

*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.**

O God, make speed to save us.

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

With you, O God, is the well of life

**All**    **and in your light shall we see light.**

*cf Psalm 36.9*

*A hymn, song or other praise may be offered.*

## The Word of God

### **Psalmody**

*The following Psalms are said or chanted:*

<b>Sunday</b>	Psalm 67	<b>Wednesday</b>	Psalm 122	<b>Saturday</b>	Psalm 149
<b>Monday</b>	Psalm 99	<b>Thursday</b>	Psalm 132:10-19	<b>on any day:</b>	
<b>Tuesday</b>	Psalm 100	<b>Friday</b>	Psalm 138	Psalm 72:10-15	

*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**

### **Sunday**

From the rising of the sun to its setting my name is great among the nations,  
and in every place incense is offered to my name, and a pure offering;  
for my name is great among the nations, says the Lord of hosts.

*Malachi 1.11*

### **Monday**

The steward said to the bridegroom, 'Everyone serves the good wine first,  
and then the inferior wine after the guests have become drunk. But you have kept  
the good wine until now.' Jesus did this, the first of his signs, in Cana of Galilee,  
and revealed his glory; and his disciples believed in him.

*John 2.10,11*

### **Tuesday**

Arise, shine; for your light has come, and the glory of the Lord has risen upon you.  
For darkness shall cover the earth, and thick darkness the peoples; but the Lord  
will arise upon you, and his glory will appear over you. Nations shall come to your  
light, and kings to the brightness of your dawn.

*Isaiah 60.1-3*

### **Wednesday**

We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves  
as your slaves for Jesus' sake. 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.

*2 Corinthians 4.5,6*

### *Thursday*

You did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him.

*Romans 8.15-17*

### *Friday*

With all wisdom and insight the Father has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.

*Ephesians 1.8b-10*

### *Saturday*

In the midst of the lampstands I saw one like the Son of Man, clothed with a long robe and with a golden sash across his chest. His head and his hair were white as white wool, white as snow; his eyes were like a flame of fire, his feet were like burnished bronze, refined as in a furnace, and his voice was like the sound of many waters. In his right hand he held seven stars, and from his mouth came a sharp, two-edged sword, and his face was like the sun shining with full force.

*Revelation 1.13-16*

### *Or, on any day in Epiphany*

Jesus said, 'I am the light of the world.

Whoever follows me will never walk in darkness but will have the light of life.'

*John 8.12*

*Silence or the Responsory may follow the reading.*

## Responsory

Blessed are the meek,

**All for they will inherit the earth.**

*Matthew 5:5*

*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 good Jesus,  
Word of the Father and brightness of his glory,  
whom angels desire to behold:  
teach me to do your will that, guided by your Spirit,  
I may come to that blessed city of everlasting day,  
where all are one in heart and mind, where there is safety and eternal peace,  
happiness and delight, where you live with the Father and the Holy Spirit,  
world without end.

**All Amen.**

*after Gregory the Great (604)*



## ***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 the light of Christ our Lord shine in all our hearts,  
and the blessing of God, ✠ Father, Son and Holy Spirit  
be with you and remain with you always.

***All* Amen.**