

Our Parish Daily Prayer Book

Morning, Evening & Night Prayer

Sunday Morning Prayer

✠* O God come to our aid.

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. (Alleluia.)

*(The Alleluia is added but is omitted
during Lent and Holy Week in Lent)*

**Each time you see this sign make the Sign of the Cross*

This morning's Psalm is Psalm 94 (95)

Antiphon: Come, ring out our joy to the Lord; hail the God who saves us, alleluia.
(Alleluia is not added in Lent and Holy Week)

Come, ring out our joy to the Lord;
hail the God who saves us.

Let us come before Him, giving thanks,
with songs let us hail the Lord.

A mighty God is the Lord,
a great king above all gods.

In His hand are the depths of the earth;
the heights of the mountains are His.

To Him belongs the sea, for He made it
and the dry land shaped by His hands.

Come in; let us bow and bend low;
let us kneel before the God who made us:

for He is our God and we
the people who belong to His pasture,
the flock that is led by His hand.

O that today you would listen to His voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.

For forty years I was wearied of these people
and I said: "Their hearts are astray,
these people do not know my ways."

Then I took an oath in my anger:
"Never shall they enter my rest."

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.

Antiphon: Come, ring out our joy to the Lord; hail the God who saves us, (alleluia.)

Scripture reading *(Revelation 7:10,12)*

Victory to our God, who sits on the throne, and to the Lamb! Praise and glory and wisdom and thanksgiving and honour and power and strength to our God for ever and ever. Amen.

The Benedictus *From St Luke's Gospel. (Luke 1:68-79)*

Antiphon: You are the Christ, the Son of the living God. Have mercy on us.

✠Blessed be the Lord, the God of Israel!
He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: You are the Christ, the Son of the living God. Have mercy on us.

For this morning's meditation:

You, O eternal Trinity,
are a deep sea into which,
the more I enter,
the more I find.
And the more I find,
the more I seek.
O abyss, O eternal Godhead,
O sea profound,
what more could You give me
than Yourself?

St Catherine of Siena (1347-1380)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
Holy Immortal One, have mercy on us.
Glory to the Father, the Son and the Holy Spirit,
One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Sunday Evening Prayer II

✠O God come to our aid.
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. (Alleluia.)

This evening's Psalm is Psalm 113A (114)

Antiphon: The earth trembled before the Lord, (alleluia.)

When Israel came forth from Egypt,
Jacob's sons from an alien people,
Judah became the Lord's temple,
Israel became His kingdom.

The sea fled at the sight:
the Jordan turned back on its course,
the mountains leapt like rams
and the hills like yearling sheep.

Why was it, sea, that you fled,
that you turned back, Jordan, on your course?
Mountains, that you leapt like rams;
hills, like yearling sheep?

Tremble, O earth, before the Lord,
in the presence of the God of Jacob,
who turns the rock into a pool
and flint into a spring of water.

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.

Antiphon: The earth trembled before the Lord, (alleluia.)

Scripture reading *(2 Corinthians 1:3-4)*

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all our sorrows, so that we can offer others, in their sorrows, the consolation that we have received from God ourselves.

The Magnificat *From St Luke's Gospel. (Luke 1:46-55)*

Antiphon: Blessed are You, O Lord, in the vault of heaven.

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: Blessed are You, O Lord, in the vault of heaven.

For this evening's meditation:

The fruit of silence is prayer.
The fruit of prayer is faith.
The fruit of faith is love.
The fruit of love is service.
The fruit of service is peace.

St Teresa of Calcutta (1910-1997)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Monday Morning Prayer

✠O God come to our aid.

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. (Alleluia.)

This morning's Psalm is Psalm 5

Antiphon: It is You whom I invoke, O Lord. In the morning You hear me.

To my words give ear, O Lord,
give heed to my groaning.
Attend to the sound of my cries,
my King and my God.

It is You whom I invoke, O Lord.
In the morning You hear me;
in the morning I offer You my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is Your guest.
The boastful shall not stand their ground
before Your face.

You hate all who do evil;
You destroy all who lie.
The deceitful and bloodthirsty man
the Lord detests.

But I through the greatness of Your love
have access to Your house.
I bow down before Your holy temple,
filled with awe.

Lead me, Lord, in Your justice,
because of those who lie in wait;
make clear Your way before me.

No truth can be found in their mouths,
their heart is all mischief,
their throat a wide-open grave,
all honey their speech.

All those You protect shall be glad
and ring out their joy.
You shelter them; in You they rejoice,
those who love Your name.

It is You who bless the just man, Lord:
You surround him with favour as with a shield.

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.

Antiphon: It is You whom I invoke, O Lord. In the morning You hear me.

Scripture reading:*(2 Thessalonians 3:10-13)*

Do not let anyone have any food if he refuses to do any work. Now we hear that there are some of you who are living in idleness, doing no work themselves but interfering with everyone else's. In the Lord Jesus Christ, we order and call on people of this kind to go on quietly working and earning the food that they eat. My brothers, never grow tired of doing what is right.

The Benedictus*From St Luke's Gospel. (Luke 1:68-79)*

Antiphon: Blessed be the Lord from age to age.

✠Blessed be the Lord, the God of Israel!

He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: Blessed be the Lord from age to age.

For this morning's meditation:

O Lord my God,
Teach my heart this day where and how to see you,
Where and how to find you.
You have made me and remade me,
And you have bestowed on me
All the good things I possess,
And still I do not know you.
I have not yet done that
For which I was made.
Teach me to seek you,
For I cannot seek you
Unless you teach me,
Or find you
Unless you show yourself to me.
Let me seek you in my desire,
Let me desire you in my seeking.
Let me find you by loving you,
Let me love you when I find you.
St Anselm (1033-1109)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
Holy Immortal One, have mercy on us.
Glory to the Father, the Son and the Holy Spirit,
One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Monday Evening Prayer

✠O God come to our aid.
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. (Alleluia.)

This evening's Psalm is Psalm 10 (11)

Antiphon: The Lord cares for the weak and oppressed.

In the Lord I have taken my refuge.
How can you say to my soul:
'Fly like a bird to its mountain.

See the wicked bracing their bow;
they are fixing their arrows on the string
to shoot upright men in the dark.
Foundations once destroyed, what can the just do?'

The Lord is in His holy temple,
the Lord, whose throne is in heaven.
His eyes look down on the world;
His gaze tests mortal men.

The Lord tests the just and the wicked;
the lover of violence He hates.
He sends fire and brimstone on the wicked;
He sends a scorching wind as their lot.

The Lord is just and loves justice;
the upright shall see His face.

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.

Antiphon: The Lord cares for the weak and oppressed.

Scripture reading *(Colossians 1:9-11)*

Through perfect wisdom and spiritual understanding, may you reach the fullest knowledge of God's will. So you will be able to lead the kind of life which the Lord expects of you, a life acceptable to him in all its aspects; showing the results in all the good actions you do and increasing your knowledge of God. You will have in you the strength, based on His own glorious power, never to give in, but to bear anything joyfully.

The Magnificat *From St Luke's Gospel. (Luke 1:46-55)*

Antiphon: My soul rejoices in the Lord

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: My soul rejoices in the Lord

For this evening's meditation:

Let nothing disturb you.
Let nothing frighten you.
All things pass away:
God never changes.
Patience obtains all things.
Those who have God
Find they lack nothing;
God alone suffices.

St Teresa of Avila (1515-1582)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Tuesday Morning Prayer

✠O God come to our aid.

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. (Alleluia.)

This morning's Psalm is Psalm 23 (24)

Antiphon: The man with clean hands and pure heart will climb the mountain of the Lord.

The Lord's is the earth and its fullness,
the world and all its peoples.

It is He who set it on the seas;
on the waters He made it firm.

Who shall climb the mountain of the Lord?

Who shall stand in His holy place?

The man with clean hands and pure heart,

who desires not worthless things,

who has not sworn so as to deceive his neighbour.

He shall receive blessings from the Lord
and reward from the God who saves him.

Such are the men who seek Him,
seek the face of the God of Jacob.

O gates, lift high your heads;

grow higher, ancient doors.

Let Him enter, the king of glory!

Who is the King of glory?

The Lord, the mighty, the valiant,

the Lord, the valiant in war.

O gates, lift high your heads;

grow higher, ancient doors.

Let Him enter, the king of glory!

Who is He, the king of glory?

He, the Lord of armies,

He is the King of glory.

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.

Antiphon: The man with clean hands and pure heart will climb the mountain of the Lord.

Scripture reading:

(Romans 13:11,12-13)

You must wake up now: the night is almost over, it will be daylight soon. Let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime.

The Benedictus

From St Luke's Gospel. (Luke 1:68-79)

Antiphon: The Lord has raised up a mighty saviour for us, as He promised through the lips of His prophets.

✠Blessed be the Lord, the God of Israel!

He has visited His people and redeemed them.

He has raised up for us a mighty saviour

in the house of David His servant,

as He promised by the lips of holy men,

those who were His prophets from of old.

A saviour who would free us from our foes,

from the hands of all who hate us.

So His love for our fathers is fulfilled

and His holy covenant remembered.

He swore to Abraham our father to grant us,

that free from fear, and saved from the hands of our foes,

we might serve Him in holiness and justice

all the days of our life in His presence.

As for you, little child,

you shall be called a prophet of God, the Most High.

You shall go ahead of the Lord

to prepare His ways before Him,

To make known to His people their salvation

through forgiveness of all their sins,

the loving-kindness of the heart of our God

who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: The Lord has raised up a mighty saviour for us, as He promised through the lips of His prophets.

For this morning's meditation:

Alone with none but You, my God,
I journey on my way.
What need I fear when You are near,
O king of night and day?
More safe am I within Your hand
Than if a host did round me stand.
St Columba (521-597)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
Holy Immortal One, have mercy on us.
Glory to the Father, the Son and the Holy Spirit,
One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Tuesday Evening Prayer

✠O God come to our aid.
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. (Alleluia.)

This evening's Psalm is Psalm 19 (20)

Antiphon: The Lord will give victory to His Anointed One.

May the Lord answer in time of trial;
may the name of Jacob's God protect you.

May He send you help from His shrine
and give you support from Zion.
May He remember all your offerings
and receive your sacrifice with favour.

May He give you your heart's desire
and fulfil every one of your plans.
May we ring out our joy at your victory
and rejoice in the name of our God.
May the Lord grant all your prayers.

I am sure now that the Lord
will give victory to His anointed,
will reply from His holy heaven
with the mighty victory of His hand.

Some trust in chariots or horses,
but we in the name of the Lord.
They will collapse and fall,
but we shall hold and stand firm.

Give victory to the king, O Lord,
give answer on the day we call.

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.

Antiphon: The Lord will give victory to His Anointed One.

Scripture reading: (1 John 3:1,2)

Think of the love that the Father has lavished on us, by letting us be called God's children; and that is what we are. My dear people, we are already the children of God but what we are to be in the future has not yet been revealed; all we know is, that when it is revealed we shall be like Him because we shall see Him as he really is.

The Magnificat *From St Luke's Gospel. (Luke 1:46-55)*

Antiphon: My spirit exults in the Lord God, my saviour.

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: My spirit exults in the Lord God, my saviour.

For this evening's meditation:

May God the Father bless us,
may Christ take care of us,
the Holy Spirit enlighten us all the days of our life.
The Lord be our defender and keeper of body and soul,
both now and for ever, to the ages of ages.

St Ethelwold (c.908-984)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Wednesday Morning Prayer

✠O God come to our aid.
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. (Alleluia.)

This morning's Psalm is Psalm 46 (47)

Antiphon: Cry to God with shouts of joy.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.

He subdues peoples under us
and nations under our feet.
Our inheritance, our glory, is from Him,
given to Jacob out of love.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our King, sing praise.

God is King of all the earth,
sing praise with all your skill.
God is King over the nations;
God reigns on His holy throne.

The princes of the people are assembled
with the people of Abraham's God.
The rulers of the earth belong to God,
to God who reigns over all.

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.

Antiphon: Cry to God with shouts of joy.

Scripture reading:*(Tobit 4:14-15,16,19)*

Be careful, my child, in all you do, well-disciplined in all your behaviour. Do to no one what you would not want done to you. Give your bread to those who are hungry, and your clothes to those who are naked. Whatever you own in plenty, devote a proportion to almsgiving. Bless the Lord God in everything; beg Him to guide your ways and bring your paths and purposes to their end.

The Benedictus*From St Luke's Gospel. (Luke 1:68-79)*

Antiphon: Show us Your mercy, O Lord; remember Your holy covenant.

✠Blessed be the Lord, the God of Israel!

He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: Show us Your mercy, O Lord; remember Your holy covenant.

For this morning's meditation:

Govern everything by Your wisdom, O Lord,
so that my soul may always be serving You
in the way You will
and not as I choose.

Let me die to myself so that I may serve You;
let me live to You who are life itself. Amen.

St Teresa of Avila (1515-1582)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
Holy Immortal One, have mercy on us.
Glory to the Father, the Son and the Holy Spirit,
One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Wednesday Evening Prayer

✠O God come to our aid.

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. (Alleluia.)

This evening's Psalm is Psalm 26 (27)

Antiphon: It is Your face, O Lord, that I seek: hide not Your face.

O Lord, hear my voice when I call;
have mercy and answer.

Of You my heart has spoken:
'Seek His face.'

It is Your face, O Lord, that I seek;
hide not Your face.

Dismiss not Your servant in anger;
You have been my help.

Do not abandon or forsake me,
O God my help!
Though father and mother forsake me,
the Lord will receive me.

Instruct me, Lord, in Your way;
on an even path lead me.
When they lie in ambush protect me
from my enemy's greed.
False witnesses rise against me,
breathing out fury.

I am sure I shall see the Lord's goodness
in the land of the living.
Hope in Him, hold firm and take heart.
Hope in the Lord!

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.

Antiphon: It is Your face, O Lord, that I seek: hide not Your face.

Scripture reading:

(James 1:22,25)

You must do what the word tells you, and not just listen to it and deceive yourselves. But the man who looks steadily at the perfect law of freedom and makes that his habit – not listening and then forgetting, but actively putting it into practice – will be happy in all that he does.

The Magnificat

From St Luke's Gospel. (Luke 1:46-55)

Antiphon: The Almighty has done great things for me; holy is His name.

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: The Almighty has done great things for me; holy is His name.

For this evening's meditation:

O my God,
fill my soul with holy joy,
courage and strength to serve You.
Enkindle Your love in me
and then walk with me
along the next stretch of road before me.
I do not see very far ahead,
but when I have arrived where the horizon now closes down, a new prospect will open
before me
and I shall meet with peace.

How wondrous are the marvels of Your love,
We are amazed, we stammer and grow dumb,
for word and spirit fail us.

St Teresa Benedicta of the Cross (Edith Stein)
(1891- 9 Aug 1942 · Auschwitz Concentration Camp)

Pause for a few moments with your own prayerful needs.
Then say the Our Father...

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Thursday Morning Prayer

✠O God come to our aid.

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. (Alleluia.)

This morning's Psalm is Psalm 56 (57)

Antiphon: Awake, lyre and harp: I will awaken the dawn.

Have mercy on me, God, have mercy
for in You my soul has taken refuge.
In the shadow of Your wings I take refuge
till the storms of destruction pass by.

I call to God the Most High,
to God who has always been my help.
May He send from heaven and save me
and shame those who assail me.
May God send His truth and His love.

My soul lies down among lions,
who would devour the sons of men.
Their teeth are spears and arrows,
their tongue a sharpened sword.

O God, arise above the heavens;
may Your glory shine on earth!

They laid a snare for my steps,
my soul was bowed down.
They dug a pit in my path
but fell in it themselves.

My heart is ready, O God,
my heart is ready.
I will sing, I will sing Your praise.
Awake, my soul, awake, lyre and harp,
I will awake the dawn.

I will thank You, Lord, among the peoples,
among the nations I will praise You
for Your love reaches to the heavens
and Your truth to the skies.

O God, arise above the heavens;
may Your glory shine on earth!

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.

Antiphon: Awake, lyre and harp: I will awaken the dawn.

Scripture reading: *(Isaiah 66:1-2)*

Thus says the Lord: With heaven my throne and earth my footstool, what house could you build me, what place could you make for my rest? All of this was made by my hand and all this is mine – it is the Lord who speaks. But my eyes are drawn to the man of humbled and contrite spirit, who trembles at my word.

The Benedictus *From St Luke's Gospel. (Luke 1:68-79)*

Antiphon: Let us serve the Lord in holiness, and He will deliver us from the hands of our enemies.

✠Blessed be the Lord, the God of Israel!
He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: Let us serve the Lord in holiness, and He will deliver us from the hands of our enemies.

For this morning's meditation:

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love,

Where there is injury, pardon

Where there is doubt, faith,

Where there is despair, hope,

Where there is darkness, light,

Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console, not so much to be understood as to understand, not so much to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, it is in dying that we awake to eternal life.

St Francis Of Assisi (1181-1226)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,

Holy Immortal One, have mercy on us.

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

One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Thursday Evening Prayer

✠O God come to our aid.

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. (Alleluia.)

This evening's Psalm is Psalm 29 (30)

Antiphon: Lord, I cried to You for help and You have healed me: I will thank You for ever.

I will praise You, Lord, You have rescued me
and have not let my enemies rejoice over me.

O Lord, I cried to You for help
and You, my God, have healed me.

O Lord, You have raised my soul from the dead,
restored me to life from those who sink into the grave.

Sing psalms to the Lord, you who love Him,
give thanks to His holy name.

His anger lasts a moment; His favour all through life.

At night there are tears, but joy comes with dawn.

I said to myself in my good fortune:

‘Nothing will ever disturb me.’

Your favour had set me on a mountain fastness,
then you hid Your face and I was put to confusion.

To You, Lord, I cried,
to my God I made appeal:

‘What profit would my death be, my going to the grave?
Can dust give You praise or proclaim Your truth?’

The Lord listened and had pity.

The Lord came to my help.

For me You have changed my mourning into dancing,

You removed my sackcloth and clothed me with joy.

So my soul sings psalms to You unceasingly.

O Lord my God, I will thank You 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.

Antiphon: Lord, I cried to You for help and You have healed me: I will thank You for ever.

Scripture reading:*(1 Peter 1:6-9)*

This is a cause of great joy for you, even though you may for a short time have to bear being plagued by all sorts of trials; so that, when Jesus Christ is revealed, your faith will have been tested and proved like gold – only it is more precious than gold, which is corruptible even though it bears testing by fire – and then you will have praise and glory and honour. You did not see Him, yet you love Him; and still without seeing Him, you are already filled with a joy so glorious that it cannot be described, because you believe; and you are sure of the end to which your faith looks forward, that is, the salvation of your souls.

The Magnificat*From St Luke's Gospel. (Luke 1:46-55)*

Antiphon: The Lord brought down the mighty from their seats and raised up the lowly.

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: The Lord brought down the mighty from their seats and raised up the lowly.

For this evening's meditation:

O Heart of love,
I put all my trust in You;
for I fear all things from my own weakness,
but I hope for all things from Your Goodness.

St Margaret Mary Alacoque (1647-1690)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Friday Morning Prayer

✠O God come to our aid.
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. (Alleluia.)

This morning's Psalm is Psalm 50 (51)

Antiphon: Lord, You will be pleased with lawful sacrifice offered on Your altar.

Have mercy on me, God, in Your kindness.
In Your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin.

My offences truly I know them;
my sin is always before me.
Against You, You alone, have I sinned;
what is evil in Your sight I have done.

That You may be justified when You give sentence
and be without reproach when You judge,
O see, in guilt I was born,
a sinner was I conceived.

Indeed You love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones You have crushed may revive.
From my sins turn away Your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from Your presence,
nor deprive me of Your holy spirit.

Give me again the joy of Your help;
with a spirit of fervour sustain me,
that I may teach transgressors Your ways
and sinners may return to You.

O rescue me, God, my helper,
and my tongue shall ring out Your goodness.
O Lord, open my lips
and my mouth shall declare Your praise.

For in sacrifice You take no delight,
burnt offering from me You would refuse,
my sacrifice, a contrite spirit.
A humbled, contrite heart You will not spurn.

In Your goodness, show favour to Zion:
rebuild the walls of Jerusalem.
Then You will be pleased with lawful sacrifice,
holocausts offered on Your altar.

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.

Antiphon: Lord, You will be pleased with lawful sacrifice offered on Your altar.

Scripture reading:

(Ephesians 4:29-32)

Guard against foul talk; let your words be for the improvement of others, as occasion offers, and do good to your listeners, otherwise you will only be grieving the Holy Spirit of God who has marked you with His seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

The Benedictus

From St Luke's Gospel. (Luke 1:68-79)

Antiphon: The Lord has visited His people, He has come to redeem them.

✠Blessed be the Lord, the God of Israel!
He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as he promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: The Lord has visited His people, He has come to redeem them.

For this morning's meditation:

Our Father,
 You would not willingly call on us to suffer.
 You say all things work together for our good
 if we are faithful to You.
 Therefore, if You ordain it:
 through disappointment and poverty,
 sickness and pain,
 even shame and contempt and calumny,
 You will support us with the consolation of Your grace
 and compensate us for any temporal suffering
 by the possession of that peace
 which the world can neither give nor take away.

St Elizabeth Ann Seton (1774-1821)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
 Holy Immortal One, have mercy on us.
 Glory to the Father, the Son and the Holy Spirit,
 One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Friday Evening Prayer

✠O God come to our aid.

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. (Alleluia.)

This evening's Psalm is Psalm 40 (41)

Antiphon: Lord, heal my soul, for I have sinned against You.

Happy the man who considers the poor and the weak.

The Lord will save him in the day of evil,
 will guard him, give him life, make him happy in the land
 and will not give him up to the will of his foes.
 The Lord will help him on his bed of pain,
 he will bring him back from sickness to health.

As for me, I said: 'Lord, have mercy on me,
 heal my soul for I have sinned against You.'

My foes are speaking evil against me.

'How long before he dies and his name is forgotten?'

They come to visit me and speak empty words,
 their hearts full of malice, they spread it abroad.

My enemies whisper together against me.

They all weigh up the evil which is on me.
 'Some deadly thing has fastened upon him,
 he will not rise again from where he lies.'

Thus even my friend, in whom I trusted,
 who ate my bread, has turned against me.

But You, O Lord, have mercy on me.

Let me rise once more and I will repay them.
 By this I shall know that You are my friend,
 if my foes do not shout in triumph over me.
 If You uphold me I shall be unharmed
 and set in Your presence for ever more.

Blessed be the Lord, the God of Israel
 from age to age. Amen. Amen.

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.

Antiphon: Lord, heal my soul, for I have sinned against You.

Scripture reading:

(Romans 15:1-3)

We who are strong have a duty to put up with the qualms of the weak without thinking of ourselves. Each of us should think of his neighbours and help them to become stronger Christians. Christ did not think of Himself: the words of scripture apply to Him – the insults of those who insult you fall on me.

The Magnificat

From St Luke's Gospel. (Luke 1:46-55)

Antiphon: The Lord has come to help us, His servants: He has remembered His mercy.

✠My soul glorifies the Lord,
 my spirit rejoices in God, my Saviour.
 He looks on His servant in her lowliness;
 henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: The Lord has come to help us, His servants: He has remembered His mercy.

For this evening's meditation:

O eternal God and Ruler of all creation,
You have allowed me to reach this hour.
Forgive the sins I have committed this day
by word, deed or thought.
Purify me, O Lord,
from every spiritual and physical stain.
Grant that I may rise from this sleep to glorify You
by my deeds throughout my entire lifetime,
and that I be victorious
over every spiritual and physical enemy.
Deliver me, O Lord,
from all vain thoughts and from evil desires,
for Yours is the kingdom,
and the power, and the glory,
Father, Son, and Holy Spirit,
now and ever, and forever. Amen.

St Macarius of Egypt (300-391)

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Saturday Morning Prayer

✠O God come to our aid.

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. (Alleluia.)

This morning's Psalm is Psalm 118 (119): 145-152

Antiphon: My eyes watch for You before dawn.

I call with all my heart; Lord, hear me,
I will keep Your commands.
I call upon You, save me
and I will do Your will.

I rise before dawn and cry for help,
I hope in Your word.
My eyes watch through the night
to ponder Your promise.

In Your love hear my voice, O Lord;
give me life by Your decrees.
Those who harm me unjustly draw near;
they are far from Your law.

But You, O Lord, are close,
Your commands are truth.
Long have I known that Your will
is established 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.

Antiphon: My eyes watch for You before dawn.

Scripture reading:*(2 Peter 1:10-11)*

Brothers, you have been called and chosen: work all the harder to justify it. If you do all these things there is no danger that you will ever fall away. In this way you will be granted admittance into the eternal kingdom of our Lord and saviour Jesus Christ.

The Benedictus*From St Luke's Gospel. (Luke 1:68-79)*

Antiphon: Give Your light, Lord, to those who sit in darkness and in the shadow of death.

✠Blessed be the Lord, the God of Israel!

He has visited His people and redeemed them.

He has raised up for us a mighty saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.

So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him,

To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us 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.

Antiphon: Give Your light, Lord, to those who sit in darkness and in the shadow of death.

For this morning's meditation

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to your protection,
implored your help,
and sought your intercession,
was left unaided.

Inspired with this confidence,
I come to you, O Virgin of virgins, my Mother,
to you I come, before you I stand sinful and sorrowful.
O Mother of the Word Incarnate!
despise not my petitions,
but, in your mercy, hear and answer me. Amen.

attributed to St Bernard, (1090-1153) the Abbot of Clairvaux

*Pause for a few moments with your own prayerful needs.
Then say the Our Father...*

A prayer in honour of the Holy Trinity, our Patron:

Holy is God, Holy and Mighty,
Holy Immortal One, have mercy on us.
Glory to the Father, the Son and the Holy Spirit,
One God, for ages of the ages. Amen.

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Saturday Evening Prayer

Evening Prayer I of Sunday

✠ O God come to our aid.

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. (Alleluia.)

This evening's Psalm is Psalm 140 (141)

Antiphon: Lord, let my prayer rise before You like incense.

I have called to You, Lord; hasten to help me!

Hear my voice when I cry to You.

Let my prayer arise before You like incense,
the raising of my hands like an evening oblation.

Set, O Lord, a guard over my mouth;
keep watch, O Lord, at the door of my lips!
Do not turn my heart to things that are wrong,
to evil deeds with men who are sinners.

Never allow me to share in their feasting.
If a just man strikes or reproves me it is kindness;
but let the oil of the wicked not anoint my head.
Let my prayer be ever against their malice.

Their princes were thrown down by the side of the rock;
then they understood that my words were kind.
As a millstone is shattered to pieces on the ground,
so their bones were strewn at the mouth of the grave.

To You, Lord God, my eyes are turned:
in You I take refuge; spare my soul!
From the trap they have laid for me keep me safe:
keep me from the snares of those who do evil.

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.

Antiphon: Lord, let my prayer rise before You like incense.

Scripture reading *(Romans 11:33-36)*

How rich are the depths of God – how deep His wisdom and knowledge – and how impossible to penetrate His motives or understand His methods! Who could ever know the mind of the Lord? Who could ever be His counsellor? Who could ever give Him anything or lend Him anything? All that exists comes from Him; all is by Him and for Him. To Him be glory for ever! Amen.

The Magnificat *From St Luke's Gospel. (Luke 1:46-55)*

Antiphon: Our hearts are filled with wonder as we contemplate Your works, O Lord.

✠My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on His servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy His Name!
His mercy is from age to age,
on those who fear Him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel, His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Antiphon: Our hearts are filled with wonder as we contemplate Your works, O Lord.

For this evening's meditation:

Take, O Lord, and receive
all my liberty, my memory,
my understanding, and my whole will.
You have given me all that I am
and all that I possess:
I surrender it all to You
that You dispose of it according to Your will.
Give me only Your love and Your grace;
with these I will be rich enough,
and will have no more to desire. Amen.

St Ignatius of Loyola (1491-1556)

Pause for a few moments with your own prayerful needs.

Then say the Our Father...

A prayer for our parish:

Lord God, You have made us a family, united in Jesus, Your Son. Make us a parish a family of one heart and mind in love towards You and each other. Grant that our common life and work may be an example to all about us. Hear the intercession of St George our Patron and keep us all safe and secure in Your love. Amen

✠The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Daily Midday Prayer

The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.
Hail Mary...

Behold the handmaid of the Lord:
Be it done unto me according to Your 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.

Let us pray: Pour forth, we beseech You, O Lord, Your grace into our hearts; that we, to whom the incarnation of Christ, Your Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

From Easter Sunday to the day of Pentecost:

The Regina Caeli

Queen of Heaven, rejoice. Alleluia.
For He, whom you were worthy to bear. Alleluia.
Has risen as He said. Alleluia.
Pray for us to God. Alleluia.

Rejoice and be glad, O Virgin Mary. Alleluia.
Because the Lord is truly risen, Alleluia.

Let us pray. O God, who by the Resurrection of Your Son, our Lord Jesus Christ, have been pleased to give joy to the whole world, grant we beseech You, that through the intercession of the Blessed Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ, our Lord. Amen.

Daily Night Prayer

✠O God come to our aid.
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. (Alleluia.)

Examination of Conscience

This is an excellent moment for an examination of conscience and ask God to give us grace to be truly sorry for our faults and failings of the day.

Psalm 90 (91)

Antiphon: He will conceal you with His wings; you will not fear the terror of the night.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: 'My refuge,
my stronghold, my God in whom I trust!'

It is He who will free you from the snare
of the fowler who seeks to destroy you;
He will conceal you with His pinions
and under His wings you will find refuge.

You will not fear the terror of the night
nor the arrow that flies by day,
nor the plague that prowls in the darkness
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
His faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: 'Lord, my refuge!'
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.
For you has He commanded His angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you,'
I will save him in distress and give him glory.

With length of life I will content him;
I shall let him see my saving power.

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.

Antiphon: He will conceal you with His wings; you will not fear the terror of the night.

Scripture reading: *(Revelation 22:4-5)*
They will see the Lord face to face, and His name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

Short Responsory

Into Your hands, Lord, I commend my spirit.
You have redeemed us, Lord God of truth.
Glory be to the Father and to the Son and to the Holy Spirit.
Into Your hands, Lord, I commend my spirit.

The Nunc Dimittis *From St Luke's Gospel. (Luke 2:29-32)*

Antiphon: Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with Him in peace.

✠At last, all-powerful Master,
You give leave to Your servant
to go in peace, according to Your promise.

For my eyes have seen Your salvation
which You have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, Your people.

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.

Antiphon: Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with Him in peace.

Final prayer: *On Sundays*

Let us pray. God our Father, as we have celebrated today the mystery of the Lord's resurrection, grant our humble prayer:
free us from all harm that we may sleep in peace and rise in joy to sing your praise.
Through Christ our Lord. Amen.

Final Prayer: *On weekdays*

Let us pray. Come to visit us, Lord, this night, so that by Your strength we may rise at daybreak to rejoice in the resurrection of Christ, Your Son, who lives and reigns for ever and ever.
Amen.

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

Marian Anthem:

Under your protection we seek refuge,
O Holy Mother of God;
In our needs, despise not our petitions,
but deliver us always from all dangers,
O Glorious and Blessed Virgin.
Sub tuum praesidium...