



The Box River Benefice

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



Evening Prayer with Meditation

Welcome to this service of Evening 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 3-5 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

○ God, make speed to save us.

All **○ Lord, make haste to help us.**

This opening prayer may be said

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

Silence is kept.

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

All **Amen.**

Psalm

The designated Psalm for the day is said

Ending with...

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

**As it was I the beginning is now
and shall be for ever. Amen**

Canticle

Refrain:

All **Blessed be our Lord Jesus Christ.**

1 Blessed are the poor in spirit, ♦
for theirs is the kingdom of heaven.

2 Blessed are those who mourn, ♦
for they shall be comforted.

3 Blessed are the meek, ♦
for they shall inherit the earth.

- 4 Blessed are those who hunger
and thirst after righteousness, ♦
for they shall be satisfied.
- 5 Blessed are the merciful, ♦
for they shall obtain mercy.
- 6 Blessed are the pure in heart, ♦
for they shall see God.
- 7 Blessed are the peacemakers, ♦
for they shall be called children of God.
- 8 Blessed are those who suffer persecution
for righteousness' sake, ♦
for theirs is the kingdom of heaven. Matthew 5.3-10

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 **Blessed be our Lord Jesus Christ**

New Testament Reading

*The designated New Testament Reading for the day is said.
Silence will signify the end of the reading.*

Gospel Canticle – Magnificat

This or another seasonal refrain will be said together (see back page)

All **Be Still and Know that I am God**

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him, ♦
from generation to generation.

- 4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones ♦
and lifting up the lowly.
- 6 He has filled the hungry with good things ♦
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,
- 8 The promise made to our ancestors, ♦
to Abraham and his children for ever. *Luke 1.46-55*

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.**

This or the seasonal refrain will be said together (from back page)

All **Be Still and Know that I am God**

INTERCESSIONS

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

Ending with...

Come, O Spirit of God,
and make within us your dwelling place and home.
May our darkness be dispelled by your light,
and our troubles calmed by your peace;
may all evil be redeemed by your love,
all pain transformed through the suffering of Christ,
and all dying glorified in his risen life. Amen

MEDITATIVE SILENT PRAYER

There now follows 10-15 minutes of silent prayer.

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

Let us Pray...

Look down, O God, from your heavenly throne,
illuminate the darkness of this night with your celestial
brightness,

and from the children of light banish the deeds of darkness;
through Jesus Christ our Saviour.

Amen

Collect for the Day

The Lord's Prayer is said

As our Saviour taught us, so we pray:

All

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

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.

Magnificat Refrains

Ordinary Time

- Sunday** You have done great things, O God, and holy is your name
- Monday** My Spirit rejoices in you, O God, my soul proclaims your greatness
- Tuesday** You have mercy on those who fear you, from generation to generation.
- Wednesday** Remember your promise of mercy, to Abraham and his children for ever.
- Thursday** You have filled the hungry with good things, and sent the rich away empty.
- Friday** You have scattered the proud in their conceit, and lifted up the lowly.
- Saturday** You have looked with favour on your lowly servant, from this day all generations will call her blessed.

Seasonal

- Advent** Lord Jesus, you are the one who is to come, the one (to 16th Dec) whom we await with longing hearts.
- Advent** *The Advent Antiphons are used (separate sheet)*
(17th to 23 Dec)
- Christmas** When peaceful silence lay over all, and night was in the midst of her swift course: from your royal throne, O God, down from the heavens leapt your almighty Word.
- Epiphany** Behold, my servant, whom I uphold, my chosen, in whom my soul delights; the anointed one on whom my Spirit rests.
- Lent** Come, let us return to the Lord, for our God will richly pardon.
- Passiontide** God's love for us is revealed in that, while we were yet sinners, Christ died for us.
- Easter** The stone the builders rejected has become the chief cornerstone. Alleluia.

Ascension I have made you name known to those you have given me; and now I pray for them, for I am coming to you. Alleluia.

The day after Ascension to Pentecost

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

All Saints' Day to Advent

The righteous will shine like the sun in the kingdom of their Father.

Saints and Holy Days

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

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

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

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

Members of Religious Communities You have left all things and followed me: you will be rewarded a hundred times over and gain eternal life. [Alleluia]

Missionaries How beautiful on the mountains are the feet of those who bring good news and proclaim the gospel of peace. [Alleluia]

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



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