

Christ the Saviour Ealing



Spiritual Resources
for Advent 2020
Week 1

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Introduction

Advent is a season of reflection and penitence, a time of mystery: of poetry and haunting themes, wrapped in the most wonderful hymns. It is a season that speaks to us of the Coming of God, in history, in our own experience, and in the hopes and aspirations of humankind. It is a time of winter darkness, when the sun is weak and the earth has died and grow cold.

We may begin Advent feeling quite exhausted, unready for a season of reflection and re-ordering, preoccupied as we are with the pandemic and our unreadiness for Christmas. Perhaps our faith is just too thin at the moment, with little clarity and precious little consolation. Perhaps we feel the anxieties are too tightly wrapped around our inmost being. Whatever our situation in life may be, now is the time in which God comes. Now is the time when we have to wait in hope, waiting for the mystery to unfold.

This booklet is offered as an aid to our observance of Advent. There are prayers and readings for each day, and a simple framework for daily prayer. We hope it will help in our shared journey through this holy season.

With my love and prayers,



The Advent Collect

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Daily Reflections

Advent Sunday, 30th November 30

In the first week the focus is on God forever renewing his creation. He is constantly breaking through, often surprising us by his presence, and inviting us to follow as he moves forward.

In the beginning God created the heavens and the earth. The earth was without form and void, and darkness was upon the face of the deep; and the Spirit of God was moving over the face of the waters.

And God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness.

Genesis 1. 1-4

Great art thou, O Lord, and marvellous are thy works:
no words suffice to sing the praise of thy wonders.
For thou by thine own will hast brought all things out of nothingness into being:
by thy power thou dost hold together the creation
and by thy providence thou dost govern the world.
Of four elements hast thou compounded the creation:
thou crowned the circuit of the year.
All the spiritual powers tremble before thee.
The sun sings thy praises;
The moon glorifies thee;
The stars supplicate before thee;
The light obeys thee;
The deeps are afraid at thy presence;
The fountains are they servants.
Thou hast stretched out the heavens like a curtain;
Thou hast established the earth upon the waters;
Thou hast walled about the sea with sand.
Thou hast poured forth the air that living things may breathe.
The angelic powers minister to thee; the choirs of archangels worship thee;
the many-eyed cherubim and the six-winged seraphim, standing round thee and flying
about thee, hide their faces in fear of thine unapproachable glory ...
By the elements, by the angels and by men, by things visible and invisible,
may thy most holy name be glorified, together with the Father and the
Holy Spirit, now and ever, and to the ages of ages. Amen.

*From the liturgy of the Orthodox Church
at the Blessing of the Waters*

Monday 30th November

You never enjoy the world aright, till the Sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars: and perceive yourself to be the sole heir of the whole world, and more than so, because men are in it who are every one sole heirs as well as you. Till you can sing and rejoice and delight in God, as misers do in gold, and Kings in sceptres, you never enjoy the world. Till your spirit filleth the whole world, and the stars are your jewels; till you are as familiar with the ways of God in all Ages as with your walk and table: till you are intimately acquainted with that shady nothing out of which the world was made: till you love men so as to desire their happiness, with a thirst equal to the zeal of your own: till you delight in God for being good to all: you never.

All things were made to be yours, and you were made to prize them according to their value: which is your office and duty, the end for which you were created, and the means whereby you enjoy. The end for which you were created, that by prizing all that God hath done, you may enjoy yourself and him in Blessedness.

Thomas Traherne (1637–1674)

We praise thee, O God, for thy glory displayed in all the creatures of the earth,
In the snow, in the rain, in the wind, in the storm; in all of thy creatures,
both the hunters and the hunted.

For all things exist only as seen by thee, only as known by thee,
all things exist only in thy Light, and thy glory is declared even in that which denies thee;
the darkness declares the glory of light.

Those who deny thee could not deny, if thou didst not exist;
and their denial is never complete,
for if it were so, they would not exist.

They affirm thee in living; all things affirm thee in living; the bird in the air,
both the hawk and the finch; the beast on the earth, both the wolf and the lamb;
the worm in the soil and the worm in the belly.

Even in us the voices of seasons, the snuffle of winter,
the song of spring, the drone of summer,
the voices of beasts and birds, praise thee.

We thank thee for thy mercies of blood, for thy redemption by blood.
For the blood of thy martyrs and saints
shall enrich the earth, shall create the holy places.

For wherever a saint has dwelt, wherever a martyr
has given his blood for the blood of Christ,
there is holy ground, and the sanctity shall not depart from it
though armies trample over it, though sightseers come with guide-books looking over it;
From where the western seas gnaw at the coast of Iona,
to the death in the desert, the prayer in forgotten places by the broken imperial column,
from such ground springs that which forever renews the earth
though it is forever denied.

Murder in the Cathedral
T S Eliot (1888-1965)

Tuesday 1st December

Thou takest the pen - and the lines dance.
Thou takest the flute and the notes shimmer.
Thou takest the brush - and the colours sing.
So all things have meaning and beauty
in that space beyond time where thou art.
How, then, can I hold back anything from thee?

Markings

Dag Hammarskjöld (1905-1961)

What a masterpiece is the clear vault of the sky!
How glorious is the spectacle of the heavens!
The sun comes into view proclaiming as it rises
how marvellous a thing it is, made by the Most High.
At noon it parches the earth,
and no one can endure its blazing heat,
The stoker of a furnace works in the heat,
but three times as hot is the sun scorching the hills.
It breathes out fiery vapours,
and its glare blinds the eyes.
Great is the Lord who made it,
whose word speeds it on its course.

Ecclesiasticus 43. 1-5

When thou lettest thy breath go forth they shall be made:
and thou shalt renew the face of the earth.

Psalms 104.30

One of the essential paradoxes of Advent:
that while we wait for God, we are with God all along,
that while we need to be reassured of God's arrival, or the arrival of our homecoming,
we are already at home.
While we wait, we have to trust, to have faith,
but it is God's grace that gives us that faith.
As with all spiritual knowledge, two things are true, and equally true, at once.
The mind can't grasp paradox; it is the knowledge of the soul.

Michelle Blake

Wednesday 2nd December

A Day in Autumn

It will not always be like this,
The air windless, a few last
Leaves adding their decoration
To the trees' shoulders, braiding the cuffs
Of the boughs with gold; a bird preening

In the lawn's mirror. Having looked up
From the day's chores, pause a minute,
Let the mind take its photograph
Of the bright scene, something to wear
Against the heart in the long cold.

R S Thomas (1913-2000)

Behold, I am doing a new thing;
now it springs forth, do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.

Isaiah 43. 19

Advent is the time of promise; it is not yet the time of fulfilment.
We are still in the midst of everything and in the logical inexorability and relentlessness
of destiny ... Space is still filled with the noise of destruction and annihilation,
the shouts of self-assurance and arrogance, the weeping of despair and helplessness.
But round about the horizon the eternal realities stand silent in their age-old longing.
There shines on them already the first mild light of the radiant fulfilment to come.
From afar sound the first notes as of pipes and voices, not yet discernable as a song or
melody. It is all far off still, and only just announced and foretold.
But it is happening, today.

Alfred Delp, Advent of the Heart: Seasonal Sermons and Prison Writings, 1941-1944

Thursday 3rd December

The Revelation of Divine Love

Also in this he shewed a little thing, the size of a hazel-nut, which seemed to lie in the palm of my hand, and it was as round as any ball. looked upon it with the eye of my understanding and thought, 'What may this be?' I was answered in a general way, thus: 'It is all that is made.'

I wondered how long it could last; for it seemed as though it might suddenly fade away to nothing, it was so small. And I was answered in my understanding: 'It lasts, and ever shall last; for God loveth it. And even so hath everything being - by the love of God.'

In this little thing I saw three properties.

The first is that God made it:
the second, that God loveth it:
the third, that God keepeth it.

Julian of Norwich (c1342-1416)

Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.

He does not faint or grow weary,
his understanding is unsearchable.
He gives power to the faint,
and to him who has no might he increases his strength.
Even youths shall faint and be weary,
and young men shall fall exhausted;
but they who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

Isaiah 40. 28-31

There is in us an instinct for newness, for renewal, for a liberation of creative power.
We seek to awaken in ourselves a force which really changes our lives from within.
And yet the same instinct tells us that this change is a recovery of that which is deepest,
most original, most personal in ourselves.

To be born again is not to become somebody else,
but to become ourselves.

Thomas Merton, Love and Living.

Friday 4th December

Some Reflections On The Love Of God

Everything without wings always comes down to earth again.
People who make athletic leaps towards heaven are too absorbed
in the muscular effort to be able to look up to heaven;
in this matter the looking up is the one thing that counts.
It is what makes God come down.
And when God has come down to us he raises us, he gives us wings.

Simone Weil (1909-1943)

Eternity

He who bends to himself a Joy
Doth the winged life destroy,
But he who kisses the Joy as it flies
Lives in Eternity's sunrise.

William Blake (1757-1827)

Arise, shine; for your light has come,
and the glory of the Lord has risen upon you.
For behold, darkness shall cover the earth,
and thick darkness the peoples;
but the Lord will arise upon you,
and his glory will be, seen upon you.
And nations shall come to your light,
and kings to the brightness of your rising.

Lift up your eyes round about, and see;
they all gather together, they come to you;
your sons shall come from far,
and your daughters shall be carried in the arms.

Then you shall see and be radiant,
your heart shall thrill and rejoice:
because the abundance of the sea shall be turned to you,
the wealth of the nations shall come to you.

Isaiah 60. 1-5

Saturday 5th December

God's Grandeur

The world is charged with the grandeur of God.
It will flame out, like shining from shook foil;
It gathers to a greatness, like the ooze of oil
Crushed. Why do men not reckon his rod?
Generations have trod, have trod, have trod,
And all is seared with trade, bleared, smeared with toil;
And wears man's smudge and shares man's smell: the soil
Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;
There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward springs
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings.

Gerard Manley Hopkins (1844-1849)

Oh, that you would tear the heavens open and come down,
at your presence the mountains would melt –
as fire sets brushwood alight, as fire causes water to boil –
to make known your name to your enemies, and make the nations tremble at your
presence. When you did awesome deeds that we did not expect,
you came down, the mountains quaked at your presence.

From ages past no one has heard, no ear has perceived,
no eye has seen any God besides you, who works for those who wait for him.
You meet those who gladly do right, those who remember you in your ways.
But you were angry, and we sinned; because you hid yourself we transgressed.
We have all become like one who is unclean,
and all our righteous deeds are like a filthy cloth.
We all fade like a leaf, and our iniquities, like the wind, take us away.
There is no one who calls on your name, or attempts to take hold of you;
for you have hidden your face from us,
and have delivered us into the hand of our iniquity.

Yet, O Lord, you are our Father;
we are the clay, and you are our potter; we are all the work of your hand.

Isaiah 64. 1-8

The Angelus

This devotion is traditionally recited in the morning, at noon, and again in the evening. It reminds us of the centrality of the Incarnation in our lives and in our world. Wherever you may find yourself you are invited to join in its recitation.

The angel of the Lord brought tidings to Mary.
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb Jesus.
Holy Mary, Mother of God, pray for us sinners now
and at the hour of our death. Amen.

Behold, the handmaid of the Lord.
Be it unto me according to thy word.

Hail Mary ...

And the word was made flesh.
And dwelt among us.

Hail Mary ...

Pray for us, O Holy Mother of God:
That we may be made worthy of the promises of Christ.

Almighty God, pour thy grace into our hearts, that as we have known
the incarnation of thy Son Jesus Christ by the message of an angel,
so by his ✠ Cross and Passion we may be brought unto the glory
of his resurrection; through the same Christ our Lord. Amen.



The Walking Madonna, Salisbury Cathedral

Daily Offices

You may like to use one or more of the following services as a daily basis for your prayer.

Morning Prayer, Evening Prayer and Compline are designed for the time of day.

Prayer During the Day can be used at any point.

To accompany the services, we offer a biblical reading for each day.

Sunday 29th November

Therefore, keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake. *St Mark 13. 35-37*

Monday 30th November

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. *Romans 8. 28-30*

Tuesday 1st December

Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. *St Luke 12. 35-37*

Wednesday 2nd December

Comfort, O comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that she has served her term, that her penalty is paid, that she has received from the LORD's hand double for all her sins. *Isaiah 40. 1-2*

Thursday 3rd December

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. *Romans 13. 11-14*

Friday 4th December

A voice cries out: 'In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. Then the glory of the Lord shall be revealed, and all people shall see it together, for the mouth of the Lord has spoken.' *Isaiah 40. 3-5*

Saturday 5th December

Anyone who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations. *St Matthew 24.13-14*

A Simple Form of Morning Prayer

Opening Sentences

O Lord, open thou our lips
And our mouth shall shew forth thy praise.

✠ O God, make speed to save us
O Lord, make haste to help us.

Glory be to the Father and to the Son, and to the Holy Ghost
As it was in the beginning, is now, and ever shall be, world without end. Amen

Praise ye the Lord.
The Lord's name be praised.

Benedictus – The Song of Zechariah

✠ Blessed be the Lord God of Israel :
for he hath visited, and redeemed his people;
And hath raised up a mighty salvation for us :
in the house of his servant David;
As he spake by the mouth of his holy Prophets :
which have been since the world began;
That we should be saved from our enemies :
and from the hands of all that hate us;
To perform the mercy promised to our forefathers :
and to remember his holy covenant;
To perform the oath which he sware to our forefather Abraham :
that he would give us,
That we being delivered out of the hands of our enemies :
might serve him without fear,
In holiness and righteousness before him :
all the days of our life.

And thou, child, shalt be called the Prophet of the Highest :
for thou shalt go before the face of the Lord to prepare his ways;
To give knowledge of salvation unto his people :
for the remission of their sins;
Through the tender mercy of our God :
whereby the dayspring from on high hath visited us;
To give light to them that sit in darkness,
and in the shadow of death :
and to guide our feet into the way of peace.

Glory be to the Father, and to the Son :
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be :
world without end. Amen.

Reading

A reading for the day can be found on page 10.

Prayers

- ❖ Give thanks for a new day, for all God's blessings.
- ❖ Pray for those we will encounter today, and those far from us.
- ❖ Pray for the blessing of peace for all nations and people.
- ❖ Pray that our time may be consecrated by the presence of Christ.

Collects

The Advent Collect

Almighty God, give us grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious Majesty, to judge both the quick and the dead, we may rise to the life immortal; through him who liveth and reigneth with thee and the Holy Ghost, now and ever. Amen.

The Collect for Peace

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom; defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. Amen.

The Collect for Grace

O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day; defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger, but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. Amen.

Conclusion

✠ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Prayer During the Day

Preparation

✠ O God, make speed to save us.

O Lord, make haste to help us.

You have been my helper

and under the shadow of your wings will I rejoice.

Praise

A hymn, song, canticle, extempore praise or this –

For the gift of his Spirit:

blessed be Christ.

For the catholic Church:

blessed be Christ.

For the means of grace:

blessed be Christ.

For the hope of glory:

blessed be Christ.

For the triumphs of his gospel:

blessed be Christ.

For the lives of his saints:

blessed be Christ.

In joy and in sorrow:

blessed be Christ.

In life and in death:

blessed be Christ.

Now and to the end of the ages:

blessed be Christ.

from A Litany of the Resurrection

The Word of God

Psalmody

Sunday: Psalm 2

Why are the nations in tumult,
and why do the peoples devise a vain plot?

The kings of the earth rise up,
and the rulers take counsel together,
against the Lord and against his anointed:

‘Let us break their bonds asunder
and cast away their cords from us.’

He who dwells in heaven shall laugh them to scorn;
the Lord shall have them in derision.

Then shall he speak to them in his wrath
and terrify them in his fury:

'Yet have I set my king
upon my holy hill of Zion.'
I will proclaim the decree of the Lord;
he said to me: 'You are my Son; this day have I begotten you.
Ask of me and I will give you the nations for your inheritance
and the ends of the earth for your possession.
You shall break them with a rod of iron
and dash them in pieces like a potter's vessel.'
Now therefore be wise, O kings;
be prudent, you judges of the earth.
Serve the Lord with fear, and with trembling kiss his feet,
lest he be angry and you perish from the way,
for his wrath is quickly kindled.
Happy are all they
who take refuge in him.

Monday: Psalm 15

Lord, who may dwell in your tabernacle?
Who may rest upon your holy hill?
Whoever leads an uncorrupt life
and does the thing that is right;
Who speaks the truth from the heart
and bears no deceit on the tongue;
Who does no evil to a friend
and pours no scorn on a neighbour;
In whose sight the wicked are not esteemed,
but who honours those who fear the Lord.
Whoever has sworn to a neighbour
and never goes back on that word;
Who does not lend money in hope of gain,
nor takes a bribe against the innocent;
Whoever does these things
shall never fall.

Tuesday: Psalm 42.1-7

As the deer longs for the water brooks,
so longs my soul for you, O God.
My soul is athirst for God, even for the living God;
when shall I come before the presence of God?
My tears have been my bread day and night,
while all day long they say to me, 'Where is now your God?'
Now when I think on these things, I pour out my soul:
how I went with the multitude
and led the procession to the house of God,
With the voice of praise and thanksgiving,
among those who kept holy day.

Why are you so full of heaviness, O my soul,
and why are you so disquieted within me?
O put your trust in God;
for I will yet give him thanks,
who is the help of my countenance, and my God.

Wednesday: Psalm 96

Sing to the Lord a new song;
sing to the Lord, all the earth.
Sing to the Lord and bless his name;
tell out his salvation from day to day.
Declare his glory among the nations
and his wonders among all peoples.
For great is the Lord and greatly to be praised;
he is more to be feared than all gods.
For all the gods of the nations are but idols;
it is the Lord who made the heavens.
Honour and majesty are before him;
power and splendour are in his sanctuary.
Ascribe to the Lord, you families of the peoples;
ascribe to the Lord honour and strength.
Ascribe to the Lord the honour due to his name;
bring offerings and come into his courts.
O worship the Lord in the beauty of holiness;
let the whole earth tremble before him.
Tell it out among the nations that the Lord is king.
He has made the world so firm that it cannot be moved;
he will judge the peoples with equity.
Let the heavens rejoice and let the earth be glad;
let the sea thunder and all that is in it;
Let the fields be joyful and all that is in them;
let all the trees of the wood shout for joy before the Lord.
For he comes, he comes to judge the earth;
with righteousness he will judge the world
and the peoples with his truth.

Thursday: Psalm 121

I lift up my eyes to the hills;
from where is my help to come?
My help comes from the Lord,
the maker of heaven and earth.
He will not suffer your foot to stumble;
he who watches over you will not sleep.
Behold, he who keeps watch over Israel
shall neither slumber nor sleep.
The Lord himself watches over you;
the Lord is your shade at your right hand,

So that the sun shall not strike you by day,
neither the moon by night.
The Lord shall keep you from all evil;
it is he who shall keep your soul.
The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.

Friday: Psalm 125

Those who trust in the Lord are like Mount Zion,
which cannot be moved, but stands fast for ever.
As the hills stand about Jerusalem,
so the Lord stands round about his people,
from this time forth for evermore.
The sceptre of wickedness shall not hold sway
over the land allotted to the righteous,
lest the righteous turn their hands to evil.
Do good, O Lord, to those who are good,
and to those who are true of heart.
Those who turn aside to crooked ways
the Lord shall take away with the evildoers;
but let there be peace upon Israel.

Saturday: Psalm 133

Behold how good and pleasant it is
to dwell together in unity.
It is like the precious oil upon the head,
running down upon the beard,
Even on Aaron's beard, running down upon the collar of his clothing.
It is like the dew of Hermon running down upon the hills of Zion.
For there the Lord has promised his blessing:
even life for evermore.

Each psalm ends with

**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.**

Short readings – A reading for the day can be found on page 10.

Response

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
St Matthew 5.3

Prayers

- ❖ The universal Church
- ❖ Bishops, synods and all who lead the Church
- ❖ The leaders of the nations
- ❖ The natural world and the resources of the earth
- ❖ All who are in any kind of need

Bring us, O Lord God, at our last awakening
into the house and gate of heaven,
to enter that gate and dwell in that house,
where there shall be no darkness nor dazzling, but one equal light;
no noise nor silence, but one equal music;
no fears nor hopes, but one equal possession;
no ends or beginnings, but one equal eternity;
in the habitations of your glory and dominion,
world without end. Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done
on earth as it is in heaven.
Give us this day our daily bread.
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever. Amen.

The Conclusion

May God give us grace to follow his saints in glory.
Amen.



A Simple Form of Evening Prayer

Opening Sentences

O Lord, open thou our lips.

And our mouth shall shew forth thy praise.

✠ O God, make speed to save us.

O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.

The Lord's Name be praised.

Magnificat – The Song of Mary

✠ My soul doth magnify the Lord :
and my spirit hath rejoiced in God my Saviour.

For he hath regarded :

the lowliness of his hand-maiden.

For behold, from henceforth :

all generations shall call me blessed.

For he that is mighty hath magnified me :

and holy is his Name.

And his mercy is on them that fear him :

throughout all generations.

He hath shewed strength with his arm :

he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat :

and hath exalted the humble and meek.

He hath filled the hungry with good things :

and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel :

as he promised to our forefathers, Abraham and his seed, for ever.

Glory be to the Father, and to the Son :

and to the Holy Spirit;

as it was in the beginning, is now, and ever shall be :

world without end. Amen.

Reading

A reading for the day can be found on page 10.

Prayers

- ❖ Give thanks for the day past, for the means of grace and the hope of glory.
- ❖ Pray for all who are in need, for those who are sick in body, mind or spirit.
- ❖ Pray for those who have died, those we have loved, those who have inspired us.
- ❖ As the day fades we commend ourselves to the love and mercy of God.

Collects

The Advent Collect

Almighty God, give us grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious Majesty, to judge both the quick and the dead, we may rise to the life immortal; through him who liveth and reigneth with thee and the Holy Ghost, now and ever. Amen.

The Collect for Peace

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that both our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

The Collect for Aid Against All Perils

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

Conclusion

✠ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Compline

✠ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

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

Brethren be sober, be vigilant; because your adversary the devil, as a roaring lion,
walketh about, seeking whom he may devour: whom resist, steadfast in the faith.
(1 Peter 5.8)

But thou, O Lord, have mercy upon us:

Thanks be to God.

O God, make speed to save us:

O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Spirit.

**As it was in the beginning, is now and ever shall be,
world without end. Amen.**

Praise ye the Lord:

The Lord's name be praised.

One or more of the following psalms is read:

Psalm 4

Hear me when I call, O God of my righteousness
thou hast set me at liberty when I was in trouble;
have mercy upon me and hearken unto my prayer.

O ye sons of men, how long will ye blaspheme mine honour
and have such pleasure in vanity, and seek after leasing?

Know this also, that the Lord hath chosen to himself the man that is godly
when I call upon the Lord, he will hear me.

Stand in awe and sin not commune with your own heart,
and in your chamber, and be still.

Offer the sacrifice of righteousness:
and put your trust in the Lord.

There be many that say:

Who will show us any good?

Lord, lift thou up:

the light of thy countenance upon us.

Thou hast put gladness in my heart:

since the time that their corn, and wine, and oil, increased.

I will lay me down in peace, and take my rest:

for it is thou, Lord, only, that makest me dwell in safety.

**Glory be to the Father, and to the Son,
and to the Holy Spirit:**

**as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Psalm 31

In thee, O Lord, have I put my trust
let me never be put to confusion, deliver me in thy righteousness.
Bow down thine ear to me; make haste to deliver me
and be thou my strong rock, and house of defence,
that thou mayest save me.
For thou art my strong rock, and my castle
be thou also my guide, and lead me for thy name's sake.
Draw me out of the net, that they have laid privily for me
for thou art my strength.
Into thy hands I commend my spirit
for thou hast redeemed me, O Lord, thou God of truth.

**Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Psalm 91

Whoso dwelleth under the defence of the most High
shall abide under the shadow of the Almighty.
I will say unto the Lord, thou art my hope, and my stronghold
my God, in him will I trust.
For he shall deliver thee from the snare of the hunter
and from the noisome pestilence.
He shall defend thee under his wings,
and thou shalt be safe under his feathers
his faithfulness and truth shall be thy shield and buckler.
Thou shalt not be afraid for any terror by night
nor for the arrow that flieth by day.
For the pestilence that walketh in darkness
nor for the sickness that destroyeth in the noon-day.
A thousand shall fall beside thee, and ten thousand
at thy right hand
but it shall not come nigh thee.
Yea, with thine eyes shalt thou behold,
and see the reward of the ungodly
For thou, Lord, art my hope;
thou hast set thine house of defence very high.
There shall no evil happen unto thee
neither shall any plague come nigh thy dwelling.
For he shall give his angels charge over thee,
to keep thee in all thy ways
They shall bear thee in their hands;
that thou hurt not thy foot against a stone.

Thou shalt go upon the lion and adder
the young lion and the dragon shalt thou tread under thy feet.
Because he hath set his love upon me, therefore will I deliver him
I will set him up, because he hath known my name.

He shall call upon me, and I will hear him.
Yea, I am with him in trouble; I will deliver him,
and bring him to honour.
With long life will I satisfy him and shew him my salvation.

**Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Psalm 134

Behold now, praise the Lord all ye servants of the Lord.
Ye that by night stand in the house of the Lord
even in the courts of the house of our God.
Lift up your hands in the sanctuary and praise the Lord.
The Lord that made heaven and earth
give thee blessing out of Sion.

**Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Reading: the following, or the daily reading (p10).

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.

St Matthew 11:28-30

followed by short silence.

Into thy hands, O Lord, I commend my spirit:
Into thy hands, O Lord, I commend my spirit.

For thou hast redeemed me, O Lord, thou God of truth:
I commend my spirit.

Glory be to the Father, and to the Son, and to the Holy Spirit:
Into thy hands, O Lord, I commend my spirit.

Te lucis ante terminum

Before the ending of the day,
Creator of the world, we pray,
that with thy wonted favour thou
wouldst be our guard and keeper now.

From all ill dreams defend our eyes,
from nightly fears and fantasies;
tread under foot our ghostly foe,
that no pollution we may know.

O Father, that we ask be done,
through Jesus Christ thine only Son,
who, with the Holy Ghost and thee,
doth live and reign eternally. Amen.

Keep me as the apple of an eye:
Hide me under the shadow of thy wings.

Antiphon

Preserve us, O Lord, while waking,
**and guard us while sleeping, that awake we may watch with Christ,
and asleep we may rest in peace.**

Nunc Dimittis – The Song of Simeon

✠ **Lord, now lettest thou thy servant depart in peace:
according to thy word.
For mine eyes have seen thy salvation:
which thou hast prepared before the face of all people.
To be a light to lighten the Gentiles:
and to be the glory of thy people Israel.**

**Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

**Preserve us, O Lord, while waking,
and guard us while sleeping, that awake we may watch with Christ,
and asleep we may rest in peace.**

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

**Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done
on earth as it is in heaven.
Give us this day our daily bread.
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever. Amen.**

Blessed art thou, Lord God of our fathers:
To be praised and glorified above all for ever.

Let us bless the Father, the Son, and the Holy Spirit:
Let us praise him and magnify him for ever.

Blessed art thou, O Lord, in the firmament of heaven:
To be praised and glorified above all for ever.

The Almighty and most merciful Lord guard us
and give us his blessing.
Amen.

Silence for recollection

**We confess to God Almighty, the Father, the Son,
and the Holy Spirit, that we have sinned in thought, word,
and deed, through our own grievous fault.
Wherefore we pray God to have mercy upon us.**

Wilt thou not turn again and quicken us:
That thy people may rejoice in thee?

O Lord, shew thy mercy upon us:
And grant us thy salvation.

Vouchsafe, O Lord, to keep us this night without sin:
O Lord, have mercy upon us, have mercy upon us.

O Lord, hear our prayer:
And let our cry come unto thee.

One or more of the following Collects is said:

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

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

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

O Lord Jesus Christ, Son of the Living God, who at this evening hour didst rest in the sepulchre, and didst thereby sanctify the grave to be a bed of hope to thy people: make us so to abound in sorrow for our sins, which were the cause of thy passion, that when our bodies lie in the dust, our souls may live with thee: who livest and reignest with the Father and the Holy Spirit, one God world without end. Amen.

Visit, we beseech thee, O Lord, this place and drive away all the snares of the enemy; let thy holy angels dwell herein to preserve us in peace; and may thy blessing be upon us evermore; through Jesus Christ our Lord. Amen.

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for thy love's sake. Amen.

We will lay us down in peace and take our rest:
For it is thou, Lord, only that makest us dwell in safety.

The Lord be with you:
And with thy spirit.

Let us bless the Lord:
Thanks be to God.

✠ The Almighty and merciful Lord, the Father, the Son,
and the Holy Spirit, bless and preserve us.
Amen.

May the divine assistance remain with us always,
✠ and may the faithful departed, through the mercy of God,
rest in peace and rise in glory. Amen.



The Office may conclude with the Salve Regina:

Salve, Regina, Mater misericordiae;
vita, dulcedo, et spes nostra, salve.
Ad te clamamus, exsules filii Hevae,
ad te suspiramus, gementes et flentes
in hac lacrimarum valle.
Eia, ergo, advocata nostra, illos tuos
misericordes oculos ad nos converte;
et Iesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O clemens, O pia, O dulcis Virgo Maria.

*Hail, O Queen, mother of mercy;
our life, our sweetness and our hope, hail.
To you do we cry, the banished, children of Eve;
to you do we sigh, lamenting and weeping in this vale of tears; therefore, our advocate,
your eyes of mercy turn towards us,
And Jesus, the blessed fruit of your womb, to us, after this exile, reveal.
O clement, O devoted, O sweet Virgin Mary.*