

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 to know your ways, ○ Lord.

All **and teach me your paths.**

Psalm 25:3

Hymn

○ God of truth, ○ Lord of might
Who orders time and change aright
Who sends the early morning ray
And lights the glow of perfect day

Extinguish now each sinful fire
And banish every false desire
And while you keep the body whole
Shed forth your light upon the soul

Almighty Father hear our cry
Through Jesus Christ our Lord most high
Whom in the spirit we adore
Who reigns with You for evermore

Text: *Attrib.* St. Ambrose of Milan (337-397), *Tr.* John Mason 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 2	<i>Week 3</i>	Psalm 45	<i>Or, on any Wednesday:</i>
<i>Week 2</i>	Psalm 44	<i>Week 4</i>	Psalm 72:1-8	Psalm 48

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

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

Isaiah 61.1-3a

Week Two

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war anymore; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid.

Micah 4.1-4a

Week Three

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.'

Matthew 9.35-end

Week Four

Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.' Pilate asked him, 'What is truth?'

John 18.33,36-38

Or, on any Wednesday

The earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea.

Habakkuk 2.14

Responsory

Silence or this Responsory may follow the reading.

Jesus said, I am the way and the truth, and the life.

All No one comes to the Father except through me.

John 14:6

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:

O Lord our God,
grant us grace to desire you with our whole heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which you have delivered us;
through Jesus Christ our Lord.

All Amen.

St. Anselm (1109)

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 God grant to the world justice, truth and peace;
and the blessing of God, ✠ Father, Son and Holy Spirit
be with you and remain with you always.

All Amen.