Week B - Sunday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- 1 I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 34

- 1 I will bless the Lord at all times;* his praise shall ever be in my mouth.
- 2 I will glory in the Lord;* let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the Lord;* let us exalt his name together.

- 4 I sought the Lord, and he answered me* and delivered me out of all my terror.
- 5 Look upon him and be radiant,* and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me* and saved me from all my troubles.
- 7 The angel of the Lord encompasses those who fear him,* and he will deliver them.
- 8 Taste and see that the Lord is good;* happy are they who trust in him!
- 9 Fear the Lord, you that are his saints,* for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger,* but those who seek the Lord lack nothing that is good.
- 11 Come, children, and listen to me;*
 I will teach you the fear of the Lord.
- 12 Who among you loves life* and desires long life to enjoy prosperity?
- 13 Keep your tongue from evil-speaking* and your lips from lying words.
- 14 Turn from evil and do good;* seek peace and pursue it.
- 15 The eyes of the Lord are upon the righteous,* and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil,*
 to root out the remembrance of them from the earth.
- 17 The righteous cry, and the Lord hears them* and delivers them from all their troubles.
- 18 The Lord is near to the brokenhearted* and will save those whose spirits are crushed.

19 Many are the troubles of the righteous,* but the Lord will deliver him out of them all.

- 20 He will keep safe all his bones;*
 not one of them shall be broken.
- 21 Evil shall slay the wicked,* and those who hate the righteous will be punished.
- 22 The Lord ransoms the life of his servants,* and none will be punished who trust in him.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.
- 4 Believed on in the world;* taken up in glory.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

Call to mind what wonders he has done!

Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

Abide with us Lord, for it is towards evening and the day is far spent.

My soul proclaims the greatness of the Lord my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.

You have filled the hungry with good things

and sent the rich away empty.

You have come to the aid of your servant Israel, to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Abide with us Lord, for it is towards evening and the day is far spent.

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Hear us, Lord, when we cry to you. Calm our bodies and minds with the peace which passes understanding, and make us radiant with the knowledge of your goodness; through Jesus Christ our Saviour. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Monday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- 1 I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 32

- 1 Happy are they whose transgressions are forgiven,* and whose sin is put away!
- 2 Happy are they to whom the Lord imputes no guilt,* and in whose spirit there is no guile!
- While I held my tongue, my bones withered away,* because of my groaning all day long.
- For your hand was heavy upon me day and night;* my moisture was dried up as in the heat of summer.

- 5 Then I acknowledged my sin to you,* and did not conceal my guilt.
- 6 I said, 'I will confess my transgressions to the Lord.'* Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of trouble;* when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place; you preserve me from trouble;* you surround me with shouts of deliverance.
- 9 'I will instruct you and teach you in the way that you should go;*
 I will guide you with my eye.
- Do not be like horse or mule, which have no understanding;* who must be fitted with bit and bridle, or else they will not stay near you.'
- 11 Great are the tribulations of the wicked;* but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord;* shout for joy, all who are true of heart.
 - Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.
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Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

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Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

My soul proclaims the greatness of the Lord

my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.
You have filled the hungry with good things and sent the rich away empty.

You have come to the aid of your servant Israel, to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

My soul proclaims the greatness of the Lord

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Watch over us, loving God, and when we fall into sin teach us to acknowledge our guilt. May we forgive and be forgiven, for the sake of the one who was wounded for our transgressions, Jesus Christ your Son our Saviour. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Tuesday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 48

- 1 Great is the Lord, and highly to be praised;* in the city of our God is his holy hill.
- Beautiful and lofty, the joy of all the earth, is the hill of Zion,* the very centre of the world and the city of the great king.
- 3 God is in her citadels;* he is known to be her sure refuge.
- 4 Behold, the kings of the earth assembled* and marched forward together.

5 They looked and were astounded;* they retreated and fled in terror.

- 6 Trembling seized them there;* they writhed like a woman in childbirth, like ships of the sea when the east wind shatters them.
- 7 As we have heard, so have we seen, in the city of the Lord of hosts, in the city of our God;* God has established her for ever.
- 8 We have waited in silence on your loving-kindness, O God,* in the midst of your temple.
- 9 Your praise, like your name, O God, reaches to the world's end;* your right hand is full of justice.
- 10 Let Mount Zion be glad and the cities of Judah rejoice,* because of your judgements.
- 11 Make the circuit of Zion; walk round about her;* count the number of her towers.
- 12 Consider well her bulwarks; examine her strongholds;* that you may tell those who come after.
- 13 This God is our God for ever and ever;* he shall be our guide for evermore.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.

4 Believed on in the world;* taken up in glory.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

Call to mind what wonders he has done!

Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

Our spirits rejoice in God our Saviour

my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.
You have filled the hungry with good things and sent the rich away empty.
You have come to the aid of your servant Israel,

to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Our spirits rejoice in God our Saviour

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Gracious God, you have made us fellow-citizens with the saints in the city of your eternal light. In the time of storm, when the foundations shake, teach us to wait in silence on your steadfast and transforming love, made known to us in Jesus Christ our Lord. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Wednesday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- 1 I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 25

- To you, O Lord, I lift up my soul; my God, I put my trust in you;* let me not be humiliated, nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame;* let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O Lord,* and teach me your paths.

- 4 Lead me in your truth and teach me,* for you are the God of my salvation; in you have I trusted all the day long.
- 5 Remember, O Lord, your compassion and love,* for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions;* remember me according to your love and for the sake of your goodness, O Lord.
- 7 Gracious and upright is the Lord;* therefore he teaches sinners in his way.
- 8 He guides the humble in doing right* and teaches his way to the lowly.
- 9 All the paths of the Lord are love and faithfulness* to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord,* forgive my sin, for it is great.
- 11 Who are they who fear the Lord?*
 he will teach them the way that they should choose.
- 12 They shall dwell in prosperity,* and their offspring shall inherit the land.
- 13 The Lord is a friend to those who fear him* and will show them his covenant.
- 14 My eyes are ever looking to the Lord,* for he shall pluck my feet out of the net.
- 15 Turn to me and have pity on me,* for I am left alone and in misery.
- 16 The sorrows of my heart have increased;* bring me out of my troubles.
- 17 Look upon my adversity and misery* and forgive me all my sin.

- 18 Look upon my enemies, for they are many,* and they bear a violent hatred against me.
- 19 Protect my life and deliver me;* let me not be put to shame, for I have trusted in you.
- 20 Let integrity and uprightness preserve me,* for my hope has been in you.
- 21 Deliver Israel, O God,* out of all his troubles.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.
- 4 Believed on in the world;* taken up in glory.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

Call to mind what wonders he has done!

Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

God looks with favour on his lowly servant.

My soul proclaims the greatness of the Lord my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.

You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.

You have filled the hungry with good things and sent the rich away empty.

You have come to the aid of your servant Israel, to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

God looks with favour on his lowly servant.

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

God of compassion and love, forgive our sins, relieve our misery, satisfy our longing, and fulfil all our hopes for peace; through your Son Jesus Christ our Redeemer. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Thursday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 106.19-48

- 19 Israel made a bull-calf at Horeb* and worshipped a molten image;
- 20 And so they exchanged their Glory* for the image of an ox that feeds on grass.
- 21 They forgot God their saviour,* who had done great things in Egypt,
- 22 Wonderful deeds in the land of Ham,* and fearful things at the Red Sea.

23 So he would have destroyed them, had not Moses his chosen stood before him in the breach,* to turn away his wrath from consuming them.

- 24 They refused the pleasant land* and would not believe his promise.
- 25 They grumbled in their tents* and would not listen to the voice of the Lord.
- 26 So he lifted his hand against them,* to overthrow them in the wilderness,
- 27 To cast out their seed among the nations,* and to scatter them throughout the lands.
- 28 They joined themselves to Baal-Peor* and ate sacrifices offered to the dead.
- 29 They provoked him to anger with their actions,* and a plague broke out among them.
- 30 Then Phinehas stood up and interceded,* and the plague came to an end.
- 31 This was reckoned to him as righteousness* throughout all generations for ever.
- 32 Again they provoked his anger at the waters of Meribah,* so that he punished Moses because of them;
- For they so embittered his spirit* that he spoke rash words with his lips.
- 34 They did not destroy the peoples* as the Lord had commanded them.
- 35 They intermingled with the heathen* and learned their pagan ways,
- 36 So that they worshipped their idols,* which became a snare to them.

37 They sacrificed their sons* and their daughters to evil spirits.

- 38 They shed innocent blood, the blood of their sons and daughters,* which they offered to the idols of Canaan, and the land was defiled with blood.
- 39 Thus they were polluted by their actions* and went whoring in their evil deeds.
- 40 Therefore the wrath of the Lord was kindled against his people* and he abhorred his inheritance.
- 41 He gave them over to the hand of the heathen,* and those who hated them ruled over them.
- 42 Their enemies oppressed them,* and they were humbled under their hand.
- 43 Many a time did he deliver them, but they rebelled through their own devices,* and were brought down in their iniquity.
- 44 Nevertheless, he saw their distress,* when he heard their lamentation.
- 45 He remembered his covenant with them* and relented in accordance with his great mercy.
- 46 He caused them to be pitied* by those who held them captive.
- 47 Save us, O Lord our God, and gather us from among the nations,* that we may give thanks to your holy name and glory in your praise.
- 48 Blessed be the Lord, the God of Israel, from everlasting and to everlasting;* and let all the people say, 'Amen!' Hallelujah!

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.
- 4 Believed on in the world;* taken up in glory.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

Call to mind what wonders he has done!

Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

Show, O Lord, the strength of your arm; Scatter the proud and exalt the lowly.

My soul proclaims the greatness of the Lord my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.
You have filled the hungry with good things

and sent the rich away empty.
You have come to the aid of your servant Israel, to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Show, O Lord, the strength of your arm; Scatter the proud and exalt the lowly.

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

God our Father, remembering your covenant you graciously pardoned those who rebelled against you. Grant that where sin abounds, grace may abound more, through Jesus Christ our Lord. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Friday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- 1 I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm

- 1 How long, O Lord? will you forget me for ever? * how long will you hide your face from me?
- 2 How long shall I have perplexity in my mind, and grief in my heart, day after day? * how long shall my enemy triumph over me?
- 3 Look upon me and answer me, O Lord my God; * give light to my eyes, lest I sleep in death;

4 Lest my enemy say, 'I have prevailed over him,'* and my foes rejoice that I have fallen.

- 5 But I put my trust in your mercy;* my heart is joyful because of your saving help.
- 6 I will sing to the Lord, for he has dealt with me richly; *
 I will praise the name of the Lord Most High.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
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Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

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Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

God has cast down the mighty and lifted up the lowly.

My soul proclaims the greatness of the Lord my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me

You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.

You have filled the hungry with good things and sent the rich away empty.
You have come to the aid of your servant Israel,

to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

God has cast down the mighty and lifted up the lowly.

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Amen.

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

Week B - Saturday

O God, make speed to save us:

O Lord, make haste to help us.

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.

Psalmody

Where can I go from your Spirit? where can I flee from your presence?

Opening - from Psalm 139

- 1 I will thank you because I am marvellously made;* your works are wonderful, and I know it well.
- 2 My body was not hidden from you,* while I was being made in secret and woven in the depths of the earth.
- 3 How deep I find your thoughts, O God!* how great is the sum of them!
- 4 If I were to count them, they would be more in number than the sand;* to count them all, my life span would need to be like yours.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Psalm 24

- 1 The earth is the Lord's and all that is in it,* the world and all who dwell therein.
- 2 For it is he who founded it upon the seas* and made it firm upon the rivers of the deep.
- 3 'Who can ascend the hill of the Lord?* and who can stand in his holy place?'

4 'Those who have clean hands and a pure heart,* who have not pledged themselves to falsehood, nor sworn by what is a fraud.

- 5 They shall receive a blessing from the Lord* and a just reward from the God of their salvation."
- 6 Such is the generation of those who seek him,* of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates; lift them high, O everlasting doors;* and the King of glory shall come in.
- 6 Who is this King of glory?'*
 'The Lord, strong and mighty, the Lord, mighty in battle.'
- 9 Lift up your heads, O gates; lift them high, O everlasting doors;* and the King of glory shall come in.
- 10 'Who is he, this King of glory?'*

 'The Lord of hosts, he is the King of glory.'

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Conclusion - from 1 Timothy 3

- 1 Great indeed, we confess,* is the mystery of our religion.
- 2 He was manifested in the flesh* vindicated in the Spirit.
- 3 Seen by angels,* preached among the nations.
- 4 Believed on in the world;* taken up in glory.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

Where can I go from your Spirit? where can I flee from your presence?

Readings

Silence

Response - from Psalm 28.11

Call to mind what wonders he has done!

Call to mind what wonders he has done!

His marvellous acts and the judgements of his mouth.

What wonders he has done!

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

Call to mind what wonders he has done!

Magnificat

God has come to the aid of his servant Israel, as he promised to Abraham and his children.

My soul proclaims the greatness of the Lord my spirit rejoices in God my Saviour, for you, Lord, have looked with favour on your lowly servant. From this day all generations will call me blessed: You, the Almighty, have done great things for me and holy is your name.

You have mercy on those who fear you from generation to generation.
You have shown strength with your arm and scattered the proud in their conceit, casting down the mighty from their thrones and lifting up the lowly.

You have filled the hungry with good things

and sent the rich away empty.
You have come to the aid of your servant Israel, to remember the promise of mercy, the promise made to our forebears, to Abraham and his children for ever.

Glory to God, Source of all Being, Eternal Word and Holy Spirit; as it was in the beginning, is now, and shall be forever. Amen.

God has come to the aid of his servant Israel, as he promised to Abraham and his children.

Prayers

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Creator and ruler of all, open our hearts that the King of glory may enter, and bring us rejoicing to your holy mountain, where you live and reign, now and for ever. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!