

A Prayer before the Office may be said.

The Angelus

The Angel of the Lord declared unto Mary, and she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with you.

Blessèd are you among women

and blessed is the fruit of your 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 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 ask 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.

The Preparation

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

All **Amen.**

○ God, make speed to save us.

All **○ Lord, make haste to help us.**

Make me a clean heart, ○ God,

All **and renew a right spirit within me.**

Psalm 51:11

Hymn

The heavenly Word proceeding forth
Yet leaving not his Father's side,
And going to his work on earth,
Had reached at length life's eventide.

○ saving Victim, opening wide
The gate of heaven to us below;
Our foes press hard on every side,
Your aid supply, your strength bestow.

All praise and thanks to you ascend
For evermore, blest One in Three;
○ grant us life that shall not end,
In our true native land with you.

Text: St. Thomas Aquinas (1227-1274) *Tr (adapted)* J. M. Neale 1818-1866

LM

Music: Sarum plainsong, Mode 4

CONDITOR ALME SIDERUM

The Word of God

Psalmody

The following Psalms are chanted:

<i>Week 1</i>	Psalm 112	<i>Week 3</i>	Psalm 123	<i>Or, on any Friday:</i>
<i>Week 2</i>	Psalm 120	<i>Week 4</i>	Psalm 124	Psalm 23

Each Psalm ends with:

**All Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be forever. Amen.**

The Reading

Week One

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Chronicles 7.13,14

Week Two

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them.

Isaiah 57.15-19

Week Three

Now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father.

Ephesians 2.13-18

Week Four

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

Luke 9.22-25

Or, on any Friday

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.'

Luke 6.27b,28

Silence or the Responsory may follow the reading.

Responsory

Jesus said, I am the good shepherd.

All The good shepherd lays down his life for the sheep.

John 8:12

A brief silence is kept before the Prayers.

Prayers

That this and all our days may be full of your praise:

All we pray to you, O Lord.

That we may walk before you in the paths of righteousness and peace:

All we pray to you, O Lord.

That you will bless your people and lift them up forever:

All we pray to you, O Lord.

That you will guide and protect us by your Holy Spirit
and bring us with your saints to glory everlasting:

All we pray to you, O Lord.

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

A brief silence is kept for people to add their own prayers and petitions.

The Collect of the day or the following prayer is then said:

Lord Jesus Christ, we thank you for all the benefits that you have won for us,
for all the pains and insults that you have borne for us.

Most merciful redeemer, friend and brother,
may we know you more clearly, love you more dearly,
and follow you more nearly, day by day.

All Amen.

after St. Richard of Chichester (1253)

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,
forever and ever.**

All Amen.

The Blessing

May Christ our Saviour give us peace;
and the blessing of God, ✠ Father, Son and Holy Spirit
be with you and remain with you always.

All Amen.