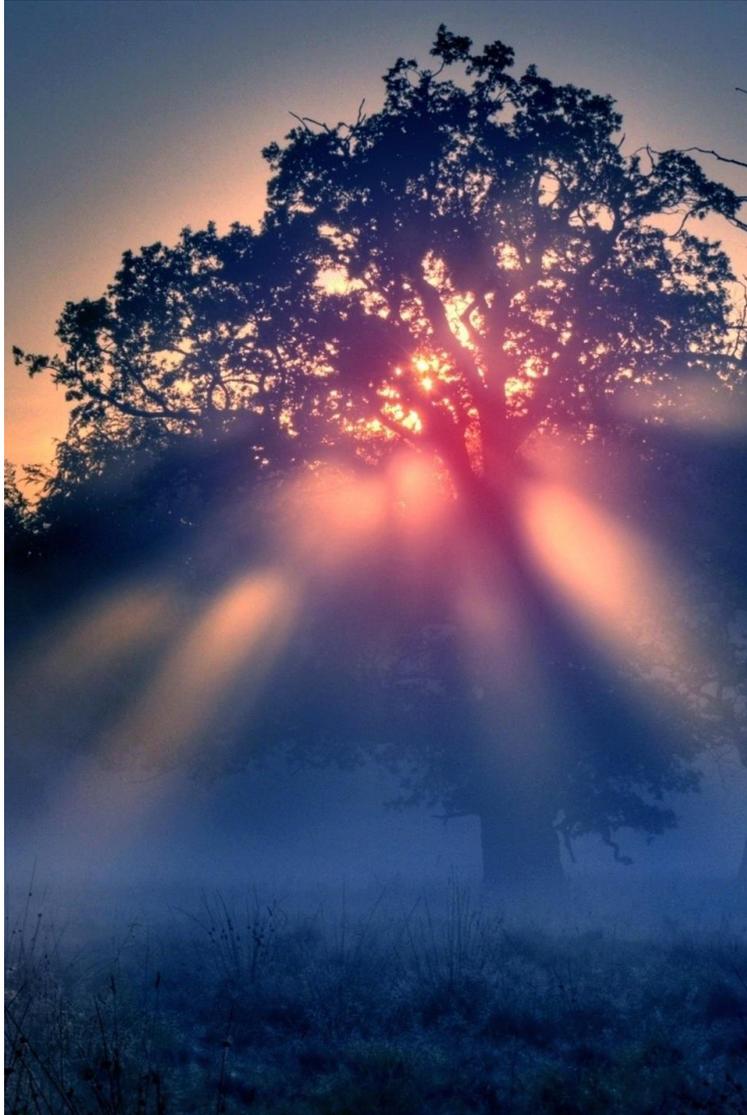


Christ the Saviour Ealing



Spiritual Resources
for Advent 2020
Week 2

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Introduction

This resource of readings and prayers is offered as an aid to our Advent journey. In this, the strangest of times, it is helpful to anchor our prayer and reflection in the ancient tradition and wisdom of the Church. In all the uncertainty and anxiety of the present moment, the timeless truths of the Advent message remain: 'the light shines in the darkness, and the darkness did not overcome it.' St John 1.5

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.

God of hope, who brought love into this world,
be the love that dwells between us.
God of hope, who brought peace into this world,
be the peace that dwells between us.
God of hope, who brought joy into this world,
be the joy that dwells between us.
God of hope, the rock we stand upon,
be the centre, the focus of our lives
always, and particularly this Advent time.

Daily Reflections

The Second Sunday of Advent, 6th December

In the second week of Advent our thoughts focus on God at work in our community and Church - renewing relationships and structures. The call is to discover his presence in our midst. and so prepare his way.

Advent Credo

It is not true that creation and the human family are doomed to destruction and loss -
This is true: For God so loved the world that he gave his only begotten Son, that whoever believes in him shall not perish but have everlasting life.

It is not true that we must accept inhumanity and discrimination, hunger and poverty, death and destruction -

This is true: I have come that they may have life, and may have it abundantly.

It is not true that violence and hatred should have the last word, and that war and destruction rule forever -

This is true: Unto us a child is born, unto us a Son is given, and the government shall be upon his shoulder, his name shall be called wonderful councillor, mighty God, the Everlasting, the Prince of peace.

It is not true that we are simply victims of the powers of evil who seek to rule the world -

This is true: To me is given authority in heaven and on earth, and lo I am with you, even until the end of the world.

It is not true that we have to wait for those who are specially gifted, who are the prophets of the Church before we can be peacemakers -

This is true: I will pour out my spirit on all flesh and your sons and daughters shall prophesy, your young men shall see visions and your old men shall dream dreams.

It is not true that our hopes for liberation of humankind, of justice, of human dignity of peace are not meant for this earth and for this history -

This is true: The hour is coming, and now is, that the true worshippers shall worship God in spirit and in truth.

So let us enter Advent in hope, even hope against hope.

Let us see visions of love and peace and justice.

Let us affirm with humility, with joy, with faith, with courage: Jesus Christ – the life of the world.

From Testimony: The Word Made Flesh, by Daniel Berrigan, S.J. (1921-2016).

Monday 7th December

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

1 John 4. 7 - 12

Lord, grant that I may avoid useless quarrels that tire and wound without achieving results. Keep me from these angry outbursts that draw attention but leave one uselessly weakened. Keep me from wanting always to outstrip others in my conceit, crushing those in my way. Wipe from my face the look of dark, dominating anger. Rather, Lord, grant that I may live my days calmly and fully, as the sea slowly covers the whole shore. Make me humble like the sea, as, silently and gently it spreads out, unnoticed. May I wait for my brothers and sisters and match my pace to theirs, that I may move forward with them. Grant me the triumphant perseverance of the waters. May each of my retreats turn into an advance. Give my face the light of clear waters. Give my soul the whiteness of foam. Illumine my life that it may sing like sunbeams on the surface of the sea. But above all, Lord, may I not keep this light for myself, and may all those who come near me return home eager to bathe in your eternal grace.

Michel Quoist (1918-1997)

Jesus stands at the door knocking (*Rev 3.20*). In total reality, he comes in the form of the beggar, of the dissolute human child in ragged clothes, asking for help. He confronts you in every person that you meet. As long as there are people, Christ will walk the earth as your neighbour, as the one through whom God calls you, speaks to you, makes demands on you. That is the great seriousness and great blessedness of the Advent message. Christ is standing at the door; he lives in the form of a human being among us.

God is in the Manger, Dietrich Bonhoeffer (1906-1945)

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13. 4-7

Tuesday 8th December

Immaculate Conception of the Blessed Virgin Mary

As the poor and faithful of Israel had said 'Yes' to God in anguish of spirit, not seeing how things could work out but conscious only of the tearing away from what had gone before and the venture forward into the dark unknown at God's word, so Mary was being asked to make the leap of faith in response to God's self-offer and invitation. There were no models for understanding, no comforting precedents, because this thing had never happened before. The flesh-taking of the Son of God was much more than a fulfilment of Israel's expectations, much more than a satisfactory tying up of all the strands of hope.. it was the unheard-of gift, the breaking in of the wholly new thing.

Like the prophets and the anonymous believers before her, she let go of familiar, intelligible patterns and ways of relating to God and the universe, of those frameworks which had genuinely supported meaning hitherto, and were indeed God-given. She said her 'Yes' to the Beyond, she let go of her securities, faced the misunderstanding, bore the shame, accepted her own bewilderment and risk. She was herself reborn to a new existence, that she might bring forth life for many. There was joy for her, and in newness of life she danced with the Beyond that was within.

The Coming of God, Maria Boulding (1929-2009)

Stillness - Waiting for God

In all things, inner silence. Even when Christ Jesus seems absent, he is close beside you. In all things, remain in his presence. That is what matters most. At this source you can draw that irreplaceable trust in God. There, the harshest failures and even the most unbearable situations can become driving forces. God enables us to resist the worst torments. Build also with your trials.

In the heat of your activities, as in rest, the Spirit of the Risen Lord lets himself be perceived in events, in others. A way opens. He meets you even in the very depths of your being. He pierces the darkness of your night. At the heart of all that is obscure, the wonder of a love appears. His song rises from within you: 'Darkness before you is no darkness at all, the night is as bright as day'.

The Taizé Community

Advent, like its cousin Lent, is a season for prayer and reformation of our hearts. Since it comes at winter time, fire is a fitting sign to help us celebrate Advent ... If Christ is to come more fully into our lives this Christmas, if God is to become really incarnate for us, then fire will have to be present in our prayer. Our worship and devotion will have to stoke the kind of fire in our souls that can truly change our hearts. Ours is a great responsibility not to waste this Advent time.

A Pilgrim's Almanac, Edward Hays (1931-2016)

Wednesday 9th December

For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

2 Corinthians 4. 6 – 12

In the silence of a midwinter dusk, there is a sound so faint that for all you can tell it may be only the sound of the silence itself. You hold your breath to listen. You are aware of the beating of your heart. The extraordinary thing that is about to happen is matched only by the extraordinary moment just before it happens. Advent is the name of that moment.

Frederick Buechner (b 1926)

The lack of mystery in our modern life is our downfall and our poverty. A human life is worth as much as the respect it holds for the mystery. We retain the child in us to the extent that we honour the mystery. Therefore, children have open, wide-awake eyes, because they know that they are surrounded by the mystery. They are not yet finished with this world; they still don't know how to struggle along and avoid the mystery, as we do. We destroy the mystery because we sense that here we reach the boundary of our being, because we want to be lord over everything and have it at our disposal, and that's just what we cannot do with the mystery ... Living without mystery means knowing nothing of the mystery of our own life, nothing of the mystery of another person, nothing of the mystery of the world; it means passing over our own hidden qualities and those of others and the world. It means remaining on the surface, taking the world seriously only to the extent that it can be calculated and exploited, and not going beyond the world of calculation and exploitation. Living without mystery means not seeing the crucial processes of life at all and even denying them.

God is in the Manger, Dietrich Bonhoeffer (1906-1945)

This is the truth that sets us free: that God loves us, welcomes us, delights in us, but also that God sees us and knows us and reveals to us the truth about ourselves, all the while extending his hand in which lay the gifts of forgiveness, healing, reconciliation and hope... living water for our parched and weary souls.

Br David Vryhof SSJE

Thursday 10th December

You have to wait in hope, waiting for the mystery, to unfold, going on doing ordinary things but all the time listening, learning, pondering, growing and energetically serving. You have to be silent before the mystery. In the Book of Job the 'comforters' are the ones who cannot be silent before it but must rush in with their explanations. You know your kinship with the mystery. By your closeness to Christ his mind is being formed in you and he is leading you into his own experience, his own joy and longing, and his own knowledge of the Father. Whatever the renunciations, the inner poverty and the successive little deaths and lettings-go, this life of contemplation is a life of joy, because lived in Jesus it is a journey into God, and unfinished tale.

As you ponder the word in your heart, like Mary pondering all her life mysteries she served and adored but did not fully understand, you are the Church. Like Israel, the Church is the womb-community sheltering mysteries not yet seen. The Church has received the word but must give it life within its own life, and let the word speak and speak again through every age and culture in its inexhaustible fullness.

The Coming of God, Maria Boulding (1929-2009)

How beautiful upon the mountains are the feet of the messenger who announces peace,
who brings good news, who announces salvation, who says to Sion, 'Your God reigns.'
Listen! Your sentinels lift up their voices, together they sing for joy;
for in plain sight they see the return of the Lord to Zion.
Break forth together into singing, you ruins of Jerusalem;
for the Lord has comforted his people, he has redeemed Jerusalem.
The Lord has bared his holy arm before the eyes of all the nations;
and all the ends of the earth shall see the salvation of our God.

Isaiah 52. 7-10

What does it mean that I see that much
in seeing nothing?
When the last bird sinks below the horizon,
and the wave hides it in its glass,
still lower I fall, plunging with the bird
into the tide of cool glass.

The more I strain my sight, the less I see.
Water bends over the sun to bring the reflection nearer,
the farther the shadow divides
the water from the sun,
the farther it divides the sun from my life.

For in the dark there is as much light
as there is life in the open rose,
as there is God descending from the heights
to the shores of the soul.

Pope John Paul II (1920-2005)

Friday 11th December

Kneeling

Moments of great calm,
Kneeling before an altar
Of wood in a stone church
In summer, waiting for the God
To speak: the air a staircase
For silence; the sun's light
Ringing me, as though I acted
A great role. And the audiences
Still; all that close throng
Of spirits waiting, as I,
For the message.

Prompt me, God:

But not yet. When I speak,
Though it be you who speak
Through me, something is lost.
The meaning is in the waiting.

R S Thomas (1913-2000)

The image of God is to be seen in us - as it was in Jesus - equally in our active lives, in our work and our creativity, and in our passive lives, by the way in which we accept and respond to the things that are done to us. Or indeed, as we grow old, or as we endure illness, by our response to the things which are done for us. This means that those forced to be inactive by lack of work or handicap or illness or old age need not feel they are of any less value as human beings. Rather, this time can be seen as a true and creative sharing in the nature of a God who himself became powerless and vulnerable.

A Year Lost And Found, Michael Mayne (1929-2006)

As long as our future drives other people to despair, as long as our prosperity means poverty for others, as long as our 'growth' destroys nature - anxiety, not hope, will be our daily companion.

Jürgen Moltmann (b 1926)

Keep a clear eye toward life's end. Do not forget your purpose and destiny as God's creature. What you are in his sight is what you are and nothing more. Remember that when you leave this earth, you can take nothing that you have received... but only what you have given; a full heart enriched by honest service, love, sacrifice, and courage.

St Francis of Assisi (1181-1226)

Saturday 12th December

The Artist & The Believer

Someone who practises as an artist makes a work but he does not make a work of art. This is done by others; a two-way act is needed. *Bridget Riley (b1931)*

Without you, without me, Jesus is never Christ. He is still looking for his name ... The half phrase, the first half of the phrase, is Jesus, the other half is the believer. Only the two together can bear witness to Jesus Christ. *Eugen Rosenstock-Huessy (1888-1973)*
from an address by Bp Michael Ramsey at the dedication of a window in Durham Cathedral.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water welling up to eternal life.'

St John 4. 7-14

The Grey Dawn

He knows not Advent's meaning who has never sat by twilight in a dreary cell, window dim. Even by day comes little light into the narrow space. Evening falls, slowly steals away the sun Night throws her gloomy mantle round the room, terrifying, impenetrable. Will it always be night? Will ne'er a ray of sunshine pierce the gloom?

And a new day lead on to joy? A faint light glimmers through the narrow rift, a witness that the sun sets never and soon will rise again. Yes, that the light on which men turned their backs the Lord will bring again, with power and glory, and found his everlasting kingdom! I believe in Advent!

Max Josef Metzger, Catholic priest martyred in prison, 1944

Teach us to wait and be still,
To rest in thyself,
To hush this clamorous anxiety,
To lay in thine arms all this wealth thou hast given.
J. S. Hoyland (1750-1831)

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.



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 6th December

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world. *St John 1.6-9*

Monday 7th December

A shoot shall come out from the stock of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. *Isaiah 11.1-3*

Tuesday 8th December (*Immaculate Conception*)

The angel said to Mary, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore, the child to be born will be holy; he will be called Son of God. Then Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her. *St Luke 1. 35, 38*

Wednesday 9th December

Jesus said to them, 'The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. While you have the light, believe in the light, so that you may become children of light.' *St John 12. 35-36*

Thursday 10th December

Like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. *1 Peter 2, 5,9*

Friday 11th December

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4. 4-7*

Saturday 5th December

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. *St John 3. 16,19*

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.

The Lord's Prayer

Collects

The Collect of the Second Week of Advent

O Lord, raise up, we pray, your power and come among us, and with great might succour us; that whereas, through our sins and wickedness we are grievously hindered in running the race that is set before us, your bountiful grace and mercy may speedily help and deliver us; through Jesus Christ our Lord, to whom with you and the Holy Spirit, be honour and glory, world without end. 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.

The Lord's Prayer

Collects

The Collect of the Second Week of Advent

O Lord, raise up, we pray, your power and come among us, and with great might succour us; that whereas, through our sins and wickedness we are grievously hindered in running the race that is set before us, your bountiful grace and mercy may speedily help and deliver us; through Jesus Christ our Lord, to whom with you and the Holy Spirit, be honour and glory, world without end. 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.*