



Morning & Evening Prayer

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Introduction

From the earliest days of Christianity the regular, careful recitation of Psalms and Scripture has formed a central component of the Church's life of prayer. From the earliest Desert Fathers and Mothers, through the Rule of St Benedict, the flourishing of Religious Orders in this country, and the development of Mattins and Evensong in the Book of Common Prayer, we discover that through the 'Offices' we pray not simply as individuals but as one, corporate body – the Church triumphant in heaven, and the Church militant here on earth.

Through there is space in Morning and Evening Prayer to bring our concerns and intercessions before God, and though the Psalms and Scriptures may (or may not always!) help us in our day-to-day questions, concerns, or thanksgivings, primarily these Offices are about spending time in God's presence. They can be perceived as a 'waste of time' because they can be both boring and uninspiring at times, but just as any human relationship must be founded on 'wasted time' where we do nothing but give our time and attention to another person for no particular end, so at Morning and Evening Prayer we give our time and attention to God, and recognise his abiding presence with us. We learn the truth that these 'unimportant' moments are essential to the fostering of the deepest love. These moments are at the heart of the Incarnation, and what it means for God to be with us.

In St John Henry Cardinal Newman's 'Dream of Gerontius' Gerontius hears the voices of those waiting to be strong enough to look God in the face, calmly reciting Psalms. As we pray, let us prepare ourselves to see God not through a glass dimly, but now face-to-face.

Using this booklet

Use of this order for Morning and Evening Prayer relies on a Bible for the Scripture Reading (printed each week on the back of St Clement's Sunday Booklet), a collection of the Psalms (these can be found in Bibles, or many 'Psalters' have been published which include commentaries and reflections too), and the Collect of the week (found inside the Sunday Booklet).

In reciting the Psalms and Canticles you may wish to leave a pause wherever * appears – originally developed to allow singing to reverberate, it helps slow us down. If praying in company, consider alternating the verses.

The Angelus

The Angelus is traditionally said at 6:00am, Noon, and 6:00pm, or before/after the nearest service of Morning/Evening Prayer

The Angel of the Lord brought tidings to Mary
And she conceived by the Holy Ghost.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Behold the handmaid of the Lord. **Be it unto me according to thy word.**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

And the Word was made flesh. **And dwelt among us.**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that, as we have known the Incarnation of Thy Son Jesus Christ by the message of an angel, so by his + Cross and Passion we may be brought unto the glory of His Resurrection; through the same Christ our Lord. **Amen.**

The Regina Caeli

The Regina Caeli replaces the Angelus from Easter to Pentecost, sung to the tune of the hymn 'Jesus Christ is Risen Today.'

**Joy to thee, O Queen of Heaven. Alleluia!
He whom Thou wast meet to bear, Alleluia!
As He promised hath arisen, Alleluia!
Pour for us to God thy prayer. Alleluia!**

Rejoice and be glad, O Virgin Mary, alleluia.
For the Lord is risen indeed, alleluia.

Let us pray: O God, who through the resurrection of Thy Son, our Lord Jesus Christ, didst vouchsafe to give joy to the whole world: grant, we beseech thee, that through His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. **Amen.**

Morning Prayer

Opening Response

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

The Invitatory Psalm (Psalm 95)

On Sundays/Feasts (underlined on our calendar) the Te Deum (page 13) is used instead.

The Antiphon below is said wherever (Antiphon) appears during the Invitatory Psalm (on the opposite page). [Alleluia] is added between Easter Day and Pentecost.

Monday

Come, let us sing to the Lord: let us come before his presence with thanksgiving.

Tuesday

God rules over all the earth: come, let us adore him.

Wednesday

Come, let us worship our Lord and Saviour.

Thursday

The Lord is our light and our life: come let us adore him.

Friday

Harden not your hearts today; listen to the voice of the Lord.

Saturday

At the name of Jesus, let every tongue proclaim: He is Lord.

Advent until Dec 17

Let us worship the One who is to come, our Lord and King.

Dec 17 - 23

The Lord is at hand; come, let us adore him.

Christmastide

Christmas Day to The Epiphany

Christ has been born for us; come let us adore him.

The Epiphany to Candlemas

Christ has appeared to us; come let us adore him.

Martyrs

Come, let us worship the Lord;
He is the King of Martyrs. [Alleluia]

Bishops & Pastors

Christ is the good shepherd; come, let us adore him. [Alleluia]

Doctors of the Church

Christ is the true wisdom; come, let us adore him. [Alleluia]

Saints (not Apostles or Martyrs)

The Lord is glorious in his saints; come, let us adore Him. [Alleluia]

The Blessed Virgin Mary

Hail Mary, full of grace, the Lord is with you; come let us adore Him. [Alleluia]

Lent

Ash Wednesday until Holy Week:

Christ the Lord was tempted and suffered for us; come, let us adore him.

Holy Week:

Come, let us worship the Lord; he became obedient unto death.

Eastertide

Easter Day to the Ascension

The Lord is risen indeed, Alleluia.

The Ascension to Pentecost

Christ has promised us the Holy Spirit: come, let us adore him. Alleluia.

(Antiphon)

Come, let us sing to the Lord;
let us shout for joy to the rock of our salvation.
Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms.

(Antiphon)

For the Lord is a great God,
and a great king above all gods.
In his hand are the caverns of the earth,
and the heights of the hills are his also.
The sea is his, for he made it,
and his hands have moulded the dry land.

(Antiphon)

Come, let us bow down and bend the knee,
and kneel before the Lord our Maker.
For he is our God, and we are the people of his pasture
and the sheep of his hand.

(Antiphon)

O that today you would hearken to his voice!
“Harden not your hearts, as your forebears did in the wilderness,
at Meribah, and on that day at Massah, when they tempted me.
“They put me to the test, though they had seen my works.

(Antiphon)

Forty years long I detested that generation and said,
‘This people are wayward in their hearts;
they do not know my ways.’
So I swore in my wrath, ‘They shall not enter into my rest.’”

(Antiphon)

Glory be to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now and ever shall be, world without end. Amen.

(Antiphon)

Hymn

A hymn may be sung.

The Psalm(s)

The Psalms appointed for the day are recited. They end:

All Glory be to the **Father** and to the **Són** *
and to the **Hóly Spírit**;
as it was in the beginning, is now **and** éver sháll be, *
world withóut end. Ámen.

Scripture Reading

The appointed reading is read, which is followed by a time of silence.

Canticle: The Benedictus

The Antiphon below is said before and after the Benedictus (on the opposite page).

Sunday

You have raised up for us a mighty Saviour, born of the house of your servant David.

Monday

You have set us free to worship you without fear, holy and righteous in your sight.

Tuesday

In your tender compassion, O God, the dawn from on high shall break upon us.

Wednesday

Return to the Lord, who will have mercy, to our God, who will richly pardon.

Thursday

I have given you as a light to the nations, and I have called you in righteousness.

Friday

Raise us up, O God, that we may live in your presence.

Saturday

Shine on us, O God, who dwell in darkness, and guide us into the way of peace.

Advent

until Dec 17

Look towards the east, O Jerusalem, and see the glory that is coming from God.

Dec 17 - 23

The 'O Antiphon' for the day is said.

Christmastide

Christmas Day to The Epiphany

To us is born a Saviour, who is Christ the Lord, and all the heavenly hosts now sing, Glory to God in the highest.

The Epiphany to Candlemas

This is the Christ, the Chosen of God, the one who will bring healing to the nations.

Apostles

You who have left everything and followed me, will receive a hundred-fold, and inherit eternal life. [Alleluia]

Martyrs

Blessed are those who are persecuted for the cause of right, for theirs is the kingdom of heaven. [Alleluia]

Bishops & Pastors

I will give you shepherds after my own heart who will feed you with knowledge and understanding. [Alleluia]

Doctors of the Church

Those who are wise will shine as brightly as the heavens, and those who have instructed many in virtue will shine like stars for all eternity. [Alleluia]

Saints (not Apostles or Martyrs)

They were faithful until death and God has given them the crown of life. [Alleluia]

The Blessed Virgin Mary

In the womb of Mary, you found a dwelling place on earth, O Christ; remain for ever in our hearts. [Alleluia]

Lent

Ash Wednesday until Holy Week:

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Holy Week:

The word of the cross is folly to those who are perishing, but to those who are being saved it is the power of God.

Eastertide

Easter Day to the Ascension

The Lord is risen from the tomb who for our sakes hung upon the tree. Alleluia.

The Ascension to Pentecost

Christ has gone up on high and has led captivity captive. Alleluia.

(Antiphon)

Blessed be the Lord, **the** Gód of Ísrael; *
he has come to his péople and sét them free.

He has raised up for us **a** míghty Sáviour, *
born of the house of his sérvant Dávid.

Through his holy prophets he promised ôf old, †
that he would save **us** fróm our énemies, *
from the hands of áll who háte us.

He promised to show **mercy** tó our fáthers *
and to remember his hólý cóvenant.

This was the oath he swore to **our** fáther Ábraham, *
to set us free from the hánds of our énemies,

free to wor**ship** hím withóut fear, *
holy and righteous in his sight all the dáys of óur life.

You, my child, shall be called the **prophet** óf the Móst High, *
for you will go before the Lórd to prepáre his way,

to give his people **knowledge** óf salvátion *
by the forgíveness óf their sins.

In the tender **compásson** óf our God *
the dawn from on high shall bréak upón us,

to shine on those who dwell in darkness and **the** shádów of death, *
and to guide our feet intó the wáy of peace.

All Glory be to the **Father** and tó the Són *
and to the Hólý Spírit;
as it was in the beginning, is now **and** éver sháll be, *
world withóut end. Ámen.

(Antiphon)

Prayers

Intercessions are offered

All Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.

The Collect of the day (or the previous Sunday) is said.

The Conclusion

When led by clergy:

The Lord be with you
And also with you.

May Almighty God bless you: The Father, and the Son, and the Holy Spirit.
Amen.

Go in the peace of Christ. [*in Eastertide* Alleluia! Alleluia!]
Thanks be to God. [*in Eastertide* Alleluia! Alleluia!]

When led by others:

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen

Let us bless the Lord. [*in Eastertide* Alleluia! Alleluia!]
Thanks be to God. [*in Eastertide* Alleluia! Alleluia!]

Evening Prayer

The Gathering

○ God, make speed to save us.
○ Lord, make haste to help us.

All Glory be to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now and ever shall be,
world without end. Amen. [Alleluia. *omitted in Lent*]

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.
Amen

Hymn

A hymn may be sung.

The Psalm(s)

The Psalms appointed for the day are read. They end:

All Glory be to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now and ever shall be,
world without end. Amen.

Scripture Reading

The appointed reading is read, which is followed by a time of silence.

Canticle: The Magnificat

The Antiphon below is said before and after the Magnificat (on the opposite page).

Sunday

You have done great things, O God, and holy is your name.

Monday

My spirit rejoices in you, O God, my soul proclaims your greatness.

Tuesday

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

Wednesday

Remember your promise of mercy, to Abraham and his children for ever.

Thursday

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

Friday

You have scattered the proud in their conceit, and lifted up the lowly.

Saturday

You have looked with favour on your lowly servant, from this day all generations will call her blessed.

Advent

until Dec 17

Lord Jesus, you are the one who is to come, the one whom we await with longing hearts.

Dec 17 - 23

The 'O Antiphon' for the day is said.

Christmastide

Christmas Day to The Epiphany

When peaceful silence lay over all, and night was in the midst of her swift course: from your royal throne, O God, down from the heavens, leapt your almighty Word.

The Epiphany to Candlemas

Behold, my servant, whom I uphold, my chosen, in whom my soul delights; the anointed one on whom my Spirit rests.

Apostles

Blessed are the pure in heart, for they shall see God. [Alleluia]

Martyrs

Those who gave up their lives for Christ and followed in the Way rejoice with God now and for ever. [Alleluia]

Bishops & Pastors

Well done, good and faithful servant: you have been faithful over a little, I will make you ruler over much. [Alleluia]

Doctors of the Church

Those who keep and teach the commandments will be considered great in heaven. [Alleluia]

Saints (not Apostles or Martyrs)

In the heavenly kingdom, the blessed have their dwelling place and their rest for ever and ever. [Alleluia]

The Blessed Virgin Mary

Mary give birth to the Word of God; truly she is the ever-blessed mother of Christ our Lord. [Alleluia]

Lent

Ash Wednesday until Holy Week:

Come, let us return to the Lord, for our God will richly pardon.

Holy Week:

God's love for us is revealed in that, while we were yet sinners, Christ died for us.

Eastertide

Easter Day to the Ascension

The stone which the builders rejected has become the chief cornerstone. Alleluia.

The Ascension to Pentecost

How excellent is your name in all the world, you have set your glory above the heavens. Alleluia.

(Antiphon)

My soul proclaims the greatness of the Lord, †
my spirit rejoices in God my Saviour *
for he has looked with favour on his lowly servant.

From this day all generations will call me blessed: *
the Almighty has done great things for me, and holy is his name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel, *
for he has remembered his promise of mercy,

the promise he made to our fathers, *
to Abraham and his children for ever.

All Glory be to the Father and to the Son *
and to the Holy Spirit;
as it was in the beginning, is now and ever shall be, *
world without end. Amen.

(Antiphon)

Intercessions are offered

All Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.

The Collect of the day (or the previous Sunday) is said.

The Conclusion

When led by clergy:

The Lord be with you
And also with you.

May Almighty God bless you: The Father, and the Son, and the Holy Spirit.
Amen.

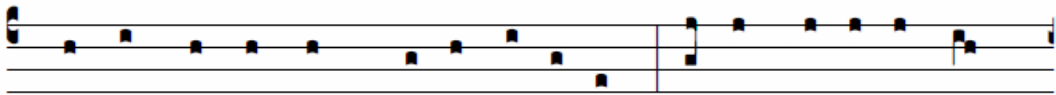
Go in the peace of Christ. [*in Eastertide* Alleluia! Alleluia!]
Thanks be to God. [*in Eastertide* Alleluia! Alleluia!]

When led by others:

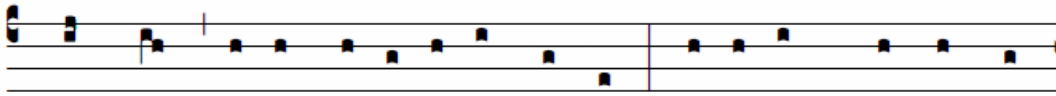
The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen

Let us bless the Lord. [*in Eastertide* Alleluia! Alleluia!]
Thanks be to God. [*in Eastertide* Alleluia! Alleluia!]

B:

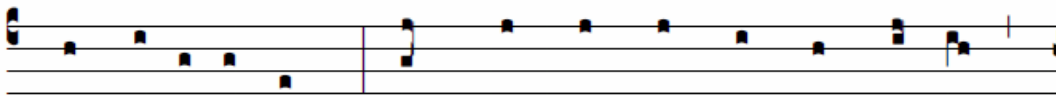


the kingdom of heav'n to all be-lievers. You are seated at God's

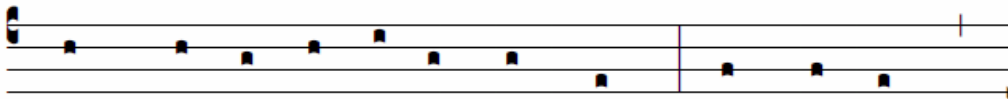


right hand in the glo-ry of the Fath-er. We be-lieve that you will

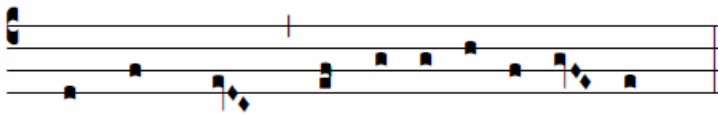
Full:



come to be our judge. Come then, Lord, and help your people,



bought with the price of your own blood, and bring us



with your saints to glo-ry e-verlast - ing.

