

## Anticipation – 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

My eyes are turned to you, Lord God;

**In you I take refuge; do not strip me of my life.**

### Opening - from Psalms 140 and 141

1 I have said to the Lord, 'You are my God;\*'   
listen, O Lord, to my supplication.'

**2 O Lord, I call to you; come to me quickly;\***   
**hear my voice when I cry to you.**

3 I know that the Lord will maintain the cause of the poor\*   
and render justice to the needy.

**4 Surely, the righteous will give thanks to your name,\***   
**and the upright shall continue in your sight.**

**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 96

1 Sing to the Lord a new song;\*   
sing to the Lord, all the whole earth.

**2 Sing to the Lord and bless his name;\***   
**proclaim the good news of his salvation from day to day.**

3 Declare his glory among the nations\*   
and his wonders among all peoples.

**4 For great is the Lord and greatly to be praised;\***   
**he is more to be feared than all gods.**

- 5 As for all the gods of the nations, they are but idols;\*  
but it is the Lord who made the heavens.
- 6 **Oh, the majesty and magnificence of his presence!\***  
**Oh, the power and the splendour of his sanctuary!**
- 7 Ascribe to the Lord, you families of the peoples;\*  
ascribe to the Lord honour and power.
- 8 **Ascribe to the Lord the honour due his name,\***  
**bring offerings and come into his courts.**
- 9 Worship the Lord in the beauty of holiness;\*  
let the whole earth tremble before him.
- 10 **Tell it out among the nations: ‘The Lord is king!\***  
**he has made the world so firm that it cannot be moved;**  
**he will judge the peoples with equity.’**
- 11 Let the heavens rejoice, and let the earth be glad;  
let the sea thunder and all that is in it;\*  
let the field be joyful and all that is therein.
- 12 **Then shall all the trees of the wood shout for joy**  
**before the Lord when he comes,\***  
**when he comes to judge the earth.**
- 13 He will judge the world with righteousness\*  
and the peoples with his truth.

**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 Revelation 22**

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 **I am the Alpha and the Omega, the first and the last,\***  
**the beginning and the end.**
- 3 'I am the root and offspring of David,\*  
the bright morning star.'

- 4 The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
In you I take refuge; do not strip me of my life.**

## Readings

## Silence

## Response – from Psalm 28.11

Save your people and bless your inheritance.  
**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.  
**Bless your inheritance.**

Glory to the Father and to the Son and to the Holy Spirit.  
**Save your people and bless your inheritance.**

## Antiphon

### Week 1

Look up and raise your heads,  
**because your redemption is drawing near.**

### Week 2

Prepare the way of the Lord,  
**make his paths straight.**  
**All flesh shall see the salvation of God.**

### Week 3

The Spirit of the Lord is upon me,  
**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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.**

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**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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.**

We worship you, God of glory, in the beauty of holiness, and we joyfully proclaim your just and righteous rule, established for all, through your Son Jesus Christ the 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!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Anticipation – Monday

O God, make speed to save us:

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

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## Psalmody

My eyes are turned to you, Lord God;

**In you I take refuge; do not strip me of my life.**

**(Psalm 141.8)**

### Opening - from Psalms 140 and 141

- 1 I have said to the Lord, 'You are my God;\*  
listen, O Lord, to my supplication.'
- 2 **O Lord, I call to you; come to me quickly;\*  
hear my voice when I cry to you.**
- 3 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\*  
and the upright shall continue in your sight.**

**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 71

- 1 In you, O Lord, have I taken refuge;\*  
let me never be ashamed.
- 2 **In your righteousness, deliver me and set me free;\*  
incline your ear to me and save me.**
- 3 Be my strong rock, a castle to keep me safe;\*  
you are my crag and my stronghold.
- 4 **Deliver me, my God, from the hand of the wicked,\*  
from the clutches of the evildoer and the oppressor.**

- 5 For you are my hope, O Lord God,\*  
my confidence since I was young.
- 6 I have been sustained by you ever since I was born;  
from my mother's womb you have been my strength;\*  
my praise shall be always of you.**
- 7 I have become a portent to many;\*  
but you are my refuge and my strength.
- 8 Let my mouth be full of your praise\*  
and your glory all the day long.**
- 9 Do not cast me off in my old age;\*  
forsake me not when my strength fails.
- 10 For my enemies are talking against me,\*  
and those who lie in wait for my life take counsel together.**
- 11 They say, 'God has forsaken him; go after him and seize him;\*'   
because there is none who will save.'
- 12 O God, be not far from me;\*  
come quickly to help me, O my God.**
- 13 Let those who set themselves against me  
be put to shame and be disgraced;\*  
let those who seek to do me evil be covered with scorn and reproach.
- 14 But I shall always wait in patience,\*  
and shall praise you more and more.**
- 15 My mouth shall recount your mighty acts  
and saving deeds all day long;\*  
though I cannot know the number of them.
- 16 I will begin with the mighty works of the Lord God;\*  
I will recall your righteousness, yours alone.**
- 17 O God, you have taught me since I was young,\*  
and to this day I tell of your wonderful works.



- 18 And now that I am old and gray-headed, O God, do not forsake me,\*  
till I make known your strength to this generation  
and your power to all who are to come.**
- 19 Your righteousness, O God, reaches to the heavens;\*  
you have done great things; who is like you, O God?
- 20 You have showed me great troubles and adversities,\*  
but you will restore my life  
and bring me up again from the deep places of the earth.**
- 21 You strengthen me more and more;\*  
you enfold and comfort me.
- 22 Therefore I will praise you upon the lyre for your  
faithfulness, O my God;\*  
I will sing to you with the harp, O Holy One of Israel.**
- 23 My lips will sing with joy when I play to you,\*  
and so will my soul, which you have redeemed.
- 24 My tongue will proclaim your righteousness all day long,\*  
for they are ashamed and disgraced who sought to do me harm.**
- 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 Revelation 22

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 I am the Alpha and the Omega, the first and the last,\*  
the beginning and the end.**
- 3 'I am the root and offspring of David,\*  
the bright morning star.'
- 4 The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.

**6 The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
In you I take refuge; do not strip me of my life.**

## Readings

## Silence

## Response – from Psalm 28.11

Save your people and bless your inheritance.  
**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.  
**Bless your inheritance.**

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

### Week 1

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**All flesh shall see the salvation of God.**

### Week 3

The Spirit of the Lord is upon me,  
**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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.**

## Antiphon

### *Week 1*

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### *Week 3*

The Spirit of the Lord is upon me,  
**because the Lord has anointed me  
to bring good tidings to the afflicted.**

## 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.**

Holy God, be our strength and our salvation, that we may never be ashamed to praise you for your mighty acts. We ask this through Jesus Christ. **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!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Anticipation – Tuesday

O God, make speed to save us:

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## Psalmody

My eyes are turned to you, Lord God;

**In you I take refuge; do not strip me of my life.**

**(Psalm 141.8)**

### Opening - from Psalms 140 and 141

- 1 I have said to the Lord, 'You are my God;\*  
listen, O Lord, to my supplication.'
- 2 **O Lord, I call to you; come to me quickly;\*  
hear my voice when I cry to you.**
- 3 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\*  
and the upright shall continue in your sight.**

**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 75

- 1 We give you thanks, O God, we give you thanks,\*  
calling upon your name and declaring all your wonderful deeds.
- 2 **'I will appoint a time,' says God;\*  
'I will judge with equity.**
- 3 Though the earth and all its inhabitants are quaking,\*  
I will make its pillars fast.
- 4 **I will say to the boasters, "Boast no more,"\*  
and to the wicked, "Do not toss your horns;**

- 5 Do not toss your horns so high,\*  
nor speak with a proud neck.”
- 6 **For judgement is neither from the east nor from the west,\*  
nor yet from the wilderness or the mountains.**
- 7 It is God who judges;\*  
he puts down one and lifts up another.
- 8 **For in the Lord's hand there is a cup,  
full of spiced and foaming wine, which he pours out,\*  
and all the wicked of the earth shall drink and drain the dregs.**
- 9 But I will rejoice for ever;\*  
I will sing praises to the God of Jacob.
- 10 **He shall break off all the horns of the wicked,\*  
but the horns of the righteous shall be exalted.**

**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 Revelation 22**

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 **I am the Alpha and the Omega, the first and the last,\*  
the beginning and the end.**
- 3 'I am the root and offspring of David,\*  
the bright morning star.'
- 4 **The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 **The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
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## Readings

## Silence

## Response – from Psalm 28.11

Save your people and bless your inheritance.

**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.

**Bless your inheritance.**

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

**Save your people and bless your inheritance.**

## Antiphon

### Week 1

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### Week 2

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**make his paths straight.**  
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### Week 3

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**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## Magnificat

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**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;**  
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## 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.**

O God, let not pride stiffen our necks, but help us to give you thanks and praise your name for ever, 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!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Anticipation – Wednesday

O God, make speed to save us:

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as it was in the beginning, is now, and shall be forever. Amen.**

## Psalmody

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**(Psalm 141.8)**

### Opening - from Psalms 140 and 141

- 1 I have said to the Lord, 'You are my God;\*  
listen, O Lord, to my supplication.'
- 2 **O Lord, I call to you; come to me quickly;\***  
**hear my voice when I cry to you.**
- 3 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\***  
**and the upright shall continue in your sight.**

**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 80

- 1 Hear, O Shepherd of Israel, leading Joseph like a flock;\*  
shine forth, you that are enthroned upon the cherubim.
- 2 **In the presence of Ephraim, Benjamin, and Manasseh,\***  
**stir up your strength and come to help us.**
- 3 Restore us, O God of hosts;\*  
show the light of your countenance, and we shall be saved.
- 4 **O Lord God of hosts,\***  
**how long will you be angered despite the prayers of your people?**

- 5 You have fed them with the bread of tears;\*  
you have given them bowls of tears to drink.
- 6 You have made us the derision of our neighbours,\*  
and our enemies laugh us to scorn.**
- 7 Restore us, O God of hosts;\*  
show the light of your countenance, and we shall be saved.
- 8 You have brought a vine out of Egypt,\*  
you cast out the nations and planted it.**
- 9 You prepared the ground for it;\*  
it took root and filled the land.
- 10 The mountains were covered by its shadow\*  
and the towering cedar trees by its boughs.**
- 11 You stretched out its tendrils to the Sea\*  
and its branches to the River.
- 12 Why have you broken down its wall,\*  
so that all who pass by pluck off its grapes?**
- 13 The wild boar of the forest has ravaged it,\*  
and the beasts of the field have grazed upon it.
- 14 Turn now, O God of hosts, look down from heaven;  
behold and tend this vine;\*  
preserve what your right hand has planted.**
- 15 They burn it with fire like rubbish;\*  
at the rebuke of your countenance let them perish.
- 16 Let your hand be upon the man of your right hand,\*  
the son of man you have made so strong for yourself.**
- 17 And so will we never turn away from you;\*  
give us life, that we may call upon your name.
- 18 Restore us, O Lord God of hosts;\*  
show the light of your countenance, and we shall be saved.**

**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 Revelation 22

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
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- 3 'I am the root and offspring of David,\*  
the bright morning star.'
- 4 **The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 **The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
in you I take refuge; do not strip me of my life.**

### Readings

### Silence

### Response – from Psalm 28.11

Save your people and bless your inheritance.  
**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.  
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Glory to the Father and to the Son and to the Holy Spirit.  
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## Antiphon

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## 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**  
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**You have filled the hungry with good things**  
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**You have come to the aid of your servant Israel,**  
**to remember the promise of mercy,**  
**the promise made to our forebears,**  
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## 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.**

Glory to you, Lord Jesus Christ, our good shepherd; you have led us to the kingdom of your Father's love. Forgive our careless indifference to your loving care for all your creatures, and remake us in the likeness of your new and risen life. We ask this in your name. **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!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**



## Anticipation – Thursday

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and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\*  
and the upright shall continue in your sight.**

**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 85

- 1 You have been gracious to your land, O Lord,\*  
you have restored the good fortune of Jacob.
- 2 **You have forgiven the iniquity of your people\*  
and blotted out all their sins.**
- 3 You have withdrawn all your fury\*  
and turned yourself from your wrathful indignation.
- 4 **Restore us then, O God our Saviour;\*  
let your anger depart from us.**

- 5 Will you be displeased with us for ever?\*  
will you prolong your anger from age to age?
- 6 Will you not give us life again,\*  
that your people may rejoice in you?**
- 7 Show us your mercy, O Lord,\*  
and grant us your salvation.
- 8 I will listen to what the Lord God is saying,\*  
for he is speaking peace to his faithful people  
and to those who turn their hearts to him.**
- 9 Truly, his salvation is very near to those who fear him,\*  
that his glory may dwell in our land.
- 10 Mercy and truth have met together,\*  
righteousness and peace have kissed each other.**
- 11 Truth shall spring up from the earth,\*  
and righteousness shall look down from heaven.
- 12 The Lord will indeed grant prosperity,\*  
and our land will yield its increase.**
- 13 Righteousness shall go before him,\*  
and peace shall be a pathway for his feet.

**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 Revelation 22

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 I am the Alpha and the Omega, the first and the last,\*  
the beginning and the end.**
- 3 'I am the root and offspring of David,\*  
the bright morning star.'

- 4 The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
In you I take refuge; do not strip me of my life.**

## Readings

## Silence

## Response – from Psalm 28.11

Save your people and bless your inheritance.  
**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.  
**Bless your inheritance.**

Glory to the Father and to the Son and to the Holy Spirit.  
**Save your people and bless your inheritance.**

## Antiphon

### Week 1

Look up and raise your heads,  
**because your redemption is drawing near.**

### Week 2

Prepare the way of the Lord,  
**make his paths straight.**  
**All flesh shall see the salvation of God.**

### Week 3

The Spirit of the Lord is upon me,  
**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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.**

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### Week 1

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### Week 3

The Spirit of the Lord is upon me,  
**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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 grace, you loved the world so much that you gave your only Son to be our Saviour. Help us to rejoice in our salvation by showing mercy and truth, and by walking in the way of righteousness and peace. We ask this in his name and for his sake. **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!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Anticipation – 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

My eyes are turned to you, Lord God;

**In you I take refuge; do not strip me of my life.**

**(Psalm 141.8)**

### Opening - from Psalms 140 and 141

- 1 I have said to the Lord, 'You are my God;\*  
listen, O Lord, to my supplication.'
- 2 **O Lord, I call to you; come to me quickly;\*  
hear my voice when I cry to you.**
- 3 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\*  
and the upright shall continue in your sight.**

**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 102

- 1 Lord, hear my prayer, and let my cry come before you;\*  
hide not your face from me in the day of my trouble.
- 2 **Incline your ear to me;\*  
when I call, make haste to answer me,**
- 3 For my days drift away like smoke,\*  
and my bones are hot as burning coals.
- 4 **My heart is smitten like grass and withered,\*  
so that I forget to eat my bread.**

- 5 Because of the voice of my groaning\*  
I am but skin and bones.
- 6 I have become like a vulture in the wilderness,\*  
like an owl among the ruins.**
- 7 I lie awake and groan;\*  
I am like a sparrow, lonely on a house-top.
- 8 My enemies revile me all day long,\*  
and those who scoff at me have taken an oath against me.**
- 9 for I have eaten ashes for bread\*  
and mingled my drink with weeping.
- 10 Because of your indignation and wrath\*  
you have lifted me up and thrown me away.**
- 11 My days pass away like a shadow,\*  
and I wither like the grass.
- 12 But you, O Lord, endure for ever,\*  
and your name from age to age.**
- 13 You will arise and have compassion on Zion,  
for it is time to have mercy upon her;\*  
indeed, the appointed time has come.
- 14 For your servants love her very rubble,\*  
and are moved to pity even for her dust.**
- 15 The nations shall fear your name, O Lord,\*  
and all the kings of the earth your glory.
- 16 For the Lord will build up Zion,\*  
and his glory will appear.**
- 17 He will look with favour on the prayer of the homeless;\*  
he will not despise their plea.
- 18 Let this be written for a future generation,\*  
so that a people yet unborn may praise the Lord.**



- 19 For the Lord looked down from his holy place on high;\*  
from the heavens he beheld the earth;
- 20 That he might hear the groan of the captive\*  
and set free those condemned to die;**
- 21 That they may declare in Zion the name of the Lord,\*  
and his praise in Jerusalem;
- 22 When the peoples are gathered together,\*  
and the kingdoms also, to serve the Lord.**
- 23 He has brought down my strength before my time;\*  
he has shortened the number of my days;
- 24 And I said, 'O my God, do not take me away in the midst of my days;\*  
your years endure throughout all generations.**
- 25 In the beginning, O Lord, you laid the foundations of the earth,\*  
and the heavens are the work of your hands;
- 26 They shall perish, but you will endure;  
they all shall wear out like a garment;\*  
as clothing you will change them, and they shall be changed;**
- 27 But you are always the same,\*  
and your years will never end.
- 28 The children of your servants shall continue,\*  
and their offspring shall stand fast in your sight.'**
- 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 Revelation 22

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
- 2 I am the Alpha and the Omega, the first and the last,\*  
the beginning and the end.**
- 3 'I am the root and offspring of David,\*  
the bright morning star.'

- 4 The Spirit and the Bride say, 'Come';\*  
let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

**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 eyes are turned to you, Lord God;  
In you I take refuge; do not strip me of my life.**

## Readings

## Silence

## Response – from Psalm 28.11

Save your people and bless your inheritance.  
**Save your people and bless your inheritance.**

Shepherd them and carry them for ever.  
**Bless your inheritance.**

Glory to the Father and to the Son and to the Holy Spirit.  
**Save your people and bless your inheritance.**

## Antiphon

### Week 1

Look up and raise your heads,  
**because your redemption is drawing near.**

### Week 2

Prepare the way of the Lord,  
**make his paths straight.**  
**All flesh shall see the salvation of God.**

### Week 3

The Spirit of the Lord is upon me,  
**because the Lord has anointed me**  
**to bring good tidings to the afflicted.**

## 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;**  
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## 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.**

**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.**

God of unchanging mercy, look with compassion upon all who suffer: the sick and the friendless, the homeless and the captive, the weary and the depressed. Be present to them in the power of your healing love; give them health, comfort, and hope; and bring them to share in the life of your risen Son, our Saviour Jesus Christ. **Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Anticipation – 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

My eyes are turned to you, Lord God;

**In you I take refuge; do not strip me of my life.**

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### Opening - from Psalms 140 and 141

- 1 I have said to the Lord, 'You are my God;\*  
listen, O Lord, to my supplication.'
- 2 **O Lord, I call to you; come to me quickly;\***  
**hear my voice when I cry to you.**
- 3 I know that the Lord will maintain the cause of the poor\*  
and render justice to the needy.
- 4 **Surely, the righteous will give thanks to your name,\***  
**and the upright shall continue in your sight.**

**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 98

- 1 Sing to the Lord a new song,\*  
for he has done marvellous things.
- 2 **With his right hand and his holy arm\***  
**has he won for himself the victory.**
- 3 The Lord has made known his victory;\*  
his righteousness has he openly shown in the sight of the nations.
- 4 **He remembers his mercy and faithfulness to the house of Israel,\***  
**and all the ends of the earth have seen the victory of our God.**

- 5 Shout with joy to the Lord, all you lands;\*  
lift up your voice, rejoice, and sing.
- 6 **Sing to the Lord with the harp,\*  
with the harp and the voice of song.**
- 7 With trumpets and the sound of the horn\*  
shout with joy before the King, the Lord.
- 8 **Let the sea make a noise and all that is in it,\*  
the lands and those who dwell therein.**
- 9 Let the rivers clap their hands,\*  
and let the hills ring out with joy before the Lord,  
when he comes to judge the earth.
- 10 **In righteousness shall he judge the world\*  
and the peoples with equity.**

**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 Revelation 22**

- 1 'Behold, I am coming soon\*  
to repay everyone for what he has done.
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let anyone who hears, say, 'Come',**
- 5 Let anyone who is thirsty come;\*  
let anyone who desires take the water of life without price.
- 6 **The Lord says, 'Surely I am coming soon'.\*  
Amen; come, Lord Jesus!**

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### Silence

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**Save your people and bless your inheritance.**

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## Magnificat

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From this day all generations will call me blessed:  
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You have mercy on those who fear you  
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and scattered the proud in their conceit,  
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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,  
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## 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.**

Lord God, we see your righteous rule in all your works, and we join our voices with the song of your whole creation in praising you, in and 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:

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