

St Matthew's Westminster



Spiritual Resources
for the National Lockdown

Week 3

Contents

Introduction	1
Prayer for the Day	2
Reading for the Day	5
Spiritual Communion	7
The Angelus	8
Daily Offices	9
A Simple Form of Morning Prayer	9
Prayer During the Day.....	11
A Simple Form of Evening Prayer.....	17
Compline	19

Introduction

As of the early hours of Thursday 5th November, the nation entered into a second lockdown and all public acts of worship have been suspended by law. Whilst we cannot worship together in person, we will be producing this little book of prayers and simple offices each week to help enrich your faith until we can be together again.

We will continue to stream our Sunday mass via Facebook and on our website: www.stmw.org/livestream Copies of the Order of Service can be obtained via our digital newsletter, on our website, or by emailing Daniel in the Church Office (daniel@stmw.org).

The church will open for individual prayer before the Blessed Sacrament on Wednesdays between 11:00 and 14:00 with a priest present during these times.

We will also offer Home Communion to all who request it, please contact Daniel either via email (daniel@stmw.org) or by calling the Church Office on 020 7222 3704 to arrange this.

We hold all of you in our prayers, we miss you and we eagerly await the day that we will all worship together in person again.

With our love and prayers,

The Clergy and Pastoral Assistant

Prayer for the Day

Lockdown Week 3

Prayers chosen by Fr Peter

During the lockdown we are providing a daily prayer which we hope will be helpful in sustaining our spiritual life. The prayers come from a wide variety of sources, some familiar and some new.

Sunday 22nd November

Almighty God unto whom all hearts be open, all desires known and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee and worthily magnify thy Holy Name, through Christ our Lord. Amen

Collect for Purity from the Book of Common Prayer.

This is a prayer I have said every day for as long as I can remember (I was brought up as a boy with the BCP). I think it encapsulates all that is necessary to underpin our relationship with God.

Monday 23rd November

May the road rise to meet you
And the wind be always at your back
May the sun shine warm upon your face
And the rains fall gently on you
And until we meet again
May God hold you in the hollow of His hand

Celtic prayer of blessing on departing.

As an Associate of the Iona community, I have used it often and it is also used as we embark on the ferry from Iona to Fionnphort on Mull for our journey home.

Tuesday 24th November

True healing is more
than restoration
of flesh and blood,
or knitting of bone to bone.
True healing is wholeness,
where body, soul and spirit unite.
True healing is peace,
the knowledge of God's presence,
a hope that knows no end.
True healing knows love
perfectly,
a love that casts out fear.
True healing overcomes,

endures,
for eternity.

A prayer for Healing (Faith and Worship)

A thought and prayer that is relevant to our current situation in what has been a dreadful year. We all need to be reminded of our need for wholeness and healing, not just now but at any point in our lives when it is needed.

Wednesday 25th November

Let nothing disturb you,
Let nothing dismay you,
All things pass,
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.

A prayer of St Teresa of Avila.

A great prayer of inward peace from one of my favourite saints.

Thursday 26th November

With the whole church
I affirm that I am made in God's image,
befriended by Christ, empowered by the Spirit.
With people everywhere
I affirm God's goodness at the heart of humanity, planted more deeply than all that is wrong.
With all creation
I celebrate the miracle and wonder of life, the unfolding purposes of God, forever at work in ourselves and the world.

A prayer of Affirmation from the Iona Community

An uplifting prayer to assist us on our spiritual journey, with and towards God.

Friday 27th November

O Lord Jesus Christ, open the eyes,
of my heart, that I may hear your Word,
and understand and do your will,
For I am a sojourner upon the Earth.

On you do I set my hope, O my God,
that you shall enlighten my mind
and understanding with the light of
your knowledge; not only do I cherish
those things which are written but
to do them; for you are the

enlightenment of those who lie in darkness and from you comes every good deed and every gift. Amen

An ancient prayer of St. John Chrysostom for use before reading the Bible. Whilst it doesn't guarantee divine inspiration, it can help prepare the ground so that your soul is ready to receive what God wants to communicate to you.

A wonderful aid to using the Bible as prayer and not only as instruction.

Saturday 28th November

Almighty God, give us Grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in His glorious Majesty to judge both the quick and the dead, we may rise to the life immortal; through Him who liveth and reigneth with thee and the Holy Spirit, now and forever. Amen

The Collect for the First Sunday in Advent - the Book of Common Prayer

At the beginning of a new Church year, here is my favourite of all the BCP Collects and an inspiration to us to look forward in hope and leave the past behind us.

Reading for the Day

Sunday

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.

He shall not judge by what his eyes see,
or decide by what his ears hear;
but with righteousness he shall judge the poor,
and decide with equity for the meek of the earth;
he shall strike the earth with the rod of his mouth,
and with the breath of his lips he shall kill the wicked.
Righteousness shall be the belt around his waist,
and faithfulness the belt around his loins.

Isaiah 11. 1-5

Monday

The wolf shall live with the lamb,
the leopard shall lie down with the kid,
the calf and the lion and the fatling together,
and a little child shall lead them.
The cow and the bear shall graze,
their young shall lie down together;
and the lion shall eat straw like the ox.
The nursing child shall play over the hole of the asp,
and the weaned child shall put its hand on the adder's den.
They will not hurt or destroy
on all my holy mountain;
for the earth will be full of the knowledge of the Lord
as the waters cover the sea.

Isaiah 11. 6-9

Tuesday

So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.

Wednesday

How beautiful on the mountains
are the feet of those who bring good news,
who proclaim peace,
who bring good tidings,
who proclaim salvation,
who say to Zion,
“Your God reigns!”

Isaiah 52. 7

Thursday

Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.
Who is the King of glory?
The Lord, strong and mighty,
the Lord, mighty in battle.
Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.
Who is this King of glory?
The Lord of hosts,
he is the King of glory.

Psalm 24. 7-10

Friday

truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. 6What is born of the flesh is flesh, and what is born of the Spirit is spirit. 7Do not be astonished that I said to you, “You must be born from above.” 8The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’

St John 3. 5-9

Saturday

‘The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.
‘Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

St Matthew 13. 44-46

Spiritual Communion

During this second national lockdown all public acts of worship have been suspended. This means that many people who would have received Holy Communion each Sunday, and some of them every day, are not able to receive the comfort and benefits of the sacrament.

This is a huge loss. However, it is not the first time that the Church has been in such a position. Throughout Christian history some Christian people have found themselves isolated from the sacramental life of the Church for all sorts of reasons, and particularly in times of plague, famine and warfare.

At such times the Church has encouraged people to make what is called a Spiritual Communion. It is a way of uniting yourself with Jesus and entering into communion with him even though you are not able to receive the sacrament itself.

The prayer that follows draws on the story of the woman who comes to Jesus but only touches the hem of his garment. She still receives healing and blessing (See St Mark 5. 25-34). In a way, spiritual communion is like this. We are not able to receive the sacramental bread and wine. But in a spiritual communion we still come to Jesus and he still receives us.

Act of Spiritual Reception

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving.

Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

The Angelus

At 9am, noon and 6pm, you will hear our church bell chiming the Angelus. This remembrance of the mystery of the Incarnation will be recited three times a day, and you are encouraged to join us in spirit at those times, wherever you may find yourself.

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

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

✠ 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 Ghost;
as it was in the beginning, is now, and ever shall be :
world without end. Amen.

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.

Collects

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.**

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 Ghost,
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

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 – The reading for the day found on page [5](#)

Response

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Matthew 5.3

Prayers

You might like to use and reflect on the prayers included in the daily prayers found on page [2](#).

Prayers may include these concerns:

- ❖ 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

✠ 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 Ghost;
**As it was in the beginning, is now, and ever shall be :
world without end. Amen.**

Nunc Dimittis

✠ 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 Ghost;
**As it was in the beginning, is now, and ever shall be :
world without end. Amen.**

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.

Collects

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.**

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
Ghost, 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 some other

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations.

(Matthew 24.13,14a)

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

✠ 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.*