



The Box River Benefice

*Boxford, Edwardstone, Groton,
Little Waldingfield and Newton*



Simple Morning Prayer

Welcome to this service of morning prayer and meditation.

Our endeavour during this service is to move deeper into God through silence, stillness and contemplation. A few long embedded church principles will help us along the way.

Psalms and Canticles have red diamonds at the end of the first half of each verse. These are as they appear in common Church of England authorized prayer material (and other ordered church traditions). They are there to encourage a pregnant pause (of about 3 seconds). Why?

Well, we are called to pray as one community in devotion. That can't be rushed! We don't say the psalms; we pray the Psalms! It is difficult to hear what God might be saying to us when we rattle through the Psalms at break-neck speed. Saying them slowly with small periods of silence encourages us to listen in prayerfulness. Slowing down and getting used to short periods of silence, might seem tricky or a little uncomfortable to start with, but if you persevere, you will find that it will move you into a much deeper spiritual place.

The Bible reading will also be read at a more meditative pace and will end, without announcement, in silence.

The Benedictus and other parts may be sung to a simple plain chant melody. This becomes easier the more we hear it. Plain song has the ability to lift and enlighten the soul. If you are unsure about joining in, then don't feel anxious, just let yourself be swept up in the sound.

Open Intercessions are offered to hand over to God all those things which are on our hearts and minds. God knows what we need before we ask, but it is helpful for us to tell him anyway, as it unburdens us. Once spoken, we must trust that God will take care of our concerns. Handing them over frees us to meet God without distraction in our meditation.

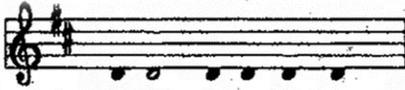
Meditative Silent Prayer is an opportunity to sit in stillness and let God reach into the center of your being. If you are finding the silence difficult, or you are struggling with distractions, then repeating a little prayer or mantra in time with your breathing can really help deepen your engagement.

A common one is called the Jesus Prayer:

*Lord Jesus Christ, only Son of the living God,
Have mercy on me a sinner.*

Repeating this (or a similar prayer or passage of scripture) slowly and in time with your breathing will help you feel the barriers slipping away until you are free to let God reach in and still your mind and soul.

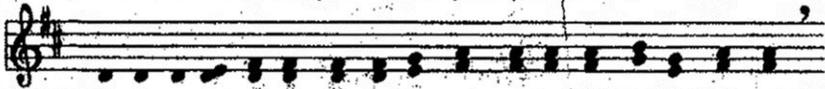
**PREPARATION – ACCLIMATION OF CHRIST AT THE DAWNING
OF THE DAY**



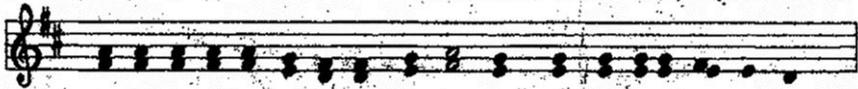
O Lord, o-pen our lips;



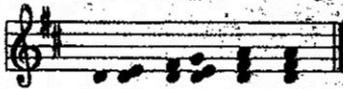
And our mouth shall pro - claim your praise.



Glo-ry to the Father, and to the Son, and to the Ho-ly Spi - rit;



as it was in the be-gin-ning, is now and shall be for e-ver. A-men.



Al - le - lu - ia.

(Omitted in Lent)

VENITE – PSALM 95

Antiphon

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

Antiphon

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

Antiphon

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

Antiphon

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

Antiphon

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

Antiphon

All **Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

VENITE ANTIPHONS

(Use whichever of these is relevant as the antiphon for the Psalm above).

Monday

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

Tuesday

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

Wednesday

Come, let us worship our Lord and Saviour.

Thursday

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

Friday

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

Saturday

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

BVM on Saturdays

Hail Mary, full of grace, the Lord is with you: come let us adore him.

Apostles

Christ makes the Apostles the bedrock of the Church. Come let us adore him.
(Alleluia)

Martyrs

Come let us worship the Lord: He is the king of Martyrs. (Alleluia)

Bishops and Pastors

Christ is the good shepherd: come let us adore him. (Alleluia)

Doctors of the Church

Christ is the true wisdom: come let us adore him. (Alleluia)

Saints (excl. Apostles and Martyrs)

The Lord is glorious in his saints: come let us adore him. (Alleluia)

Advent 'til 17th Dec

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

17th to 23rd Dec

The Lord is at hand: come let us adore him.

Ash Wednesday 'til Lent 5

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

Lent 5 'til Easter Day

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

Easter Day to Ascension

The Lord is risen indeed, Alleluia.

Ascension to Pentecost

Christ has promised us the Holy Spirit: Come let us adore him.

This opening prayer is said

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

All

Amen.

PSALM

The designated Psalm for the day is said.

OLD TESTAMENT READING

Silence will signify the end of the reading.

GOSPEL CANTICLE – BENEDICTUS

The following is said or sung.

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

- 1 Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦
holy and righteous in his sight
all the days of our life.

- 7 And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, ♦
and to guide our feet into the way of peace. *Luke 1.68-79*

All **Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

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

OPEN INTERCESSIONS

Here we offer open prayers for the troubles of the world and anything that is on our minds.

MEDITATIVE SILENT PRAYER

There now follows a period of silent prayer lasting between 5-10 minutes.

At the appropriate moment, the Collect will be said to draw the silent prayer to a close.

Awaken me to your presence,
Alert me to your love,
Affirm me in your peace.
Open to me your way,
Reveal to me your joy,
Enfold me in your light.
For my heart is ready,
Lord, my heart is ready.
Amen

(David Adam)

Almighty and Ever-living God,
Eternal friend and source of love,
Help us to see you day by day and to respond to your call.
Keep us in the power of the Resurrection and the unity of the Holy Spirit,
Grant the richness of your blessing upon our fellowship in our
in the Box River Benefice, our Diocese,
Bishops, Priests, Deacons, Ministers and all for whom we ought to pray,
That our life may be hallowed,
our way directed,
and our work made fruitful,
For the good of your Church and the glory of your Holy Name.
Amen

The Lord's Prayer is said

As our Saviour taught us, so we pray:

All

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

THE CONCLUSION

All

**The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.
Amen.**

All

Let us bless the Lord.
Thanks be to God.