shíeld* and búckler.
- 5 You shall not be afraid of any terror by night, *
nor of the árrow that flíes by day.
- 6 Of the plague that stalks *ín* the darkness, *
nor of the sickness that lays wáste at míd-day.
- 7 A thousand shall fall at your side
and ten thousand át *your* ríght hand, *
but it shall nót come néar you.
- 8 Your eyes have only to behold *
to see the rewárd óf the wícked.
- 9 Because you have made the *Lord* your refuge, *
and the Most High your *há*bitátion.

- 10 There shall no evil happen to you, *
neither shall any plague come *néar* your dwelling.
- 11 For he shall give his angels charge over you, *
to *kéep you* in *áall* your ways.
- 12 They shall bear you *in* their hands, *
lest you dash your *foot* against *â* stone. †
- 13 You shall tread upon the *líon* and ádder; *
you shall trample the young lion and the serpent
únder yóur feet.
- 14 Because he is bound to me in love,
therefore will *Í* deliver him; *
I will protect him, *becáuse* he *knóws* my name.
- 15 He shall call upon me, and *Í* will *áns*wer him; *
I am with him in trouble;
I will rescue him and *bríng him* to *hón*our.
- 16 With long life will I *sátisfý* him, *
and show *him* *mý* *salvátion*.

Psalm 134

- 1 Behold now, bless the Lord, all you *sérvants* *óf* the Lord, *
you that stand by night in *the hóuse* of *thé* Lord.
- 2 Lift up your hands in the holy *pláce* and *bléss* the Lord; *
the Lord who made heaven and earth bless *you* *óut* of *Zíon*.

The Reading

Compline

SUNDAY

The servants of the Lamb shall see the face of their God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will give them light; and they will reign for ever and ever.

Rev'n 22.4,5

OR

There remains a sabbath rest for the people of God; for those who enter his rest also cease from their labours, as he did. Let us, therefore, strive to enter that rest.

Heb 4.9-11

Monday

In returning and rest you shall be saved; in quietness and trust shall be your strength.

Isa 30.15

Tuesday

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matt 11.28-30

Wednesday

Humble yourselves under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.

1 Pet 5.6,7

Thursday

The Word was the source of life, and brought light to all. The light shines in the darkness, and the darkness has not overcome it.

John 1.4,5

Friday

Lord, you are in the midst of us, and we are called by your name. Leave us not,
O Lord our God.

Jer 14.9

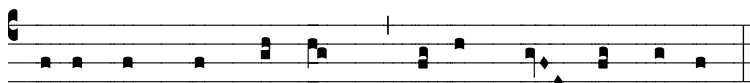
Saturday

There remains a sabbath rest for the people of God; for those who enter his
rest also cease from their labours, as he did. Let us, therefore, strive to enter
that rest.

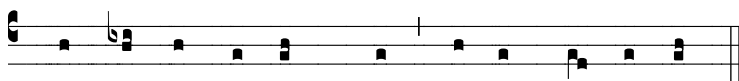
Heb 4.9-11

The Response

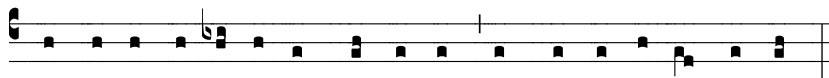
VI



Into your hands, O Lord, * I com-mend my spi - rit. *R.*



V. For you have re-deemed me, O Lord God of truth.



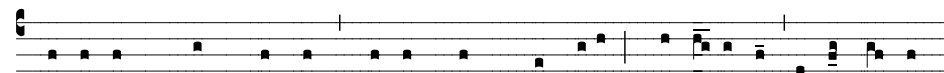
Glo- ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

OR

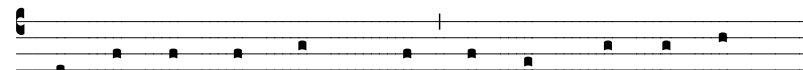
Compline

In Eastertide

VI



In-to your hands, O Lord, I commend my spirit, * al-le-lu -ia, al-le- lu - ia.



For you have re - deemed me, O Lord God of truth.



Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi - rit.

We now go to one of the page numbers below:

Ordinary days

<i>Sun, Tue, Thur</i>	79
<i>Mon, Wed, Fri</i>	80

Greater Holy Days	84 or 85
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Christmastide	87
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Lent	89
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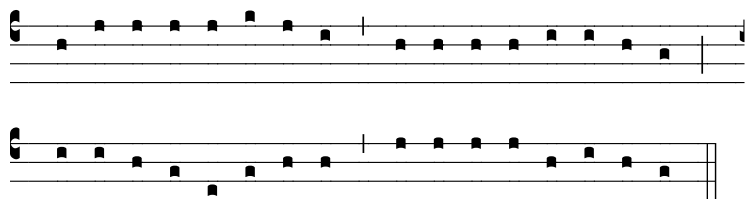
Passiontide	92
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Easter Week	95
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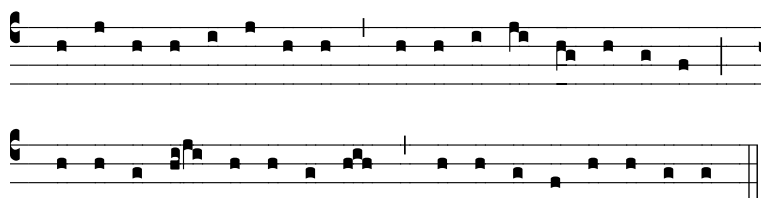
Eastertide	97
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Ascension to Pentecost	99
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(On Ferias)



(On Sundays and Feasts)



To you, before the end of day,
Creator of the world, we pray:
in love unfailing hear our prayer,
enfold us in your watchful care.

Keep all disturbing dreams away,
and hold the evil foe at bay,
repose untroubled let us find
for soul and body, heart and mind.

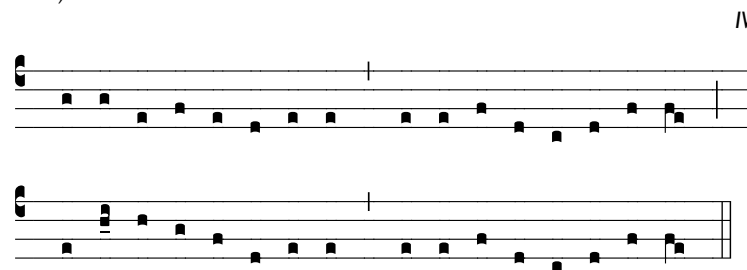
Your life and health send from above,
renew in us the fire of love,
and may your splendour cast away
night's darkness in eternal day.

Almighty Father, hear our cry
through Jesus Christ our Lord most high;
who reigns with you eternally
in your blest Spirit's unity. Amen.

Te lucis ante terminum
tr. Ryde Abbey, PAcr & JMH

VIII

(On Ferias)



VIII

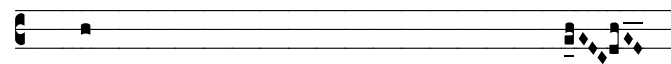
We praise you, Father, for your gift
of dusk and nightfall over earth,
foreshadowing the mystery
of death that leads to endless day.

Within your hands we rest secure;
in quiet sleep our strength renew;
yet give your people hearts that wake
in love to you unsleeping Lord.

Your glory may we ever seek
in rest, as in activity,
until its fullness is revealed,
O source of life, O Trinity. Amen.

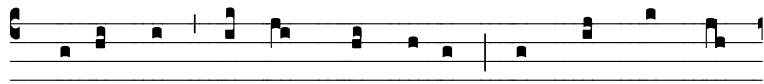
St Mary's Abbey, West Malling

*The following versicle and response is sung throughout the year after the hymn,
except between Easter Day and the Friday following.*



℣ Keep me, O Lord, as the apple of your eye, (alleluia).

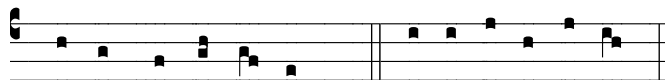
℟ Hide me under the shadow of your wings, (alleluia).

Ferial Antiphon:

Pre-serve us, * O Lord, while wak-ing and guard us while



sleeping, that our wak-ing may be with Christ, and our



sleeping may be in peace.

Advent Antiphon:

Come, O Lord, * and vi-sit us in peace, that we may



joy be-fore you in true wholeness of heart.

Illa

Lord, now you let your sérvant gó in peace *
your wórd has béeen fulfilled.

My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

THE PRAYERS

Lord, have mercy
Christ, have mercy
Lord, have mercy

God raised him up from the dead and gave him glory;
That our faith and hope might be in God.

Father,
we remember before you our absent brethren,
(our aspirants), our oblates, our Associate,
the Society of the Resurrection, our Companions,
the members of the College,
our relations and friends, (our guests),
and all for whom we ought to pray;
prosper them with your blessing,
pour out your Spirit upon them,
and guide them in the path of eternal life,
to the glory of your Name;
through Jesus Christ our Lord.

Amen.

VIIa

Almighty and everlasting God,
 who formed your Church to be of one heart and one soul
 in the power of the Resurrection
 and the fellowship of the Holy Spirit:
 renew her evermore in her first love;
 and grant such a measure thereof
 to the brethren of the Resurrection,
 that our life may be hallowed,
 our way directed,
 and our work made fruitful,
 to the good of your Church and the glory of your holy Name;
 through Jesus Christ our Lord. **Amen.**

Visit, O Lord, our home,
 and drive away all snares of the enemy;
 may the angels preserve us in peace,
 and your blessing be ever upon us;
 through Jesus Christ our Lord. **Amen.**

(Or another collect - see pages 101 & 102)

[The promise * **which was made unto the Fathers,**
God has fulfilled the same unto us their children,
in that he has raised up Jesus again.]

In peace, we will lie down and sleep;
For you alone, Lord, make us dwell in safety.

The almighty and merciful God, the Father, the Son, and the Holy
 Spirit, bless and preserve us. **Amen.**

GREATER HOLY DAYS

Compline

On the eve of the feast

VIII



O Saviour of the world, we pray,
 whose love has kept us through this day,
 now darkness falls and night is here,
 remember us, be ever near.

Forgive and pardon all our sin
 that your new life may grow within;
 and may your light illuminate
 the darkness of our mortal state.

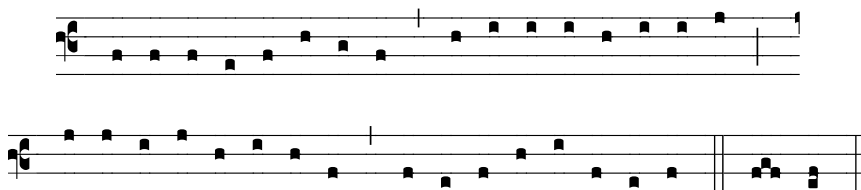
In sleep may truth possess the mind,
 that Satan may no entrance find;
 make us, in body and in soul
 a temple, living, true and whole.

When morning breaks, may we arise,
 a pleasing offering in your eyes;
 our life, our work receive in grace,
 and bring us all to see your face.

Almighty Father, hear our cry,
 through Jesus Christ our Lord most high:
 whom with the Spirit we adore
 for ever and for evermore. **Amen.**

Salvator mundi
tr. CSMV Wantage, altd.

On the day of the feast



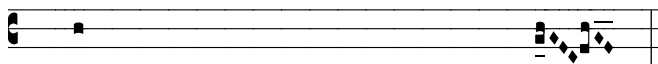
Lord Jesus, Sun of angels blest,
keep watch upon us from above;
with heav'nly vision cheer our eyes,
and overwhelm our hearts with love.

True Light, shine forth! Let dark depart
and from our souls be overthrown;
so may your peace on all descend
who, trusting you, their Saviour own.

And when as judge you come again,
arrayed in robes of purest light,
may we rejoice before our King,
no longer fearful in your sight.

To you be praise, Lord Jesus Christ,
of suns the brightest and the best,
who with th' eternal Father reign,
and with the Holy Spirit blest. Amen.

Adsunt tenebrae primae (Mozarabic 7th C)
tr. after W J Blew (1808-94)



℣ Keep me, O Lord, as the apple of your eye.

℟ Hide me under the shadow of your wings.

//

Antiphon on the Gospel Canticle

(But on feasts of the Blessed Virgin Mary the antiphon on p.102)

Compline

IVe



Let your light * so shine, O Lord, up - on us: that the darkness of our



hearts be - ing wholly done a-way, we may at-tain to the true light,



e- ven Christ our Sa - viour.

The Canticle

Lord, now you let your sérvant gó in peace *
your wórd has béeen fulfilled.

My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

CHRISTMASTIDE (and PRESENTATION)

Compline

Of the Father's love begotten
ere the world began to be,
he is Alpha and Omega,
he the source, the ending he,
of the things that are, that have been,
and that future years shall see,
evermore and evermore.

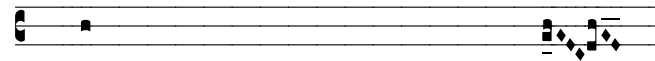
O that birth for ever blessed,
when the Virgin full of grace,
by the Holy Ghost conceiving,
bare the Saviour of our race,
and the Child, the world's Redeemer,
first revealed his sacred face,
evermore and evermore.

This is he whom seers and sages
sang of old with one accord;
whom the writings of the prophets
promised in their faithful word;
now he shines, the long-expected.
Let creation praise its Lord,
evermore and evermore.

Christ to thee with God the Father,
and, O Holy Ghost to thee
hymn and chant and high thanksgiving
and unwearied praises be,
honour, glory and dominion,
and eternal victory,
evermore and evermore.

Prudentius (4th C)

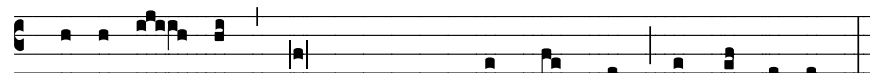
tr. J M Neale (1818-66) & others



V: Keep me, O Lord, as the apple of your eye.
R: Hide me under the shadow of your wings.

The Canticle The Song of Simeon Christmas and Epiphany

Va



Al-le -lu - ia, * The Word was made flesh, al - le - lu - ia:
(Epiphany only) All they from Saba shall come,



and dwelt a- mong us, al-le -lu - ia, al - le - - lu - ia.
they shall bring gold and in - cense

Lord, now you let your sérvant gó in peace *
your wórd has béeen fulfilled.

My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

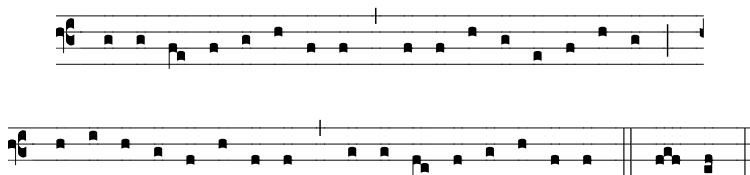
A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

LENT (ASH WEDNESDAY to PASSIONTIDE)



O Christ, life-giving Day and Light
with brightness overcoming night;
we look to you that we may know
the light and truth which from you flow.

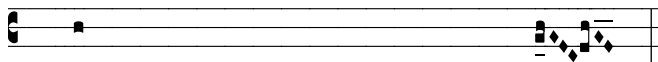
All holy Lord, our sure defence,
and guardian of our every sense:
O grant us calm, untroubled sleep,
so may the heart its vigil keep.

Protect us with your strong right hand,
that firm in faith we may withstand
and every onslaught of the foe
with trust in you may undergo.

Look down on us, O Lord most just,
your creatures fashioned from the dust;
preserve and govern us for good,
the purchase of your precious blood.

To God the Father, God the Son,
and God the Spirit, ever One;
to you, O blessed Trinity,
be praise through all eternity. Amen.

Christe qui lux es et dies (Latin, 6th C)
tr. composite



℣ Keep me, O Lord, as the apple of your eye.

℟ Hide me under the shadow of your wings.

//

WEEKS 1 & 2

Compline

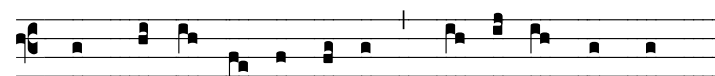
IVe



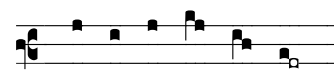
When you see the nak-ed, * co - ver them, and hide not yourself



from your own kin: then your light shall break forth as the morning,



and the glo - ry of the Lord shall be your rearguard.



The Canticle

The Song of Simeon

Lord, now you let your sérvant gó in peace *
your wórd has béen fulfilled.

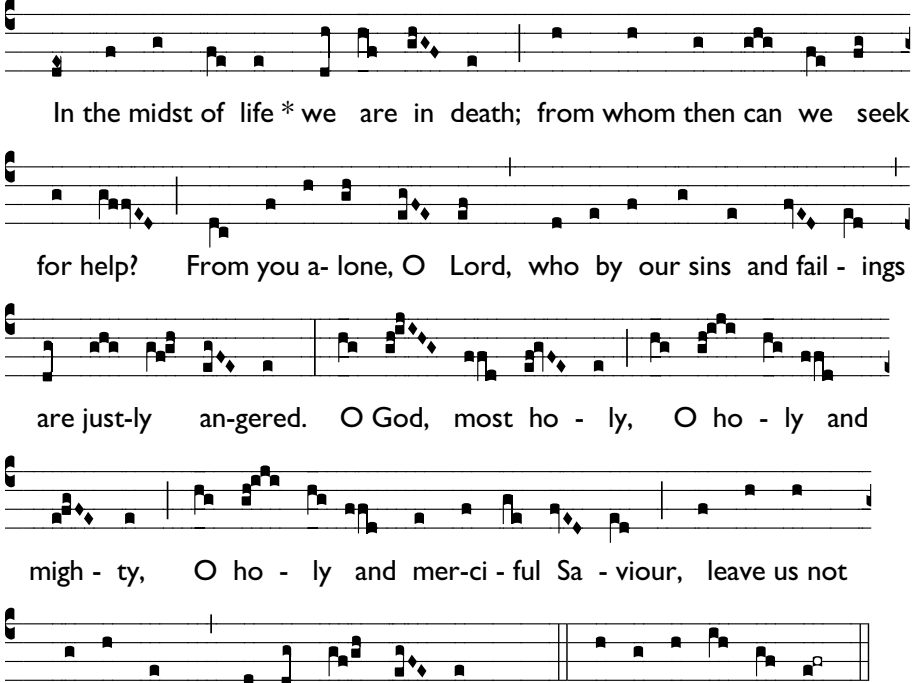
My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82



In the midst of life * we are in death; from whom then can we seek
for help? From you a-lone, O Lord, who by our sins and fail - ings
are just-ly an-gered. O God, most ho - ly, O ho - ly and
migh - ty, O ho - ly and mer-ci - ful Sa - viour, leave us not
to the pains of e - ter - nal death.

The Canticle**The Song of Simeon**

Lord, now you let your sérvant gó in peace *
your wórd has béen fulfilled.

My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

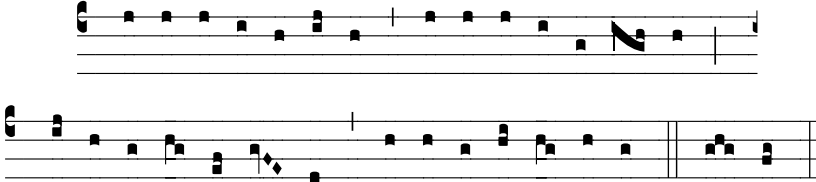
Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

PASSIONTIDE

VIII



Servant of God, remember
the stream your soul bedewing,
the grace that came upon you
anointing and renewing.

When kindly slumber calls you,
upon your bed reclining,
then trace the cross of Jesus,
your heart and forehead signing.

The Cross dissolves the darkness,
and drives away temptation;
it calms the wavering spirit
by quiet consecration.

Begone, begone, the terrors
of vague and formless dreaming;
begone, O fell deceiver,
with all your boasted scheming.

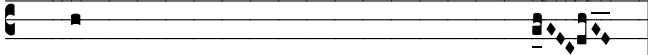
Tremble, for Christ is near us,
depart, this is his dwelling,
the sign you know and fear now,
your strong battalions quelling.

Then while the weary body
its rest in sleep is nearing,
the heart will muse in silence
on Christ and his appearing.

To God, eternal Father,
to Christ, our King, be glory,
and to the Holy Spirit,
in never-ending story. Amen.

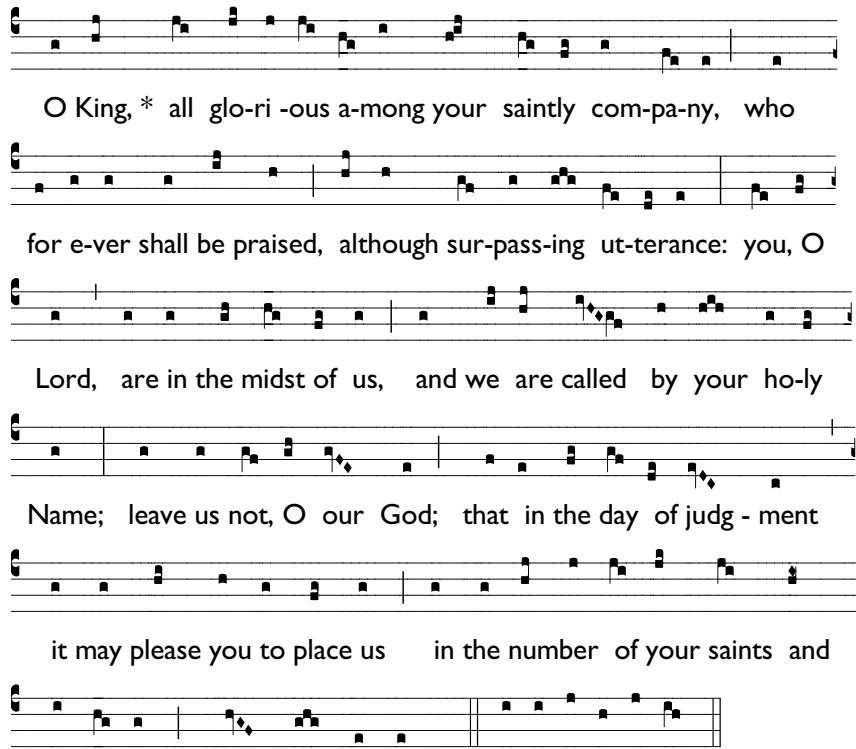
Prudentius (4th C)

tr. T A Lacey (1853-1931), altd.



℣. Keep me, O Lord, as the apple of your eye.

℟. Hide me under the shadow of your wings.



chos-en ones, King most blessed.

Lord, now you let your sérvant gó in peace *
your wórd has béen fulfilled.

My own eyes have séen the salvation *
 which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
 and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
 as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

IIIa

The Office begins with a time of silence and the Confession; the initial blessing is not said, and the opening responses are omitted. The Psalms follow. Then, all kneeling:

Christ became: **obedient for us unto death, even death on a cross.**

The Collect follows:

On Maundy Thursday and Good Friday

Almighty Father, look in mercy on this your family, for whose sake our Lord Jesus Christ willingly gave himself up into the hands of men and suffered death upon the cross: who lives and reigns with you and the Holy Spirit for ever.

Amen.

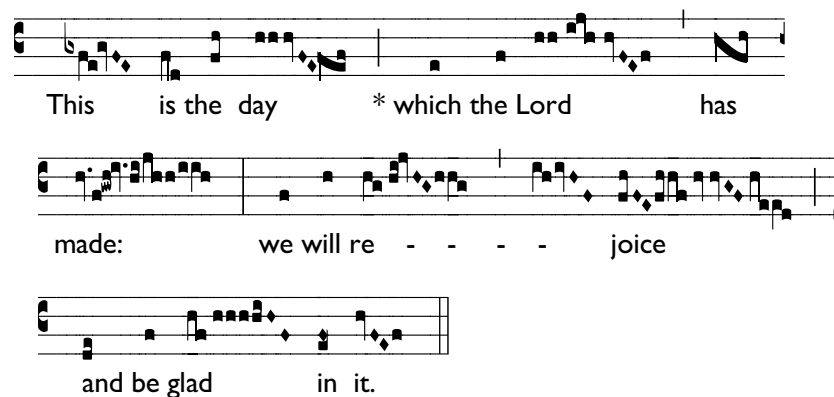
On Holy Saturday

Grant, O Lord, that as we are baptised into the death of your blessed Son our Saviour Jesus Christ, so by continual mortifying our corrupt affections we may be buried with him; and that through the grave and gate of death we may pass to our joyful resurrection, through him who died and was buried and rose again for us, your Son Jesus Christ our Lord. **Amen.**

All leave in silence

ON EASTER DAY AND UNTIL THE FRIDAY FOLLOWING

After the psalms is sung:



The Song of Simeon



Lord, now you let your sérvant gó in peace *
your wórd has béeen fulfilled.

My own eyes have séen the salvation *
which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

II

VIII^c

The Prayers

Compline

Lord, have mercy
Christ, have mercy
Lord, have mercy

God raised him up from the dead and gave him glory;
That our faith and hope might be in God.

Father,
we remember before you our absent brethren,
(our aspirants), our oblates, our Associate, our Companions,
the members of the College,
our relations and friends, (our guests),
and all for whom we ought to pray;
prosper them with your blessing,
pour out your Spirit upon them,
and guide them in the path of eternal life, to the glory of your Name;
through Jesus Christ our Lord. **Amen.**

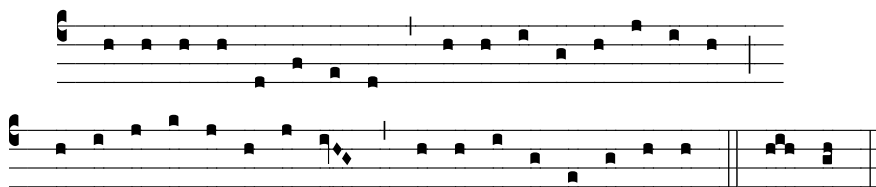
Pour upon us, O Lord, the spirit of your love;
that as we are renewed by your paschal sacraments,
so by your mercy we may be knit in the bond of peace and concord;
through Jesus Christ, your Son our Lord,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever. **Amen.**

The promise * **which was made unto the Fathers,**
God has fulfilled the same unto us their children,
in that he has raised up Jesus again.

In peace, we will lie down and sleep;
For you alone, Lord, make us dwell in safety.

The almighty and merciful God, the Father, the Son, and the Holy Spirit, bless and preserve us. **Amen.**

EASTERTIDE



O Jesus, Saviour of our race,
in whom we see the Father's face;
his image and the Light of Light,
come, Lord, and keep us through this night.

Creator of all life, your care
is in the pain your children bear;
as darkness falls upon the land
look down on us, stretch out your hand.

The Father's Word, may we now hear
your voice alone as night draws near;
that while the body rests in sleep,
the soul in Christ will vigil keep.

Remember then your life laid down
to win for us th' eternal crown;
by love outpoured in your free grace,
O bring us to the heavenly place.

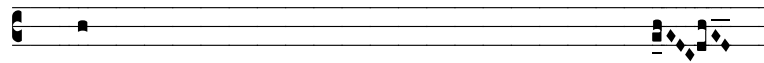
O splendour of the Risen Lord,
in whom all joy and hope are stored;
rejoicing here with you, we share
the riches of your glory there.

To God the Father, God the Son,
and God the Spirit, ever One;
to you, O blessed Trinity,
be praise in all eternity. Amen.

Jesu salvator saeculi
tr. CSMV, Wantage altd.

/

Compline



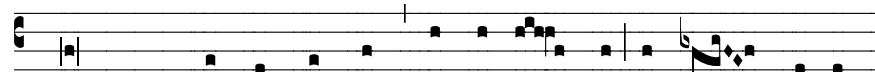
℣. Keep me, O Lord, as the apple of your eye, alleluia.
℟. Hide me under the shadow of your wings, alleluia.

The Canticle

The Song of Simeon



Al-le - lu - ia, * The Lord is ri - sen, al - le - lu - ia:
(Ascension only) Christ is gone up on high,



as he said un - to you, al - le - lu - ia, al - le - - lu - ia
and has led captivi - ty cap - tive,

Lord, now you let your sérvant gó in peace *
your wórd has béeen fulfilled.

My own eyes have séen the salvátion *
which you have prepared in the sight of évery péople.

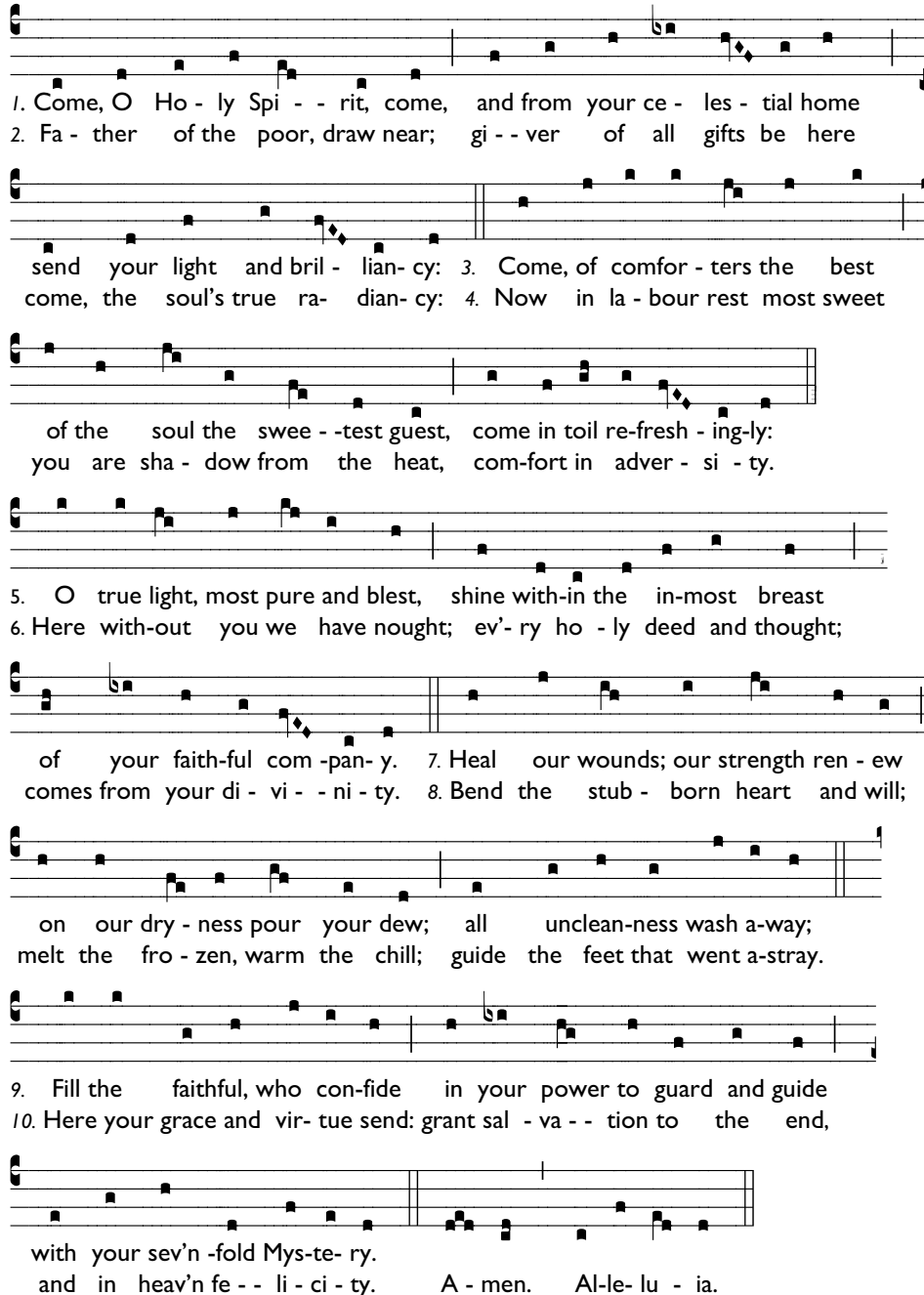
A light to reveal you tó the nátions *
and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spírit; *
as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

From ASCENSION TO PENTECOST



1. Come, O Ho - ly Spi - - rit, come, and from your ce - les - tial home
 2. Fa - ther of the poor, draw near; gi - - ver of all gifts be here

send your light and bril - lian - cy: 3. Come, of comfor - ters the best
 come, the soul's true ra - dian - cy: 4. Now in la - bour rest most sweet

of the soul the swee - - test guest, come in toil re - fresh - ing - ly:
 you are sha - dow from the heat, com - fort in adver - si - ty.

5. O true light, most pure and blest, shine with-in the in-most breast
 6. Here with-out you we have nought; ev' - ry ho - ly deed and thought;

of your faith - ful com - pan - y. 7. Heal our wounds; our strength ren - ew
 comes from your di - vi - - ni - ty. 8. Bend the stub - born heart and will;

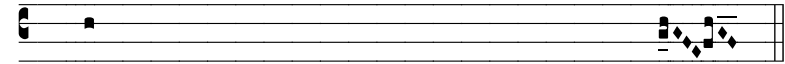
on our dry - ness pour your dew; all unclean - ness wash a-way;
 melt the fro - zen, warm the chill; guide the feet that went a-stray.

9. Fill the faithful, who con - fide in your power to guard and guide
 10. Here your grace and vir - tue send: grant sal - va - - tion to the end,

with your sev'n - fold Mys - te - ry.
 and in heav'n fe - - li - ci - ty. A - men. Al - le - lu - ia.

I

Compline

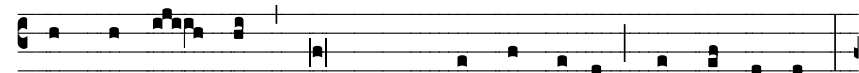


Keep me, O Lord, as the apple of your eye, alleluia.
 Hide me under the shadow of your wings, alleluia.

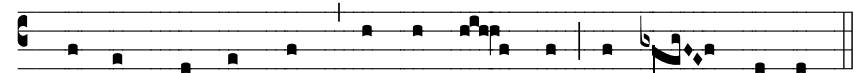
The Canticle

The Song of Simeon

Va



Al - le - lu - ia, * The Spirit, the Comforter, al - le - lu - ia:



shall teach you all things, al - le - lu - - ia, al - le - - lu - ia.

Lord, now you let your sérvant gó in peace *
your wórd has b́een fulfilled.

My own eyes have śeen the salvation *
 which you have prepared in the sight of évery péople.

A light to reveal you tó the nátions *
 and the glory of your péople Ísrael.

Glory to the Father, and to the Son, and to the Hóly Spirit; *
 as it was in the beginning, is now, and shall be for éver. Ámen.

(The Antiphon is repeated)

Now we return to p.82

Alternative Collects:

(Sunday)

Almighty God,
by triumphing over the powers of darkness
Christ prepared a place for us in the new Jerusalem.
May we, who have this day given thanks for his resurrection, praise him in the
eternal city of which he is the light;
who is alive and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

(Monday)

Lighten our darkness, Lord, we pray;
and in your mercy defend us
from all perils and dangers of this night;
for the love of your only Son,
our Saviour Jesus Christ. **Amen.**

(Tuesday)

Be present, O merciful God,
and protect us through the silent hours of this night,
that we who are wearied by the changes and chances
of this fleeting world may rest in your eternal changelessness;
through Jesus Christ our Lord. **Amen.**

(Wednesday)

Look down, O Lord, from your heavenly throne,
illuminate the darkness of this night with your celestial brightness,
and from the children of light banish the deeds of darkness;
through Jesus Christ our Lord. **Amen.**

(Friday)

Lord Jesus Christ, Son of the living God,
who at this evening hour lay in the tomb and so hallowed the grave to be a bed
of hope for all who put their trust in you:
give us such sorrow for our sins,
which were the cause of your passion,
that, when our bodies lie in the dust our souls may live with you;
for you live and reign with the Father and the Holy Spirit,
one God, now and for ever. **Amen.**

(Saturday)

Come to visit us, O God, this night,
so that by your strength we may rise with the new day to rejoice in the
resurrection of your Son, Jesus Christ our Lord;
who is alive and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

Antiphon on the Gospel Canticle on feasts of the BVM

IVe



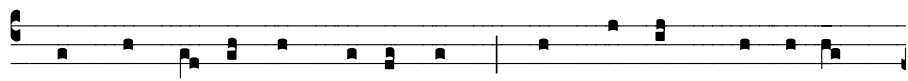
Glo - ry we sing to you, * O ho - ly Mo - ther of God, for of you



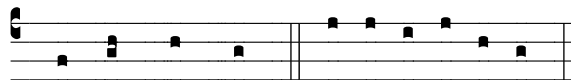
was born the Sa - viour: Pray for us to the Lord our God.



Psalm Antiphons



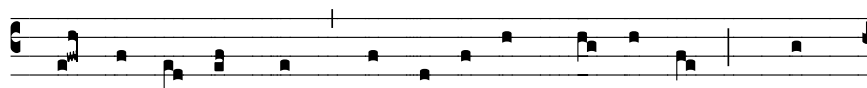
Have mer - cy u - pon me, O Lord; * hear my prayer when I call,



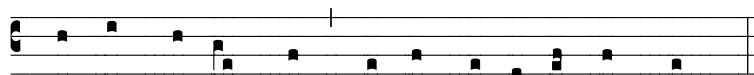
and an-swer me.



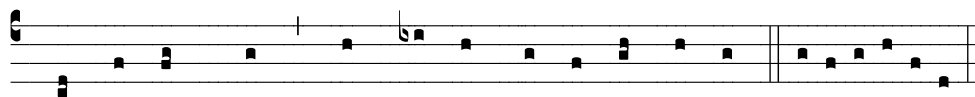
I lie down, * O Lord, in peace; and at once I fall a-sleep.



For to his an - gels * God has gi - ven charge of you; they



will watch o-ver you to keep you in all your ways.



In the night - time * come, all you peo-ple, bless the Lord.

VIIIg

Form of blessing before work or a journey:

V. The Lord watch over your going out and your coming in.

R. From this time forth for evermore.

May the God of peace, who raised up from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you perfect in everything good that you may do his will, working in you that which is pleasing in his sight:
through Jesus Christ, to whom be glory for ever and ever.
Amen.

VIIIg

VIIIg

(This form is used after the Collect and before the Versicle & Response 'We will lie down in peace' or the Antiphon, 'The promise, which was made.....')

Dd