

## Anticipation – Sunday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 97

- 1 The Lord is king; let the earth rejoice;\*  
let the multitude of the isles be glad.
- 2 **Clouds and darkness are round about him,\*  
righteousness and justice are the foundations of his throne.**
- 3 A fire goes before him\*  
and burns up his enemies on every side.

- 4 His lightnings light up the world;\***  
**the earth sees it and is afraid.**
- 5 The mountains melt like wax at the presence of the Lord,\*  
at the presence of the Lord of the whole earth.
- 6 The heavens declare his righteousness,\***  
**and all the peoples see his glory.**
- 7 Confounded be all who worship carved images  
and delight in false gods!\*
- Bow down before him, all you gods.
- 8 Zion hears and is glad, and the cities of Judah rejoice,\***  
**because of your judgements, O Lord.**
- 9 For you are the Lord, most high over all the earth;\*
- you are exalted far above all gods.
- 10 The Lord loves those who hate evil;\***  
**he preserves the lives of his saints**  
**and delivers them from the hand of the wicked.**
- 11 Light has sprung up for the righteous,\*  
and joyful gladness for those who are truehearted.
- 12 Rejoice in the Lord, you righteous,\***  
**and give thanks to his holy name.**
- 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 Isaiah 2.2-5**

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.
- 2 All the nations will flock to it;\***  
**countless peoples will come to it.**
- 3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,
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- 4** who will teach us his ways,\*  
and we will walk in his paths;
- 5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.
- 6** They will beat their swords into ploughshares,\*  
and their spears into sickles;
- 7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.
- 8** O people of Jacob come,\*  
let us walk in the light of the Lord.

**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 your servants your works,  
And your splendour to their children.**

## Readings

## Silence

## Response – from Psalm 96.10

Tell it out among the nations: 'The Lord is King!'  
**Tell it out among the nations: 'The Lord is King!'**

'He will judge the peoples with equity.'  
**'The Lord is King.'**

Glory to the Father and to the Son and to the Holy Spirit.  
**Tell it out among the nations: 'The Lord is King!'**

## 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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
**God with us.**

## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
**all the days of our life.**

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**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**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.**

## **Antiphon**

### *Week 1*

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### *Week 4*

**A virgin shall conceive and bear a son  
and his name shall be called Emmanuel:  
God with us.**

## 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.**

Almighty God, your whole creation declares your glory. May we perceive you in all your works and live in the light of your righteousness, through him who is the light of the world, Jesus Christ our Lord. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

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## Anticipation – Monday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 50

- 1 The Lord, the God of gods, has spoken;\*  
he has called the earth from the rising of the sun to its setting.
- 2 **Out of Zion, perfect in its beauty,\*  
God reveals himself in glory.**
- 3 Our God will come and will not keep silence;\*  
before him there is a consuming flame,  
and round about him a raging storm.

- 
- 4 He calls the heavens and the earth from above\*  
to witness the judgement of his people.**
- 5 'Gather before me my loyal followers,\*  
those who have made a covenant with me  
and sealed it with sacrifice.'
- 6 Let the heavens declare the rightness of his cause;\*  
for God himself is judge.**
- 7 Hear, O my people, and I will speak:  
'O Israel, I will bear witness against you,\*  
for I am God, your God.
- 8 I do not accuse you because of your sacrifices;\*  
your offerings are always before me.**
- 9 I will take no bull-calf from your stalls,\*  
nor he-goats out of your pens;
- 10 For the beasts of the forest are mine,\*  
the herds in their thousands upon the hills.**
- 11 I know every bird in the sky,\*  
and the creatures of the fields are in my sight.
- 12 If I were hungry, I would not tell you,\*  
for the whole world is mine and all that is in it.**
- 13 Do you think I eat the flesh of bulls,\*  
or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving\*  
and make good your vows to the Most High.**
- 15 Call upon me in the day of trouble;\*  
I will deliver you, and you shall honour me.'
- 16 But to the wicked God says:\*  
'Why do you recite my statutes,  
and take my covenant upon your lips;**
-

- 17 Since you refuse discipline,\*  
and toss my words behind your back?
- 18 When you see a thief, you make him your friend,\*  
and you cast in your lot with adulterers.**
- 19 You have loosed your lips for evil,\*  
and harnessed your tongue to a lie.
- 20 You are always speaking evil of your brother\*  
and slandering your own mother's son.**
- 21 These things you have done, and I kept still,\*  
and you thought that I am like you.'
- 22 'I have made my accusation,\*  
I have put my case in order before your eyes.**
- 23 Consider this well, you who forget God,\*  
lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving honours me;\*  
but to those who keep in my way will I show  
the salvation of God.'**

**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 Isaiah 2.2-5**

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
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- 2 All the nations will flock to it;\*  
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- 3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,
- 4 who will teach us his ways,\*  
and we will walk in his paths;**

- 5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.
- 6 **They will beat their swords into ploughshares,\*  
and their spears into sickles;**
- 7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.
- 8 **O people of Jacob come,\*  
let us walk in the light of the Lord.**

**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 your servants your works,  
And your splendour to their children.**

## **Readings**

## **Silence**

## **Response – from Psalm 96.10**

Tell it out among the nations: ‘The Lord is King!’

**Tell it out among the nations: ‘The Lord is King!’**

‘He will judge the peoples with equity.’

**‘The Lord is King.’**

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

**Tell it out among the nations: ‘The Lord is King!’.**

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## Antiphon

### Week 1

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### Week 2

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**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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
**God with us.**

## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
**all the days of our life.**

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

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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.**

Blessed are you, God of glory; you call us to give up all our vain attempts to reach you, and to come before you in thanksgiving for your great salvation, shown to us in Jesus Christ our Lord. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Anticipation – Tuesday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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## Psalmody

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### Opening - from Psalm 90

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from one generation to another.
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or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 20

- 1 May the Lord answer you in the day of trouble,\*  
the name of the God of Jacob defend you;
  - 2 **Send you help from his holy place\*  
and strengthen you out of Zion;**
  - 3 Remember all your offerings\*  
and accept your burnt sacrifice;
-

**4 Grant you your heart's desire\*  
and prosper all your plans.**

5 We will shout for joy at your victory  
and triumph in the name of our God;\*  
may the Lord grant all your requests.

**6 Now I know that the Lord gives victory to his anointed;\*  
he will answer him out of his holy heaven,  
with the victorious strength of his right hand.**

7 Some put their trust in chariots and some in horses,\*  
but we will call upon the name of the Lord our God.

**8 They collapse and fall down,\*  
but we will arise and stand upright.**

9 O Lord, give victory to the king\*  
and answer us when we call.

**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 Isaiah 2.2-5**

1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.

**2 All the nations will flock to it;\*  
countless peoples will come to it.**

3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,

**4 who will teach us his ways,\*  
and we will walk in his paths;**

5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.

**6 They will beat their swords into ploughshares,\*  
and their spears into sickles;**

7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.

8 **O people of Jacob come,\***  
**let us walk in the light of the Lord.**

**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 your servants your works,**  
**And your splendour to their children.**

## **Readings**

## **Silence**

## **Response – from Psalm 96.10**

Tell it out among the nations: ‘The Lord is King!’

**Tell it out among the nations: ‘The Lord is King!’**

‘He will judge the peoples with equity.’

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## Antiphon

### Week 1

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**because your redemption is drawing near.**

### Week 2

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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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
**God with us.**

## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
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**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

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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.**

God, our hope and our defence, protect all those who call upon your name, that they may stand upright in the day of trouble, and share in the victory of your Son our Saviour Jesus Christ. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Anticipation – Wednesday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

#### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 44

- 1 We have heard with our ears, O God,  
our forefathers have told us,\*  
the deeds you did in their days, in the days of old.
  - 2 **How with your hand you drove the peoples out  
and planted our forefathers in the land;\*  
how you destroyed nations and made your people flourish.**
-

- 3 For they did not take the land by their sword,  
nor did their arm win the victory for them;\*  
but your right hand, your arm, and the light of your countenance,  
because you favoured them.
- 4 You are my King and my God,\*  
you command victories for Jacob.**
- 5 Through you we pushed back our adversaries;\*  
through your name we trampled on those who  
rose up against us.
- 6 For I do not rely on my bow,\*  
and my sword does not give me the victory.**
- 7 Surely, you gave us victory over our adversaries\*  
and put those who hate us to shame.
- 8 Every day we gloried in God,\*  
and we will praise your name for ever.**
- 9 Nevertheless, you have rejected and humbled us\*  
and do not go forth with our armies.
- 10 You have made us fall back before our adversary,\*  
and our enemies have plundered us.**
- 11 You have made us like sheep to be eaten\*  
and have scattered us among the nations.
- 12 You are selling your people for a trifle\*  
and are making no profit on the sale of them.**
- 13 You have made us the scorn of our neighbours,\*  
a mockery and derision to those around us.
- 14 You have made us a byword among the nations,\*  
a laughing-stock among the peoples.**
- 15 My humiliation is daily before me,\*  
and shame has covered my face ;

- 16 Because of the taunts of the mockers and blasphemers,\*  
because of the enemy and avenger.**
- 17 All this has come upon us;  
yet we have not forgotten you,\*  
nor have we betrayed your covenant.
- 18 Our heart never turned back,\*  
nor did our footsteps stray from your path;**
- 19 Though you thrust us down into a place of misery,\*  
and covered us over with deep darkness.
- 20 If we have forgotten the name of our God,\*  
or stretched out our hands to some strange god,**
- 21 Will not God find it out?\*
- for he knows the secrets of the heart.
- 22 Indeed, for your sake we are killed all the day long;\*  
we are accounted as sheep for the slaughter.**
- 23 Awake, O Lord! why are you sleeping?\*
- Arise! do not reject us for ever.
- 24 Why have you hidden your face\*  
and forgotten our affliction and oppression?**
- 25 We sink down into the dust;\*
- our body cleaves to the ground.
- 26 Rise up, and help us,\*  
and save us, for the sake of your steadfast love.**
- 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 Isaiah 2.2-5**

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.
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- 2 All the nations will flock to it;\***  
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- 3 And they will say, Come let us go to the mountain of the Lord,\*  
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- 6 They will beat their swords into ploughshares,\***  
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- 7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.
- 8 O people of Jacob come,\***  
**let us walk in the light of the Lord.**
- 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 your servants your works,**  
**And your splendour to their children.**

## Readings

### Silence

### Response – from Psalm 96.10

Tell it out among the nations: 'The Lord is King!'  
**Tell it out among the nations: 'The Lord is King!'**

'He will judge the peoples with equity.'  
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## Antiphon

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**to save us from our enemies,**  
**from the hands of all who hate us;**  
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**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
**all the days of our life.**

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**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**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.**

## **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.**

### *Week 4*

**A virgin shall conceive and bear a son  
and his name shall be called Emmanuel:  
God with us.**

## 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 hosts, be present with those who suffer for no fault of their own: the broken victims of war, oppression, indifference, and neglect. May we see in their sufferings the wounds of Christ, and share with them in his gift of new life. We ask this in his name. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

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## Anticipation – Thursday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 99

- 1 The Lord is king; let the people tremble;\*  
he is enthroned upon the Cherubim; let the earth shake.
- 2 **The Lord is great in Zion;\*  
he is high above all peoples.**
- 3 Let them confess his name, which is great and awesome;\*  
he is the Holy One.

**4 'O mighty King, lover of justice,  
you have established equity;\*  
you have executed justice and righteousness in Jacob.'**

5 Proclaim the greatness of the Lord our God  
and fall down before his footstool;\*  
he is the Holy One.

**6 Moses and Aaron among his priests,  
and Samuel among those who call upon his name,\*  
they called upon the Lord, and he answered them.**

7 He spoke to them out of the pillar of cloud;\*  
they kept his testimonies and the decree that he gave them.

**8 'O Lord our God, you answered them indeed;\*  
you were a God who forgave them,  
yet punished them for their evil deeds.'**

9 Proclaim the greatness of the Lord our God  
and worship him upon his holy hill;\*  
for the Lord our God is the Holy One.

**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 Isaiah 2.2-5**

1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.

**2 All the nations will flock to it;\*  
countless peoples will come to it.**

3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,

**4 who will teach us his ways,\*  
and we will walk in his paths;**

5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.

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**6 They will beat their swords into ploughshares,\*  
and their spears into sickles;**

7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.

**8 O people of Jacob come,\*  
let us walk in the light of the Lord.**

**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 your servants your works,  
And your splendour to their children.**

## Readings

## Silence

## Response – from Psalm 96.10

Tell it out among the nations: ‘The Lord is King!’

**Tell it out among the nations: ‘The Lord is King!’**

‘He will judge the peoples with equity.’

**‘The Lord is King.’**

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

**Tell it out among the nations: ‘The Lord is King!’.**

## 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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
**God with us.**

## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
**all the days of our life.**

---

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**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.**

## **Antiphon**

### *Week 1*

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

### *Week 2*

**Prepare the way of the Lord,  
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because the Lord has anointed me  
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**A virgin shall conceive and bear a son  
and his name shall be called Emmanuel:  
God with us.**

## 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 our God, ruler of the universe, you love what is right. Lead us in your righteousness, that we may live to praise you, through your Son Jesus Christ our Lord. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

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## Anticipation – Friday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 94

- 1 O Lord God of vengeance,\*  
O God of vengeance, show yourself.
- 2 **Rise up, O Judge of the world;\*  
give the arrogant their just deserts.**
- 3 How long shall the wicked, O Lord,\*  
how long shall the wicked triumph?

- 4 They bluster in their insolence;\*  
all evildoers are full of boasting.**
- 5 They crush your people, O Lord,\*  
and afflict your chosen nation.
- 6 They murder the widow and the stranger\*  
and put the orphans to death.**
- 7 Yet they say, ‘The Lord does not see,\*  
the God of Jacob takes no notice.’
- 8 Consider well, you dullards among the people;\*  
when will you fools understand?**
- 9 He that planted the ear, does he not hear?\*
- he that formed the eye, does he not see?
- 10 He who admonishes the nations, will he not punish?\***
- he who teaches all the world, has he no knowledge?**
- 11 The Lord knows our human thoughts;\*
- how like a puff of wind they are.
- 12 Happy are they whom you instruct, O Lord!\***
- whom you teach out of your law;**
- 13 To give them rest in evil days,\*  
until a pit is dug for the wicked.
- 14 For the Lord will not abandon his people,\*  
nor will he forsake his own.**
- 15 For judgement will again be just,\*  
and all the true of heart will follow it.
- 16 Who rose up for me against the wicked?\***
- who took my part against the evildoers?**
- 17 If the Lord had not come to my help,\*  
I should soon have dwelt in the land of silence.
- 18 As often as I said, ‘My foot has slipped,’\***
- your love, O Lord, upheld me.**
-

- 19 When many cares fill my mind,\*  
your consolations cheer my soul.
- 20 Can a corrupt tribunal have any part with you,\*  
one which frames evil into law?**
- 21 They conspire against the life of the just\*  
and condemn the innocent to death.
- 22 But the Lord has become my stronghold,\*  
and my God the rock of my trust.**
- 23 He will turn their wickedness back upon them  
and destroy them in their own malice;\*  
the Lord our God will destroy them.

**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 Isaiah 2.2-5

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.
- 2 All the nations will flock to it;\*  
countless peoples will come to it.**
- 3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,
- 4 who will teach us his ways,\*  
and we will walk in his paths;**
- 5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.
- 6 They will beat their swords into ploughshares,\*  
and their spears into sickles;**
- 7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.

**8 O people of Jacob come,\*  
let us walk in the light of the Lord.**

**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 your servants your works,  
And your splendour to their children.**

## **Readings**

## **Silence**

## **Response – from Psalm 96.10**

Tell it out among the nations: 'The Lord is King!'

**Tell it out among the nations: 'The Lord is King!'**

'He will judge the peoples with equity.'

**'The Lord is King.'**

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

**Tell it out among the nations: 'The Lord is King!'**

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## 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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
**God with us.**

## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
**to show mercy to our forebears,**  
**and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:**  
**to set us free from the hands of our enemies,**  
**free to worship you without fear,**  
**holy and righteous before you,**  
**all the days of our life.**

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**Glory to the Father and to the Son, and to the Holy Spirit;  
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## **Antiphon**

### *Week 1*

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**A virgin shall conceive and bear a son  
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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 just Judge of all the world, when the dark power of evil threatens your creation, may we, through your strength within us, maintain the sure knowledge of your love and mercy, which we see in your Son Jesus Christ our Lord. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Anticipation – Saturday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

**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

Show your servants your works  
**and your splendour to their children.**  
(Psalm 90.16)

### Opening - from Psalm 90

- 1 Lord, you have been our refuge\*  
from one generation to another.
- 2 **Before the mountains were brought forth,  
or the land and the earth were born,\*  
from age to age you are God.**
- 3 Satisfy us by your loving-kindness in the morning;\*  
so shall we rejoice and be glad all the days of our life.
- 4 **Make us glad by the measure of the days that you afflicted us\*  
and the years in which we suffered adversity.**

**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 92

- 1 It is a good thing to give thanks to the Lord,\*  
and to sing praises to your name, O Most High;
  - 2 **To tell of your loving-kindness early in the morning\*  
and of your faithfulness in the night season;**
  - 3 On the psaltery, and on the lyre,\*  
and to the melody of the harp.
-

- 4 For you have made me glad by your acts, O Lord;\*  
and I shout for joy because of the works of your hands.**
- 5 Lord, how great are your works!\*  
your thoughts are very deep.
- 6 The dullard does not know, nor does the fool understand,\*  
that though the wicked grow like weeds,  
and all the workers of iniquity flourish,**
- 7 They flourish only to be destroyed for ever;\*  
but you, O Lord, are exalted for evermore.
- 8 For lo, your enemies, O Lord,  
lo, your enemies shall perish,\*  
and all the workers of iniquity shall be scattered.**
- 9 But my horn you have exalted like the horns of wild bulls;\*  
I am anointed with fresh oil.
- 10 My eyes also gloat over my enemies,\*  
and my ears rejoice  
to hear the doom of the wicked who rise up against me.**
- 11 The righteous shall flourish like a palm tree,\*  
and shall spread abroad like a cedar of Lebanon.
- 12 Those who are planted in the house of the Lord\*  
shall flourish in the courts of our God;**
- 13 They shall still bear fruit in old age;\*  
they shall be green and succulent;
- 14 That they may show how upright the Lord is,\*  
my rock, in whom there is no fault.**

**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 Isaiah 2.2-5

- 1 In days to come, the mountain where the Lord dwells\*  
will be lifted high above all the mountains  
and raised above the hills.
- 2 **All the nations will flock to it;\***  
**countless peoples will come to it.**
- 3 And they will say, Come let us go to the mountain of the Lord,\*  
to the temple of the God of Jacob,
- 4 **who will teach us his ways,\***  
**and we will walk in his paths;**
- 5 who will sit in judgement over the nations;\*  
be arbiter among many peoples.
- 6 **They will beat their swords into ploughshares,\***  
**and their spears into sickles;**
- 7 nation shall not lift up sword against nation,\*  
nor ever again prepare for war.
- 8 **O people of Jacob come,\***  
**let us walk in the light of the Lord.**

**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 your servants your works,**  
**And your splendour to their children.**

## Readings

## Silence

## Response – from Psalm 96.10

Tell it out among the nations: ‘The Lord is King!’

**Tell it out among the nations: ‘The Lord is King!’**

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‘He will judge the peoples with equity.’  
**‘The Lord is King.’**

Glory to the Father and to the Son and to the Holy Spirit.  
**Tell it out among the nations: ‘The Lord is King!’.**

## Antiphon

### Week 1

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

### Week 2

Prepare the way of the Lord,  
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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.**

### Week 4

A virgin shall conceive and bear a son  
**and his name shall be called Emmanuel:**  
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## Benedictus

**Blessed are you, Lord, the God of Israel,**  
**you have come to your people and set them free.**  
**You have raised up for us a mighty Saviour,**  
**born of the house of your servant David.**

**Through your holy prophets, you promised of old**  
**to save us from our enemies,**  
**from the hands of all who hate us;**  
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**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**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.**

## **Antiphon**

### *Week 1*

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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 Most High, at all times and in all seasons you are worthy of our grateful praise; grant us the insight to perceive the greatness of your works, the certainty of being founded on you our eternal rock, and the wisdom to sing the praises of your name, in and through Jesus Christ our Lord. **Amen.**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
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