

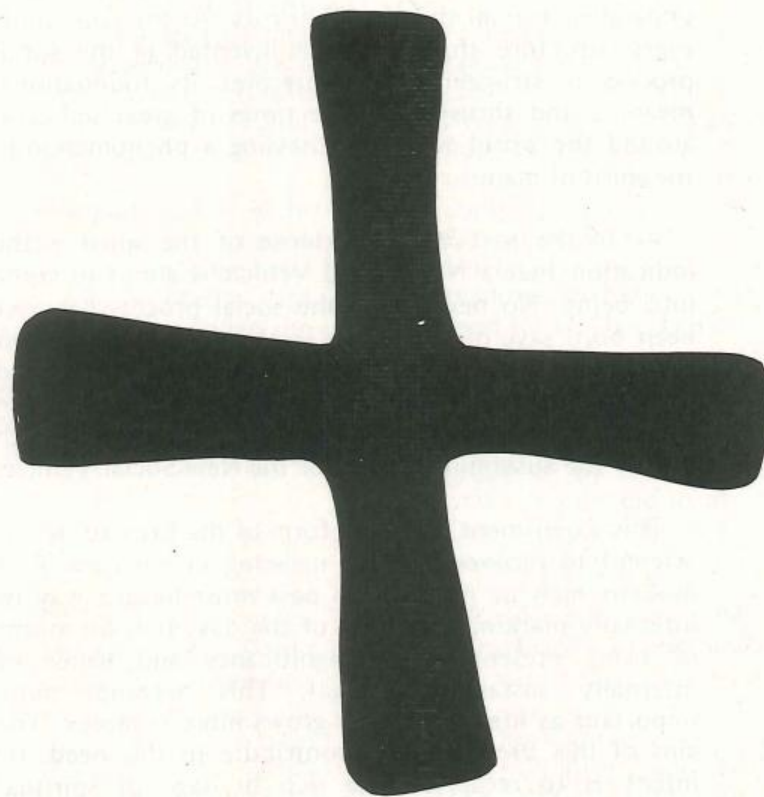
THE CANONICAL HOURS

VOLUME I

The Ecumenical Institute, a division of the Church Federation of Greater Chicago, was founded by concerned citizens and churchmen as a result of a resolution offered in the Second Assembly of the World Council of Churches at Evanston in 1954. It is a not-for-profit organization chartered by the State of Illinois. The Institute is dependent for support upon gifts, deductible for tax purposes, from individuals, corporations, religious bodies and foundations.

For the past fifteen years the Ecumenical Institute has been directly engaged in experimentation and research in contextual re-education, social reformulation, and human motivation in Chicago, throughout North America, and across the globe.

Price: \$1.00. Additional copies \$.50 each. Quantity prices upon request.



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INTRODUCTION

During this century the advancement of man's awareness of his universe has reached a pace that is unparalleled in all the rest of history. At the same time, every structure that man has invented in the social process is struggling to reinterpret its foundational meaning and thrust. In these times of great upheaval around the world we are witnessing a phenomenon in the spirit of man.

As in the past this breakloose of the spirit is the indication that a New Social Vehicle is about to come into being. No new era in the social process has ever been born save out of a new awakening in man's spirit deeps. The People of God across the globe have sensed this awakening. The church universal sees that its task in these times is to recreate and recover the symbols which can be the sustaining power for the New Social Vehicle.

This experiment in a new form of the Breviary is one attempt to recover spiritual meaning in our time. Post modern man as man in the past must have a way of internally marking the times of the day. It is his means of being present to his significance, and hence of internally sustaining himself. This becomes more important as life continually grows more complex. The aim of this Breviary is to contribute to this need. Its intent is to recapture the rich heritage of spiritual nurture found in the Canonical Hours while at the same time to transpose them into the milieu of the post modern world.

THE CANONICAL HOURS

Man tells time not only by the clock but also by significance, or kairotically. Self-consciousness requires an overlay of intentionality upon time. In the midst of everyday life the patterns of man are forged by the relationships he takes to time—herein is the expression of the meaning of his life. The church has marked Christian time in several ways such as dividing the years into sacred seasons. She has told time by partitioning the day into eight segments built around the great episodes of the Christian faith. These are called the Canonical Hours and mark both chronological and kairotic time.

The Canonical Hours were developed in the early church. By the third century the form and arrangement had been established, and few major changes have been made since. The nocturn hours of Vespers, Matins, and Lauds came first. To these night watches were added the three day hours of Terce, Sext, and None. Later in the life of the monasteries two more hours were added: Prime in the morning and Compline at night. This gave eight hour offices, each one a three hour period of the twenty-four hour day.

In the early medieval church the Canonical Hours were used to consecrate the day and night unto God. They were a means of sanctifying the total activity of each rotation of the earth with each hour office corresponding to the particular spiritual need of that time period. Hence, the hours were from the first practical and not some theology superimposed upon the day. As one writer has put it, the offices are like an oasis one comes upon as he hurries through a day which offers the water of grace and the cool refreshing shade of heavenly assistance.

The Canonical Hours contain four major elements: hymns or canticles, the Old Testament Psalms, the Lessons or capital verses from scripture, and prayers of the historical church. The remaining part of the hours are the framework which hold these major sections and include the Invitatory, the Benediction, and Versicles.

The central key to the hour offices is the Book of Psalms. For thousands of years the Psalms have been used by the church as a source of spiritual sustenance. They express the joys and agonies in the journey of the

man of faith. They reflect the spirit deeps at the very center of being. Used for depth spiritual reflection, they are unique in devotional literature, holding timeless themes and states of being. The offices of the hours are built around the Psalter with three selections from the Psalms read at each of the eight offices.

In this Breviary the Psalms are sequentially ordered taking fourteen days to complete the full cycle of the one hundred and fifty Psalms. The Invitatory, Benediction, and Versicles remain constant for each hour office. The hymns and prayers, three each for each office, are selected from both classical and contemporary sources. The Lessons are taken from the Old Testament, the Gospels, and Epistles. The Oxford University Press text is used for all Old Testament readings, including the Psalms. The Phillips translation is used for all New Testament readings.

The offices can be used in several ways. A given office can be done any time during the three hour period it encompasses. It can be rehearsed by a large or small group or by an individual. The three sets of variables make it possible to use the office in a variety of ways. One office can include all three sets of variables or can be shortened by using only one set, or three offices can be rehearsed during a three hour period, using one set of variables per hour. When appropriate, the office may be abbreviated, to the reading of one Psalm as symbolic of the whole.

The themes, moods and states of being rehearsed in the Canonical Hours can be grasped through the aid of the accompanying chart. One half of the offices dramatize the great mysteries of the faith. The other half are concerned with the spiritual states of a man of faith. The meaning and form of the hour offices here presented is adapted to the times in which we live but is grounded in the traditional development and is intended to be utterly loyal to the spirit they have embodied through the ages.

May those who wax bold to use them sense the presence of the host of witnesses who in the past have been nurtured through participation in the offices of the hours of the day.

SUMMER '71

OFFICES OF THE HOURS THE DAY OF THE CHURCH

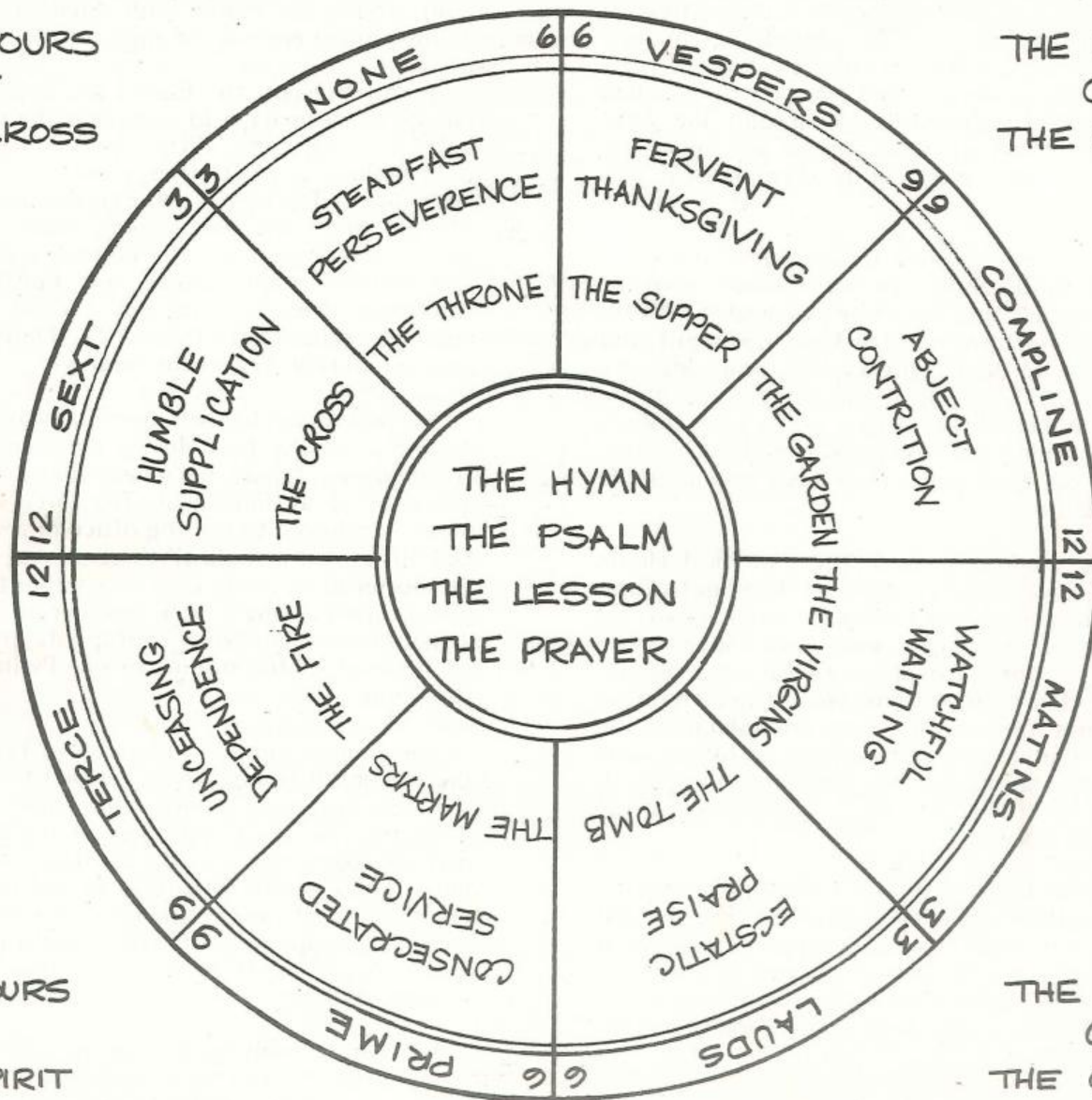
RESEARCH ASSEMBLY

THE HOURS
OF
THE CROSS

THE HOURS
OF
THE CHURCH

THE HOURS
OF
THE SPIRIT

THE HOURS
OF
THE CHRIST



THE CANONICAL OFFICES OF THE HOURS OF THE DAY AND THE NIGHT

The Liturgist shall begin by saying,

O God, come to my assistance.

COMMUNITY: O Lord, make haste to help me.

Liturgist: Glory be to the Father, and to the Son, and to the Holy Ghost.

COMMUNITY: As it was in the beginning, is now, and ever shall be, world without end. Amen.

Liturgist: Praise ye the Lord.

Here shall be sung the appointed HYMN, after which the Liturgist shall say,

Make a joyful noise unto God, all ye lands.

COMMUNITY: Let Psalms declare the glory of his name.

Here shall be read the appointed PSALM, after which the Liturgist shall say,

O Lord, I will meditate on thy precepts.

COMMUNITY: I will delight in thy statutes; I will not forget thy word.

Here shall be read the appointed LESSON, after which the Liturgist shall say,

O Lord, hear my prayer.

COMMUNITY: And let my cry come unto thee.

Liturgist: Let us pray.

Here shall be read the appointed PRAYER, after which the Liturgist shall say,

Lord, have mercy upon us.

COMMUNITY: Christ, have mercy upon us.

Liturgist: Lord, have mercy upon us.

COMMUNITY: Amen.

And then the Liturgist shall say,

Now to him who is able to keep you from falling, and to present you without blemish before the presence of his glory with rejoicing,

COMMUNITY: to the only God, our savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

THE INVITATORY

the gloria patri

THE HYMN

the versicle

THE PSALM

the versicle

THE LESSON

the versicle

THE PRAYER

the kyrie eleison

THE BENEDICTION



VESPERS

COMPLINE

MATINS

LAUDS

PRIME

TERCE

SEXT

NONE

First Day	OFFICE OF VESPERS		
	six to nine on the dark day		
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR
The Hymns	<p>FOR ALL THE SAINTS</p> <p>For all the saints, who from their labors rest, Who thee, by faith before the world confessed, Thy name, O Jesus, be forever blessed, Alleluia! Alleluia!</p> <p>Thou wast their rock, their fortress, and their might; Thou, Lord, their captain in the well-fought fight; Thou, in the darkness drear, their one true light. Alleluia! Alleluia!</p>	<p>I KNOW WHOM I HAVE BELIEVED</p> <p>I know not why God's wondrous grace To me he hath made known, Nor why unworthy—Christ in love Redeemed me for his own.</p> <p><i>Refrain:</i> But "I know whom I have believed And am persuaded that he is able To keep that which I've committed Unto him against that day."</p>	<p>MEN OF THE SPIRIT</p> <p>Men of the Spirit March on to build a new tomorrow, Theirs is the will to will one thing and only, Theirs is the joy, the godly sorrow.</p> <p>Men of the Spirit Are men of flesh and blood and iron, Theirs is the war that's never won, but winning, Theirs is the mission never done.</p>
The Psalms	<p>1</p> <p>Happy is the man who does not take the wicked for his guide nor walk the road that sinners tread nor take his seat among the scornful; the law of the LORD is his delight, the law his meditation night and day. He is like a tree planted beside a watercourse, which yields its fruit in season and its leaf never withers: in all that he does he prospers. Wicked men are not like this; they are like chaff driven by the wind. So when judgement comes the wicked shall not stand firm, nor shall sinners stand in the assembly of the righteous. The LORD watches over the way of the righteous, but the way of the wicked is doomed.</p>	<p>2</p> <p>Why are the nations in turmoil? Why do the peoples hatch their futile plots? The kings of the earth stand ready, and the rulers conspire together against the LORD and his anointed king. 'Let us break their fetters,' they cry, 'let us throw off their chains!' The Lord who sits enthroned in heaven laughs them to scorn; then he rebukes them in anger, he threatens them in his wrath. Of me he says, 'I have enthroned my king on Zion my holy mountain.'</p>	<p>I will repeat the LORD's decree: 'You are my son,' he said; 'this day I become your father. Ask of me what you will: I will give you nations as your inheritance, the ends of the earth as your possession. You shall break them with a rod of iron, you shall shatter them like a clay pot.' Be mindful then, you kings; learn your lesson, rulers of the earth: worship the LORD with reverence; tremble, and kiss the king,² lest the LORD be angry and you are struck down in mid course; for his anger flares up in a moment. Happy are all who find refuge in him.</p>
The Lessons	<p>Blessed be God's name from age to age, for all wisdom and power are his. He changes seasons and times; he deposes kings and sets them up; He gives wisdom to the wise and all their store of knowledge to men who know. Daniel 2.20-21</p>	<p>"My sheep recognise my voice and I know who they are. They follow me and I give them eternal life. They will never die and no one can snatch them out of my hand." John 10.27-28</p>	<p>Since then we have been given a kingdom that is "unshakable," let us serve God with thankfulness in the ways which please him, but always with reverence and holy fear. For it is perfectly true that our God is a burning fire. Hebrews 12.28-29</p>
The Prayers	<p>Almighty and most merciful Father, from whom cometh every good and perfect gift, we give thee praise and hearty thanks for all thy mercies: for thy goodness that hath created us, thy bounty that hath sustained us, thy fatherly discipline that hath corrected us, thy patience that hath borne us, and thy love that hath redeemed us, through Jesus Christ our Lord. AMEN.</p>	<p>Ah my deare angrie Lord, Since thou dost love, yet strike; Cast down, yet help afford; Sure I will do the like.</p> <p>I will complain, yet praise I will bewail, approve: And all my sowe-sweet dayes I will lament, and love. AMEN.</p>	<p>O Father, who in all time proclaimed thy creation good, I give thanks that thou has washed away all my past understandings of life and left me adrift in a featureless void. I receive the necessity to create life anew; I rejoice in the all-embracing givenness of my life. O Lord, I lift up my heart before thy goodness. AMEN.</p>

First Day	OFFICE OF COMPLINE			nine to twelve on the dark day
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR	
The Hymns	<p>GOD</p> <p>It is God that gives the desire to achieve, And yet death leaves man's work undone. It is God that summons man to do good, And neglect his duty to none. And yet God is the voice that pronounces guilt, For man's war with self is never won. It is God who gives every man his life, And God who takes his life away.</p>	<p>ONCE TO EVERY MAN AND NATION</p> <p>Once to every man and nation Comes the moment to decide, In the strife of truth with falsehood, For the good or evil side; Some great cause, God's new Messiah, Offering each the bloom or blight, And the choice goes by forever Twixt that darkness and that light.</p>	<p>ON POVERTY</p> <p>Come walk with Francis Like him you'll naked die Free all you now cherish For time soon will pass you by If you would do something, then be God's nothing Be the Lord's fool and fife In holding to nought, there the secret is found You are wealth when not by wealth bound</p>	
The Psalms	<p>3</p> <p>LORD, how my enemies have multiplied! Many rise up against me, many there are who say of me, 'God will not bring him victory.' But thou, LORD, art a shield to cover me: thou art my glory, and thou dost raise my head high. I cry aloud to the LORD, and he answers me from his holy mountain. I lie down and sleep, and I wake again, for the LORD upholds me. I will not fear the nations in their myriads who set on me from all sides.</p> <p>Rise up, LORD; save me, O my God. Thou dost strike all my foes across the face and breakest the teeth of the wicked. Thine is the victory, O LORD, and may thy blessing rest upon thy people.</p>	<p>4</p> <p>Answer me when I call, O God, maintainer of my right, I was hard pressed, and thou didst set me at large; be gracious to me now and hear my prayer. Mortal men, how long will you pay me not honour but dishonour, or set your heart on trifles and run after lies? Know that the LORD has shown me his marvellous love; the LORD hears when I call to him. However angry your hearts, do not do wrong; though you lie abed resentful, do not break silence: pay your due of sacrifice, and trust in the LORD.</p> <p>There are many who say, 'If only we might be prosperous again! But the light of thy presence has fled from us, O LORD.' Yet in my heart thou hast put more happiness than they enjoyed when there was corn and wine in plenty. Now I will lie down in peace, and sleep; for thou alone, O LORD, makest me live unafraid.</p>	<p>5</p> <p>Listen to my words, O LORD, consider my inmost thoughts; heed my cry for help, my king and my God. In the morning, when I say my prayers, thou wilt hear me. I set out my morning sacrifice and watch for thee, O LORD. For thou art not a God who welcomes wickedness; evil can be no guest of thine. There is no place for arrogance before thee; thou hatest evildoers, thou makest an end of all liars.</p>	
The Lessons	<p>'Then my anger will be roused against them, and I will abandon them and hide my face from them. They will be an easy prey, and many terrible disasters will come upon them. They will say on that day, "These disasters have come because our God is not among us."' Deuteronomy 31.17-18</p>	<p>"You have no power at all against me," replied Jesus, "except what was given to you from above. And for that reason the one who handed me over to you is even more guilty than you are." John 19.11</p>	<p>No creature has any cover from the sight of God; everything lies naked and exposed before the eyes of him with whom we have to do. Hebrews 4.13</p>	
The Prayers	<p>Almighty and everlasting God, who art always more ready to hear than we to pray, and art wont to give more than we either desire or deserve, pour down upon us the abundance of thy mercy, forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask; but through the merits and mediation of Jesus Christ, thy Son, our Lord. AMEN.</p>	<p>O most merciful Father, we confess before thee our gross disobedience and failure. We have forgotten our vocations as thy servants, and have served our own wills and not thine. Take not, O Lord, thy Holy Spirit from us; do not surrender us up to faithless fears. Give us hearty repentance, forgive our sins, release us from our chains, and fortify us, with an unwavering trust in thy goodness, through Jesus Christ our Lord and savior. AMEN.</p>	<p>O terrible face of all suffering and pain, we lie buried and choked in the rubble of human guilt. We are torn apart by the weight and burden of thy demanding. All is demanded; there is no drawing back. Only in giving all do we receive all; all, yes all, O Lord, is now delivered up. AMEN.</p>	

First Day	OFFICE OF MATINS		
	THE TWELFTH HOUR	THE FIRST HOUR	twelve to three on the dark day THE SECOND HOUR
The Hymns	<p>GOD MOVES IN A MYSTERIOUS WAY</p> <p>God moves in a mysterious way His wonders to perform; He plants his footsteps in the sea, And rides upon the storm.</p> <p>Ye fearful saints, fresh courage take; The clouds ye so much dread Are big with mercy, and shall break In blessings on your head.</p>	<p>AMAZING GRACE</p> <p>Amazing grace how sweet the sound, That saved a wretch like me, I once was lost, but now am found, Was blind, but now I see.</p> <p>When we've been there ten thousand years Bright shining as the sun, We've no less days to sing God's praise Than when we first begun.</p>	<p>PENTECOST HYMN</p> <p>Like the sound of heaven With the rushing of the wind Came the fire a-burning And new life was given to men. The young see visions And the old dream dreams Born of fire Filled with power For all men.</p>
The Psalms	<p>The LORD detests traitors and men of blood. But I, through thy great love, may come into thy house, and bow low toward thy holy temple in awe of thee.</p> <p>Lead me, LORD, in thy righteousness, because my enemies are on the watch; give me a straight path to follow. There is no trusting what they say, they are nothing but wind. Their throats are an open sepulchre; smooth talk runs off their tongues. Bring ruin on them, O God; let them fall by their own devices. Cast them out, after all their rebellions, for they have defied thee. But let all who take refuge in thee rejoice, let them for ever break into shouts of joy; shelter those who love thy name, that they may exult in thee. For thou, O LORD, wilt bless the righteous; thou wilt hedge him round with favour as with a shield.</p>	<p>6</p> <p>O LORD, do not condemn me in thy anger, do not punish me in thy fury. Be merciful to me, O LORD, for I am weak; heal me, my very bones are shaken; my soul quivers in dismay. And thou, O LORD—how long? Come back, O LORD; set my soul free, deliver me for thy love's sake. None talk of thee among the dead; who praises thee in Sheol?</p> <p>I am wearied with groaning; all night long my pillow is wet with tears, I soak my bed with weeping. Grief dims my eyes; they are worn out with all my woes. Away from me, all you evildoers, for the LORD has heard the sound of my weeping. The LORD has heard my entreaty; the LORD will accept my prayer. All my enemies shall be confounded and dismayed; they shall turn away in sudden confusion.</p>	<p>7</p> <p>O LORD my God, in thee I find refuge; save me, rescue me from my pursuers, before they tear at my throat like a lion and carry me off beyond hope of rescue. O LORD my God, if I have done any of these things— if I have stained my hands with guilt, if I have repaid a friend evil for good or set free an enemy who attacked me without cause, may my adversary come after me and overtake me, trample my life to the ground and lay my honour in the dust!</p>
The Lessons	<p>But the same Lord God who has kept his word to you to such good effect can equally bring every kind of evil on you, until he has rooted you out from this good land which he has given you.</p> <p>Joshua 23.15</p>	<p>The angel entered her room and said, "Greetings to you, Mary. O favoured one!—the Lord be with you!" Mary was deeply perturbed at these words and wondered what such a greeting could possibly mean.</p> <p>Luke 1.28-29</p>	<p>But to those whom he has made holy his coming will mean splendour unimaginable. It will be a breathtaking wonder to all who believe—including you, for you have believed the message that we have given you.</p> <p>II Thessalonians 1.10</p>
The Prayers	<p>O God of unchangeable power and eternal light, look favorably on thy whole church, that wonderful and sacred mystery, and by the tranquil operation of thy perpetual providence, carry out the work of man's salvation, and let the whole world feel and see that things which were cast down are being raised up, that those things which had grown old are being made new, and that all things are returning to perfection, through him from whom they took their origin, even Jesus Christ our Lord. AMEN.</p>	<p>Grant me grace, O merciful God, to desire ardently all that is pleasing to thee, to examine it prudently, to acknowledge it truthfully, and to accomplish it perfectly, for the praise and glory of thy name. AMEN.</p>	<p>Father, I confess that I have escaped the demand to live my life, in the hope that it is other than dread-filled. I pray for the forgiveness which comes in the Word that the dread is good, and that I have permission to live my life as it is given, in the name of Jesus the Christ. AMEN.</p>

First Day	OFFICE OF LAUDS			three to six on the dark day
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns	<p>ALL CREATURES OF OUR GOD AND KING</p> <p>All creatures of our God and King, Lift up your voice and with us sing, Alleluia, Alleluia! Thou burning sun with golden beam, Thou silver moon with softer gleam, O praise him, O praise him! Alleluia! Alleluia! Alleluia!</p>	<p>GLORY BE TO THEE, O GOD</p> <p><i>Refrain:</i> Glory be to Thee, O God, Hallelujah! Father, Son, and Holy Ghost, Hallelujah!</p> <p>Praise the Lord, Christ is risen, Hallelujah! He is risen indeed, Hallelujah!</p>	<p>THE CHURCH</p> <p>The Church of God is like the pioneer The sensitive, responsive one, Who hears the Word of God And sees his judgments, And has the vision of the resurrection.</p>	
The Psalms	<p>Arise, O LORD, in thy anger, rouse thyself in wrath against my foes. Awake, my God who hast ordered that justice be done; let the peoples assemble around thee, and take thou thy seat on high above them. O LORD, thou who dost pass sentence on the nations, O LORD, judge me as my righteousness deserves, for I am clearly innocent. Let wicked men do no more harm, establish the reign of righteousness, thou who examinest both heart and mind, thou righteous God.</p> <p>God, the High God, is my shield who saves men of honest heart.</p>	<p>God is a just judge, every day he requites the raging enemy.</p> <p>He sharpens his sword, strings his bow and makes it ready. He has prepared his deadly shafts and tipped his arrows with fire. But the enemy is in labour with iniquity; he conceives mischief, and his brood is lies. He has made a pit and dug it deep, and he himself shall fall into the hole that he has made. His mischief shall recoil upon himself, and his violence fall on his own head.</p> <p>I will praise the LORD for his righteousness and sing a psalm to the name of the LORD Most High.</p>	<p>8</p> <p>O LORD our sovereign, how glorious is thy name in all the earth! Thy majesty is praised high as the heavens. Out of the mouths of babes, of infants at the breast, thou hast rebuked the mighty, silencing enmity and vengeance to teach thy foes a lesson. When I look up at thy heavens, the work of thy fingers, the moon and the stars set in their place by thee, what is man that thou shouldst remember him, mortal man that thou shouldst care for him? Yet thou hast made him little less than a god, crowning him with glory and honour. Thou makest him master over all thy creatures; thou hast put everything under his feet: all sheep and oxen, all the wild beasts, the birds in the air and the fish in the sea, and all that moves along the paths of ocean. O LORD our sovereign, how glorious is thy name in all the earth!</p>	
The Lessons	<p>My heart assures me that I speak with knowledge, and that my lips speak with sincerity. For the spirit of God made me, And the breath of the Almighty gave me life.</p> <p>Job 33.4</p>	<p>This is the reason why the Father loves me—that I lay down my life, and I lay it down to take it up again!</p> <p>John 10.17</p>	<p>The body is "sown" in corruption; it is raised beyond the reach of corruption. It is sown in dishonour; it is raised in splendour. It is sown in weakness; it is raised in power.</p> <p>I Corinthians 15.42-43</p>	
The Prayers	<p>Bless all who worship thee, from the rising of the sun to the going down of the same. Of thy goodness, give us. With thy love, inspire us. By thy spirit, guide us. By thy power, protect us. In thy mercy, receive us now and always. AMEN.</p>	<p>Yes, he became my brother according to the flesh and now he sits on the right hand as Lord, crowned with glory and honor in heaven. See, O God, Father, he shall be my intercessor, my petitioner before thee. He too was tempted from all sides, and yet he was the image of sinlessness! Therefore he can bear sympathy for our weakness knowing how to assume our misery in which we are always tempted. AMEN.</p>	<p>Almighty and omnipotent one, thou who reveals thy presence and power in the particular structures of history, we pray for the local church grounded in time and place, that it may enable every living man to embrace his life freely and creatively, through Jesus Christ our Lord whose one life was lived for life itself. AMEN.</p>	

First Day	OFFICE OF PRIME			six to nine on the light day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>COME THOU FOUNT</p> <p>Come, thou Fount of every blessing, Tune my heart to sing thy grace; Streams of mercy, never ceasing, Call for songs of loudest praise. Teach me some melodious sonnet, Sung by flaming tongues above; Praise the mount—I'm fixed upon it, Mount of thy redeeming love.</p>	<p>CALLED TO WALK IN THE WAY</p> <p>Called to walk in the way of the man who stilled the waters; Called to walk in the way of the man who calmed the sea; Called to live in the Word and be free to live for others; Called to walk in the way of the man from Galilee.</p>	<p>MEN OF FAITH</p> <p>Men of Faith create tomorrow, Men of Faith live the Word, Men of Faith reduplicate the Deed, Men of Faith proclaim the Word.</p> <p><i>Refrain:</i> March into the future, March! Dance over the dark abyss. March into the future, March! Men of Faith create the world.</p>	
The Psalms	<p>9</p> <p>I will praise thee, O LORD, with all my heart, I will tell the story of thy marvellous acts. I will rejoice and exult in thee, I will praise thy name in psalms, O thou Most High, when my enemies turn back, when they fall headlong and perish at thy appearing; for thou hast upheld my right and my cause, seated on thy throne, thou righteous judge. Thou hast rebuked the nations and overwhelmed the ungodly, thou hast blotted out their name for all time. The strongholds of the enemy are thrown down for evermore; thou hast laid their cities in ruins, all memory of them is lost. The LORD thunders, he sits enthroned for ever: he has set up his throne, his judgement-seat. He it is who will judge the world with justice and try the cause of the peoples fairly. So may the LORD be a tower of strength for the oppressed, a tower of strength in time of need, that those who acknowledge thy name may trust in thee; for thou, LORD, dost not forsake those who seek thee. Sing psalms to the LORD who dwells in Zion, proclaim his deeds among the nations. For the Avenger of blood has remembered men's desire, and has not forgotten the cry of the poor.</p>	<p>Have pity on me, O LORD; look upon my affliction, thou who hast lifted me up and caught me back from the gates of death, that I may repeat all thy praise and exult at this deliverance in the gates of Zion's city.</p> <p>The nations have plunged into a pit of their own making; their own feet are entangled in the net which they hid. Now the LORD makes himself known. Justice is done: the wicked man is trapped in his own devices. They rush blindly down to Sheol, the wicked, all the nations who are heedless of God. But the poor shall not always be unheeded nor the hope of the destitute be always vain. Arise, LORD, give man no chance to boast his strength; summon the nations before thee for judgement. Strike them with fear, O LORD, let the nations know that they are but men.</p>	<p>10</p> <p>Why stand so far off, LORD, hiding thyself in time of need? The wicked man in his pride hunts down the poor: may his crafty schemes be his own undoing! The wicked man is obsessed with his own desires, and in his greed gives wickedness his blessing; arrogant as he is, he scorns the LORD and leaves no place for God in all his schemes. His ways are always devious; thy judgements are beyond his grasp, and he scoffs at all restraint. He says to himself, 'I shall never be shaken; no misfortune can check my course.' His mouth is full of lies and violence; mischief and trouble lurk under his tongue. He lies in ambush in the villages and murders innocent men by stealth. He is watching intently for some poor wretch; he seizes him and drags him away in his net; he crouches stealthily, like a lion in its lair crouching to seize its victim; the good man is struck down and sinks to the ground, and poor wretches fall into his toils. He says to himself, 'God has forgotten; he has hidden his face and has seen nothing.'</p>	
The Lessons	<p>"We swear that we will do whatever the Lord your God sends you to tell us. Whether we like it or not, we will obey the Lord our God to whom we send you, in order that it may be well with us; we will obey the Lord our God."</p> <p>Jeremiah 42.5-6</p>	<p>"Much will be expected from the one who has been given much, and the more a man is trusted, the more people will expect of him."</p> <p>Luke 12.48</p>	<p>Our sole defence, our only weapon, is a life of integrity, whether we meet honour or dishonour, praise or blame.</p> <p>11 Corinthians 6.8</p>	
The Prayers	<p>O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day, defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that which is righteous in thy sight, through Jesus Christ our Lord. AMEN.</p>	<p>Teach us, good Lord, to serve thee as thou deservest, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for any reward, save that of knowing that we do thy will, through Jesus Christ our Lord. AMEN.</p>	<p>Almighty God, we acknowledge our helplessness before the terrifying needs of our time. Grant us courage for our journey so that we may abandon ourselves to the task of creating the human spirit for the sake of the world, in the name of him who willed the future. AMEN.</p>	

First Day	OFFICE OF TERCE			nine to twelve on the light day
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR	
The Hymns	<p>GOD OF GRACE</p> <p>Lo! the hosts of evil round us Scorn thy Christ, assail his ways. Fears and doubts too long have bound us, Free our hearts to work and praise. Grant us wisdom, grant us courage, For the living of these days, For the living of these days.</p>	<p>A BALM IN GILEAD</p> <p><i>Refrain:</i> There is a balm in Gilead To make the wounded whole, There is a balm in Gilead To heal the sinsick soul.</p> <p>Sometimes I feel discouraged And think my work in vain, But then the Holy Spirit Revives my soul again.</p>	<p>THOSE WHO WAIT ON THE LORD</p> <p>Those who wait on the Lord Shall renew their strength. They shall mount up on wings as eagles, They shall run and not be weary; They shall walk and not faint, Help us, Lord, Help us, Lord, in thy way.</p>	
The Psalms	<p>Arise, LORD, set thy hand to the task; do not forget the poor, O God. Why, O God, has the wicked man rejected thee and said to himself that thou dost not care? Thou seest that mischief and trouble are his companions, thou takest the matter into thy own hands. The poor victim commits himself to thee; fatherless, he finds in thee his helper. Break the power of wickedness and wrong; hunt out all wickedness until thou canst find no more.</p> <p>The LORD is king for ever and ever; the nations have vanished from his land. Thou hast heard the lament of the humble, O LORD, and art attentive to their heart's desire, bringing justice to the orphan and the downtrodden that fear may never drive men from their homes again.</p>	<p>11</p> <p>In the LORD I have found my refuge; why do you say to me, 'Flee to the mountains like a bird; see how the wicked string their bows and fit the arrow to the string, to shoot down honest men out of the darkness'? When foundations are undermined, what can the good man do? The LORD is in his holy temple, the LORD's throne is in heaven. His eye is upon mankind, he takes their measure at a glance. The LORD weighs just and unjust and hates with all his soul the lover of violence. He shall rain down red-hot coals upon the wicked; brimstone and scorching winds shall be the cup they drink. For the LORD is just and loves just dealing; his face is turned towards the upright man.</p>	<p>12</p> <p>Help, LORD, for loyalty is no more; good faith between man and man is over. One man lies to another: they talk with smooth lip and double heart. May the LORD make an end of such smooth lips and the tongue that talks so boastfully! They said, 'Our tongue can win the day. Words are our ally; who can master us?' 'For the ruin of the poor, for the groans of the needy, now I will arise,' says the LORD, 'I will place him in the safety for which he longs.'</p>	
The Lessons	<p>Though the mountains move and the hills shake, My love shall be immovable and never fail, and my covenant of peace shall not be shaken. So says the Lord who takes pity on you. Isaiah 54.10</p>	<p>"If any man is thirsty, he can come to me and drink! The man who believes in me, as the scripture said, will have rivers of living water flowing from his inmost heart." John 7.37-38</p>	<p>The Spirit and the bride say, "Come!" Let everyone who hears this also say, "Come!" Let the thirsty man come, and let everyone who wishes take the water of life as a gift. Revelation 22.17</p>	
The Prayers	<p>Merciful Father, who willest not that thy children should wander in darkness, pour the light of thy Spirit into our minds and hearts, that we may discover what is thy holy will, and discern the true from the false, the evil from the good, that we may henceforth walk in all humility in the paths of heavenly wisdom and peace, to the glory of thy holy name, through Jesus Christ our Lord. AMEN.</p>	<p>O thou who didst cleanse the lepers, heal the sick, and give sight to the blind, heal the diseases of my soul. Open my eyes and fix them singly on the prize of my high calling, and cleanse my heart from every desire but that of advancing thy glory. AMEN.</p>	<p>O thou creator and destroyer of every social form, who holds me responsible for the totality of life, I claim the promise that thy will be done by all who dare to build new models for civilization, so that humanness may be grasped in every situation, in the name of the crucified one. AMEN.</p>	

First Day	OFFICE OF SEXT		
	twelve to three on the light day		
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>A MIGHTY FORTRESS</p> <p>And though this world, with devils filled, Should threaten to undo us; We will not fear, for God hath willed His truth to triumph through us; The prince of darkness grim, We tremble not for him; His rage we can endure, For lo! his doom is sure, One little word shall fell him.</p>	<p>THE WAY OF THE CROSS LEADS HOME</p> <p>I must needs go home by the way of the cross, There's no other way but this; I shall ne'er get sight of the Gates of Light, If the way of the cross I miss.</p> <p><i>Chorus:</i> The way of the cross leads home The way of the cross leads home It is sweet to know, as I onward go, The way of the cross leads home.</p>	<p>THE PREPARATION AND THE CRY</p> <p>Free yourself from the mind, Seeks to order all that is, And free yourself from the heart's terror, That seeks essence in all things.</p> <p>Sail calmly toward the abyss, Learn to say that nothing exists, So conquer hope, the greatest temptation, Find the freedom you have sought.</p>
The Psalms	<p>The words of the LORD are pure words: silver refined in a crucible, gold seven times purified. Do thou, LORD, protect us and guard us from a profligate and evil generation. The wicked flaunt themselves on every side, while profligacy stands high among mankind.</p>	<p>13</p> <p>How long, O LORD, wilt thou quite forget me? How long wilt thou hide thy face from me? How long must I suffer anguish in my soul, grief in my heart, day and night? How long shall my enemy lord it over me? Look now and answer me, O LORD my God. Give light to my eyes lest I sleep the sleep of death, lest my adversary say, 'I have overthrown him', and my enemies rejoice at my downfall. But for my part I trust in thy true love. My heart shall rejoice, for thou hast set me free. I will sing to the LORD, who has granted all my desire.</p>	<p>14</p> <p>The impious fool says in his heart, 'There is no God.' How vile men are, how depraved and loathsome; not one does anything good! The LORD looks down from heaven on all mankind to see if any act wisely, if any seek out God. But all are disloyal, all are rotten to the core; not one does anything good, no, not even one.</p> <p>Shall they not rue it, all evildoers who devour my people as men devour bread, and never call upon the LORD? There they were in dire alarm; for God was in the brotherhood of the godly. The resistance of their victim was too much for them, because the LORD was his refuge. If only Israel's deliverance might come out of Zion! When the LORD restores his people's fortunes, let Jacob rejoice, let Israel be glad.</p>
The Lessons	<p>In the Lord alone, men shall say, are victory and might; and all who defy him shall stand ashamed in his presence, but all the sons of Israel shall stand victorious and find their glory in the Lord.</p> <p>Isaiah 45.24-25</p>	<p>But Jesus himself was saying, "Father, forgive them; they do not know what they are doing." Then they shared out his clothes by casting lots.</p> <p>Luke 23.33-34</p>	<p>And my present life is not that of the old "I", but the living Christ within me. The bodily life I now live, I live believing in the Son of God, who loved me and sacrificed himself for me.</p> <p>Galatians 2.20</p>
The Prayers	<p>Almighty God, who hast created man in thine own image, grant us grace fearlessly to contend against evil, and to make no peace with oppression, and that we may reverently use our freedom, help us to employ it in the maintenance of justice among men and nations, to the glory of thy holy name, through Jesus Christ our Lord. AMEN.</p>	<p>Dear God, you have overwhelmed us with many setbacks and have enabled us clearly to see your wrath. Stop afflicting us now, dear God, for you have mortified us long enough and sufficiently weighed and burdened and humiliated us. Graciously face us again and assure us how gentle and merciful you are, that we may comfort and quiet our troubled hearts. AMEN.</p>	<p>Almighty God who makes life too hard to bear, yet sustains me within it, I petition thee to enable my struggle to be on behalf of all, that I may know the depths of passionate love for all of life, in the name of him whose life was poured out for the sake of all men. AMEN.</p>

First Day	OFFICE OF NONE		
	three to six on the light day		
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR
The Hymns	<p>O GOD, OUR HELP IN AGES PAST</p> <p>O God, our help in ages past, Our hope for years to come, Our shelter from the stormy blast, And our eternal home!</p> <p>Before the hills in order stood, Or earth received her frame, From everlasting thou art God, To endless years the same.</p>	<p>BLESSED ASSURANCE</p> <p>Blessed assurance, Jesus is mine! O what a foretaste of glory divine! Heir of salvation, purchase of God, Born of his spirit, washed in his blood.</p> <p><i>Refrain:</i> This is my story, this is my song, Praising my Savior all the day long: This is my story, this is my song, Praising my Savior all the day long.</p>	<p>THE SINGLE MIND</p> <p>The Journey of the Spirit demands full heart and mind; To forge the Universal on behalf of all mankind.</p> <p><i>Refrain:</i> Obedience the Armor, Our poverty the sign, Our chastity the battle to create the single mind.</p>
The Psalms	<p>15</p> <p>O LORD, who may lodge in thy tabernacle? Who may dwell on thy holy mountain? The man of blameless life, who does what is right and speaks the truth from his heart; who has no malice on his tongue, who never wrongs a friend and tells no tales against his neighbour; the man who shows his scorn for the worthless and honours all who fear the LORD; who swears to his own hurt and does not retract; who does not put his money out to usury and takes no bribe against an innocent man. He who does these things shall never be brought low.</p>	<p>16</p> <p>Keep me, O God, for in thee have I found refuge. I have said to the LORD, 'Thou, LORD, art my felicity.' The gods whom earth holds sacred are all worthless, and cursed are all who make them their delight; those who run after them find trouble without end. I will not offer them libations of blood nor take their names upon my lips. Thou, LORD, my allotted portion, thou my cup, thou dost enlarge my boundaries: the lines fall for me in pleasant places, indeed I am well content with my inheritance. I will bless the LORD who has given me counsel: in the night-time wisdom comes to me in my inward parts.</p>	<p>I have set the LORD continually before me: with him^a at my right hand I cannot be shaken. Therefore my heart exults and my spirit rejoices, my body too rests unafraid; for thou wilt not abandon me to Sheol nor suffer thy faithful servant to see the pit. Thou wilt show me the path of life; in thy presence is the fullness of joy, in thy right hand pleasures for evermore.</p>
The Lessons	<p>God wiped out every living thing that existed on earth, man and beast, reptile and bird; they were all wiped out over the whole earth, and only Noah and his company in the ark survived.</p> <p>Genesis 7.23</p>	<p>Now the Pharisees came out and began an argument with him, wanting a sign from Heaven. Jesus gave a deep sigh, and then said, "What makes this generation want a sign? I can tell you this, they will certainly not be given one!"</p> <p>Mark 8.11-12</p>	<p>Then the angel swung his sickle upon the earth and gathered the harvest of the earth's vineyard, and threw it into the great winepress of the wrath of God. The grapes were trodden outside the city, and out of the winepress flowed blood for two hundred miles in a stream as high as the horses' bridles.</p> <p>Revelation 14.19-20</p>
The Prayers	<p>O Lord Jesus Christ, who didst set thy face steadfastly to go unto Jerusalem, deliver us from the faithless mind that shrinks from the harder paths of dutiful life. Make us ready to meet all the counsels of thy will, who with the Father and the Holy Spirit, livest and reignest, world without end. AMEN.</p>	<p>Lord! Make our heart thy temple in which thou wouldst live. Grant that every impure thought, every earthly desire might be like the idol Dagon—each morning broken at the feet of the Ark of the Covenant. Teach us to master flesh and blood and let this mastery of ourselves be our bloody sacrifice in order that we might be able to say with the apostle, "I die every day." AMEN.</p>	<p>O devastating whirlwind whose world swirls around me between infinite possibilities and bottomless non-being, my lot is cast; my doom is sealed. Every nerve writhing in the holy pain, in agony and with trembling, now, I stand before the abyss. Dare I to utter that one prayer, O Lord, thy will be done on earth and beyond. AMEN.</p>

Second Day		OFFICE OF VESPERS		six to nine on the dark day
		THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR
The Hymns		<p>O FOR A THOUSAND TONGUES</p> <p>O for a thousand tongues to sing My great Redeemer's praise, The glories of my God and King, The triumphs of his grace!</p> <p>My gracious Master and my God, Assist me to proclaim, To spread through all the earth abroad The honors of thy name.</p>	<p>THE LORD'S PRAYER</p> <p>Our Father, who art in heaven, Hallowed by 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;</p>	<p>OBEDIENCE</p> <p>Come all spirits Roaming freely Bind your will in Common thrust</p> <p>Stand beneath the Gaze of neighbor Ready to obey Their trust</p>
The Psalms		<p>Hear, LORD, my plea for justice, give my cry a hearing, listen to my prayer, for it is innocent of all deceit. Let judgement in my cause issue from thy lips, let thine eyes be fixed on justice. Thou hast tested my heart and watched me all night long; thou hast assayed me and found in me no mind to evil. I will not speak of the deeds of men; I have taken good note of all thy sayings. I have not strayed from the course of duty; I have followed thy path and never stumbled.</p>	<p>I call upon thee, O God, for thou wilt answer me. Bend down thy ear to me, listen to my words. Show me how marvellous thy true love can be, who with thy hand dost save all who seek sanctuary from their enemies. Keep me like the apple of thine eye; hide me in the shadow of thy wings from the wicked who obstruct me, from deadly foes who throng round me. They have stifled all compassion; their mouths are full of pride;</p>	<p>they press me hard, now they hem me in, on the watch to bring me to the ground. The enemy is like a lion eager for prey, like a young lion crouching in ambush. Arise, LORD, meet him face to face and bring him down. Save my life from the wicked; make an end of them with thy sword. With thy hand, O LORD, make an end of them; thrust them out of this world in the prime of their life, gorged as they are with thy good things, blest with many sons and leaving their children wealth in plenty. But my plea is just: I shall see thy face, and be blest with a vision of thee when I awake.</p>
The Lessons		<p>The eunuchs who keep my sabbaths, who choose to do my will and hold fast to my covenant, shall receive from me something better than sons and daughters, a memorial and a name in my own house and within my walls.</p> <p>Isaiah 56.4-5</p>	<p>Then Jesus took the five loaves and the two fish, and looking up to Heaven, thanked God, broke the loaves and gave them to the disciples to distribute to the people. And he divided the two fish among them all. Everybody ate and was satisfied.</p> <p>Mark 6.41</p>	<p>The truth is that we neither live nor die as self-contained units. At every turn life links us to the Lord, and when we die we come face to face with him. In life or death we are in the hands of the Lord.</p> <p>Romans 14.7-8</p>
The Prayers		<p>We give thee thanks, O Lord, who hast preserved us through the day. We give thee thanks, who wilt preserve us through the night. Bring us in safety, we beseech thee, O Lord, to the morning hours, That thou mayest receive our praise at all times, through Jesus Christ, our Lord. AMEN.</p>	<p>What blessing or what praise or what thanksgiving can we render to thee, O God, the lover of men, for that when we were cast away by the doom of death, and drowned in the depth of sin, thou didst grant us freedom and bestowed on us this immortal, this heavenly food, and manifested to us this mystery, hid from ages and from generations? This, thy supreme act of mercy, and the greatness of thy benignity and fatherly care for us, grant us to understand. AMEN.</p>	<p>Almighty God, Lord of all history, we pray for the church's continual immersion in history, that giving its life in each moment it may understand its life given for all moments, through Jesus Christ our Lord, in and through whom history was created. AMEN.</p>

Second Day	OFFICE OF COMPLINE		
	THE NINTH HOUR	THE TENTH HOUR	nine to twelve on the dark day THE ELEVENTH HOUR
The Hymns	<p>GRACE</p> <p>Where sin abounded, grace did all the more abound, Paul said. The state of our whole life is this, that we are separated, Separated from life's aim and its origin; Separated from ourselves and from other men.</p>	<p>CALLED TO WALK IN THE WAY</p> <p>Then the Spirit came and said, "Go into the desert! There's a power—old Satan—he's the one you've got to meet. Forty days without food out there as a Solitary; Had to decide old Satan was the one that had to be beat.</p>	<p>THE CRYIN'</p> <p>It's then I know what I had known Before the world began; The infidel, the satisfied, 'Tis I who am that man! Oh, I'm a lost and lonely soul; My heart is full of cryin', The Cry is not for pain of me— My God and I are dyin'.</p>
The Psalms	<p>18</p> <p>I love thee, O LORD my strength. The LORD is my stronghold, my fortress and my champion, my God, my rock where I find safety, my shield, my mountain refuge, my strong tower. I will call on the LORD to whom all praise is due, and I shall be delivered from my enemies. When the bonds of death held me fast, destructive torrents overtook me, the bonds of Sheol tightened round me, the snares of death were set to catch me; then in anguish of heart I cried to the LORD, I called for help to my God; he heard me from his temple, and my cry reached his ears. The earth heaved and quaked, the foundations of the mountains shook; they heaved, because he was angry. Smoke rose from his nostrils, devouring fire came out of his mouth, glowing coals and searing heat. He swept the skies aside as he descended, thick darkness lay under his feet. He rode on a cherub, he flew through the air; he swooped on the wings of the wind. He made darkness around him his hiding-place and dense vapour his canopy. Thick clouds came out of the radiance before him, hailstones and glowing coals.</p>	<p>The LORD thundered from the heavens and the voice of the Most High spoke out. He loosed his arrows, he sped them far and wide, he shot forth lightning shafts and sent them echoing. The channels of the sea-bed were revealed, the foundations of earth laid bare at the LORD's rebuke, at the blast of the breath of his nostrils. He reached down from the height and took me, he drew me out of mighty waters, he rescued me from my enemies, strong as they were, from my foes when they grew too powerful for me. They confronted me in the hour of my peril, but the LORD was my buttress. He brought me out into an open place, he rescued me because he delighted in me.</p>	<p>The LORD rewarded me as my righteousness deserved; my hands were clean, and he required me. For I have followed the ways of the LORD and have not turned wickedly from my God; all his laws are before my eyes, I have not failed to follow his decrees. In his sight I was blameless and kept myself from wilful sin; the LORD required me as my righteousness deserved and the purity of my life in his eyes.</p>
The Lessons	<p>For you alone have I cared among all the nations of the world; therefore will I punish you for all your iniquities.</p> <p>Amos 3.2</p>	<p>"Believe me, all men's sins can be forgiven and all their blasphemies. But there can never be any forgiveness for blasphemy against the Holy Spirit. That is an eternal sin."</p> <p>Mark 3.28-29</p>	<p>One further order we must give you in the name of our Lord Jesus Christ: don't associate with the brother whose life is undisciplined, and who despises the teaching we gave you.</p> <p>II Thessalonians 3.6</p>
The Prayers	<p>O almighty Lord and heavenly Father, who by thy Son Jesus Christ hast bidden us seek first thy kingdom and thy righteousness, pardon, we beseech thee, our faithlessness and perversity, and grant that we set our affections on things above where Christ our righteousness cometh in the glory of his kingdom. AMEN.</p>	<p>O Father, grant us grace and help us to let thy divine will be done in us. Even if it be painful to us, do thou continue to chastise, sting, strike, and burn, and whatever thou wilt, that only thy will and not ours may be done. AMEN.</p>	<p>Eternal and ever merciful God, the nearer we come to thee, the more we feel our own unworthiness. For our failure to be what we might have been and could have been, forgive us, O God. For the greed which took everything and never uttered a word of thanks, for the spirit which demanded too much and gave too little, for demanding standards from others that we refuse to fulfill ourselves, forgive us, O God. AMEN.</p>

OFFICE OF MATINS

twelve to three on the dark day

Second Day	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>GOD OF GRACE</p> <p>God of grace and God of glory, On thy people pour thy power; Crown thine ancient church's story, Bring her bud to glorious flower. Grant us wisdom, grant us courage, For the facing of this hour, For the facing of this hour.</p>	<p>THE CHURCH'S ONE FOUNDATION</p> <p>Elect from every nation, Yet one o'er all the earth, Her charter of salvation, One Lord, one Faith, one Birth; One holy Name she blesses, Partakes one holy food, And to one hope she presses, With every grace ended.</p>	<p>THE SINGLE MIND</p> <p>Come colleagues of the Journey give up your will to God's, Become the bloody footsteps on the road our fathers trod.</p> <p><i>Refrain:</i> Obedience the Armor, Our poverty the sign, Our chastity the battle to create the single mind.</p>
The Psalms	<p>With the loyal thou showest thyself loyal and with the blameless man blameless. With the savage man thou showest thyself savage, and^b tortuous with the perverse. Thou deliverest humble folk, and bringest proud looks down to earth. Thou, LORD, dost make my lamp burn bright, and my God will lighten my darkness. With thy help I leap over a bank, by God's aid I spring over a wall.</p>	<p>The way of God is perfect, the LORD's word has stood the test ; he is the shield of all who take refuge in him. What god is there but the LORD? What rock but our God?— the God who girds me with strength and makes my way blameless, who makes me swift as a hind and sets me secure on the mountains; who trains my hands for battle, and my arms aim an arrow tipped with bronze.</p>	<p>Thou hast given me the shield of thy salvation, thy hand sustains me, thy providence makes me great. Thou givest me room for my steps, my feet have not faltered. I pursue my enemies and overtake them, I do not return until I have made an end of them. I strike them down and they will never rise again; they fall beneath my feet. Thou dost arm me with strength for the battle and dost subdue my foes before me. Thou settest my foot on my enemies' necks, and I bring to nothing those that hate me. They cry out and there is no one to help them, they cry to the LORD and he does not answer. I will pound them fine as dust before the wind, like mud in the streets will I trample them. Thou dost deliver me from the clamour of the people, and makest me master of the nations. A people I never knew shall be my subjects; as soon as they hear tell of me, they shall obey me, and foreigners shall come cringing to me. Foreigners shall be brought captive to me, and emerge from their strongholds.</p> <p>The LORD lives, blessed is my rock, high above all is God who saves me.</p>
The Lessons	<p>My hand has found its way to the wealth of nations, and, as a man takes the eggs from a deserted nest, so have I taken every land; not a wing fluttered, not a beak gaped, no chirp was heard.</p> <p style="text-align: right;">Isaiah 10.14</p>	<p>This made them ask him, "What must we do to carry out the work of God?" "The work of God for you," replied Jesus, "is to believe in the one whom he has sent to you."</p> <p style="text-align: right;">John 6.28-29</p>	<p>Now faith means putting our full confidence in the things we hope for, it means being certain of things we cannot see.</p> <p style="text-align: right;">Hebrews 11.1</p>
The Prayers	<p>O Lord God, in whose name I was baptized, thou hast called me by name and I belong to thee. Grant that I may give myself to thee, body, mind, and heart. Fill me now with a new loyalty and help me always to be true to thee in faith and obedience until my life's end, through Jesus Christ our Lord. AMEN.</p>	<p>Watch thou, dear Lord, with those who care, or watch, or weep tonight, and give thine angels charge over those who sleep. Tend thy sick ones, O Lord Christ. Rest thy weary ones. Bless thy sick ones, O Lord Christ. Rest thy weary ones. Bless thy dying ones. Soothe thy suffering ones. Pity thine afflicted ones. Shield thy joyous ones. And all for thy love's sake. AMEN.</p>	<p>O thou who gives and takes away, we dare to be thankful for life's tragedy; in particular we lift up thy gift of hunger, receiving this emptiness of life in the Word that enables us to understand pain and suffering as good in thy sight, with him who suffered in thy love. AMEN.</p>

Second Day	OFFICE OF LAUDS			three to six on the dark day
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns	<p>ALL HAIL THE POWER OF JESUS NAME</p> <p>All hail the power of Jesus' name! Let angels prostrate fall; Bring forth the royal diadem And crown him Lord of all.</p> <p>O that with yonder sacred throng We at his feet may fall! We'll join the everlasting song, And crown him Lord of all.</p>	<p>PRAISE YE THE LORD</p> <p>O Lord, open thou our lips. O Lord, open thou our lips. And our mouths shall show forth Shall show forth thy praise, Shall show forth thy praise.</p> <p>Let each one announce the Word. Let each one announce the Word. My life is pleasing, Oh yes, my life is pleasing, Oh yes, my life is pleasing to the Lord.</p>	<p>THE VISION</p> <p>Lightning moment blazing spark Lightning moment in our dark; The birth and death of every star and tree, The dread assault of spirit within me. Then <i>God</i> confronts me with terror and with love Ecstasy. Comes the dawn of silence.</p>	
The Psalms	<p>O God, who grantest me vengeance, who layest nations prostrate at my feet, who dost rescue me from my foes and set me over my enemies, thou dost deliver me from violent men. Therefore, LORD, I will praise thee among the nations and sing psalms to thy name, to one who gives his king great victories and in all his acts keeps faith with his anointed king, with David and his descendants for ever.</p>	<p>19</p> <p>The heavens tell out the glory of God, the vault of heaven reveals his handiwork. One day speaks to another, night with night shares its knowledge, and this without speech or language or sound of any voice. Their music goes out through all the earth, their words reach to the end of the world.</p> <p>In them a tent is fixed for the sun, who comes out like a bridegroom from his wedding canopy, rejoicing like a strong man to run his race. His rising is at one end of the heavens, his circuit touches their farthest ends; and nothing is hidden from his heat.</p>	<p>The law of the LORD is perfect and revives the soul. The LORD's instruction never fails, and makes the simple wise. The precepts of the LORD are right and rejoice the heart. The commandment of the LORD shines clear and gives light to the eyes. The fear of the LORD is pure and abides for ever. The LORD's decrees are true and righteous every one, more to be desired than gold, pure gold in plenty, sweeter than syrup or honey from the comb. It is these that give thy servant warning, and he who keeps them wins a great reward.</p> <p>Who is aware of his unwitting sins? Cleanse me of any secret fault. Hold back thy servant also from sins of self-will, lest they get the better of me. Then I shall be blameless and innocent of any great transgression.</p> <p>May all that I say and think be acceptable to thee, O LORD, my rock and my redeemer!</p>	
The Lessons	<p>I saw what looked like fire with encircling radiance. Like a rainbow in the clouds on a rainy day was the sight of that encircling radiance; it was like the appearance of the glory of the Lord.</p> <p>Ezekiel 1.27-28</p>	<p>"The one on whom you will see the Spirit coming down and resting is the man who baptises with the Holy Spirit!" Now I have seen this happen and I declare publicly before you all that he is the Son of God!"</p> <p>John 1.33-34</p>	<p>As you live this new life, we pray that you will be strengthened from God's boundless resources, so that you will find yourselves able to pass through any experience and endure it with joy.</p> <p>Colossians 1.11-12</p>	
The Prayers	<p>Glory be to thee, O Christ, our master and our king, the honor of the apostles, the crown of the martyrs, the joy of the righteous, the stability of the churches, the forgiveness of sins. We evangelize and preach the Holy Trinity, one God head. We worship him and glorify him. Lord have mercy. Lord have mercy. Lord, send thy blessing. AMEN.</p>	<p>Almighty God, who by the death of thy Son hast destroyed sin and death, and by his resurrection hast restored innocence and everlasting life, in order that, delivered from the power of the devil, we may live in thy kingdom: grant unto us that we may believe this with our whole heart, and, steadfast in this faith, may praise and thank thee evermore, through the same Jesus Christ, thy Son, our Lord. AMEN.</p>	<p>O God, who art the ground of every man's being, grant to every parish the fulness of possibility, that the structures of care for each resident may come into being, through him whose care knew no limits, Jesus the Christ. AMEN.</p>	

OFFICE OF PRIME

six to nine on the light day

Second Day	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR
The Hymns	<p>THE GOD OF ABRAHAM PRAISE</p> <p>The God of Abraham praise, All praised be his name, Who was, and is, and is to be, And still the same! The one eternal God, Ere aught that now appears; The first, the last: beyond all thought His timeless years!</p>	<p>GO DOWN, MOSES</p> <p>When Israel was in Egypt land, Let my people go! Oppressed so hard they could not stand, Let my people go!</p> <p>Thus saith the Lord, bold Moses said, Let my people go! If not, I'll smite your first-born dead, Let my people go!</p>	<p>CREATION</p> <p>We stand beyond our life and see, We stand beyond our death and really see, What's required of men Who give their death to history. And it is now that we must do What other ones must always seek to be, To discover what's required of us To set men free.</p>
The Psalms	<p>20</p> <p>May the LORD answer you in the hour of trouble! The name of Jacob's God be your tower of strength, give you help from the sanctuary and send you support from Zion! May he remember all your offerings and look with favour on your rich sacrifices, give you your heart's desire and grant success to all your plans! Let us sing aloud in praise of your victory, let us do homage to the name of our God! The LORD grant all you ask!</p>	<p>Now I know that the LORD has given victory to his anointed king: he will answer him from his holy heaven with the victorious might of his right hand. Some boast of chariots and some of horses, but our boast is the name of the LORD our God. They totter and fall, but we rise up and are full of courage. O LORD, save the king, and answer us in the hour of our calling.</p>	<p>21</p> <p>The king rejoices in thy might, O LORD: well may he exult in thy victory, for thou hast given him his heart's desire and hast not refused him what he asked. Thou dost welcome him with blessings and prosperity and set a crown of fine gold upon his head. He asked of thee life, and thou didst give it him, length of days for ever and ever. Thy salvation has brought him great glory; thou dost invest him with majesty and honour, for thou bestowest blessings on him for evermore and dost make him glad with joy in thy presence. The king puts his trust in the LORD; the loving care of the Most High holds him unshaken.</p>
The Lessons	<p>This is the end of the matter: you have heard it all. Fear God and obey his commands; there is no more to man than this.</p> <p>Ecclesiastes 12.13-14</p>	<p>Then he said to them, "You must go out to the whole world and proclaim the gospel to every creature. He who believes it and is baptized will be saved, but he who disbelieves it will be condemned."</p> <p>Mark 16.15-16</p>	<p>After all, the important thing is to be willing to give as much as we can—that is what God accepts, and no one is asked to give what he has not got.</p> <p>II Corinthians 8.12</p>
The Prayers	<p>Almighty God, without whom nothing is strong, nothing is holy, may our speaking and hearing at this time be to the increase of faith, hope, and love. May all that is untrue perish in the speaking, and all that is true be preserved for our use and thy service, through Jesus Christ. AMEN.</p>	<p>Eternal, almighty, merciful God, Father of our savior and redeemer, keep the light of wisdom within us, and empower us to turn men to Jesus Christ, that the kingdom of the devil may be destroyed. To thee, eternal God of truth, Father, Son, and Holy Spirit, be thanksgiving, praise, glory, and honor, time without end. AMEN.</p>	<p>O God our Father, creator of every human need, we who call ourselves thy church know you address us in the struggles of our times; show us the futility of evading that life address so that, seeing what is demanded, we may be about your work in the world to the glory of Jesus Christ our Lord. AMEN.</p>

Second Day	OFFICE OF TERCE		
	nine to twelve on the light day		
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR
The Hymns	<p>MY HOPE IS BUILT ON NOTHING LESS</p> <p>My hope is built on nothing less Than Jesus' blood and righteousness; I dare not trust the sweetest frame, But wholly lean on Jesus' name.</p> <p>When darkness veils his lovely face I rest on his unchanging grace; In every high and stormy gale, My anchor holds within the veil.</p>	<p>PENTECOST HYMN</p> <p>With despair abounding And a lack of hope around Still the Spirit comes To the ones who birth the day Giving breath and being To the one who give their death Born of fire Filled with power For all men.</p>	<p>THE CHURCH</p> <p>The Church of God, the world society, To God-in-Christ and Christ-in-God, Responds in hope and trust, Repents for all mankind, And so reduplicates the deed of Jesus Christ.</p>
The Psalms	<p>Your hand shall reach all your enemies: your right hand shall reach those who hate you; at your coming you shall plunge them into a fiery furnace; the LORD in his anger will strike them down, and fire shall consume them. It will exterminate their offspring from the earth and rid mankind of their posterity. For they have aimed wicked blows at you, they have plotted mischief but could not prevail; but you will catch them round the shoulders and will aim with your bow-strings at their faces. Be exalted, O LORD, in thy might; we will sing a psalm of praise to thy power.</p>	<p>22</p> <p>My God, my God, why hast thou forsaken me and art so far from saving me, from heeding my groans? O my God, I cry in the day-time but thou dost not answer, in the night I cry but get no respite. And yet thou art enthroned in holiness, thou art he whose praises Israel sings. In thee our fathers put their trust; they trusted, and thou didst rescue them. Unto thee they cried and were delivered; in thee they trusted and were not put to shame.</p>	<p>But I am a worm, not a man, abused by all men, scorned by the people. All who see me jeer at me, make mouths at me and wag their heads: 'He threw himself on the LORD for rescue; let the LORD deliver him, for he holds him dear!' But thou art he who drew me from the womb, who laid me at my mother's breast. Upon thee was I cast at birth; from my mother's womb thou hast been my God.</p>
The Lessons	<p>The Lord said to him, "Who is it that gives man speech? Who makes him dumb or deaf? Who makes him clear sighted or blind? Is it not I, the Lord?" Exodus 4.11</p>	<p>"I assure you that if you have as much faith as a grain of mustard-seed you can say to this hill, 'Up you get and move over there!' and it will move—you will find nothing is impossible." Matthew 17.20</p>	<p>For we were all baptised by the Spirit into one body, whether we were Jews, Greeks, slaves or free men, and we have all had experience of the same Spirit. I Corinthians 12.13</p>
The Prayers	<p>O Lord our God, thou art holy and we are sinful; thou art ever in the light and we walk in darkness. Give us of thy spirit, that in penitence and trust we may grow in grace and in the knowledge of our Lord and savior. Enlighten our minds; purify our hearts. Renew our wills; and may we give ourselves wholly to thee, for the sake of Jesus Christ our Lord. AMEN.</p>	<p>May the example of our blessed savior be always dear to us, that we may cheerfully follow him in every holy temper and delight to do thy will, O God. Let these desires which thou hast given us never die or languish in our hearts, but be kept always alive in their vigor and force by the perpetual inspirations of the Holy Ghost. AMEN.</p>	<p>O God, we pray for the church, which is set today amid the perplexities of a changing order, and face to face with a great new task. Grant her a new birth through the travail of repentance and humiliation. Put upon her lips the ancient gospel of her Lord. Fill her with the prophet's scorn of tyranny, and with a Christ-like tenderness for the heavy laden and the downtrodden. Give her faith to espouse the cause of the people; bid her cease from seeking her own life lest she lose it. Make her valiant to give up her life to humanity, as did her crucified Lord, in whose name we pray. AMEN.</p>

Second Day	OFFICE OF SEXT		
	twelve to three on the light day		
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>WHEN I SURVEY THE WONDROUS CROSS</p> <p>When I survey the wondrous cross, On which the Prince of Glory died, My richest gain I count but loss, And pour contempt on all my pride.</p> <p>Forbid it, Lord, that I should boast, Save in the death of Christ, my God; All the vain things that charm me most, I sacrifice them to his blood.</p>	<p>I KNOW WHOM I HAVE BELIEVED</p> <p>I know not why God's wondrous grace To me he hath made known, Nor why unworthy—Christ in love Redeemed me for his own.</p> <p>I know not how this saving faith To me he did impart, Nor believing in his Word Wrought peace within my heart.</p>	<p>ALL LIFE IS OPEN</p> <p>We see our linkage to history, We see the duty demanded, Our cares unite in the power, All life is served in obedience. We give our minds, hearts and spirits To forge the free deed in history.</p>
The Psalms	<p>Be not far from me, for trouble is near, and I have no helper. A herd of bulls surrounds me, great bulls of Bashan beset me. Ravening and roaring lions open their mouths wide against me. My strength drains away like water and all my bones are loose. My heart has turned to wax and melts within me. My mouth^a is dry as a potsherd, and my tongue sticks to my jaw; I am laid^b low in the dust of death. The huntsmen are all about me; a band of ruffians rings me round, and they have hacked off^c my hands and my feet. I tell my tale of misery, while they look on and gloat. They share out my garments among them and cast lots for my clothes. But do not remain so far away, O LORD; O my help, hasten to my aid. Deliver my very self from the sword, my precious life from the axe. Save me from the lion's mouth, my poor body^d from the horns of the wild ox.</p>	<p>I will declare thy fame to my brethren; I will praise thee in the midst of the assembly. Praise him, you who fear the LORD; all you sons of Jacob, do him honour; stand in awe of him, all sons of Israel. For he has not scorned the downtrodden, nor shrunk in loathing from his plight, nor hidden his face from him, but gave heed to him when he cried out.</p> <p>Thou dost inspire my praise in the full assembly; and I will pay my vows before all who fear thee. Let the humble eat and be satisfied. Let those who seek the LORD praise him and be in good heart for ever.</p>	<p>Let all the ends of the earth remember and turn again to the LORD; let all the families of the nations bow down before him. For kingly power belongs to the LORD, and dominion over the nations is his. How can those buried in the earth do him homage, how can those who go down to the grave bow before him? But I shall live for his sake, my posterity^e shall serve him. This shall be told of the Lord to future generations; and they shall justify him, declaring to a people yet unborn that this was his doing.</p>
The Lessons	<p>Yet the Lord took thought for his tortured servant and healed him who made himself a sacrifice for sin; so shall he enjoy long life and see his children's children, and in his hand the Lord's cause shall prosper. Isaiah 53.10</p>	<p>"Sir," he said, "if you want to, you can make me clean." Jesus stretched out his hand and placed it on the leper saying, "Of course I want to. Be clean!" And at once he was clear of the leprosy. Matthew 8.3</p>	<p>And he personally bore our sins in his own body on the cross, so that we might be dead to sin and be alive to all that is good. I Peter 2.24</p>
The Prayers	<p>Almighty and everlasting God, who, of thy tender love toward mankind, hast sent thy Son our savior Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility, mercifully grant that we may both follow the example of his patience, and also be made partakers of his resurrection, through Jesus Christ our Lord. AMEN.</p>	<p>Almighty God, we are by nature frail vessels, and our frailty is such that we of ourselves melt away, and when we become stronger we cannot stand by our own power. Grant, O God, that being supported by thy power, we may indeed rejoice in the endlessness of our salvation, not indeed relying on any earthly protection, but because thou hast pleased to choose us as thy people, in Christ's name. AMEN.</p>	<p>O thou timeless One, who hast given us the now in the midst of the always, we who have lived so long off the resources of the poor turn from our participation in the economic and political oppression in Latin America and choose to be the expendable instruments which sculpture a new humanity, that the Latin peoples, released from tyranny, may work to embrace their unique destiny, in the name of the Word who is the beginning and end of all history. AMEN.</p>

Second Day	OFFICE OF NONE		
	three to six on the light day		
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR
The Hymns	<p>COME THOU FOUNT</p> <p>Here I raise mine Ebenezer; Hither by thy help I'm come; And I hope, by thy good pleasure, Safely to arrive at home. Jesus sought me when a stranger Wandering from the fold of God; He, to rescue me from danger, Interposed his precious blood.</p>	<p>HARVEST TIME</p> <p><i>Refrain:</i> Over and over Yes, deeper and deeper, My heart is pierced through With life's sorrowing cry, But the tears of the sower And the songs of the reaper Shall mingle together In joy by and by.</p>	<p>POVERTY</p> <p>Come walk with Francis Like him you'll naked die Free all you now cherish For time soon will pass you by If you would do something, then be God's nothing Be the Lord's fool and fife In holding to naught there the secret is found You are wealth when not by wealth bound</p>
The Psalms	<p>23</p> <p>The LORD is my shepherd; I shall want nothing. He makes me lie down in green pastures, and leads me beside the waters of peace; he renews life within me, and for his name's sake guides me in the right path. Even though I walk through a valley dark as death I fear no evil, for thou art with me, thy staff and thy crook are my comfort.</p> <p>Thou spreadest a table for me in the sight of my enemies; thou hast richly bathed my head with oil, and my cup runs over. Goodness and love unfailing, these will follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.</p>	<p>24</p> <p>The earth is the LORD's and all that is in it, the world and those who dwell therein. For it was he who founded it upon the seas and planted it firm upon the waters beneath.</p> <p>Who may go up the mountain of the LORD? And who may stand in his holy place? He who has clean hands and a pure heart, who has not set his mind on falsehood, and has not committed perjury. He shall receive a blessing from the LORD, and justice from God his saviour. Such is the fortune of those who seek him, who seek the face of the God of Jacob.</p>	<p>Lift up your heads, you gates, lift yourselves up, you everlasting doors, that the king of glory may come in. Who is the king of glory? The LORD strong and mighty, the LORD mighty in battle. Lift up your heads, you gates, lift them up, you everlasting doors, that the king of glory may come in. Who then is the king of glory? The king of glory is the LORD of Hosts.</p>
The Lessons	<p>Now, in an instant, I will vent my rage upon you and let my anger spend itself. I will call you to account for your doings and bring abominations upon your own heads. Ezekiel 7.8</p>	<p>But Jesus told them, "It is an evil and unfaithful generation that craves for a sign, and no sign will be given to it—except the sign of the prophet Jonah." Matthew 12.39</p>	<p>No temptation has come your way that is too hard for flesh and blood to bear. But God can be trusted not to allow you to suffer any temptation beyond your powers of endurance. He will see to it that every temptation has a way out, so that it will never be impossible for you to bear it. 1 Corinthians 10.13</p>
The Prayers	<p>O Lord Jesus Christ, before whose judgment seat we must all appear and give account of the things done in the body, grant, we beseech thee, that, when the books are opened in that day, the faces of thy servants may not be ashamed, through thy merits, O blessed savior, who livest and reignest with the Father and the Holy Spirit, one God, world without end. AMEN.</p>	<p>Heavenly Father, you are indeed my Lord and God. You have created me out of nothing and have also redeemed me through your Son. Now you have placed special responsibility upon me. Here my will is not respected, and there is so much that bothers and worries me, for which I can find neither help nor counsel by myself. Therefore let these cares become yours. Grant me your help and counsel. Be all things to me in this place. AMEN.</p>	<p>Merciful Father, who hast long borne our sins and offenses, humbly we confess to thee. We have devised evil and framed falsehood. We have turned aside from thee, and have led others astray. We have withdrawn our hand from thy work, and our foremost duties we have left undone. Most gracious God, who by the cross of Christ hast redeemed us, pardon and absolve us of all our sins. Enable us by faith to receive thy forgiveness and engage our wills to thine, that henceforth we may live as befits thy servants, through Jesus Christ our Lord. AMEN.</p>

Third Day	OFFICE OF MATINS			twelve to three on the dark day	
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR		
The Hymns	<p>COME THOU FOUNT</p> <p>O to grace how great a debtor Daily I'm constrained to be! Let thy goodness, like a fetter, Bind my wandering heart to thee: Prone to wander, Lord I feel it, Prone to leave the God I love. Here's my heart, O take and seal it: Seal it for thy courts above.</p>	<p>THE LORD'S PRAYER</p> <p>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.</p>	<p>OBEDIENCE</p> <p>Live you life Before the calling To discern the Will of God</p> <p>Each man of the Globe your brother Each demand a Weight and rod.</p>		
The Psalms	<p>Hear, O LORD, when I call aloud; show me favour and answer me. 'Come,' my heart has said, 'seek his face.'^b I will seek thy face, O LORD; do not hide it from me, nor in thy anger turn away thy servant, whose help thou hast been; do not cast me off or forsake me, O God my saviour. Though my father and my mother forsake me, the LORD will take me into his care. Teach me thy way, O LORD; do not give me up to the greed of my enemies; lead me by a level path to escape my watchful foes; liars stand up to give evidence against me, breathing malice. Well I know that I shall see the goodness of the LORD in the land of the living. Wait for the LORD; be strong, take courage, and wait for the LORD.</p>	<p>28</p> <p>To thee, O LORD, I call; O my Rock, be not deaf to my cry, lest, if thou answer me with silence, I become like those who go down to the abyss. Hear my cry for mercy when I call to thee for help, when I lift my hands to thy holy shrine. Do not drag me away with the ungodly, with evildoers, who speak civilly to neighbours, with malice in their hearts. Reward them for their works, their evil deeds; reward them for what their hands have done; give them their deserts. Because they pay no heed to the works of the LORD or to what his hands have done, may he tear them down and never build them up!</p>	<p>Blessed be the LORD, for he has heard my cry for mercy. The LORD is my strength, my shield, in him my heart trusts; so I am sustained, and my heart leaps for joy, and I praise him with my whole body. ^a The LORD is strength to his people, a safe refuge for his anointed king. O save thy people and bless thy own, shepherd them, carry them for ever.</p>		
The Lessons	<p>Everything that is to come will be emptiness. Delight in your boyhood, young man, make the most of the days of your youth; let your heart and your eyes show you the way; but remember that for all these things God will call you to account.</p> <p>Ecclesiastes 11.9</p>	<p>"Is it because you have seen me that you believe?" Jesus said to him. "Happy are those who have never seen and yet have believed!"</p> <p>John 20.29</p>	<p>I hold in my hand the keys of death and the grave. Therefore, write down what you have seen, both the things which are now, and the things which are to be hereafter.</p> <p>Revelation 1.19</p>		
The Prayers	<p>O most loving Father, who willest us to give thanks for all things, to dread nothing but the loss of thee and to cast all our care on thee, who carest for us, preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which thou hast manifested unto us in thy Son, Jesus Christ our Lord. AMEN.</p>	<p>Lord! What wilt thou have me to do? Here is the true token of a soul absolutely perfect—when one has succeeded in leaving behind his own will to such a degree as no longer to seek, to aim, or to desire to do, what he would will, but seeks only what God wills. AMEN.</p>	<p>O Thou inscrutable Mystery, who hast hurled every man into the midst of revolution, we turn from our refusal to embrace the whole human community and assume responsibility for the persistent quest toward globality. We claim the promise of an exploded sensitivity to the depths of human heritage, that civilization receive the unique cultural gifts of all men, in the name of the One before whom all men stand, even Jesus Christ. AMEN.</p>		

Third Day	OFFICE OF LAUDS		
	THE THIRD HOUR	THE FOURTH HOUR	three to six on the dark day THE FIFTH HOUR
The Hymns	<p>ALL CREATURES OF OUR GOD AND KING</p> <p>And thou, most kind and gentle death Waiting to hush our latest breath, O Praise him! Alleluia! Thou leadest home the child of God, And Christ our Lord the way hath trod, O praise him, O praise him! Alleluia! Alleluia! Alleluia!</p>	<p>LORD OF THE DANCE</p> <p>I danced on a Friday when the sky turned black; It's hard to dance with the devil on your back; They buried my body and they thought I'd gone, But I am the dance and I still go on.</p> <p><i>Refrain:</i> Dance then wherever you may be, I am the Lord of the dance, said he. And I'll lead you all wherever you may be, And I'll lead you all in the dance, said he.</p>	<p>GIVE THANKS</p> <p><i>Refrain:</i> Praise be to God the Father Almighty, Praise be to God who came to this earth, Praise be to God the Spirit eternal, Praise be to God forever.</p> <p>Give thanks that all life is good Give thanks that we are received Give thanks that the past's approved And the future is open, and the future is open.</p>
The Psalms	<p>29</p> <p>Ascribe to the LORD, you gods, ascribe to the LORD glory and might. Ascribe to the LORD the glory due to his name; bow down to the LORD in the splendour of holiness. The God of glory thunders: the voice of the LORD echoes over the waters, the LORD is over the mighty waters. The voice of the LORD is power. The voice of the LORD is majesty. The voice of the LORD breaks the cedars, the LORD splinters the cedars of Lebanon. He makes Lebanon skip like a calf, Sirion like a young wild ox.</p>	<p>The voice of the LORD makes flames of fire burst forth, the voice of the LORD makes the wilderness writhe in travail; the LORD makes the wilderness of Kadesh writhe. The voice of the LORD makes the hinds calve and brings kids early to birth; and in his temple all cry, 'Glory!' The LORD is king above " the flood, the LORD has taken his royal seat as king for ever. The LORD will give strength to his people; the LORD will bless his people with peace.</p>	<p>30</p> <p>I will exalt thee, O LORD; thou hast lifted me up and hast not let my enemies make merry over me. O LORD my God, I cried to thee and thou didst heal me. O LORD, thou hast brought me up from Sheol and saved my life as I was sinking into the abyss. ^b Sing a psalm to the LORD, all you his loyal servants, and give thanks to his holy name. In his anger is disquiet, in his favour there is life. Tears may linger at nightfall, but joy comes in the morning. Carefree as I was, I had said, 'I can never be shaken.' But, LORD, it was thy will to shake my mountain refuge; thou didst hide thy face, and I was struck with dismay.</p>
The Lessons	<p>"Come, let us climb up on to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways and we may walk in his paths." Micah 4.2</p>	<p>"You are the world's light—it is impossible to hide a town built on the top of a hill. Men do not light a lamp and put it under a bucket. They put it on a lamp-stand and it gives light for everybody in the house." Matthew 5.14-15</p>	<p>For his sake I did in actual fact suffer the loss of everything, but I considered it useless rubbish compared with being able to win Christ. Philippians 3.8</p>
The Prayers	<p>Giver of all good, and fountain of all joy, what rich feasts for our senses and our souls does thy fatherly love offer anew with each returning morning. How hast thou filled the earth with bounty and adorned it with beauty! We see thy mercy freshly revealed in the light and privilege of this new day. Thanks we give thee for the returning light and our daily bread, for home and health and friends, for the instructions of thy truth and the opportunities of thy service, and the ample rewards that crown our fidelity, for all that renders this world a pleasant home, and fits us for the life to come. AMEN.</p>	<p>Lord Jesus Christ, who art the true sun of the universe, ever rising, never setting, who with thy health-bearing glance begettest, preservest, nourishest, cheerest all things both in heaven and in earth: Dawn, I beseech thee, propitiously on my soul, that the night of crimes and clouds of errors may be dispelled, and with thy light within me and before me, I may go through all my life without offense, and walk soberly as in the day, pure from all the works of darkness, who with the Father and the Holy Ghost, livest and reignest for ever. AMEN.</p>	<p>Our Father, who has flooded our lives with meaning and power, forgive our futile flight from the now, our impotent searching for fulfillment, and our endless rummaging in the novel, that we may dare to probe the awesome depths of life, in the name of Jesus the Christ. AMEN.</p>

Third Day	OFFICE OF PRIME		
	six to nine on the light day		
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR
The Hymns	<p>ONCE TO EVERY MAN AND NATION</p> <p>Though the cause of evil prosper, Yet 'tis truth alone is strong; Though her portion be the scaffold, And upon the throne be wrong? Yet that scaffold sways the future, And, behind the dim unknown, Standeth God within the shadow Keeping watch above his own.</p>	<p>FINISH OUR WORK</p> <p>We are one body with the race of men, All who are, will be, and ere have been. "You must not die," the dead cry out within, "Finish our work!" "Finish our work!" We choose to hear the cries from history, Of pioneers in responsibility, Who struggled for a world they did not see.</p>	<p>THE VISION</p> <p>We heard the cry from the past We heard the cry set forth at last; Our ancestors plead to live our time, The crimson line their only awesome sign. Now <i>all</i> the earth cries out within our hearts Agony. Comes the dawn of silence.</p>
The Psalms	<p>I called unto thee, O LORD, and I pleaded with thee, Lord, for mercy: 'What profit in my death if I go down into the pit? Can the dust confess thee or proclaim thy truth? Hear, O LORD, and be gracious to me; LORD, be my helper.' Thou hast turned my laments into dancing; thou hast stripped off my sackcloth and clothed me with joy, that my spirit may sing psalms to thee and never cease. I will confess thee for ever, O LORD my God.</p>	<p>31</p> <p>With thee, O LORD, I have sought shelter, let me never be put to shame. Deliver me in thy righteousness; bow down and hear me, come quickly to my rescue; be thou my rock of refuge, a stronghold to keep me safe. Thou art to me both rock and stronghold; lead me and guide me for the honour of thy name. Set me free from the net men have hidden for me; thou art my refuge, into thy keeping I commit my spirit. Thou hast redeemed me, O LORD thou God of truth. Thou hatest all who worship useless idols, but I put my trust in the LORD. I will rejoice and be glad in thy unfailing love; for thou hast seen my affliction and hast cared for me in my distress. Thou hast not abandoned me to the power of the enemy but hast set me free to range at will.</p>	<p>Be gracious to me, O LORD, for I am in distress, and my eyes are dimmed with grief. ^a My life is worn away with sorrow and my years with sighing; strong as I am, I stumble under my load of misery; there is disease in all my bones. I have such enemies that all men scorn me; ^b my neighbours find me a burden, my friends shudder at me; when they see me in the street they turn quickly away. I am forgotten, like a dead man out of mind; I have come to be like something lost. For I hear many men whispering threats from every side, in league against me as they are and plotting to take my life. But, LORD, I put my trust in thee; I say, 'Thou art my God.'</p>
The Lessons	<p>Then I heard the Lord saying, Whom shall I send? Who will go for me? And I answered, Here am I; send me. Isaiah 6.8-9</p>	<p>Jesus, fully realising all that was going to happen to him, went forward and said to them, "Who are you looking for?" "Jesus of Nazareth," they answered. "I am the man," said Jesus. John 18.4-5</p>	<p>But God has chosen what the world calls foolish to shame the wise; he has chosen what the world calls weak to shame the strong. I Corinthians 1.27</p>
The Prayers	<p>O almighty God, who hast entrusted this earth unto the children of man, and through thy Son Jesus Christ callest us unto a heavenly citizenship, grant us, we humbly beseech thee, such shame and repentance for the disorder and injustice and cruelty that is in our midst, that fleeing unto thee for pardon and for grace we may henceforth set ourselves to establish that city which has justice for its foundation and love for its law, whereof thou art the architect and maker, through Jesus Christ our Lord. AMEN.</p>	<p>Grant, almighty God, since we are so prone to error, that thy truth may always shine upon us amidst the darkness of the world. Grant also that we may look upon it with open eyes, and subject ourselves to thee with true humility, so that being governed by both thy work and thy spirit, we may fulfill our course, and at length arrive at that happy rest, which thine only begotten son has prepared for us. AMEN.</p>	<p>O thou final relation of the unknowable unknown, who hast bound all men in common destiny, we who have been nourished by thy abounding love repent of our indifference to the hunger of man's body and spirit, especially the impoverishment of the peoples of India and Pakistan, and we appropriate the task of doing the necessary deed, that the vision of universal comradeship be symbolized unto all men, in the name of that event which offers the only possibility for humanness, even the Christ. AMEN.</p>

Third Day	OFFICE OF TERCE		
	nine to twelve on the light day		
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR
The Hymns	<p>A MIGHTY FORTRESS IS OUR GOD</p> <p>Did we in our own strength confide, Our striving would be losing; Were not the right man on our side, The man of God's own choosing; Dost ask who that may be? Christ Jesus, it is he; Lord Sabaoth, his name, For age to age the same, And he must win the battle.</p>	<p>AMAZING GRACE</p> <p>Amazing grace how sweet the sound, That saved a wretch like me, I once was lost, but now am found, Was blind, but now I see.</p> <p>Thru many dangers, toils and snares, I have already come, 'Tis grace that brought me safe thus far, And grace will lead me home.</p>	<p>THOSE WHO WAIT ON THE LORD</p> <p>Those who symbolize their lives Shall renew their strength. They shall mount up on wings as eagles, They shall run and not be weary, They shall walk and not faint, Help us, Lord, Help us, Lord, in thy way.</p>
The Psalms	<p>My fortunes are in thy hand; rescue me from my enemies and those who persecute me. Make thy face shine upon thy servant; save me in thy unfailing love. O LORD, do not put me to shame when I call upon thee; let the wicked be ashamed, let them sink into Sheol.</p> <p>Strike dumb the lying lips which speak with contempt against the righteous in pride and arrogance. How great is thy goodness, stored up for those who fear thee, made manifest before the eyes of men for all who turn to thee for shelter. Thou wilt hide them under the cover of thy presence from men in league together; thou keepest them beneath thy roof, safe from contentious men.</p> <p>Blessed be the LORD, who worked a miracle of unfailing love for me when I was in sore straits.^a In sudden alarm I said, 'I am shut out from thy sight.' But thou didst hear my cry for mercy when I called to thee for help. Love the LORD, all you his loyal servants. The LORD protects the faithful but pays the arrogant in full. Be strong and take courage, all you whose hope is in the LORD.</p>	<p>32</p> <p>Happy the man whose disobedience is forgiven, whose sin is put away! Happy is a man when the LORD lays no guilt to his account, and in his spirit there is no deceit.</p> <p>While I refused to speak, my body wasted away with moaning all day long. For day and night thy hand was heavy upon me, the sap in me dried up as in summer drought. Then I declared my sin, I did not conceal my guilt. I said, 'With sorrow I will confess my disobedience to the LORD'; then thou didst remit the penalty of my sin.</p>	<p>So every faithful heart shall pray to thee in the hour of anxiety,^b when great floods threaten. Thou art a refuge for me from distress so that it cannot touch me;^c thou dost guard me^d and enfold me in salvation beyond all reach of harm.^b</p> <p>I will teach you, and guide you in the way you should go. I will keep you under my eye. Do not behave like horse or mule, unreasoning creatures, whose course must be checked with bit and bridle. Many are the torments of the ungodly; but unfailing love enfolds him who trusts in the LORD. Rejoice in the LORD and be glad, you righteous men, and sing aloud, all men of upright heart.</p>
The Lessons	<p>But the spirit of God himself is in man, and the breath of the Almighty gives him understanding. Job 32.8</p>	<p>Yet the time is coming, yes, and has already come, when true worshippers will worship the Father in spirit and in reality. John 4.23</p>	<p>For the grace of God, which can save every man, has now become known, and it teaches us to have no more to do with godlessness or the desires of this world but to live, here and now, responsible, honorable and God-fearing lives. Titus 2.11-12</p>
The Prayers	<p>Yea Lord, Lord who didst give us the power to tread on serpents and scorpions and all power of the enemy, crush thou his head under our feet quickly; dispel from us all his wicked fantasies opposing us. For thou art the king of us all, O Christ our Lord. AMEN.</p>	<p>O dear God and Father, keep us awake and active, eager and diligent in your Word and service. May we not be overconfident, idle, and indifferent, as though we owned all things. May the enraged devil not capture us by his treachery, nor rob us of your precious Word, nor cause discord and factions among us, nor somehow lead us into spiritual and bodily sin and shame. Give us wisdom and power through your Spirit, that we may bravely withstand him and triumph over him. AMEN.</p>	<p>Almighty God, whose mysterious power was present in the lives of the saints, we pray that the flames of thy Spirit may empower us anew so that we, relying on the quiet strength that comes from serving thee, may glorify thy name forever; in the name of him who is holy fire. AMEN.</p>

Third Day	OFFICE OF SEXT		twelve to three on the light day	
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR	
The Hymns	<p>O SACRED HEAD, NOW WOUNDED</p> <p>O sacred head, now wounded, With grief and shame weighed down, Now scornfully surrounded With thorns, thy holy crown, O sacred head, what glory, What bliss, till now, was thine! Yet, though despised and gory, I joy to call thee mine.</p>	<p>THE WAY OF THE CROSS LEADS HOME</p> <p><i>Chorus:</i> The way of the cross leads home The way of the cross leads home It is sweet to know, as I onward go, The way of the cross leads home.</p> <p>I must needs go on in the blood-sprinkled way, The path that the Savior trod, If I ever climb to the heights sublime, Where the soul is at home with God.</p>	<p>THE CRYIN'</p> <p>It's then I feel the pangs of love For earth and men and heaven. "I'll save these for you, Lord," I cry, "And this can be your leaven." The Cry responds, "It's not for me; You save what you inherit. For I must crush your world to bones, And grind it into Spirit."</p>	
The Psalms	<p>33</p> <p>Shout for joy before the LORD, you who are righteous; praise comes well from the upright. Give thanks to the LORD on the harp; sing him psalms to the ten-stringed lute. Sing to him a new song; strike up with all your art and shout in triumph. The word of the LORD holds true, and all his work endures. The LORD loves righteousness and justice, his love unfailing fills the earth. The LORD's word made the heavens, all the host of heaven was made at his command. He gathered the sea like water in a goatskin; he laid up the deep in his store-chambers. Let the whole world fear the LORD and all men on earth stand in awe of him. For he spoke, and it was; he commanded, and it stood firm. The LORD brings the plans of nations to nothing; he frustrates the counsel of the peoples. But the LORD's own plans shall stand for ever, and his counsel endure for all generations. Happy is the nation whose God is the LORD, the people he has chosen for his own possession.</p>	<p>The LORD looks out from heaven, he sees the whole race of men; he surveys from his dwelling-place all the inhabitants of earth. It is he who fashions the hearts of all men alike, who discerns all that they do. A king is not saved by a great army, nor a warrior delivered by great strength. A man cannot trust his horse to save him, nor can it deliver him for all its strength. The LORD's eyes are turned towards those who fear him, towards those who hope for his unfailing love to deliver them from death, to keep them alive in famine. We have waited eagerly for the LORD; he is our help and our shield. For in him our hearts are glad, because we have trusted in his holy name. Let thy unfailing love, O LORD, rest upon us, as we have put our hope in thee.</p>	<p>34</p> <p>I will bless the LORD continually; his praise shall be always on my lips. In the LORD I will glory; the humble shall hear and be glad. O glorify the LORD with me, and let us exalt his name together. I sought the LORD's help and he answered me; he set me free from all my terrors. Look towards him and shine with joy; no longer hang your heads in shame. Here was a poor wretch who cried to the LORD; he heard him and saved him from all his troubles. The angel of the LORD is on guard round those who fear him, and rescues them. Taste, then, and see that the LORD is good. Happy the man who finds refuge in him! Fear the LORD, all you his holy people; for those who fear him lack nothing. Unbelievers suffer want and go hungry, but those who seek the LORD lack no good thing.</p>	
The Lessons	<p>Watch; I will restore the fortunes of Jacob's clans and show my love for all his dwellings. Every city shall be rebuilt on its mound of ruins, every mansion shall have its familiar household. Jeremiah 30.18</p>	<p>Later on, Jesus went out and looked straight at a tax-collector called Levi, as he sat at his office desk. "Follow me," he said to him. And he got to his feet at once, left everything behind and followed him. Luke 5.27-28</p>	<p>Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen. I Corinthians 13.7-8</p>	
The Prayers	<p>Almighty and everlasting God, in whom we live and move and have our being, who hast made us for thyself, so that our hearts are restless till they rest in thee, grant us purity of heart and strength of purpose, that no selfish passion may hinder us from knowing thy will, no weakness from doing it, that in thy light we may see light clearly, and in thy service find perfect freedom. AMEN.</p>	<p>Take thou the burden, Lord; I am exhausted with this heavy load. My tired hands tremble, and I stumble, stumble along the way. O lead with thine unfailing arm again today. Unless thou lead me, Lord, the road I journey on is all too hard, through trust in thee alone—can I go on. Yet not for self alone thus do I groan, my people's sorrows are the load I bear. Lord, hear my prayer—may thy strong hand strike off all chains that load my well-loved land. God draw her close to thee! AMEN.</p>	<p>Source of all time who has assigned us to this era, we stand responsible that the human spirit ascend rather than descend into the twenty-first century in a new style of life which honors the past, anticipates the future, and renews the social fabric; we take courage to stand accountable for this even as the one whose accountability led to the cross. AMEN.</p>	

Third Day		OFFICE OF NONE			three to six on the light day
		THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns		<p>NOW THANK WE ALL OUR GOD</p> <p>O may this bounteous God Through all our life be near us, With ever joyful hearts And blessed peace to cheer us; And keep us in his grace, And guide us when perplexed, And free us from all ills In this world and the next.</p>	<p>CALLED TO WALK IN THE WAY</p> <p>Heal the sick, chase the demons, say the Word that says "forgiveness"; Take away all excuses for a life to be lived as dead. Help each man you meet to make a new decision— To pick up his past, live the future with all its dread.</p>	<p>GOD</p> <p>It is God that drives man to search for love, And yet man is constantly pursued, By that force which finally casts each one out Into loneliness and solitude. It is God that drives man to knowledge and truth, But always denies him certitude. It is God who gives every man his life, And God who takes his life away.</p>	
		<p>Come, my children, listen to me: I will teach you the fear of the LORD. Which of you delights in life and desires a long life to enjoy all good things? Then keep your tongue from evil and your lips from uttering lies; turn from evil and do good, seek peace and pursue it.</p> <p>The eyes of the LORD are upon the righteous, and his ears are open to their cries. The LORD sets his face against evildoers to blot out their memory from the earth.</p> <p>When men cry for help, the LORD hears them and sets them free from all their troubles. The LORD is close to those whose courage is broken and he saves those whose spirit is crushed. The good man's misfortunes may be many, the LORD delivers him out of them all.</p> <p>He guards every bone of his body, and not one of them is broken. Their own misdeeds are death to the wicked, and those who hate the righteous are brought to ruin.</p> <p>The LORD ransoms the lives of his servants, and none who seek refuge in him are brought to ruin.</p>		<p>35</p> <p>Strive, O LORD, with those who strive against me; fight against those who fight me. Grasp shield and buckler, and rise up to help me. Uncover the spear and bar the way against my pursuers. Let me hear thee declare, 'I am your salvation.'</p> <p>Shame and disgrace be on those who seek my life; and may those who plan to hurt me retreat in dismay! May they be like chaff before the wind, driven by the angel of the LORD! Let their way be dark and slippery as the angel of the LORD pursues them! For unprovoked they have hidden a net^a for me, unprovoked they have dug a pit to trap me. May destruction unforeseen come on him; may the net which he hid catch him; may he crash headlong into it! Then I shall rejoice in the LORD and delight in his salvation. My very bones cry out, 'LORD, who is like thee?— thou saviour of the poor from those too strong for them, the poor and wretched from those who prey on them.'</p>	
The Psalms				<p>Malicious witnesses step forward; they question me on matters of which I know nothing. They return me evil for good, lying in wait^b to take my life. And yet when they were sick, I put on sackcloth, I mortified myself with fasting. When my prayer came back unanswered, I walked with head bowed in grief as if for a brother; as one in sorrow for his mother I lay prostrate in mourning. But when I stumbled, they crowded round rejoicing, they crowded about me; nameless ruffians^c jeered at me and nothing would stop them. When I slipped, brutes who would mock even a hunchback ground their teeth at me. O Lord, how long wilt thou look on at those who hate me for no reason^b? Rescue me out of their cruel grasp, save my precious life from the unbelievers. Then I will praise thee before a great assembly, I will extol thee where many people meet.</p>	
The Lessons		<p>As he came from the womb of mother earth, so must he return, naked as he came; all his toil produces nothing which he can take away with him.</p> <p>Ecclesiastes 5.15</p>	<p>But Jesus replied to this outburst, "Let her alone, let her keep this for the day of my burial. You have the poor with you always—you will not always have me!"</p> <p>John 12.7-8</p>	<p>The glorious fight that God gave me I have fought, the course that I was set I have finished, and I have kept the faith. The future for me holds the crown of righteousness which God, the true judge, will give to me in that day—and not, of course, only to me but to all those who have loved what they have seen of him.</p> <p>II Timothy 4.7-8</p>	
The Prayers		<p>O God, who hast prepared for those who love thee such good things as pass man's understanding, pour into our hearts such love toward thee that we, loving thee above all things, may obtain thy promises, which exceed all that we can desire, through Jesus Christ our Lord, to whom, with thee and the Holy Spirit, be all honor and glory, world without end. AMEN.</p>	<p>O God, my mercy, I pray thee by thy well-beloved Son, give me works of mercy, practice of piety; to sympathize with the afflicted, to help the needy, to succor the miserable, to counsel the erring, to comfort the sorrowful, to raise up the oppressed, to refresh the poor, for thy sake and his name. AMEN.</p>	<p>O thou who has made extinct every system of relationship, we confess that we would prefer to live out of past modes of authority and obedience rather than risk ourselves in the ambiguity and relativity of creating new forms of human relatedness. Require us to turn our face to the future, on behalf of all men as thy Son did. AMEN.</p>	

Fourth Day	OFFICE OF VESPERS			six to nine on the dark day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>ALL CREATURES OF OUR GOD AND KING</p> <p>Thou flowing water, pure and clear, Make music for thy Lord to hear, Alleluia, Alleluia! Thou fire so masterful and bright, Thou givest man both warmth and light! O praise him, O praise him! Alleluia! Alleluia! Alleluia!</p>	<p>GLORY, GLORY, HALLELUJAH</p> <p>Glory, Glory, Hallelujah, Since I laid my burdens down. Glory, Glory, Hallelujah Since I laid my burden down.</p> <p>(Special Chorus) Burdens down, Lord, Burdens down, Lord Since I laid my burdens down. Burdens down, Lord, Burdens down, Lord Since I laid my burdens down.</p>	<p>BEING</p> <p>Then the Lord through my Life prays a prayer And my being is Filled being there.</p> <p>I can invent anew What all the saints once knew By being who I am I create man.</p>	
The Psalms	<p>Let no treacherous enemy gloat over me nor leer at me in triumph. No friendly greeting do they give to peaceable folk. They invent lies upon lies, they open their mouths at me: 'Hurrah!' they shout in their joy, feasting their eyes on me. Thou hast seen all this, O LORD, do not keep silence; O Lord, be not far from me. Awake, bestir thyself, to do me justice, to plead my cause, my Lord and my God. Judge me, O LORD my God, as thou art true; do not let them gloat over me. Do not let them say to themselves, 'Hurrah! We have swallowed him up at one gulp.' Let them all be disgraced and dismayed who rejoice at my fall; let them be covered with shame and dishonour who glory over me. But let all who would see me righted shout for joy, let them cry continually, 'All glory to the LORD who would see his servant thrive!' So shall I talk of thy justice and of thy praise all the day long.</p>	<p>36</p> <p>Deep in his heart, sin whispers to the wicked man who cherishes no fear of God. For he flatters himself in his own opinion and, when he is found out, he does not mend his ways All that he says is mischievous and false; he has turned his back on wisdom; in his bed he plots how best to do mischief. So set is he on his wrong courses that he rejects nothing evil. But thy unfailing love, O LORD, reaches to heaven, thy faithfulness to the skies. Thy righteousness is like the lofty mountains, thy judgements are like the great abyss;</p>	<p>O LORD, who savest man and beast, how precious is thy unfailing love! Gods and men seek refuge in the shadow of thy wings. They are filled with the rich plenty of thy house, and thou givest them water from the flowing stream of thy delights; for with thee is the fountain of life, and in thy light we are bathed with light. Maintain thy love unfailing over those who know thee, and thy justice toward men of honest heart. Let not the foot of pride come near me, no wicked hand disturb me. There they lie, the evildoers, they are hurled down and cannot rise.</p>	
The Lessons	<p>"It is good to give thanks to the Lord, for his love towards Israel endures for ever." All the people raised a great shout of praise to the Lord because the foundation of the house of the Lord had been laid. Ezra 3.11</p>	<p>"Come to me, all of you who are weary and over-burdened, and I will give you rest! Put on my yoke and learn from me. Matthew 11.28-29</p>	<p>Thanks be to God who leads us, wherever we are, on Christ's own triumphant way and makes our knowledge of him spread throughout the world like a lovely perfume! II Corinthians 2.14</p>	
The Prayers	<p>O Lord, support us all the day long, until the shadows lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in thy mercy grant us a safe lodging, and a holy rest, and peace at last, through Jesus Christ, our Lord. AMEN.</p>	<p>O God my Father, how can I, a poor human, recount all thy goodness and blessings? In man's sight they are like an immeasurable and boundless sea. I cannot thank thee for what thou gavest me in the past, because thou dost daily overwhelm me anew, so that praise is always due thee. Yet there is no one, if he calls upon thee and turns his heart to offer praise and thanksgiving unto thee, who may not ask thee for the lowest blessing. AMEN.</p>	<p>O thou mysterious and unexpected One whose words and deeds continually confound and offend thy creatures, we give thanks for the uncertainty and surprise, for the struggle and demand of life itself which constantly calls us into full humanity, through Jesus Christ our Lord. AMEN.</p>	

Fourth Day	OFFICE OF COMPLINE		
	nine to twelve on the dark day		
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR
The Hymns	<p>THE WAY OF THE CROSS LEADS HOME</p> <p>I must needs go home by the way of the cross, There's no other way but this; I shall ne'er get sight of the Gates of Light, If the way of the cross I miss.</p> <p><i>Chorus:</i> The way of the cross leads home The way of the cross leads home It is sweet to know, as I onward go, The way of the cross leads home.</p>	<p>FREEDOM</p> <p><i>Refrain:</i> No recourse to the law, No justification or righteousness, No way to defend our deeds, But we offer them up to the Mystery.</p> <p>Now deed and self stand naked here We own whatever we've brought to be. No rules to rescue, no course to clear From dreadful responsibility.</p>	<p>ALL LIFE IS OPEN</p> <p>The real world bursts in upon us, Our cares are ruthlessly tromped on, Yet our desires are unceasing, The power pushes us further. Is there no end to this chaos? Must separation be final?</p>
The Psalms	<p>37</p> <p>Do not strive to outdo the evildoers or emulate those who do wrong. For like grass they soon wither, and fade like the green of spring. Trust in the LORD and do good; settle in the land and find safe pasture. Depend upon the LORD, and he will grant you your heart's desire. Commit your life to the LORD; trust in him and he will act. He will make your righteousness shine clear as the day and the justice of your cause like the sun at noon. Wait quietly for the LORD, be patient till he comes; do not strive to outdo the successful nor envy him who gains his ends. Be angry no more, have done with wrath; strive not to outdo in evildoing. For evildoers will be destroyed, but they who hope in the LORD shall possess the land.</p>	<p>A little while, and the wicked will be no more; look well, and you will find their place is empty. But the humble shall possess the land and enjoy untold prosperity. The wicked mutter against the righteous man and grind their teeth at the sight of him; the LORD shall laugh at them, for he sees that their time is coming. The wicked have drawn their swords and strung their bows to bring low the poor and needy and to slaughter honest men. Their swords shall pierce their own hearts and their bows be broken. Better is the little which the righteous has than the great wealth of the wicked. For the strong arm of the wicked shall be broken, but the LORD upholds the righteous. The LORD knows each day of the good man's life, and his inheritance shall last for ever. When times are bad, he shall not be distressed, and in days of famine he shall have enough. But the wicked shall perish, and their children shall beg their bread. The enemies of the LORD, like fuel in a furnace, are consumed in smoke. The wicked man borrows and does not pay back, but the righteous is a generous giver. All whom the LORD has blessed shall possess the land, and all who are cursed by him shall be destroyed.</p>	<p>It is the LORD who directs a man's steps, he holds him firm and watches over his path. Though he may fall, he will not go headlong, for the LORD grasps him by the hand. I have been young and am now grown old, and never have I seen a righteous man forsaken. Day in, day out, he lends generously, and his children become a blessing. Turn from evil and do good, and live at peace for ever; for the LORD is a lover of justice and will not forsake his loyal servants. The lawless are banished for ever and the children of the wicked destroyed. The righteous shall possess the land and shall live there at peace for ever. The righteous man utters words of wisdom and justice is always on his lips. The law of his God is in his heart, his steps do not falter. The wicked watch for the righteous man and seek to take his life; but the LORD will not leave him in their power nor let him be condemned before his judges.</p>
The Lessons	<p>The Lord's arm is not so short that he cannot save nor his ear too dull to hear; it is your iniquities that raise a barrier between you and your God, because of your sins he has hidden his face so that he does not hear you.</p> <p>Isaiah 59.1-2</p>	<p>The man who is not on my side is against me, and the man who does not gather with me is really scattering.</p> <p>Matthew 12.30</p>	<p>You are like unfaithful wives, flirting with the glamour of this world, and never realizing that to be the world's lover means becoming the enemy of God!</p> <p>James 4.4</p>
The Prayers	<p>Remember, O Lord, my lowliness, and forgive me my many sins, and where transgression hath abounded, let thy grace be more abundant. And let not my sins and the abominations of my heart deprive thy people of the grace of thy Holy Spirit. AMEN.</p>	<p>Preserve us, O God, from covetousness and despair, from false hypocrisy, treason, and blood-shedding. O lead us not into temptation. And whereas we have sinned, grant us true and faithful repentance, that we never forget thy goodness and mercy, but immediately cease from sin and serve thee continually until our end. AMEN.</p>	<p>O thou Holy One, whose Son sought but one thing even to his death, we have busied ourselves with many things—the novel, the immediate and the interesting—and have refused the task of renewing thy church. Subdue our anxieties and impulses and grant us courage to discern what is required to free every man to live his life. Through the one who lived in perfect obedience, Jesus Christ our Lord. AMEN.</p>

THE OFFICES

THE HOURS OF THE NIGHT	DAY ONE				THE DARK DAY				
	THE RESURRECTIONAL PRESENCE								
	6:00 P.M.				MIDNIGHT				6:00 A.
	THE PRESENCE THE HOURS OF THE CHURCH				THE RESURRECTION THE HOURS OF THE CHRIST				
	1 VESPERS SALVATION STORY 6 9		2 COMPLINE SPIRITUAL REFLECTION 9 12		3 MATINS SPIRITUAL REFLECTION 12 3		4 LAUDS SALVATION STORY 3 3		
HOLY MYSTERY	EUCCHARIST THE PRESENCE IN THE CHURCH		REFLECTION ON CHRIST'S GETHSEMANE		REFLECTION ON SECOND COMING		RESURRECTION THE RAISING OF CHRIST		
IMAGE	THE SUPPER		THE GARDEN		THE VIRGINS		THE TOMB		
SPIRITUAL THEME	FERVENT THANKSGIVING APPROPRIATION OF THE GIVEN DAY		ABJECT CONTRITION EXAMINATION OF THE CONSCIENCE		WATCHFUL WAITING PREPARATION FOR THE RISING DAY		ECSTATIC PRAISE APPRECIATION OF DIVINE CREATION		
MOOD	GRATITUDE		PENITENCE		ANTICIPATION		JUBILANCE		
DIVINE IMPERATIVE	TO ACKNOWLEDGE THE DAY'S GIFTS EXPRESSING OUR THANKS FOR ALL THE DAY'S SAVING GRACES		TO EXAMINE THE DAY'S EVENTS FACING OUR DAY AS PREPARATION FOR THE NIGHT		TO AFFIRM THE DAY'S MEANING ARRANGING OUR DAY ACCORDING TO GOD'S ECONOMY		TO EMBRACE THE NEW CREATION AWAKENING OURSELVES TO THE WONDER OF A NEW DAY		
THE NIGHT	BEGINNING OF THE NIGHT		THE NIGHT'S REST		END OF THE NIGHT				

OF THE HOURS

DAY TWO		THE LIGHT DAY		THE HOURS OF THE DAY
THE CRUCIFORM SPIRIT				
6:00A.M.	MID-DAY	6:00P.M.		
THE HOLY SPIRIT THE HOURS OF THE SPARIT		THE CRUCIFIXION THE HOURS OF THE CROSS		
5 PRIME SPIRITUAL REFLECTION 6 9	6 TERCE SALVATION STORY 9 12	7 SEXT SALVATION STORY 12 3	8 NONE SPIRITUAL REFLECTION 3 6	
REFLECTION ON GREAT COMMISSION	PENTECOST THE DESCENT OF THE SPIRIT	CRUCIFIXION THE CROSS OF CHRIST	REFLECTION ON LAST JUDGEMENT	HOLY MYSTERY
THE MARTYRS	THE FIRE	THE CROSS	THE THRONE	IMAGE
CONSECRATED SERVICE DEDICATION OF LIFE/S LABORS	UNCEASING DEPENDENCE INVOCATION OF THE HOLY SPIRIT	HUMBLE SUPPLICATION SUBMISSION TO DIVINE GRACE	STEADFAST PERSEVERENCE CONSIDERATION OF THE ESCHATON	SPIRITUAL THEME
OBEDIENCE	DEPENDENCE	PASSION	SOMBERNESS	MOOD
TO ACCEPT THE HOLY CALLING PREPARING OURSELVES FOR THE LABOR OF THE DAY	TO PERCEIVE THE HOLY SPIRIT STRENGTHENING OURSELVES FOR THE DAYS CONFLICT	TO EMBODY THE SACRIFICIAL LIFE OPENING OURSELVES TO GRACE FOR VICTORY OVER EVIL	TO APPROPRIATE THE LAST THINGS UNDERGIRDING OURSELVES FOR THE END OF LIFE	DIVINE IMPERATIVE
BEGINNING OF THE DAY	THE DAY'S WORK		END OF THE DAY	THE DAY

Fourth Day		OFFICE OF MATINS			twelve to three on the dark day
		THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR	
The Hymns		<p>O GOD, OUR HELP IN AGES PAST</p> <p>O God, our help in ages past, Our hope for years to come, Our shelter from the stormy blast, And our eternal home!</p> <p>A thousand ages, in thy sight, Are like an evening gone; Short as the watch that ends the night, Before the rising sun.</p>	<p>I KNOW WHOM I HAVE BELIEVED</p> <p>I know not how the Spirit moves, Convincing men of sin, Revealing Jesus through the Word, Creating faith in him.</p> <p>I know not what of good or ill May be reserved for me, Or weary ways or golden days, Before his face I see.</p>	<p>THE PREPARATION AND THE CRY</p> <p>If you do not hear this voice, Do not set out on the March; You must continue to prepare, Till within you hear this Cry.</p> <p>"I, the Cry, am the Lord your God! Not a hope or a home, I am your general, we are not friends; You are my comrade in arms."</p>	
	The Psalms	<p>Wait for the LORD and hold to his way, he will keep you safe from wicked men and will raise you to be master of the land When the wicked are destroyed, you shall be there to see I have watched a wicked man at his work, rank as a spreading tree in its native soil. I passed by one day, and he was gone; I searched for him, but he could not be found. Now look at the good man, watch him who is honest, for the man of peace leaves descendants; but transgressors are wiped out one and all, and the descendants of the wicked are destroyed. Deliverance for the righteous comes from the LORD, their refuge in time of trouble. The LORD will help them and deliver them; he will save them because they seek shelter with him.</p>	<p>38</p> <p>O LORD, do not rebuke me in thy anger, nor punish me in thy wrath. For thou hast aimed thy arrows at me, and thy hand weighs heavy upon me. Thy indignation has left no part of my body unscarred; there is no health in my whole frame because of my sin. For my iniquities have poured over my head; they are a load heavier than I can bear. My wounds fester and stink because of my folly. I am bowed down and utterly prostrate. All day long I go about as if in mourning, for my loins burn with fever, and there is no wholesome flesh in me. All battered and benumbed, I groan aloud in my heart's longing. O Lord, all my lament lies open before thee and my sighing is no secret to thee. My heart beats fast, my strength has ebbed away, and the light has gone out of my eyes. My friends and my companions shun me in my sickness, and my kinsfolk keep far away. Those who wish me dead defame me, those who mean to injure me spread cruel gossip and mutter slanders all day long. But I am deaf, I do not listen; I am like a dumb man who cannot open his mouth I behave like a man who cannot hear and whose tongue offers no defence.</p>	<p>On thee, O LORD, I fix my hope; thou wilt answer, O Lord my God. I said, 'Let them never rejoice over me who exult when my foot slips.' I am indeed prone to stumble, and suffering is never far away. I make no secret of my iniquity and am anxious at the thought of my sin. But many are my enemies, all without cause, and many those who hate me wrongfully. Those who repay good with evil oppose me because my purpose is good. But, LORD, do not thou forsake me; keep not far from me, my God. Hasten to my help, O Lord my salvation.</p>	
The Lessons		<p>Once more I will plant them on their own soil, and they shall never again be uprooted from the soil I have given them. It is the word of the Lord your God.</p> <p style="text-align: right;">Amos 9.15</p>	<p>"The kingdom of God never comes by watching for it. Men cannot say, 'Look, here it is', or 'there it is', for the kingdom of God is inside you."</p> <p style="text-align: right;">Luke 17.21</p>	<p>So let the man who feels sure of his standing today be careful that he does not fall tomorrow.</p> <p style="text-align: right;">1 Corinthians 10.12</p>	
	The Prayers	<p>O Lord, we beseech thee mercifully to receive the prayers of thy people who call upon thee, and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfill the same, through thy Son, Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Ghost, one God, world without end. AMEN.</p>	<p>O my God, when you are far from me I feel as though I am dying and am without strength. Hasten to return and make your presence felt. Make my heart expand for the joy of your return. May I thus happily walk again on the road of perfection. AMEN.</p>	<p>O Thou inescapable one who forges the destiny of all men, we shout, we cry at the terror of serving two masters—the past and the future—and claim the promise that this tension may be embraced by showing all mankind one step deeper into the now, in the name of the resurrected one. AMEN.</p>	

Fourth Day		OFFICE OF LAUDS			three to six on the dark day
		THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns		<p>WHEN I SURVEY THE WONDROUS CROSS</p> <p>When I survey the wondrous cross, On which the Prince of Glory died, My richest gain I count but loss, And pour contempt on all my pride.</p> <p>Were the whole realm of nature mine, That were an offering far too small; Love so amazing, so divine, Demands my soul, my life, my all.</p>	<p>MY HOPE IS BUILT ON NOTHING LESS</p> <p>My hope is built on nothing less Than Jesus' blood and righteousness; I dare not trust the sweetest frame, But wholly lean on Jesus' name.</p> <p>His oath, his covenant, his blood, Support me in the whelming flood; When all around my soul gives way, He then is all my hope and stay,</p>	<p>I'M SO GLAD</p> <p>I'm so glad the Word's in history. I'm so glad the Word's in history. I'm so glad the Word's in history. Singing Glory Hallelujah! The Word's in history.</p>	
		<p>39</p> <p>I said: I will keep close watch over myself that all I say may be free from sin. I will keep a muzzle on my mouth, so long as wicked men confront me. In dumb silence I held my peace. So my agony was quickened, and my heart burned within me. My mind wandered as the fever grew, and I began to speak: LORD, let me know my end and the number of my days; tell me how short my life must be. I know thou hast made my days a mere span long, and my whole life is nothing in thy sight. Man, though he stands upright, is but a puff of wind, he moves like a phantom; the riches^b he piles up are no more than vapour, he does not know who will enjoy them. And now, Lord, what do I wait for? My hope is in thee.</p>	<p>Deliver me from all who do me wrong, make me no longer the butt of fools. I am dumb, I will not open my mouth, because it is thy doing. Plague me no more; I am exhausted by thy blows. When thou dost rebuke a man to punish his sin, all his charm festers and drains away: indeed man is only a puff of wind Hear my prayer, O LORD: listen to my cry, hold not thy peace at my tears; for I find shelter with thee, I am thy guest, as all my fathers were Frown on me no more and let me smile again, before I go away and cease to be.</p>	<p>40</p> <p>I waited, waited for the LORD, he bent down to me and heard my cry. He brought me up out of the muddy pit, out of the mire and the clay; he set my feet on a rock and gave me a firm footing; and on my lips he put a new song, a song of praise to our God. Many when they see will be filled with awe and will learn to trust in the LORD: happy is the man who makes the LORD his trust, and does not look to brutal and treacherous men.</p>	
The Psalms					
The Lessons		<p>The people who walked in darkness have seen a great light: light has dawned upon them, dwellers in a land as dark as death.</p> <p>Isaiah 9.2</p>	<p>"Why do you look for the living among the dead? He is not here: he has risen!"</p> <p>Luke 24.5-6</p>	<p>Who is in a position to condemn? Only Christ, and Christ died for us, Christ rose for us, Christ reigns in power for us, Christ prays for us!</p> <p>Romans 8.34</p>	
The Prayers		<p>Everlasting Father, the radiance of faithful souls, who didst bring the nations to thy light and kings to the brightness of thy rising, fill, we beseech thee, the world with thy glory, and show thyself unto all the nations, through him who is the true light and the bright morning star, Jesus Christ thy Son our Lord. AMEN.</p>	<p>We worship and adore the framer and former of the universe, governor, disposer, keeper, him on whom all things depend, mind and spirit of the world, from whom all things spring, by whose spirit we live, the divine spirit diffused through all, God all-powerful, God always present, God above all other gods, thee we worship and adore! AMEN.</p>	<p>O thou enigmatic source of fullness and emptiness, who hast placed man in his every situation, we who have been consumed in the limited vocation of striving after abundance for ourselves declare our intention before thee to build the comprehensive and futuric models of the new social order, that in choosing the cruciform life western man shall give birth to world civilization, in the name of the one who was himself the cruciform deed, even our Lord Jesus Christ. AMEN.</p>	

Fourth Day	OFFICE OF PRIME			six to nine on the light day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>THE CHURCH'S ONE FOUNDATION</p> <p>The Church's one foundation Is Jesus Christ her Lord, She is his new creation By water and the Word, From heaven he came and sought her To be his holy bride, With his own blood he bought her, And for her life he died.</p>	<p>OBEDIENCE</p> <p>Take within yourself The burden Peace on earth, Good will to men</p> <p>All the world is Now your parish Every spirit Yours to win.</p>	<p>THE SPIRIT</p> <p>Within the painful fire of change the spirit era sign, The style through which the depths of life Are lived for all mankind.</p> <p><i>Chorus:</i> Our eyes have seen a thousand years; We must unceasing stand And prophesy that all the earth Belongs to every man.</p>	
The Psalms	<p>Great things thou hast done, O LORD my God; thy wonderful purposes are all for our good; none can compare with thee; I would proclaim them and speak of them, but they are more than I can tell. If thou hadst desired sacrifice and offering thou wouldst have given me ears to hear. If thou hadst asked for whole-offering and sin-offering I would have said, 'Here I am.'^d My desire is to do thy will, O God, and thy law is in my heart. In the great assembly I have proclaimed what is right, I do not hold back my words, as thou knowest, O LORD. I have not kept thy goodness hidden in my heart; I have proclaimed thy faithfulness and saving power, and not concealed thy unfailing love and truth from the great assembly. Thou, O LORD, dost not withhold thy tender care from me; thy unfailing love and truth for ever guard me. For misfortunes beyond counting press on me from all sides; my iniquities have overtaken me, and my sight fails; they are more than the hairs of my head, and my courage forsakes me.</p>	<p>Show me favour, O LORD, and save me; hasten to help me, O LORD. Let those who seek to take my life be put to shame and dismayed one and all; let all who love to hurt me shrink back disgraced; let those who cry 'Hurrah!' at my downfall be horrified at their reward of shame. But let all those who seek thee be jubilant and rejoice in thee; and let those who long for thy saving help ever cry, 'All glory to the LORD!' But I am poor and needy; O Lord, think of me.^e Thou art my help and my salvation; O my God, make no delay.</p>	<p>41</p> <p>Happy the man who has a concern for the helpless! The LORD will save him in time of trouble. The LORD protects him and gives him life, making him secure in the land; the LORD never leaves him^f to the greed of his enemies. He nurses him on his sick-bed; he turns his bed when he is ill. But I said, 'LORD, be gracious to me; heal me, for I have sinned against thee.'</p>	
The Lessons	<p>"If only you will now listen to me and keep my covenant, then out of all peoples you shall become my special possession; for the whole earth is mine. You shall be my kingdom of priests, my holy nation." Exodus 19.5</p>	<p>"Everyone who makes himself important will become insignificant while the man who makes himself insignificant will find himself important." Luke 14.11</p>	<p>But you are God's "chosen generation," his "royal priesthood," his "holy nation," his "peculiar people"—all the old titles of God's people now belong to you. I Peter 2.9</p>	
The Prayers	<p>Grant us, O Lord, to pass this day in gladness and peace without stumbling and without stain, that, reaching the eventide victorious over all temptation, we may praise thee, the eternal God, who dost govern all things and art blessed for evermore, through Jesus Christ, thy Son, our Lord. AMEN.</p>	<p>God give me strength to think only of what I have to do, show me thy will, and command me to act as thou didst once upon a time command the prophet Elijah: if you meet a man upon the road do not greet him, and if he greets you, do not greet him in return. AMEN.</p>	<p>O Lord of all history, before whom the peoples rise and fall, prosper the course of religious tradition through history as it is illuminated by the fathers of every faith, that it may not be slighted, ignored or lost but preserved and transmitted as the heritage of the future, in the name of the religious of the religious ones, Jesus Christ. AMEN.</p>	

Fourth Day	OFFICE OF TERCE		
	THE NINTH HOUR	THE TENTH HOUR	nine to twelve on the light day THE ELEVENTH HOUR
The Hymns	<p>GOD MOVES IN A MYSTERIOUS WAY</p> <p>Judge not the Lord by feeble sense, But trust him for his grace; Behind a frowning providence He hides a smiling face.</p> <p>His purposes will ripen fast, Unfolding every hour; The bud may have a bitter taste, But sweet will be the flower.</p>	<p>CREATION</p> <p><i>Refrain:</i> We stand beyond our life and see, We stand beyond our death and really see, What's required of men Who give their death To history. And it is now that we must do What other ones must always seek to be, To discover what's required of us To set men free.</p>	<p>PENTECOST HYMN</p> <p>To the light from darkness And to freedom from fear Building from the ashes Into one community Peter, Paul, and Luther Augustine and Benedict Born of fire Filled with power For all men.</p>
The Psalms	<p>'His case is desperate,' my enemies say; 'when will he die, and his line become extinct?' All who visit me speak from an empty heart, alert to gather bad news; then they go out to spread it abroad. All who hate me whisper together about me and love to make the worst of everything: 'An evil spell is cast upon him; he is laid on his bed, and will rise no more.' Even the friend whom I trusted, who ate at my table, exults over my misfortune. O LORD, be gracious and restore me, that I may pay them out to the full. Then I shall know that thou delightest in me and that my enemy will not triumph over me. But I am upheld by thee because of my innocence; thou keepest me for ever in thy sight.</p> <p>Blessed be the LORD, the God of Israel, from everlasting to everlasting. Amen, Amen.</p>	<p>42</p> <p>As a hind longs for the running streams, so do I long for thee, O God. With my whole being I thirst for God, the living God. When shall I come to God and appear in his presence? Day and night, tears are my food; 'Where is your God?' they ask me all day long. As I pour out my soul in distress, I call to mind how I marched in the ranks of the great to the house of God, among exultant shouts of praise, the clamour of the pilgrim: How deep I am sunk in misery, groaning in my distress: yet I will wait for God; I will praise him continually, my deliverer, my God. I am sunk in misery, therefore will I remember thee, though from the Hermons and the springs of Jordan, and from the hill of Mizar, deep calls to deep in the roar of thy cataracts, and all thy waves, all thy breakers, pass over me.</p>	<p>The LORD makes his unfailing love shine forth alike by day and night; his praise on my lips is a prayer to the God of my life. I will say to God my rock, 'Why hast thou forgotten me?' Why must I go like a mourner because my foes oppress me? My enemies taunt me, jeering "at my misfortunes; 'Where is your God?' they ask me all day long. How deep I am sunk in misery, groaning in my distress: yet I will wait for God; I will praise him continually, my deliverer, my God.</p>
The Lessons	<p>In the beginning of creation, when God made heaven and earth, the earth was without form and void, with darkness over the face of the abyss, and a mighty wind that swept over the surface of the waters.</p> <p>Genesis 1.1-2</p>	<p>"When a man hears the message of the kingdom and does not grasp it, the evil one comes and snatches away what was sown in his heart."</p> <p>Matthew 13.19</p>	<p>If to administer a system which is to end in condemning men was a splendid task, how infinitely more splendid is it to administer a system which ends in making men good!</p> <p>II Corinthians 3.9</p>
The Prayers	<p>O almighty benevolent God, send us thy Holy Spirit, him whom thou hast promised to pour out over all flesh for his sake. Graciously bestow him upon us, the consoler of the dejected, the purifier of all unclean hearts, the restorer of all corrupted flesh, the director and leader to all good and virtuous deeds, yea, the supporter and helper in all anxieties and troubles. AMEN.</p>	<p>O God almighty, who didst cleanse the lips of the prophet Isaiah with a burning coal, cleanse my heart and my lips: so vouchsafe to cleanse me, of thy mercy, that I may be able to proclaim worthily thy holy gospel, through Jesus Christ our Lord. AMEN</p>	<p>O thou enigmatic Mystery of life, who uses all men to manifest thy glory, grant to those pioneers of our age who brave the future unconscious of thy Word, the courage to embrace the mystery which constantly threatens, that they steadfastly seeing what they see may continue to illuminate thy activity on behalf of the church, in the name of the one who was the courage to embrace the mystery, even Jesus Christ our Lord. AMEN.</p>

OFFICE OF SEXT			
twelve to three on the light day			
Fourth Day	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>ONCE TO EVERY MAN AND NATION</p> <p>Once to every man and nation Comes the moment to decide, In the strife of truth with falsehood, For the good or evil side; Some great cause, God's new Messiah, Offering each the bloom or blight, And the choice goes by forever Twixt that darkness and that light.</p>	<p>THE KING'S BUSINESS</p> <p>There is a burning there that's like the flame of hell. It's an apostasy beyond man's power to quell. Yet in that awful fire there sings a holy choir. And that's the pause in my return.</p>	<p>HARVEST TIME</p> <p>Another may reap what In springtime I've planted. Another rejoice In the fruit of my pain, Not knowing my tears When in summer I fainted While toiling sad hearted In sunshine and rain.</p>
The Psalms	<p>Plead my cause and give me judgement against an impious race; save me from malignant men and liars, O God. Thou, O God, art my refuge; why hast thou rejected me? Why must I go like a mourner because my foes oppress me? Send forth thy light and thy truth to be my guide and lead me to thy holy hill, to thy tabernacle, then shall I come to the altar of God, the God of my joy, and praise thee on the harp, O God, thou God of my delight. How deep I am sunk in misery, groaning in my distress: yet I will wait for God; I will praise him continually, my deliverer, my God.</p>	<p>44</p> <p>O God, we have heard for ourselves, our fathers have told us all the deeds which thou didst in their days, all the work of thy hand in days of old. Thou didst plant them in the land and drive the nations out; thou didst make them strike root, breaking up the peoples; it was not our fathers' swords won them the land, nor their arm that gave them the victory, but thy right hand and thy arm and the light of thy presence; such was thy favour to them. Thou art my king and my God; at thy bidding Jacob is victorious. By thy help we will throw back our enemies, in thy name we will trample down our adversaries. I will not trust in my bow, nor will my sword win me the victory; for thou dost deliver us from our foes and put all our enemies to shame.</p>	<p>In God have we gloried all day long, and we will praise thy name for ever. But now thou hast rejected and humbled us and dost no longer lead our armies into battle. Thou hast hurled us back before the enemy, and our foes plunder us as they will. Thou hast given us up to be butchered like sheep and hast scattered us among the nations. Thou hast sold thy people for next to nothing and had no profit from the sale. Thou hast exposed us to the taunts of our neighbours, to the mockery and contempt of all around. Thou hast made us a byword among the nations, and the peoples shake their heads at us; so my disgrace confronts me all day long, and I am covered with shame at the shouts of those who taunt and abuse me as the enemy takes his revenge. All this has befallen us, but we do not forget thee and have not betrayed thy covenant;</p>
The Lessons	<p>O Lord, my strength and my stronghold, my refuge in time of trouble, to thee shall the nations come from the ends of the earth.</p> <p>Jeremiah 16.19</p>	<p>But when he saw the fury of the wind he panicked and began to sink, calling out, "Lord save me!" At once Jesus reached out his hand and caught him, saying, "You little-faith! What made you lose your nerve like that?"</p> <p>Matthew 14.31-32</p>	<p>Indeed, experience shows that the more we share Christ's suffering the more we are able to give of his encouragement.</p> <p>II Corinthians 1.5</p>
The Prayers	<p>We thank thee, our God and Father, that thou hast drawn us to thy son, Jesus Christ. By the memory of his cross sustain us in our trials, comfort us in our sorrows, and strengthen us against temptation. Grant that it may be to us a continuing promise of the forgiveness of our sins and an eternal life of righteousness with thee through the same Jesus Christ thy Son. AMEN.</p>	<p>And if thou dost permit us to know the many magnificent secrets of science, do not let us forget the one thing necessary, and if thou dost desire to extinguish our vigor of mind or if thou dost let us grow old on earth so that our soul gets weary, one thing there is that can never be forgotten even if we forget all else: that we are saved by thy Son. AMEN.</p>	<p>O mysterious One whom Jesus trusted in the midst of his deepest anguish, we have looked on our pain as injustice and refused to identify with the suffering of the world. Grant that we may freely embrace our suffering as a gift on behalf of all men, through him whose suffering gave men true freedom. AMEN.</p>

Fourth Day	OFFICE OF NONE		
	THE THIRD HOUR	THE FOURTH HOUR	three to six on the light day THE FIFTH HOUR
The Hymns	<p>BEFORE JEHOVAH'S AWE-FULL THRONE</p> <p>Before Jehovah's awe-full throne, Ye nations, bow with sacred joy; Know that the Lord is God alone, He can create, and he destroy.</p> <p>His sovereign power, without our aid, Made us of clay and formed us men, And, when like wandering sheep we strayed, He brought us to his fold again.</p>	<p>AM I A SOLDIER OF THE CROSS</p> <p>Am I a soldier of the cross, A follower of the Lamb, And shall I fear to own his cause, Or blush to speak his name?</p> <p>Must I be carried to the skies On flowery beds of ease, While others fought to win the prize And sailed through bloody seas?</p>	<p>PRAYER</p> <p>The weight of the world on my shoulders I bear</p> <p>I echo the voices that cry</p> <p>The path of mankind with my agony bent</p> <p>And my God I'll fight on 'til I die.</p>
The Psalms	<p>we have not gone back on our purpose, nor have our feet strayed from thy path. Yet thou hast crushed us as the sea-serpent was crushed and covered us with the darkness of death. If we had forgotten the name of our God and spread our hands in prayer to any other, would not God find this out, for he knows the secrets of the heart? Because of thee we are done to death all day long, and are treated as sheep for slaughter. Bestir thyself, Lord; why dost thou sleep? Awake, do not reject us for ever. Why dost thou hide thy face, heedless of our misery and our sufferings? For we sink down to the dust and lie prone on the earth. Arise and come to our help; for thy love's sake set us free.</p>	<p>45</p> <p>My heart is stirred by a noble theme, in a king's honour I utter the song I have made, and my tongue runs like the pen of an expert scribe.</p> <p>You surpass all mankind in beauty, your lips are moulded in grace, so you are blessed by God for ever. With your sword ready at your side, warrior king, your limbs resplendent ^a in their royal armour, ride on to execute true sentence and just judgement. Your right hand shall show you a scene of terror: your sharp arrows flying, nations beneath your feet, the courage of the king's foes melting away! ^a</p> <p>Your throne is like God's throne, eternal, your royal sceptre a sceptre of righteousness. You have loved right and hated wrong; so God, your God, has anointed you above your fellows with oil, the token of joy. Your robes are all fragrant with myrrh and powder of aloes, and the music of strings greets you from a palace panelled with ivory. A princess takes her place among the noblest of your women, a royal lady at your side in gold of Ophir.</p>	<p>Listen, my daughter, hear my words and consider them: forget your own people and your father's house; and, when the king desires your beauty, remember that he is your lord. Do him obeisance, daughter of Tyre, and the richest in the land will court you with gifts.</p> <p>In the palace honour awaits her; ^b she is a king's daughter, arrayed in cloth-of-gold richly embroidered. Virgins shall follow her into the presence of the king; her companions shall be brought to her, escorted with the noise of revels and rejoicing as they enter the king's palace.</p> <p>You shall have sons, O king, in place of your forefathers and will make them rulers over all the land. ^c I will declare your fame to all generations; therefore the nations will praise you for ever and ever.</p>
The Lessons	<p>What hope has a godless man when he is cut off, when God takes away his life?</p> <p>Job 27.8</p>	<p>Then Jesus told them, "You will indeed drink the cup I am drinking, and you will undergo the baptism which I have to bear!"</p> <p>Mark 10.39</p>	<p>But we are citizens of Heaven; our outlook goes beyond this world to the hopeful expectation of the saviour who will come from Heaven, the Lord Jesus Christ.</p> <p>Philippians 3.20</p>
The Prayers	<p>O God, the protector of all that trust in thee, without whom nothing is strong, nothing is holy, increase and multiply upon us thy mercy, that, through things temporal we finally lose not the things eternal. Grant this, O heavenly Father, for the sake of Jesus Christ, our Lord. AMEN.</p>	<p>Be thou present with me, O Lord, in every time and place. Let this be my consolation, to be cheerfully willing to do without all human comfort. And, if thy consolation be wanting, let thy will and just trial of me be unto me as the greatest comfort. AMEN.</p>	<p>O thou Creator, who hast brought into being the church and the church within the church, defend thy disciplined people from the unintentional life, binding them into cruciform groups of iron men, that they may enable the church to embrace the universal task of giving her life that all men might have life, in the name of the crucified one, Jesus the Christ. AMEN.</p>

OFFICE OF VESPERS

six to nine on the dark day

Fifth
Day

THE SIXTH HOUR

THE SEVENTH HOUR

THE EIGHTH HOUR

The
Hymns

O FOR A THOUSAND TONGUES

O for a thousand tongues to sing
My great Redeemer's praise,
The glories of my God and King,
The triumphs of his grace!

My gracious Master and my God,
Assist me to proclaim,
To spread through all the earth abroad
The honors of thy name.

I'M SO GLAD

I'm so glad the Word's in history.
I'm so glad the Word's in history.
I'm so glad the Word's in history.
Singing Glory Hallelujah!
The Word's in history!

MEN OF THE SPIRIT

Men of the Spirit
March on to build a new tomorrow,
Theirs is the will to will one thing and only,
Theirs is the joy, the godly sorrow.

Men of the Spirit
Are men of flesh and blood and iron,
Theirs is the war that's never won, but winning,
Theirs is the mission never done.

The
Psalms

46

God is our shelter and our refuge,
a timely help in trouble;
so we are not afraid when the earth heaves
and the mountains are hurled into the sea,
when its waters seethe in tumult
and the mountains quake before his majesty.
There is a river whose streams gladden the city of God,
which the Most High has made his holy dwelling;
God is in that city; she will not be overthrown,
and he will help her at the break of day.
Nations are in tumult, kingdoms hurled down;
when he thunders, the earth surges like the sea.
The LORD of Hosts is with us,
the God of Jacob our high stronghold.

Come and see what the LORD has done,
the devastation he has brought upon earth,
from end to end of the earth he stamps out war:
he breaks the bow, he snaps the spear
and burns the shield in the fire.

Let be then: learn that I am God,
high over the nations, high above earth.
The LORD of Hosts is with us,
the God of Jacob our high stronghold.

47

Clap your hands, all you nations;
acclaim our God with shouts of joy.
How fearful is the LORD Most High,
great sovereign over all the earth!
He lays the nations prostrate beneath us,
he lays peoples under our feet;
he chose our patrimony for us,
the pride of Jacob whom he loved.

God has gone up with shouts of acclamation,
the LORD has gone up with a fanfare of trumpets.
Praise God,^a praise him with psalms;
praise our king, praise him with psalms.
God is king of all the earth;
sing psalms with all your art.
God reigns over the nations,
God is seated on his holy throne.
The princes of the nations assemble
with the families of Abraham's line;^b
for the mighty ones of earth belong to God,
and he is raised above them all.

The
Lessons

Then the figure touched me again and restored my
strength. He said, "Do not be afraid, man greatly
beloved; all will be well with you. Be strong, be strong."
Daniel 10.18-19

While he was still talking, a cloud overshadowed them
and awe swept over them as it enveloped them. A voice
came out of the cloud, saying,
"This is my Son, my chosen! Listen to him!"
Luke 9.34-35

This faith is valid because of the existence of God
himself, who can make the dead live, and speak his
Word to those who are yet unborn.
Romans 4.17

The
Prayers

O God who makest the minds of the faithful to be of
one will, grant to thy people to love that which thou
dost command and desire that which thou dost promise,
so that among the changing things of the world our
hearts may be set where true joys are to be found,
through our Lord. AMEN.

We give thanks unto thee, heavenly Father, through
Jesus Christ, thy dear son, that thou hast this day so
graciously protected us, and we beseech thee to forgive
us all our sins, and the wrong which we have done, and
by thy great mercy defend us from all the perils and
dangers of this night. Into thy hands we commend our
bodies and souls, and all that is ours. Let thy holy angel
have charge concerning us, that the wicked one have no
power over us. AMEN.

O wondrous Provider, thou caterer of life's feast, we
find our table laden with the concerns of the day.
Before us is the collapse of education, of politics, of life
style. Incomprehensible chaos—unfathomable future.
Nevertheless we give thanks to thee for this life in its
overwhelming fullness and demand, through the one
who calls us to celebrate new life. AMEN.

Fifth Day	OFFICE OF COMPLINE			nine to twelve on the dark day
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR	
The Hymns	<p>GOD</p> <p>It is God that gives the desire to achieve, And yet death leaves man's work undone. It is God that summons man to do good, And neglect his duty to none. And yet God is the voice that pronounces guilt, For man's war with self is never won. It is God who gives every man his life, And God who takes his life away.</p>	<p>THE KING'S BUSINESS</p> <p>There is a darkness there, profound as death's domain. The mortal blow to sight leaves hopelessness and pain. Yet in that pitchest night there shines the glory light. And that's the pause in my return.</p>	<p>BEING</p> <p>I see then as Never before The secrets of Heaven my store.</p> <p>With wisdom twice my age My life an open page Though with each insight gain A deeper pain.</p>	
The Psalms	<p>48</p> <p>The LORD is great and worthy of our praise in the city of our God, upon his holy hill. Fair and lofty, the joy of the whole earth is Zion's hill, like the farthest reaches of the north, the hill of the great King's city. In her palaces God is known for a tower of strength. See how the kings all gather round her, marching on in company. They are struck with amazement when they see her, they are filled with alarm and panic; they are seized with trembling, they toss in pain like a woman in labour, like the ships of Tarshish when an east wind wrecks them. All we had heard we saw with our own eyes in the city of the LORD of Hosts, in the city of our God, the city which God plants firm for evermore.</p>	<p>O God, we re-enact the story of thy true love within thy temple; the praise thy name deserves, O God, is heard at earth's farthest bounds. Thy hand is charged with justice, and the hill of Zion rejoices, Judah's daughter-cities exult in thy judgements.</p> <p>Make the round of Zion in procession, count the number of her towers, take good note of her ramparts, pass her palaces in review, that you may tell generations yet to come: Such is God, our God for ever and ever; he shall be our guide eternally.</p>	<p>49</p> <p>Hear this, all you nations; listen, all who inhabit this world, all mankind, every living man, rich and poor alike; for the words that I speak are wise, my thoughtful heart is full of understanding.</p> <p>I will set my ear to catch the moral of the story and tell on the harp how I read the riddle; why should I be afraid in evil times, beset by the wickedness of treacherous foes, who trust in their riches and boast of their great wealth? Alas! no man can ever ransom himself nor pay God the price of that release; his ransom would cost too much, for ever beyond his power to pay, the ransom that would let him live on always and never see the pit of death.</p> <p>But remember this:^a wise men must die; stupid men, brutish men, all perish.^b</p>	
The Lessons	<p>Woe betide you who seek unjust gain for your house, to build your nest on a height, to save yourself from the grasp of wicked men! Habakkuk 2.9</p>	<p>Jesus answered, "Even if I am testifying to myself, my evidence is valid, for I know where I have come from and I know where I am going." John 8.14</p>	<p>Are there some wise and understanding men among you? Then your lives will be an example of the humility that is born of true wisdom. James 3.13</p>	
The Prayers	<p>Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid, cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name, through Christ our Lord. AMEN.</p>	<p>Father in heaven! Hold not our sins up against us but hold us up against our sins, so that the thought of thee when it wakens in our soul, and each time it wakens should not remind us of what we have committed but of what thou didst forgive, not of how we went astray but of how thou didst save us. AMEN.</p>	<p>Our Father, who in thy Son has given thy church the promise of a new day and a new power, we have disclaimed thy promise by clinging to established ways and outmoded forms, and have refused to risk the uncertainty of creating the yet unborn form of thy church. Grant us courage to live in thy promise by recreating thy will in these times, in the name of him who risked all, Jesus Christ our Lord. AMEN.</p>	

Fifth Day	OFFICE OF PRIME			six to nine on the light day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>ONCE TO EVERY MAN AND NATION</p> <p>Once to every man and nation Comes the moment to decide, In the strife of truth with falsehood, For the good or evil side; Some great cause, God's new Messiah, Offering each the bloom or blight, And the choice goes by forever Twixt that darkness and that light.</p>	<p>CALLED TO WALK IN THE WAY</p> <p>Called to walk in the way of the man who stilled the waters; Called to walk in the way of the man who calmed the sea; Called to live in the Word and be free to live for others; Called to walk in the way of the man from Galilee.</p>	<p>FREEDOM</p> <p>Our freedom lies in obedience Of choosing the necessity, And nothing can deliver us From dreadful responsibility.</p> <p><i>Refrain:</i> No recourse to the law, No justification or righteousness, No way to defend our deeds, But we offer them up to the Mystery.</p>	
The Psalms	<p>Create a pure heart in me, O God, and give me a new and steadfast spirit; do not drive me from thy presence or take thy holy spirit from me; revive in me the joy of thy deliverance and grant me a willing spirit to uphold me.</p> <p>I will teach transgressors the ways that lead to thee, and sinners shall return to thee again. O LORD God, my deliverer, save me from bloodshed,^c and I will sing the praises of thy justice. Open my lips, O Lord, that my mouth may proclaim thy praise. Thou hast no delight in sacrifice; if I brought thee an offering, thou wouldst not accept it. My sacrifice, O God, is a broken spirit; a wounded heart, O God, thou wilt not despise.</p> <p>Let it be thy pleasure to do good to Zion, to build anew the walls of Jerusalem. Then only shalt thou delight in the appointed sacrifices; then shall young bulls be offered on thy altar.</p>	<p>52</p> <p>Why make your wickedness your boast, you man of might, forging wild lies all day against God's loyal servant? Your slanderous tongue is sharp as a razor. You love evil and not good, falsehood, not speaking the truth; cruel gossip you love and slanderous talk. So may God^b pull you down to the ground, sweep you away, leave you ruined and homeless, uprooted from the land of the living. The righteous will look on, awestruck, and laugh at his plight: 'This is the man', they say, 'who does not make God his refuge, but trusts in his great wealth and takes refuge in wild lies.' But I am like a spreading olive-tree in God's house; for I trust in God's true love for ever and ever. I will praise thee for ever for what thou hast done, and glorify thy name among thy loyal servants; for that is good.</p>	<p>53</p> <p>The impious fool says in his heart, 'There is no God.' How vile men are, how depraved and loathsome; not one does anything good! God looks down from heaven on all mankind to see if any act wisely, if any seek out God. But all are unfaithful, all are rotten to the core; not one does anything good, no, not even one.</p> <p>Shall they not rue it, these evildoers who devour my people as men devour bread, and never call upon God?</p> <p>There they were in dire alarm when God scattered them. The crimes of the godless were frustrated;^a for God had rejected them. If only Israel's deliverance might come out of Zion! When God restores his people's fortunes, let Jacob rejoice, let Israel be glad.</p>	
The Lessons	<p>Whatever is demanded by the God of heaven, let it be diligently carried out for the house of the God of heaven; otherwise wrath may fall upon the realm of the king and his sons.</p> <p>Ezra 7.23</p>	<p>And Jesus said, "Then give to Caesar what belongs to Caesar, and to God what belongs to God!"—a reply which staggered them.</p> <p>Mark 12.17</p>	<p>Live life, then, with a due sense of responsibility, not as men who do not know the meaning and purpose of life but as those who do.</p> <p>Ephesians 5.15</p>	
The Prayers	<p>We give thee hearty thanks, O Lord, for the rest of the past night, and for the gift of a new day, with its opportunities of pleasing thee. Grant that we may so pass its hours in the perfect freedom of thy service, that at eventide we may again give thanks unto thee; through Jesus Christ our Lord. AMEN.</p>	<p>We give thanks unto thee, heavenly Father, through Jesus Christ thy dear son, that thou hast protected us through the night from all danger and harm; and we beseech thee to preserve and keep us, this day also, from all sin and evil; that in all our thoughts, words, and deeds, we may serve and please thee. Into thy hands we commend our bodies and souls, and all that is ours. Let thy holy angel have charge concerning us, that the wicked one have no power over us. AMEN.</p>	<p>Lord, who demands obedience and grants total freedom, we lift up before thee the collapse of authority at every level of human life; we anguish in a period of anarchy. We ask for the raising up of those who would freely create the new obedience demanded in the 20th Century, in the name of him alone whose life was both free and obedient. AMEN.</p>	

Fifth Day	OFFICE OF TERCE		
	THE NINTH HOUR	THE TENTH HOUR	nine to twelve on the light day THE ELEVENTH HOUR
The Hymns	<p>A MIGHTY FORTRESS IS OUR GOD</p> <p>That word above all earthly powers, No thanks to them, abideth; The Spirit and the gifts are ours Through him who with us sideth; Let goods and kindred go, This mortal life also; The body they may kill: God's truth abideth still, His Kingdom is forever.</p>	<p>MY HOPE IS BUILT ON NOTHING LESS</p> <p>My hope is built on nothing less Than Jesus' blood and righteousness; I dare not trust the sweetest frame, But wholly lean on Jesus' name. <i>Chorus:</i> On Christ, the solid rock, I stand. All other ground is sinking sand, All other ground is sinking sand.</p>	<p>FINISH OUR WORK</p> <p>We are one body with the race of men, All who are, will be, and ere have been. "You must not die," the dead cry out within, "Finish our work!" "Finish our work!" We are the people of God in history, Who are and were and ever more shall be, Out of the depth we hear the mystery, "Finish our work!" "Finish our work!"</p>
The Psalms	<p>54</p> <p>Save me, O God, by the power of thy name, and vindicate me through thy might. O God, hear my prayer, listen to my supplication. Insolent men rise to attack me, ruthless men seek my life; they give no thought to God.</p> <p>But God is my helper, the Lord the mainstay of my life. May their own malice recoil on my watchful foes; silence them by thy truth, O Lord. I will offer thee a willing sacrifice and praise thy name, for that is good; God has rescued me from every trouble, and I look on my enemies' downfall with delight.</p>	<p>55</p> <p>Listen, O God, to my pleading, do not hide thyself when I pray. Hear me and answer, for my cares give me no peace. I am panic-stricken at the shouts of my enemies, at the shrill clamour of the wicked; for they heap trouble on me and they revile me in their anger. My heart is torn with anguish and the terrors of death come upon me. Fear and trembling overwhelm me and I shudder from head to foot. ^b Oh that I had the wings of a dove to fly away and be at rest! I should escape far away and find a refuge in the wilderness; soon I should find myself a sanctuary from wind and storm, from the blasts of calumny, O Lord, from my enemies' contentious tongues.</p>	<p>I have seen violence and strife in the city; day and night they encircle it, all along its walls; it is filled with trouble and mischief, alive with rumour and scandal, and its public square is never free from violence and spite. It was no enemy that taunted me, or I should have avoided him; no adversary that treated me with scorn, or I should have kept out of his way. It was you, a man of my own sort, my comrade, my own dear friend, with whom I kept pleasant company in the house of God.</p> <p>May death strike them, and may they ^a perish in confusion, may they go down alive into Sheol; for their homes are haunts of evil!</p>
The Lessons	<p>Can a man hide in any secret place and I not see him? Do I not fill heaven and earth? This is the very word of the Lord.</p> <p style="text-align: right;">Jeremiah 23.24</p>	<p>He instructed them to take nothing for the road except a staff—no satchel, no bread and no money in their pockets. They were to wear sandals and not to take more than one coat.</p> <p style="text-align: right;">Mark 6.8-9</p>	<p>I myself try to adapt myself to all men without considering my own advantage but <i>their</i> advantage, that if possible they may be saved.</p> <p style="text-align: right;">I Corinthians 10.33</p>
The Prayers	<p>Almighty God, thou holy one, who art of purer eyes than to behold iniquity, look upon us in thy mercy. Visit us with such a vision of thy glory that with humble and penitent hearts we may receive such good gifts as thou art more ready to give than we to desire, through Jesus Christ our Lord. AMEN.</p>	<p>Almighty God, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright, grant us such strength and protection, as may support us in all dangers, and carry us through all temptation, through Jesus Christ, thy Son, our Lord. AMEN.</p>	<p>O thou everlasting God, who demands newness of life in every age, crushing all barriers to change, defend from clinging to the past those whose task it is to usher in the future, that they may create the forms and deeds necessary to the church ever renewed, in the name of the eternally contemporary word, Jesus Christ. AMEN.</p>

Fifth Day	OFFICE OF SEXT		
	twelve to three on the light day		
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>THE WAY OF THE CROSS LEADS HOME <i>Chorus:</i> The way of the cross leads home The way of the cross leads home It is sweet to know, as I onward go, The way of the cross leads home.</p> <p>I must needs go on in the blood-sprinkled way, The path that the Savior trod, If I ever climb to the heights sublime Where the soul is at home with God.</p>	<p>CONTEMPLATION</p> <p>And the Not-yet I see Is cut from under me So fast it comes As possibility Then my reality Is change eternally And I become the All of yet to be</p>	<p>ALL LIFE IS OPEN</p> <p>Our knowledge falters and crumbles, Our thoughts turn banal and senseless, Our feelings flood in to drown us, Our hearts cry out, "Push no further!" But don't stop now lead us onward To what we know yet cannot see.</p>
The Psalms	<p>But I will call upon God; the LORD will save me. Evening and morning and at noon I nurse my woes, and groan. He has heard my cry, he rescued me and gave me back my peace, when they beset me like archers, massing against me, like Ishmael and the desert tribes and those who dwell in the East, who have no respect for an oath nor any fear of God. Such men do violence to those at peace with them and break their promised word; their speech is smoother than butter but their thoughts are of war; their words are slippery as oil but sharp as drawn swords.</p> <p>Commit your fortunes to the LORD, and he will sustain you; he will never let the righteous be shaken.</p> <p>Cast them, O God, into the pit of destruction; bloodthirsty and treacherous, they shall not live out half their days; but I will put my trust in thee.</p>	<p>56</p> <p>Be gracious to me, O God, for the enemy persecute me, my assailants harass me all day long. All the day long my watchful foes persecute me; countless are those who assail me. Appear on high in my day of fear; I put my trust in thee. With God to help me I will shout defiance, in God I trust and shall not be afraid; what can mortal men do to me? All day long abuse of me is their only theme, all their thoughts are hostile. In malice they are on the look-out, and watch for me, they dog my footsteps; but, while they lie in wait for me, it is they who will not escape. O God, in thy anger bring ruin on the nations.</p> <p>Enter my lament in thy book, store every tear in thy flask.</p>	<p>Then my enemies will turn back on the day when I call upon thee; for this I know, that God is on my side, with God to help me I will shout defiance. In God I trust and shall not be afraid; what can man do to me? I have bound myself with vows to thee, O God, and will redeem them with due thank-offerings; for thou hast rescued me from death to walk in thy presence, in the light of life.</p>
The Lessons	<p>Out of the belly of Sheol I cried for help, and thou hast heard my cry. Thou didst cast me into the depths, far out at sea, and the flood closed round me; all thy waves, all thy billows, passed over me. Jonah 2.2</p>	<p>"As for the man who hits you on one cheek, offer him the other one as well. And if a man is taking away your coat, do not stop him from taking your shirt as well." Luke 6.29</p>	<p>The preaching of the cross is, I know, nonsense to those who are involved in this dying world, but to us who are being saved from that death it is nothing less than the power of God. I Corinthians 1.18</p>
The Prayers	<p>O God, who by the example of thy Son our savior Jesus Christ hast taught us the greatness of true humility, and dost call us to watch with him in his passion, give us grace to serve one another in all lowliness, and to enter into the fellowship of his sufferings; who liveth and reigneth with thee and the Holy Spirit, one God, world without end. AMEN.</p>	<p>Grant, O Lord, that I may look for nothing, claim nothing, and resent nothing; that I may go through all the scenes of life, not seeking my own glory, but looking wholly unto thee and acting wholly for thee. AMEN.</p>	<p>O Lord, Lord, my Lord, whose mercy and judgment are one, I am surrounded on every side by demands. I come to you for help. It's not that I'm not clear what's expected; what's required is my life. Show me how to offer it on behalf of others, through the Christ who lived to die. AMEN.</p>

Fifth Day	OFFICE OF NONE			three to six on the light day
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns	<p>THE CHURCH'S ONE FOUNDATION</p> <p>The Church's one foundation Is Jesus Christ her Lord, She is his new creation By water and the Word, From heaven he came and sought her To be his holy bride, With his own blood he bought her, And for her life he died.</p>	<p>BLESSED ASSURANCE</p> <p>Blessed assurance, Jesus is mine! O what a foretaste of glory divine! Heir of salvation, purchase of God, Born of his Spirit, washed in his blood.</p> <p><i>Refrain:</i> This is my story, this is my song, Praising my Savior all the day long: This is my story, this is my song, Praising my Savior all the day long.</p>	<p>POVERTY</p> <p>Drawn too by surety? Living is to be unsure So pour your life wholly Each burden you will endure Abound with Paul and run the race and In fullness there abase In all that you do make this your song That all earth to all men belong</p>	
The Psalms	<p>57</p> <p>Be gracious to me, O God, be gracious; for I have made thee my refuge. I will take refuge in the shadow of thy wings until the storms are past. I will call upon God Most High, on God who fulfils his purpose for me. He will send his truth and his love that never fails, he will send from heaven and save me. God himself will frustrate my persecutors; for I lie down among lions, man-eaters, whose teeth are spears and arrows and whose tongues are sharp swords. Show thyself, O God, high above the heavens; let thy glory shine over all the earth.</p>	<p>Men have prepared a net to catch me as I walk, but I bow my head to escape from it; they have dug a pit in my path but have fallen into it themselves.</p> <p>My heart is steadfast, O God, my heart is steadfast. I will sing and raise a psalm; awake, my spirit, awake, lute and harp, I will awake at dawn of day. I will confess thee, O Lord, among the peoples, among the nations I will raise a psalm to thee, for thy unfailing love is wide as the heavens and thy truth reaches to the skies. Show thyself, O God, high above the heavens; let thy glory shine over all the earth.</p>	<p>58</p> <p>Answer, you rulers: are your judgements just? Do you decide impartially between man and man? Never! Your hearts devise all kinds of wickedness and survey the violence that you have done on earth.</p> <p>Wicked men, from birth they have taken to devious ways; liars, no sooner born than they go astray, venomous with the venom of serpents, of the deaf asp which stops its ears and will not listen to the sound of the charmer, however skilful his spells may be.</p> <p>O God, break the teeth in their mouths. Break, O LORD, the jaws of the unbelievers.</p> <p>May they melt, may they vanish like water, may they wither like trodden grass, like an abortive birth which melts away or a still-born child which never sees the sun! All unawares, may they be rooted up like a thorn-bush, like weeds which a man angrily clears away!</p> <p>The righteous shall rejoice that he has seen vengeance done and shall wash his feet in the blood of the wicked, and men shall say, 'There is after all a reward for the righteous; after all, there is a God that judges on earth.'</p>	
The Lessons	<p>The day of reckoning is no secret to the Almighty, though those who know him have no hint of its date. Job 24.1</p>	<p>For the man who has something will have more given to him and will have plenty. But as for the man who has nothing, even his 'nothing' will be taken away. Matthew 25.29</p>	<p>Then the kings of the earth, and the great men, the captains, the wealthy, the powerful, and every man, whether slave or free, hid themselves in caves and among mountain rocks. They called out to the mountains and the rocks, "Fall down upon us and hide us from the wrath of the lamb! For the great day of their wrath has come and who can stand against it?" Revelation 6.15-17</p>	
The Prayers	<p>Almighty God, whose most dear Son went not up to joy, but first he suffered pain, and entered not unto glory before he was crucified; mercifully grant unto thy servants that walking in the way of the cross, we may find it none other than the way of life and peace. AMEN.</p>	<p>O Lord, if you are with me, who can be against me. If you help me, I will not fear what men can do to me. Grant me the grace to preserve the peace and tranquility of spirit in the midst of tribulations, contradictions and calamities. I place all my trust in you O Lord. I will patiently await the hour of liberation from the trials which surround me. Infuse the virtue of patience in my heart, O God. AMEN.</p>	<p>O Father, mystery of very mystery, we repent of our pride in celebrating our absence from life, our delight in wickedness towards others, and are profoundly sorrowful for our participation in all of earth's hatreds. Grant us mercy to bear this guilt that is ours, in the name of Jesus, the Christ. AMEN.</p>	

OFFICE OF VESPERS

six to nine on the dark day

Sixth Day	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR
The Hymns	<p>I KNOW WHOM I HAVE BELIEVED</p> <p>I know not why God's wondrous grace To me he hath made known, Nor why unworthy—Christ in love Redeemed me for his own.</p> <p><i>Refrain:</i> But "I know whom I have believed And am persuaded that he is able To keep that which I've committed Unto him against that day."</p>	<p>GIVE THANKS</p> <p><i>Refrain:</i> Praise be to God the Father Almighty, Praise be to God who came to this earth, Praise be to God the Spirit eternal, Praise be to God forever.</p> <p>Give thanks that all life is good Give thanks that we are received Give thanks that the past's approved And the future is open, and the future is open.</p>	<p>THE CORPORATES</p> <p>Come, Brother Poverty, Come and dance for me, affirm contingency, And disengage your life from all that binds it.</p> <p><i>Chorus:</i> Oh, Mr. Corporate Man, Create the sign for me, transform community In freedom give your life to him who gave it.</p>
The Psalms	<p>59</p> <p>Rescue me from my enemies, O my God, be my tower of strength against all who assail me, rescue me from these evildoers, deliver me from men of blood. Savage men lie in wait for me, they lie in ambush ready to attack me; for no fault or guilt of mine, O LORD, innocent as I am, they run to take post against me. But thou, LORD God of Hosts, Israel's God, do thou bestir thyself at my call, and look: awake, and punish all the nations. Have no mercy on villains and traitors, who run wild at nightfall like dogs, snarling and prowling round the city, wandering to and fro in search of food, and howling if they are not satisfied. From their mouths comes a stream of nonsense; 'But who will hear?' they murmur. But thou, O LORD, dost laugh at them, and deride all the nations.</p>	<p>O my strength, to thee I turn in the night-watches; for thou, O God, art my strong tower. My God, in his true love, shall be my champion; with God's help, I shall gloat over my watchful foes. Wilt thou not kill them, lest my people forget? Scatter them by thy might and bring them to ruin. Deliver them, O Lord, to be destroyed by their own sinful words; let what they have spoken entrap them in their pride. Let them be cut off for their cursing and falsehood; bring them to an end in thy wrath, and they will be no more; then they will know that God is ruler in Jacob, even to earth's farthest limits. ^{a b} But I will sing of thy strength, and celebrate thy love when morning comes; for thou hast been my strong tower and a sure retreat in days of trouble. O thou my strength, I will raise a psalm to thee; for thou, O God, art my strong tower.</p>	<p>60</p> <p>O God, thou hast cast us off and broken us; thou hast been angry and rebuked us cruelly. Thou hast made the land quake and torn it open; it gives way and crumbles into pieces. Thou hast made thy people drunk with a bitter draught, thou hast given us wine that makes us stagger. But thou hast given a warning to those who fear thee, to make their escape before the sentence falls.</p> <p>Deliver those that are dear to thee; save them with thy right hand, and answer.</p>
The Lessons	<p>"This is my command: be strong, be resolute; do not be fearful or dismayed, for the Lord your God is with you wherever you go." Joshua 1.9</p>	<p>"With all my heart I have longed to eat this Passover with you before the time comes for me to suffer. Believe me, I shall not eat the Passover again until all that it means is fulfilled in the kingdom of God." Luke 22.15-16</p>	<p>So you are no longer outsiders or aliens, but fellow citizens with every other Christian—you belong now to the household of God. Ephesians 2.19</p>
The Prayers	<p>O master, Lord God almighty, Father of our Lord, our God, our savior Jesus Christ, we thank thee upon every condition, for any condition and in whatever condition. For thou hast covered us, supported us, preserved us, accepted us unto thee, had compassion on us, sustained us and brought us unto this hour. AMEN.</p>	<p>Grant, we beseech thee, almighty God, that the words which we have heard this day with our outward ears may through thy grace be so grafted inwardly in our hearts that they may bring forth in us the fruit of good living to the honor and praise of thy name, through Jesus Christ our Lord. AMEN.</p>	<p>O nameless terror who shouts in our hearts, we dare to claim our brokenness as the only wholeness we shall ever know. We give thanks for the awesome dread and fascination of life, and we rejoice in the peace of total expenditure; that peace which we see manifested through the broken form made whole in thee. AMEN.</p>

Sixth Day	OFFICE OF COMPLINE		
	nine to twelve on the dark day		
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR
The Hymns	<p>THE WAY OF THE CROSS LEADS HOME</p> <p>Then I bid farewell to the way of the world, To walk in it nevermore: For my Lord says, "Come," and I seek my home, Where He waits at the open door.</p> <p><i>Chorus:</i> The way of the cross leads home The way of the cross leads home It is sweet to know, as I onward go, The way of the cross leads home.</p>	<p>GRACE</p> <p>Where sin abounded, grace did all the more abound, Paul said. The state of our whole life is this that we are separated, Separated from life's aim and its origin; Separated from ourselves and from other men.</p>	<p>ALL LIFE IS OPEN</p> <p>Illusions trap us and blind us, We can't endure endless struggle, We need our promise of greatness, Or must withdraw isolated. Then life demands we embrace all, That all is good and accepted.</p>
The Psalms	<p>God has spoken from his sanctuary: 'I will go up now and measure out Shechem; I will divide the valley of Succoth into plots; Gilead and Manasseh are mine; Ephraim is my helmet, Judah my sceptre; Moab is my wash-bowl, I fling my shoes at Edom; Philistia is the target of my anger.'</p> <p>Who can bring me to the fortified city, who can guide me to Edom, since thou, O God, hast abandoned us and goest not forth with our armies? Grant us help against the enemy, for deliverance by man is a vain hope. With God's help we shall do valiantly, and God himself will tread our enemies under foot.</p>	<p>61</p> <p>Hear my cry, O God, listen to my prayer. From the end of the earth I call to thee with fainting heart; lift me up and set me upon a rock. For thou hast been my shelter, a tower for refuge from the enemy. In thy tent will I make my home for ever and find my shelter under the cover of thy wings. For thou, O God, hast heard my vows and granted the wish of all who revere thy name.</p> <p>To the king's life add length of days, year upon year for many generations; may he dwell in God's presence for ever, may true and constant love preserve him.</p> <p>So will I ever sing psalms in honour of thy name as I fulfil my vows day after day.</p>	<p>62</p> <p>Truly my heart waits silently for God; my deliverance comes from him. In truth he is my rock of deliverance, my tower of strength, so that I stand unshaken. How long will you assail a man with your threats, all battering on a leaning wall? In truth men plan to topple him from his height, and stamp on the fallen stones. With their lips they bless him, the hypocrites, but revile him in their hearts. Truly my heart waits silently for God; my hope of deliverance comes from him. In truth he is my rock of deliverance, my tower of strength, so that I am unshaken. My deliverance and my honour depend upon God, God who is my rock of refuge and my shelter. Trust always in God, my people, pour out your hearts before him; God is our shelter.</p>
The Lessons	<p>Then, at the evening sacrifice, I rose from my humiliation and, in my rent robe and mantle, I knelt down and spread out my hands to the Lord my God and said, "O my God, I am humiliated, I am ashamed to lift my face to thee, my God; for we are sunk in our own iniquities, and our guilt is so great that it reaches high heaven.</p> <p>Ezra 9.5-6</p>	<p>So John used to say to the crowds who came out to be baptized by him, "Who warned you, you serpent's brood, to escape from the wrath to come? See that you do something to show that your hearts are really changed!"</p> <p>Luke 3.7-8</p>	<p>The sorrow which God uses means a change of heart and leads to salvation—it is the world's sorrow that is such a deadly thing.</p> <p>II Corinthians 7.10</p>
The Prayers	<p>Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all those who are penitent, create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness, through Jesus Christ our Lord. AMEN.</p>	<p>Narrow is the house of my soul: that thou mayest enter it, widen it! It is crumbling: do thou repair it. It is an offense in thine eyes: I confess and know it. But who shall cleanse it? to whom else, as to thee, shall I call: "Cleanse me, Lord, from my hidden sins, and preserve thy servant from new sins! I believe, and therefore, I speak 'Lord, thou knowest it!' AMEN.</p>	<p>Our Father, whose crucified Son wept over the city of Jerusalem, we confess our willing participation in the destruction of our cities, for we have been agents of social change but have failed to embody the vision of the New Jerusalem, in the name of Jesus the Christ. AMEN.</p>

OFFICE OF MATINS

twelve to three on the dark day

Sixth
Day

THE TWELFTH HOUR

THE FIRST HOUR

THE SECOND HOUR

The
Hymns

BEFORE JEHOVAH'S AWE-FULL THRONE

We'll crowd his gates with thankful songs,
High as the heavens our voices raise;
And earth, with her ten thousand tongues,
Shall fill his courts with sounding praise.

Wide as the world is his command;
Vast as eternity his love;
Firm as a rock his truth shall stand,
When rolling years shall cease to move.

BLESSED ASSURANCE

Refrain: This is my story, this is my song,
Praising my Savior all the day long;
This is my story, this is my song,
Praising my Savior all the day long.

Perfect submission, perfect delight,
Visions of rapture now burst on my sight;
Angels descending, bring from above,
Echoes of mercy, whispers of love.

THE PREPARATION AND THE CRY

Then at time of great happiness,
Time of virtue or despair,
Someone within will cry out, "O help me!"
As he struggles to be free.

If you do not hear this voice,
Do not set out on the March;
You must continue to prepare,
Till within you hear this Cry:

The
Psalms

In very truth men are a puff of wind,
all men are faithless;
put them in the balance and they can only rise,
all of them lighter than wind.
Put no trust in extortion,
do not be proud of stolen goods;
though wealth breeds wealth, set not your heart on it.
One thing God has spoken,
two things I have learnt:
'Power belongs to God'
and 'True love, O Lord, is thine';
thou dost requite a man for his deeds.

63

O God, thou art my God, I seek thee early
with a heart that thirsts for thee
and a body wasted with longing for thee,
like a dry and thirsty land that has no water.
So longing, I come before thee in the sanctuary
to look upon thy power and glory.
Thy true love is better than life;
therefore I will sing thy praises.
And so I bless thee all my life
and in thy name lift my hands in prayer.
I am satisfied as with a rich and sumptuous feast
and wake the echoes with thy praise.
When I call thee to mind upon my bed
and think on thee in the watches of the night,
remembering how thou hast been my help
and that I am safe in the shadow of thy wings,
then I humbly follow thee with all my heart,
and thy right hand is my support.

Those who seek my life, bent on evil,
shall sink into the depths of the earth;
they shall be given over to the sword;
they shall be carrion for jackals.

The king shall rejoice in God,
and whoever swears by God's name shall exult;
the voice of falsehood shall be silenced.

64

Hear me, O God, hear my lament;
keep me safe from the threats of the enemy.
Hide me from the factions of the wicked,
from the turbulent mob of evildoers,
who sharpen their tongues like swords
and wing their cruel words like arrows,
to shoot down the innocent from cover,
shooting suddenly, themselves unseen.
They boldly hide their snares,
sure that none will see them;
they hatch their secret plans^b with skill and cunning,
with evil^c purpose and deep design.
But God with his arrow shoots them down,
and sudden is their overthrow.
They may repeat their wicked tales,
but their mischievous tongues^c are their undoing.
All who see their fate take fright at it,
every man is afraid;
'This is God's work', they declare;
they learn their lesson from what he has done.
The righteous rejoice and seek refuge in the LORD
and all the upright exult.

The
Lessons

You shall not make wrong use of the name of the Lord
your God; the Lord will not leave unpunished the man
who misuses his name.
Exodus 20.7

But Jesus told him, "Anyone who puts his hand to the
plough and then looks behind him is useless for the
kingdom of God."
Luke 9.61-62

When the Lord comes he will bring into the light of the
day all that at present is hidden in darkness, and he will
expose the secret motives of men's hearts.
I Corinthians 4.5

The
Prayers

Almighty God, who dwellest in the high and holy place,
and with him also that is of a contrite and humble
spirit: Make us to be still and know that thou art God.
Lift up our hearts to thee in love and adoration; then of
thy mercy send us forth into the world to do justly, to
love mercy, and to walk humbly with thee our God,
through Jesus Christ our Lord. AMEN.

Grant me, I beseech thee, almighty and most merciful
God, fervently to desire, wisely to search out, and
perfectly to fulfill, all that is well-pleasing unto thee.
Order thou my worldly condition to the glory of thy
name; and, of all that thou requirest me to do, grant me
the knowledge, the desire, and the ability, that I may so
fulfill it as I ought, and may my path to thee, I pray, be
safe, straightforward, and perfect to the end. AMEN.

O thou whose ten-fold voice of the law exposes our
rebellion, we pray for the structures of order and take
responsibility for the decisions of all who create our
laws, claiming the promise that they may uphold the
dignity of all men, in the name of the one who was
obedient unto death. AMEN.

Sixth Day	OFFICE OF LAUDS		
	THE THIRD HOUR	THE FOURTH HOUR	three to six on the dark day THE FIFTH HOUR
The Hymns	<p>ALL HAIL THE POWER OF JESUS NAME</p> <p>Let every kindred, every tribe, On this terrestrial ball, To him all majesty ascribe, And crown him Lord of all.</p> <p>O that with yonder sacred throng We at his feet may fall! We'll join the everlasting song, And crown him Lord of all.</p>	<p>THE VISION</p> <p>Beyond the wanderings of time Beyond the race of all mankind; I see living bodies torn and crushed, Life emerging from the arid dust. Now the <i>face</i> I see is dark beyond all hope Mystery. Comes the dawn of silence.</p>	<p>RUN INTO THE FUTURE RUN</p> <p><i>Refrain:</i> Run into the future, run Run into the rising sun Run into the future, run Men who run create the world.</p> <p>The day is come, my ancient people Now we run to meet the sun Born of pain beyond all suffering Now the day of Wonder comes.</p>
The Psalms	<p>65</p> <p>We owe thee praise, O God, in Zion; thou hearest prayer, vows shall be paid to thee. All men shall lay their guilt before thee: our sins are too heavy for us; only thou canst blot them out. Happy is the man of thy choice, whom thou dost bring to dwell in thy courts; let us enjoy the blessing of thy house, thy holy temple. By deeds of terror answer us with victory, O God of our deliverance, in whom men trust from the ends of the earth and far-off seas; thou art girded with strength, and by thy might dost fix the mountains in their place, dost calm the rage of the seas and their raging waves.</p>	<p>The dwellers at the ends of the earth hold thy signs in awe; thou makest morning and evening sing aloud in triumph.</p> <p>Thou dost visit the earth and give it abundance, as often as thou dost enrich it with the waters of heaven, brimming in their channels, providing rain ⁸ for men. For this is thy provision for it, watering its furrows, levelling its ridges, softening it with showers and blessing its growth.</p> <p>Thou dost crown the year with thy good gifts and the palm-trees drip with sweet juice; the pastures in the wild are rich with blessing and the hills wreathed in happiness, the meadows are clothed with sheep and the valleys mantled in corn, so that they shout, they break into song.</p>	<p>66</p> <p>Acclaim our God, all men on earth; let psalms declare the glory of his name, make glorious his praise.</p> <p>Say unto God, 'How fearful are thy works! Thy foes cower before the greatness of thy strength. All men on earth fall prostrate in thy presence, and sing to thee, sing psalms in honour of thy name.'</p> <p>Come and see all that God has done, tremendous in his dealings with mankind. He turned the waters into dry land so that his people passed through the sea on foot; there did we rejoice in him.</p> <p>He rules for ever by his power, his eye rests on the nations; let no rebel rise in defiance.</p>
The Lessons	<p>Heal me, O Lord, and I shall be healed, Save me and I shall be saved; for thou art my praise.</p> <p>Jeremiah 17.14</p>	<p>That is why I say to you, don't worry about living—wondering what you are going to eat or drink, or what you are going to wear. Surely life is more important than food, and the body more important than the clothes you wear.</p> <p>Matthew 6.25-26</p>	<p>He saw the glory of God, and Jesus himself standing at his right hand. "Look!" he exclaimed, "the heavens are opened and I can see the Son of Man standing at God's right hand!"</p> <p>Acts 7.55-56</p>
The Prayers	<p>We praise thee, O God, the Father almighty. We praise thee, O God, thou adorable, true, and only Son. We praise thee, O God, the Holy Spirit, the comforter, the Lord and giver of life. We praise thee, O God, Father, Son, and Holy Spirit, one God; and blessed be thy glorious name for ever and ever. AMEN.</p>	<p>Lord we pray thee that thou wilt open our eyes to behold the heaven that lies about us, wherein they walk who, being born to the new life, serve thee with the clearer vision and the greater joy, through Jesus Christ our Savior. AMEN.</p>	<p>O Thou enigma that burns and pierces through our life, demanding that we love only mystery, we celebrate the fire that is destroying all definitions, that is igniting all matter into one flame of spirit. We dance to the pulsing flame in praise of all that is. We belong only to thee. AMEN.</p>

Sixth Day	OFFICE OF PRIME			six to nine on the light day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>THE GOD OF ABRAHAM PRAISE</p> <p>He hath eternal life, Implanted in the soul; His love shall be our strength and stay, While ages roll. Praise to the living God! All praised be his Name Who was, and is, and is to be, And still the same!</p>	<p>THE CHURCH</p> <p>The Church of God is like the pioneer The sensitive, responsive one, Who hears the Word of God And sees his judgments, And has the vision of the resurrection.</p>	<p>CREATION</p> <p>We stand beyond our life and see, We stand beyond our death and really see, What's required of men who give their death To history. And it is now that we must do What other ones must always seek to be, To discover what's required of us To set man free.</p>	
The Psalms	<p>Bless our God, all nations; let his praise be heard far and near. He set us in the land of the living; he keeps our feet from stumbling. For thou, O God, hast put us to the proof and refined us like silver. Thou hast caught us in a net, thou hast bound our bodies fast; thou hast let men ride over our heads. We went through fire and water, but thou hast brought us out into liberty.</p> <p>I will bring sacrifices into thy temple and fulfil my vows to thee, vows which I made with my own lips and swore with my own mouth when in distress. I will offer thee fat beasts as sacrifices and burn rams as a savoury offering; I will make ready oxen and he-goats.</p>	<p>Come, listen, all who fear God, and I will tell you all that he has done for me;</p> <p>I lifted up my voice in prayer, his high praise was on my lips. If I had cherished evil thoughts, the Lord would not have heard me; but in truth God has heard and given heed to my prayer. Blessed is God who has not withdrawn his love and care from me.</p>	<p>67</p> <p>God be gracious to us and bless us, God make his face shine upon us, that his ways may be known on earth and his saving power among all the nations. Let the peoples praise thee, O God; let all peoples praise thee. Let all nations rejoice and shout in triumph; for thou dost judge the peoples with justice and guidest the nations of the earth. Let the peoples praise thee, O God; let all peoples praise thee. The earth has given its increase and God, our God, will bless us.</p> <p>God grant us his blessing, that all the ends of the earth may fear him.</p>	
The Lessons	<p>What I did command them was this: If you obey me, I will be your God and you shall be my people. You must conform to all my commands, if you would prosper. Jeremiah 7.23</p>	<p>Then he burst out, "Look, how many years have I slaved for you and never disobeyed a single order of yours, and yet you have never given me so much as a young goat, so that I could give my friends a dinner?" Luke 15.29-30</p>	<p>But any man who builds on the foundation using as his material gold, silver, precious stones, wood, hay or stubble, must know that each man's work will one day be shown for what it is. 1 Corinthians 3.12-13</p>	
The Prayers	<p>O God, thou hast set us in the train of many martyrs and holy men; and given us, as author and finisher of our faith, one who offered himself up a living and dying sacrifice, we are not our own, but thine. Freely may we crucify our shrinking will, surrender ourselves to the uttermost claims of thy spirit, and seek no peace but in harmony with thee. AMEN.</p>	<p>Almighty and everlasting God, who by thy Holy Spirit dost govern and sanctify the whole Christian church, hear our prayers for all members of the same, and mercifully grant that they may serve thee in true faith, through Jesus Christ, thy Son, our Lord. AMEN.</p>	<p>O God, who hast created and dost sustain the church in history, prosper and enable the denominations and orders of the one Word, that each may support and sustain their unique communication of that single Word, in the name of the many yet one, Jesus Christ. AMEN.</p>	

Sixth Day	OFFICE OF TERCE			nine to twelve on the light day
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR	
The Hymns	<p>GOD MOVES IN A MYSTERIOUS WAY</p> <p>God moves in a mysterious way His wonders to perform; He plants His footsteps in the sea, And rides upon the storm.</p> <p>Ye fearful saints, fresh courage take; The clouds ye so much dread Are big with mercy, and shall break In blessings on your head.</p>	<p>A BALM IN GILEAD</p> <p><i>Refrain:</i> There is a balm in Gilead To make the wounded whole, There is a balm in Gilead To heal the sinsick soul.</p> <p>Sometimes I feel discouraged And think my work in vain, But then the Holy Spirit Revives my soul again.</p>	<p>HARVEST TIME</p> <p><i>Refrain:</i> Over and over, Yes, deeper and deeper, My heart is pierced through With life's sorrowing cry, But the tears of the sower And the songs of the reaper Shall mingle together In joy by and by.</p>	
The Psalms	<p>68</p> <p>God arises and his enemies are scattered ; those who hate him flee before him, driven away like smoke in the wind; like wax melting at the fire, the wicked perish at the presence of God. But the righteous are joyful, they exult before God, they are jubilant and shout for joy.</p> <p>Sing the praises of God, raise a psalm to his name, extol him who rides over the desert plains. Be joyful and exult before him, father of the fatherless, the widow's champion— God in his holy dwelling-place. God gives the friendless a home and brings out the prisoner safe and sound; but rebels must live in the scorching desert.</p> <p>O God, when thou didst go forth before thy people, marching across the wilderness, earth trembled, the very heavens quaked before God the lord of Sinai, before God the God of Israel.</p> <p>Of thy bounty, O God, thou dost refresh with rain thy own land in its weariness, the land which thou thyself didst provide, where thy own people made their home, which thou, O God, in thy goodness providest for the poor.</p>	<p>The Lord proclaims good news: 'Kings with their armies have fled headlong.' O mighty host, will you linger among the sheepfolds while the women in your tents divide the spoil— an image of a dove, its wings sheathed in silver and its pinions in yellow gold— while the Almighty scatters kings far and wide like snowflakes falling on Zalmon?</p> <p>The hill of Bashan is a hill of God indeed, a hill of many peaks is Bashan's hill. But, O hill of many peaks, why gaze in envy at the hill where the LORD delights to dwell, where the LORD himself will live for ever?</p> <p>Twice ten thousand were God's chariots, thousands upon thousands, when the Lord came in holiness from Sinai. Thou didst go up to thy lofty home with captives in thy train, having received tribute from men; in the presence of the LORD God no rebel could live.</p>	<p>Blessed is the Lord: he carries us day by day, God our salvation. Our God is a God who saves us, in the LORD God's hand lies escape from death. God himself will smite the head of his enemies, those proud sinners with their flowing locks. The Lord says, 'I will return from the Dragon, I will return from the depths of the sea, that you may dabble your feet in blood, while the tongues of your dogs are eager for it.'</p> <p>Thy procession, O God, comes into view, the procession of my God and King into the sanctuary:</p> <p>at its head the singers, next come minstrels, girls among them playing on tambourines. In the great concourse they bless God, all Israel assembled bless the LORD. There is the little tribe of Benjamin leading them, there the company of Judah's princes, the princes of Zebulun and of Naphtali.</p>	
The Lessons	<p>In God's hands are the souls of all that live, the spirits of all human kind. Wisdom and might are his, With him are firmness and understanding.</p> <p>Job 12.10-13</p>	<p>"The man who does not really love me will not follow my teaching. Indeed, what you are hearing from me now is not really my saying, but comes from the Father who sent me."</p> <p>John 14.24</p>	<p>We use no hocus-pocus, no clever tricks, no dishonest manipulation of the Word of God. We speak the plain truth and so commend ourselves to every man's conscience in the sight of God.</p> <p>II Corinthians 4.2</p>	
The Prayers	<p>O eternal God, the Father of all mankind, in whom we live and move and have our being, have mercy on the whole human race. Pity their ignorance, their foolishness, their weakness, their sin. Set up an ensign for the nations, O Lord, and bring in everlasting righteousness, for thee honor of thy Son, our Lord and Savior Jesus Christ. AMEN.</p>	<p>O Lord, do not abandon me in time of adversity or when I sin, but uphold and uplift me with your grace and mercy. I ask you this grace with humility and constancy, and I am sure of obtaining it from your infinite mercy. AMEN.</p>	<p>O thou Lord of all and servant of none, we stand fearful of the massive detachment that pervades this revolutionary time. Deliver us from the slavery of tired servitude; create in us the style of the perpetual servant, that all men may share one another's burdens, in the name of thy Servant, Jesus Christ our Lord. AMEN.</p>	

OFFICE OF SEXT		twelve to three on the light day	
Sixth Day	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>WHEN I SURVEY THE WONDROUS CROSS</p> <p>When I survey the wondrous cross, On which the Prince of Glory died, My richest gain I count but loss, And pour contempt on all my pride.</p> <p>See, from his head, his hands, his feet, Sorrow and love flow mingled down; Did e'er such love and sorrow meet, Or thorns compose so rich a crown?</p>	<p>THE CRYIN'</p> <p>It's then I know what I had known Before the world began; The infidel, the satisfied, 'Tis I who am that man! Oh, I'm a lost and lonely soul; My heart is full of cryin' The Cry is not for pain of me— My God and I are dyin'.</p>	<p>OBEDIENCE</p> <p>Heed the cries that Sound your passion Bleed with every Struggling one</p> <p>Will that you might Live to free them Speak the Word, the Deed be done.</p>
The Psalms	<p>O God, in virtue of thy power — that godlike power which has acted for us— command kings to bring gifts to thee for the honour of thy temple in Jerusalem. Rebuke those wild beasts of the reeds, that herd of bulls, the bull-calf warriors of the nations; scatter these nations which revel in war; make them bring tribute from Egypt, precious stones and silver from Pathros; let Nubia stretch out her hands to God.</p> <p>All you kingdoms of the world, sing praises to God, sing psalms to the Lord, to him who rides on the heavens, the ancient heavens. Hark! he speaks in the mighty thunder. Ascribe all might to God, Israel's High God, Israel's pride and might throned in the skies. Terrible is God as he comes from his sanctuary; he is Israel's own God, who gives to his people might and abundant power.</p> <p>Blessed be God.</p>	<p>69</p> <p>Save me, O God; for the waters have risen up to my neck. I sink in muddy depths and have no foothold; I am swept into deep water, and the flood carries me away. I am wearied with crying out, my throat is sore, my eyes grow dim as I wait for God to help me.</p> <p>Those who hate me without reason are more than the hairs of my head; they outnumber my hairs, those who accuse me falsely. How can I give back what I have not stolen? O God, thou knowest how foolish I am, and my guilty deeds are not hidden from thee.</p>	<p>Let none of those who look to thee be shamed on my account, O Lord God of Hosts; let none who seek thee be humbled through my fault, O God of Israel.</p> <p>For in thy service I have suffered reproach; I dare not show my face for shame. I have become a stranger to my brothers, an alien to my own mother's sons; bitter enemies of thy temple tear me in pieces; those who reproach thee reproach me. I have broken my spirit with fasting, only to lay myself open to many reproaches. I have made sackcloth my clothing and have become a byword among them. Those who sit by the town gate talk about me; drunkards sing songs about me in their cups. But I lift up this prayer to thee, O LORD: accept me now in thy great love, answer me with thy sure deliverance, O God. Rescue me from the mire, do not let me sink; let me be rescued from the muddy depths, so that no flood may carry me away, no abyss swallow me up, no deep close over me.</p> <p>Answer me, O LORD, in the goodness of thy unfailing love, turn towards me in thy great affection. I am thy servant, do not hide thy face from me. Make haste to answer me, for I am in distress. Come near to me and redeem me; ransom me, for I have many enemies.</p>
The Lessons	<p>Man, I am taking from you at one blow the dearest thing you have, but you must not wail or weep or give way to tears. Keep in good heart; be quiet, and make no mourning for the dead;</p> <p>Ezekiel 24.15-17</p>	<p>"If only this Christ, the king of Israel, would come down now from the cross, we should see it and believe!" And even the men who were crucified with him hurled abuse at him.</p> <p>Mark 15.32</p>	<p>Do you think anyone is weak without my feeling his weakness? Does anyone have his faith upset without my longing to restore him?</p> <p>11 Corinthians 11.29</p>
The Prayers	<p>O Lord, who for our sake didst fast forty days, and forty nights: Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honor and glory, who livest and reignest with the Father and the Holy Spirit, one God, world without end. AMEN.</p>	<p>Heavenly Father, thou art indeed my Lord and God, who hast created me out of nothing and hast also redeemed me through thy Son. Now thou hast placed this responsibility upon me. Here my will is not respected and there is so much that presses and worries me for which I can find neither help nor counsel of myself. Therefore let these cares be cast upon thee. Grant me thy help and counsel and be thou all to me in this position. AMEN.</p>	<p>O Thou who overwhelms us with the demands of our time, we behold thy Son who refused the temptation to seek a situation other than the one at hand. We have desired a less chaotic world and sought a less demanding task. Give us the enduring trust in the power of thy Word to meet every situation and demand that all men might claim the promise of living freely in the situations given them, in the name of our Redeemer, Jesus Christ. AMEN.</p>

Sixth Day	OFFICE OF NONE			three to six on the light day
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR	
The Hymns	<p>GOD</p> <p>It is God that is always driving man To care about the coming day, And yet God is the mystery who takes Each man's security away. It is God that makes man seek happiness, But does not allow his joy to stay. It is God who gives every man his life, And God who takes his life away.</p>	<p>JESUS MET THE WOMAN AT THE WELL</p> <p>She said, this man, this man, must be a prophet He done told me everything I ever done.</p> <p>She said, Jesus, Jesus, he is the Savior He done told me, "Life is good, as it is."</p>	<p>THE SINGLE MIND</p> <p>Come colleagues of the Journey Give up your will to God's, Become the bloody footsteps On the road our fathers trod.</p> <p><i>Refrain:</i> Obedience the Armor, Our poverty the sign, Our chasity the battle To create the single mind.</p>	
The Psalms	<p>Thou knowest what reproaches I bear, all my anguish is seen by thee. Reproach has broken my heart, my shame and my dishonour are past hope; I looked for consolation and received none, for comfort and did not find any. They put poison in my food and gave me vinegar when I was thirsty. May their own table be a snare to them and their sacred feasts lure them to their ruin; may their eyes be darkened so that they do not see, let a continual ague shake their loins. Pour out thine indignation upon them and let thy burning anger overtake them. May their settlements be desolate, and no one living in their tents; for they pursue him whom thou hast struck down and multiply the torments of those whom thou hast wounded. Give them the punishment their sin deserves; exclude them from thy righteous mercy; let them be blotted out from the book of life and not be enrolled among the righteous.</p> <p>But by thy saving power, O God, lift me high above my pain and my distress, then I will praise God's name in song and glorify him with thanksgiving; that will please the LORD more than the offering of a bull, a young bull with horn and cloven hoof.</p> <p>See and rejoice, you humble folk, take heart, you seekers after God; for the LORD listens to the poor and does not despise those bound to his service. Let sky and earth praise him, the seas and all that move in them, for God will deliver Zion and rebuild the cities of Judah. His servants' children shall inherit them; they shall dwell there in their own possession and all who love his name shall live in them.</p>	<p>70</p> <p>Show me favour, O God, and save me; hasten to help me, O LORD. Let all who seek my life be brought to shame and dismay, let all who love to hurt me shrink back disgraced; let those who cry 'Hurrah!' at my downfall turn back at the shame they incur, but let all who seek thee be jubilant and rejoice in thee, and let those who long for thy saving help ever cry, 'All glory to God!'</p> <p>But I am poor and needy; O God, hasten to my aid. Thou art my help, my salvation; O LORD, make no delay.</p>	<p>71</p> <p>In thee, O LORD, I have taken refuge; never let me be put to shame. As thou art righteous rescue me and save my life; hear me and set me free, be a rock of refuge for me, where I may ever find safety at thy call; for thou art my towering crag and stronghold. O God, keep my life safe from the wicked, from the clutches of unjust and cruel men.</p> <p>Thou art my hope, O Lord, my trust, O LORD, since boyhood. From birth I have leaned upon thee, my protector since I left^a my mother's womb.</p>	
The Lessons	<p>On that day, says the Lord of Hosts, I will erase the names of the idols from the land, and they shall be remembered no longer; I will also remove the prophets and the spirit of uncleanness from the land. Zechariah 13.2-3</p>	<p>But when they are taking you off to trial, do not worry beforehand about what you are going to say—simply say the words you are given when the time comes. For it is not really you who will speak, but the Holy Spirit. Mark 13.9-11</p>	<p>There is no time to indulge in sorrow, no time for enjoying our joys; those who buy have no time to enjoy their possessions, and indeed their every contact with the world must be as light as possible, for the present scheme of things is rapidly passing away. I Corinthians 7.30-31</p>	
The Prayers	<p>Almighty God, who has knit together thine elect in one communion and fellowship, in the mystical Body of thy Christ our Lord: Grant us grace so as to follow thy blessed saints in all various and godly living, that we may come to those unspeakable joys which thou has prepared for those who unfeignedly love thee, through the same Jesus Christ our Lord, to whom, with thee, the Father, and the Holy Ghost, be all honor and glory, world without end. Amen</p>	<p>Almighty God, who art the protector of all who trust in thee, without whose grace nothing is strong, nothing is holy, increase and multiply upon us thy mercy, that by thy holy inspiration we may think the things that are right and by thy power may perform the same, through Jesus Christ, our Lord. AMEN.</p>	<p>Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men, we acknowledge and bewail our manifold sins and wickedness which we from time to time most grievously have committed by thought, word, and deed, against thy divine majesty. We do earnestly repent, and we are heartily sorry for these our misdoings; the remembrance of them is grievous unto us. Have mercy upon us, have mercy on us, most merciful Father, for thy Son our Lord Jesus Christ's sake. AMEN.</p>	

Seventh Day	OFFICE OF VESPERS			six to nine on the dark day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>FOR ALL THE SAINTS</p> <p>For all the saints, who from their labors rest, Who thee, by faith before the world confessed, Thy name, O Jesus, be forever blessed, Alleluia! Alleluia!</p>	<p>GLORY BE TO THEE, O GOD</p> <p><i>Refrain:</i> Glory be to Thee, O God, Hallelujah! Father, Son, and Holy Ghost, Hallelujah!</p> <p>All the world has been received, Hallelujah! It has been received indeed Hallelujah!</p>	<p>THE INVITATION</p> <p>The call comes daily, confronting me. All former patterns are shaken free. The man exalted, the God brought low. Behind this offense, my death I know.</p> <p>I'm at the crossroads, I must decide To live offended, or faith confide. There is no reason, the cross to choose. It's my election, my life to lose.</p>	
The Psalms	<p>To many I seem a solemn warning; but I have thee for my strong refuge. My mouth shall be full of thy praises, I shall tell of thy splendour all day long. Do not cast me off when old age comes, nor forsake me when my strength fails, when my enemies' rancour bursts upon me and those who watch me whisper together, saying, 'God has forsaken him; after him! seize him; no one will rescue him.' O God, do not stand aloof from me; O my God, hasten to my help. Let all my traducers be shamed and dishonoured, let all who seek my hurt be covered with scorn. But I will wait in continual hope, I will praise thee again and yet again; all day long thy righteousness, thy saving acts, shall be upon my lips. Thou shalt ever be the theme of my praise, although I have not the skill of a poet. I will begin with a tale of great deeds, O Lord God, and sing of thy righteousness, thine alone.</p>	<p>O God, thou hast taught me from boyhood, all my life I have proclaimed thy marvellous works; and now that I am old and my hairs are grey, forsake me not, O God, when I extol thy mighty arm to future generations, thy power and righteousness, O God, to highest heaven; for thou hast done great things. Who is like thee, O God?</p> <p>Thou hast made me pass through bitter and deep distress, yet dost revive me once again and lift me again from earth's watery depths. Restore me to honour, turn and comfort me, then I will praise thee on the lute for thy faithfulness, O God; I will sing psalms to thee with the harp, thou Holy One of Israel; songs of joy shall be on my lips; I will sing thee psalms, because thou hast redeemed me. All day long my tongue shall tell of thy righteousness; shame and disgrace await those who seek my hurt.</p>	<p>72</p> <p>O God, endow the king with thy own justice, and give thy righteousness to a king's son, that he may judge thy people rightly and deal out justice to the poor and suffering. May hills and mountains afford thy people peace and prosperity in righteousness. He shall give judgement for the suffering and help those of the people that are needy; he shall crush the oppressor. He shall live as long as the sun endures, long as the moon, age after age. He shall be like rain falling on early crops, like showers watering the earth. In his days righteousness shall flourish, prosperity abound until the moon is no more.</p>	
The Lessons	<p>'I will make all my goodness pass before you, and I will pronounce in your hearing the Name JEHOVAH. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion.'</p> <p>Exodus 33.19</p>	<p>"I am the vine itself, you are the branches. It is the man who shares my life and whose life I share who proves fruitful. For the plain fact is that apart from me you can do nothing at all."</p> <p>John 15.5</p>	<p>But we can thank God continually for your brothers, whom the Lord loves. He has chosen you from the beginning to save you, to make you holy by the work of his Spirit and your own belief in the truth.</p> <p>II Thessalonians 2.13</p>	
The Prayers	<p>O God, from whom all holy desires, all good counsels and all just works do proceed; give unto thy servants that peace which the world cannot give, that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of our enemies, may pass our time in rest and quietness, through the merits of Jesus Christ our Savior. AMEN.</p>	<p>Eternal God, you do love me and ask that with all my heart I rely on you in all things. It is your earnest desire to be my God, and I must regard you as God or suffer the loss of eternal salvation. My heart shall neither build on nor rely on anything else, whether it be property, honor, wisdom, power, purity, or any other creature. AMEN.</p>	<p>O Thou who places me daily in the agony of a humanly impossible situation, faced with the constant address of otherness, I give thanks for the very existence which I have been given and the awesome possibility of recreating it, through Jesus Christ our Lord. AMEN.</p>	

Seventh Day	OFFICE OF COMPLINE		
	THE NINTH HOUR	THE TENTH HOUR	nine to twelve on the dark day THE ELEVENTH HOUR
The Hymns	<p>A MIGHTY FORTRESS IS OUR GOD</p> <p>That word above all earthly powers, No thanks to them, abideth; The Spirit and the gifts are ours Through him who with us sideth; Let goods and kindred go, This mortal life also; The body they may kill: God's truth abideth still, His kingdom is forever.</p>	<p>CALLED TO WALK IN THE WAY</p> <p>There'll be betrayal and despair and denial You'll be left all alone: And you'll wonder if the God who called Has gone away, There'll be taunts and a hill and a Cross All prepared for you, Then the spear, flowing blood, final words... Has Death won the day?</p>	<p>POVERTY</p> <p>Belong in the tension Where life and death contend As bridge to the future Burn out the flesh time did lend If holiness binds you leave it behind you Such vestments you must rend The only defense in the battle that's won Is life in depth, the Kingdom come</p>
The Psalms	<p>May he hold sway from sea to sea, from the River to the ends of the earth. Ethiopians shall crouch low before him; his enemies shall lick the dust. The kings of Tarshish and the islands shall bring gifts, the kings of Sheba and Seba shall present their tribute, and all kings shall pay him homage, all nations shall serve him. For he shall rescue the needy from their rich oppressors, the distressed who have no protector. May he have pity on the needy and the poor, deliver the poor from death; may he redeem them from oppression and violence and may their blood be precious in his eyes.</p>	<p>May the king live long and receive gifts of gold from Sheba; prayer be made for him continually, blessings be his all the day long. May there be abundance of corn in the land, growing in plenty to the tops of the hills; may the crops flourish like Lebanon, and the sheaves be numberless as blades of grass. Long may the king's name endure, may it live for ever like the sun; so shall all peoples pray to be blessed as he was, all nations tell of his happiness.</p> <p>Blessed be the LORD God, the God of Israel, who alone does marvellous things; blessed be his glorious name for ever, and may his glory fill all the earth. Amen, Amen.</p> <p>Here end the prayers of David son of Jesse.</p>	<p>73</p> <p>How good God is to the upright! How good to those who are pure in heart!</p> <p>My feet had almost slipped, my foothold had all but given way, because the boasts of sinners roused my envy when I saw how they prosper. No pain, no suffering is theirs; they are sleek and sound in limb; they are not plunged in trouble as other men are, nor do they suffer the torments of mortal men. Therefore pride is their collar of jewels and violence the robe that wraps them round. Their eyes gleam through folds of fat; while vain fancies pass through their minds. Their talk is all sneers and malice; scornfully they spread their calumnies. Their slanders reach up to heaven, while their tongues ply to and fro on earth. And so my people follow their lead and find nothing to blame in them, even though they say, 'What does God know? The Most High neither knows nor cares.' So wicked men talk, yet still they prosper, and rogues amass great wealth.</p>
The Lessons	<p>Return, O Israel, to the Lord your God; for you have stumbled in your evil courses. Come with your words ready, come back to the Lord.</p> <p>Hosea 14.1-2</p>	<p>"The kingdom of Heaven" he said, "is like a man who sowed good seed in his field. But while his men were asleep his enemy came and sowed weeds among the wheat, and went away."</p> <p>Matthew 13.24-25</p>	<p>While you say, 'I am rich, I have prospered, and there is nothing that I need,' you have no eyes to see that you are wretched, pitiable poverty-stricken, blind and naked.</p> <p>Revelation 3.17</p>
The Prayers	<p>We confess to thee, almighty God, Father, Son, and Holy Spirit, that we have grievously sinned in thought, word, and deed. Make us truly contrite. Fill us with holy fear; and give us grace to amend our lives according to thy Word, for the glory of thy Holy Name, through Jesus Christ our Lord. AMEN.</p>	<p>Dear Lord Jesus Christ, my longing is so great that I cannot express it in words. I know not how to ask. See my heart. What more shall I say. My suffering is greater than all my complaining. I cannot counsel myself with reason nor comfort myself with my own courage. Comfortless, helpless, and forsaken, I am completely at loss. My God, you will not abandon my hope. You will hear my prayer and satisfy my desires. I will pray and wait for your grace. Hear me and fulfill my hope. AMEN.</p>	<p>O Thou author and sustainer of life whose Son fed the five thousand with seven loaves, we have refused to acknowledge that the resources we have been given are sufficient and have sent people away hungry. Forgive us our unwillingness to trust in thee, and grant us faith to risk our lives for our brother, in the Word which promises fullness of life. AMEN.</p>

Seventh Day		OFFICE OF MATINS		twelve to three on the dark day	
		THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR	
The Hymns		<p>GOD MOVES IN A MYSTERIOUS WAY</p> <p>His purposes will ripen fast, Unfolding every hour; The bud may have a bitter taste, But sweet will be the flower.</p> <p>Blind unbelief is sure to err, And scan His work in vain; God is His own interpreter, And He will make it plain.</p>	<p>MY HOPE IS BUILT ON NOTHING LESS</p> <p>When darkness veils his lovely face I rest on his unchanging grace; In every high and stormy gale, My anchor holds within the veil.</p> <p>His oath, his covenant, his blood, Support me in the whelming flood; When all around my soul gives way, He then is all my hope and stay.</p>	<p>CONTEMPLATION</p> <p>And the Not-yet I see Is cut from under me</p> <p>Then my reality Is change eternally</p> <p>So fast it comes As possibility</p> <p>And I become the All of yet to be</p>	
	The Psalms	<p>So it was all in vain that I kept my heart pure and washed my hands in innocence. For all day long I suffer torment and am punished every morning. Yet had I let myself talk on in this fashion, I should have betrayed the family of God. So I set myself to think this out but I found it too hard for me, until I went into God's sacred courts; there I saw clearly what their end would be.</p> <p>How often thou dost set them on slippery ground and drive them headlong into ruin! Then in a moment how dreadful their end, cut off root and branch by death with all its terrors, like a dream when a man rouses himself, O Lord, like images in sleep which are dismissed on waking!</p>	<p>When my heart was embittered I felt the pangs of envy, I would not understand, so brutish was I, I was a mere beast in thy sight, O God. Yet I am always with thee, thou holdest my right hand; thou dost guide me by thy counsel and afterwards wilt receive me with glory. Whom have I in heaven but thee? And having thee, I desire nothing else on earth. Though heart and body fail, yet God is my possession for ever. They who are far from thee are lost; thou dost destroy all who wantonly forsake thee. But my chief good is to be near thee, O God; I have chosen thee, Lord God, to be my refuge.</p>	<p>74</p> <p>Why hast thou cast us off, O God? Is it for ever? Why art thou so stern, so angry with the sheep of thy flock? Remember the assembly of thy people, taken long since for thy own, and Mount Zion, which was thy home. Now at last restore what was ruined beyond repair, the wreck that the foe has made of thy sanctuary.</p> <p>The shouts of thy enemies filled the holy place, they planted their standards there as tokens of victory. They brought it crashing down, like woodmen plying their axes in the forest; they ripped the carvings clean out, they smashed them with hatchet and pick. They set fire to thy sanctuary, tore down and polluted the shrine sacred to thy name. They said to themselves, 'We will sweep them away', and all over the land they burnt God's holy places.</p> <p>We cannot see what lies before us, we have no prophet now; we have no one who knows how long this is to last. How long, O God, will the enemy taunt thee? Will the adversary pour scorn on thy name for ever? Why dost thou hold back thy hand, why keep thy right hand within thy bosom?</p>	
The Lessons	<p>No stone of yours shall be used as a corner stone, no stone for a foundation; but you shall be desolate, for ever waste. This is the very word of the Lord.</p> <p style="text-align: right;">Jeremiah 51.26</p>	<p>Then he shut the book, handed it back to the attendant and resumed his seat. Every eye in the synagogue was fixed upon him and he began to tell them, "This very day this scripture has been fulfilled, while you have been listening to it!"</p> <p style="text-align: right;">Luke 4.20-21</p>	<p>Frankly, I stand amazed at the unfathomable complexity of God's wisdom and God's knowledge. How could man ever understand his reasons for action, or explain his methods of working?</p> <p style="text-align: right;">Romans 11.33</p>		
The Prayers	<p>Thou who makest the mouths of the speechless skillful in speech: Teach our mouths, pour upon our lips the grace of thy benediction. Give us keenness of understanding, ability to remember, discernment in exposition, readiness in learning, and abundant grace in utterance. Bestow upon us, at the outset of our journey, gifts: as we journey, guide us, and bring to a perfect end our course, through Jesus Christ our Lord. AMEN.</p>	<p>From the night, my spirit seeks thee early, O my God, for thy commandments are light on earth. I continually peruse thy ways, for thou hast become a help unto me. Early Lord, thou shalt hear my voice; early will I stand before thee, and thou shalt see me. AMEN.</p>	<p>O God, who art the beginning and end of all diversity and in whom all things are one; grant to thy church ecumenical the necessary vision of the future, that thy church diverse may be unified in mission; through him whose life was at one with all life, even Jesus Christ the Lord. AMEN.</p>		

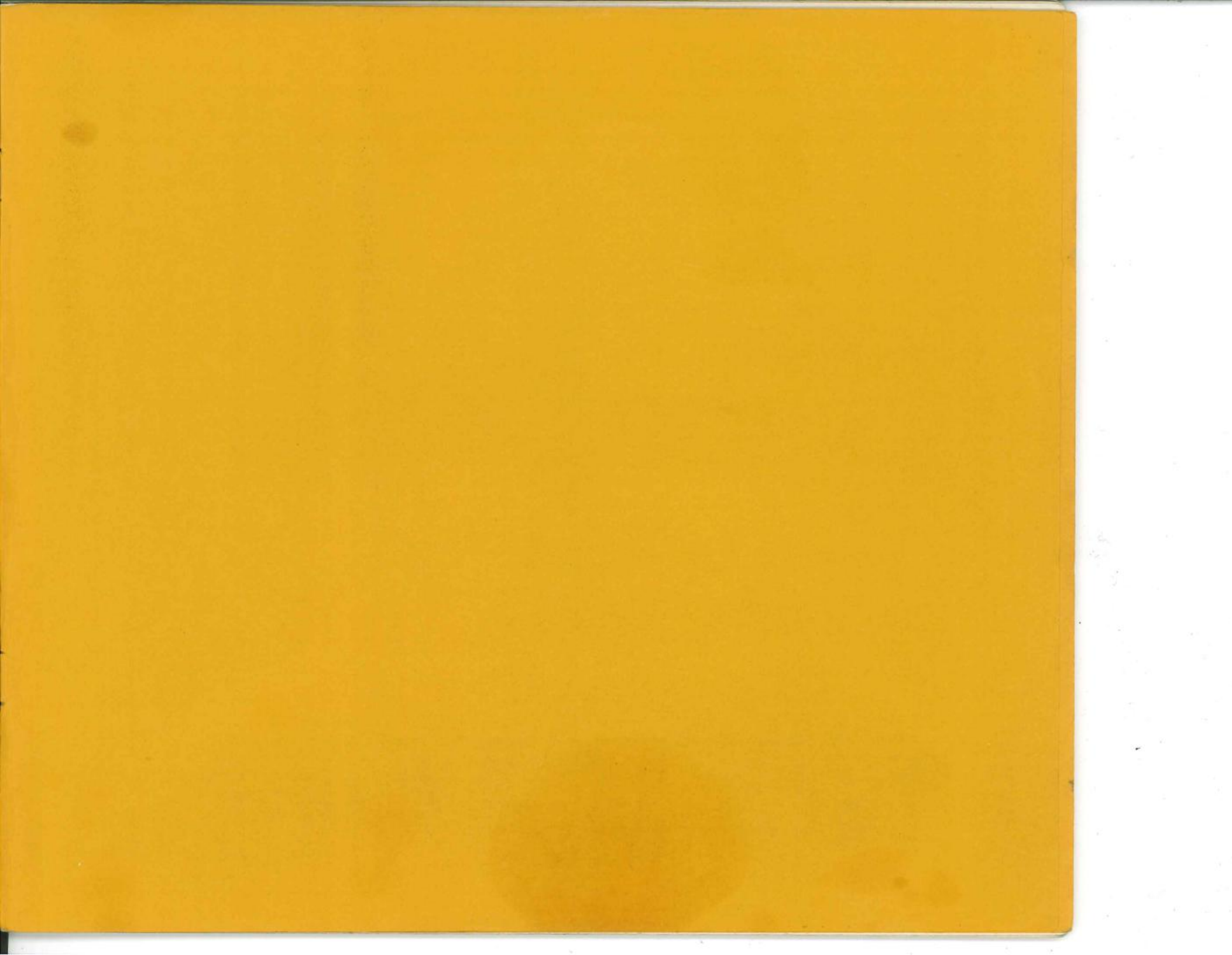
Seventh Day	OFFICE OF LAUDS		
	three to six on the dark day		
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR
The Hymns	<p>O FOR A THOUSAND TONGUES</p> <p>He speaks, and listening to his voice, New life the dead receive; The mournful, broken hearts rejoice, The humble poor believe.</p> <p>Hear him, ye deaf; his praise, ye dumb, Your loosened tongues employ. Ye blind, behold your Savior come; And leap, ye lame, for joy.</p>	<p>PRAISE YE THE LORD</p> <p>O Lord, open thou our lips. O Lord, open thou our lips. And our mouths shall show forth Shall show forth thy praise, Shall show forth thy praise.</p>	<p>MEN OF THE SPIRIT</p> <p>Men of the Spirit March on to build a new tomorrow, Theirs is the will to will one thing and only, Theirs is the joy, the godly sorrow.</p> <p>Men of the Spirit Are black, tan, brown, white, red and yellow, Theirs is the task to build the earth, the future, Their lives are given for their fellow.</p>
The Psalms	<p>But thou, O God, thou king from of old, thou mighty conqueror all the world over, by thy power thou didst cleave the sea-monster in two and break the sea-serpent's heads above the waters; thou didst crush Leviathan's many heads and throw him to the sharks for food. Thou didst open channels for spring and torrent; thou didst dry up rivers never known to fail. The day is thine, and the night is thine also, thou didst ordain the light of moon and sun; thou hast fixed all the regions of the earth; summer and winter, thou didst create them both.</p>	<p>Remember, O LORD, the taunts of the enemy, the scorn a savage nation pours on thy name. Cast not to the beasts the soul that confesses thee; forget not for ever the sufferings of thy servants. Look upon thy creatures: they are filled with hatred, and earth is the haunt of violence. Let not the oppressed be shamed and turned away; let the poor and the downtrodden praise thy name. Rise up, O God, maintain thy own cause; remember how brutal men taunt thee all day long. Ignore no longer the cries of thy assailants, the mounting clamour of those who defy thee.</p>	<p>75</p> <p>We give thee thanks, O God, we give thee thanks; thy name is brought very near to us in the story of thy wonderful deeds.</p> <p>I seize the appointed time and then I judge mankind with justice. When the earth rocks, with all who live on it, I make its pillars firm. To the boastful I say, 'Boast no more', and to the wicked, 'Do not toss your proud horns: toss not your horns against high heaven nor speak arrogantly against your Creator.' No power from the east nor from the west, no power from the wilderness, can raise a man up. For God is judge; he puts one man down and raises up another. The LORD holds a cup in his hand, and the wine foams in it, hot with spice; he offers it to every man for drink, and all the wicked on earth must drain it to the dregs. But I will glorify him for ever; I will sing praises to the God of Jacob.</p> <p>I will break off the horns of the wicked, but the horns of the righteous shall be lifted high.</p>
The Lessons	<p>The Israelites shall become countless as the sands of the sea which can neither be measured nor numbered; Hosea 1.10</p>	<p>"What about all this evidence against you?" But Jesus remained silent and offered no reply. Again the High Priest asked him, "Are you Christ, Son of the Blessed one?" And Jesus said, "I am!" Mark 14.60-62</p>	<p>But a slave who is called to life in Christ is set free in the eyes of God. And a man who was free when God called him becomes a slave—to Christ himself! 1 Corinthians 7.22</p>
The Prayers	<p>O God, who art infinite, eternal, and unchangeable, glorious in holiness, full of love and compassion, abundant in grace and truth: All thy works praise thee in all places of thy dominion, and thy glory is revealed in Jesus Christ thy Son. Wherefore we praise thee, Father, Son, and Holy Spirit, one God, blessed for ever. AMEN.</p>	<p>Vouchsafe, O gracious, O holy Father, upon me to bestow: intellect to understand thee, perceptions to perceive purely thee, reason to discern thee, diligence to seek thee, wisdom to find thee, a spirit to know thee; a heart to meditate upon thee, ears to hear thee, eyes to behold thee, a tongue to proclaim thee, a conversation pleasing unto thee, patience to wait for thee, and perseverance to look for thee. Grant me a perfect end—Thy Holy Presence. Grant me a blessed resurrection and thy recompense, everlasting life. AMEN.</p>	<p>O Creator of a creature who himself outcreates his every anticipation, we who dared walk in space and set foot on the moon cry out for help in the face of our own achievement. Technological successes do not contain within themselves wisdom for their proper use. Force us to control the uncontrollable, even as thy Word spoke the unspeakable and, undying, died. AMEN.</p>

Seventh Day	OFFICE OF PRIME			six to nine on the light day
	THE SIXTH HOUR	THE SEVENTH HOUR	THE EIGHTH HOUR	
The Hymns	<p>COME THOU FOUNT</p> <p>Come, thou Fount of every blessing, Tune my heart to sing thy grace; Streams of mercy, never ceasing, Call for songs of loudest praise. Teach me some melodious sonnet, Sung by flaming tongues above; Praise the mount—I'm fixed upon it, Mount of thy redeeming love.</p>	<p>RESPONSIBILITY</p> <p>Obligation is the call; To God and neighbor, surrender all. The free venture is the deed Rendered up to meet the need.</p> <p><i>Refrain:</i> Free men live in responsibility, Duty bound and free in relativity. Free men live in responsibility, Whoever they may be. Their deeds are history.</p>	<p>MARCHING SONG OF THE IRON MEN</p> <p>See the vision of a life style Stretch before the eyes of man, From Brazil, to France, to China, From the Congo to Iran. Where all men can live in freedom, Claim their power and their plan, Full humanness for all.</p>	
The Psalms	<p>76</p> <p>In Judah God is known, his name is great in Israel; his tent is pitched in Salem, in Zion his battle-quarters are set up. He has broken the flashing arrows, shield and sword and weapons of war.</p> <p>Thou art terrible, O Lord, and mighty: men that lust for plunder stand aghast, the boldest swoon away, and the strongest cannot lift a hand. At thy rebuke, O God of Jacob, rider and horse fall senseless.</p>	<p>Terrible art thou, O Lord; who can stand in thy presence when thou art angry? Thou didst give sentence out of heaven; the earth was afraid and kept silence. O God, at thy rising in judgement to deliver all humble men on the earth, for all her fury Edom shall confess thee, and the remnant left in Hamath shall dance in worship.</p> <p>Make vows to the LORD your God, and pay them duly; let the peoples all around him bring their tribute; for he breaks the spirit of princes, he is the terror of the kings on earth.</p>	<p>77</p> <p>I cried aloud to God, I cried to God, and he heard me. In the day of my distress I sought the Lord, and by night I lifted^c my outspread hands in prayer. I lay sweating and nothing would cool me; I refused all comfort. When I called God to mind, I groaned; as I lay thinking, darkness came over my spirit. My eyelids were tightly closed; I was dazed and I could not speak. My thoughts went back to times long past, I remembered forgotten years; all night long I was in deep distress, as I lay thinking, my spirit was sunk in despair.</p> <p>Will the Lord reject us for evermore and never again show favour? Has his unfailing love now failed us utterly, must his promise time and again be unfulfilled? Has God forgotten to be gracious, has he in anger withheld his mercies? 'Has his right hand', I said, 'lost its grasp' Does it hang powerless,^d the arm of the Most High?</p>	
The Lessons	<p>But with you I will make a covenant, and you shall go into the ark, you and your sons, your wife and your sons' wives with you.</p> <p>Genesis 6.17</p>	<p>The one who asks will always receive; the one who is searching will always find, and the door is opened to the man who knocks.</p> <p>Matthew 7.7-8</p>	<p>Let us run the race that we have to run with patience, our eyes fixed on Jesus the source and the goal of our faith.</p> <p>Hebrews 12.1-2</p>	
The Prayers	<p>O Lord God, who, by thy holy apostles, hast manifested unto us the mystery of the gospel of thy Christ's glory, and hast given them according to the greatness of the unlimited gift of thy grace that they should preach in all nations the glad tidings of the unsearchable riches of thy mercy, grant unto us at all times to walk in their foot-steps, imitate their wrestling, and have communion in them in the sweat which they accepted for the sake of godliness, through Jesus Christ our Lord. AMEN.</p>	<p>O God, who hast established the foundations of thy church upon the holy mountains, grant that she may not be moved by any wiles of error which would fain compass her overthrow, nor may she be shaken by any earthly disquietude, but ever stand firmly upon the ordinances of the Apostles and by their help, be kept in safety. AMEN.</p>	<p>O Thou unbounded by space, who dost raise up the new nations and destroy the old, in humble contrition we turn from our refusal to renew the political structures of the world and assume special responsibility for the new man of Africa, that he may so image himself as a citizen of the universe that his struggle for political self-determination will offer the possibility of freedom and justice for all mankind, in the name of Jesus the Christ our Lord. AMEN.</p>	

Seventh Day	OFFICE OF TERCE		
	nine to twelve on the light day		
	THE NINTH HOUR	THE TENTH HOUR	THE ELEVENTH HOUR
The Hymns	<p>GOD OF GRACE</p> <p>Save us from weak resignation To the evils we deplore; Let the search for thy salvation Be our glory evermore. Grant us wisdom, grant us courage, Serving thee whom we adore, Serving thee whom we adore.</p>	<p>AMAZING GRACE</p> <p>'Twas grace that taught my heart to fear And grace my fears relieved, How precious did that grace appear, The hour I first believed.</p> <p>Thru many dangers, toils and snares, I have already come, 'Tis grace that brought me safe thus far, And grace will lead me home.</p>	<p>PENTECOST HYMN</p> <p>For the coming ages And the journey of mankind We claim the promise That the fire give life to them Deciding freely To live on behalf of all Born of fire Filled with power For all men.</p>
The Psalms	<p>But then, O LORD, I call to mind thy deeds; I recall thy wonderful acts in times gone by. I meditate upon thy works and muse on all that thou hast done. O God, thy way is holy; what god is so great as our God? Thou art the God who workest miracles; thou hast shown the nations thy power. With thy strong arm thou didst redeem thy people, the sons of Jacob and Joseph.</p> <p>The waters saw thee, O God, they saw thee and writhed in anguish; the ocean was troubled to its depths. The clouds poured water, the skies thundered, thy arrows flashed hither and thither. The sound of thy thunder was in the whirlwind, thy lightnings lit up the world, earth shook and quaked. Thy path was through the sea, thy way through mighty waters, and no man marked thy footsteps. Thou didst guide thy people like a flock of sheep, under the hand of Moses and Aaron.</p>	<p>78</p> <p>Mark my teaching, O my people, listen to the words I am to speak. I will tell you a story with a meaning, I will expound the riddle of things past, things that we have heard and know, and our fathers have repeated to us. From their sons we will not hide the praises of the LORD and his might nor the wonderful acts he has performed; then they shall repeat them to the next generation. He laid on Jacob a solemn charge and established a law in Israel, which he commanded our fathers to teach their sons, that it might be known to a future generation, to children yet unborn, and these would repeat it to their sons in turn. He charged them to put their trust in God, to hold his great acts ever in mind and to keep all his commandments; not to do as their fathers did, a disobedient and rebellious race, a generation with no firm purpose, with hearts not fixed steadfastly on God.</p>	<p>The men of Ephraim, bowmen all and marksmen, turned and ran in the hour of battle They had not kept God's covenant and had refused to live by his law; they forgot all that he had done and the wonderful acts which he had shown them.</p> <p>He did wonders in their fathers' sight in the land of Egypt, the country of Zoan: he divided the sea and took them through it, making the water stand up like banks on either side. He led them with a cloud by day and all night long with a glowing fire. He cleft the rock in the wilderness and gave them water to drink, abundant as the sea; he brought streams out of the cliff and made water run down like rivers.</p>
The Lessons	<p>The spirit of the Lord shall rest upon him, a spirit of wisdom and understanding, a spirit of counsel and power, a spirit of knowledge and the fear of the Lord. Isaiah 11.2</p>	<p>"Whatever you ask the Father in my name, I will do—that the Son may bring glory to the Father. And if you ask me anything in my name, I will grant it." John 14.13-14</p>	<p>It is to freedom that you have been called, my brothers. Only be careful that freedom does not become mere opportunity for your lower nature. You should be free to serve one another in love. Galatians 5.13</p>
The Prayers	<p>O almighty God, who hast built thy church upon the foundation of the apostles and prophets, Jesus Christ himself being the head cornerstone: Grant, we beseech thee, that being gathered together in unity by thy Holy Spirit, thy church may manifest thy power among all peoples to the glory of thy name, through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, world without end. AMEN.</p>	<p>Give me, Jesus, that interior peace which is full of hope, which renders us sure of your grace and faithful in response to it, that peace whose companions are the spirit of poverty, humility of heart and freedom from all earthly attachments. Grant that my passions be subject to reason, my reason to faith and I to God. AMEN.</p>	<p>O eternal Father, sovereign Lord of the universe, whose presence is fire, defend thy people from every veil that blinds lucidity and keeps the fire from burning, that they, the purified ones, may embody thy knowledge and virtue unto all men, in the name of the Christ whose life was the purifying fire. AMEN.</p>

Seventh Day	OFFICE OF SEXT		
	twelve to three on the light day		
	THE TWELFTH HOUR	THE FIRST HOUR	THE SECOND HOUR
The Hymns	<p>O SACRED HEAD, NOW WOUNDED</p> <p>O sacred head, now wounded, With grief and shame weighed down, Now scornfully surrounded With thorns, thy holy crown, O sacred head, what glory, What bliss, till now, was thine! Yet, though despised and gory, I joy to call thee mine.</p>	<p>THE KING'S BUSINESS</p> <p>There is a desert there that breaks the surest soul. All meaning seared away makes life an empty role. Yet on that arid plain there falls eternal rain And that's the pause in my return.</p> <p><i>Refrain:</i> This is the message that I bring. A message angels fain would sing. Oh, be ye reconciled, Thus saith my Lord and King. Oh, be ye reconciled to God.</p>	<p>THE PREPARATION AND THE CRY</p> <p>Then at time of great happiness, Time of virtue or despair, Someone within will cry out, 'O help me!' As he struggles to be free.</p> <p>If you do not hear this voice, Do not set out on the March; You must continue to prepare, Till within you hear this Cry:</p>
The Psalms	<p>But they sinned against him yet again: in the desert they defied the Most High, they tried God's patience wilfully, demanding food to satisfy their hunger. They vented their grievance against God and said, 'Can God spread a table in the wilderness?' When he struck a rock, water gushed out until the gullies overflowed; they said, 'Can he give bread as well, can he provide meat for his people?' When he heard this, the LORD was filled with fury: fire raged against Jacob, anger blazed up against Israel, because they put no trust in God and had no faith in his power to save.</p>	<p>Then he gave orders to the skies above and threw open heaven's doors, he rained down manna for them to eat and gave them the grain of heaven. So men ate the bread of angels; he sent them food to their heart's desire. He let loose the east wind from heaven and drove the south wind by his power; he rained meat like a dust-storm upon them, flying birds like the sand of the sea-shore, which he made settle all over the camp round the tents where they lived. So the people ate and were well filled, for he had given them what they craved. Yet they did not abandon their complaints even while the food was in their mouths. Then the anger of God blazed up against them; he spread death among their stoutest men and brought the young men of Israel to the ground.</p>	<p>In spite of all, they persisted in their sin and had no faith in his wonderful acts. So in one moment he snuffed out their lives and ended their years in calamity. When he struck them, they began to seek him, they would turn and look eagerly for God; they remembered that God was their Creator, that God Most High was their deliverer. But still they beguiled him with words and deceived him with fine speeches; they were not loyal to him in their hearts nor were they faithful to his covenant. Yet he wiped out their guilt and did not smother his own natural affection; often he restrained his wrath and did not rouse his anger to its height. He remembered that they were only mortal men, who pass by like a wind and never return.</p>
The Lessons	<p>The Lord said to me, 'What do you see, Amos?' 'A plumb-line,' I answered, and the Lord said, 'I am setting a plumb-line to the heart of my people Israel; never again will I pass them by.'</p> <p style="text-align: right;">Amos 7.8</p>	<p>"Yet it is not your power over evil spirits which should give such joy, but the fact that your names are written in Heaven."</p> <p style="text-align: right;">Luke 10:17-20</p>	<p>Yet God forbid that I should boast about anything or anybody except the cross of our Lord Jesus Christ, which means that the world is a dead thing to me and I am a dead man to the world!</p> <p style="text-align: right;">Galatians 6.14-16</p>
The Prayers	<p>O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. AMEN.</p>	<p>Lord, grant that I may always live in continual preparation for death, and let me die the death of the just, so that it may be the crown of a life spent wholly for you in the field of duty and of sacrifice. AMEN.</p>	<p>God our Father, who most mercifully sent thy Son to suffer and die that men might live as heirs of thy grace, forgive us for trying to find security and significance for ourselves and grant us the power to give our lives fully as servants to the world, through Jesus Christ the crucified, resurrected One. AMEN.</p>

Seventh Day	OFFICE OF NONE		
	three to six on the light day		
	THE THIRD HOUR	THE FOURTH HOUR	THE FIFTH HOUR
The Hymns	<p>O GOD, OUR HELP IN AGES PAST</p> <p>O God, our help in ages past, Our hope for years to come, Our shelter from the stormy blast, And our eternal home!</p> <p>A thousand ages, in thy sight, Are like an evening gone; Short as the watch that ends the night, Before the rising sun.</p>	<p>AM I A SOLDIER OF THE CROSS</p> <p>Am I a soldier of the cross, A follower of the Lamb, And shall I fear to own his cause, Or blush to speak his name?</p> <p>Must I be carried to the skies On flowery beds of ease, While others fought to win the prize And sailed through bloody seas?</p>	<p>LORD OF THE DANCE</p> <p>I danced on a Friday when the sky turned black; It's hard to dance with the devil on your back; They buried my body and they thought I'd gone, But I am the dance and I still go on.</p> <p><i>Refrain:</i> Dance then wherever you may be, I am the lord of the dance, said he. And I'll lead you all wherever you may be, And I'll lead you all in the dance, said he.</p>
The Psalms	<p>How often they rebelled against him in the wilderness and grieved him in the desert! Again and again they tried God's patience and provoked the Holy One of Israel. They did not remember his prowess on the day when he saved them from the enemy, how he set his signs in Egypt, his portents in the land of Zoan. He turned their streams into blood, and they could not drink the running water. He sent swarms of flies which devoured them, and frogs which brought devastation; he gave their harvest over to locusts and their produce to the grubs; he killed their vines with hailstones and their figs with torrents of rain; he abandoned their cattle to the plague and their beasts to the arrows of pestilence. He loosed upon them the violence of his anger, wrath and enmity and rage, launching those messengers of evil to open a way for his fury. He struck down all the first-born in Egypt, the flower of their manhood in the tents of Ham, not shielding their lives from death but abandoning their bodies to the plague.</p>	<p>But he led out his own people like sheep and guided them like a flock in the wilderness. He led them in safety and they were not afraid, and the sea closed over their enemies. He brought them to his holy mountain, the hill which his right hand had won; he drove out nations before them, he allotted their lands to Israel as a possession and settled his tribes in their dwellings. Yet they tried God's patience and rebelled against him; they did not keep the commands of the Most High; they were renegades, traitors like their fathers, they changed, they went slack like a bow.</p>	<p>They provoked him to anger with their hill-shrines and roused his jealousy with their carved images. When God heard this, he put them out of mind and utterly rejected Israel. He forsook his home at Shiloh, the tabernacle in which he dwelt among men; he surrendered the symbol of his strength into captivity and his pride into enemy hands; he gave his people over to the sword and put his own possession out of mind. Fire devoured his young men, and his maidens could raise no lament for them; his priests fell by the sword, and his widows could not weep.</p>
The Lessons	<p>Therefore the path shall turn slippery beneath their feet; they shall be dispersed in the dark and shall fall there. For I will bring disaster on them when their day of reckoning comes.</p> <p style="text-align: right;">Jeremiah 23.12</p>	<p>"Be careful that no one misleads you," returned Jesus, "for many men will come in my name saying 'I am Christ', and they will mislead many."</p> <p style="text-align: right;">Matthew 24.5-6</p>	<p>This Son, radiance of the glory of God, flawless expression of the nature of God, himself the upholding principle of all that is, effected in person the reconciliation between God and man and then took his seat at the right hand of the majesty on high—thus proving himself, by the more glorious name that he has won, far greater than all the angels of God.</p> <p style="text-align: right;">Hebrews 1.3-4</p>
The Prayers	<p>O Lord, our heavenly Father, who orders all things for our eternal food, mercifully enlighten our minds, and give us a firm and abiding trust in thy love and care. Silence our murmurings, quiet our fears, and dispel our doubts, that, rising above our afflictions and our anxieties, we may rest on thee, the rock of everlasting strength, through Jesus Christ our Lord. AMEN.</p>	<p>Almighty God, give us grace to contend always for what is true and right, and to be ready if need be to suffer for it. Give us not over to fearfulness of soul, but lift us into that love which casteth out fear, so that we may glorify and enjoy thee now and for ever, through Jesus Christ our Lord. AMEN.</p>	<p>O most holy Lord, militant defender of the light, trembling before my lack of final certitude, I lift up the educational structures of our time. History demands their renewal, life the light rekindled. Defend those whose lives burn out to this end and who may die before the darkness is dispelled, in the name of the One who bent history. AMEN.</p>



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